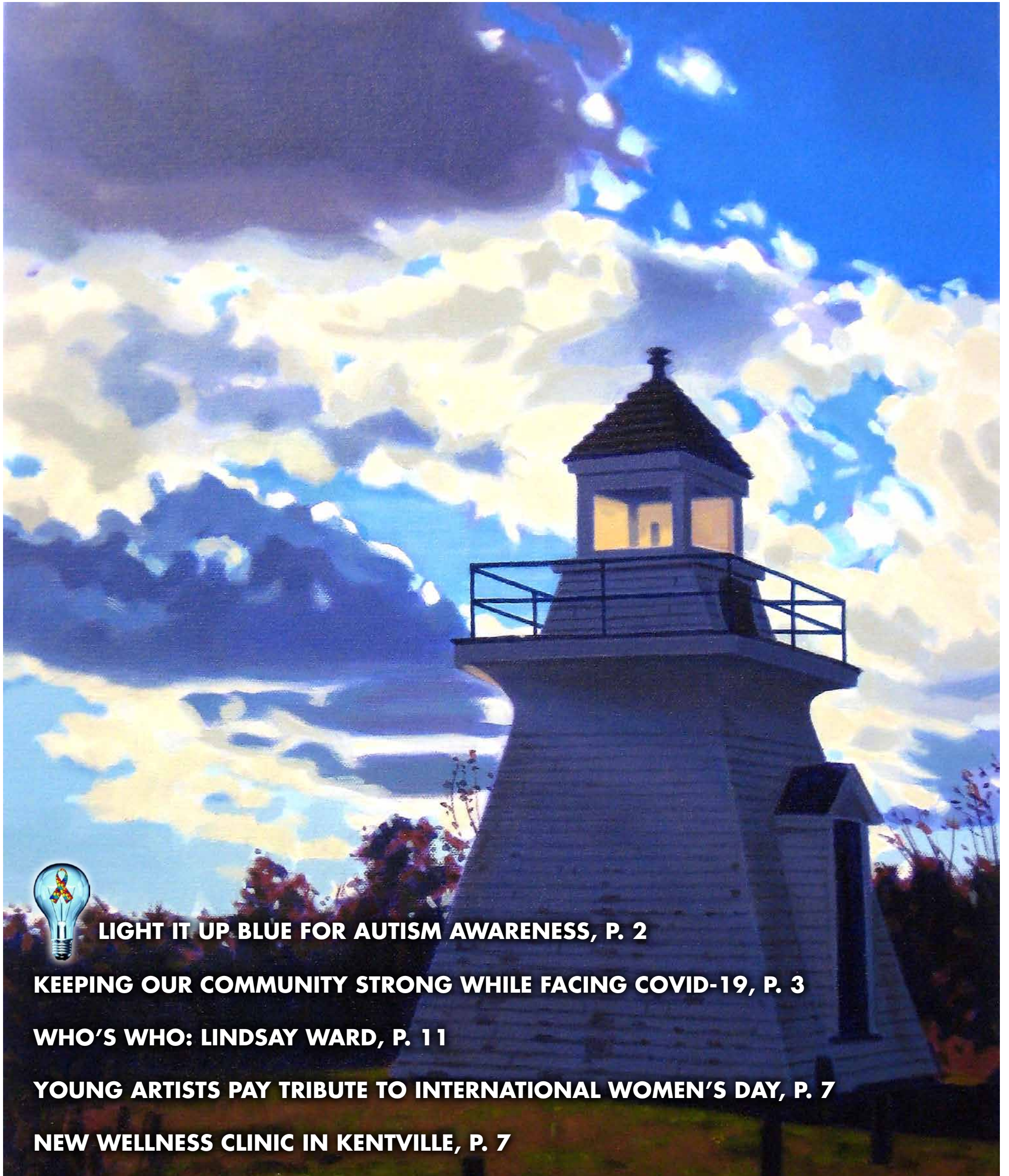


THE GRAPEVINE

ARTS | CULTURE | COMMUNITY

March 19 – April 2, 2020 | Issue No. 17.04 | 5000 copies



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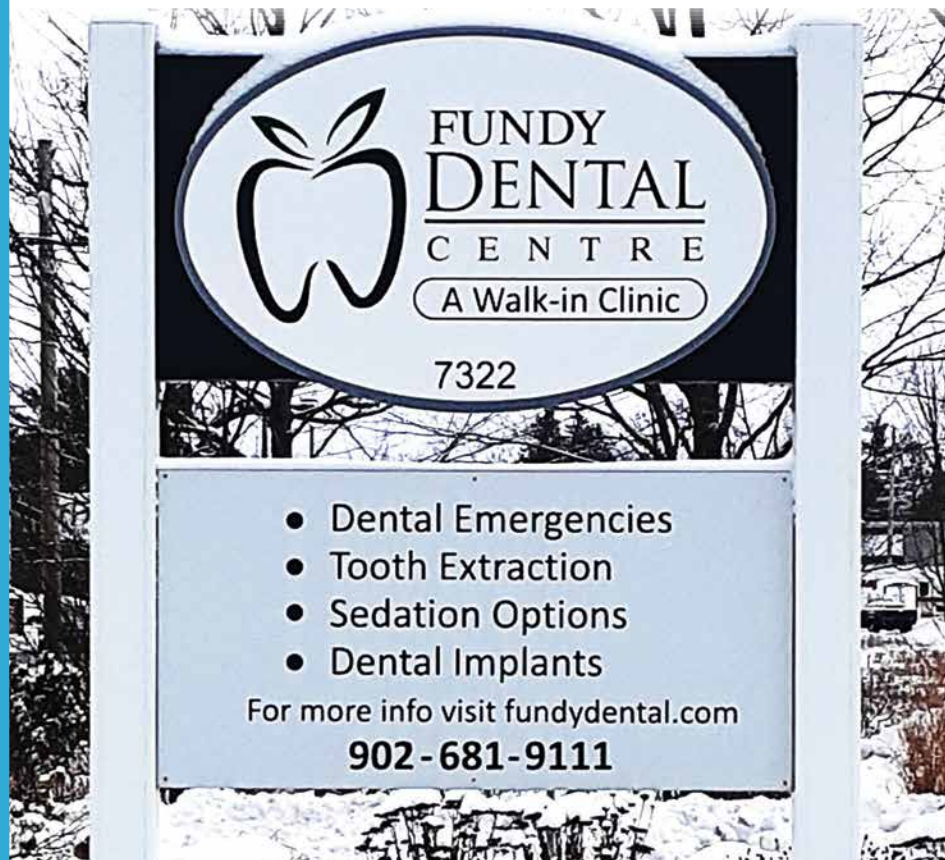
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ON THE COVER: RON LIGHTBURN

Canning Lighthouse at Dusk

thelightburns.com

Ron Lightburn's art cards are now available at seven locations in the Annapolis Valley: R.D. Chisholm, LilyPond Vintage, and the Kings County Museum in Kentville; The Port Pub, and Sea Level Brewing in Port Williams; Bent Ridge Winery in Windsor, Wheaton's in Berwick, and Saunders Tartans & Gifts in New Minas.

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for Autism Awareness & Acceptance

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An initiative of Cowboy Harrison Czapalay
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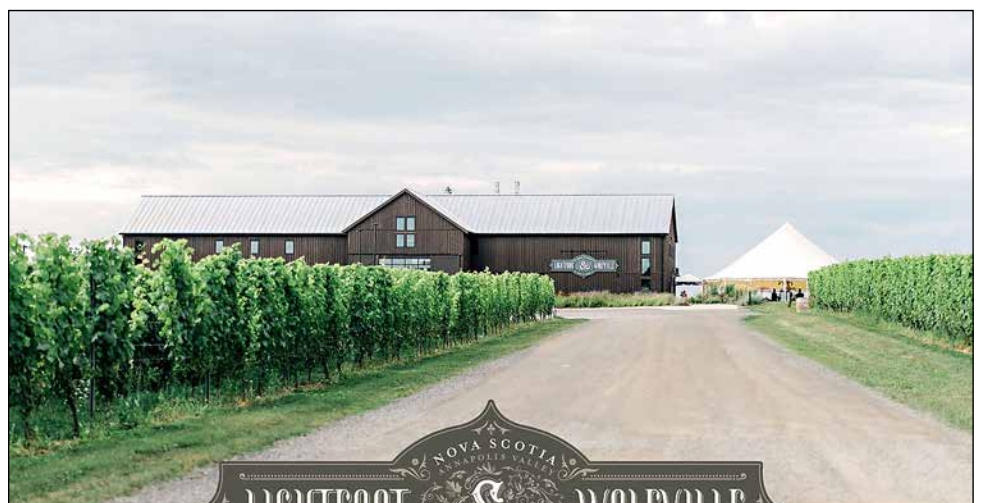
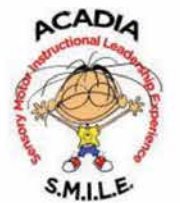


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PLEASE NOTE:

As information about the coronavirus pandemic rapidly changes, some of the information in these pages may have changed after publication. We will do our best to share cancellations on our social media. Take care.

KEEPING OUR COMMUNITY STRONG: COVID-19

Emily Leeson

It is time to be responsible, considerate, and kind with each other — it is time to showcase the very best of what community means in the Annapolis Valley. While there's been plenty of talk about panic-buying and people stockpiling toilet paper, there are actually plenty of practical things Valley residents can do to help reduce the impact of the pandemic in Nova Scotia.

COVID-19 spreads from person to person by way of the droplets produced when an infected person coughs, sneezes, or speaks. Those droplets can travel approximately one metre and it appears as though they can exist for some time on surfaces (though it's not yet known exactly how long).

While there are not currently any vaccines available to protect against COVID-19, there are things Nova Scotians can do to help our community stay healthy and keep our health-care system available to those most in need.

"We have well-established plans in place and, as with H1N1, we are actively engaged and working with our partners so we can adapt our response as the situation with the virus evolves," said Dr. Robert Strang, Chief Medical Officer of Health for NS, in a media release on March 6. "Although it may seem overly simple, good hygiene remains the best defence against respiratory viruses, such as COVID-19."

There are simple and practical things that we can all start doing today to help reduce the impact of the pandemic on our community:

Practice good hand hygiene: Avoid touching your eyes, nose, and mouth with unwashed hands. Wash or sanitize your hands often — especially before and after preparing food or eating, after touching pets, handling waste, dirty laundry or bathroom use, and after shaking hands. Washing hands with soap and water works best — wash for at least 20 seconds. If soap and water aren't available, use an alcohol-based hand sanitizer with at least 60% alcohol. Use enough to cover the front and backs of both hands and between the fingers.

Use proper cough and sneeze etiquette: Cover your coughs and sneezes with a tissue. If one isn't available, cough or sneeze into the bend of an elbow. Dispose of all used tissues and wash your hands or use an alcohol-based hand sanitizer immediately after.

Clean high-touch surfaces and objects often: Viruses can likely live on surfaces for some time. Clean and disinfect doorknobs, light switches, railings, toilets, and tabletops daily. It's recommended that they are washed with soapy water and then disinfected with household cleaning products, or a solution of 1 part bleach to 9 parts water. Phones, remote controls, computers, and other handheld devices can be also be disinfected with 70% alcohol or wipes.

Be prepared, but don't stockpile or panic-buy: Make sure your prescriptions are filled and communicate with family and friends. Can you buy any of your reasonable supplies from local businesses? Now is a great time to buy local when you can. Check in on those who may need help. If you become ill, stay home until you are no longer showing symptoms.

Keep informed and be aware of your mental well-being: Of course, this situation can create fear and anxiety. Some of the best ways to address concerns and support each other include listening and providing reassurance, getting information from reliable sources, and maintaining normal routines as much as possible.

It is also important to know what to do if you suspect that you may have come in contact with someone who has COVID-19. Symptoms of the virus include fever, cough, difficulty breathing, and pneumonia, and the severity of symptoms can range from mild to severe. Current information suggests that most people don't experience severe illness or need to be hospitalized.

If you suspect that you should be tested for COVID-19, do not go to your family physician, or the emergency room. Call 811.

"As front line physicians and health care workers, we understand why people might seek care at their family doctor's office or at the EKM or WKM After Hours Clinics, but it is absolutely imperative that patients follow the broadly available public health advisory and resist the urge to present to their usual sites of primary care if they are potentially affected by the COVID-19 virus," explained Wolfville physician Dr. Alison Wellwood in a recent exchange. "In non-emergent cases, at risk, symptomatic patients should remain home and self-isolate. If they have travelled outside Canada or have a high-risk contact and then develop a cough or fever over 38 degrees Celsius within 14 days, they should call 811 for next steps as they may require assessment at a designated COVID-19 testing site. It is important to stay tuned in to the Public Health messaging as this situation evolves and to obtain information from reliable sources. **A new information-only phone line is now available to help answer the public's questions related to the COVID-19 virus: call 1-833-784-4397.**"

"As per the Department of Health directive, symptomatic patients who seek care from a community doctor or nurse practitioner who have risk factors for COVID-19 will not be seen or examined, but rather, will immediately be directed to return home to self-isolate and to call 811 and await further instructions. By presenting to their family doctor's office or walk-in clinic, they risk exposing health care workers, as well as some of the most vulnerable community members to the virus," explains Wellwood. "In particular, patients who suffer from chronic conditions, those who have compromised immune systems, as well as older adults are placed at risk in this scenario. We are also not as well-equipped to manage the infection-control demands in our office settings, and introducing these challenges places considerable strain on our usual services."

"We ask that all patients do their part in protecting themselves and fellow community members so we can stay safe and minimize the spread of this virus," she adds. "Importantly, 80% of COVID-19 cases are mild and will be treated in the community with self-isolation and comfort measures, which are best delivered in patients' homes."

The Nova Scotia Health Authority has now established COVID-19 assessment centres — Valley Regional Hospital in Kentville is the assessment centre for the Annapolis Valley region. Again, anyone needing an in-person assessment should call 811, and they will refer you to a COVID-19 assessment centre. Do not go to a COVID-19 assessment centre unless 811 has referred you. 🦋

For the best information as it concerns Nova Scotia and COVID-19, visit: novascotia.ca/coronavirus

For further information about preparations, visit: canada.ca/en/public-health/services/publications/diseases-conditions/covid-19-be-prepared-infographic.html

AVRL NEWS

ANNAPOLIS VALLEY REGIONAL LIBRARY CLOSES ALL LOCATIONS FOR 3 WEEKS

In order to limit the spread of COVID-19, the Annapolis Valley Regional Library (AVRL) has closed all branches and bookmobile stops for three weeks. The plan is to reopen on April 6. All programs are cancelled until further notice.

Online services are still available, including e-Books, downloadable audiobooks and magazines, and homework help from Tutor.com. The library's website at valleylibrary.ca is the best place to find the most current updates to library news.

"This is unprecedented, to close libraries. We know how much the community depends on and loves their local library, but we are following the government's lead in order to create social distancing and flatten the curve," says Ann-Marie Mathieu, CEO of the AVRL.

AVRL requests that people who currently have items checked out keep those for now, and not return them to the library book drops. There will be no fines incurred on items during this period. 🦋



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

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 Tuesday, March 31, 2020 in order to be eligible for review.

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

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★ MARCH 19 ISSUE: <i>Mon. Mar. 9, 2020</i>	DOUBLE BLOCK \$88 - \$123
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	HALF PAGE \$427 - \$624
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WHERE TO FIND US

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

FALMOUTH: Fruit & Vegetable Company, Petro-Canada

HANTSPORE: Jim's Your Independent Grocer

AVONPORT: Cann's Kwik-Way

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

GASPEREAU: Gaspereau Vineyards, Luckett Vineyards, Reid's Meats & Kwik-Way, XTR Kwik-Way

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

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

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

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

AYLESFORD: Chisholm's PharmacyChoice

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

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

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

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LOCAL WINE INCLUDED IN PRESTIGIOUS TOP TEN

Kim Cyr

December 2019 brought a special accolade to the Nova Scotia viticulture industry, and specifically to Lightfoot & Wolfville Vineyards. Michaela Morris of *Decanter* magazine released a list of her top ten favourite wines tasted during the year. Her “Top Ten Wines of the Year from Italy and Beyond” includes primarily Italian wines, one each from Australia, Portugal, and France, and an extraordinary wine from Lightfoot & Wolfville Vineyards in Wolfville, Nova Scotia: their Blanc de Blancs Brut, 2014, (single varietal, 100% Chardonnay, Traditional Method/Méthode Champenoise).

The wine itself is notable for a few things, the first being that this wine is specifically made from 100 percent Chardonnay, and the award coincides with the tenth anniversary of the first chardonnay vines being planted on the Lightfoot & Wolfville property in 2009. It is the only North American wine to be included on this list and the only sparkling wine. *Decanter* remains one of the world’s foremost wine publications due to their strict policies on judging. The writer was also given the wine later in the year in a blind tasting panel to correlate and calibrate her initial notes.

This is an accolade we can all celebrate as the world stage recognizes the East Coast of Canada for its sparkling wine production of great distinction and uniqueness. Heartfelt congratulations to the winery and the winemaker Josh Horton for this notable and historic review. This inclusion is unprecedented and extraordinary news.

The Wine: Lightfoot & Wolfville Vineyards Blanc de Blancs Brut, 2014, 100% Chardonnay, Traditional Method / Méthode Champenoise (lightfootandwolfville.com)
Wine maker: Josh Horton
Tasting note from the winery: Bright, yellow-gold with tiny, lively bubbles. Nuanced and layered with Gravenstein apple pie, sea salt, and lemon zest. Richness and depth join precise acidity, culminating in an elegant balance of power and finesse. Creamy meringue finish with great length. 🍷

WOMEN OF WOLFVILLE POSTPONED

Wendy Elliott

The 19th annual production by the Women of Wolfville, *Changing Now* by WOW, will not be staged in April as planned. In fact, the final sketch has yet to be written.

Right now everybody is dealing with abrupt change. Self isolation is the new term that we were confronted with mid-March. Coping with Covid-19 will be the final piece for our show.

For the last three months the cast of close to 40 women have been looking at how society can be changed positively from the inside out. Among the topics we’ve addressed are climate change, racism, violence against women, and the rules we live by, then and now.

The performers, drawn from schoolgirls, university students, working women, and grandmothers from across the Valley, met to decide to postpone and to grieve on March 15. While we can still envision going on stage, we join in the regret others feel for altogether cancelled productions.

Cast member Vida Mae Lantz, who is sorrowful that *Mama Mia* at Horton has been cancelled, thinks “postponing WOW is an option that still gives hope for better times ahead.”

As another cast member Sandra Fyfe says, “we realize that some of the students will have graduated by next fall and performing won’t be a possibility for them. That makes me sad, but I hope WOW has given them an experience of women working collaboratively in community that they’ll carry with them wherever they go.”

Stage manager Joanne Porter agrees: “They are a lovely group of women and even though

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:** Susanlisadworkin@gmail.com / 902-300-1001

Learn to Drum!: Horton High School, Greenwich. Every Wednesday, March 25-April 29, 7–8:30pm • As part of this 6-week class, you will learn the basics of West African drumming or build upon them. No prior experience needed. All levels. Registration required through Eventbrite. **TIX:** \$60 (\$48 student) for 6 weeks. **INFO:** brunoallard7@gmail.com

Four Foundations of Mindfulness - Day Retreat: April 26, 9am–4pm @ Windsor Community Centre. Join meditation instructor Christine Heming for teachings and practice. Bring your own lunch. Tea, coffee, snacks provided. Wheelchair accessible. Hosted by the Windsor Meditation Group **FE:** suggested \$20 or pay what you can. **INFO:** 902-798-2958 / windsormeditationgroup@gmail.com

Flora of NS Field Course: June 1–19, Acadia U., Wolfville (BIOL 3293, 3 Credit Hrs). Learn about the plant world that surrounds you by identifying species using technical keys, gaining knowledge about our region’s most prominent plant families, getting to know our most common species, exploring and reporting on a variety of the region’s habitat types, and collecting plant specimens. Because plants are almost everywhere you look, this course should prove useful for students interested in studying or working in the fields of Biology, Ecology, Botany, Environmental Studies and Sciences, Environmental Assessments, Species at Risk, etc. Includes lectures and fieldwork. Prerequisites: BIOL 1113/BIOL 1123, or permission of the Department. **INFO:** alain.belliveau@acadiau.ca

Scottish Country Dance Classes: Monday nights, 7–9pm, starting March 16 and running for 8 weeks at the Wilmot Community Centre. Scottish Country is a social dance form so no partner or special attire is required and it is suitable for ages 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. **FE:** \$5 nightly fee to cover hall costs. **INFO:** 902-765-0906 or 825-4600.

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GENERAL:

Spring Cleaning/Downsizing?: The Kings Kikima Grannies are happy to take your unwanted items for our Annual Giant Yard Sale (Oct 23 & 24 at the Lion’s Hall, Wolfville – previously June 12 & 13). If you can save your items until then we would appreciate it. Thank you for your understanding. Also, we have a selection of over 700 Beautiful Collector / Decorative Plates for sale. Contact if interested. **INFO:** Betsy Baillie, 902-542-7591

Ghostly Search Continues: Valley Ghost Walks is still looking for another couple of fellas to be ghosts for Our Lucky 13th Season. Contact Jerome the Gravekeeper for more details. **INFO:** jerome@valleyghostwalks.com / valleyghostwalks.com

Brain Injury Support Group: Tuesdays 3:30–5pm, starting April 7 @ Valley Community Learning Association, 49 Cornwallis St., Kentville. Multi-faceted meetings that focus on ways to cope with everyday problems caused by brain injury. **INFO:** info@braininjuryns.com

Groundbreaking: Please join the Chrysalis team as we break ground for Project Renew. 133 River St., Kentville. Thursday, April 16, 10am–12pm. Bring your own shovel and wear rubber boots. It takes a community to make a project happen and we want you to be part of every step! Storm date: April 30. **INFO:** www.chrysalishouse.ca

CFUW Wolfville Book Sale Postponed: CFUW Wolfville 53rd Book Sale, originally scheduled for March 27–28, has been postponed. The new dates for the sale are September 25 and 26. Also, the CFUW Wolfville General Meetings for March and April have been canceled. **INFO:** cfuwwolfville.com

Seeking Accommodation: Hi! I’m a youthful, open-minded senior currently living in Halifax, looking to spend the summer in Wolfville. I’m seeking a furnished room to sublet, or a small furnished apartment, walking distance to downtown. \$500/month or under. **INFO:** Contact Lindsay at 902-431-0625. Thank you!

Margaret Drummond's

WORD OF THE ISSUE

Filigreed (**adjective**): Decorated or adorned with ornamental open-work of delicate, intricate or lace-like design (filigree).

*White sky, whiter sun brushing
Trees with tints of red, then
in the distance streaking
mauve gold, filling in
between the now filigreed
trees, silhouettes against
the now red burning sky.*

*(Excerpt from “Grayed In”
by Martha Collins)*

there is no show this spring, there was wonderful shared energy on Wednesday evenings. The world is in good hands, as evidenced by the young women present.”

WOW will be fundraising before the year is out toward the Chrysalis House building project in Kentville, along with two health and education-related charities located in Africa.

Rob Breznsky's
FREE WILL ASTROLOGY

© 2020 Rob Breznsky • freewillastrology.com • Horoscopes for the week of March 19th

We interrupt your regularly scheduled horoscopes to offer insights about the virus-driven turning point that the whole world is now experiencing.

As you've probably guessed, all of us are being invited to re-evaluate everything we think we know about what it means to be human. I refer to this unprecedented juncture as *The Tumultuous Upgrade* or *The Disruptive Cure*. It's fraught with danger and potential opportunities; crisis and possible breakthroughs.

And while the coronavirus is the main driving force, it won't be the only factor. We must be ready for more Rough, Tough Healings disguised as Bumpy Challenges in the coming months.

Here's the astrological lowdown: Throughout 2020, there's a rare confluence of three planets in Capricorn: Pluto, Saturn, and Jupiter. They are synergizing each other's impacts in ways that confound us and rattle us. In the best-case scenario, they'll also energize us to initiate brave transformations in our own personal lives as well as in our communities.

Below is a profile of each planet's meaning.

When we are in intense and intimate relationship with Pluto—as we are now—we're invited to dive down deeper: to see life from the soul's perspective rather than from the ego's; to seek wealth and meaning not as they're defined by the material world but as they're understood by the part of us that's eternal. Descending into the mysterious Plutonian depths can be disruptive to our conscious beliefs and intentions, but may ultimately be profoundly regenerative.

When we are in intense and intimate relationship with Saturn, we're invited to get more serious and focused; to register the fact that we don't have unlimited time and energy, but must firmly decide what's important and what's not. We're asked to be ruthlessly honest about the roles that are most likely to bring out the best in us.

When we are in intense and intimate relationship with Jupiter, we're invited to risk growth and expansion; to take proactive responsibility for seeking the rich experiences that our souls long for; to aggressively enhance our lust for life.

Now I invite you to meditate on the potent mix of Plutonian, Saturnian, and Jupiterian energies. I encourage you to respond to the convulsion by deepening your understanding of how profoundly interconnected we all are and upgrading the way you take care of yourself, the people you love, and our natural world.

In the horoscopes below, I suggest personal shifts that will be available to you during this once-in-a-lifetime blend of planetary energies.

ARIES (March 21-April 19): Possible crises in the coming months: 1. Your power spot may be challenged or compromised. 2. Your master plan might unravel. 3. There could be disruptions in your ability to wield your influence. Potential opportunities: 1. You'll be motivated to find an even more suitable power spot. 2. A revised master plan will coalesce. 3. You'll be resourceful as you discover novel ways to wield your influence.

TAURUS (April 20-May 20): Possible crises in the coming months: 1. Your vision of the big picture of your life may dissipate. 2. Old reliable approaches to learning crucial lessons and expanding your mind could lose their effectiveness. Potential opportunities: 1. You'll be inspired to develop an updated vision of the big picture of your life. 2. Creative new strategies for learning and expanding your mind will invigorate your personal growth.

GEMINI (May 21-June 20): Possible crises in the coming months: 1. There may be breakdowns in communication with people you care about. 2. Contracts and agreements could fray. 3. Sexual challenges might complicate love. Potential opportunities: 1. You'll be inspired to reinvent the ways you communicate and connect. 2. Your willingness to revise agreements and contracts could make them work better for all concerned. 3. Sexual healing will be available.

CANCER (June 21-July 22): Possible crises in the coming months: 1. Friends and associates could change in ways that are uncomfortable

for you. 2. Images and expectations that people have of you may not match your own images and expectations. Potential opportunities: 1. If you're intelligent and compassionate as you deal with the transformations in your friends and associates, your relationships could be rejuvenated. 2. You might become braver and more forceful in expressing who you are and what you want.

LEO (July 23-Aug. 22): Possible crises in the coming months: 1. Your job may not suit you as well as you wish. 2. A health issue could demand more of your attention than you'd like. Potential opportunities: 1. You'll take innovative action to make your job work better for you. 2. In your efforts to solve a specific health issue, you'll upgrade your entire approach to staying healthy long-term.

VIRGO (Aug. 23-Sept. 22): Possible crises in the coming months: 1. Love may feel confusing or unpredictable. 2. You may come up against a block to your creativity. Potential opportunities: 1. You'll be energized to generate new understandings about how to ensure that love works well for you. 2. Your frustration with a creative block will motivate you to uncover previously hidden keys to accessing creative inspiration.

LIBRA (Sept. 23-Oct. 22): Possible crises in the coming months: 1. You may experience disturbances in your relationships with home and family. 2. You may falter in your ability to maintain a strong foundation. Potential opportunities: 1. Domestic disorder could inspire you to reinvent your approach to home and family, changing your life for the better. 2. Responding to a downturn in your stability and security, you'll build a much stronger foundation.

SCORPIO (Oct. 23-Nov. 21): Possible crises in the coming months: 1. There may be carelessness or a lack of skill in the ways you and your associates communicate and cultivate connectivity. 2. You may have problems blending elements that really need to be blended. Potential opportunities: 1. You'll resolve to communicate and cultivate connectivity with a renewed panache and vigor. 2. You'll dream up fresh approaches to blending elements that need to be blended.

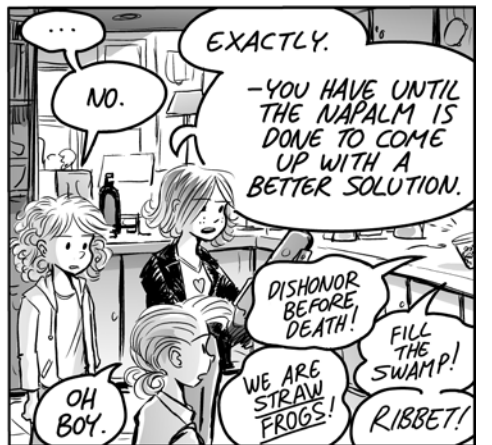
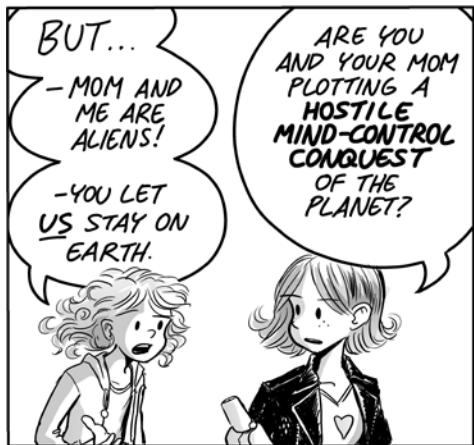
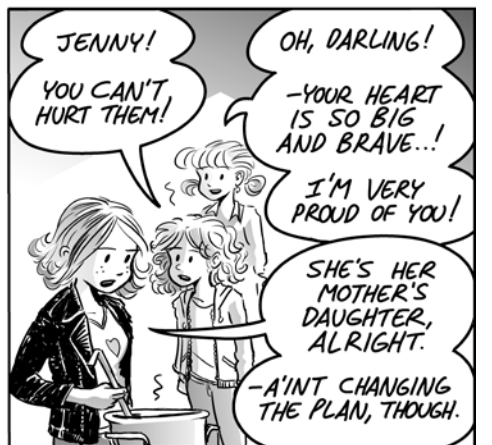
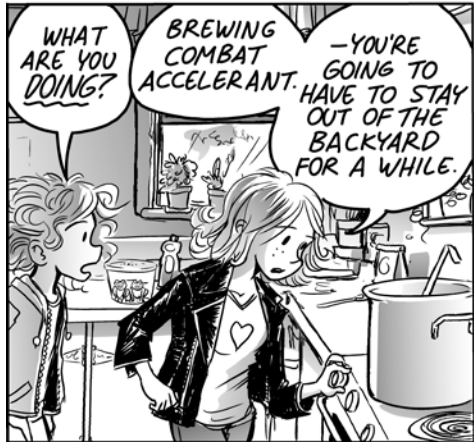
SAGITTARIUS (Nov. 22-Dec. 21): Possible crises in the coming months: 1. Money may be problematic. 2. Your personal integrity might undergo a challenge. 3. You could get lax about translating your noble ideas into practical actions. Potential opportunities: 1. You'll find inventive solutions for boosting your wealth. 2. You'll take steps to ensure your ethical code is impeccable. 3. You'll renew your commitment to translating your noble ideals into practical action.

CAPRICORN (Dec. 22-Jan. 19): Possible predicament during the coming months: You may have an identity crisis. Who are you, anyway? What do you really want? What are your true intentions? Potential opportunity: You'll purge self-doubts and fuzzy self-images. You'll rise up with a fierce determination to define yourself with clarity and intensity and creativity.

AQUARIUS (Jan. 20-Feb. 18): Possible crises in the coming months: 1. You'll be at risk for botched endings. 2. You may be tempted to avoid solving long-term problems whose time is up. Potential opportunities: 1. You'll make sure all endings are as graceful and complete as possible. 2. You'll dive in and finally resolve long-term problems whose time is up.

PISCES (Feb. 19-March 20): Possible crises in the coming months: 1. Due to worries about your self-worth, you may not accept the help and support that are available. 2. Due to worries about your self-worth, you might fail to bravely take advantage of chances to reach a new level of success. Potential opportunities: 1. You'll take dramatic action to enhance your sense of self-worth, empowering you to welcome the help and support you're offered and take advantage of chances to reach a new level of success.

For more on *The Tumultuous Upgrade*, go to FreeWillAstrology.com.



LEARNING IS NOT ALL IN YOUR HEAD

Kathleen Purdy, Alexander Society for Inclusive Arts

It is gratifying to see the media devote more time to the importance of children playing outside, which recognizes the value of movement itself as a major learning modality.

In the last 25 years a lot has been learned about the brain and the interrelationships between physical movement, human development, and cognitive learning. Among neurologists there is a growing understanding of brain plasticity. According to Dr. Norman Doidge, “neuro-plasticity is the property of the brain that enables it to change its own structure and functioning in response to activity and mental experience.” (*The Brain’s Way of Healing*, 2015).

In my educational support work, this principal is key. I work with children who are struggling academically. I begin with a neuro-developmental assessment, after which I set up a program of movement exercises using bean bags, balls, and skipping rope, as well as drawing and painting. These specific activities help develop new neural pathways which then help the child achieve developmental milestones and the underlying capacities needed for the academic work.

There are certain developmental milestones that need to be achieved before a child is ready for academic work. Some children are not developmentally ready at 5 or 6 years old to tackle formal reading, writing, and math. An example of a developmental milestone that is key to learning is the integration of the vertical and horizontal midlines. The retention of these midlines beyond a certain age can interfere with the ability to read in a smooth and pleasant way.

Behaviours that could be indicators of incomplete early child development stages include poor co-ordination, lack of spatial awareness, difficulty copying from the board, legs wrapped around chair legs, sitting on the floor with legs in a W formation, frequently falling off chairs, holding the head up with a hand while sitting at a desk, turning paper when writing and drawing so that the child is writing from bottom to top rather than side to side, and difficulty with reading, writing, or math after age 6. The child who struggles just to sit up straight or to keep his balance, cannot put his mind to the academic task at hand.

Academic struggles often go hand in hand with behavioural and emotional challenges. When a child experiences failure, or sees him/herself as a problem, it could be the beginning of a life-long stigma.

A major outcome of this developmental approach to understanding and ameliorating learning challenges is the building of self-esteem. When children are given the opportunity to succeed in a non-competitive way, they thrive. And when we look at children holistically, and consider their overall well-being, we must meet them where they are developmentally.

For twenty years I have been facilitating creative arts programs for people with disabilities through the Alexander Society for Inclusive Arts, and for the last ten years I have branched out to work with children of all abilities through educational support programs. For more information on any of these programs, please go to our website: alexandersociety.org. 🌱

VALLEY CROSSROADS HEALTH & WELLNESS CENTRE

Emily Leeson

The Valley Crossword Health and Wellness Centre in New Minas is now just months away from opening its doors. The centre currently under construction is a collaboration between three local doctors, Dr. Craig White, Dr. Mark Johnston, and Dr. Chris King. When its doors open later this spring, the centre will be home to at least two family practices and a host of other health-related businesses. It’s poised to offer a fresh new space for healthcare, and in doing so hopefully encourage other medical professionals to consider calling the Valley home to their practices as well.

“We’ve just had a project timeline update from the contractor,” says Dr. Craig White. “We’re looking at the first family doctors’ offices opening up some time in late May or the first of June, and then everyone else will roll in June and July.”

In addition to the family practices in the building, White says that the space (which is now already almost all accounted for) will soon be home to a physiotherapy clinic, massage therapists, occupational therapists, psychology services, and a respiratory clinic.

The new space, says White, is something the local healthcare community needed.

“What we realize now is that space is very limited now in the Kentville, New Minas area for new physicians coming in — there’s actually not very many offices available,” he explains.

The new space will also make way for the family practices within the centre to follow the collaborative practice approach to healthcare, a model in which family physicians work with other healthcare professionals in a team environment to provide well-rounded care to their patients. White says his own practice just recently made that change.

“It was really out of a need to change the way we practice medicine, to help the complex needs of the patient,” he explains. Working with other professionals — nurse practitioners, nurses, social workers, dieticians, etc — has allowed him to better address the different health needs and mental health needs, and address the barriers that influence his patients’ lives.



Medical students will also be part of White’s practice in the new space. He’s hoping that the many draws of working in the modern facility might just entice more physicians towards the area.

Being part of a team, and working in a centre with other physicians, says White, can be a consideration for new physicians deciding where to settle.

“We think it’s a big attraction for new physicians,” he says. “We’re going to have young future doctors coming through the building every year so we’ll always have a potential source of recruitment in the building every year.”

“We’re hoping that if we can have space available, we may be able to more easily recruit right into those offices from some of the medical learners coming through,” he says.

He’s hoping the new space will offer that room to grow. In fact, White says he’s just recently started to talk with some community stakeholders about funding additional clinic space. “We’re wanting to keep 2000 square feet available for family doctors as a recruitment space,” he says.

Helping to build up the availability of health services in the Valley and encourage other physicians to see what’s on offer here, says White, has been a key part of the construction.

“We hope with the new building, in a new location, fresh and new and it’s right off the highway, in the middle of the Valley, close to Halifax — these are big selling points,” he says. 🌱

JOY ABOUNDS AT INTERNATIONAL COMMUNITY POTLUCK

N. Neslihan Ivit

On February 29, I was very excited for my second time joining the international community potluck. I arrived early at the Coldbrook Lion’s Hall to lend a hand with the setting of the tables, chairs, and cutlery. At 5:30pm, people started to arrive with the dishes they had prepared, each from their traditional cuisines.

It is fascinating that families from different cultures come together, unite around international flavours on the table, and share them with joy and love. When I went near the table with the food, I could see all the different colours, smell different spices, and even feel the emotions behind them. This table was a pure representation of Canada.

The gathering started with food and continued with warm conversations leading to friendships. I met people from Mexico, Syria, Venezuela, The Netherlands, Russia, Bulgaria, and Colombia, and had great time talking with them. But when it comes to enjoying these potlucks, the kids are by far the winners. At the beginning, they started to talk and play quietly, some being shy, some not. By the end of the night, they were all running and jumping around together. I sincerely appreciate their ability to blend so quickly.

Who is organizing this potluck, and why are they doing it? To get some answers, I talked

with Plamen Petkov, an immigration lawyer who practices in Kentville with the law firm of Taylor MacLellan Cochrane. He is the chair of the Immigrant Support Group, which has organized this potluck 3 to 4 times a year for the last 13 years. It is a non-profit, all-volunteer group who welcomes immigrants to the Annapolis Valley community. The main aim behind these potlucks, as Plamen explains, is to provide opportunities for immigrants to become connected with people in their new community. As far as I have experienced, this aim is well achieved. It is heartwarming to think about all the connections and friendships built thanks to these potlucks since 2007.

If you would like meet people from different parts of the world who choose to live in the beautiful Annapolis Valley, and get together around delicious international dishes, I suggest you to check out the next potluck.


🌱

N. Neslihan Ivit is a winemaker and wine blogger with international experience in the wine business, who has been working in the growing wine industry of Nova Scotia since 2016. For more, visit winesofnesli.com or @winesofnesli on Instagram and Twitter.

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NEW WELLNESS CLINIC IN KENTVILLE: THE HEALING STATION

Genevieve Allen Hearn

Main Street Station is certainly shaping up to be quite the service hub in Kentville. You can now drop off your tailoring needs, get a shave and haircut, fill up your cider growler, and then drop by The Healing Station Natural Health Clinic for a massage, or perhaps acupuncture, or a consultation with a naturopath. All these services are offered under one roof by five different health care providers: naturopathic doctor Amy Florian, acupuncturist Sharon Conroy, and registered massage therapists Andrea MacDonald, Tamarah D’Entremont, and Bethany Hayes. Before opening the clinic, they each worked independently from their private homes or offices. This, however, became a bit lonely. They mentioned that the social isolation can lead to burn-out: “We can’t help people if we’re not OK,” says D’Entremont. “We are still our own bosses, but now in the same location,” continues Conroy.

Together, they felt that they could provide better customer service by offering a ‘one stop shop’ for wellness. This enables the women to support each other while also making their services more convenient for clients. They chose to locate in Main Street Station because they saw the work that was going into the revival and modernization of the building. “We support this area and the growth of Kentville,” says MacDonald, “we want it to do well.”

The lobby of the clinic is inviting and calm. There are two loungers, a tea station, and a relaxing vibe to the place immediately upon arrival. “We want people to feel they can stay and enjoy our space after their service,” explains MacDonald.

Down the hall are private rooms where the owners work with their clients. There are two vacant rooms waiting to be filled. “We have room to grow,” says Florian. “We are looking for an osteopath, or someone in mental health, physical therapy, counselling, or food-related services.”



Left to right: acupuncturist Sharon Conroy, naturopathic doctor Amy Florian, and registered massage therapists Tamarah D’Entremont and Andrea MacDonald. Missing: RMT Bethany Hayes.

The owners see wellness as a building process. They want people to know that you don’t have to tear everything apart to start doing work. You can start from where you are, in a place that is comfortable for you. “There are a lot of misconceptions about naturopathic medicine and health in general,” according to Florian. “There doesn’t have to be a big overhaul. We are here to help you elevate to the next step.”

A collaborative wellness clinic is not a new concept, and is growing in popularity. When asked why this is, Conroy suggests, “we give people a positive message that people can get well and heal on all levels.” D’Entremont believes that “people are starting to prioritize themselves and do preventative care. We give people a chance to get away from everyday life.”

“#yesyoucan” is the hashtag on their wall when you enter, and that is their main philosophy at The Healing Station Health Clinic. Want to learn more? Yes you can! They are happy to have an initial conversation with you over the phone or through email. Better yet, stop by and see the space for yourself! Each health care provider has their own contact information, so visit thehealingstation.ca to find out more, or drop by 325 Main Street, Kentville (the former Cornwallis Inn). 🐾

THE DOME CHRONICLES: MUSH

Garry Leeson

The recent release of the movie, *The Call of the Wild*, has aggravated a sore spot that has been bothering me for some time now. Jack London’s story about a sled dog named Buck was the inspiration for the long association I have had with dogs in harness. To be clear, the dogs that I have had and used in the past were not your traditional husky or malamute types. In fact, when I was the tender age of ten, my first teams were a motley collection of mutts that strayed too close to my backyard in one of the seedier sections of downtown Toronto.

Yes, I was a city kid, but my parents had homesteaded in northern Alberta and were full of tales about the dog teams they had used before I was born. Those stories, coupled with Jack London’s tales, to the astonishment of my neighbours and the local constabulary, were the inspiration that had me mushing my borrowed mongrels through the back lanes and parks of the very urban area.

When I was a child, I spoke as a child; I understood as a child; I thought as a child. But when I became a man, I put away childish things. (1 Corinthians, 13:11)

But, not for long — over the course of time, whenever I came into possession of one of man’s best friends of sufficient stature, I felt compelled to make him or her a harness and put them to use.

Forty or so years ago when we arrived in Nova Scotia with our two dogs, Bussy, a Samoyed,

and Boo, a border collie, we immediately put them to work pulling the kids and other odd items on a toboggan. In truth, when more pulling power was required, the team was augmented by the addition of our billy goat, Toggle. We even tried to use our pet pig, Franny, but that didn’t work — well, you know, “independent as a pig on ice,” as they say.

There have been several individual useful dogs since those early days, but more recently we have experienced a dearth of dogs that might be recruited and harness trained.

About four years ago we acquired a border collie pup, Tilly, who grew up to be a dead ringer for our old original team leader, Boo, and once again I became excited with the prospects of mushing through our woods with her and some suitable companions charging through the snow in full cry.

My interest was really piqued when both of my daughters informed me that they were going to adopt dogs of their own. Those dogs would be visiting us frequently and probably become our wards during portions of the year. What a windfall! A team of three and I would only have to feed them when they were staying with us.

Imagine my dismay when both of my girls proudly introduced their new pets and what I had hoped would be the foundation of my new team. I’ll let the pictures speak for themselves. 🐾



VISUALLY SPEAKING

YOUNG ARTISTS PAY TRIBUTE TO INTERNATIONAL WOMEN’S DAY

Anna Horsnell

Dramatic colour, skillful drawing, wonderful imagination, and brave interpretations of a theme. These are qualities that make art stand out, qualities that make us stop and maybe see things through another’s eyes. When the artist is ten or sixteen years old, surprise quickly turns to genuine appreciation. Such was the case on March 3 at a wonderful youth art showcase in the the Lions Hall of the Kings Mutual Century Centre in Berwick (otherwise known as the Apple Dome).

One of the many events this month inspired by International Women’s Day and this year’s theme (“an equal world is an enabled world”), the art show was spearheaded by two local community-minded ladies, Lindsay MacDonald and Kim Stewart. Stewart heads the Lion Club’s New Voices Leadership Initiative, which works with women, youth, and other under-represented groups around the province. MacDonald works for Edward Jones in Kentville, but still finds time for community projects. When MacDonald first thought of the art show concept last year in June, Stewart was quick to jump onboard, and together they set out to make it happen.

Their idea was to do something with youth to introduce and discuss the role of women today and the issue of gender equality. They targeted Windsor to Digby, and Stewart made it her mission to visit each of the region’s schools, promoting the art show to students between the ages of ten and eighteen. That age limit soon changed due to the response from even younger children. Then they reached out to the Girl Guides, the Kentville Library, and NOVA Seven Makers Space in Greenwood. The hope was for at least fifty submissions of any type of visual art with the end goal of attracting a multi-generational audience engaged in a conversation about gender equality as interpreted by the young artists.



Different Yet Equal by Danielle Wezenbeck

The submissions of art started to arrive, and MacDonald was immediately impressed, “(The youth) have a deeper understanding than I could have imagined. I was absolutely amazed by the talent and how thoughtful and passionate they were. It was very inspiring.” Stewart adds, “I learned what a passion the youth have to create and how they need an outlet to show their work.” Many of the young artists normally make art in isolation and this opportunity to show their work with their peers gave them new-found confidence and encouragement. MacDonald explains, “We intentionally did not give out any awards. Art is so personal. It was more important that every young artist felt proud and accomplished.”

On opening night, the room quickly filled with proud parents and an admiring public who took time to explore all the artwork and meet many of the young artists present. Samantha Usjak, a thirteen-year-old student from Middleton Regional High School, was kind enough to discuss her lovely painting entitled “Horse Power.” Fourteen-year-old Danielle Wezenbeck, who has only recently begun painting lessons through NOVA Seven, posed for a photo with her bold abstract painting of three women entitled, “Different Yet Equal.” Wezenbeck actually sold her painting that evening, and was very inspired by the other artwork

BERWICK GREEN ENERGY PROGRAM FIRST OF ITS KIND IN CANADA

Submitted

The Berwick Green Energy Program continues to lead the way in the Town’s commitment towards climate action. The innovative efficiency financing program, designed and administered by Equilibrium (EQ), executed its first commercial building upgrade with PACE (Property Assessed Clean Energy). These are the first PACE-type funded commercial building energy upgrades in Canada.

The projects were implemented at a commercial building in Berwick, with the main tenant 2nd Glance Hair & Aesthetics, operated by the building owner. These projects were an opportunity for the building to become more energy efficient and reduce energy costs. “Working with Equilibrium made the entire process easier to understand, especially when it came to deciding on the energy efficiency projects to implement at our building. They did the background calculations so we could understand the ROI and took the lead on the Efficiency Nova Scotia paperwork. They were also there along the way for contractor questions,” says owner Merrill Bulgar. “We’re grateful the Town of Berwick supports small business in this way.” Bulgar’s upgrades include high efficiency lighting and a high efficiency heat pump.

PACE funding through this program is open to businesses and residents of the Town of Berwick who pay property tax to the town. Customers are not required to pay any upfront costs for the energy efficiency upgrades, the Town does this and the loan is repaid over an up to 10-year period with 4% interest rate.

EQ began administering the program in May of 2019. “In our first eight months we had 25 signed agreements for energy upgrades and it’s looking like we’ll have more than 40 at the end of year one,” says EQ president William Marshall. “This is phenomenal uptake in a community the size of Berwick.”

The goal of the Berwick Green Energy Program is for project payments to be less than or equal to the estimated ongoing energy savings. This results in immediate savings for the home or business owner. Common upgrades include heat pumps, insulation and air sealing, lighting, windows, and doors.

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For more information on the project, visit berwickgreenenergy.ca.

in the show. Another haunting drawing that drew attention was entitled “Faces of Change” by fellow NOVA Seven artist, nine-year-old Amelia Penner. The artwork was varied and truly impressive, and each of the young artists are to be commended for their imagination and creativity.

MacDonald and Stewart are determined to continue this annual event in conjunction with International Women’s Day. They both

expressed their sincere gratitude to the students, their parents, the art teachers and schools, the Berwick Lions Hall, and the many others who supported the art show. Special thanks also goes to local artist and venue sponsor Betsey Harwood. Details for next year will be finalized by this fall, and anyone interested should email lindsaymacdonald1@hotmail.com.

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CORONAVIRUS AND THE TOWN OF WOLFVILLE

The Town of Wolfville is continuing to take steps to reduce the risks as much as possible for residents and staff. Senior staff are collaborating with other Municipalities in the region to ensure consistency where possible. We will be re-evaluating on a continuous basis as new information becomes available.

Effective 4:30 pm on Monday, March 16th:

- All Town of Wolfville buildings will be closed to the public until further notice (Town Hall, Recreation Centre, Community Development/Public Works Building);
- All afterschool and recreation/environmental programs are cancelled until further notice;
- All Council and Committee meetings have been cancelled for the remainder of the month of March. The one exception is the Town Council meeting scheduled for March 17th will go ahead with a limited agenda. Question period will be limited to budget-related questions and only members of Council and essential staff will be in attendance;
- An email address information@wolfville.ca has been set up to allow for the continuation of timely responses to the public related to

municipal services. This is the preferred method for contacting the Town for the foreseeable future;

- The Town's regular switchboard number, 902-542-5767, will continue to be operational from 8:30 am to 4:30 pm, Monday to Friday, for anyone unable to use the email option to communicate with Town staff;
- The emergency after-hours telephone number continues to be 902-698-1752 – this is for emergencies only.

Please follow our website at www.wolfville.ca and on social media for future updates.

For additional information contact:

Erin Beaudin, CAO
902-599-2380
ebeaudin@wolfville.ca

Mayor Jeff Cantwell
902-542-9822
jcantwell@wolfville.ca

Check out www.wolfville.ca
to view the Town's new Operations Plan and Budget for 2020/21



Council wishes to thank all those who attended our February public information meetings.

WE'RE GETTING CLOSER TO ADOPTING NEW PLANNING DOCUMENTS FOR THE TOWN!

Stay tuned for information on the Public Hearing to be held in April 2020.



YOUR WASTE COLLECTION DAY IS CHANGING!



Effective March 31, 2020, Valley Waste will start collecting waste 4 days per week (Tuesday-Friday) instead of 5 days per week, across the Valley.



What does this mean for Wolfville:

- We have a new collection day - Friday (Week 2 on the Schedule) for the whole Town
- Collection will be every two weeks
- Collection will begin at 7:00 a.m. and waste can now be set out after 7:00 p.m. the night before
- The final Wednesday/Thursday collections will be on March 18/19 and due to Good Friday falling on April 10, the first new collection date will be on Saturday April 11 then Friday April 24, Friday May 8 and so on.



For any inquiries, please contact the Town of Wolfville
902-542-5767 / wolfville.ca



FRIDAY, MARCH 20

Eagle Watch Tour – *Just Us! Cafe, Wolfville 9:45am–2:15pm. ALSO, March 21, 22, 27, 28, 29* • Where It's At has a new tour! Watch eagles get fed at Sheffield Mills. A chat with the main eagle feeder. Beer at Millstone Brewery. Wine & cheese/nuts at Planters Ridge Winery. A gorgeous view at the Lookoff. Lots of FUN! **TIX:** \$70+HST per Adult ticket, \$50+HST per Under 19 ticket. In advance only up to 24 hours in advance via Ticketpro.com **INFO:** 902-692-8546 / info@whereitsattours.com

Karaoke with Denny Myles – *Royal Canadian Legion, Berwick 7:30–10:30pm* • Pass the Hat. Non members welcome. **TIX:** donation **INFO:** 902-538-9340 / waysnmeansberwick@yahoo.com

SATURDAY, MARCH 21

Breakfast – *Lions Club, Wolfville 7–10am* • Wolfville and District Lions Club will be holding their monthly Big Breakfast. Everyone is welcome! **TIX:** \$8 adults, \$4 children under 10 **INFO:** KimStewarhome@outlook.com

Breakfast – *United Church, Aylesford 8–11am* • Breakfast. Free will offering. Wheelchair accessible. Sponsored by the Committee of Stewards for church expenses. Come and bring a friend. **TIX:** Donation **INFO:** 902-847-1174 / tsskinner@eastlink.ca

Breakfast – *Curling Club, Middleton 8–10:30am* • Enjoy a hot breakfast in a warm atmosphere! Offering bacon, sausage, scrambled eggs, pancakes, baked beans, toast, juice, coffee, tea. **TIX:** Donation **INFO:** 902-825-2695 / bemorine@hotmail.com

Maplicious – *Farmers Market, Wolfville 8:30am–1pm* **TIX:** no charge **INFO:** 902-697-3344 / communications@wolfvillefarmersmarket.ca

Valley Trekkers Volkssport Walk– *Fire Hall, Berwick (Exit 15 off Hwy 101) 10am* • Across from Wheatons. 5/10 km-1A. Registration at 9:30am. Lunch at Wheatons after the walk. **INFO:** 902-538-8282.

Ticket Auction & Benefit – *Community Hall, West Brooklyn 11am–2pm* • Benefit for medical expenses for Marion (Miles) Sawler. Ticket auction / cake walk / bake table / 50/50 draw / tickets sold on a few other items and canteen. **TIX:** no charge **INFO:** 902-690-7151 / hippo91@live.com

Collectors Day – *County Fair Mall, New Minas 1–3pm* • Collectors day for kids of all ages! **TIX:** no charge **INFO:** 902-681-0880 / st0234s@indigo.ca

Roast Beef Supper – *Community Center, Port George 4–6pm* • Alternative Storm date will be March 28, 2020. The Port George Rec Center is purchasing a generator as a back-up power source in the event of an extended power outage. The Rec Center is becoming a Comfort Center for those in need. Take out available **TIX:** \$15 For Adults, \$7 For Child **INFO:** 902-825-4468 / dllelmore@hotmail.ca

Country Music Night – *Baptist Church, North Alton 7–9pm* • "Make Mine Country" Freewill offering. Baked goods table. Refreshments during intermission. **TIX:** Donation **INFO:** 902-678-1739 / jrzwicker@yahoo.ca

TUESDAY, MARCH 24

An Intimate Conversation with Ross Simmonds – *Cornwallis Inn, Kentville 6–8pm* • The Valley Women's Business Network, in conjunction with the Valley Regional Enterprise Network and Valley Connector Program, are pleased to present Ross Simmonds speaking about creating and building deep connections with your audience. **TIX:** \$25 to \$30 EventBrite or you can email president@vwbn.ca for larger groups. **INFO:** 902-579-7652 / president@vwbn.ca

Tremont Community Cemetery AGM – *Community Hall, Tremont 7pm* • Annual General Meeting of the Tremont Community Cemetery Society: Come see what we accomplished in 2019 and what plans we have for 2020. **INFO:** 902-765-2642

WEDNESDAY, MARCH 25

Organ Improvisation – *Wolfville Baptist Church, Wolfville 12:15–1pm* • Noon hour concert with Peter Togni, former CBC announcer, composer, organist and improviser. Soup served 11:30-12:10 **TIX:** Donation **INFO:** 902-698-2468 / heather.price@acadiau.ca

CFUW Wolfville – *Wu Welcome Centre, Wolfville 7–9:30pm* • CFUW Wolfville regular business meeting. Program: Cindy Trudel: How to Program a Video Game. Social. New Members and Guests welcome. **TIX:** no charge **INFO:** cfuwwolfville.com

Irish Social Set Dancing – *Bishop Hall, Greenwich 7–9pm* • Irish Social Set Dancing - no experience or partner required, just a passion for dance! For more information, please call Pat at 902-679-9267. Please drop by if interested. **TIX:** \$3/session **INFO:** 902-679-9267 / cookiemanager@ns.sympatico.ca

FRIDAY, MARCH 27

Supper – *Royal Canadian Legion, Berwick 5–7pm* • Come on out for a delicious homemade dinner. Chicken Cordon Blue with basmati rice, carrots and a roll. Non members are welcome. **TIX:** \$10 per plate, \$2 for dessert **INFO:** 902-538-9340 / waysnmeansberwick@yahoo.com

Silent Auction – *Curling Club, Middleton 6–9pm* • Bid sheets for each item will be displayed in the Curling Club Dining Hall. \$5 increments. Theme – Food & Gardening. Featuring Restaurant vouchers, Pies, biscuits, Maple syrup, mulch to be delivered, Gardening soils, and Decorations, Home garden Tour with wine & free takeaway plants, Golf green fees, and more! Viewing time beginning 6pm. Bid winners announced at 9pm. Free munchies. Bar will be open for beverages. Proceeds go to the Curling Club – operational costs fundraiser. **TIX:** no admission charge **INFO:** 902-825-2695 / bemorine@hotmail.com

Just Be You Wolfville – *Recreation Centre, Wolfville 6–9pm* • The Just Be You Program is a place for youth ages 16–24 who are struggling with their mental health to connect with their peers and get support in a safe, laidback, and fun environment. The best part? The direction of the group is set by you! **TIX:** no charge **INFO:** justbeyouuw@gmail.com

Board Games and Acoustic Jam – *Community Centre, Gaspereau 7–9:30pm* • Enjoy strumming some tunes or listening to great music while playing a game. **TIX:** \$5 drop-in fee for the Hall **INFO:** 902-680-2120

Wayne Parker – *Royal Canadian Legion, Berwick 7:30pm* • Come on out for an awesome night of music and dancing with Wayne Paker for Pass the Hat. Non Members are welcome. **TIX:** Donation **INFO:** 902-538-9340 / waysnmeansberwick@yahoo.com

SATURDAY, MARCH 28

Breakfast – *St James Anglican Church, Kentville 8–10am* • Home baked beans, scrambled eggs, bacon, fish cakes and chow, varieties of toast, biscuits, muffins, fresh fruit, juice, coffee and tea. No one leaves hungry! **TIX:** \$9 **INFO:** cameronduo@bellaliant.net

Ticket Auction – *Fire Hall, Aylesford 11am–3pm* • The Precision Dance Association is a non- profit dance company, a group of competitive dancers decided they would like to hold this auction as a fundraiser for their team **TIX:** no charge **INFO:** precisiondanceinfo@gmail.com

45's Card Party – *Lions Club, Canning 1pm* • Doors open at 1 PM at Senior's room 50/50 tickets available as well as prizes and refreshments Sponsored by Canning Senior's club. All welcome. **TIX:** \$2 **INFO:** Gladys Starratt 902-678-2030, Eugene Thibideau 902-365-2345

Sea Glass Picture – *United Baptist Church, Port Williams 1–3pm* • Create your own beautiful unique sea glass picture in this workshop with all materials provided. **TIX:** \$50 All materials provided **INFO:** 902-678-1562 / lauracd@ns.sympatico.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. The Mission of the Expressive Café is to improve communication skills using expressive and receptive activities in a safe environment. **TIX:** no charge **INFO:** Mike, 902-698-9661 / AphasiaNS@gmail.com

Heritage Banquet – *Brooklyn Civic Centre, Brooklyn 5–9pm* • Come hear the fascinating origin story of the Payzant family in Nova Scotia from our keynote speaker, Richard Smith "Louis and Marie Payzant: Hope, Courage, Survival" **TIX:** \$30 per person @ Daniels' Flower Shop (Windsor) or email. **INFO:** 902-790-9305 / president@westhantshistoricalsociety.ca

Music Variety Show / Fundraiser – *War Memorial Community Centre, Windsor 6:30–9pm* • 3rd Falmouth Scouting Group **TIX:** \$15 per person @ Windsor Home Hardware, or at the door. **INFO:** 902-791-5122 / gertiedough@hotmail.com

Earth Hour – *8:30–9:30pm* • Turn off your lights for an hour to show your commitment to the planet!

SUNDAY, MARCH 29

Music Service – *Third Horton (Canaan) Baptist Church, 767 Canaan Mountain Road 11am* • Old favourites, new praise songs, special selections, led by our music team, Canaan Chords. Junior Church available for children up to grade 4. Refreshments provided. Everyone is welcome! **INFO:** canaanyouthsue@gmail.com

MONDAY, MARCH 30

NSCC Community Information Session – *NSCC Kingstec Campus, Kentville 5:30–7:30pm* • You're invited to NSCC Kingstec Campus for a free info-session in Room 2101. **TIX:** no charge **INFO:** scott.olszowiec@nssc.ca

TUESDAY, MARCH 31

Fireflies Luncheon – *Fire Hall, Middleton 11am–1pm* • Chicken burgers, split pea & ham soup, corn chowder, strawberry shortcake, rhubarb crisp. For free delivery, call by Mar. 30 **TIX:** \$10 Chicken burger meal, \$9 Split pea & ham soup, \$9 Corn chowder **INFO:** 902-825-6563 / vertigomargaret@hotmail.com

Soup & Dessert Luncheon – *Centreville Baptist Church, Centreville 11:30am–1pm* • Choice soups & chowder with rolls, biscuits and dessert, tea/coffee. **TIX:** \$8 **INFO:** 902-678-1946

Play with Me – *Autism Centre, Kingston 1–2:30pm* • 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@kcfr.ca

Gospel Jam – *Callister's Country Kitchen, Coldbrook NS 6–9pm* • gospel music jam session **TIX:** Donation **INFO:** 902-365-3255 / callisters@bellaliant.com

WEDNESDAY, APRIL 1

Committee of the Whole - Budget – *Municipality of the County of Kings, Coldbrook 9am* • **TIX:** no charge **INFO:** 888-337-2999

Flute and Piano Recital – *Wolfville Baptist Church, Wolfville 12:15–1pm* • Lenten Concert Series: Jack Chen Flute and Heather Price Piano in a performance of the Franck Sonata. Soup served at 11:30am–12:10pm. **TIX:** donation **INFO:** 902-698-2468 / heather.price@acadiau.ca

Irish Social Set Dancing – *Bishop Hall, Greenwich 7–9pm* • Irish Social Set Dancing - no experience or partner required, just a passion for dance! For more information, please call Pat at 902-679-9267. Please feel to drop by if interested. **TIX:** \$3 per session **INFO:** 902-679-9267 / cookiemanager@ns.sympatico.ca

Jill Barber – *Evergreen Theatre, Margaretsville 8–10:30pm* • from Jill to You: We may not all be songwriters, but we all have a story, and for every great story there is a perfect soundtrack. I look forward to dedicating this tour to you! **TIX:** Adults \$35, Military \$30, Students \$20 **INFO:** 902-825-6834 / evergreentheatre@gmail.com

THURSDAY, APRIL 2

Light It Up Blue for Autism Awareness – *Clock Park, Wolfville 11am–11pm* • All weekend SHINE a BLUE Light and Light It Up Blue for Autism Awareness & Acceptance!! Come SEE all the BLUE LIGHTS in the towns and villages throughout the Annapolis Valley!! **TIX:** no charge **INFO:** 902-542-3421 / missvicki@eastlink.ca

NSCC Community Information Session – *NSCC Campus, Middleton 5:30–7:30pm* • You're invited to NSCC Annapolis Valley Campus for a free info-session on Thursday, April 2 at 5:30pm. **TIX:** no charge **INFO:** scott.olszowiec@nssc.ca

🎭 LIVE THEATRE 🎭

Curse of the Starving Class – *Lower Denton Theatre, Wolfville March 19, 20, 21, 26, 27, 28, 7:30pm, March 21, 28, 1pm* • "Curse of the Starving Class" by Sam Shepherd. **TIX:** Tickets are \$15 Acadia Box Office (902-542-5500). **INFO:** 147053k@ACADIAU.CA

🖼️ EXHIBITS 🖼️

"Where Are We Going?" – *Round Hill Studio, Annapolis Royal. Until April 1* • A collection of 12 new paintings by Marjolaine Paulin, an abstract painter, originally from Caraque, New Brunswick. Reception: March 6, 5–7pm. **INFO:** roundhillstudio.com / facebook.com/roundhillstudio

Sue Goreham – *The Port Pub, Port Williams. Through April 8* • Paintings by Sue Goreham, a semi-retired tattoo artist w/ 40 years of painting experience. **INFO:** 902-542-5555 / info@theportpub.com

Reflections on Self: Portraits – *Jack's Gallery, Just Us! Cafe, Wolfville. Through April 26* • A group exhibition by Acadia University students enrolled in Art and Identity, Acadia University, coordinated by Judith J Leidl, MFA. **INFO:** jacksgallerywolfville@gmail.com / judith.leidl@acadiau.ca

Omnium Gatherum – *Acadia University Art Gallery, Wolfville. Through April* • A collaborative project between the Acadia University Art Gallery and Randall House Museum with support from the Friends Fund of the Art Gallery. **INFO:** laura.robinson@acadiau.ca

📖 AT THE LIBRARY 📖

In order to limit the spread of COVID-19 all Annapolis Valley Regional Libraries are closed to the public as of March 16.

The plan is to reopen April 6.

Our online services are still available.

During this period, please do not return materials to your library. No fines will be incurred during this period.

Our website, www.valleylibrary.ca, will be updated regularly with any additional information.

🌸 WEEKLY EVENTS 🌸

PLEASE NOTE:
Event information may change without notice.

THURSDAYS

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

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

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

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@country.tv

Windsor Legion Branch 009 General Monthly Meeting – *3rd Thurs. of the month, 7:30pm (except July & Aug). Fort Edward Mall, 35 Empire Lane. New members welcome. INFO:* 902-798-0888 / windsorlegion.ca

FRIDAYS

Technology Drop-in Q&A – *Valley Community Learning Association, 49 Cornwallis St. #106, Kentville, 9am–12pm. Informal technology Q&A period for all residents of the Annapolis Valley. Fridays, except holidays. FEE:* free **INFO:** vclda.ca

Playful Pals Play Group – *THREE LOCATIONS: Recreation Centre, Wolfville / Community Centre, Woodville / New Beginnings Center, Greenwood, 9:30–11:30am. • Sing songs, play in the gym, and more. FEE:* no charge **INFO:** 902-678-5760 / family.centre@kcfr.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 6–8:45pm* • Purchase tickets at the Legion during bar hours. Attendance not required to win. **TIX:** \$5 each, 3/\$10, 7/\$20 **INFO:** 902-798-0888

Games Night – *West Brooklyn Hall, 410 West Brooklyn Mtn Rd 7–10pm. Table tennis, darts, cards, crokanole, board games. Canteen/bar available. FEE:* \$3 **INFO:** Ruth, 902-542-5424

"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. Draw for partners. Prizes. Canteen. FEE:* \$3 **INFO:** Pam, 902-389-2399

SATURDAYS

Wolfville Farmers' Market – DeWolfe Building, Elm Ave., Wolfville 8:30am–1pm. **INFO:** wolfvillefarmersmarket.ca

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

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

Flying Squirrel Adventures – Kentville Ravine, 9:45am–12:15pm. Third Sat. of each month, year-round (Next: Mar 21). Learn about nature through games, activities, challenges, discussions, presentations, workshops and more! All ages. **FEE:** no charge **INFO:** Facebook: Flying Squirrel Adventures

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

SpeakEasy Saturday Night Jazz Jam & Open Mic – West Brooklyn Hall, 7–10pm. W/ the Jill Hiscock Group. Age 19+ **FEE:** \$5 at the door **INFO:** Ruth, 902-542-5424 / jrlegge@eastlink.ca

SUNDAYS

Antiques & Collectibles – Adjacent to Milne Court Petro-Can, & across from Cineplex, New Minas (grey building w/ red roof). Unique gifts, unusual items. **INFO:** 902-233-7842 / Facebook: New Minas Antiques & Collectibles Flea Market

Group Meditation – Bishop Hall, Greenwich. 10:30am–noon. Join us for sitting meditation, discussion, and tea. Bring your own cushion if you prefer. Wheelchair accessible. **FEE:** By donation. **INFO:** 902-670-1006 / joan.norris60@gmail.com / windsormeditationgroup@gmail.com

Practice Mental Development through Meditation – Community Centre, Windsor 10:30am–noon. Sitting & walking meditations, short readings, discussion, and tea. **FEE:** no charge **INFO:** 902-798-2958 / windsormeditationgroup@gmail.com

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

Bingo – Royal Canadian Legion, Windsor 7:30pm–10pm. **INFO:** 902-798-0888

MONDAYS

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

Darts – Berwick Legion, 7pm. Mixed doubles, draw for partner, round robin format. **FEE:** \$3 **INFO:** 902-538-5815

Ukulele Group – Conundrum Press (upstairs), 112 Front St., Wolfville 7:30–9pm. All levels. Guided jam session. Other instruments & singers welcome. **FEE:** Drop-in \$10 **INFO:** kimbarlow77@gmail.com

TUESDAYS

County Crafters – Kings County Family Resource Centre, Kentville 9:30–11:30am. Crafting for adults. Childcare available. **FEE:** no charge **INFO:** 902-678-5760 / family.centre@ns.sympatico.ca

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

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

ARYO Fiddle Group – Festival Theatre, Wolfville, 5:30–6:30pm. Adults/children age 10 and up, easy intermediate level. **FEE:** \$50 for the term (Jan–April) **INFO:** aryostrings@gmail.com

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

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

The Dukes of Kent – We invite men of all ages to come out and sing with us from 7–9:30pm @ The Bethany Baptist Church, North Kentville (rear of building). **INFO:** Chris, 902-678-8865 / Seymourchris2@gmail.com

Valley Voices – Female a cappella show chorus rehearses 7–9:30pm. Kentville Baptist Church CE Centre. Women of any age welcome. **INFO:** valleyvoices.org

Cribbage – Berwick Legion, 7pm. **FEE:** \$10 per player **INFO:** 902-538-5815

Village Dancing – Wolfville Curling Rink (upstairs). Traditional circle and line dancing from the Balkans and the Middle East. No partners. Lots of fun, good exercise, and great music. Expert instruction. All levels. 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

Let's Get Up and Move – Kings Co. Family Resource Centre, Kentville 9:30am. An hour of increasing your heart rate and having fun! Free childcare available. **FEE:** free **INFO:** 902-678-5760 / family.centre@kcfrcc.ca

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

Wolfville Farm Market – Farmers Market, Wolfville 4–7pm. Live music, 10+ vendors, Market Suppers. **INFO:** wolfvillefarmersmarket.ca

Evening Walk-In Clinic Hours – Avon Medical Clinic, 48 Gerish St., Windsor. Evening walk-in hours on Wednesdays 6–8pm. Registration starts at 5:30pm. **INFO:** avonmedicalclinic.com


Valley Youth Project Drop-in Social – Cafeteria, 236, Belcher St., NSCC Kentville 6:30–8:30pm. 1st & 3rd Wed. of the month, Sept–June. Open to all youth, 25 and under, who identify as lesbian, gay, bisexual, asexual, transsexual, transgender, intersex, two-spirit, queer, or questioning, as well as straight and cisgender allies. **INFO:** valleyyouthproject.wordpress.com

Irish Social Set Dancing – Bishop's Hall, Greenwich 7–9pm. No partner is required... just a little rhythm and a love for dancing! **TIX:** \$3 per session **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

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

TIDE PREDICTIONS



At Cape Blomidon

Always check this source for accurate tides:
Canadian Fisheries & Oceans | www.waterlevels.gc.ca

MAR	HIGH	LOW
19	9:47am	4:04pm
20	10:46am	5:02pm
21	11:40am	5:54pm
22	• 12:28pm	6:39pm
23	1:11pm	7:19pm
24	1:50pm	7:37am
25	2:27pm	8:14am
26	3:03pm	8:50am
27	3:39pm	9:25am
28	4:17pm	10:03am
29	4:59pm	10:44am
30	5:46pm	11:29am
31	•• 6:41pm	12:21pm
APR		
01	7:41pm	1:20pm
02	8:08am	2:23pm

THERE ARE NORMALLY TWO HIGH AND TWO LOW TIDES EACH DAY.

• Highest High: 39.0 feet •• Lowest High: 35.4 feet

DINNER OUT: WHISKY NIGHT AT LE CAVEAU

Scott Campbell

Restaurant Le Caveau held a Scotch dinner with *Whisky Lassie* Johanne McInnis, and yours truly attended the event. I have to admit that, full disclosure, I was a little suspect of a meal where the individual dishes were going to be paired with a whisky rather than a wine. I like a wee dram after a meal as much as the next guy but paired with every dish I thought was a stretch. I was about to be educated.

We arrived at the restaurant and were presented with a very nice cocktail that was basically a Scotch and soda, but not. It wasn't created with Scotch but rather a Japanese whisky blend called *Toki* ("time" in Japanese). This mild blend of whisky from three Japanese distilleries was a nice way to start off our evening.

The first course was a spatzli salad featuring mâche (a very nice, sweet salad green), and grilled apple with a burnt maple vinaigrette. The spatzli was delicious on its own but the addition of the other salad ingredients certainly put it over the top. This course was paired with a Glenrothes 1995 Scotch. McInnis expertly guided us through the subtleties of the whisky. The Glenrothes 1995 was, in my humble opinion, a mild whisky with hints of toffee and dark chocolate that did seem to compliment the salad nicely.

Next up was a pork boudin with toasted barley, roasted parsnip, and a thyme *demi*. This was a very robust dish with dramatic flavour profiles. Paired with this was the Highland Park Valknut. This Scotch presents a smoky, sweet flavour that I thought worked well with the robust boudin. I was starting to get used to the notion that perhaps whisky could, indeed, work with food.

The third course was a fantastic hot smoked Fogo Island cod served with charred cabbage and lemon. I was intrigued to discover what kind of Scotch would pair well with the subtle seafood flavours we'd encounter in the cod dish. The Scotch paired with this was the Laphroaig Lore. Johanne explained to us that this is an Islay (pronounced eye-luh) whisky – an area off the west coast of Scotland whose distilling regions are protected by law. This area is well known for its smoky, peaty style of single malt whisky. The smoky peat of the whisky and the mild smoke of the cod were perfect together.

Next up was jerk chicken with roasted pineapple and parsley salad. I was dubious that even the talented Whisky Lassie was going to be able to find us something created in Scotland that was going to compliment a thoroughly Caribbean dish like jerk chicken. I needn't



Le Caveau Jerk Chicken with roasted pineapple and parsley salad

have worried. The spicy chicken with its Jamaican flare was offered up next to the Bowman 26 French Oak. Another Islay Scotch, this one was perfect alongside the Jerk Chicken with its natural smokiness and hints of salty dark chocolate, which were delightful alongside the spicy chicken and sweet pineapple.

Our final course of the evening was a bitter chocolate mousse served with cocoa nibs and grapefruit marmalade. Again I wondered what type of Scotch was going to work with a dessert like this. However, I had learned my lesson by now and patiently waited for the Whisky Lassie to speak. She proceeded to tell us all about the Auchentoshan Virgin Oak whisky that was served with the chocolate mousse. This whisky is triple distilled but instead of being matured in the traditional bourbon or sherry barrels, this one is matured in virgin oak. The result is smooth chocolate, caramel, candied orange, and spiced fruit flavour profile that, of course, worked perfectly with the bitter chocolate mousse and the grapefruit marmalade.

So, if you ever hear about another whisky paired dinner and you are a little skeptical, please let me assure you, it is very worthwhile. I learned a great deal that evening and I experienced just how these Scottish treasures, which is to say the fantastic whisky selection with which we were presented, can be so versatile. Cheers.



Follow Scott on Instagram @ScottsGrapevine



Random Acts of Kindness

I recently saw my neighbour at the grocery store and we chatted about the need to stay home as much as possible, and what that entails. As we said goodbye she told me she had something for my kids that she would drop off by my door. The next evening there is a knock and it's my neighbour with the item, but she is also surrounded by several bags of groceries for us! I was overwhelmed by her generosity! She said she just wants to make sure that the people she cares about have everything they need and she's doing her part. So a huge "thank you!" to the best neighbour ever! And it's a great reminder to keep an eye on those around you and help out where you can so we all get through this together.

a notice from

CARL'S YOUR INDEPENDENT GROCER IN WOLFFVILLE

In response to the well-being of our community and customers, we would like to have a "seniors only" shopping time

Beginning Wednesday March 18th, until further notice, we're asking to have the first hour of opening, 8:00am - 9:00am, dedicated to our senior customers. This is so that they can get out and get the essential items they need, before the store gets really busy and hectic.

We obviously won't turn anyone away, but ask that if you can, please hold off on coming in for that first hour. Thanks!



2020-21 ACADIA PERFORMING ARTS SERIES: A SERIES DRIVEN BY WONDERFULLY MUSICAL WOMEN!

François Côté

With Michael Kaeshammer on April 5, and Wonderheads Theatre's *Grim & Fischer* on April 23, the 2019-20 Acadia Performing Arts Series still has two of its very best events to present, and yet, we're already preparing to launch the 2020-21 Series, and what a Series it will be!

It will be launched officially on April 5 at the Michael Kaeshammer concert, and 2020-21 subscriptions will go on sale. Individual concert tickets will go on sale during the summer. Our glossy Series brochure containing all details will also be ready for April 5. In fact, you will be able to consult it a few days earlier as it will be inserted in *The Grapevine's* April 2, but,

ssshhh, just between us and you, *Grapevine* readers, here is an early "revelation":

The 2020-21 APAS will be a Series driven by *Wonderfully Musical Women!* Conductors, music directors, superb singers, brilliant instrumentalists, beloved musical globe-trotting sisters, and even a tragic operatic lead. These are only some of the attributes that define the wonderfully musical women who take a starring role in our 2020-21 series.

On the classical side of the series, March 2021 will see the Wolfville debut of Symphony Nova Scotia's brilliant new musical director, Holly Mathieson. A debut will also take place

in April, for the famed Italian violinist Elisa Citterio, Tafelmusik's new musical director.

In November, Italian *Bel Canto* ventures onto the Scottish Highlands in Donizetti's operatic tragedy, *Lucia Di Lammermoor*. Then, in December, another Lucy of Scottish heritage will make everything sound more peaceful. Lucy MacNeil and her brothers return to Convocation Hall to present their always magical Barra MacNeils' Celtic Christmas concert.

Prior to the Holiday festivities, in mid-November, Wolfville's superb Nasr sisters and their group Ashk, will meet Christine Tassan's gypsy jazz in a weekend-long summit of

women who play world music!

In February, the wonderful Juno-winning jazz singer and pianist Laila Biali will defy the winter blues with her warm compositions and perhaps one or two beautifully personal interpretations of a Cohen or a Mitchell song.

Rounded up by the amazing emerging artists brought to us in the fall of 2020 by Debut Atlantic, or found here at Acadia performing with their mentors at the annual Tom Regan Memorial Concert, the 2020-21 Acadia Performing Arts Series will cover a lot of ground, with wonderfully musical women in the driver's seat! 🎸

FOOD IN THE ANTHROPOCENE

Riley Scanlan

For the first time in human history we have incredibly high levels of both under-nutrition and obesity, and we are throwing out one third of all food produced. As Dr. Jessica Fanzo acknowledged at Acadia University's 40th annual Huggins Science Seminar, it is perplexing to think we can have these issues side by side.

These seminars were created by Dr. George Huggins, a Nobel-prize-winning Acadia alumnus, and serve as free lectures by renowned scientists. This year's took place on March 2. Fanzo's talk, *Food in the Anthropocene*, brought to light the complex issues that are facing, and created by, our global food system in this era of human dominance over the planet.

Fanzo began by laying down some background. A food system includes every stage of food development. From the seeds before they're planted to post-consumer food waste, it covers many fields.

Currently, according to Fanzo, our food system is failing. Diet has become the number one risk factor of disease and death, surpassing smoking, alcohol, and air pollution.

Fanzo's greatest concern, however, is the role food systems play as both victims of and contributors to climate change. Increased temperatures will significantly affect biodiversity. This includes decreasing crop species, and impacting current agricultural and economic infrastructure, as well as pests and invasive species. Fanzo cited one study that found that in a high carbon environment, numerous crops will actually produce less protein, iron, and zinc. On top of monocultures and the heavy application of pesticides that are already depleting soil microbiota and therefore decreasing the nutritional value of crops, a warming climate spells extremely bad news for our food and health.

That being said, as much as the food industry will experience the consequences of climate change, it is also one of the largest contributors to it. Globally, as Fanzo stressed, agriculture uses approximately 40% of arable land and creates one quarter of all anthropogenic greenhouse gas emissions. Converting natural land to cultivated fields is the largest factor in causing animal extinction. Oceans are severely overfished, and agricultural areas are expected to have increased water stress as demand for resources will only increase with a growing population.

However, I urge you not to let these findings deter you. What is so interesting about the issues between food, people, and the planet is that we have the full ability to turn those struggles around, both as individuals and as a community. We can achieve a lot through dietary choices and decreasing food waste.

Understanding the incredible resources that surround us here in the Annapolis Valley is perhaps the best place to start. Unlike most of the planet, we have year-round access to fresh, local food at farmer's markets. Eating local, lower-trophic level foods (think plants and smaller fish) has been proven better for human and planet health. Simple steps could include eating with friends more often, attempting meatless Mondays, or even turning your carrot peels into carrot cake!

Locally, a group of students at Acadia University have started the Foodsharing Acadia project. Using a Facebook group by the same name, community members are encouraged to share leftover food from their homes or catered events, to help divert the 1/3 of all food that is destined for the landfill. A recent collaboration with Carl's Independent Grocer will bring their outdated bread (if it is not already promised to other food saving initiatives) to campus to prevent it from being thrown out. In just one week we were able to prevent 140 lbs of food from going to the landfill. Similar projects throughout Nova Scotia include SOUP (Sharing Our Ugly Produce), and FOUND (Gathering and Sharing Forgotten Food), that provide individuals with unsellable food from various restaurants and producers across the province.

Although the systemic causes behind increasing food waste and malnutrition can seem daunting, these local initiatives allow you to make significant change, and I am sure Fanzo would join me in urging you to think deeply about the food choices you make. Every small action, taken together, will indeed help create a more sustainable, equitable planet, and who knows – you might even enjoy having more carrot cake in your life!

To learn more, read Fanzo's recent work, *Food in the Anthropocene* by the EAT-Lancet Commission, or join 'Foodsharing Acadia' on Facebook!





TICKET GIVEAWAY

There are no ticket giveaways for events taking place within the timeframe of this issue. Please go to ValleyEvents.ca to enter giveaways for future events.

ValleyEvents.ca

WHO'S WHO

LINDSAY WARD: PLAY ME SOME MOUNTAIN MUSIC!

Mike Butler

For years, I had heard about the power and joy of music therapy and I've known lots of music therapy students and professionals, many who began playing at the TAN Coffee Open Mike nights. To hear their stories and be a part of their life journey is very fulfilling. I feel that music therapy is still very new but, I also know that in my forty years on the planet, music has always been such a driving force and motivator for me. Let me introduce Lindsay Ward to tell us a little more about what it's all about!

Lindsay came to me on recommendation as a new voice in the Valley music therapy world and I feel quite honoured to share her story with you. She was born and raised in Ottawa to a very musical family. Her mom is a classically-trained musician and singer. Everyone says that when Lindsay came out of the womb, she was singing, not crying, and once she did begin to sing, her parents put her in choirs: church choirs, school choirs, provincial choirs, anywhere singing was involved.

Lindsay is an accredited music therapist, which means she uses music to achieve non-musical goals. She works directly with clients and their support teams to complete an assessment and provide a treatment plan which details their desired goals and outcomes. These goals can range from physical goals, like increased movement in the legs, and communication goals, like the creation of the "S" sound, to emotional goals. They work towards these goals using music, songwriting, singing, playing instruments, analyzing lyrics, playing musical games, and more. You can only imagine how rewarding this profession can be. I encourage you all to incorporate music therapy into your world at some point.

Lindsay currently provides music therapy in Annapolis Valley communities from Windsor to Digby, and also on the south shore, from Chester to Bridgewater. Populations she serves include guardian and child attachment sessions, long-term care, adults in vocational training programs, adults with varying developmental and physical disabilities in residential facilities, elementary, middle, and high schools in learning centres or educational support programs, palliative care, addictions recovery, mental health, and children and youth in care.

"I believe I bring a unique, creative lens to all my work," Lindsay says. "I enjoy creating and designing individually-tailored interventions, and I do so by learning about my client's interests, thinking about their goals and desired outcomes, and then design interventions specifically for them. My business, Between the Mountains Music Therapy, is unique for



many reasons! For starters, I am a mobile business. I travel to all my clients, whether they are in school, long-term care, participating in a day program or living at home. I love to incorporate other aspects of creativity into my practice, from using paint and markers to create album covers to using dance to promote creativity and gross motor movement. I enjoy designing programs that are accessible to community members. The Kentville Library and I created a program called "Movin' and Groovin'" for children 2-6 and their caretakers. This program has been incredibly successful and helps to promote community engagement in music therapy as well as parent-child bonding and attachment."

A young mind with young ideas for the future! Lindsay hopes to create an instrument lending library. Through this project, she aims to make music accessible to everyone in her community. Do you remember the last time a song made you think, cry, smile, tap your toes, or motivate you to communicate with others? Well, that's part of music therapy! It's in all of us! Thank you Lindsay for a note-perfect career choice! 🎸

For more information, visit betweenthemountainmusictherapy.com or follow Lindsay and her business on Facebook and Instagram.

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Exciting events coming soon!
Our 2020-21 Series will be unveiled April 5!

Sunday, April 5, 7:30 pm, Festival Theatre
MICHAEL KAESHAMMER

After years of classical piano studies in his native Germany, a 13-year-old Kaeshammer discovered boogie-woogie. In no time, the teen wunderkind was playing piano in clubs, concerts, and festivals all over Germany. Then the Kaeshammer family moved to the West Coast of Canada ... Now, two decades later, the pianist/singer/songwriter/producer has recorded thirteen albums. His latest, 2018's "Something New", earned a Juno nod, his ninth, for Jazz Album of the Year. Richly melodic, the album was mostly recorded in New-Orleans and it features a remarkable "A-List" of musicians including Cyrille Neville, George Porter Jr (The Meters), Chuck Leavell (Allman Brothers, Rolling Stones), Randy Bachman and Colin James. If one is measured by the company they keep, Kaeshammer is indeed a giant!



\$30 (general), \$22 (students)

Thursday, April 23, 7:30 pm, Festival Theatre
GRIM AND FISCHER by Wonderheads Theatre

Created and performed by Kate Braidwood and Andrew Phoenix

Wonderheads is a multi-award winning physical theatre company specializing in mask performance and exquisite visual storytelling. Braidwood and Phoenix came together in 2009, dedicated to do their part in conjuring a little magic and wonder into the world. With a mutual proclivity for all things bizarre and extraordinary, they set out to create Grim and Fischer. The story of a feisty grandmother who battles it out with the Grim Reaper himself, the play has been accumulating awards ever since its creation, including eight "Best of Festival" awards. Described as a 'live-action Pixar movie', Grim and Fischer is at once an inspired reflection on aging and dying and "a riotous tragicomic farce that literally laughs in the face of Death." (Edmonton Sun)



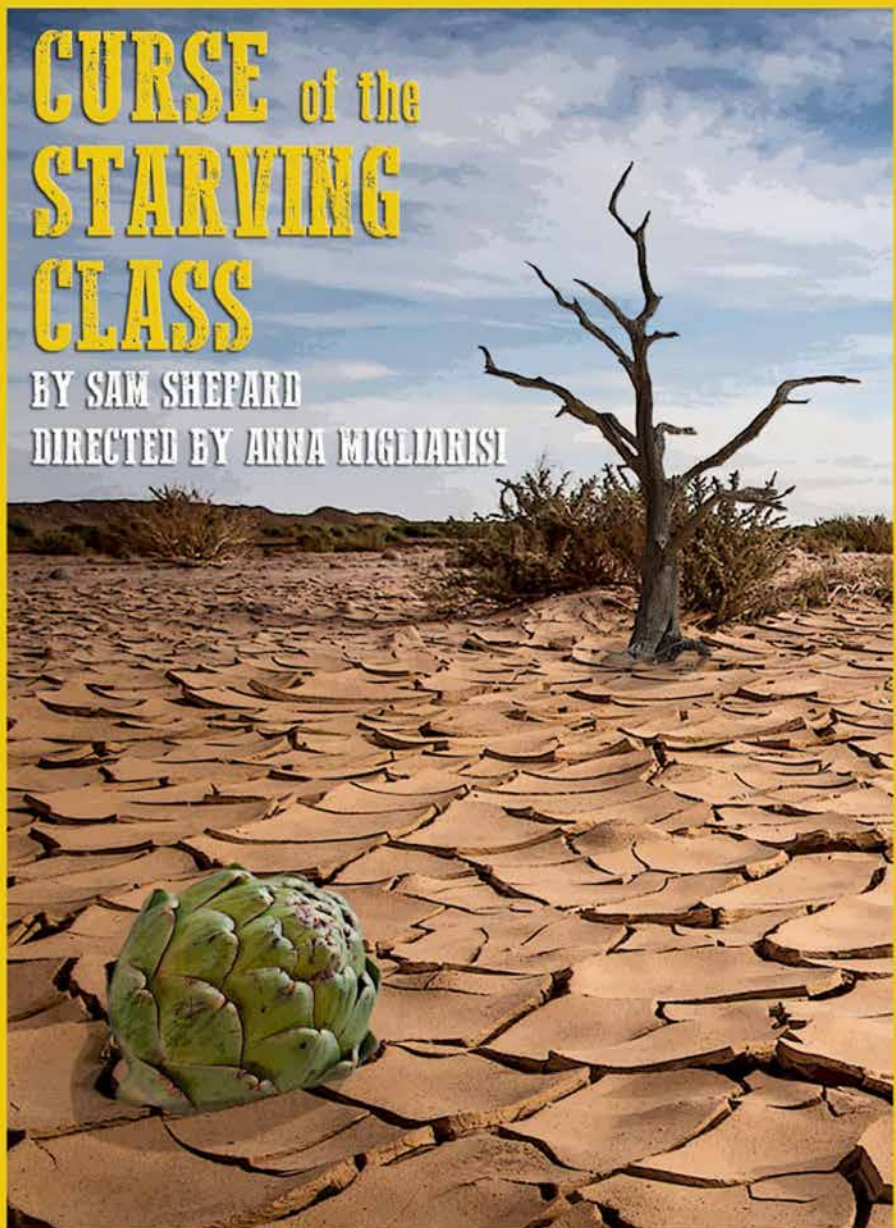
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