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THE GRAPEVINE

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VISUALLY SPEAKING

A MID-YEAR UPDATE FROM VALLEY ARTISTS, CONTINUED

Anna Horsnell

As promised, the artists who shared their goals for 2020 back in January are giving us an update on how they're making out. There have been highs and lows. The creative community is resilient, but this time of pandemic has been a challenge for many, even as they share songs, images, and uplifting words on social media. Thank you to each artist below for sharing their thoughts openly and honestly.

Betsey Harwood

Everything has changed since COVID-19. I started the year doing large landscapes, went to figurative, and am now painting small, intimate family groups. Isolation has been difficult. I miss family and friends and am seeing it reflected in my work.

Rachel Reeve

I am happy to say that five of my *Gyotaku* pieces are in Harvest Gallery's current online exhibition, *PRESS*. My hopes of offering art sessions at my studio have been put on hold until restrictions are lifted.

Colleen Gerrits

I experienced a huge change from planning and teaching art classes each week to nothing. A hard pill to swallow. I realized just how much of my time is spent on classes and how much inspiration I get from my students! I

told myself I had what I've always wanted: time to paint! However, I felt unmotivated, sad, and guilty. This only made my creative block even worse! I realize now that I was (and probably still am) grieving the loss of my old way of life and what I saw as "normal." I had to stop comparing myself to those who were clearly doing far more than I was. I have started painting again and am taking it one day at a time.

Elizabeth Sircom

Covid-19 had the effect of eliminating most of what I had called the "centrifugal forces" that can whirl a person away from their focus. My own personal circumstances meant that I was largely confined to my studio, with a limited amount of online contact and teaching that was very precious to me. I found the slowed down, quieter world a nicer place to inhabit. The sculpture that had flown twice off the turntable stayed put and was completed.

Kate McKenna

During the first few weeks inside the surreal realm of social isolation I had little energy, inspiration, or motivation. I knew I wouldn't make an end of March submission deadline. It all seemed quite pointless. Something shifted when I read an invitation to submit

work for a virtual online gallery. Having a place to share, and a deadline, helped me turn things around. Since then I have taken photographs, worked on editing collections, created another new textile pattern, and shared new work on Instagram. So, when I learned that the gallery had extended their submission deadline from the end of March to the end of April, I got focused, started to write, and submitted my proposal.

Judith Leidl

My new website, though still a work in progress, is up and running (judithjaneart.com).

Anna Horsnell

This time has been a gift in many ways, a reminder that everything is subject to change and perception makes all the difference. My solo show moved online and 14 Bells Fine Art Gallery did an amazing job. Viewers connected with the work and many pieces have found new homes. I am grateful and feeling very positive moving forward with new ideas and a renewed appreciation for life in general.

As we all move forward, watch for the opening of local galleries and craft shops, as well as online options. We have such a wealth of creative talent in this Valley, and buying local is more important than ever. Take care. 🌱

WHO'S WHO

LINDSAY CLOWES, THE MARKETEE!

Mike Butler

Lindsay Clowes has been a very, very busy person during this pandemic. With many hard workers beside her, Lindsay has helped coordinate the sustainability of the Wolfville Farmer's Market during this tough time and her flawless work is something I am proud to recognize here in *The Grapevine*.

Lindsay is originally from Fredericton, NB. She grew up in Maine but went to school in St. Stephen so she could be part of the French immersion program. Lindsay says crossing the border every day to go to school wasn't as weird as it sounds. She moved to Nova Scotia in 2009 to attend Acadia University, studying environmental and sustainability studies, where she was part of the first group to graduate in this special field. She later went to Dalhousie to complete her master's in environmental studies, graduating in 2016.

"In 2016, I started a community organization called FOUND Forgotten Food with a classmate and friend, Laurel Schut," Lindsay says. "FOUND is a volunteer-run organization that helps to reduce food waste in Nova Scotia by gleaning farms once they are done harvesting. To date, we have donated over 35,000 pounds of food to local food banks and organizations.

"When I came across a job application for the Wolfville Farmers' Market, I was quick to apply, and soon returned to the Valley. I started at the Market in May 2017, and have been working there ever since! I am currently the WFM2Go Manager, so I help grow local! I am also still a volunteer co-director of FOUND Forgotten Food, both jobs that I am very passionate about."

So let's chat a bit about the amazing things Lindsay and the team at WFM2Go, the online ordering arm of the Wolfville Farmers' Market, have been doing during the pandemic. "In February 2020," she explains, WFM2Go "was averaging 64 orders a week, and the most we had ever packed and delivered in a



day was 95. As of May 2020, we are delivering twice a week to eight locations (Halifax, Bedford, Dartmouth, Tantallon, Windsor, Wolfville, Canning, and Berwick), and averaging 556 orders a week. We have added twenty new WFM vendors to the website, for a total of 56, with more being added weekly. From packing to handing out the orders to customers, everything is done socially distanced. The logistics involved were overwhelming at times, but we have the most amazing staff team, and we pulled it off. Now when we have 250 to 300 orders, it's easy peasy! We laugh when we think about it, as just three months ago the thought of packing 300 orders before noon would have seemed impossible - not even considering being socially distanced with a mask and gloves. It's quite a dance, but we've gotten really good at it!"

The pandemic has also caused logistical nightmares that needed to be overcome and Lindsay and her team nailed it. With new ways of transporting, packing, sanitizing, distancing, and increasing safety for customers and workers, it's been a "delightful struggle" to master. Have you tried this brilliant way to score all your vendor favourites? Well, you can sit from the comfort of your home and shop from over 350 products that you would find at the market on a Saturday morning.

Customers confirm their orders, but can edit them up until ordering closes. Everything ordered is then packed and labeled for you and taken to your nearest location.

I love knowing my community is being taken care of in such an expert way by people like Lindsay, and I can only imagine what the future holds. Her goal is to keep working with WFM2Go and FOUND, and to help build a better, more sustainable local food distribution model that honours the journey from farm to table and all the people involved. "With uncertainty about our future," she says, "I am certain that the more we invest in our local growers, the better off we will be growing forward."

To Lindsay and the hard workers of the Valley: Thank You!! 🌱

For more information, visit wfm2go.ca or contact Lindsay at wfm2go@wolfvillefarmersmarket.ca. You can find out more about FOUND Forgotten Food on Facebook at facebook.com/foundforgottenfood.



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Margaret Drummond's

WORD OF THE ISSUE

Penultimate (adjective):
 Next to last; second to last.

Of a confined gleam to hereby dissolve and hold for naught the soil/gravel/silt groaning as the tools of our penultimate glacier, A glacier I might pronounce like grief.

(Excerpt from "Nunataq" by Joan Naviyuk Kane)

Rob Breznsky's
FREE WILL ASTROLOGY

© 2020 Rob Breznsky • freewillastrology.com • Horoscopes for the week of June 25th

ARIES (March 21-April 19): In addition to being a magnificent storyteller, Aries author Barbara Kingsolver raises chickens at her home. "There are days when I am envious of my hens," she writes, "when I hunger for a purpose as perfect and sure as a single daily egg." Do you ever experience that delightful rush of assurance, Aries? I suspect that you're likely to do so on multiple occasions in the coming weeks. And if you are indeed visited by visions of a perfect and sure purpose, your next task will be to initiate practical action to manifest it in the real world.

TAURUS (April 20-May 20): Nobel Prize-winning Taurus physicist Richard Feynman got his undergraduate degree from prestigious MIT and his PhD from prestigious Princeton University. Later he taught at prestigious Caltech. But his approach to education had a maverick quality. "Study hard what interests you the most in the most undisciplined, irreverent, and original manner possible," he advised his students. I think his strategy will work well for you in the coming weeks, which will be a favorable time to gather valuable information and polish your existing aptitudes.

GEMINI (May 21-June 20): You're entering a phase when you'll have the potential to upgrade and fine-tune your relationship with money. In the hope of encouraging that prospect, I offer you the counsel of author Katharine Butler Hathaway. "To me, money is alive," she wrote. "It is almost human. If you treat it with real sympathy and kindness and consideration, it will be a good servant and work hard for you, and stay with you and take care of you." I hope you'll consider cultivating that approach, dear Gemini: expressing benevolence and love toward money, and pledging to be benevolent and loving as you use the money you acquire.

CANCER (June 21-July 22): "Who would deduce the dragonfly from the larva, the iris from the bud, the lawyer from the infant?" Author Diane Ackerman asks her readers that question, and now I pose the same inquiry to you—just in time for your Season of Transformation. "We are all shape-shifters and magical reinventors," Ackerman says. I will add that you Cancerians now have the potential to be *exceptional* shape-shifters and magical reinventors. What new amazements might you incorporate into your life? What dazzling twists and twinkles would you like to add to your character? What will the Future You be like?

LEO (July 23-Aug. 22): Qabalistic teacher Ann Davies asked, "If you stick your finger in the fire, do you then complain that it is unfair when your finger gets burned? Do you call the fire bad?" I offer you this caution, Leo, because I want to encourage you not to stick your fingers or toes or any other parts of you into the fire during the coming weeks. And I'm happy to inform you that there are better approaches to finding out what's important to learn about the fire. The preferred way is to watch the fire keenly and patiently from a modest distance. If you do so long enough, you'll get all you need.

VIRGO (Aug. 23-Sept. 22): In accordance with upcoming astrological portents, I urge you to engage in a vigorous redefinition of the term "miracle." That will open you up to the full range of miraculous phenomena that are potentially available in the coming weeks. For inspiration, read this passage by Faith Baldwin: "Miracles are everyday things. Not only sudden great fortune wafting in on a new wind. They are almost routine, yet miracles just the same. Every time something hard becomes easier; every time you adjust to a situation which, last week, you didn't know existed; every time a kindness falls as softly as the dew; or someone you love who was ill grows better; every time a blessing comes, not with trumpet and fanfare, but silently as night, you have witnessed a miracle."

LIBRA (Sept. 23-Oct. 22): When Libras become authoritative enough to wield clout in their own sphere of influence, it's often due to three factors: 1. the attractive force of their empathy; 2. their

abilities to listen well and ask good questions, which help enable them to accurately read people's emotional energy; 3. their knack for knowing specific tricks that promote harmony and a common sense of purpose. If you possess any of these talents, dear Libra, the next eight weeks will be a favorable time to employ them with maximum intensity and ingenuity and integrity. You're primed to acquire and wield more leverage.

SCORPIO (Oct. 23-Nov. 21): There is only one kind of erotic intimacy between consenting adults that can truly be called "unnatural": an act that is physically impossible to perform. Everything else is potentially vitalizing and holy. No one knows this better than you Scorpios. You're the champions of exotic pleasure; the connoisseurs of blissful marvels; the masters of curious delight and extraordinary exultation. And from an astrological perspective, the coming weeks will be a time when these aspects of your character could be especially vivid. But wait a minute. What about the pandemic? What about social-distancing? What about being cautious in seeking intimate connection? If anyone can work around these constraints so as to have sexual fun, it's your tribe. Use your imagination!

SAGITTARIUS (Nov. 22-Dec. 21): When he was 22 years old, Sagittarian-born Werner Heisenberg received his doctorate in physics and mathematics from a German university—even though he got a grade of C on his final exams. Nine years later, he was awarded the Nobel Prize for Physics because of his pioneering work on quantum mechanics. What happened in between? One key development: He was mentored by physicists Niels Bohr and Max Born, both of whom also garnered Nobel Prizes. Another factor in his success was his association with other brilliant colleagues working in his field. I hope this story inspires you Sagittarians to be on the lookout for catalytic teachers and colleagues who can expedite your evolution. The planetary omens are favorable for such an eventuality.

CAPRICORN (Dec. 22-Jan. 19): You Capricorns aren't renowned for causing controversy. For the most part you're skillful at managing your reputation and keeping it orderly. But there may soon be a departure from this norm. A bit of a hubbub could arise in regards to the impressions you're making and the effects you're generating. I'm reminded of Capricorn author J. D. Salinger, whose book *Catcher in the Rye* was for a time widely taught in American schools but also widely banned because of its allegedly controversial elements. These days the book is regarded as a beloved classic, and I suspect you will weather your commotion with similar panache.

AQUARIUS (Jan. 20-Feb. 18): Novelist Tom Robbins articulated a vision of what it means to be bold and brave. He said, "Real courage is risking something that might force you to rethink your thoughts and suffer change and stretch consciousness." I'm hoping you will make that formula your keynote in the coming weeks. The time is right for you to summon extra amounts of fortitude, determination, and audacity. What new possibilities are you ready to flesh out in ways that might prod you to revise your beliefs and welcome transformation and expand your awareness?

PISCES (Feb. 19-March 20): Joan of Arc performed her heroic and magical feats in 1430 and 1431. But she wasn't canonized as a saint until 1920—almost five centuries later. It took a while to garner the full appreciation she deserved. I'm sure you won't have to wait as long to be acknowledged for your good deeds and fine creations, Pisces. In fact, from what I can tell, there'll be a significant honor, enhancement, or reward coming your way sometime in the next four months. Start visualizing what you'd like it to be, and set your intention to claim it.

Homework: What's one thing you could do to enhance the well-being of a person or people you don't know? FreeWillAstrology.com.





ON THE COVER ROSS CREEK IS BACK: LIVE AND IN PERSON!

Submitted

It almost feels normal. Ross Creek Centre for the Arts, just outside Canning, is offering day versions of their traditional overnight arts programs for youth this summer, and the place is a flurry of (physically distanced) activity. The grounds are being readied, gardens watered, menus prepared, and camp leadership is getting ready to welcome their staff, who arrive soon to spend the summer in a leadership program.

But this year is different. Staff lunch tables have names on them so that people who are “bubbled” together eat together but six feet apart from colleagues. The floor stickers arrived recently to help people keep their physical distance, and Program Director Ian Funke-McKay is putting the finishing touches on the camp schedule that had to be revised because of the restrictions on overnight camps and class numbers.

Executive Director Chris O’Neill says she feels lucky even in the changed climate. “We have always operated day camps alongside our overnights, so while we know it is harder on families, and restricts those who can attend, at least we know we can still give a great program series within the guidelines. We have many colleagues who can’t and it’s really hard to miss a year of camp.” She says that in a year that’s been marked by loss and sadness, she feels camp is going to be even more important for some families to bring back joy, creativity, and a sense of normalcy.

There are some significant changes to camps that will impact Ross Creek, aside from overnight camps being prohibited. Camps are limited (as of this writing) to 10 people per workshop, including the staff and faculty, which O’Neill says is about half of what they usually have. Ross Creek has also had to reduce their weekly offerings from six workshops to four to make sure the staff and volunteers can distance appropriately, and they won’t be able to bring in some of their national and international faculty, staff, or campers.

The impact on the budget of the centre is significant. “Ross Creek was hit hard by the closures, and while the federal and provincial measures have been really helpful, we have lost about 80% of our overall earned income this year,” O’Neill says. This includes the loss of all the school field trips, spring artist residencies, and adult workshops and events, and of course the resident theatre company, Two Planks and a Passion, which is not able to perform this summer. O’Neill says they are watching government announcements carefully and are hoping for a continuing of the Emergency Wage Subsidy as well as the

CERB for independent workers like artists. “So many people in the Ross Creek community are artists who are not eligible for EI, and if they are performers, won’t be able to get back to work for many months. We are committed to doing whatever we can to keep them going, while also making sure we will be there for them in the future.”

O’Neill says her biggest concern about the downsizing of camp is the lack of access. “We normally have space in our programs so we can provide financial aid, and we have donations to the RJ Owen bursary fund to ensure that families who need help don’t lose the opportunity for one of our camps.” With such limited spaces this summer, and fewer donations, she says they have been reaching out to community organisations to help support families from their communities to reach camp. “The Women of Wolfville just stepped up to help two girls from the community attend and we are so thrilled.” O’Neill says the support is indicative of the kindness and sense of community she has felt over the past few months.

She says her mantra has become “make as much lemonade as we can.” Ross Creek turned on a dime in the spring when the pandemic hit, turning the kitchens into a food hub for hungry families, making art kits for low-income community children, and delivering their first online programs. That all led to some learning for the centre, as they worked to keep their far-flung community connected and saw possibilities in certain kinds of online programs and adult programming for the future. O’Neill says they will continue to offer some interactive online programs later in the summer and into the fall that will help keep people creative as they are in different stages of reopening.

She says those plans are coming in a few weeks, but right now they are laser focussed on getting ready to safely welcome their first campers on July 2. “We are so relieved that we can be working and providing meaningful artistic experiences for families this summer. Sometimes the word ‘mission’ can lose its meaning because we say it so often, but we really are driven here to make art accessible and exciting for all ages, and we feel very, very lucky that we can do some of that this summer.”



You can see a short video tour of the facilities and see Ross Creek’s approach to camp safety here: artscentre.ca/campqs.html.

exhibit in our Ross Creek gallery, with youth and adult sections. We are hoping for words and images that represent the diversity of this land, from those who sprang from it to those who have newly arrived.

The Mountain and the Valley Drawing and Writing Workshops

Whether you’ve got loads of drawing experience, or none at all, this workshop is a great place to get started for your Mountain and the Valley contribution. We’ll go through the application process together and explore the medium of drawing using materials that you’ve

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Do you have a connection to the North Mountain or Annapolis Valley? Are you a settler or are you people from the land here? Do you have a memory or an image you want to share? We invite you to join us! We are looking for diverse voices to reflect in writing of 100 words or less, or a line drawing reflecting what this place means to you and your community. The submissions will be curated into a published chapbook, an online gallery, and an

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- Interview Skills - July 22nd, 10:00am - 12:00pm
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**To register for the workshops, contact Tara!
902-679-7469 or [irsecommunityinc.ca](https://www.facebook.com/CommunityIncKentville)**

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probably got at home! Share your unique perspective on your community and home by using simple lines and beautiful contours. Our writing workshop is led by best-selling and award-winning novelist and memoirist Ami McKay, who wrote the beautiful story of a midwife of Scots Bay in *The Birth House*. Have a short story from your community that you’d like to share? Perhaps a snippet from a journal, or a memory you share with friends, neighbours, and family. This workshop is great for refining your text, or just getting started with ideas about the past, present, and future in the form of 100 words. To find out more, email mail@artscentre.ca so we can tell you when a

workshop is coming to your community or at Ross Creek.

To submit your contribution please visit our web site artscentre.ca/mountain-and-valley.

We’d love to hear from you if you need a hand with preparing your submission, or getting it sent to us! Please give Ian a call at 902-582-3842 or email education@artscentre.ca. For any information on these or other programs at Ross Creek, visit our website at artscentre.ca, give us a call at 902-582-3842, or email mail@artscentre.ca.

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THE CORONA COOKBOOK, VOL. 2

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

Continued from the May 28 issue of The Grapevine

Despite my enthusiasm for cooking, I still struggled to find time to really walk my kids through some culinary basics. We've been making up for lost time these past weeks, with each family member taking turns making dinner. Mealtimes seem especially important right now and I am overjoyed to share the responsibility! Here are a couple of our favourites from the recipe journal we're keeping, which we've named *The Corona Cookbook*.

Molly's Samosas

These are quite a bit of work but make for a delicious Saturday night family project! Serve them with any chutney or even ketchup

- 2 Tbsp vegetable oil
- 1 onion, diced
- 2 cloves garlic, minced
- 2 tsp ginger, minced or grated
- 1 tsp ground fennel
- 2 tsp ground coriander
- 1/2 tsp ground cumin
- 1 tsp turmeric
- 1 tsp garam masala or 1/4 tsp cinnamon
- 3 C mashed potato
- 1 C diced cooked carrot
- 1/2 C defrosted peas
- 1 1/2 tsp salt
- 3 C flour
- 3 Tbsp vegetable oil
- 1 tsp salt
- 3/4 -1 C water
- Oil for deep-frying or brushing

In a large pan, heat the oil over medium heat. Add the onion, garlic, and ginger and cook until the onions begin to soften. Add all the spices and shut off the heat. Add the potatoes, carrot, peas, and salt and stir to combine.

Heat a deep-fryer to 350° if you have one, or the oven to 400° if you don't. Stir together the flour, oil, and salt. Add 3/4 C water and combine to make a soft dough (you may need to add more water to make it come together). Once the flour is fully incorporated, knead the dough for a few minutes until smooth. Let rest for 10 minutes. Cut the dough into 16 equal pieces and roll into a small circle. Leave these to rest for a few minutes, then roll into a 6-inch circle. Place a 1/4 cupful of the filling on each dough circle and moisten one edge with water. Fold the dough over like a turnover and use a fork to seal the edge. Fry each samosa for 3-5 minutes, turning once, until golden brown. If baking the samosas, place them on a well-oiled baking sheet, brush with oil, and bake 35-40 minutes, until golden brown (flip halfway through for best results).



Jenny Osburn ran a restaurant, wrote a couple cookbooks and thinks that everyone deserves good food. Join the Facebook group Better School Food Annapolis Valley and let's figure out how to make it happen!

To ensure proper social distancing *Reservations* are recommended.

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Jenny Osburn ran a restaurant, wrote a couple cookbooks and thinks that everyone deserves good food. Join the Facebook group Better School Food Annapolis Valley and let's figure out how to make it happen!

OUR OUTDOOR MARKET IS BACK!



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PANDEMIC POETRY

Wendy Elliott & Steven Slipp

There was a general burst of creativity after we all got locked up mid-March. Music especially flourished, but so did poetry. In Wolfville, Elisabeth Kusters decided to share poems. She posted a *Daily Poem for Strange Times* for 50 days running, starting March 28. The last work to be hand-lettered and nailed to a wooden box on Kusters' Main Street lawn was "History will remember" by Donna Ashford. It was submitted by her friend and neighbour Lisa McKenzie.

Lots of folks, near and far, got involved in the poetry project. Kusters, who is a geologist by training, was glad of the help that came from the Twitter and Facebook world. She had one neighbour who wrote her a satiric poem. Original works came from Tracy Webb, Ed Thomason, and in mid-May there was a contribution of three canine Haiku.

The box only fit 18 lines, so that was one limitation. Passersby left painted rocks and anonymous lines of verse. Among them were lines from Sheree Fitch, George Elliott Clarke, James Baldwin, John O'Donahue, Rita Joe, Wendell Berry and the Rig Veda. The carnage in Portapique prompted others. The poetry wall began as diversion, but became full of meaning. They were posted every day through lots of rain and a couple of snowfalls, during what Kusters called "never ending non-spring." The 50 days gave her and others time to ponder the words and discover new poets. She has made a PDF collection of the poems for contributors.

Sending her an e.e. cummings poem segued into a chat with Kate Woods from *The Advertiser*. We got thinking about the value of poetry and that's how the poetry 'branch plant' came to Kent Avenue. Emily Leeson's outdoor heart of Christmas lights started a trend as hearts of various materials spread up and down the street, and that was inspiring. Under the order to shelter in place, we began writing poetry and posting it on a makeshift sign stand at our driveway entrance.



We sent our friend Robert Rose, a poet at heart, the second of what we are calling our 'isolation poems,' "Walk the Walk." He responded, "your poem is a weapon loaded with the future." Then he added a quote: "All perishes, only poetry remains," from Nguyen Chi Thien. Robert also shared a favourite Michael Harnett poem "A Necklace of Wrens." Steve's book club on Zoom watched a video of the Irish poet reading his poem and talking about it. Members of a book group meeting on Zoom recalled and recited memorable poems. Hearing Yeats and other romantics prompted a look at various forms of poetry, like sonnets and ballads.

We've shared poems on such subjects as time, isolation, birds, weeds, and dog companions. Once polished, they're laser-printed, wrapped in clear plastic and posted on the sidewalk. With so many out walking these quarantined days we have learned we have an audience of return passersby. It's unexpectedly become creative, socially-distant fun!

MIKE UNCORKED SOME SWEET SWEET LANDSCAPING!

Mike Butler

Riley William Sweet is the young man behind R.W. Sweet Landscaping, a fresh new business starring a fresh new entrepreneur, and customers have been singing his praises since his business started a year ago. Riley is from Gaspereau Mountain. He graduated from Horton High School in 2016, and while he was a student, he worked summers on his grandfather's beef farm learning what hard work really is.



Riley decided to take a year off in 2017 to work full-time on a local dairy farm. "I thought I was going to be a farmer (and I still might who knows)," Riley says. "However, I knew I needed a post-secondary education, so I decided to try landscaping and horticulture at NSCC Kingstec. It turns out I liked that kind of work, and my instructors were awesome, so that field (ha ha) was a nice fit for me. I graduated from Kingstec and I started the business in May 2019, the day after classes ended. *A rolling stone gathers no moss*, so I felt diving right into the business was the best thing for me and I haven't looked back!"

"My favourite part about landscaping," he says, "is when a client is really happy about a finished product, like a new lawn, garden, or patio. It makes their day which makes mine. But my favourite job is mowing lawns; getting the line designs just right. My goals for the business would be to have personal growth as the company grows. Whether it means I need to hire a helping hand or purchase an extra mower or truck, I want to be able to justify that and do whatever it takes to serve my

customers better. I don't want to get too big too fast as it's not sustainable in this industry, both financially and personally. It's about finding a happy spot between personal life and business life."

So, for some sweet Sweet Landscaping on your property, give Riley Sweet a jingle and see the results of a talented young mind who loves the outdoors and making it a more beautiful place to be.

For help with lawn mowing, snow removal, sod and hardscape installations, painting, mulching, or waste removal, give Riley a call or shoot him an email at rileysweet1919@gmail.com or 902-670-4247 (call or text).

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Thinking About Retraining or Career Options? Call Nova Scotia Works - Community Inc Today!



It's been a long stretch of months in quarantine since the COVID-19 pandemic began. During that time, work has changed and the job market has shifted. Nova Scotia Works - Community Inc is ready to help you navigate this "new normal" and find meaningful employment.



Are you unsure of your next career step? Or know you would like to attend post-secondary? Let us help steer you in the right direction! If you're eligible, the costs of tuition, books and living expenses may be covered. We will help with funding applications and support during your course. If you're thinking of a return to school in September, **please contact us today as deadlines for funding are quickly approaching**

Maybe you want to work for yourself? We can also help with self-employment exploration and assist you in obtaining the funding you need to make that dream a reality.

If you're looking to sharpen your current skill set or complete training to advance your career, we offer assistance with those skills too. While some of our in-person classes have been postponed, we have online alternatives available for those needed First Aid training. If there's an upgrade or certificate you need, contact us to find the best course for you. We also offer free virtual workshops on a number of topics, so be sure to check our Facebook page for more information or to register (search for @CommunityIncKentville).



The best ways to contact Nova Scotia Works - Community Inc are by phone and e-mail. Our phone number is 902-679-7469 and our e-mail address is irs@communityinc.ca. We look forward to hearing from you!

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Canada Day 2020



Wednesday, July 1, 2020
Join us in celebrating Canada Day in a new, virtual way!



Wolfville Pipe Band

Be sure to keep your ears open around noon to hear the bagpipes, played all around town by the Wolfville Pipe Band, that will kick off Wolfville's Canada Day celebrations!

At 12pm in various locations around town!



Decorate the Town

Decorate your yard, patio, driveway, or anything else you can with red and white and anything 'Canada' - whatever that means to you - and submit a photo of it to be entered to win a prize draw*! Be sure to take a walk around to see everyone else's decorations too!

Submit your photos by June 30th and prize draw winners will be announced July 1st!



Tik Tok Video Competition

Upload a video of yourself singing, playing, or dancing to a song by a Canadian artist or to O Canada and upload it to Tik Tok with the hashtag #TOWCanadaDay! The videos will be judged based on creativity and rhythm and winners will receive a prize*!

Upload your videos by June 30th and competition winners will be announced July 1st!



Red and White Photo Submissions

Submit your most creative red and white photo for your name to be entered into a prize draw*! Need some inspiration? Try making a Canada flag out of all the red and white items you can find in your house or get a silly photo in your red and white attire with your family or roommates!

Submit your photos by June 30th and prize draw winners will be announced July 1st!



Recipe Submissions

Submit a recipe from cuisines such as Canadian, Acadian, Mi'kmaq, East Coast, etc. that will be added to a public virtual recipe album to be entered for a chance to win a prize draw*!

Submit your recipes by June 30th and prize draw winners will be announced July 1st!

***Prizes include gift cards to local businesses!**

Stay tuned for more information about our online celebrations to come and keep an eye out for regional celebrations that you can also take part in!

Questions? Email events@wolfville.ca

Community Planning

The future of Wolfville!

Public Hearing PLANNING DOCUMENT REVIEW

Council invites you to virtually attend a Public Hearing on the proposed planning documents before we consider Second Reading and adoption of the final documents.

Date: June 25, 2020

Location: Virtual—see www.wolfville.ca/growing-together

Time: 6:30 pm

If you want to listen to the Public Hearing it will be on Facebook Live for all to hear. If you want to speak at the Hearing email abrown@wolfville.ca so we can provide you with access to the Zoom meeting



See www.wolfville.ca/growing-together or contact dlake@wolfville.ca / 902-542-3232 for more information on the final documents and providing feedback.

Stay Healthy Main Street

Pilot Project One-way Main St.

July - Sept. 30th 2020

In early July, Main St. Wolfville will transition to a one-way street coming from the west.

This transition will help create space for physical distancing, trial active transportation opportunities, as well as support businesses and services along our Main St. corridor.

The 4-way stop between Main Street, Harbourside Drive and Gaspereau Avenue will remain in place.



Support. Empathy. Kindness

#WolfvilleVotes2020

On October 17th, 2020, the Nova Scotia Municipal Elections take place. At the Town we encourage all eligible voters to use their vote!

Below are some interesting statistics from the past three elections - let's increase voter participation for the October 2020 Elections.

Have your say Wolfville!



Year	NS Participation	Wolfville Participation
2008	42.06%	42%
2012	42.66%	37.29%
2016	46.46%	31.7%

For more information contact vpearson@wolfville.ca and check out Municipal Election at wolfville.ca



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



At Acadia



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

WHAT'S GROWING AT THE HARRIET IRVING BOTANICAL GARDENS LAND CONNECTION

Ted Morris, Student Native Plant Conservationist

Think of a natural area that you feel particularly connected to. It could be a place that you've been many times or a place that you've only been to once. It could also be a place from your past, or somewhere you've visited recently. Now, picture yourself there. You might be sitting, standing, walking, rolling, or running through the serene area that you're remembering. What about this place makes you feel connected?

I have a few places that I feel strongly connected to, and one of them is the Harriet Irving Botanical Gardens. I think of myself walking through the gardens early in the morning before work starts. The walk starts past the Formal Lawn and into the Deciduous Woodlands, where I look down to see the beautiful blooms. In the spring, it would be bloodroot, trout lily, and trillium. In the summer I'd see yellow lady's slippers and Jack in the pulpit. I'll look up as well to see the green in the trees and perhaps a blooming mountain maple. Coming out of the woods I come upon the Freshwater Marsh, where I say hello to the wildlife. In the past there's been a turtle in the marsh, but this season I've only seen ducks and a muskrat. We share our typical moment together when I try to get a closer look and they either swim or fly away. Then I move past the Quiet Lawn to get a look at the Herbaceous Bank which has many lovely plants, including cardinal flower, Canada anemone, and bee balm. Finally, my walk ends past the Stream and through the Sand Barrens, where I open the barn gates to start my workday.

My appreciation for this area doesn't end after my morning walk-through. What makes me feel connected to these gardens is that I get to work with all of the unique plants that grow here. Transplanting, pruning, and weeding are all actions that deepen my connection to the plants. It's a reciprocal action because plants



Ted Morris, Acadia Student ESST (BCD) '21

provide me with so much: food, clothing, a roof over my head, fresh air—the list goes on.

Thinking of our own place and feeling connected often gives us a sense of belonging and a sense of identity. It could also be calming for us, give us excitement, or could inspire us for an adventure. Whatever the benefit is, it's always a good practice to think of that place or visit it in person if you can.



The Harriet Irving Botanical Gardens cannot accept visitors while the Acadia campus remains closed to the public. You can however visit us virtually and stay connected to what's happening in the Gardens on our Facebook and Instagram pages.

Facebook: Harriet Irving Botanical Gardens
Instagram: @harrietirvingbotanicalgardens

A WORKING MUSICIAN IN THE PANDEMIC

Kim Barlow

Andrew MacKelvie is an award-winning saxophonist and improviser living in Wolfville. He has performed across Canada and abroad with acts like Jerry Granelli, Lido Pimienta, Aquakultre, Erin Costelo, and Roxy & the Underground Soul Sound. His group, New Hermitage, is releasing an album on September 17th titled Uneath. He is currently studying at Acadia University, and will likely perform live at least once this summer, as part of the tiny outdoor concert series being organized by the Music In Communities Co-op. Here we discuss impacts of the pandemic on working musicians.

Kim Barlow (KB): What has changed in your day-to-day since lockdown?

Andrew MacKelvie (AM): Things really slowed down for a while. Months of planning was thrown out the window as all of my gigs disappeared. I get a lot of notifications from my calendar about gigs that should be happening. So, I am home much more than I should be. Which is kind of nice, but I am missing being out on the road making music. It has led to periods of manic creativity, which is cool.

KB: How have you been managing? Has it affected your well-being?

AM: I find my mental health is a bit of a roller coaster. Some highs and lows. I am really lucky to have a practice to keep me focused. Having a purpose is really helpful. The time has been good, it has allowed me to follow my curiosity. I've been exploring new ways of making sound through electro-acoustics and that has been really fun.

KB: How are you adapting your work to fit the new parameters?

AM: With New Hermitage we have been "rehearsing" every week, trying to figure out ways that we can improvise together and



respecting social distancing. We have been making a series of videos with dancer Susanne Chui from Mocean Dance that explore spontaneous composition and community through a digital medium. It's exciting work. We're premiering the videos on August twelfth across a series of platforms. We are hoping that this work will become the base of our live performances when the restrictions are lifted. Of course, who knows when that will be and what that will look like.

KB: Do you think it has harmed your music career in the long-term? Helped it?

AM: Honestly, I have no idea. I hope it has helped. I know I am going to come out of this with a bunch of skills I didn't have before. I have been mixing a lot more of my own stuff and exploring other aspects of my creativity, including making videos and exploring MAX 8, a graphic coding language that manipulates audio and video, but we (New Hermitage) should be touring right now, which is a

A STATEMENT FROM ACADIA UNIVERSITY ART GALLERY

Collections Initiative to Support Professional Artists of Colour

As organizations issue statements calling for justice in response to systemic racism, it is important for museums to consider the role they have as civic spaces that share and encourage an understanding of history and culture.

The Acadia University Art Gallery is a space for research, dialogue, and community engagement with visual art. We believe in the powerful role that visual art can play in social change.

When the Acadia University Art Gallery was founded in 1978, a designated acquisitions endowment fund was established, with the support of alumni such as Helen Beals, for the purchase of works for the permanent collection. Today, the collection includes over 3,000 works of art. Stewardship, research, and exhibition of works in the collection are an important part of the Gallery's history and continued legacy.

For some years, we have been reviewing the collection in-depth, and seeing important gaps. While the Acadia University Art Gallery has made some steps in our collecting and exhibition practices to support and honour diverse voices, we can do better.

To continue to engage in this important work and to acknowledge the added challenge of the pandemic on many artists' livelihoods, over the next year the gallery will use our acquisition endowment funds to purchase artwork from BIPOC professional artists with an emphasis on those from Nova Scotia, the Atlantic Region, and Canada for our permanent collection.

Full details on submissions process will follow in late July.

In solidarity,
Acadia University Art Gallery

COVID-19 LAMENT

Mary Niemi

On September 2019, I met David Francey at Deep Roots Music Festival in Wolfville. His latest CD, The Broken Heart of Everything, sat on my bookshelf for six months. The title niggled at me. Then Covid 19 arrived, and this lament was birthed.

Covid-19 Lament

Mother Earth has a temperature
My cousin said to me
She made a quilt
Flung it on the wall
How can we mend? How can we mend?
The weeping heart of everything

Wolfville downtown slumbers
Minstrel tunes gone home
Coronavirus lurks in shadows
Through topsy-turvy world
How can we mend? How can we mend?
The weeping heart of everything

We're having a baby, Mom
My son said to me
In Covid-19 hindsight

Our timing could be better
How can we mend? How can we mend?
The weeping heart of everything

"Stay the blazes home"
Our premier said to us
Hug exposure shrinks
Self-isolating feels so wrong
How can we mend? How can we mend?
The weeping heart of everything

We hunker down together
In chosen family pods
Wearing masks, scrubbing hands
Socializing on the web
How can we mend? How can we mend?
The weeping heart of everything

Sun rises, Earth turns
Smog clears around the world
Mother Earth breathes deep
Smiles
How can we mend? How can we mend?
The weeping heart of everything

— Mary Eileen Niemi, April 2020

massive disappointment. I have been able to book some gigs. I have done some video work for suddenlyLISTEN and am about to do a video for the International Institute for Critical Studies in Improvisation, but most things have disappeared or are uncertain. I have a commission for Upstream Music Association that was partnered with Symphony Nova Scotia, but now SNS has cancelled their season, so that commission will look very different.

KB: If live music becomes rarer, if venues and attendees are fewer, how will you adapt?

AM: I think this is the question on everyone's mind. We'll continue making videos and other projects that take place online. I'm not as interested in streaming a live show as they are being presented now, but I think we can get creative with the medium. Maybe a traditional concert doesn't have to be translated to the internet. We also can do things outside in the fresh air, which I've done before.

KB: What do you think we need, culturally, during and coming out of this?

AM: If you love music then you have to support it within the means of the system that is currently in place. So, that means putting some money towards it. I am into trades, if you like my music and you make something then hit me up with some of that jam or pickles or knitted socks, but really just

support musicians and other creatives. It's a precarious life of feast and famine. I think that on a larger scale, COVID-19 is showing that workers have the power, and that the system we have doesn't work. Our idea of value needs a fundamental paradigm shift. Further connected to music, we need to defund the police and we need to think hard about what decolonization looks like. COVID-19 is a reset button that we can press, if we want to.



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FRIDAY, JUNE 26

Job Search Workshop – *PeopleWorx, Coldbrook NS 11am-12pm. ALSO July 3* • A virtual workshop to help you with your job search efforts. Email to register. **TIX:** no charge **INFO:** rspears@peopleworx.ca

SATURDAY, JUNE 27

Deep Roots COVID Concert #3 – *Deep Roots Festival Tent, Wolfville 3pm* • Online concert featuring Tracey Clements & John Ebata, and Mark Riley & Fisher Akao. **TIX:** no charge **INFO:** facebook.com/DeepRoots

MONDAY, JUNE 29

Orientation of Services – *PeopleWorx, Coldbrook NS 11am-12pm* • A virtual presentation of services offered through Nova Scotia Works. Email to register. **TIX:** no charge **INFO:** rspears@peopleworx.ca

TUESDAY, JUNE 30

Career Cruising Workshop – *PeopleWorx, Coldbrook NS 11am-12pm* • A virtual workshop to help you navigate and use the Career Cruising website. Email to register. **TIX:** no charge **INFO:** rspears@peopleworx.ca

WEDNESDAY, JULY 1

Farmer's Market – *Centre Square, Kentville 10am-1pm. ALSO July 8, 15, 22* • Fresh, healthy, locally made food, produce, farm products, and artisan wares. **INFO:** Facebook: @kentvillefarmersmarket

Kings Regional Canada Day Celebration – *Online 10am-10pm* • Activities include: Individual Walk/Run/Stroll Wheel Event, Kids Craft w/ 7Arts Council, Music w/ Matt the Music Man, Scavenger Hunt w/ Annapolis Valley Scavenger Hunt, Trivia w/ The Trivial Pursuitors, and Comedy Show w/ The Jay Malone Experiment (ages 14+). Photo Contest: Decorating Contest, Best Dressed Pet, Family Outfits, more! #KingsRegionalCanadaDay **INFO:** Facebook: @kingscountyrecreationns

Canada Day 2020 - Virtual! – *Wolfville (Around town and online) 12pm* • Wolfville Pipe Band will play around town. Decorate your driveway, house, etc in red and white and submit a photo to be entered in a draw! Also TikTok dance submissions, Red & White Photo Submissions, and recipe submissions, for a chance at a prizes on July 1st! All submissions due by June 30. **INFO:** events@wolfville.ca

THURSDAY, JULY 2

Forest Friends Day Camp – *Ross Creek Centre for the Arts, Canning 9am-5pm* • Ages 5-7. W/ Jamie MacLean. Campers will meet our favourite Forest Friends. **TIX:** \$70 **INFO:** 902-582-3842 / mail@artscentre.ca

A World of Colour! Day Camp – *Ross Creek Centre for the Arts, Canning 9am-5pm* • Ages 8-11. Spend the day w/ Ian Funke-McKay learning about and experimenting with natural dyes, paints, and fabrics! **TIX:** \$70 **INFO:** 902-582-3842 / mail@artscentre.ca

Up, Up in the Sky! Day Camp – *Ross Creek Centre for the Arts, Canning 9am-5pm* • Ages 8-11. Spend the day learning from master maker Ian McKay about design, physics and fun! **TIX:** \$70 **INFO:** 902-582-3842 / mail@artscentre.ca

Printmaking – *Ross Creek Centre for the Arts, Canning 9am-5pm* • Ages 12-16. Create a drawing, carve a block, roll the ink, and learn about how printmaking has changed through the ages. **TIX:** \$70 **INFO:** 902-582-3842 / mail@artscentre.ca

Resume Tips Workshop – *PeopleWorx, Coldbrook NS 11am-12pm* • A virtual workshop offering tips on how to create a great resume. Email to register. **TIX:** no charge **INFO:** rspears@peopleworx.ca

FRIDAY, JULY 3

It's a Bug's Life! Day Camp – *Ross Creek Centre for the Arts, Canning 9am-5pm* • Ages 5-7. W/ Ian Funke-McKay. **TIX:** \$70 **INFO:** 902-582-3842 / mail@artscentre.ca

Puppet Parades! – *Ross Creek Centre for the Arts, Canning 9am-5pm* • Ages 12-16. Put on a Puppet Parade using improvisation, choreography, and staging, while bringing your creations to life! **TIX:** \$70 **INFO:** 902-582-3842 / mail@artscentre.ca

Comic Creations – *Ross Creek Centre for the Arts, Canning 9am-5pm* • Ages 8-11. W/ Colleen MacIsaac. Draw your very own cartoon characters, creatures, animals and magical beasts and create unique stories! **TIX:** \$70 **INFO:** 902-582-3842 / mail@artscentre.ca

My Side of the Mountain – *Ross Creek Centre for the Arts, Canning 9am-5pm* • Ages 8-11. Spend a great day exploring the trails and forests of Ross Creek, and learning bushcraft w/ Jamie MacLean. **TIX:** \$70 **INFO:** 902-582-3842 / mail@artscentre.ca

SATURDAY, JULY 4

Opening of Aylesford Lake Beach – *Aylesford, 10am-8pm, daily* • The beach is opening! Some restrictions will be in place. Lifeguards will be on duty, but the canteen will remain closed. Port-a-potties available. **INFO:** countyofkings.ca

Outdoor Farmer's Market – *Wolfville Farmers Market, Wolfville 9am-12pm. ALSO July 11, 18, 25* • We are back! **INFO:** facebook.com/wolfvillefarmersmarket

Resume and Cover letter – *Community INC, Kentville 10am-12pm* • Develop a well-written resume and cover letter. **TIX:** no charge **INFO:** 902-679-7469 / irs@communityinc.ca

MONDAY, JULY 6

Secret Gardens – *Ross Creek Centre for the Arts, Canning. July 6-10, 9am-5pm* • Ages 5-7. Learn about gardens, create stories and art, and even plant a secret garden! **TIX:** \$325 **INFO:** 902-582-3842 / mail@artscentre.ca

The World of Art! – *Ross Creek Centre for the Arts, Canning. July 6-10, 9am-5pm* • Ages 8-11. Art making w/ Elizabeth Sircom. **TIX:** \$325 **INFO:** 902-582-3842 / mail@artscentre.ca

Sagas, Sails, Sea Monsters! – *Ross Creek Centre for the Arts, Canning. July 6-10, 9am-5pm* • Ages 8-11. Drama, creative story-telling, and art making w/ Colleen MacIsaac! **TIX:** \$325 **INFO:** 902-582-3842 / mail@artscentre.ca

Architecture Studio – *Ross Creek Centre for the Arts, Canning. July 6-10, 9am-5pm* • Ages 12-16. Learn an architectural vocabulary while designing and creating various one-of-a-kind structures, w/ Brent Schmidt. **TIX:** \$325 **INFO:** 902-582-3842 / mail@artscentre.ca

Country Music Camp – *Moe's Music School, Windsor. July 6-10, 10am* • Get ready for 5 days of Country Music Camp! Contact us for a registration form. **TIX:** \$150 **INFO:** 902-292-6596 / moesmusicsschool@gmail.com

TUESDAY, JULY 7

Public Hearing & Council – *Municipality of the County of Kings, Coldbrook 6pm* • Meeting will be held via video conference. Audio will be broadcast live on municipal website. **INFO:** 888-337-2999

WEDNESDAY, JULY 8

Valley Youth Project – *Online via Zoom 7-8:30pm* • A safer space virtual hangout for 2SLGBTQ youth 25 and under. Topic: our favourite queer and trans media. Do you have a movie, TV show, documentary, or podcast that you want to recommend? Let's share our most loved examples of queer content! Limited to the first 10 participants who sign up. Email to reserve your space. **INFO:** valleyyouthproject@gmail.com

THURSDAY, JULY 9

How to Succeed in the Workplace – *Community INC, Kentville 10am-12pm (online)* • Gain a better understanding of employer's expectations, and the qualities expected of successful employees. **TIX:** no charge **INFO:** 902-679-7469 / irs@communityinc.ca

FRIDAY, JULY 10

Dave Gunning - Up Against The Sky – *Sea-Esta, Canning (Delhaven) 7-10pm* • SOLD OUT! **INFO:** 902-692-1662 / soundconnectionstherapy@gmail.com / Facebook: @DelhavenNS

SATURDAY, JULY 11

Deep Roots COVID Concert #4 – *Deep Roots Festival, Wolfville 3pm* • Online Concert – Artists TBA. **TIX:** no charge **INFO:** facebook.com/DeepRoots

SUNDAY, JULY 12

Medicinal and Edible Plant Walks – *Wolfville (meet at the library), 10:30am. ALSO, August 9* • Join us for a plant walk to learn about edible and medicinal native species of NS. Rain or shine. **TIX:** \$20 per person, \$35 (family) donation to North Mountain Animal Sanctuary. **INFO:** 902-538-3662 / singingnettleclinic@gmail.com / Facebook: Singing Nettles Herbal Medicine Clinic

MONDAY, JULY 13

In an Octopus' Garden – *Ross Creek Centre for the Arts, Canning. July 13-17, 9am-5pm* • Ages 5-7. Explore what it's like to live on the ocean floor! **TIX:** \$325 **INFO:** 902-582-3842 / mail@artscentre.ca

Manga Mania! – *Ross Creek Centre for the Arts, Canning. July 13-17, 9am-5pm* • Ages 8-11. Explore the process of creating characters and comics w/ Elizabeth Sircom. **TIX:** \$325 **INFO:** 902-582-3842 / mail@artscentre.ca

Magizoology – *Ross Creek Centre for the Arts, Canning. July 13-17, 9am-5pm* • Ages 8-11. Become a student of magical creatures, and learn about where to find them! An epic week w/ Colleen MacIsaac. **TIX:** \$325 **INFO:** 902-582-3842 / mail@artscentre.ca

Fashion Studio – *Ross Creek Centre for the Arts, Canning. July 13-17, 9am-5pm* • Ages 12-16. Fundamentals in design taught by Maggie MacCormick provide the basis for campers to illustrate, fabricate, and execute projects in fabric. **TIX:** \$325 **INFO:** 902-582-3842 / mail@artscentre.ca

Summer Rock Camp – *Moe's Music School, Windsor. July 13-17, 10am* • Jr Rock: July 13-17, ages 8-12. Sr Rock: July 20-31, ages 13-18. Registration forms are available. Contact us and we'll send you a form. Early-bird pricing is on now. **TIX:** Jr Rock, \$150 / Sr Rock, \$300 **INFO:** 902-292-6596 / moesmusicsschool@gmail.com

WEDNESDAY, JULY 15

Coping with Job Loss – *Community INC, Kentville 10am-12pm* • This workshop focuses on how being laid off or downsized, getting dismissed or fired, affects everyone differently. Job loss can have a profound effect on your emotional well-being. Let us help you navigate this change. **TIX:** no charge **INFO:** 902-679-7469 / irs@communityinc.ca

MONDAY, JULY 20

Dynamic Dinosaurs – *Ross Creek Centre for the Arts, Canning. July 20-24, 9am-5pm* • Ages 5-7. Step back in time with us for a week of Fossils and Fun! **TIX:** \$325 **INFO:** 902-582-3842 / mail@artscentre.ca

Maker Camp – *Ross Creek Centre for the Arts, Canning. July 20-24, 9am-5pm* • Ages 8-11. W/ Ian McKay! Make things move, light up, and do other amazing things. **TIX:** \$325 **INFO:** 902-582-3842 / mail@artscentre.ca

Triple Threat Theatre! – *Ross Creek Centre for the Arts, Canning. July 20-24, 9am-5pm* • Ages 8-11. Become a "triple threat"– acting, singing and dancing! W/ professional actors and Julie Thomas. **TIX:** \$325 **INFO:** 902-582-3842 / mail@artscentre.ca

Photography Studio – *Ross Creek Centre for the Arts, Canning. July 20-24, 9am-5pm* • Ages 12-16. Explore the concepts of creative vision, composition, and shooting techniques with digital cameras, w/ Bryson Chisolm. **TIX:** \$325 **INFO:** 902-582-3842 / mail@artscentre.ca

TUESDAY, JULY 21

Committee of the Whole – *Municipality of the County of Kings, Coldbrook 9am* • Meeting will be held via video conference. Audio will be broadcast live on municipal website. **INFO:** 888-337-2999

Working After Covid workshop – *Community INC, Kentville 10am-12pm* • Nervous about returning to work? Learn what questions to ask your employer to ensure you are returning to a safe workplace. **TIX:** no charge **INFO:** 902-679-7469 / irs@communityinc.ca

Employability Skills workshop – *Community INC, Kentville 1:30-3pm* • The first part of 3. Motivation, Attitude, Accountability, Setting and achieving high standards on the job, showing willingness to do great! Keeping a positive attitude and how to express your feelings. Knowing when to admit mistakes and accept responsibility. **TIX:** no charge **INFO:** 902-679-7469 / irs@communityinc.ca

WEDNESDAY, JULY 22

Interview Skills – *Community INC, Kentville 10am-12pm* • The purpose of a good resume is to get you an interview. The purpose of an interview is to get you the job! This workshop will review do's and don'ts, and will help you with those hard to answer questions. **TIX:** no charge **INFO:** 902-679-7469 / irs@communityinc.ca

TIDE PREDICTIONS
fi Cape Blomidon

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

JUNE	HIGH	LOW
25	4:40pm	10:23am
26	5:33pm	11:14am
27	6:29pm	12:08pm
28	7:27pm	1:06pm
29	7:55am	2:05pm
30	8:55am	3:05pm
JULY		
01	9:55am	4:05pm
02	10:54am	5:02pm
03	11:50am	5:57pm
04	12:43pm	6:49pm
05	1:35pm	7:40pm
06	2:24pm	8:09am
07	3:12pm	8:56am
08	3:59pm	9:42am
09	4:45pm	10:28am
10	5:31pm	11:13am
11	6:18pm	11:59am
12	7:06pm	12:45pm
13	7:28am	1:33pm
14	••8:18am	2:23pm
15	9:10am	3:13pm
16	10:01am	4:04pm
17	10:51am	4:53pm
18	11:39am	5:41pm
19	12:25pm	6:28pm
20	1:11pm	7:15pm
21	1:57pm	7:43am
22	2:44pm	8:29am
23	•3:31pm	9:15am

THERE ARE NORMALLY TWO HIGH AND TWO LOW TIDES EACH DAY.
• Highest High: 42.0 feet •• Lowest High: 33.5 feet

THE FREE CLASSIFIEDS

PRODUCTS & SERVICES:

Voice And Piano Lessons: W/Susan Dworkin, NSRMTA, NATS. 27+ years experience. Private lessons. All ages and levels. Quality, professional instruction. (Lessons via skype, zoom, messenger, or facetime) **INFO:** Susanlisadworkin@gmail.com / 902-300-1001

Interior Painting and Cabinets: Women in Rollers is the Valley's full-service decorating company. We do accurate quotes, show up on time, and perform to perfection. We even leave your home neat and tidy! We have great references! Complimentary design and colour consultations. Call today for your free estimate. **INFO:** Pamela, 902-697-2926

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

Errands by Karen: The spring season is here! Let Karen help you with your errands and preparations from a social distance. Fully certified and professional. Call 902-790-2626 or email errandsbykaren@hotmail.com

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

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

Wood Flooring Repair and Restoration: Make your old floors beautiful again. Sanding, repairing, refinishing of soft and hardwood floors. Great for a refresh. Locally owned, free quote, reasonable rates. **INFO:** Steven, 902-542-0664 / cell 902-300-5903 / stevenrhude13@gmail.com

Sound Asleep: A series of bedtime Sound Journeys! Singing bowls, guided meditation, bedtime stories and lullabies to help you find ease and sleep in these

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.

challenging times. Online, July/August. \$40 for 4; \$70 for 8. **INFO:** connect@heartwideopen.ca

GENERAL:

Fundraiser: During the month of July, tickets will be sold on a handcrafted, solar lighthouse. All proceeds will go to supporting cancer patient, Berwick resident, Janice McNeil. **TIX:** \$2 each, 3/\$5 **INFO:** Pam Beattie, 902-389-2399 / Charlotte Dorey, 902-847-3312

AV Regional Library Summer Reading Club 2020: This year the club will look a little different, but we will have activities and challenges for kids, teens, and adults. Log your reading and complete activities to enter to win prizes. Download and decorate Ravel, our SRC mascot. Share pictures of your adventures and enter to win! Sign up online or by giving us a call, and start reading! **INFO:** 902-538-2665 ext. 601 / valleylibrary.ca

ART OF SOCIAL DISTANCING

Jean Leung

All of us are working on our strategies during this time of social distancing as required during the Covid-19 pandemic. As an artist, I consider it an advantage to get more painting done. Paintings are largely done alone anyway. All the same, I am missing my artist friends who give support and good ideas. I am missing the opportunity to sell paintings because of the (temporary) closure of art galleries, like Tides Contemporary Art Gallery, Apple Bin Gallery, and Jack's Gallery, where my art is often seen.

So what am I doing now? Well I am trying to turn this "lemon" into "lemonade." I have taken three steps to deal with this situation as an artist. First, I am getting new inspiration by learning from some of the world's best painters, who are offering workshops online. I am continuing to paint fine art. Some may ask what am I doing with all this art I am producing?

Secondly, I thought I would give some paintings away to those who I admire for their work

during the pandemic. I gave one painting to a person who missed her graduation ceremony because of the pandemic restrictions. After working hard to get her master's degree, I wanted to honour her in some way. Another person has worked in a L'Arche home in Greenwich. She is unable to keep her own social network outside the home or have visitors inside the home for many weeks. A small painting was my gift to honour her for the work she has done during this pandemic.

Lastly, I am offering 20% off all my artwork during this period of social distancing. I am having a Grand-Pré "Porch Sale." By appointment, people can come to view paintings on the porch of my house, keeping social distance. Purchases are made by credit card. Anyone can arrange an appointment to view the Porch Sale by calling 902-670-8800 for an appointment. It is a great time to put a little beauty in our homes and offices, and why not do that through art? 🍷



"Sunset at Scots Bay" and "Road Less Travelled" by Jean Leung

TRITONS SWIM CLUB'S SPOT AT 2020 OLYMPIC TRIALS POSTPONED

TEAM CONTINUES TO TRAIN WITH PASSION AND DETERMINATION

Mike Glenn

Wolfville Tritons Swim Club athlete Ava Vial, eligible to represent Nova Scotia at this spring's Olympic trials, must wait another year due to the COVID-19 pandemic. Many swimmers across Nova Scotia and Canada are left high and dry as pools and training facilities shut down during the Covid-19 outbreak.

The news of the postponed trials has not stopped Ava from training and doing her best as she, like so many others, strives to represent Canada at the 2021 Olympics in Tokyo, Japan. "I miss the pool, I miss training with other swimmers, but this has not stopped me from training hard. Now, I just train differently." Tritons Head Coach Hayden Adams agrees: "It's not exactly business as usual, as workouts are sent virtually and consist of mostly dry-land training, unless swimmers have access to a pool at home."

The postponement of the Olympic trials comes with mixed feelings. 17-year-old Tritons swimmer Bo Stokesbury-Price will use this extra time to work toward the swim times he needs to qualify for the trials (now scheduled for April 7-11, 2021). Bo had hoped he would have another opportunity to reduce his time by 2 seconds in the 400 metre freestyle at the recently cancelled Saint John meet. Bo and Ava led the way at the recent David Fry meet in March, with both making multiple podium appearances.



Wolfville Tritons' Gabe Graves (left), Bo Stokesbury-Price (middle), and Ava Vial (right) at the 2017 Canada Games in Winnipeg, MB

Coach Hayden was blown away by the team's overall performance at the David Fry meet: "I went into the weekend with high expectations, and the swimmers definitely exceeded them. This was a four day long competition, which is extremely taxing, but most swimmers were still swimming faster than their best times on day four. This shows that not only were the swimmers fit and rested, but raced with guts and purpose." Reflecting on the entire Wolfville Tritons Swim Club, Coach Hayden further adds, "this group is incredibly determined and passionate. Seeing each and every one of them swim as well as they do is extremely satisfying as a coach. We will continue to work hard to keep setting the bar higher and higher." 🍷



TICKET GIVEAWAY

No ticket giveaways at this time.
To see what's happening around the Valley, check out ValleyEvents.ca.

ValleyEvents.ca

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High Tides, Big Skies



This Month...

"Putting The Pieces Back Together", a new fund-raising mosaic by regional artists... 32 varied styles, media and textures... proceeds to public art fund for area...see Tides website for more mosaic info... The series of Artist Talks, goes 12 noon, 3rd Wed. of each month... Depending on Covid-19 restrictions, gallery hopes to start series in July... Bring your lunch... Lots of new work on the walls, floors and in Tides gift shop this month... ever doubt the real world value of art and artists? Think about the last 12 weeks without stories, song, or visual art... Pretty bleak, yes?...check out Tides' new website... More than 200 pieces of regional art for sale or rent, and convenient terms for rent-to-own.

Featured artist for June-July is Bob Hainstock and his big sky oils – paintings completed in the silence and isolation of recent months. Some of that work is also featured in his solo show at Visual Voice Fine Art in Truro, mid-June to mid-July.



Also featured at Tides Gallery this month are the important images of Colin Chase, whose photography captures a deep belief and insight into Valley cultures and places.

Tides Contemporary Art Gallery

36 Cornwallis Street, Kentville
Open 11 a.m. to 4 p.m., Fri-Sat-Sun
www.tidescontemporaryartgallery.com
email: tidescontemporaryart@gmail.com

Fundy Dental is Open Again!

Summer Office Hours:
MON to FRI, 8:30AM to 4:30PM
Closed on Saturday



PLEASE DO NOT WALK-IN
WITHOUT A SCHEDULED APPOINTMENT

We still offer same-day treatment, however, we must follow social distancing precautions and now assign specific times for emergency examination and treatment.

TO SCHEDULE AN APPOINTMENT,
PLEASE CALL 902-681-9111
Thank you and stay safe!



NOVA SCOTIA WORKS FACEBOOK LIVE EVENTS!

Join Elisabeth, our summer intern, every Tuesday at 1:00 pm for a live 30 minute session on topics related to job search and potential areas of employment.

These are designed with our younger job seeker in mind but open to everyone who is interested!! We look forward to seeing you there!

- Effective Job Searching - July 7th, 1 - 1:30pm
- Highlighted Jobs: Manufacturing - July 14th, 1 - 1:30pm
- How to Create a Great Resume - July 21st, 1 - 1:30pm
- Highlighted Jobs: Grocery and Retail - July 28th, 1 - 1:30pm

Visit our facebook page for more information.
<https://www.facebook.com/CommunityIncKentville>

No registration is required!

For other ongoing workshops contact 902-679-7469 or irsecommunityinc.ca

See more of our services at www.communityinc.ca



Bob Has His Head In The Clouds Again!!!



Time & Place # 2006, Oil on Canvas, 36"x36"



Time & Place #2012, Oil on Canvas, 24"x36"



Time & Place #2005, and #2006, both 18"x24"

New work from his and Judy's North Mountain Studio/Gallery, where he claims he can see forever. Featured artist at Tides Contemporary Art Gallery in Kentville, as well as solo artist at Visual Voice Fine Art in Truro; both exhibitions until mid-July. Will he come back to this earth?



1688 Brow of Mountain Rd
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bjhainstock@gmail.com
902-599-3450

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