

An abstract painting of a face, rendered in warm, vibrant colors like red, orange, and yellow, with some cooler tones of blue and green. The style is expressive and textured, with visible brushstrokes and layered colors. The face is the central focus, though its features are softened and blended into the overall composition.

# THE GRAPEVINE

**ARTS | CULTURE | COMMUNITY**

September 19 – October 3, 2019 | Issue No. 16.17 | 5000 copies

ON THE COVER:  
VALLEY ARTIST ECHO NARA, P. 5

TACHA REID TURNS HISTORY OF THE  
AVON RIVER INTO FIBRE ART MAPS, P. 3

DEEP ROOTS SPOTLIGHT: KIM BARLOW  
INTERVIEWS CATHERINE MACLELLAN, P. 4

THE WILDLIFE ILLUSTRATIONS OF KAITLIN BAUER, P. 7

WHO'S WHO: BERNIE ZINCK OF BLUESMOBILE, P. 10

GALLERY ROUND-UP: A SELECTION OF  
LOCAL ARTISTIC DESTINATIONS, P. 7

# NOVA SCOTIA HARVEST WINE FESTIVAL

SEPTEMBER 15 – OCTOBER 31, 2019

A CELEBRATION OF NOVA SCOTIA'S WINE HARVEST SEASON



## CALENDAR OF EVENTS

### GRAND TASTING EVENT

SATURDAY

OCTOBER 5, 2019

6:30 pm – 9:30 pm

Wolfville Farmers' Market

Ticket Information

[nsharvestwinefestival.ca](http://nsharvestwinefestival.ca)

### DAILY EVENTS

3 TIDAL BAY WINE TASTING

CHARLOTTE LANE CAFE  
DAILY NOVA SCOTIA WINE FEATURE

VALLEY HARVEST CRAFT  
BEVERAGE TOUR

VISION AIR'S SAMBRO ISLAND  
PICNIC  
DAILY EVENT UNTIL SEPTEMBER 27

### WEEKLY EVENTS

BETWEEN THE VINES  
WINE TOUR  
Monday & Wednesday

TASTERS ESCAPE TOUR  
Tuesday & Thursday

AVON RIVER SHUFFLE  
Wednesday - Sunday

MAGIC WINERY BUS TOUR  
Thursday - Sunday

3 COURSE EXPERIENCE AT  
SEAGRAPE CAFE  
Wednesday & Thursday

## SEPTEMBER

FRIDAY 20

VISION AIR'S SAMBRO  
ISLAND PICNIC

Kings Wharf Place 8 am - 5 pm

STELLAR BEACH FEAST

White Point Resort 6 - 10:15 pm

GRAPELY GHOST WALK AT  
GRAND PRÉ WINES

Grand Pré Wines 7 pm

SUNDAY 22

STARRING POMME D'OR  
AT GRAND PRÉ WINES

Grand Pré Wines 11 am - 4 pm

MONDAY 23

BETWEEN THE VINES  
WINE TOUR

Uncork Nova Scotia 9 am - 5:30 pm

THURSDAY 26

3 COURSE EXPERIENCE AT  
SEAGRAPE CAFE

Seagrape Cafe at Jost Vineyards  
10 am - 5 pm

FRIDAY 27

FRESH TWENTY ONE  
HARVEST DINNER

NSCC Akerley Campus 6:30 pm

SATURDAY 28

CHOCOLATE & PORT  
TASTING, FEATURING LIVE  
MUSIC BY ROLAND SMITH

Sainte Famille Vineyards 2 - 4 pm

SWINGIN' SUNDAYS WITH  
ZAKARY MILLER

Avondale Sky Winery & Restaurant 3 - 7 pm

LE CAVEAU – ANNUAL  
WINES OF NOVA SCOTIA  
DINNER

Le Caveau 6:30 pm

SIX-COURSE DINNER AT  
MOSHER HOUSE

Avondale Sky Winery & Restaurant 7 - 10 pm

## OCTOBER

TUESDAY 1

TALKING DIRTY: DIGGING  
NOVA SCOTIA TERROIR  
THROUGH THE FOOD AND  
WINE OF THE VALLEY WITH  
L'ACADIE VINEYARDS

Winegrunt Wine Bar 6 - 9 pm

THURSDAY 3

WINEMAKERS TABLE:  
A HARVEST DINNER AT

OBLADEE! WINE BAR

Obladee! Wine Bar 6:30 - 9 pm

FRIDAY 4

LIGHTFOOT & WOLFVILLE  
HARVEST DINNER

Lightfoot & Wolfville Vineyards 7 - 10 pm

SATURDAY 5

GRAND TASTING EVENT

Wolfville Farmers' Market 6:30 - 9:30 pm

FOR MORE INFORMATION &  
A FULL LIST OF EVENTS, VISIT  
[NSHARVESTWINEFESTIVAL.CA](http://NSHARVESTWINEFESTIVAL.CA)

## 'ADAPT' AT ARTIST'S LANDING, AVONDALE HERITAGE MUSEUM

Tacha Reid

Last year I realized that I'd been inadvertently working on a series of maps of the Avon River, the Minas Basin, and the Bay of Fundy, some of which became the series "Within Every Fibre" (2016), "What We Leave Behind" (2017) and "Options" (2018). With these felt maps I was exploring the scars left on the landscape by the hands of man; a record of the environment adapting in response to manipulations made by man (the causeway, dykes, gypsum mines, roads, and rails).

Currently in the Avon region there has been much discussion regarding the twinning of Highway 101 along the Windsor Causeway and how to resolve some of the environmental issues that were created by the initial construction 50 years ago. The lack of proper fish passage has greatly restricted migration for spawning endangered wild Atlantic salmon, and the constricted tidal flow has led to a massive build-up of silt throughout the Avon River, extending as far as Hantsport, leading to erosion along the shoreline of the Avon and the other rivers that feed into it, like the St. Croix and Kennetcook.

As a result the mudflats, which historically would only be visible at low tide, continue to increase in mass regularly with each flood tide. When keeping a keen eye on the daily movements of the river, subtle changes can go unnoticed. After a three month lapse away from view, the build-up is unmistakable.

After a number of years of watching the girth of the mudflats increase from season to season, I gradually came to appreciate that I was witnessing the rebirth of a salt marsh within the river. Its ever-increasing presence wasn't necessarily something to fear, but rather something to embrace, accepting the role it plays in supporting a diverse variety of life, and that it may serve an important roll in protecting our little corner of the planet as we enter this era of climate crisis.

Prior to 1604 salt marshes were extensive throughout the upper Bay of Fundy, but 80% of these were lost as a result of dyking by the Acadians. When the Windsor Causeway was constructed it disrupted the natural tidal prism and within a number of years a saltwater marsh was well on its way to establishing itself. It has been reported that the marshland is growing at a rate of 2 hectares a year. To date there seems to be very little discussion relating to the rapidly increasing and productive saltwater marsh that is gradually

expanding to fill the river, exacerbating erosion and impacting many residents and landowners along the shoreline of the river as it feeds into the Minas Basin.

With my position at the museum being seasonal, throughout the colder months I rarely get to experience daily life on the Avon River as I visit the community less frequently. Each spring when I return to work I find that I'm taken aback by how, within a few short months, the surrounding landscape has been so drastically altered. Mudflats continue to rise while the shoreline collapses. Hints of green spartina make themselves known, off in the distance, providing the first hint of what to expect next.

Over the past year I have created a series of maps depicting the ecological changes that have taken place in the area surrounding the site of the causeway over the last few centuries due to the hands of man. Inspired by historical references and existing maps and photographs, I have rendered in fibre what the upper bay of Fundy and Avon region looked like when first colonized, how it has continued to morph drastically throughout the last century, and what to expect in the near future as tides continue to rise and saltwater marshes reestablish along the Avon.

I will be exhibiting my entire collection of maps created over the last several years in a pop-up showcase entitled ADAPT, on display at Artists Landing Gallery, located in the upper level of the Avon River Heritage Museum, September 27-29, as a part of Culture Days.



See more of Tacha's work at [woodlandwool.blogspot.com](http://woodlandwool.blogspot.com)



1890s



1960s



1970s



1990s



2000s



**ADAPT**, a collection of fibre art maps by artist Tacha Reed, chronicles changes in the shoreline of the Avon River, Minas Basin and Bay of Fundy over time. This series explores the scars left on the landscape as a result of the activities of mankind, reflecting the environment's undeniable ability to adapt as a response to man's attempt to tame the land and sea.

**September 27th, 7pm - 10pm**  
Join us for a community BBQ fundraiser in support of the facility's ageing waterworks. Enjoy a preview of **ADAPT** and the museum's latest exhibit *Stewards of the Avon River, 1760-1860*.

**September 28th & 29th, 10am - 5pm**  
We begin the morning of the 28th with an artist talk at 11am, followed by an interactive art making activity commencing at 1pm and continuing throughout the remainder of the weekend. Collectively we will create a fibre art map of the Avondale Peninsula to later be auctioned off in support of upgrades to the water system. No previous felting experience necessary, tools and materials will be provided.

**Avon River Heritage, 17 Belmont Rd, Newport Landing**

Part of Culture Days

## STEWARDS OF THE AVON RIVER

Part of Culture Days

Join us for the launch of our newest exhibit, which explores the stories of Mi'kmaq, African Nova Scotian, Acadian, and Planter history in the Avon River region leading up to the "Golden Age of Sail" and into the 20th century.

Opening remarks at 1:30pm followed by a poetry reading from Halifax's Poet Laureate, Dr. Afua Cooper.

Avon River Heritage Museum  
17 Belmont Road  
Newport Landing/Avondale  
[avonriverheritage.com](http://avonriverheritage.com)

**Reception September 28th, 1pm-4pm**

# INDEX

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

🌿 **Sawbones** 🌿  
(noun):

A physician, especially a surgeon.

...You never know in these flatland burley counties if your manual skills will bloom as sawbones or private gardener...

(Excerpt from "A Local Doc, over Rocky Lunchtime Bourbon, Speaks of Barter and Hopeful Home Remedies" by R. T. Smith)

Tacha Reid's 'Adapt' ..... p.3  
 Catherine MacLellan ..... p.4  
 Who's Who ..... p.4  
 Eat to the Beat / Classifieds / Echo Nara ..... p.5  
 Star Drop / Free Will Astrology ..... p.6  
 Kaitlin Bauer / Gallery Round-Up ..... p.7  
 U-Picks ..... p.8  
 Recipe / Devour Launch Party ..... p.9  
 Who's Who / Box of Delights ..... p.10  
 Flying Squirrel Adventures / Mike Uncorked ..... p.11  
 I Know A Place / Art & Community News ..... p.12  
 Chrysalis House Benefit / Valley Family Fun ..... p.13  
 What's Happening / Weeklies ..... p.14-17  
 Wolfville Page ..... p.18  
 Acadia Page / Community News ..... p.19

## THE GRAPEVINE



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- |  |   |   |
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- DOUBLE BLOCK \$88 - \$123
- FOUR BLOCK \$168 - \$237
- HALF PAGE \$427 - \$624
- ARTS EVENT POSTER \$76 - \$117

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**Oct. 17 Issue: Ads/Submissions/Listings Deadline: Oct. 7**

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## WHERE TO FIND US

- WINDSOR:** Fry Daddy's, Lisa's Café, Mosaic Market, T.A.N. Coffee
- 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
- GREENWICH:** Avery's Farm Market, Edible Art Cafe, Elderkin's Farm Market, Hennigar's Farm Market, Noggins Corner Farm Market, Stems Cafe, Stirling's
- PORT WILLIAMS:** Fox Hill Cheese House, Planters Ridge, Sea Level Brewery, The Noodle Guy

- CANNING:** Degraaf's Kwik-Way, ValuFoods, i scream
- NEW MINAS:** Boston Pizza, Captain Sub, Irving Big Stop, Jessy's Pizza, Long and McQuade, Milne Court Petro-Canada, Pita Pit, Swiss Chalet
- KENTVILLE:** Half Acre Café, Jason's Your Independent Grocer, T.A.N. Coffee, Valley Regional Hospital
- COLDBROOK:** Access Nova Scotia, T.A.N. Coffee, Callister's Country Kitchen, Foodland, Vicki's Seafood Restaurant
- BERWICK:** Driftwood Restaurant, Jonny's Cookhouse, Luigi's Pizza Palace, North Mountain Coffeehouse, Rising Sun 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

## DEEP ROOTS SPOTLIGHT KIM BARLOW INTERVIEWS CATHERINE MACLELLAN

On opening night of the Deep Roots festival, 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, and 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. Kim Barlow recently had a conversation with Catherine about music, mental health, and her father's legacy. Here is what she said.



**Kim Barlow (KB):** What do you try to use and carry on, from your dad's songwriting? What do you try to do differently?

**Catherine MacLellan (CM):** My dad was my greatest songwriting teacher. His ability to find a great melody is sort of intangible but I feel from learning his songs I've been paying more attention to that. Finding a melody and lyrics that embrace each other seamlessly is my goal. He was very good at that. There never seems to be an awkward singing moment in his songs.

**KB:** When it comes to dealing with depression, what tools do you use to take care of yourself, that you wish your dad had known about and implemented?

**CM:** For me the greatest tools are meditation and exercise. Being in my body instead of my brain with yoga helps a lot. Trying to stay in the present moment instead of always worrying about the future or the past is a constant battle, but one worth fighting. But truly the best tool, and the one I wish my dad could've used, is the power of talking to people about mental health. Reducing the stigma around mental health through conversation has been the most helpful thing for me.

**KB:** Do you think being a musician takes more of a toll on mental health than other occupations, or does the act of playing music improve your mental health, as the studies say? Is it a bit of both, and which side wins the day?

**CM:** Writing and sharing songs has been very therapeutic for me. It helps me understand and deal with my emotions in a very tangible way. But the environment of the music business is very challenging for my mental health. There is no stability in schedules, or financially, and that has certainly taken a toll on me. I have found by using exercise and meditation that I can counteract most of the negative effects.

**KB:** You spent a few years focusing on the shows, this film, and making an album of your father's songs. It must have been pretty intense at times. How do you feel about that process, in hindsight? Was it healing? Do you have any regrets?

**CM:** These last few years of focusing on my father's music and life have been life-changing for me. In a strange way I've discovered more about myself through learning about my dad and I've also found my confidence in ways I never thought I would. It has certainly been healing and I have no regrets. I am ready, though, to get back to my own journey through music and excited to release a new album of my own music.

**KB:** What inspired the songs on the new record?

**CM:** As always for me, life is the best inspiration. I find the honesty and vulnerability help me connect with people. I've gone through a hard breakup of a long relationship, but also

started a new one, and my life has gotten so much better in the last few years. In that way, the new album is full of songs that have come from that journey.

**KB:** Where did you record it, and who's on it? How did it go in the studio? What are you most excited about with this new collection?

**CM:** The album took a lot longer than I thought it would. There were a lot of road blocks and diversions - mainly from working on my dad's music. I started out working with my last producer and ended up producing it myself after some creative differences that couldn't be resolved. That was so liberating for me and I really enjoyed the process in the end. I'm excited about some of the new sounds and players on the record. I found a real attraction to the traditional music sounds of PEI and they have found their way into my music, and with that came collaborations with some amazing trad players from home. I'm also madly in love with Clare MacDonald's drumming. She's incredible and brought such life to the songs.

**KB:** "Waiting on My Love" is sweet and upbeat while looking the hard times square in the face. So redemptive! What was the seed behind this one?

**CM:** This song is about being in the moment and appreciating exactly where you are. I find it better to lean into the good and bad times, to walk through life's troubles instead of trying to get around them. It is joyful for me, to recognize that life will always be full of ups and downs and learning to go with the flow instead of always fighting against things.

**KB:** For the last couple of years you've found creative ways to work as a musician without the difficult regime of constant touring. How has this affected your career and home-life? Will you keep up this approach?

**CM:** The last few years I've had the great opportunity to play summer shows at home in one venue for the entire season. That has given me a stronger foundation for my family life and still an ability to make a living.

As long as I'm able to do that I will; it has been very grounding. I suppose, though, that life as a musician will always be unpredictable but I've discovered a sense of faith that everything will always be alright in the end.



Catherine MacLellan will be performing at the Deep Roots Music Festival on Thursday September 26 at 7pm at the Horton Performance Centre. The evening will begin with a screening of *The Song and The Sorrow*.

## ON THE COVER: CORRECTION

The Grapevine would like to apologize for the omission of the photographer's credit for this gorgeous photo when it was featured on the cover of our September 5 print edition. Rebecca Fairless was photographed by Rena Thomas, a film maker and photographer from Halifax (keepgoodtheatrecompany.com/rena-thomas/). Rena is also the Deep Roots kitchen coordinator (kitchen goddess, some would insist!). Thank you Rena, for sharing your many talents with The Grapevine and the Deep Roots Music Festival!



## DEEP ROOTS SCHEDULE CORRECTION: LATE NIGHTS AT PADDY'S

Chris Robison will be performing at Paddy's on Friday September 27. Gabriel Minnikin will play the Late Night show on Saturday September 28.

The festival guide published in the September 5 issue of The Grapevine had these dates reversed. We apologize for any confusion this may have caused.

# EAT TO THE BEAT

(Schedule subject to change)

## THURSDAYS: 19, 26, 3

**Edible Art Café** (New Minas): Marshall Lake (19th), Matt Lamers I The Mountain (26th) 12pm

**Troy Restaurant** (Wolfville): Steve Lee Duo (19th, 26th, 3rd) 6:30pm

**Maritime Express Cider Co.** (Kentville): SWIG (19th), SOLA (26th), The Lost Tourist (3rd) 7pm

**Spitfire Arms Alehouse** (Windsor): Open Jam Session (19th, 26th, 3rd) 7pm

**Oaken Barrel Pub** (Greenwood): Trivia Night (19th, 26th, 3rd) 7pm

**West Side Charlies** (New Minas): Open Jam (19th, 26th, 3rd) 8pm

**Dooly's** (New Minas): Open Mic (19th, 26th, 3rd) 8:30pm

**Paddy's Pub** (Wolfville): Trivia Night (19th, 26th) 9pm

**The Anvil** (Wolfville): Top 40 DJ (19th, 26th, 3rd) 10pm

## FRIDAYS: 20, 27

**Edible Art Café** (New Minas): Marshall Lake (20th) 12pm

**King's Arms Pub by Lew Murphy's** (Kentville): Lost Tourists (20th), GuyPaul Thibault (27th) 5:30pm

**Horton Ridge Malt & Grain** (Hortonville): Chris Robison (20th) 6pm

**Blomidon Inn** (Wolfville): Jazz Mannequins (20th, 27th) 6:30pm

**Winegrunt Wine Bar** (Windsor): "That Friday Feeling" w/ John Tetrault (20th) 7pm

**Crystany's Brasserie** (Canning): Jason Dadwell (20th), Bernie Zink (27th) 7pm

**Spitfire Arms Alehouse** (Windsor): Thorns (20th), Incoming (27th) 7:30pm

**Tommy Guns** (Windsor): Karaoke Night (20th, 27th) 8pm

**Joe's Food Emporium** (Wolfville): PM Blues Band (20th) 8pm

**Schoolhouse Brewery** (Windsor): Open Mic Night w/ Kelly Devoe (20th), Open Mic Night (27th) 8pm

**Dooly's** (Greenwood): Karaoke (20th, 27th) 8:30pm

**Paddy's Pub** (Wolfville): Deep Roots Late Night on the Town (27th) 10pm

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

**Farmer's Market** (Wolfville): Deep Roots Friday Late Night Party (27th) 10:30pm

## SATURDAYS: 21, 28

**Edible Art Café** (New Minas): Melissa Vidito (21st) 12pm

**The Port Pub** (Port Williams): David Filyer Duo (21st, 28th) 12:30pm, Frederic Mujica The Lost Tourist (21st), Kevin Davison (28th) 7:30pm

**Spitfire Arms Alehouse** (Windsor): Tunes On Tap (21st), Jon Duggan (28th) 2pm, GuyPaul Thibault (21st), Beer Nutz (28th) 7pm

**Horton Ridge Malt House** (Grand Pre): Space Paddy Bog People (21st, 28th) 3pm

**Winegrunt Wine Bar** (Windsor): The Lukas Pearse Trio (21st) 7pm

**Schoolhouse Brewery** (Windsor): The Basement (21st), John Geddes Band (28th) 8pm

**Union Street Café** (Berwick): Caribou Run, \$15 (21st) 8pm

**Horton Ridge Malt & Grain** (Hortonville): Heather Kelday (28th) 8pm

**Maritime Express Cider Co.** (Kentville): Roxy & The Underground Soul Sound, \$20 (21st) 8pm

**Kings Arms Pub by Lew Murphy's** (Kentville): Jokers Right (21st), TBA (28th) 8:30pm

**Paddy's Pub** (Wolfville): John B Main (21st) 9pm, Deep Roots Late Night On The Town (28th) 10pm

## SUNDAYS: 22, 29

**Paddy's Pub** (Wolfville): Irish Session (22nd, 29th) 8pm

## MONDAYS: 23, 30

**Edible Art Café** (New Minas): Ron Edmunds & Rod Cann (23rd, 30th) 12pm

**Paddy's Pub** (Wolfville): Open Mic w/Parker Eye (23rd), w/Dan McFadyen (30th) 8pm

## TUESDAYS: 24, 1

**Edible Art Café** (New Minas): Inigo Cuartero (24th) 12pm

**TAN Coffee** (Wolfville): Tuesdays @ TAN (24th) 7pm

**The Port Pub** (Port Williams): David Filyer Trio & Open Mic (24th, 1st) 7pm

**Maritime Express Cider Co.** (Kentville): Open Mic w/Ryan Roberts & Daniel McFadden (24th, 1st) 8pm

**Paddy's Pub** (Kentville): Irish Session (24th, 1st) 8pm

## WEDNESDAYS: 25, 2

**Edible Art Café** (New Minas): Hughie McDonnell (25th) 12pm

**Horton Ridge Malt & Grain** (Hortonville): Ever Lovin' Jug Band Ft. Zakary Miller (25th) 8pm

**West Side Charlie's** (New Minas): Billy T's Karaoke (25th, 2nd) 9pm

## THE FREE CLASSIFIEDS

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

## CLASSES & WORKSHOPS:

**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

**Gaspereau Yoga Fall Sessions:** W/ Sophie Bérubé. Mondays: (Sept 23-Dec 9) 5:15-6:45pm. Level 2. Thursdays: (Sept 26-Dec 12) 3:15-4:45pm. Level 1.5:15-6:45 pm. Level 1-2. You must register for the entire session but it is possible to make up classes within the same session. Spaces are limited. Please pre-register by email. **FEE:** Monday 1 class: \$96, Thursday 1 class: \$96, Two classes: \$180. **INFO/Reg:** gaspereauyoga@hotmail.ca / 902-692-1427

**Year-long Herbal Course:** 1 Sunday/month, 10am-12pm (begin any time!) herbs through the seasons, herbal remedies, harvesting, cooking. \$540 for the year, \$270/quarter, \$67 drop in. **INFO:** 538-3662 / singingnettleclinic@gmail.com / singingnettlles.ca

**Scottish Country Dance Classes:** Monday nights, 7-9pm, starting Oct 14 for 8 weeks @ Wilmot Community Centre. Scottish Country is a social dance form so no partner or special attire is required and it is suitable for any adult from 16-96. So come out and learn how to reel and wheel, pousette, and allemande. No experience is required, only an interest in dance and/or Scottish traditions. Instructor: Susan Van Horne, with 35 years of experience. **FEE:** \$5 nightly fee **INFO:** 902-765-0906 / 902-242-2195

**Art Lessons:** Lime Tree Art is now accepting registration for fall art lessons. Use the translucent quality of colored pencils to create your own artistic creations. No drawing skills necessary. Age 16 & up. Tuesday evenings or Saturday afternoons beginning Saturday, Sept 21 and running for three weeks, in Kentville. Check out Mary's blog for the list of supplies needed (www.limetreeart.ca). **INFO:** Mary, limetreeart1@gmail.com.

**Make a Magical Fairy:** Sun, Sept. 22, 9-10am @ Rural Roots Market, New Ross (Ross Farm Entrance). How to make a magical fairy. W/ Jeryn Isenor. Take home a small or large fairy.

**FEE:** Small \$5, Large \$10 **INFO/Reg:** 902-599-1207 / ruralrootsmarket.ca/how-to-sessions.html

**Learn to Drum!** Wolfville Baptist Church, Wolfville 7:30-9pm • Join Bruno Allard and Djugdjug Ensemble for 6 weekly drumming sessions from Sep. 28-Oct. 23. Learn rhythms and songs from West Africa. Intended for all levels. Drums are provided. Registration required. No drop-ins, please. **TIX:** \$60 (\$10 per 90-minute session) Tickets are available through Eventbrite (eventbrite.ca) **INFO:** brunoallard7@gmail.com

**Calligraphy Workshop:** Sunday, Sept. 22, 2-4pm. Join calligraphy instructor Jane Mangle for an intro to historic penmanship, styles, tools, and technique. **FEE:** \$10 per participant. Registration is required. **INFO:** 902-542-3984 / margrete.kristiansen@novascotia.ca

**Art Lessons:** Lime Tree Art is now accepting registration for fall art lessons. Use the translucent quality of colored pencils to create your own artistic creations. If you love adult coloring books, this will take it to the next level. No drawing skills necessary. Openings available Age 16 & up. Tuesday evenings or Saturday afternoons beginning Saturday, Sept 21 and running for three weeks. Check out Mary's blog for the list of supplies needed at www.limetreeart.ca. **INFO:** Mary at limetreeart1@gmail.com

**Exploring Textiles:** Sept 29, 2-4pm @ Prescott House, Starr's Point. Join Kathy Browne (Linen Pavilion) and Rosie Browning (Halliburton House Museum) for an informal talk regarding antique textiles. Bring along your own antique textiles for advice and answers on use and age, the basics of cleaning, and continued use and display! **INFO:** 902-542-3984 / margrete.kristiansen@novascotia.ca

**Kid Ink Comic Art School:** Kid Ink Comic Art School provides classes for ages 7-14 looking to have fun creating new work and learning new skills through story and art. **INFO:** See kidinkcomics.weebly.com / 902-691-2160

**Shoulder Yoga:** Whether you are working on alignment in your postures, have ongoing shoulder tension or have discomfort from a past injury this class may be for you. Six-week session starts September 26, registration required. **INFO:** yoga@innersunyoga.ca

**Make a Magical Fairy:** Sept. 22, 9-10am @ Rural Roots Market, New Ross (Ross Farm Entrance). W/ Jeryn Isenor. Take home a small or large fairy. Please register. **FEE:** \$5 small, \$10 large. **INFO:** 902-599-1207 / ruralrootsmarket.ca/how-to-sessions.html

**Sauerkraut How-To:** Sept. 29, 9-10am @ Rural Roots Market New Ross (Ross Farm Entrance). W/ Karen Rhodenizer. Cabbage, water, and salt plus time - come find out the simple truth about sauerkraut. So natural, so good for you, and still so inexpensive! Please register. **FEE:** \$10 **INFO:** 902-599-1207 / ruralrootsmarket.ca

**Glooscap Curling Club of Kentville:** League begins Oct 20. Registration Oct 16 & 17, 6pm. Stick Curling / Tuesday Night Competitive Curling. **INFO:** info@glooscapcurling.ca

**Junior Curling:** M-W-F (contact: nancybelliveau@gmail.com)

**Learn to Curl:** Monday evenings 8 weeks, and Thursday morning. **FEE:** \$60 **INFO:** learn@glooscapcurling.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

**Need a lighting expert?:** Chris MacQuarrie (formerly owner of Atlantic Lighting Studio) can create a custom lighting plan for your new home or improve your existing lighting. Chris is a Certified Lighting Consultant with 25 years of experience. **INFO:** AtlanticLightingDesign.com

**Interior Painting and Cabinets:** Women in Rollers is the Valley's full-service decorating company. We do accurate quotes, show up on time, and perform 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

**Rehabilitative Manual Therapist:** Student of Osteopathy working as a Rehabilitative Manual Therapist in Wolfville and Kentville, NS. Tuesdays in Wolfville from 9am-4:30pm and Wednesdays in Kentville from 3pm-7:30pm. \$40 for initial and \$40 for follow-ups. Interested in how I can help? Please reach out using one of the following: call/text: 902-300-0253 / marinasmanualtherapy@gmail.com / marinasmanualtherapy.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.

**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.TCM, D.Ac located at 112 Front St, Suite 209, Wolfville. 902-404-3374 janemarshallacupuncture.ca

**Write it. Publish it. Better!:** Editing, layout, and design services for businesses, authors, students.. anyone! Reports, essays, resumes, newsletters, brochures, and more. 15 years experience, reasonable rates and ultra-reliable service. **INFO:** david@textanddesign.com / www.textanddesign.com.

**Personalized Cleaning Services:** Trust Destinee & Ryan, a Husband-Wife team, to take care of your cleaning needs. Professional, courteous, customized individual service. **INFO:** Text/call 902-698-1896 / RyanAndDestinee@gmail.com

**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

## GENERAL:

**Walk for Alzheimer's Fundraiser:** Tues., Oct. 8, 1:30-3pm @ Windsor Elms Village, 174 Falmouth Dyke Rd., Falmouth. Join us for our Walk for Alzheimer's Fundraiser. Participate as an individual or team. Pledge sheets can be picked up, or printed from our website (windsorelms.com). Or, make a one-time donation. Entertainment: Kevin Davison. Snacks & refreshments to be provided. **INFO:** Rhonda Church, 902-472-3658 / Rhonda.Church@winelms.ca

**Annual Auction:** Friday, Oct. 4, 7pm @ Melanson Community Hall. Auctioneer: Paul Saulnier. Canteen available. Proceeds for the hall. **INFO:** marlene.biggs@gmail.com

## ON THE COVER: ECHO NARA

I am a self-taught artist who has spent the last five years exploring various media, including graphite, charcoal, conté, ink, markers, tattooing, and oil and acrylic painting. My art is influenced by mythology and post-colonial literature, which express the effects of power dynamics and systems that have bolstered colonial values. As our world experiences the initial effects of climate change and independence of AI, I feel it is important for the dominant culture to examine its foundation. My work is an attempt to express my alienation from my culture, and to create an alternate place of peace, freedom, and belonging.



Echo Nara's current show, "Fugitives and Heroes," with fellow Nova Scotian artist Michael Greer, is at Hardware Gallery in Kentville until September 25. For more about Echo, visit echonara.art

Rob Breznsky's  
FREE WILL ASTROLOGY

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**ARIES** (March 21-April 19): We're in the equinoctial season. During this pregnant pause, the sun seems to hover directly over the equator; the lengths of night and day are equal. For all of us, but especially for you, it's a favorable phase to conjure and cultivate more sweet symmetry, calming balance, and healing harmony. In that spirit, I encourage you to temporarily suspend any rough, tough approaches you might have in regard to those themes. Resist the temptation to slam two opposites together simply to see what happens. Avoid engaging in the pseudo-fun of purging by day and bingeing by night. And don't you dare get swept up in hating what you love or loving what you hate.

**TAURUS** (April 20-May 20): "I tell you that freedom is to me: no fear." So said singer and activist Nina Simone. But it's doubtful there ever came a time when she reached the perfect embodiment of that idyllic state. How can any of us empty out our anxiety so completely as to be utterly emancipated? It's not possible. That's the bad news, Taurus. The good news is that in the coming weeks you will have the potential to be as unafraid as you have ever been. For best results, try to ensure that love is your primary motivation in everything you do and say and think.

**GEMINI** (May 21-June 20): Some things don't change much. The beautiful marine animal species known as the pearly nautilus, which lives in the South Pacific, is mostly the same as it was 150 million years ago. Then there's Fuggerei, a walled enclave within the German city of Augsburg. The rent is cheap, about one U.S. dollar per year, and that fee hasn't increased in almost 500 years. While I am in awe of these bastions of stability, and wish we had more such symbolic anchors, I advise you to head in a different direction. During the coming weeks, you'll be wise to be a maestro of mutability, a connoisseur of transformation, an adept of novelty.

**CANCER** (June 21-July 22): Granny Smith apples are widely available. But before 1868, the tart, crispy, juicy fruit never existed on planet Earth. Around that time, an Australian mother of eight named Maria Ann Smith threw the cores of French crab apples out her window while she was cooking. The seeds were fertilized by the pollen from a different, unknown variety of apple, and a new type was born: Granny Smith. I foresee the possibility of a metaphorically comparable event in your future: a lucky accident that enables you to weave together two interesting threads into a fascinating third thread.

**LEO** (July 23-Aug. 22): "Every masterpiece is just dirt and ash put together in some perfect way," writes storyteller Chuck Palahniuk, who has completed several novelistic masterpieces. According to my analysis of the astrological omens, you Leos have assembled much of the dirt and ash necessary to create your next masterpiece, and are now ready to move on to the next phase. And what is that phase? Identifying the help and support you'll need for the rest of the process.

**VIRGO** (Aug. 23-Sept. 22): In 1959, scandal erupted among Americans who loved to eat peanut butter. Studies revealed that manufacturers had added so much hydrogenated vegetable oil and glycerin to their product that only 75 percent of it could truly be called peanut butter. So began a long legal process to restore high standards. Finally there was a new law specifying that no company could sell a product called "peanut butter" unless it contained at least 90 percent peanuts. I hope this fight for purity inspires you to conduct a metaphorically comparable campaign. It's time to ensure that all the important resources and influences in your life are at peak intensity and efficiency. Say NO to dilution and adulteration.

**LIBRA** (Sept. 23-Oct. 22): In 1936, the city of Cleveland, Ohio staged the Great Lakes Exposition, a 135-acre fair with thrill rides, art galleries, gardens, and sideshows. One of its fun features was The Golden Book of Cleveland, a 2.5-ton, 6,000-page text the size of a mattress. After the

expo closed down, the "biggest book in the world" went missing. If it still exists today, no one knows where it is. I'm going to speculate that there's a metaphorical version of The Golden Book of Cleveland in your life. You, too, have lost track of a major Something that would seem hard to misplace. Here's the good news: If you intensify your search now, I bet you'll find it before the end of 2019.

**SCORPIO** (Oct. 23-Nov. 21): In 1990, the New Zealand government appointed educator, magician, and comedian Ian Brackenbury Channell to be the official Wizard of New Zealand. His jobs include protecting the government, blessing new enterprises, casting out evil spirits, upsetting fanatics, and cheering people up. The coming weeks will be an excellent time to find your personal equivalents of an inspirational force like that. There's really no need to scrimp. According to my reading of the cosmic energies, you have license to be extravagant in getting what you need to thrive.

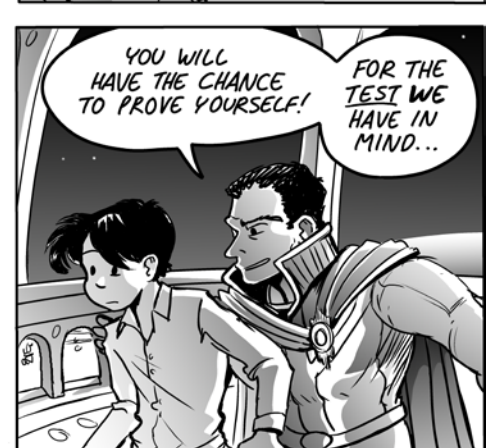
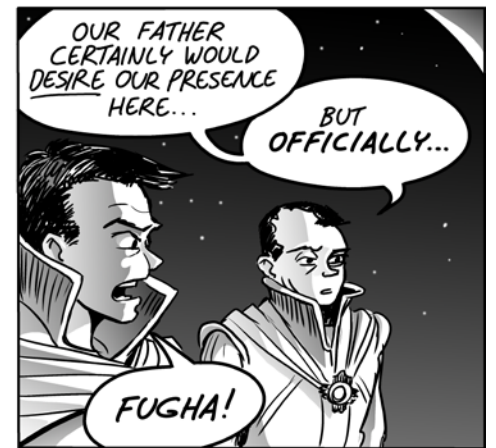
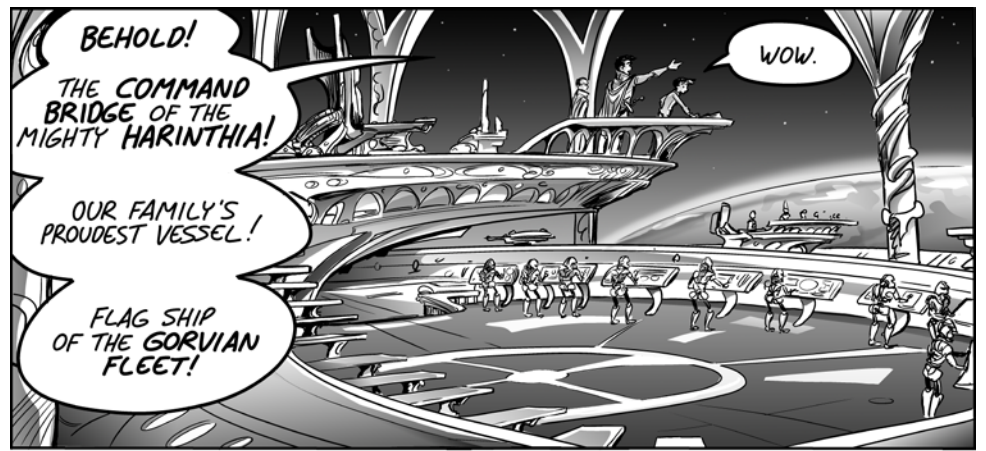
**SAGITTARIUS** (Nov. 22-Dec. 21): "Do silly things," advised playwright Anton Chekhov. "Foolishness is a great deal more vital and healthy than our straining and striving after a meaningful life." I think that's a perspective worth adopting now and then. Most of us go through phases when we take things too seriously and too personally and too literally. Bouts of fun absurdity can be healing agents for that affliction. But now is NOT one of those times for you, in my opinion. Just the reverse is true, in fact. I encourage you to cultivate majestic moods and seek out awe-inspiring experiences and induce sublime perspectives. Your serious and noble quest for a meaningful life can be especially rewarding in the coming weeks.

**CAPRICORN** (Dec. 22-Jan. 19): Before comedian Jack Benny died in 1974, he arranged to have a florist deliver a single red rose to his wife every day for the rest of her life. She lived another nine years, and received more than 3,000 of these gifts. Even though you'll be around on this earth for a long time, I think the coming weeks would be an excellent time to establish a comparable custom: a commitment to providing regular blessings to a person or persons for whom you care deeply. This bold decision would be in alignment with astrological omens, which suggest that you can generate substantial benefits for yourself by being creative with your generosity.

**AQUARIUS** (Jan. 20-Feb. 18): Actress and author Ruby Dee formulated an unusual prayer. "God," she wrote, "make me so uncomfortable that I will do the very thing I fear." As you might imagine, she was a brave activist who risked her reputation and career working for the Civil Rights Movement and other idealistic causes. I think her exceptional request to a Higher Power makes good sense for you right now. You're in a phase when you can generate practical blessings by doing the very things that intimidate you or make you nervous. And maybe the best way to motivate and mobilize yourself is by getting at least a bit flustered or unsettled.

**PISCES** (Feb. 19-March 20): Syndicated cartoon strip "Calvin and Hobbes" appeared for ten years in 2,400 newspapers in fifty countries. It wielded a sizable cultural influence. For example, in 1992, six-year-old Calvin decided "The Big Bang" was a boring term for how the universe began, and instead proposed we call it the "Horrendous Space Kablooiie." A number of real scientists subsequently adopted Calvin's innovation, and it has been invoked playfully but seriously in university courses and textbooks. In that spirit, I encourage you to give fun new names to anything and everything you feel like spicing up. You now have substantial power to reshape and revamp the components of your world. It's Identify-Shifting Time.

*Homework: Say these words in front of a mirror: "It's bad luck to be superstitious." FreeWillAstrology.com.*



## THE WILDLIFE ILLUSTRATIONS OF KAITLIN BAUER

Anna Horsnell

We are not alone. Humans share planet Earth with a tremendous variety of other life forms. The animals around us look back at us, aware, holding us to account perhaps. Kaitlin Bauer is one who sees and pays homage through her fine wildlife drawings.

The connection between animal and human is so often through the eyes, and Bauer understands that bond. Whether her subject is a great horned owl or a grizzly bear, she captures the direct stare or coy expression of the seemingly inattentive. She aims for the candid moment, placing each animal in its natural setting. It is the fine detail which often makes the difference and that is where she places her concentration. She works from carefully chosen photos she either takes herself or which she has permission to reference. Countless tiny strokes of her graphite pencil and pen build textures of fur or feather. "I work with graphite pencils, erasers, and some sculpting tools for indenting in the beginning stages of my work. Once the piece I'm working on reaches a point that I'm happy with, I start working over the pencil in fine tip pen to add contrast and darker values to the drawing. I work using both pencil and fine tip pen until the piece is complete," Bauer explains. This is meticulous work over many hours, but Bauer puts on her headphones and happily submerges into the music and her art-making.

The story began in Powell River, British Columbia where Bauer grew up. Surrounded



by nature and wildlife, drawing was a natural impulse that began in childhood. She became obsessed with drawing horses. Then one day, she stumbled across a book that introduced her to the incredible art of renowned Canadian wildlife artist Robert Bateman. His work and dedication were an eye-opener and a great source of inspiration. Bauer had found her path. Although she eventually tried painting animals, each time she returned to her drawing, simply preferring this medium to all others. There is something innately honest about drawing.

Meeting and marrying her husband brought Bauer to Nova Scotia, first to Digby in 2016, and then to Auburn in October 2018. Now with his encouragement, she is determined and focused on her art. The life of an artist is the life of an entrepreneur. She researches

her subjects, honing her skills, and learning new techniques. She takes pride in the overall quality of her work and, due to advances in technology, she is happily able to produce her own prints in addition to the original drawings. She also spends time marketing and promoting her work through her website and social media. Participating in local craft markets, such as the recent one in Kentville, enables Bauer to meet folks who purchase her work, which she really enjoys. "I want people to appreciate wildlife," she smiles, "these are amazing creatures."

People have taken notice of Bauer's work. First, she was approached by a restaurant in Bear River to hang her work, which gained her local attention, and then in 2017, Blue Mind Gallery, also in Bear River, asked to carry her drawings. That relationship has proven very successful and her work is now enjoyed far and wide. "I genuinely love drawing. Animals are incredible and I don't want to forget why I started," says Bauer, "I have a long list of animals I want to draw." This is only the beginning for this young artist.



Bauer's work is available through Blue Mind Gallery in Bear River, online at [kaitlinbauer.com](http://kaitlinbauer.com) (with a link to Etsy), and she may also be contacted directly by email at [kbauerart@gmail.com](mailto:kbauerart@gmail.com).



25% off Art Books  
for all of September

9850 Main St., Canning  
902.582.7071 • [artcan.com](http://artcan.com)

*Tarot Readings*  
by Richard Di Castri

Saturdays from 2 - 5pm  
at the Artcan Gallery  
9850 Main St., Canning  
Tel. 902-582-7071  
By appointment only

## GALLERY ROUND-UP

A decidedly incomplete collection of local artistic destinations in alphabetical order.

### 7Arts

619 Central Ave, Greenwood  
[facebook.com/7Arts2/](https://www.facebook.com/7Arts2/)

### Acadia University Art Gallery

10 Highland Ave, Wolfville  
[gallery.acadiau.ca](http://gallery.acadiau.ca)

### ArtCan Gallery & Cafe

9850 Main St. Canning  
[artcan.com](http://artcan.com)

### Artists Landing Gallery

Avon River Heritage Society Museum  
17 Belmont Road, Newport Landing  
[avonriverheritage.com](http://avonriverheritage.com)

### ARTsPLACE Gallery

396 St. George Street, Annapolis Royal  
[arcac-artsplace.weebly.com](http://arcac-artsplace.weebly.com)

### Bear River Artworks

1913 Clementsvalle Rd, Bear River  
[bearriverartworks.com](http://bearriverartworks.com)

### Blue Mind Gallery

1888 Clementsvalle Road, Bear River  
[bluemindgallery.com](http://bluemindgallery.com)

### The Bread Gallery

7778 Highway #14, Newport  
[facebook.com/TheBreadGallery](https://www.facebook.com/TheBreadGallery)

### David Lacey Gallery

11 Cove Rd, Centreville  
[davidlaceygallery.com](http://davidlaceygallery.com)

### Far-Fetched Gallery

218 St. George Street, Annapolis Royal  
[facebook.com/farfetchedgallery](https://www.facebook.com/farfetchedgallery)

### The Flight of Fancy

1869 Clementsvalle Rd, Bear River  
[theflight.ca](http://theflight.ca)

### Hardware Gallery

36 Cornwallis St, Kentville  
[hardwaregallery.ca](http://hardwaregallery.ca)

### Harris House Fine Art

238 St. Anthony Street, Annapolis Royal  
902-532-7877

### Harvest Gallery

462 Main St, Wolfville  
[harvestgallery.ca](http://harvestgallery.ca)

### Jack's Gallery

Al Whittle Theatre  
450 Main Street, Wolfville  
[alwhittletheatre.ca](http://alwhittletheatre.ca)

### Margaretsville Art Shack

37 Haddock Alley, Margaretsville  
902-681-2367

### Moyer's Fine Art

521 Main St, Kentville  
[mikemoyersfineart.com](http://mikemoyersfineart.com)

### Ross Creek Gallery

Ross Creek Centre for the Arts  
[artscentre.ca](http://artscentre.ca)

### Round Hill Studio

280 St George St, Annapolis Royal  
[roundhillstudio.com](http://roundhillstudio.com)

### Sally Horsnell Art Gallery

Apple Capital Museum  
173 Commercial Street, Berwick  
[berwickapplemuseum.wixsite.com/homepage](http://berwickapplemuseum.wixsite.com/homepage)

### Tripp's Gallery

268 St. George Street, Annapolis Royal  
[trippsgallery.com](http://trippsgallery.com)

### Westside Studio

304 St George Street, Annapolis Royal  
902-532-0275

### Windsong Studio and Gallery

1331 Victoria Road, Aylesford  
902-847-9847

(By appointment or by chance)

KingsportOsteopathicClinic

**SARAH HAYES AND ASSOCIATES**

GENERAL AND PAEDIATRIC OSTEOPATHY MASSAGE THERAPY

16 WATER STREET, KINGSPORT  
TELEPHONE (902) 582-7607  
[WWW.KINGSPORTCLINIC.COM](http://WWW.KINGSPORTCLINIC.COM)

Eastern Kings Memorial Health Foundation

"Supporting healthier communities through giving"

## CALL FOR GRANT APPLICATIONS

The EKM Health Foundation invites grant applications from non-profit groups for funding of **health-related projects that will benefit the population of Eastern Kings County.**

Eligibility information and application forms may be picked up at the EKM Community Health Centre Front Desk, from the Health Foundation Office, or by going online to [www.ekmhealthfoundation.ca](http://www.ekmhealthfoundation.ca)

A charitable tax number is required for all eligible grants. Typed applications are preferred.

Inquiries please call 902-542-2359

**Applications must be received AT the EKM Community Health Centre in Wolfville, no later than 4:00 p.m. on Thursday, October 31, 2019** in order to be eligible for review.

Proposals of \$15,000 or under are encouraged.

**Over \$3 Million granted**  
to health-related projects in Eastern Kings County since 1997

**VALLEY GHOST WALKS** season 12  
family friendly historical productions!

**WOLFVILLE** – St. John's Anglican Church  
Thurs. September 19, 7:30pm

**HANTSPOINT** – Riverbank Cemetery  
Thurs. September 26, 7:30pm

**WOLFVILLE** – Clock Park  
Thurs. October 3, 7:30pm

**GRAND PRE WINERY** – Fri. Sept 20, 7:00pm (\$25 w/wine, \$20 without wine)

Adults \$20, Students/Seniors \$16 @ [TICKETPRO](https://www.ticketpro.com)  
\$60 4-packs in advance only. Includes fees & HST – cash only before walks  
902-692-8546 | [jerome@valleyghostwalks.com](mailto:jerome@valleyghostwalks.com) | [ValleyGhostWalks.com](http://ValleyGhostWalks.com)



## GRAND TASTING

SATURDAY, OCTOBER 5, 2019

6:30 p.m. – 9:30 p.m.

Wolfville Farmers' Market

Tickets \$65 plus fees and tax

Ticket Info: [nsharvestwinefestival.ca](http://nsharvestwinefestival.ca)

## NOVA SCOTIA HARVEST WINE FESTIVAL

COME JOIN IN THE CELEBRATION OF NOVA SCOTIA'S AWARD WINNING WINE INDUSTRY.

The Nova Scotia Harvest Wine Festival Grand Tasting is a one night celebration of the Nova Scotia wine harvest season, with wineries from across the province coming together to showcase selections of their signature wines paired with locally inspired food stations.

## Berries & Friends

### What's Growing at U-PICKS Around the Valley

Lindsey Reddin

**Boates Farm**

432 Bligh Road, Woodville  
9am-5pm  
902-678-7301 or [boatesfarm.ca](http://boatesfarm.ca)  
Certified organic apples & pears.

**Daniels U-Pick**

4499 Highway 14 Windsor Forks  
11am-5pm  
902-798-5432  
Plums, pears, apples.

**Dempsey Corner Orchards**

2717 Highway 221 Aylesford  
10am-5pm, closed Sunday  
902-847-1855 or Facebook  
Garden veggies, pears, grapes, apples, pumpkins.  
\$2 farm admission

**Elderkin's Farm Market**

10362 Highway 1 Greenwich  
8am-9pm, Sundays 9am-9pm  
902-542-7198 or Facebook  
Blackberries, garden veg & herbs, pears, apples.

**Foote Family Farm**

1972 Woodville Road Woodville  
8am-5pm, closed Sunday  
902-678-4371 or Facebook  
Apples.

**Gates U-Pick**

1269 Starrs Point Rd, Port Williams,  
10am-6pm  
902-542-9340  
Apples, pears, pumpkins.

**Noggins Corner Farm Corn Maze & U-Pick**

10009 Highway 1 Greenwich,  
Monday-Friday 3pm-5pm, weekends  
10am-5pm  
902-542-5515 or Facebook  
Apples, pumpkins, flowers, herbs.

**Reimer Gardens**

2121 Black Rock Rd Waterville  
8am-8pm, closed Sunday  
902-538-9319 or [reimergardens.com](http://reimergardens.com)  
Blueberries.

**Stirling's Farm Market**

10328 Highway 1 Greenwich  
9am-6pm  
902-542-2789 or Facebook  
Pumpkins, wagon-ride apple u-pick tours.

**Vital Berry Farms**

366 Gibson Woods Road, Centreville  
9am-5pm, closed Wednesdays  
902-582-1482  
Raspberries & grape tomatoes.

**Willowbank U-Pick and Equestrian Stables**

110 Starrs Point Loop, Port Williams  
9am-5pm  
902-542-1999 or [willowbankupick.ca](http://willowbankupick.ca)  
Apples, pumpkins, petting zoo, market, museum, and more.

Bring your own boxes or buy them on-site. Hours are often dependent on field conditions.

Have we missed someone? If you know of a U-Pick that isn't on our list, drop us a line at [submissions@grapevinepublishing.ca](mailto:submissions@grapevinepublishing.ca).

<p>Visit us online: <a href="http://WolfvilleFarmersMarket.ca">WolfvilleFarmersMarket.ca</a> <a href="http://wfm2go.ca">wfm2go.ca</a></p>	<p><b>OKTOBERFEST AT THE MARKET</b> Wed. October 9 Join us for Beer, Cider &amp; Sausage Sampling</p>	<p><b>PUMPKIN PALOOZA!</b> SAT. OCTOBER 19 PUMPKINS PUMPKINS EVERYWHERE... On the ground, on display - even in the food!</p>	<p><b>BREAKFAST FOR DINNER NIGHT</b> Wed. October 23 Join us for a great breakfast at dinner-time!</p>	<p><b>DEVOUR THE GRILLS AT THE MARKET</b> SATURDAY, OCTOBER 26</p>
	<p>Saturday Morning Experience 8:30am-1pm Wednesday Community Market &amp; Supper 4-7pm</p>			



## RECIPE: Asian Nachos from The Kitchen Party Cookbook

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

Cabbage is one of my favourite year-round Nova Scotian vegetables. I love it cooked in soups and curries, in salads, or in the tangy sesame slaw used to top this fantastically flavourful nacho mash-up. The slaw can be made a day or two in advance and also makes an excellent all-season side dish. The wonderful folks at Taproot Farm grow a variety of beautiful cabbages. I pick mine up at their farm stand or at Noggins!

If you have a deep-fryer and are ambitious, try frying up some quartered wonton wrappers and use them in place of the nacho chips. Just a warning, this isn't the same as the nachos that are served at Union Street—those are downright addictive—but it is truly delicious!

### For the Sesame Slaw

- 2 C finely shredded green or red cabbage
- 1 medium carrot, grated
- 1/4 C chopped cilantro
- 2 Tbsp apple cider vinegar
- 1 Tbsp sesame oil
- 2 tsp sugar
- 1 tsp salt

### For the Nachos

- 1/2 lb (225g) ground pork
- 1 tsp grated ginger (1/2 inch piece)
- 2 cloves grated garlic
- 2 Tbsp soy sauce
- 2 tsp sugar
- 2 tsp sriracha or other hot sauce
- 1 Tbsp canola oil

- 1 bag (around 300g) tortilla chips
- 2 cups grated Monterey Jack or cheddar cheese

For the sesame slaw, mix the cabbage, carrot, cilantro, vinegar, sesame oil and sugar and salt in a bowl and toss to combine thoroughly. Set aside.

Combine the pork, ginger, garlic, soy sauce, sugar, and sriracha sauce in a bowl and mix thoroughly. Heat a medium frying pan over medium heat. Add the oil and tilt to coat the pan. Crumble in the pork mixture and cook, stirring frequently, until pork is cooked and browned, about ten minutes. Preheat the oven to 350°F. Spread the tortilla chips over a large ovenproof serving platter or cookie sheet.

Sprinkle with the meat mixture, then the cheese. Bake for 10-15 minutes, until cheese is melted. When the cheese has melted, remove the nachos from the oven and top with the slaw mixture. Serve immediately.

Note: I keep my ginger in the freezer and grate it with a rasp as needed. It stays perfect this way for months. 🍷

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

## DEVOUR LAUNCH PARTY AT THE TORONTO INTERNATIONAL FILM FESTIVAL

Nancy Miotto

The Devour Food and Film Festival held an advance launch party in Toronto on September 8, during The Toronto International Film Festival (TIFF). The event was held in a tented venue outside the historic Campbell House Museum on Queen Street. In keeping with the Italian theme of this year's upcoming festival in Wolfville, the evening was hosted by the Italian Trade Commission.

Lia Rinaldo and Michael Howell greeted their many guests and celebrities. Devour supporters in attendance included actor Jason Priestley and Toronto food writer and restaurant critic Lucy Waverman. TV's *Teletatino* food enthusiast David Rocco, Canadian comedian Ali Hassan, and wine writer Michael Vaughan were among the other dignitaries mingling with the myriad revellers.


The complimentary bar offered refreshing Aperol spritz, Campari spritz, and red and white wine as well as prosecco. The Italian-themed food was plentiful and delicious. A variety of freshly-baked pizzas were provided by the slice by Pizzeria Libretto. Wait staff circulated through the mingling crowd with a plethora of tasty bite-sized appetizers: savoury prosciutto was wrapped around figs and julienned carrots to make a sweet and salty treat with a

pleasant toothsome crunch. Parmesan crisps were served with sweet quince jelly. Several varieties of perfectly toasted crostini were circulated, some topped with creamy gorgonzola, apricot preserve, and walnuts. Others had artfully arranged crisped prosciutto adorned with a dollop of buttery mascarpone. Another featured smoky speck decorated with a morsel of whipped butter. Adorable bruschetta tartlets provided a garlicky-tomato hit with a hint of basil. The tiny meatballs wrapped in crunchy angel hair vermicelli were not to be missed, as well as the carpaccio roll-ups containing flavourful greens and topped with mustard. Warm mushroom caps contained what appeared to be melted fontina cheese and herbs.

Other items were offered. Some so popular, they barely made it past the entrance from the kitchen. For dessert, luscious mini cannoli and cocoa-dusted truffles made the rounds. Cups of espresso were available to top off the night. Everything was carefully and expertly prepared to satisfy every taste bud and provide a delicious preview of what we may expect to enjoy in October. Yum! Can't wait. 🍷




L to R: Lorenzo Miotto sharing wine talk with wine writer Michael Vaughan; Nancy Miotto enjoying the party with David Rocco TV's *Food Network* and *Teletatino* food enthusiast; Devour supporters Lucy Waverman (Toronto food writer and restaurant critic) with John Higgins (Chef and Culinary Director at Toronto's George Brown College) enjoying Aperol Spritz.



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## WHO'S WHO: BERNIE ZINCK

Mike Butler

Bernie Zinck, in my opinion, is one of the most talented local musicians we have here in the Valley. I have known Bernie for close to 30 years, as we attended the same high school together: the *original* KCA. I've been following Bernie and his music adventures for many years, and I'm so excited to finally feature him in my Who's Who column!

Bernie was born and raised in Kentville, and was a prominent member of KCA's celebrated band program! Bernie started playing guitar when he was eight years old, then he learned bass guitar, drums, mandolin, banjo, ukulele, and has dabbled in many other instruments. In his grade 12 year, Bernie was diagnosed with a degenerative eye condition called retinitis pigmentosa. Little was known about the condition at that time, and Bernie was told he would eventually go blind, but the doctors didn't know when. With an uncertain and unpredictable future, he wanted to see the world, so he decided to move to Hollywood, California and attend the prestigious Musician's Institute.

On his experience in California, Bernie notes, "along with the amazing instructors, I had the opportunity to study with famous musicians like Kirk Hammett (Metallica), members of Cheap Trick, Steve Vai, studio legend Tommy Tedesco, and jazz great Joe Diorio, just to name a few. Upon graduation, I moved back to the Valley and started a thriving private music teaching career, which now spans over 20 years"

Bernie is a private music instructor, bandleader, multi-instrumentalist, singer, songwriter, composer, and producer, just to name a few things! I told you he was talented folks, and those few labels don't even begin to cut it! As a performer, Bernie currently has four musical projects on the go (which is a low number for such a busy guy, but Bernie has a young daughter now so priorities have shifted a bit!). "I play solo acoustic shows which are a lot of fun," he says. "I also have a duo/band with long time friend Melissa Vidito called The Melberns, that plays country, pop, soul, R&B, rock, and everything in between. I have a three piece blues and classic rock band called The Bernie Zinck Band and I am bandleader/bassist/vocalist for the 15-piece Valley mega group Bluesmobile. As a songwriter and producer, I've had my music featured on TV shows such as Sony/Lifetime's *The Lizzie Borden Chronicles* and NBC's hit show *Chicago Fire*.

So, I know this Who's Who is about Bernie but after the last paragraph it's pretty clear that the musical talent that flows through this Valley is interconnected and very vibrant. Melissa Vidito is my first cousin and I have known about her incredible talent since birth. Watching her and Bernie make music together is very special. Once you add in the other talented Bluesmobile artists with many famous



faces like Darrin Harvey, Sarah Pound Gaetz, Doug Murley, Tim Fisk, and many more, Bernie clearly associates with the cream of the crop and his concerts, small music shows, and independent projects are well worth following.

"Music is my life," Bernie says. "I love teaching, playing, and writing. It's all I do, aside from spending time with my partner Anne Marie (another great musician) and our beautiful daughter Morganne, who keeps me busy and is my best creation ever! Besides music consuming a lot of my time, I do dabble in video editing a little, as the doctors did not predict that my vision would hang on this long. Although my peripheral and night vision has deteriorated, my central vision is hanging in there and I am very fortunate. I live every day to the fullest and don't let my eye condition stop me from anything I want to do. Yes, it's a part of me, but does not define me. I have been able to do what I love and make a living doing it. What more could I ask for? I am a lucky guy, I have a wonderful family, great friends, and the best job ever!"

To end on a rather exciting note: Bernie is in the process of becoming an ambassador for the CNIB (Canadian National Institute for the Blind). His job as an ambassador will be to educate the public about people with vision loss and that being visually impaired doesn't mean you can't see at all. Nothing seems to stop this very talented man! From all of us at *The Grapevine*, including this longtime fan, we wish Bernie all the best!



For information on music lessons or show bookings, head to Bernie's website: [berniezinck.com](http://berniezinck.com). Bernie posts all of his upcoming shows for various acts on his Facebook page (Bernie Zinck Music).

## A FOND FAREWELL TO THE BOX OF DELIGHTS BOOKSHOP

Genevieve Allen Hearn

The Box of Delights Bookshop has officially announced that the store will be closing at the end of September, 2019. This news has been met with a mixture of sadness and nostalgia from the community.

Founded in 1972 by Hilary Sircom, The Box of Delights Bookshop is named after the British children's novel by John Masefield. In 1991, it was purchased by Mitzi DeWolfe, who upheld a high standard of community-oriented bookselling during some difficult times in the industry. The beloved bookshop carried a wide range of genres with a special focus on children's books and local interest, as well as a selection of stationery by local artists.

However, this space was much more than a bookshop. It was a box office for community events, a space for public dialogue and literary gatherings, and a testing ground for emerging

authors, poets, publishers, and artists. For many years, *The Grapevine* used The Box of Delights as our headquarters, alongside the Deep Roots Music Festival. The downstairs level provided a space for this paper to grow and flourish. Cultural hub spaces like The Box of Delights are important to fledgling organizations, as they provide an arena for the exchange of social and cultural capital. We owe our close relationship with the Deep Roots Music Festival to The Box of Delights, as well as many of our connections to local writers, academics, and engaged citizens.

With heavy hearts, we bid farewell to The Box of Delights Bookshop. We can only hope that this storefront in the heart of Wolfville will appeal to another community-minded individual like Mitzi.



## FLYING SQUIRREL ADVENTURES OFFER GREAT WAYS TO GET OUTSIDE THIS FALL

Ethan Lang

After a brief summer hiatus, the Flying Squirrel Adventures program will be resuming its monthly nature outing series in the Kentville Ravine. Flying Squirrel Adventures (FSA) is a collaborative program between the Blomidon Naturalists Society, Jijuktu'kwejk Watershed Alliance, and the Town of Kentville which aims to inform, inspire and connect nature lovers of all ages in the Valley through guided outdoor explorations.

This summer the program chose to offer a series of five special outings at different locations throughout Kings County, instead of the monthly meetings at the Kentville Ravine which the program had been offering previously. "We wanted to explore some new nature spots and provide programming in other areas to reach new audiences," explains FSA program coordinator, Judy Lipp about the summer schedule. In September FSA will be returning to the monthly format they first established with the program's inception in 2018. This involves free events at the Kentville Ravine the third Saturday of each month in which a guest presenter, an expert in their respective field, guides an outing for community members to learn about a certain aspect of the local environment.

Being the remnant of one of only a few old growth forests in our region, the ravine offers a unique and diverse biological environment while featuring maintained trails and public transport accessibility on the Kings Transit line.

Topics vary, but the meetings always begin with an opening circle at 10am. The group talks about the subject they'll be exploring that day and participates in some activities together before dividing into two groups, one with a guide geared more toward children and another for adults, so as to ensure all visitors get the most from their morning. The event wraps up just after noon with a final closing circle where all participants are invited to share the highlights and lessons from their morning.

The next session will be held on September 21. Dalhousie researcher Simon Gadbois will be on hand with red golden retriever Ivy, for a demonstration on dogs and their use in conservation efforts, such as monitoring and detecting different plants and animals.

According to Lipp, the goal of FSA is to re-connect people to nature through a blend of education, exploration, and simply allowing people to be outside in a beautiful location. "We want to cultivate an understanding of and a lifelong love for nature, which will in turn promote respect for the natural world on which we so depend, as well as encourage active, outdoor living." However, its also about having fun and playing together as a community. "It's in [children's] nature to play outside," says FSA facilitator Emily LeGrand. "Today many kids are leading a more sedentary, indoor-dominated lifestyle (adults too), with serious consequences for their



well-being. We are part of a growing movement to address that by reminding people to get outside and play regardless of their age. Nature can teach us so much about ourselves, others, and the natural world. Being deeply nature-connected leads to love and respect for the natural environment and a sense of inner peace." In these tumultuous times we could all use a dose of that medicine.

With that in mind, FSA is also looking forward to new programs this fall aimed at further promoting local interest in nature and healthy living, such as the interactive field guide project, which allows the public to help identify and catalogue flora and fauna within the bounds of the ravine through the app iNaturalist, as well as helping create a

research database for naturalists and scientists, both amateur and professional. Also new is the Forest Play program for preschoolers, where once a week children aged 3 to 4 will get the chance to play and explore around the Kentville Gorge with program facilitators. Although this particular program is now full, the FSA team would be happy to hear of any further interest from parents to help inform future programming.



For more information on these programs or to contact Flying Squirrel Adventures, visit their website at [valleyflyingsquirrel.wordpress.com](http://valleyflyingsquirrel.wordpress.com)

## MIKE UNCORKED

### I LOVE LUCY: MY DREAM VACATION TO JAMESTOWN, NEW YORK!

Mike Butler

I was ten years old when Lucille Ball passed away. It's one of my first recollections of a celebrity who meant something special to me dying and I remember having to process her death and learn the ability to look back on someone's life and career and find great appreciation in their legacy! After Lucille Ball, artists like John Candy, John Ritter, Phyllis Diller, Mary Tyler Moore, Harvey Korman, Gene Wilder, and so many more have passed on and left an indelible and inspiring gift of comedy and laughter to the world; a gift that has truly fuelled my life: I love to laugh, I love to be positive, and I love the beautiful art of comedy!

Lucille Ball was born in Jamestown, New York (about 90 minutes south of Buffalo) and in that town, rich with history, Lucy's legacy and the powerful art of comedy are celebrated. You will find many theatres, museums, and displays celebrating the *First Lady of Comedy* and, also, The National Comedy Centre (opened in 2018 and quickly becoming one of the most attended attractions in North America).

Each August the Lucille Ball Comedy Festival takes place in Jamestown, and in celebration of my 40th birthday this year, I fulfilled a dream of mine and spent five days in Jamestown, surrounded by Lucy-loving folks from all over the world: comedians, laughter, food, fun, and polka dots abounded, and I sincerely came back to Wolfville a changed man!



First of all, if you have something you've always wanted to do but keep putting off, well... DO IT! I travelled to Jamestown by myself with no argument from my husband, family, or friends, because I have been talking about this trip for 20 years! I believe in time and place and there was never a better time for me to go to Jamestown than this year: this was MY time to experience it. I met amazing

people, swam in laughter and good cheer, saw fantastic performers, embraced the small independent businesses and hometown feel that makes Jamestown special, and I loved every minute of it!

Jamestown reminded me so much of Wolfville! There were no fast food restaurants (all mom & pop shops) and, even though I counted 12 Tim Horton's shops in the surrounding area, the downtown had two beautiful independent coffee shops, and I spent all my mornings sipping locally-roasted coffee at The Crown Street Roasting Company and it was to die for!

And the festival, well, where do I start? I purchased tickets to, and this is no lie, EVERYTHING offered during the Lucille Ball Comedy Festival, including both comedy headliners (John Mulaney and Sebastian Maniscalco), admission to the Lucy-Desi Museum, The National Comedy Centre, and the three nights of comedy showcases and late night stand up comedians, and let's not forget all of the *I Love Lucy*-themed events, including Lucy's Hometown Tour, the Cemetery Tour to see Lucy's grave, the reenactments of the grape stomping and chocolate wrapping skits from her show, photo ops, special luncheons, history seminars of the town and Lucy's impact, the *I Love Lucy* trivia contest, community block parties, and Lucy's Birthday Bash (with internationally

celebrated tribute artists playing Lucy and Ethel). I ended my trip with the Summer Wind steam boat ride around Chautauqua Lake!

There's no way I could ever fit the whole experience into one article. Walking around "Lucy's streets," seeing the house that she grew up in, embracing the rich history of Jamestown (established 1806), interacting with locals (who fell in love instantly with this Nova Scotian who couldn't stop smiling), and touring the comedy museum, listening to belly-laughs and loud giggles, was so good for my soul. When saying "so long," I had a very emotional moment sitting in front of the National Comedy Centre, as I realized that my five days (which took 20 years to come to pass) were now over. I felt overwhelmed with emotion because of the generosity and welcoming environment of Jamestown!

Will I go back? YES!! The dream was so big and I dreamed it for so long, why would I rob myself of multiple chances to experience it? If you have a dream vacation spot, I'll say it again, do it! We all need a little *me time*! I spent mine with Lucy and I loved it!





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## NEWEST JAN COATES NOVEL TO BENEFIT FEED NOVA SCOTIA

Submitted

With the release of Jan L. Coates' new children's book, *Say What You Mean, Mean What You Say*, Nevermore Press in Lunenburg will be donating one dollar from the sale of each book to Feed Nova Scotia from now through October 14, Thanksgiving Day. *Say What You Mean* is the second middle-grade novel published under Nevermore's Trap Door Books imprint.

In *Say What You Mean*, twelve-year-old Jake MacKinnon rescues an old hound dog from the pound. Sandy turns out to be a fairy dogmother, who grants Jake's greatest wish—to be able to read minds, in particular that of his wannabe singer/songwriter father, who has "gone out west to find himself," leaving Jake and his mother struggling.

Against a background of magical realism, Coates takes Jake on a journey that finds him volunteering at the Hope Pantry soup kitchen and roaming the grounds of the West End Mental Health Centre in search of the Crazy Good Choir. Along the way, Jake discovers that people who are homeless and hungry aren't just bums, and that people who struggle with mental health issues aren't about to "Jekyll out on you."

"This book deals with current issues—homelessness, poverty and mental health—in a way that young readers can relate to, and explores the impact they have on individuals and families. We wanted to do something that not only heightens awareness of the issues but also makes a concrete contribution," said Ernest Hadley, publisher and editor of Nevermore



Press. "Teaming up with Feed Nova Scotia is a natural fit, particularly since over one-third of those receiving food bank assistance are children."

Feed Nova Scotia is a registered charity that relies on donations from the community to fulfill its mission. Every two dollars raised by Feed Nova Scotia provides three meals.

*Say What You Mean* is currently on sale at select bookstores and on the publisher's website at [nevermorepress.ca](http://nevermorepress.ca). A formal launch of the book is set for Saturday, September 21 at the Kentville Public Library from 11:00am to 12:30pm. A Lunenburg launch of *Say What You Mean* is set for Thursday, September 26 at 1:00pm at the Lunenburg Library in conjunction with the Lunenburg Lit Fest.



Jan Coates lives in Wolfville, NS, with her husband and faithful golden Irish, Charlie. This is her tenth children's book.

## I KNOW A PLACE

Ron Lightburn



### Batidinha

A tranquil pond next to the Harvest Moon Trailway in Coldbrook

Ron Lightburn's art cards are now available at seven locations in the Annapolis Valley: Box of Delights Books, Wolfville; the Hardware Gallery, R.D. Chisholm, and the Kings County Museum in Kentville; The Port Pub, and Sea Level Brewing, Port Williams; and Saunders Tartans & Gifts, New Minas. [thelightburns.com](http://thelightburns.com)



## SPEED SKATING: YOU CAN DO THAT IN THE ANNAPOLIS VALLEY

Submitted

"I didn't know you could do that here" is a common comment from people seeing speed skating in Nova Scotia. The follow-up comment is then usually "speed skating is always my favourite sport to watch during the winter Olympics," or "I wish they had this when I was younger."

This month the Annapolis Valley Speed Skating Club is inviting everyone to come out to a couple of open house events to give speed skating a try. The events are supported with funding from Speed Skate Nova Scotia and Nova Scotia Gaming Support 4 Sport. Open house events will happen at:

September 22 – 2:00pm-3:30pm – Kentville Centennial Arena  
September 29 – 2:00pm-3:30pm – Credit Union Centre, Kingston

The club will also host an information/registration/skate fitting night at the Credit Union Centre on September 23, 6:00pm-8:00pm.

"The theme for the open house events is 'you can do that here' because we hear those comments so often" says Steve Raftery, president

and a coach with the Annapolis Valley Speed Skating Club. "Speed skating is not just something to cheer on every four years during the Olympics, it is something that can be enjoyed in the Annapolis Valley."

There was a time when speed skating could not be done in the Valley. Not wanting to make the long drive into Halifax when her son showed an interest in speed skating, Dawn Noakes started asking questions. With support from provincial and regional sport and recreation agencies, the Annapolis Valley Speed Skating Club began operating out of the Credit Union Centre in Kingston in the fall of 2012. Noakes finds the sport to be very accessible: "the club has a stock of skates to rent to everyone and coaches that offer programs for all ages whether skating for fun, fitness, or competition." The club's growth and success was recently recognized by Speed Skating Canada when it was named a finalist for the inaugural Intact Insurance Club Excellence Award. 🐾

For more information, email [valley-speedskating@gmail.com](mailto:valley-speedskating@gmail.com) or check out [facebook.com/AnnapolisValleySSC](https://facebook.com/AnnapolisValleySSC)

## ARTCAN NEWS

As the summer season comes to a close we're reflecting on all the exciting events we had the privilege of hosting at ArtCan: many of the Kitchen Parties with Kim Barlow, a lovely variety of musicians, poets and writers; five abstract artists from Annapolis Royal presented a beautiful show during the month of August; and many students have also been making great work in the studio. Thank you to all the fantastic artists for making such a memorable summer!

ArtCan Café will continue to serve coffee and desserts throughout the fall, but the lunch service will end Saturday, September 14. We will be offering catering/take-out services through pre-ordering by email: [michaela@artcan.com](mailto:michaela@artcan.com) (check our website for the menu).

Ron Hayes will be teaching a two hour workshop in watercolour on Saturday October, 26. We also provide quality art supplies, including canvas, brushes, Kama oil paint, and Holbein watercolour paint, and a variety of papers and drawing materials.



On display in the gallery are recent landscape paintings by Ron Hayes. In the Café, Hayes' exhibition from 2012 entitled "Currency" displays his abstract work that utilizes credit cards to create a wide array of images.



For more information about art classes or general inquiries: call 902-58-7071 or visit [artcan.com](http://artcan.com)

## HURRICANE DORIAN SQUASHES THIS YEAR'S WINDSOR-WEST HANTS PUMPKIN REGATTA

It is with great sadness that the Windsor-West Hants Pumpkin Festival committee announced the cancellation of this year's 21st Annual Pumpkin Regatta.

The majority of gourds for the regatta come from the Dill Family Farm in Windsor. This year's growing season had a very late start with May and June being exceptionally wet and fields unable to be plowed and planted. When transplants were finally set, July and most of August were exceptionally hot and dry, hampering growth. And then came Hurricane Dorian, whose category 2 winds and heavy rains severely damaged vines and leaves that provide nutrients to the gourds.

To run a successful regatta, there needs to be in excess of 60 gourds available. The Dills

have focused in the past several years on growing gourds in the 600-800 pound range, which are used specifically for the regatta. The Dills, like so many other Nova Scotia farmers, are still surveying the damage from Dorian. Simply, there will not be enough gourds to supply PVCs (personal vegetable craft) to the pumpkin paddlers. "It was only fair to let paddlers know as soon as possible" said Danny Dill, who already had bookings from pumpkin athletes as far away as Alberta.

After 20 successful Regattas, it is a sad day in the Land of Giants, but there are still many regional farm markets, u-picks and events to make the Great Pumpkin proud, and PLAN B is being floated for a Family Fun October!



## RISE UP AND RUN TO BENEFIT CHRYSLIS HOUSE

Edith Riley

Chrysalis House is a non-profit grassroots organization that has been providing shelter, support, counselling, advocacy, outreach, and transitional supports to women and their children escaping violence for more than 30 years. Chrysalis House works with individuals, organizations, learning institutions, and businesses in our community to end violence against women in order to create healthier communities and families.

The primary goal of Chrysalis House is to provide a safe place for women and children escaping abuse. The secondary goal is to support women and children through service delivery and programming. We provide many in-house and outreach services, including the children's program which focuses on promoting children's strengths and self-esteem in a welcoming, safe, and caring environment; the art program, which promotes women and children coming together to connect, create, and share in a community setting where they feel safe and supported; and women's programs designed to assist women in recognizing the patterns of abusive relationships and the warning signs of control and abuse and improving financial security. We also offer joint programs like Women Independent Now (WIN) with Annapolis Valley Health (Mental Health and Addictions Services). The shelter service is located in Kentville, Nova Scotia and serves the communities of Kings, Annapolis, and West Hants counties. The shelter and distress/support line operates 24 hours a day, 365 days a year. Services are provided by 15 permanent employees. There are absolutely no fees for service.

In its current state, Chrysalis House diverts substantial operating funds towards maintaining and repairing an aging structure that does not meet the needs of service users and staff. We are raising funds towards the construction of a new shelter that will be accessible and include much needed space

for other organizations we work closely with. Our innovative design will allow for a hub of related community services and will build capacity in our community and increase access to services for families experiencing violence. Chrysalis House has been most fortunate to have received so much support from the community and funders and we truly hope that this will continue as we work towards achieving our new initiative, Project Renew.

With Project Renew upon us, we are always looking for new ways to fund raise and to include the community so they are aware of the services the shelter provides. When Andrea Watts, a fellow board member, suggested a run, I jumped aboard and we started the process of organizing it, all the way back in February! Since then we have been joined by a subcommittee of board members trying to pull together all the different duties involved in running such a fun event!

Andrea also came up with the idea of edible medals. Being a runner herself, she had been at a run that also had edible medals. As we are starting out, and as it's a fundraiser towards a great cause, we are trying to keep the costs down, and who doesn't love to have a sweet treat after a workout?

Rise Up and Run is going to be amazing. The event starts at 10:00am, and opening ceremonies include a welcome from both Ginger MacPhee, Director of Chrysalis House, and Sandra Snow, Mayor of Kentville. We will then have some stretching and warm up with a local yoga instructor. The run begins at Miner's Marsh and then continues onto the trail, with lots of volunteers along the way. We have been doing prize draws for anyone signed up for the past month, with more draws to come, so get signed up!



## VALLEY FAMILY FUN YOUNG PICASSOS

Laura Churchill Duke, valleyfamilyfun.ca

"It is never too early to introduce kids to art," explains Laurie Dalton, director and curator of the Acadia Art Gallery.

Many parents are nervous about taking their children to an art gallery. Is it appropriate? Will they be bored? Will they be the one to knock over the sculpture?

Dalton gives the following tips:

Bring a bag of colour swatches and shapes. Give each child a colour or shape and ask them to find something in the gallery that is the same shape or colour. Buy a postcard at the gift shop before entering the gallery and get kids to be on the lookout for that piece, or ask the child to make up a story about the artwork. The important part is to have them talking about and looking at art. You will be amazed at what you learn!

There are many opportunities for children to learn about or make art in the area. Here are a few:

1. Grow with Art – this program for youth aged five to 14 will be resuming in September. On the second Saturday of the month at the Kingstec NSCC campus in Kentville children can participate in an art-making workshop with a local artist. Children can also rent quality-framed reproductions by famous artists. All of this is for only \$2 for a painting and \$2 for the workshop!
2. The Clayground Studio in Wolfville! Kids can make a painted pottery piece or older kids can try a fusible glass craft.
3. Mr. B's Makery, owned by Canning artist Brendon Purdy-Smith, can host you and your group for your next party. Join them on site



in New Minas or they can come to you. During the session you will make a variety of arts and crafts from crayzons to slime and play dough. Brendon Purdy-Smith is an engaging and very social young man who was diagnosed with an intellectual disability at a young age. His parties are always a lot of fun!

4. School Street Studio Glass in Hantsport lets you come in and try your hand at a fused glass project.

When doing art projects with your kids, the most important thing, according to Dalton, is not to make it complicated. "The focus should be on the process and not the end result. Just make it fun," she says. When children are older and show an interest, then think about lessons. (There is a list of art lessons available at valleyfamilyfun.ca under Arts).

For now, just have fun and let your inner Picasso come out!



SUNDAY, SEPTEMBER 29  
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# RISE UP AND RUN

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Sally Rose

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## THURSDAY, SEPT. 19

**Multiple Sclerosis Meeting** – Sobey's, New Minas 7-9pm • MS meeting with guest speaker. **TIX:** no charge **INFO:** 902-684-3364 / alleeta@hotmail.com  
**Shuffleboard** – Royal Canadian Legion, Berwick 7-9pm. Also Sept 26 • Relaxed atmosphere. New players always welcome. **TIX:** donation **INFO:** 902-538-9340  
**Author Reading and Book Launch** – Kings Riverside Court, Kentville 7-8:30pm • Meet author Lesley Crewe, who will be promoting and reading from her first non-fiction book, Are You Kidding Me?. Everyone is welcome! **TIX:** no charge **INFO:** 902-679-1993  
**Jean François Mercier (humour)** – Evergreen Theatre, Margaretsville 7:30pm • L'Association francophone de la Vallée est fière d'accueillir l'humoriste bien connu au Québec, Jean-François Mercier, au Evergreen Theatre de Margaretsville avec son spectacle En Cachette! **TIX:** 25\$ membres AFV 30\$ non membres 6, chemin Bedford, Greenwood Centre communautaire Point de mire (AFV) **INFO:** 902-765-1078 / afv@scolaire.ednet.ns.ca

## FRIDAY, SEPT. 20

**Hot Dog / Sausage BBQ** – Rockwell Home Hardware, Kentville NS 11am-1:30pm. Also, Sept 27 **TIX:** hot dog and drink \$3, sausage and drink \$5 **INFO:** 902-679-2367 / vintagemusic1@hotmail.com  
**Global Climate Strike Rally** – Clock Park, Wolfville 1pm • Join us at Clock Park to demand action against climate change, along with millions of others striking across the world. Add your voice to this urgent cause. **INFO:** 143378w@acadiau.ca  
**Part-Time Job Fair** – Student Union Building, Acadia U., Wolfville 1-4pm • Remember to bring an updated resume! **INFO:** Deb Kendall, 902-798-6645 / dkendall@peopleworx.ca  
**Our Fragile Earth – Musical Gathering and Experiences** – Farmers Market, Wolfville 3:30-11pm • Join us to co-write new songs of hope and inspiration to kick off a week of climate action. We'll perform these songs together and record them. We'll have a Fall Harvest Supper afterward and then dance the night away to the music of the 60s-80s. **TIX:** Songwriting workshop, 3:30-5:30pm, no charge. Fall Harvest Supper, 5:30-7:30pm, \$5. Dance, 9-11pm, \$10 (there will be a cash bar). Purchase at the door **INFO:** 902-412-7908 / xrns@riseup.net  
**Rock 'n Roll Boot Camp** – Moe's Music School, Windsor 6pm • Learn the art of songwriting and how to prepare your band for gigs and recording sessions. **TIX:** \$195 tax in for 14 weeks **INFO:** 902-292-6596 / moesmusicsschool@gmail.com

## SATURDAY, SEPT. 21

**Breakfast** – Lions Club, Wolfville 7-10am • Everyone is welcome! Proceeds for the Lions Club. **TIX:** \$8 for adults, \$4 for children under 10 **INFO:** KimStewart@outlook.com  
**Breakfast** – Community Hall, Centreville 7-10am • The Good Neighbour Club big breakfast. Enjoy eggs, bacon, sausages, toast, homemade beans, homemade hash browns, coffee, tea, juice, etc. **TIX:** donation **INFO:** 902-678-3999  
**Breakfast** – Royal Canadian Legion, Windsor 7:30-10am • Windsor Legion Breakfast Third Saturday every month. **TIX:** adults \$7, children 5-12 yrs \$5, Under 5 yrs no charge! **INFO:** 902-798-0888 / windsorlegion@bellaliant.ca  
**Breakfast** – United Church, Aylesford 8-11am • Delicious homemade pancakes, scrambled eggs, sausages, ham, toast, tea, coffee and juice. Sponsored by the Committee of Stewards for church expenses. **TIX:** donation **INFO:** 902-847-9624  
**Moses Mountain Hike** – Moses Mountain, Vaughan 9am • Hike Nova Scotia and the Municipality of the District of West Hants present a guided hike on Moses Mountain, Windsor Please carpool to: 1 Hartt Road. This hike is by pre-registration only (no drop ins please) and limited to 20 people. The route is very challenging. **TIX:** no charge, but you must pre-register **INFO:** 902-790-9647 / activeliving@westhants.ca / hikenovascotia.ca  
**Tumblebugs** – Elementary School, Port Williams 9:15-10:30am. Also Sept 28 • A 10-week program for children ages 3-5 years old and their parent or caregiver. Basic movement activities and modified gymnastics that are fun, safe, and developmentally appropriate. **TIX:** no charge **INFO:** 902-678-5760 / family.centre@kcrc.ca  
**Harris & Sons Auctions** – Onsite auction, Berwick area 10am (9am preview) • Including Lawn tractors, chainsaws, Wood splitter, Trailers, Vehicles, Snow mobiles, Household etc. Watch website for details as they are posted. **INFO:** 902-308-0594 / harrisandsonsauctions.com

**Valley Trekkers Volkssport Club** – Forest Home. 10am (register 9:30am) • Take Exit 13 off Hwy 101. Take Hwy 12 south for 13kms. Park at Gaspereau Lake Dam, just past Forest Home sign. **This is a 5/10 km, 2B walk. INFO: 902-678-3794**  
**Forest Home Hike** – Gaspereau Lake Dam, Forest Home 10am • Hike Nova Scotia and the Valley Trekkers present a guided walk on the Forest Home Trail, Forest Home (Kings Co.) You must pre-register onsite at the event. Park at the Gaspereau Lake Dam, just past the Forest Home sign. Qualify to win a trail prize. **TIX:** no charge **INFO:** hikenovascotia.ca  
**Avondale Garlic Fest** – Avondale Sky Winery, Newport Landing 10am-5pm • Celebrate Nova Scotia's many garlic growers while enjoying live music, fine art, great food, cooking demos and more at Eastern Canada's largest garlic festival, all happening on the picturesque Avondale Sky Winery grounds. **TIX:** \$2 Admission (free for ages 13 & under) **INFO:** 902-753-3138 / help@artfairproductions.com  
**National Ladies Learning Code Day: Intro to UX Design** – Patterson Hall, Wolfville 10am-4pm • During this collaborative learning experience, we'll explore the difference between User Interface (UI) and User Experience (UX), and how they work together. **TIX:** no charge **INFO:** 902-760-0168 / info@refresshannapolisvalley.org  
**Ticket Auction** – Fire Hall, Aylesford 10am-2pm • Proceeds to the Aylesford Firefighters Auxiliary. **TIX:** no charge **INFO:** 902-847-9179 / karenleeatwater@hotmail.com  
**ElderDog Canada Kings Pawd Wolfville Walk** – Farmers Market, Wolfville 10:30-11:30am • We invite people of all ages, and dogs of all ages and sizes to join us for a mid-morning stroll in Wolfville. Meet fellow dog lovers and lots of four legged friends. **TIX:** donation **INFO:** 902-242-2194 / elderdog.ca  
**Community Open Oven** – Front Street Community Oven, Wolfville 12-3pm. Also Sept 28 • Open Ovens are our weekly free wood fired baking/cooking event where the oven is fired up and everyone can come cook/bake, eat together, and picnic in the park. No booking required. **TIX:** no charge **INFO:** duncan@frontstreetoven.ca  
**North Along The Shore Jamboree** – Avon River Heritage Museum, Newport Landing 1pm-1am • North Along The Shore Jamboree is a country, Americana, and folk music festival in Hants County NS. **TIX:** \$25 advance, \$30 at the door **INFO:** 902-690-5752 / northalongtheshore@gmail.com  
**A Wine and Cheese Celebration** – Randall House Museum, Wolfville 7-9pm • Randall House Museum has partnered with Tangled Garden, Foxhill Cheese, and Domaine de Grand Pré to present a wine and cheese event at the museum. Your ticket not only gets you entry to the event but you will get to enjoy a complimentary glass of wine, delicious food, music, and great company. **TIX:** \$15 non Wolfville Historical Society (WHS) members, \$10 current WHS members. Advance tickets available at Randall House Museum, Domaine de Grand Pré, Tangled Garden, and Foxhill Cheese **INFO:** 902-542-9775 / randallhouse@outlook.com  
**Adult Dance** – Royal Canadian Legion, Kentville 9pm-12am • For ages 19 and over. Bar, Kitchen, Canteen, 50/50, Door Prizes. Members and Non Members Welcome. Music by: Bob Deveau. **TIX:** \$8 **INFO:** 902-678-8935

## SUNDAY, SEPT. 22

**Benefit for Ernie Winston** – Meadowview Community Centre, Kentville 1-4:30pm • Auction, 50/50 draw and canteen. Entertainment by: Country Heat Band, Carl Adams, David Arenburg, Basil Davidson, Ernie Winston, Joan Sheppard, Mike Ricketts and others! All proceeds for Ernie Winston for medical expenses. **TIX:** free will offering **INFO:** 902-678-9344  
**Open House** – Shand House Museum, Windsor 1-5pm • Please join us for a Special Open House. **TIX:** donation **INFO:** 902-798-2915 / Haliburton.Shand@novascotia.ca  
**A Green Party in the Park** – Oakdene Park, Kentville 2-4pm • Music and words in support of the planet. Everyone welcome! Imagine a Green world! **TIX:** Freewill donation **INFO:** peter.gillis@greenparty.ca  
**Calligraphy Workshop** – Prescott House Museum, Port Williams 2-4pm • An introduction to historic penmanship, styles, tools, and technique w/ Jane Mangle. Space is limited, pre-register. **TIX:** \$10 **INFO:** 902-542-3984 / margrete.kristiansen@novascotia.ca  
**Sundae Sunday Social** – Stonehill United Baptist Church, 13109 Old Hwy. #1, Lockhartville 2-4pm • Puppet Shows, Music & Heavenly Ice Cream! Create your own Sundaes! **TIX:** Adult \$3.50 Children \$2.50 **INFO:** 902-528-2829

**Acoustic Classic Rock Entertainment** – Community Centre, Grafton 2-4:30pm • Come out and enjoy "LEFT OF CENTER DUO". music and songs. A unique blend of rock music from the 50's to present. 50/50 draw. Canteen available. **TIX:** \$5 per person **INFO:** 902-538-1203 / donfoster470@yahoo.com  
**Music in the Garden Room** – K.C. Irving Environmental Science Centre, Wolfville 2-4pm • meagan&amy, a vibrant Canadian duo consisting of violinist Amy Hillis and pianist Meagan Milatz. **TIX:** no charge **INFO:** artsacadia.acadiau.ca  
**Swingin' Sundays with Zakary Miller** – Avondale Sky Winery, Newport Landing 3-7pm. Also Sept 29 • Join us on our patio for live music from Zakary Miller. Alongside our regular menu, a weekly barbecue special will be available during the event. **TIX:** no charge **INFO:** 902-253-2047 / events@avondalewine.ca  
**Learn to Swing Dance: Lindy Hop** – Bishop Hall, Greenwich 3-4:30pm. Sundays, Sept 22-Nov 3 • Join us for a 6-week Lindy Hop swing dancing class. Learn the basics and build on new skills. No previous experience or partner required. More info and registration at Eventbrite (Lindy Hop Fall 2019). **TIX:** \$36-60 **INFO:** valleyswing@gmail.com  
**Fundy Cinema screens RED JOAN** – Al Whittle Theatre, 4 & 7pm • Loosely inspired by the biography of British KGB agent Melita Norwood, Lindsay Shaper's old-school thriller portrays the complex persona and legacy of fictional Joan Stanley (Judi Dench and Sophie Cookson), a seemingly demure physicist who became a long-serving British spy for the Soviets. **TIX:** \$10 **INFO:** 902-542-1050  
**Hymn sing** – Baptist Church, Forest Hill 7-8:30pm • refreshments and Fellowship to follow **TIX:** Donation **INFO:** 902-542-2601 / judysin@eastlink.ca

## MONDAY, SEPT. 23

**Toddler Tonics** – Kings County Family Resource Centre, Kentville 9:30-11am. Also Sept 30 • Enjoy a morning of physical activity, fun, and meet new families. This program is a parent - child interactive program. **TIX:** no charge **INFO:** 902-678-5760 / family.centre@kcrc.ca  
**Fun with Food** – Louis Millet Community Complex, New Minas 9:30-11am. Also Sept 30 • Explore new recipes and cook with your child. This is a parent - child interactive group. **TIX:** no charge **INFO:** 902-678-5760 / family.centre@kcrc.ca  
**Exploring the Outdoors** – The Gorge, Kentville 10-11am • This program is focused on unstructured outdoors forest play. The children use their imagination while exploring their surroundings and viewing some outdoor critters. **TIX:** no charge **INFO:** 902-678-5760 / family.centre@kcrc.ca  
**SOUP** – Royal Canadian Legion, Wolfville 11:30am-1pm • SOUP lunch and dessert **TIX:** no charge **INFO:** wolfvillelegion@gmail.com  
**SPEED SKATING – YOU CAN DO THAT HERE** – Credit Union Centre, 1490 Westwood Ave., Kingston 6-8pm • Information/Registration/Skate Fitting night. Join the Annapolis Valley Speed Skating Club. Programs open to children, youth and adults. Programs offered include Learn to Speed Skate, Skills Development, Recreational and Competitive. **INFO:** valleyspeedskating@gmail.com

## TUESDAY, SEPT. 24

**Group Walk** – Royal Canadian Legion, Wolfville 9am • Join us for a group walk on the Harvest Trail, weather permitting. **TIX:** no charge **INFO:** wolfvillelegion@gmail.com  
**County Crafters** – Kings County Family Resource Centre, Kentville 9:30-11:30am. Also Oct 1 • Crafting for all adults. Work on your own projects or come and enjoy a craft project provided for you. Childcare is available **TIX:** no charge **INFO:** 902-678-5760 / family.centre@kcrc.ca  
**Let's Get Up and Move** – Kings County Family Resource Centre, Kentville 9:30-10:30am • An hour of increasing your heart rate and having fun. Free childcare available. **TIX:** no charge **INFO:** 902-678-5760 / family.centre@kcrc.ca  
**Grandparent Group** – Town Hall, Berwick 10am-12pm • If you are a grandparent who is raising or helping raise grandkids please join us for coffee/tea and discussion of the many important issues that relate to the role. **TIX:** no charge **INFO:** 902-678-5760 / family.centre@kcrc.ca  
**Coffee, Tea and Conversation** – Royal Canadian Legion, Wolfville 10am-12pm • Join us for bottomless tea, coffee, snacks and conversation! **TIX:** \$2 **INFO:** 902-542-5869 / wolfvillelegion@gmail.com

**Fireflies Luncheon** – Fire Hall, Middleton 11am-1pm • Chicken cold plate, corn chowder & turkey vegetable soup. Strawberry shortcake, apple crisp included. **TIX:** Cold plate \$10, Soups \$9 **INFO:** 902-825-6563 / vintagemargaret@hotmail.com  
**Soup Luncheon** – United Baptist Church, Centreville 11:30am-1pm • Our first fall soup luncheon with choice soup/chowder, bread, rolls, dessert, tea & coffee. **TIX:** \$8 **INFO:** 902-678-1946 / lesmbms@eastlink.ca  
**Play with Me** – Valley Autism Centre, Kingston 1-2:30pm. Also Oct 1 • Take some time to be creative, active, and engaged with your child/children. All ages welcome. **TIX:** no charge **INFO:** 902-678-5760 / family.centre@kcrc.ca  
**Valley Voices Rehearsals** – United Baptist Church, Kentville 7-9:15pm. Also Oct 1 • Curious about who we are and what we do? Valley Voices, the Kentville, Nova Scotia chapter of Harmony, Incorporated, an international organization of female a cappella singers. **TIX:** no charge **INFO:** 902-690-7485 / yvonnefoisy@eastlink.ca  
**NS and the Spanish Flu 1918-1919** – Kings County Museum, Kentville 7:30-9pm • Nova Scotia & The Spanish Flu 1918-1919 100 years late With Dr. Allan Marble. "During the four months the flu was at its peak in Nova Scotia, from about September to December 1918, there were about 2,000 killed" Lessons learned from the past. **TIX:** donation **INFO:** 902-678-6237 / info@kingscountymuseum.ca  
**All Is True** – Kings Theatre, Annapolis Royal 7:30-9:15pm • A King's Film Society Presentation The year is 1613, and Shakespeare is acknowledged as the greatest writer of the age. But disaster strikes when his renowned Globe Theatre burns to the ground. Devastated, Shakespeare returns to Stratford, where he must face a troubled past and a neglected family. Haunted by the death of his only son, Hamnet, he struggles to mend the broken relationship with his wife and daughters. In so doing, he is ruthlessly forced to examine his own failings as a husband and father. PG-13 **TIX:** \$11 Adult, \$10 with Film Buff Card, \$8 Youth All prices include HST. **INFO:** 902-532-7704 / mk@kingstheatre.ca

## WEDNESDAY, SEPT. 25

**Canadian Federation of University Women** – Wu Welcome Centre, Wolfville 7am-9:30pm • CFUW First meeting. This will begin with a business meeting followed by our guest speaker, Peter Muttart. **TIX:** no charge **INFO:** cfuwwolfville.com  
**Rhyme Time** – Louis Millet Community Complex, New Minas 10-11am. Also Oct 2 • Learn new songs, rhymes, and movement activities. Come out and join us for a great parent-child experience. **TIX:** no charge **INFO:** 902-678-5760 / family.centre@kcrc.ca  
**Tumble Bugs** – Kings County Family Resource Centre, Kentville 10:30-11:30am. Also Oct 2 • A 10-week program for children ages 3-5 years old and their parent or caregiver. Tumblebugs teaches basic movement activities and modified gymnastics that are fun, safe, and developmentally appropriate. **TIX:** no charge **INFO:** 902-678-5760 / family.centre@kcrc.ca  
**Baby and Me** – Kings County Family Resource Centre, Kentville 10:30-11:30am. Also Oct 2 • A great place to connect with other moms and babies, share stories and learn songs and rhymes you can do together. **TIX:** no charge **INFO:** 902-678-5760 / family.centre@kcrc.ca  
**Kings District RCMP Open House** – RCMP, New Minas 12-3:30pm • Please join us for an Open House at our New Minas detachment! Event will feature detachment tours, emergency vehicles, displays by community partners and RCMP specialized units. **TIX:** no charge **INFO:** 902-679-5555 / corey.knowles@rcmp-grc.gc.ca  
**Artists' Cafe** – ARTsPLACE Gallery, Annapolis Royal 2-4pm • The Annapolis Region Community Arts Council (ARCAC) is now presenting a series of Wednesday afternoon programs - our Artists' Café. At ARTsPLACE, people will come together to share any form of creative arts in an informal atmosphere. **TIX:** donation **INFO:** 902-532-7069  
**Ami McKay Book Launch** – Ross Creek Centre for the Arts, Canning 7-9pm • A special "hometown" launch of Daughter of Family G. Join Ami McKay for an evening of story and song, and a peek inside her family photo album. There will also be a Q&A, treats, and book signing. **TIX:** \$5 **INFO:** 902-582-3842 / boxoffice@twoplanks.ca

## THURSDAY, SEPT. 26

**Group Walk** – Royal Canadian Legion, Wolfville 9am • Join us for a group walk on the Harvest Trail, weather permitting. **TIX:** no charge **INFO:** wolfvillelegion@gmail.com

**Let's Get Messy!** – Louis Millet Community Complex, New Minas 9:30–10:30am. Also Oct 3 • Bring your child out to explore various art forms and sensory opportunities. This program is a parent-child interactive group. All ages welcome. **TIX:** no charge **INFO:** 902-678-5760 / family.centre@kcfrc.ca

**Plein Air Art** – Cottage Cove Provincial Park, Port George 10am–1:30pm • The Plein Air Artists Annapolis Valley group meets to paint on-location throughout the Annapolis Valley. **TIX:** no charge **INFO:** 902-701-8106 / edwardwedler@gmail.com

**Wolfville Food Tour** – Just Us! Cafe, Wolfville 2:30–5:30pm • Taste your way through Wolfville's delicious core with a Wolfville Food Tour. Led by a local guide, you'll visit up to 8 fantastic locations where you'll be given a food sample and hear the inside scoop about Wolfville's food story. **TIX:** \$67.40 Adults, \$61.65 Under 18 years. We use Ticketpro.ca and all their outlets in the valley such as Cochrane's Pharmacy in Wolfville. **INFO:** 902-692-8546 / info@whereitsatours.com

**Deep Roots – Jazz** – The Church Brewing Company, Wolfville 3:30–6pm • Jazz at the Church. Artists: Steve Lee Trio plus One & Sam Wilson Trio **TIX:** no charge **INFO:** 902-542-7668 / office@deeprootsmusic.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:** wolffvillelegion@gmail.com

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

**Games Afternoon** – Thursdays 1–4pm, St. Andrew's Anglican Church Hall, Hantsport. Cards, Mexican Train, Crib. Refreshments. **FEE:** \$2 Admission **INFO:** weegin61@hotmail.com

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

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

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

**Nia** – Community Hall, Greenwich 5:30–6:30pm. Dance & fitness bringing health, strength, and flexibility suitable for any fitness level. **FEE:** \$10 drop-in, or 5 classes/\$45 **INFO:** Ali, alboyer10@gmail.com

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

**Taekwondo** – Baptist Church, North Alton 6:30pm (kids 4–14), 7:30pm (adult). Also Tuesdays. Exercise, self-defense, respect, listening skills, focus, self-discipline, and confidence. **TIX:** no charge to try a class **INFO:** 902-670-8714 / devin@ennissecurity.ca

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

**North Mountain Chorus** – Community Hall, Long Point Rd, Centre Burlington 7–9pm. Weekly rehearsals. **INFO:** northmountainchorus.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

**Darts** – Wolfville Legion 7pm **INFO:** 902-542-5869

**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

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

**Ladies Cardio Kickboxing** – Baptist Church, North Alton 8:30–9:30pm. Also Tuesdays. Adult class to improve coordination, cardiovascular improvements, self-defense, stress, and weight reduction. **TIX:** no charge for 1st week of classes **INFO:** 902-670-8714 / devin@ennissecurity.ca

### FRIDAYS

**Playful Pals Play Group** – THREE LOCATIONS: Recreation Centre, Wolfville / Community Centre, Woodville / New Beginnings Center, Greenwood, 9:30–11:30am. Also Sept 27 • Enjoy parent-child interaction and meet other families. Sing songs, play in the gym, and more. **FEE:** no charge **INFO:** 902-678-5760 / family.centre@kcfrc.ca

**Kingston Area Seniors Association (KASA) Fun Days** – Kingston Branch 98, Royal Canadian Legion. 1–3pm. Age 55 and older. Cards and games every second and fourth Friday of each month. **INFO:** 902-765-3365.

**Chase The Ace & Supper** – Royal Canadian Legion, Berwick 5–7pm • Downstairs; use back door. Cash bar. 19+ **TIX:** Tickets 3 for \$5. Supper \$8–\$10 **INFO:** 902-538-5815

**Chase the Ace** – Royal Canadian Legion, Windsor 6–8:30pm • Cut off for ticket purchase is 8:30pm, draw at 8:45pm. **TIX:** \$5 each, 3/\$10, 7/\$20 **INFO:** 902-798-0888 / WindsorLegion@bellaliant.com

**Jam** – Wolfville Legion 7pm **FEE:** \$3 **INFO:** 902-542-5869

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

**"Greenwich Jammers" Jam Session** – Greenwich Community Hall, 106 Greenwich Rd., 7–9:30pm. Weekly until May. Light lunch served. **FEE:** \$2 **INFO:** Bill/Vera Thomson, 902-542-0501 / vera.n.thomson@gmail.com

**Darts** – Windermere Hall, 402 Windermere Rd., Berwick. Come for a fun night of shooting. Draw for partners. Prizes. Canteen. **FEE:** \$3 **INFO:** Pam, 902-389-2399

### SATURDAYS

**Wolfville Farmers' Market** – DeWolfe Building, Elm Ave., Wolfville 8:30am–1pm. September 21 Music: Zakary Miller. Sept 28 Music: Deep Roots Musicians. **INFO:** wolffvillefarmersmarket.ca

**Pound Fitness** – Acadia Fitness Room, Wolfville Athletics Complex 9–10am. W/ Birgie Hazel. It's fitness drumming giving you a full-body workout. Modifications are shown. Work at your own fitness level. Ripstix and mats provided. **FEE:** \$8 drop-in fee or Acadia fitness pass pricing. **INFO:** facebook.com/PoundRockoutWithBirgie

**Farmers' Market** – HMCC grounds, Hantsport, 9am–1pm. "Support Local" by purchasing produce, baked goods, and artisanal items. **INFO:** emore40@gmail.com

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

**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 each month, year-round (Next: Sept 21). 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

**Tarot Readings** – ArtCan Gallery, 9850 Main St., Canning 2–5pm. W/ Richard Di Castri. By appointment only. **INFO:** 902-582-7071

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

**SpeakEasy Saturday Night Jazz Jam & Open Mic** – West Brooklyn Hall, 7–10pm. Join the Jill Hiscock Group for jazz, blues and R & B in a 1920's nightclub. Cocktails, snacks and dancing. Age 19+ **FEE:** \$5, Cash only. **INFO:** Ruth, 902-542-5424 / Facebook: WBSpeakEasy

**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:** spinvok@yahoo.ca

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

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

**Social Ballroom Dancing** – Community Centre, Port Williams 3–5pm. Practice existing dance skills, learn new group dances. Previous experience & dance partner are required to join the DanceTime club! **TIX:** \$15 pp per semester (Oct until Jan, Feb until May). First visit is free. **INFO:** DanceTime.PortWilliams@gmail.com

**Bingo** – Royal Canadian Legion, Windsor 7:30pm–10pm. **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 required. **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:** wolffvilletoastmasters.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

**Gaeilge sa Ghleann** – 10am–12pm, alternating between the MacDonald Museum, Middleton, and 47 St. James Street, Annapolis Royal. Learn the Irish language. Suitable for all levels. **INFO:** 902-778-1049 / gaeilgesaghleann@gmail.com

**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

**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

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

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

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

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

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

**Valley Voices** – Female a cappella show chorus rehearses 7–9:15pm, 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). Traditional circle and line dancing from the Balkans and the Middle East. No partners. Lots of fun, good exercise, and great music. Expert instruction for all levels of dance. 7:30pm – Introductory Level, 8:30pm – Experienced and request dancing. **FEE:** \$7 per session, \$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

**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. September 25 Theme: Sustainability Fair. September 25 Music: Hupman Brothers. October 2 Music: Ric Devaney. **INFO:** wolffvillefarmersmarket.ca

**Pound Fitness** – Centreville Baptist Church gym, 870 Murray Drive, Centreville, 6:30–7:30pm. W/ Birgie Hazel. It's fitness drumming giving you a full-body workout. Modifications shown. Work at your own fitness level. **FEE:** First class is free. 3 months \$72, \$7.50 drop-in fee. Ripstix provided. Bring a yoga mat, please. **INFO:** facebook.com/PoundRockoutWithBirgie/

**Irish Social Set Dancing** – Bishop's Hall, Greenwich 7–9pm. No partner is required... just a little rhythm and a love for dancing! **INFO:** Pat, 902-679-9267

**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

## SATURDAY, SEPTEMBER 26 (cont'd)

**Turkey Dinner** – United Church, Kingston 4:30–6pm  
• Kingston Pastoral Charge Annual Turkey Dinner All welcome **TIX:** Adults \$15, Children under 12 \$6 **INFO:** 902-765-3621 / officekpc@eastlink.ca

**100 Women Who Care** – Main Street Station, Kentville 5:30–7pm • Join us as three deserving charities share their stories with hopes that they will go home with our donations. Who will the winner be this time? Presenting charities will be announced on our social media leading up to the meeting. **TIX:** Must be a member to attend a meeting. Members can register beforehand at 100womenvalley.ca or at the meeting. **INFO:** steph@100womenvalley.ca

**Plan Review Meeting** – Community Hall, Three Mile Plains 6–8pm • Join the West Hants Planning and Development Staff to discuss planning policies related to Three Mile Plains! **TIX:** no charge **INFO:** 902-798-8391 / planreview@westhants.ca

**Deep Roots - Opening Night Film & Performance** – Horton High School, Greenwich 7–9:15pm • Opening Night Film Screening Artists: Catherine MacLellan Sponsored by: Mud Creek Rotary of Wolfville A portion of proceeds donated to Mental Health Foundation of Nova Scotia. **TIX:** Adult: \$30 plus HST & service fee, Student: \$20 plus HST & service fee. Online (ticketpro.ca) or through any Ticketpro location. **INFO:** 902-542-7668 / office@deeproootsmusic.ca

## FRIDAY, SEPT. 27

**Tans for Cans Food Bank Drive** – Golden Tan Salon, New Minas 8:30am–7pm • Annual food bank drive for our local food bank, bring a non-perishable food donation and we'll give you a free today, also lots of draws and some early morning special treats. Call 902-681-8090 to book today. **TIX:** donation **INFO:** 902-681-8090 / goldentan@bellaliant.net

**Business Expo** – War Memorial Community Centre, Windsor 12–3pm • Calling all businesses, entrepreneurs and community members to come out and network. Several business service organizations will be on hand to share information on how they are supporting the business community. Everyone welcome! **TIX:** no charge **INFO:** info@valleyren.ca

**Deep Roots - Music at the Tent** – Clock Park, Wolfville 1–4:30pm • Music At The Tent Artists: Sarah McInnis, Chris Robison, Rebecca Fairless, SOLA, The Hypochondriacs (with host Jeff Hosick) **TIX:** no charge **INFO:** 902-542-7668 / office@deeproootsmusic.ca

**In Studio With Erin Costelo – Film Screening and Q&A** – K.C. Irving Environmental Science Centre, Wolfville 3–5pm • Artists@Acadia: Sweet Marie: In Studio With Erin Costelo (Documentary Film) Screening and Q&A Artists: Erin Costelo. **TIX:** no charge **INFO:** 902-542-7668 / office@deeproootsmusic.ca

**Guided Photography Walk** – Tangled Garden, Grand Pre 5–7pm • Photography workshop for beginners and intermediates. Hosted by trained, local photographer Zeus Rodman. Bring your camera and explore the beautiful tangled garden equipped with tips and tricks for capturing stunning nature photography. **TIX:** \$20, Discounts for couples and groups. Please Register **INFO:** 902-692-9209 / zeusrodman@gmail.com

**Deep Roots - Smudging Ceremony** – Festival Theatre, Wolfville 6–6:45pm • Smudging Ceremony Artists: Melgita' Women 6:00 pm Friday, September 27th Festival Theatre Parking Lot **TIX:** no charge **INFO:** 902-542-7668 / office@deeproootsmusic.ca

**Annapolis Valley Giant Vegetable Growers Competition & Weigh Off** – Glad Gardens, 5108 Hwy 1 Waterville 6–9pm. Also Sept 28, 10am–4pm • This is our 11th year of competition for giant pumpkins, squash, watermelon, longest carrot, tallest sunflower, etc! Free children's painting and colouring pumpkins, face painting. Also BBQ, 50/50, and raffle draw. **INFO:** 902-678-3941 / gansems@xcountry.tv

**ADAPT Fibre Art Exhibit** – Avon River Heritage Museum, Newport Landing 7–10pm. Also Sept 28 • Fibre art maps of the Avon River, Minas Basin and Bay of Fundy over time, by Tacha Reed. This series explores the scars left on the landscape as a result of the activities of mankind, reflecting the environment's undeniable ability to adapt. **TIX:** donation **INFO:** 902-757-2233 / tacha.reed@gmail.com

**Deep Roots - Main Stage** – Festival Theatre, Wolfville 7–10:45pm • Artists: Makayla Lynn, Rachel Beck featuring the Atlantic String Machine, Lindy Vopnfjörð, Erin Costelo. **TIX:** Adult: \$35 plus HST & service fee, Student: \$25 plus HST & service fee online (ticketpro.ca) or any Ticketpro location in the Maritimes. **INFO:** 902-542-7668 / office@deeproootsmusic.ca

**Deep Roots - Concert in the Courtroom** – Kings County Museum, Kentville 7–9pm • Artists: Alan Syliboy and the Thundermakers 7 pm Friday, September 27th Kings County Museum **TIX:** Regular: \$20 plus HST & service fee, KHS Member: \$20 At the museum or at any Ticketpro location in the Maritimes. **INFO:** publicity@deeproootsmusic.ca

**Hope & Heaven Southern Gospel Music** – Baptist Church, Upper Vaughan 7pm • Hope & Heaven Southern Gospel Music & Sacred Recitation With Pastor Phil Williams **TIX:** donation **INFO:** 902-798-3946 / mtbe@bellaliant.net

**Dance: Island Boys** – Royal Canadian Legion, Windsor 7–11pm • Island Boys will be playing. Ages 19 + **TIX:** \$5 **INFO:** 902-798-0888

**Great Lake Swimmers** – Kings Theatre, Annapolis Royal 7:30–9:30pm • Great Lake Swimmers is a beloved indie folk act in Canada and beyond. **TIX:** Member Price: \$30, General Price: \$34, Youth Price: \$12. TICKETS available online or at the Box Office. **INFO:** 902-532-7704 / mk@kingstheatre.ca

**Friday Night Live!** – Royal Canadian Legion, Kentville 8:30–11:30pm • Come out and listen and dance to the three piece band Great Big Johnson. Playing everything from rock to country. Always a good time. Downstairs. Bar and Canteen, Open to everyone 19 and over. **TIX:** \$5 at the door

**Deep Roots - Late Night Party** – Farmers Market, Wolfville 10:30pm–1am • Artists: The Sundries, The Hypochondriacs. **TIX:** Adult (19+): \$20 plus HST & service fee. Half price at the door for Festival Pass Holders. Any Ticketpro location in the Maritimes. **INFO:** 902-542-7668 / office@deeproootsmusic.ca

## SATURDAY, SEPT. 28

**Parish Breakfast** – St. James Anglican Church, Kentville 8–10am • Eggs, bacon, toast, muffins, fruit salad, yogurt, baked beans, fish cakes, juice, coffee, tea. **TIX:** \$9 minimum per person. **INFO:** 902-678-3123 / stjames@ns.sympatico.ca

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

**Community Breakfast** – Community Hall, Morden 8–10:30am • The menu will be scrambled eggs, sausage, ham, pancakes, homemade fishcakes, baked beans, juice, tea and coffee. It is a free will offering. All proceeds are for the Morden Community Hall. **TIX:** Donation **INFO:** MordenCA@gmail.com

**Deep Roots - Deep Roots at the Market** – Farmers Market, Wolfville 9:30am–12:30pm • Artists: Mika Francis, Sam Wilson, Chris Robison, Gabriel Minnikin, SOLA. **TIX:** no charge **INFO:** publicity@deeproootsmusic.ca

**Deep Roots - Harmony Singing Workshop** – Al Whittle Theatre, Wolfville 10–11:15am • Artists: Rebecca Fairless, Sarah McInnis, Zoe Strutt, Auralie Riant 10 am Saturday, September 28th Al Whittle Theatre **TIX:** no charge **INFO:** 902-542-7668 / office@deeproootsmusic.ca

**Deep Roots - Wee Giant Puppetry Workshop** – Festival Theatre, Wolfville 10:30–11:30am • Artists: Wee Giant Theatre. **TIX:** no charge **INFO:** 902-542-7668 / office@deeproootsmusic.ca

**Deep Roots - Kids PLAY Music!** – Wolfville Baptist Church, Wolfville 10:30–11:30am • Artists: Marilyn Manzer, Shannon Lynch **TIX:** no charge **INFO:** 902-542-7668 / office@deeproootsmusic.ca

**Deep Roots - Drum Circle** – Clock Park, Wolfville 11am–8pm • Artists: Djugdjug Ensemble. **TIX:** no charge **INFO:** 902-542-7668 / office@deeproootsmusic.ca

**Valley Dads (Oaklawn Zoo)** – Oaklawn Farm Zoo, Aylesford 11am–1pm • The Valley Dads group will meet by the front entrance of the Oaklawn Zoo. Hope to see you there! **TIX:** Adults \$9, Children ages 3–12, \$3.50, Children age 2 and under are FREE. **INFO:** oaklawnfarmzoo.ca

**Deep Roots - Fresh Beats Rhythm Parade** – Clock Park, Wolfville 12–12:15pm • Artists: Everyone! **TIX:** no charge **INFO:** 902-542-7668 / office@deeproootsmusic.ca

**Deep Roots - 'Magic on a String' Puppet Show** – Clock Park, Wolfville 12:15–1pm • Artists: Maritime Marionettes "Magic on a String" **TIX:** no charge **INFO:** 902-542-7668 / office@deeproootsmusic.ca

**Stewards of the Avon River** – Avon River Heritage Museum, Newport Landing 1–4pm • Launch of our newest exhibit, Stewards of the Avon River, which explores the stories of Mi'kmaq, African Nova Scotian, Acadian, and Planter history in the Avon River region leading up to the "Golden Age of Sail" and into the 20th century. **TIX:** donation **INFO:** 902-757-1718 / infoavonriver@gmail.com

**Deep Roots - Songwriter Circle #1** – Festival Theatre, Wolfville 1–2:05pm • Artists: Lindy Vopnfjörð, Erin Costelo, Makayla Lynn, and Rachel Beck. **TIX:** Afternoon ticket for 5 shows: Adult: \$20 plus HST & service fee, Student: \$15 plus HST & service fee, Any Ticketpro location. **INFO:** 902-542-7668 / office@deeproootsmusic.ca

**Gordon Benedict, Painting: A Thread Through Life** – Ditch Flower Gallery, Summersville 1–3pm • Ditch Flower Gallery presents a retrospective of paintings by local resident Gordon Benedict. Exhibition runs weekends through Oct. 19. **TIX:** no charge **INFO:** studio@carasawka.com

**Deep Roots - Family Show** – Clock Park, Wolfville 1:15–2pm • Artists: Donna & Andy **TIX:** no charge **INFO:** 902-542-7668 / office@deeproootsmusic.ca

**Spiritual Care - Sing, O Sing!** – Dykeland Lodge, Windsor 1:30–3:30pm • Featuring Various Singers and Musical Groups! Including: Harold Hunt & Friends, Gospel Troop, Krista Beeler, Gayle Cook, Dykeland Lodge Choir, Darcell Cromwell, Forever Praise, Wayne Levy. Join us following our event for Great Fellowship, Food and Fun! **TIX:** Non-Residents \$10, Residents \$5 **INFO:** 902-798-8346

**Deep Roots - Geometry of Songs: Circles, Triangles, and Squares** – Al Whittle Theatre, Wolfville 1:30–2:35pm • Artists: Chris Robison, Gabriel Minnikin, Sarah McInnis, Rebecca Fairless **TIX:** Saturday Afternoon ticket for 5 shows – Adult: \$20 plus HST & service fee, Student: \$15 plus HST & service fee. Available at any Ticketpro location. **INFO:** 902-542-7668 / office@deeproootsmusic.ca

**Expressive Cafe - Aphasia Nova Scotia** – West Kings Memorial Health Centre, Berwick 2–4pm • Practice speech and language skills in a safe and supportive setting, learn more about YOUR aphasia, and socialize with families living with aphasia. Any questions about the Expressive Cafe: Call Mike at 902-698-9661. **TIX:** no charge **INFO:** 902-445-4960 / AphasiaNS@gmail.com

**Deep Roots - Open Mic** – Clock Park, Wolfville 2–4:30pm • Artists: Maybe you? (hosted by Scott Marsters) **TIX:** no charge **INFO:** 902-542-7668 / office@deeproootsmusic.ca

**Deep Roots - Songwriter Circle #2** – Festival Theatre, Wolfville 2:30–3:35pm • Artists: David Francey, Terra Spencer, Madison Violet, Reeny Smith **TIX:** Afternoon ticket for 5 shows: Adult: \$20 plus HST & service fee, Student: \$15 plus HST & service fee. Any Ticketpro location. **INFO:** 902-542-7668 / office@deeproootsmusic.ca

**Deep Roots - Idle No More: Truth & Reconciliation** – Al Whittle Theatre, Wolfville 3–4:05pm • Artists: Alan Syliboy, Mika Francis, Emma Stevens, Rachel Whitney **TIX:** Afternoon ticket - 5 shows Adult: \$20 plus HST & service fee, Student: \$15 plus HST & service fee. Any Ticketpro location. **INFO:** 902-542-7668 / office@deeproootsmusic.ca

**Deep Roots Picnic & Concert** – Tangled Garden, Grand Pre 3:30–5:30pm • Artists: The Atlantic String Machine **TIX:** Without Picnic: \$15 plus HST & service fee, With Picnic: \$25 plus HST & service fee, At Tangled Garden, or at any Ticketpro location. **INFO:** 902-542-7668 / office@deeproootsmusic.ca

**Deep Roots - Washboard Workshop** – Farmers Market, Wolfville 4–5pm • Artists: The Vaudevillian. **TIX:** \$5 at the door (or with Festival Pass) **INFO:** 902-542-7668 / office@deeproootsmusic.ca

**Turkey Supper** – Fire Hall, Vaughans 4–6pm • Takeouts available. Bake table. In support of All Saints Church steeple repair. **TIX:** \$13 adult, \$7 ages 5–7, under 5 free. **INFO:** hineslois@icloud.com

**Pizza & Movie Night** – Christian Fellowship Centre, Wilmot 5:30–7:30pm • Pizza served at 5:30 pm. Family friendly movie "Swallows and Amazons." Children on vacation, invade an island and find adventure, mystery excitement & more than they bargained for. **TIX:** donation **INFO:** 902-765-4124 / bfboddy@gmail.com

**Deep Roots - Saturday Night Main Stage** – Festival Theatre, Wolfville 7–10:30pm • Artists: Terra Spencer, Coco Love Alcorn, David Francey, Madison Violet **TIX:** Adult: \$35 plus HST & service fee, Student: \$25 plus HST & service fee. Any Ticketpro location. **INFO:** 902-542-7668 / office@deeproootsmusic.ca

**A Hard Day's Night** – Kings Theatre, Annapolis Royal 7:30–9pm • Celebrate the 50th Anniversary of release of The Beatles Abbey Road with the Greatest Jukebox Movie Ever Made, Re-Mastered. A Hard Day's Night captures the biggest band in the world at the height of Beatlemania. **TIX:** Tickets: \$11 Adult, \$10 with Film Buff Card, \$8 Youth. All prices include HST **INFO:** 902-532-7704 / mk@kingstheatre.ca

**Adult Dance** – Royal Canadian Legion, Kentville 9pm–12am • For ages 19 and over. Bar, Kitchen, Canteen, 50/50, Door Prizes. Members and Non Members Welcome. Music by: Lady Rogue. **TIX:** \$8 **INFO:** 902-678-8935

**Deep Roots - Late Night on the Town** – Paddy's Pub, Wolfville 10pm–1am • Artists: Steve Lee Trio plus One, Gabriel Minnikin, and SOLA (with host Mike Milne) **TIX:** no charge **INFO:** 902-542-7668 / office@deeproootsmusic.ca

**Deep Roots - Late Night Party** – Farmers Market, Wolfville 10:30pm–1am • Artists: Reeny Smith, Carson Downey Band Cash bar and snacks. **TIX:** Adult (19+): \$20 plus HST & service fee, Half-price at the door for Festival Pass Holders. Any Ticketpro location. **INFO:** 902-542-7668 / office@deeproootsmusic.ca

## SUNDAY, SEPT. 29

**ADAPT Fibre Art Exhibit** – Avon River Heritage Museum, Newport Landing 10am–5pm • Fibre art maps of the Avon River, Minas Basin and Bay of Fundy over time, by Tacha Reed. This series explores the scars left on the landscape as a result of the activities of mankind, reflecting the environment's undeniable ability to adapt. **TIX:** donation **INFO:** 902-757-2233 / tacha.reed@gmail.com

**Deep Roots - Rise Up Singing: Music as Medicine, Songs That Heal!** – Festival Theatre, Wolfville 10–11:15am • Artists: Coco Love Alcorn, Lindy Vopnfjörð, Terra Spencer, David Francey, Makayla Lynn. **TIX:** no charge **INFO:** 902-542-7668 / office@deeproootsmusic.ca

**Rise Up and Run Chrysalis House** – Miners Marsh, Kentville 10am–12pm • Fundraiser for Chrysalis House. A 5 km walk, run, crawl, etc starting at Miners Marsh. **TIX:** \$35 + eventbrite fees **INFO:** edith.riley34@gmail.com

**Fur to Feathers Ticket Auction** – Fire Hall, Waterville 10am–2pm • Fur To Feathers gift card ticket auction. Canteen, games, fun. **TIX:** no charge **INFO:** 902-538-8618 / janelloydperry@hotmail.com

**Eat Think Vote!** – Victoria Park Bandstand, Windsor 11am–1pm • Eat Think Vote 2019! Meet the candidates for Kings-Hants and join the discussion on how food security impacts our communities! **TIX:** no charge **INFO:** 902-579-7652 / acfm.market.manager@gmail.com

**Delaps Cove Hike** – Wilderness Trail, Delaps Cove 1pm • Hike Nova Scotia and the County of Annapolis present a guided hike on the Bohaker Trail, Delaps Cove. Meet at the trail map by the parking lot. You must pre-register at annapoliscounty.ca (click on Fall Hiking Series 2019). Qualify to win a trail prize. See www.hikenovascotia.ca for details. **TIX:** no charge **INFO:** nbarteaux@annapoliscounty.ca

**Deep Roots - Festival Finale** – Festival Theatre, Wolfville 1–4:20pm • Artists: Alan Syliboy and The Thundermakers, Emma Stevens, Gabriel Minnikin, Reeny Smith, The Vaudevillian and Valley Arts Award **TIX:** Adult: \$20 plus HST & service fee, Student: \$15 plus HST & service fee. Any Ticketpro location. **INFO:** 902-542-7668 / office@deeproootsmusic.ca

**Speed Skating Open House - Yes, You Can Do That Here** – Credit Union Centre, Kingston 2–3:30pm • The Annapolis Valley Speed Skating Club invites you to try speed skating. Speed skates supplied. Bring your helmet and gloves. **INFO:** facebook.com/annapolisvalleyssc

## TIDE PREDICTIONS

at Cape Blomidon

Source: Canadian Fisheries & Oceans.

www.waterlevels.gc.ca

SEPT	HIGH	LOW
19	4:53pm	10:37am
20	5:41pm	11:22am
21	6:34pm	12:14pm
22	••7:06am	1:12pm
23	8:08am	2:15pm
24	9:12am	3:20pm
25	10:14am	4:22pm
26	11:11am	5:20pm
27	12:04pm	6:13pm
28	12:55pm	7:04pm
29	1:43pm	7:28am
30	••2:30pm	8:15am
OCT		
01	3:17pm	9:02am
02	4:05pm	9:49am
03	4:55pm	10:38am

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

• Highest High: 45.6 feet •• Lowest High: 36.4 feet



**Exploring Textiles** – Prescott House Museum, Port Williams 2–4pm • Join Kathy Browne (Linen Pavilion) and Rosie Browning (Halliburton House Museum) for an informal talk regarding antique textiles. Bring along your own antique textiles for advice and answers on use and age. **TIX:** donation **INFO:** 902-542-3984 / nancy.morton@novascotia.ca

**Evolving Christianity Workshop** – United Church, Kingston 2:30–5:30pm • Rev. Robyn Brown-Hewitt guest leader and speaker. Potluck Supper Workshop – Discussion Sessions – and Worship. **TIX:** no charge **INFO:** 902 765-4572 / officekpc@eastlink.ca

**Fundy Cinema screens LA CHUTE DE L'EMPIRE AMERICAIN (THE FALL OF THE AMERICAN EMPIRE)** – Al Whittle Theatre, 4 & 7pm • When Pierre-Paul Daoust, an intellectual with a PhD in philosophy who works as a deliveryman to make ends meet, finds himself in the midst of a hold up gone terribly wrong, he is confronted with a moral dilemma—leave empty handed, or take the money and run—in Denys Arcand's cleverly plotted crime caper. **TIX:** \$10 **INFO:** 902-542-1050

**Sonlight** – United Baptist Church, Centreville 7pm • An evening of music with Sonlight. Everyone is welcome. Refreshments to follow. **TIX:** free will offering **INFO:** 902-678-1946

**Men. of St. Anthony's** – Baptist Church, North Alton 7pm • Men of St. Anthony's choir. Free will offering, proceeds for the Rev. Dr. Dennis Veinotte Memorial Chaplaincy Fund. Refreshments following. **TIX:** no charge **INFO:** 902-678-1739 / jrzwicker@yahoo.ca

**The Good Brothers** – Evergreen Theatre, Margaretsville 8–10:30pm **TIX:** Adults \$30, Military \$25, Students \$15 **INFO:** 902-825-6834 / evergreentheatre@gmail.com

**Gourd Hunt** – Haliburton House Museum, Windsor 10:30–11:30pm • Back by popular demand our fall gourd hunt on the Haliburton House Museum grounds is the perfect activity to start a family tour of the valley. **TIX:** \$2.50 per person **INFO:** 902-798-2915 / Haliburton.Shand@novascotia.ca

## MONDAY, SEPT. 30

**Exploring the Outdoors** – Agricultural Research Centre, Kentville 10–11am • This program is focused on unstructured outdoors forest play. The children use their imagination while exploring their surroundings and viewing some outdoor critters. **TIX:** no charge **INFO:** 902-678-5760 / family.centre@kcfrc.ca

## TUESDAY, OCT. 1

**OVUC Soup & Dessert Luncheon** – Orchard Valley United Church, New Minas 11:45am–1pm • Tuscan Soup or Creamy Cauliflower Soup, fresh biscuits, tea/coffee, and a homemade dessert. **TIX:** \$8 per person **INFO:** adminOVU@bellaliant.com / 902-681-0366

**Seniors Expo and Social** – Louis Millet Community Complex, New Minas 1–3pm • Join us in celebrating National Seniors Day! Event features live music by Mark Clarke, displays by local organizations serving seniors, local transit and emergency vehicles, plus tea/coffee and snacks! **TIX:** no charge **INFO:** 902-542-3817 / michelle.parker@rcmp-grc.gc.ca

**Public Hearing & Municipal Council** – Municipality of the County of Kings, Coldbrook 6pm • **TIX:** no charge **INFO:** 888-337-2999

**Estrogen Dominance, A Disorder Of Modern Women** – Lahara Yoga Studio & Boutique, Wolfville 7–8pm • A 45 minutes lecture w/ Beatrice Boschetti BSc, CNP with an additional 15 minutes Q&A session. Healthy and delicious snacks and beverages will be provided, plus every participant will be entered in a raffle to win a basket of luxury green beauty products. **TIX:** \$10 **INFO:** 902-853-5912 / laharayogastudio@gmail.com

## WEDNESDAY, OCT. 2

**Let's Get Up and Move** – Kings County Family Resource Centre, Kentville 9:30–10:30am • Join us for an hour of increasing your heart rate and having fun. Free childcare available. **TIX:** no charge **INFO:** 902-678-5760 / family.centre@kcfrc.ca

**Intro to Drawing Workshop** – ARTSPLACE Gallery, Annapolis Royal 1–3pm • Join Julia Redgrave every Wednesday for this eight week introductory drawing workshop. **TIX:** Cost: \$350 for 8 weeks session **INFO:** arcacartsplace@gmail.com

**Adventure Club Pumpkin Sale** – United Baptist Church, Kentville 6:30–7:30pm • Pumpkin sale in support of Canadian Foodgrains Bank. Stop in and buy pumpkins from the kids at Adventure Club (at Kentville Baptist Church – parking lot) for a freewill donation. **TIX:** donation **INFO:** 902-678-3162 / info@Kentvillebaptist.org

**Mindful Documentary Photography and Filmmaking** – NSCC Kingstec Campus, Kentville 7–9pm • Documentary photographer and filmmaker Nance Ackerman presents a talk on the art of seeing the moment and storytelling at this month's Kings County Photography Club meeting. Club members' latest photos will also be discussed. **TIX:** no charge **INFO:** kings.photography.club@gmail.com

**Postpartum Mental Health and Wellness** – Military Family Resource Centre, Greenwood 9:30–11:30pm • Postpartum Mental Health and Wellness group for mothers with or at risk of having postpartum mental health concerns and have a child under 2 – delivered by health professionals. Please register. **TIX:** no charge **INFO:** 902-848-6416 / leanne.graham@nshealth.ca

## THURSDAY, OCT. 3

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

**Plan Review Meeting: Mount Denson and Upper Falmouth** – Windsor Forks District School, Windsor Forks 6:30–8pm • Join the West Hants Planning and Development Staff to discuss planning policies related to Mount Denson and Upper Falmouth! **TIX:** no charge **INFO:** 902-798-8391 / planreview@westhants.ca

## LIVE THEATRE

**Valley Ghost Walks** – St. John's Anglican Church, Wolfville Sept 19, 7:30pm / Riverbank Cemetery, Hantsport Sept 26, 7:30pm / Clock Park, Wolfville Oct 3, 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

**Grapely Ghost Walk** – Grand Pre Winery, Grand Pre Sept 20, 7–9pm • Join Jerome the Gravekeeper as he introduces you to his ghostly friends throughout the winery on our way to the UNESCO lookoff site. Family-friendly. **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

**The Cemetery Club** – CentreStage Theatre, Kentville Sept 20, 21, 27, 28, Oct 4, 5, 11, 12, 7:30pm, Sept 22, 29, 2pm • Three Jewish widows meet once a month for tea before going to visit their husbands' graves in The Cemetery Club, by Ivan Menchell. **TIX:** \$15 adult, \$12 seniors/students, \$5 age 12 and under. Cash or cheque only. **INFO:** 902-678-8040 / centrestage@centrestage theatre.ca

**Elapultiek** – Ross Creek Centre for the Arts, Canning Sept 28, 29, 7:30pm • A young Mi'kmaw drum singer and a Euro-Nova Scotian biologist meet at dusk each day to count endangered Swifts. As the relationship deepens, their different ways of seeing, give us a sensitive exploration of reconciliation on a personal level. **TIX:** Regular \$28.69, Senior \$25.65, Student \$22.60, Child \$10 **INFO:** 902-582-3073 / boxoffice@twoplanks.ca

## EXHIBITS

**Fugitives and Heroes** – Hardware Gallery, 36 Cornwallis St., Kentville. Through Sept 25 • Featuring artists Echo Nara & Michael Greer. **INFO:** hardwaregallery.ca

**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 Exhibit** – Prescott House Museum, Port Williams. Until Oct 4 • Our annual Fall Apple exhibit. Discover more about Charles Prescott's work, Acacia Grove's orchards, and Nova Scotia's rich history and relationship with apples. **TIX:** Admission rates: \$3.90 adult, \$2.80 Seniors/Youth, \$8.65 family. **INFO:** 902-542-3984 / nancy.morton@novascotia.ca / prescotthouse.novascotia.ca

**An Interior: Exhibit Opening** – ARTSPLACE Gallery, Annapolis Royal. Until Oct 12 • Jess Lincoln's art features "...a love for the history and craft of painting and the sense that the home and the aesthetic objects within it are important and meaningful." **INFO:** 902-532-7069 / arcac-artsplace.weebly.com

**Koto Shimokuni Rumble & Bruce Deines** – Jack's Gallery, Just Us! Cafe, Wolfville. Until Nov 3 • Paintings by Koto Shimokuni Rumble and photographs by Bruce Deines. **INFO:** jacksgallerywolfville@gmail.com

**Stories from the Forest Primeval** – Acadia University Art Gallery, Wolfville. Through Dec. 4 • Acadian-Métis artist François Gaudet's solo exhibition explores themes of exile, of memory and heritage. The exhibition presents sculptural, photographic and installation-based work. Gaudet often approaches his photography not as a finished product, but as a medium of possibility for further experimentation. The artist will have an on-site base camp where he will continue to expand, reflect and create work in which he seeks to articulate a homeland for himself. **INFO:** gallery.acadiau.ca

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

## @ THE LIBRARY

For complete list of library events: [valleylibrary.ca](http://valleylibrary.ca)  
All events are no charge/no registration unless otherwise stated.

## THURSDAY, SEPTEMBER 19

**Talk Like a Pirate Day** – Memorial Library, Wolfville 10am–8pm • Ahoy me mateys! It's "International Talk Like a Pirate Day". There will be pirate books and activities to explore. All ages. **INFO:** 902-542-5760

**The Hangout** – Library, Kentville 6–7:30pm. Also, Sept 26 & Oct 3 • Hang out with your friends, play x-box games, board games, enjoy snacks. Every week. For ages 12–17. **INFO:** 902-679-2544

## FRIDAY, SEPTEMBER 20

**Fibre Ops** – Library, Windsor 10am–12pm. Also, Sept 27 • For knitters, hookers, crocheters, weavers and spinners, or anyone who enjoys the fibre craft arts. Bring your own project. Everyone welcome! **INFO:** 902-798-5424

**Kindermusik** – Library, Kingston 1–2pm • Are you ready for a musical adventure? Kindermusik is back. For pre-school aged children and their parent/caregiver. **INFO:** 902-765-3631

## SATURDAY, SEPTEMBER 21

**Book Launch Celebration** – Jan L. Coates – Library, Kentville 11am–12:30pm • Jan L. Coates' new middle-grade novel, SAY WHAT YOU MEAN (Mean What You Say), has just been released! Jan will be here to read from it and sign copies! The publisher, Nevermore Press, will be available so you can buy a copy of your own! Kids grades 3–7. **INFO:** 902-679-2544

## SUNDAY, SEPTEMBER 22

**Ocean Science Workshops with SuperNOVA** – Memorial Library, Wolfville 2–3pm • Public libraries in Nova Scotia are partnering with SuperNOVA in offering their Ocean Science Workshops! Students, aged 8–12, will learn about the ocean through a fun, hands-on project and discussion surrounding current ocean issues in an after school drop-in program. We will also highlight local leaders in the marine science community by introducing a Scientist of the Day and a Science Word of the Day. Space is limited. Please register. **INFO:** 902-542-5760

## TUESDAY, SEPTEMBER 24

**Babies & Books** – Library, Windsor 10:30–11am. Also, October 1 • Stories, songs, rhymes and social time for babies (0-24 mos.) and their caregivers. **INFO:** 902-798-5424

**Garden Share** – Isabel & Roy Jodrey Memorial Library, Hantsport 2–8pm • Have more veggies? herbs? flowers? than you need growing in your garden? Bring them to the Library for someone else to enjoy! Drop-offs on Tuesdays, pickups on Wednesdays & Thursdays. **INFO:** 902-684-0103

## WEDNESDAY, SEPTEMBER 25

**Busy Babies Storytime** – Murdoch C. Smith Memorial Library, Port Williams 10–10:30am. Also Oct 2 • Join us for rhymes, bounces, and books! For ages 0–2 and caregivers. **INFO:** 902-542-3005

**Harvest Time Storytime** – Memorial Library, Wolfville 10–11am • A full hour of stories, with songs and snacks. This month we celebrate harvest time. Ages 3–5 w/ parent or caregiver. **INFO:** 902-542-5760

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

**Lunch & Learn: Starting a Career? Need a Change?** – Rosa M. Harvey Middleton & Area Library, Middleton 12–1pm • Learn about Federal Government grants, loans, and tax incentives that can help you get the training you need. Well paying jobs involving Red Seal Trades (plumber, electrician, insulator, mechanic, welder, cook, and many more!) are in demand and there are grants to encourage training to fill these positions. Registration is required. **INFO:** 902-825-4835 / nsapprenticeship.ca/trades

**Photography Club** – Library, Windsor 6–8pm • Are you an amateur photographer? Please join us, to discuss, share and learn about photography techniques and processes. **INFO:** 902-798-5424

## THURSDAY, SEPTEMBER 26

**Fun & Fables** – Library, Windsor 10:30–11:30am. Also, Oct 3 • Join us for an hour of stories, songs, rhymes and crafts suitable for pre-schoolers (age 2–5) and their caregivers. Registration is required. **INFO:** 902-798-5424

**Book Club** – Library, Kentville 6:30–8pm • September's Choice: The Girl You Left Behind by JoJo Moyes. This sweeping bestseller of love and loss deftly weaves two journeys from World War I France to present day London. Pick up your book today and join us for a lively discussion with lovely group!! **INFO:** 902-679-2544

## FRIDAY, SEPTEMBER 27

**Coffee & Conversation** – Berwick and District Library, Berwick 10–11:30am • Conversation Starter: Jennifer from HomeWarming. Coffee donated by North Mountain Coffee. **INFO:** 902-538-8060

**Deep Roots Music Patio Concert** – Memorial Library, Wolfville 12–1pm • A special lunchtime concert with Deep Roots Music Festival performer David Francey, hosted by Donna Holmes. Weather permitting. **INFO:** 902-542-5760

**Kindermusik** – Library, Kingston 1–2pm • Are you ready for a musical adventure? Kindermusik is back. This program is designed for pre-school aged children and their parent/caregiver. **INFO:** 902-765-3631

## SATURDAY, SEPTEMBER 28

**Escape This!** – Isabel & Roy Jodrey Memorial Library, Hantsport 11am–12pm • An escape room & scavenger hunt mash up that will challenge the group to figure out the clues to find the answers to open the locks... before time runs out! For ages 13+. Registration required as space is limited. Please note: waiver must be signed by parent/guardian prior to the event. **INFO:** 902-684-0103

## SUNDAY, SEPTEMBER 29

**Book Club** – Library, Windsor 2–4pm • The Sunday Book Club meets the last Sunday of every month. Please ask library staff for our monthly book selection. New members are welcome. **INFO:** 902-798-5424

## TUESDAY, OCTOBER 1

**Thinking About Retirement?** – Rosa M. Harvey Middleton & Area Library, Middleton 1–2:30pm • Thinking about retirement? Come for an informative talk about government services for seniors. Ask Citizen Services Specialist, Bill Gregory, your Canada Pension and Old Age Security questions. Registration is required. **INFO:** 902-825-4835

**Book Reading with Caroline Adderson** – Library, Kentville 3:30–4:30pm • Caroline Adderson will read from her new children's novel "The Mostly True Story of Pudding Tat, Adventuring Cat." Come find out how a cat and a flea, a mismatched pair adventure the world and help make history. Registration is required. **INFO:** 902-679-2544

**Writing Workshop with Caroline Adderson** – Library, Kentville 6–8pm • Caroline Adderson, author of sixteen books for children, leads this 2-hour workshop on writing for young readers. She will share her insights through exercises that will help them create child-centred stories, as well as offer publishing tips. For adults. Registration is required. **INFO:** 902-679-2544

## THURSDAY, OCTOBER 3

**Hearing Health Checks** – Rosa M. Harvey Middleton & Area Library, Middleton 2–4pm • Connect Hearing will be offering complimentary on-site hearing tests. Please call to register for your 15-minute appointment. **INFO:** 902-825-4835



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



Draft 3 of our new planning documents  
(Municipal Planning Strategy, Land Use By-Law, Design Guidelines)

is now available on our website at:

<https://www.wolfville.ca/draft-documents.html>

The revised documents are a result of numerous hours of work, consultation and discussion and were presented to Council on September 3rd, 2019.

Our Planning documents are:

*'... how we, as human beings, organize ourselves. It's how we physically embody our values in the built environment'* [www.placemakers.com](http://www.placemakers.com)

The new Planning documents will be discussed at the following public meetings so that all can get involved in the process:

- September 10** - Planning Advisory Committee/Council Workshop
- September 19** - Regular Planning Advisory Committee Meeting
- Week of October 17** - Public Participation Meeting/Open House/PAC
- November 5** - Committee of the Whole
- November 19** - Council Meeting - First Reading
- TBD late 2019/early 2020** - Public Hearing
- TBD late 2019/early 2020** - Second Reading / Adoption

Other engagement opportunities will include one on one discussions, discussion at Design Review, Environmental Sustainability and Source Water Protection Committees, meeting with the WBDC and other group meetings.

For more information, questions, comments, email [planning@wolfville.ca](mailto:planning@wolfville.ca)



## Run The Valley



October 12 and 13

### 2019 AWAKE PROGRAM (Acadia-Wolfville Active Kids Exercise)

Morning Activity Program for Wolfville Elementary School Students (Before School), begins in October. Contact [recreation@wolfville.ca](mailto:recreation@wolfville.ca) for more information, and check out our website at [www.wolfville.ca/awake-acadia-wolfville-active-kids-exercise-2.html](http://www.wolfville.ca/awake-acadia-wolfville-active-kids-exercise-2.html).

### TOWN OF WOLFVILLE AFTERSCHOOL PROGRAMS

Still space available on Mondays/Tuesdays/Thursdays/Fridays! Contact [recreation@wolfville.ca](mailto:recreation@wolfville.ca) for more information, and check out our website at [www.wolfville.ca/after-school-programs-2.html](http://www.wolfville.ca/after-school-programs-2.html).



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





All the Campers and Acadia Volunteers with the Melgita Women's Drum Group on Day 1 of the camp, immediately after the welcome

## WISE ACADIA CAMP FULL STEAM AHEAD: A GREAT SUCCESS

Barb Anderson, Randy Newman, and Jen Richard

From August 6 to 9, WISE (Women in Science and Engineering) Acadia held its third annual overnight summer science camp for girls entering grades 7 and 8. The Full STEAM Ahead camp was organized by a planning Team of WISE Acadia faculty, staff, and students and welcomed thirty campers from across the province to the Acadia University campus. The girls experienced a variety of speakers, workshops, arts-based activities, and many fun events (including the leaders 'roasting' marshmallows for s'mores under a broiler due to the fire ban, while the campers checked out the skies using telescopes from the physics department). The eleven to thirteen year old girls participated in ten workshops run by Acadia faculty and students, as well as WISE partners. Over the four-day period the girls experienced topics including Coding 101 – with robots (computer science), Best of Boat Worlds (engineering), Drink your Ink (biology), Girls in Motion mLAB (kinesiology), STEAMSpace Marshmallow Challenge (business) and WISE Women of the World (education). As well as highlighting science, our camp focused on how the integration of arts enhances learning in science education by encouraging students to think creatively and develop unique solutions to problems.

Campers who attended shared with us that one of the most popular sessions of the week was a mentoring session hosted by female students at Acadia, who are studying a broad



Coding session held during the camp

spectrum of STEAM subjects (science, technology, engineering, arts, and math). In small group discussions, the Acadia students shared their experiences and research interests with the campers, some who will be the scientists of the future. Acadia students were also involved as residence assistants and in shepherding the campers around the campus.

Supporting girls learning about science at a young age and being exposed to mentors who work in STEAM fields has been shown to make a difference in the career choices they make. Visit [facebook.com/WISEacadia/](https://facebook.com/WISEacadia/) to see some photographs of the very successful camp. Details about the 2020 camp will be made available in the spring.



## SUNDAY MUSIC IN THE GARDEN ROOM OPENS ANOTHER EXCITING SEASON

Janet Kirkconnell

Sunday Music in the Garden Room opens its 2019-2020 season on September 22 with the dynamic violin and piano duo meagan&amy at 2pm in the Garden Room of the K.C. Irving Environmental Science Centre on University Avenue in Wolfville. Pianist Meagan Milatz and violinist Amy Hillis, both Saskatchewan born and bred, and now based in Montreal, are the first to have been awarded "Road Trip! A Pan-Canadian Tour", a co-operative undertaking by three of the chief classical music impresario organizations in Canada, Prairie Debut (in existence for over 20 years), Debut Atlantic (on its 40th anniversary), and Jeunesses Musicales Canada (on its 70th). The tour is a mammoth venture for the artists, taking them to 57 cities and towns in all provinces and territories of Canada, from Newfoundland and Nunavut to British Columbia, the Yukon, and the Northwest Territories, beginning in Nova Scotia on September 14, 2019, and finishing in New Brunswick on May 23, 2020, criss-crossing the country many times.

Flanked by this concert and another Debut Atlantic offering on November 10, a concert by the "rapturous and glowing" Polish-Canadian pianist Daniel Wnukowski, will be two concerts by returning, more local, artists. On October 6, the Blue Engine String Quartet will be joined by pianist John Hansen, and on October 20, pianist Lucas Porter and David Parker, French horn, present a concert.

In the New Year, a trio composed of Eileen Walsh, clarinet, Gillian Smith, violin, and Simon Docking, piano, will be heard on February 2. On March 15 there will be another Debut Atlantic concert, a trumpet and piano duo, Merkelo & Fung. Finishing out the season, the William Marshall Bishop Memorial Concert on May 3 sees a return visit from the extraordinary violin and piano duo, the Bouey-Doucet Duo, introduced to us by Debut Atlantic a few years ago.

Admission is free. For more information visit [artsacadia.acadiau.ca](https://artsacadia.acadiau.ca)

## INDIGENOUS PROGRAMMING AT DEEP ROOTS

Genevieve Allen Hearn

Eight years ago I had the wonderful opportunity to be the student intern for the Deep Roots Music Festival. During my summer contract, I was tasked to work on the Indigenous programming for the event. You may remember, 2011 was the year celebrated indigenous singer Kinnie Starr and the indigenous band Digging Roots headlined. To complement the headlining acts, we had performers from Bear River lead the community in traditional song and dances in Clock Park, and at the Wolfville Farmers' Market. That experience opened up a whole new world to me, and I have since worked with indigenous arts communities across Atlantic Canada.

The Deep Roots Music Festival's original purpose was to be a musical celebration of the four founding cultures: Mi'kmaq, Acadian, Gaelic/Scottish, and African. I am very excited to announce that this year has strong Mi'kmaq representation once again.

To kick off the weekend of events, there will be a smudging ceremony at 6:15pm in the Festival Theatre parking lot performed by the Melgita Women. This is a ritual of burning plant resins and herbs to clear away negative energy and invite in peace and harmony ([deeprootsmusic.ca/2019/07/melgita-women-2](https://deeprootsmusic.ca/2019/07/melgita-women-2)).

On Friday, September 27 at 7pm Alan Syliboy & The Thundermakers are playing a multimedia set at the Kings County Museum.

This group features Hubert Francis as the lead vocalist. Francis, who performed with his band Eagle Feather for many years and received a Juno in 1994, has recently been awarded a lifetime achievement award from the East Coast Music Awards ([kingscountymuseum.ca/events](https://kingscountymuseum.ca/events)).

On Saturday, September 28 at 3pm, Alan Syliboy will be making an appearance again, along with Mika Francis, Emma Stevens, and Rachel Whitney, expressing their cultural roots through song, drumming, and visual art at the Al Whittle Theatre. This *Idle No More: Truth & Reconciliation* performance will feature a weaving of traditional teachings with songs to honour the knowledge and resilience of Mi'kmaq ancestors and communities ([deeprootsmusic.ca/2019/07/alan-syliboy-and-the-thundermakers](https://deeprootsmusic.ca/2019/07/alan-syliboy-and-the-thundermakers)).

For the festival finale on Sunday, September 29 at 1pm, Alan Syliboy & The Thundermakers will be performing again, as well as Emma Stevens, who is an Eskasoni high schooler who rose to fame when she released a cover of "Blackbird" by The Beatles sung entirely in the Mi'kmaq language. The video has received a million views since April 2019, and a shout-out from Paul McCartney himself ([deeprootsmusic.ca/2019/07/emma-stevens](https://deeprootsmusic.ca/2019/07/emma-stevens)).



## MARIE'S REPORT

### NEWCOMERS' GENTLE YOGA INTEREST GROUP

Marie Mossman

Ever wish you could join a yoga class without buying a wardrobe of tight bottoms and tops, or mysterious belts, blocks, and bolsters? Do you prefer gentle exercise? The coordinator of the Newcomers gentle yoga interest group has organized a new series of ten lessons on Tuesday mornings at a ground-level yoga studio in Wolfville.

A member who plans to return for the new series of classes says, "I found the class non-judgemental and inclusive for people of all abilities, and I hope to improve my range of motion through participation again this fall." Another enthusiast says about her yoga experience, "I feel like I've done something good. I got stretchier."

Newcomers gentle yoga is led at an easy pace and emphasizes stretching and relaxed breathing. The most important yoga postures and principles are taught.

Over thirty people expressed interest in the new series of classes during sign-up time at the September Newcomers Club. Many of

the men or women who signed up are repeat participants, which shows they enjoy their weekly yoga outing. Judging by the level of chatter before, and especially after classes, part of the popularity of gentle yoga is the meeting of new and old friends who have a similar interest.

The studio supplies blocks and bolsters if they are needed, and it also has yoga mats, though you may use your own. The gentle yoga participants wear clothes in which they feel comfortable. Because the class is taught by a career yoga teacher, there is a fee in addition to the general club membership. Like all Newcomers interest groups, the gentle yoga interest group is inclusive.

Look for announcements about monthly meetings of the Wolfville and Area Newcomers club. If you would like to try the Newcomers gentle yoga interest group, contact us through [wolfvillnewcomers.org](https://wolfvillnewcomers.org).





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# Bev & Marc

A Debut Atlantic "encore" presentation  
Beverley Johnston, marimba, vibraphone, hand drums  
Marc Djokic, violin

Sunday, October 20, 2019 at 7:30 pm  
Festival Theatre, Wolfville

**Acadia Performing Arts Series**  
(902) 542-5500 or 1-800-542-8425 • pas.acadiu.ca

## GASPEREAU VINEYARDS

**WINE & CHOCOLATE SENSORY EVALUATION EVENING**  
Thursday, October 10th 7-10 pm  
Explore gourmet chocolate with our selected wine pairings.  
Lead by chocolate expert Gabriëlle Breault of Petite Patrie Fine Chocolates and  
our Sommelier Craig Campbell. Surprise treats & select retail offerings.  
\$40 per person. Contact ccampbell@gaspereauwine.com for tickets.

**LIMITED TIME HARVEST WINE FLIGHT**  
Sept. 15th - Oct. 31st  
Tasting Flight of 4 Signature Wines \$8 taxes included.

**HALF PRICE BICYCLE RENTALS!**  
Sept. 15th - Oct. 15th

OPEN 7 DAYS A WEEK 10AM-6PM  
2239 White Rock Rd. 902-542-1455 @GaspereauWine GaspereauWine.ca

## CENTRE STAGE THEATRE

www.centrestagetheatre.ca 61 River Street, Kentville

**THE CEMETERY CLUB**  
by Ivan Menchell  
directed by Chérie Zinck

Bethan Delorme  
Diana Bishop

Mindy Vinqvist-Tymchuk  
Bryen Stoddard

Gwenyth Dwyn

Fridays and Saturdays @ 7:30pm September 13 to October 12  
Sundays @ 2pm September 22 and 29

\$15 (adults) / \$12 (65+/ students)  
Reservations: 902-678-8040  
Information: 902-678-3502

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