

THE GRAPEVINE

ARTS | CULTURE | COMMUNITY

September 17 – October 15, 2020 | Issue No. 17.09



Sweet Sounds
of the
Annapolis Valley

Musicians at work

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VISUALLY SPEAKING: LIVE AND IN PERSON

Anna Horsnell

As much as artists need galleries, musicians need venues to play their music. Online videos and recordings can only go so far to satisfy both the listener and the creator of music. Nothing quite compares to a live performance. Whether on stage or facing the stage, the sound and energy soaks into your bones and quenches some universal thirst that just makes you feel good.

Located in East Margaretsville, The Evergreen Theatre appreciates the feel-good effects of music. As detailed on its website, "in its 20-year history, The Evergreen has developed from a local amateur talent event to a professional venue known across Nova Scotia, and further afield, as a surprising jewel in the travelling performance circuit around the Maritimes." This year has been a challenge.

Artistic Director and Manager David O'Leary shared his feelings, "we have not been able to have a concert since March. It is very frustrating not being able to do what we were created for." Half of the performers at Evergreen are Nova Scotians and the other half come from across Canada and occasionally from outside the country. They are all eager to perform live again, and Evergreen is cautiously opening its doors. O'Leary explains, "We are re-opening on a trial basis on Sunday September 13, with a concert by Evans and Doherty. Based on our experience with this show (which of course will feature full mask wearing and social distancing), we will decide how to proceed this fall. It is our hope that we can offer a fall and winter season of some sort, but this will depend on a lot of factors." O'Leary adds, "Please support live music wherever you can find it. And if you are a local musician looking for a place to play and want to take on a do-it-yourself concert, our rental rates during the current situation are much more than reasonable. Call us for details."

Approximately 30 kilometres away in Berwick, The Union Street has been nominated multiple years for venue of the year by both the East Coast Music Awards and Music Nova Scotia. Operating as both a restaurant and performance venue has provided more options, but still they have had to be very creative in moving forward this year.

Owner Lauren Bonner sat down to explain how opening seven days a week, and with a staff of over twenty, has emphasized her responsibilities even more this year. She also feels responsible to the performers who look to Union Street for part of their livelihood. With reduced seating, ticket prices have been restructured, extra performances added, and she's worked with musicians to help offset their travel costs. She's also considering live streaming performances as part of Union Street's plans to adapt. Normally she spends at least one full day each week securing performers, working with various agencies,



"Lullaby of Birdland" by A. Horsnell

searching out musicians online, fielding inquiries, and checking out performances in person. How things continue to look and work in the future is still evolving, but Bonner is determined to persevere and the local community has been very supportive in understanding the new restrictions and guidelines. "Please come," she smiles, "Think of the artists and musicians."

Kate Adams is well-known in the local music scene and has been involved in organizing music events for many years through a multitude of venues. She agrees wholeheartedly about the challenges this year. "Our music series was booked for [North Mountain United] Tapestry this summer before Covid-19 hit and the concerts were cancelled one after another as the pandemic and the state of emergency dragged on," she shared. "We do have one concert saved from the summer series list of cancellations. Kim Dunn will be here on September 20. I have looked very carefully at the Covid-19 restrictions and have created a protocol that will be as safe as possible for our audience. It will look different from our concerts of the past, but I believe the wonderful sense of shared community will remain and the healing that music can bring will be so very good for our weary hearts."

The Union Street has a slate of performances booked into October, including Mo Kenney, Garrett Mason, and Ben Caplan. For full details visit their website at theunionstreet.com and check under Music, or email eat@theunionstreet.com.

Follow updates from The Evergreen Theatre on their website at evergreentheatre.ca. Performers and others may also email inquiries to evergreentheatre@gmail.com, or call 902-825-6834.

For further details on the upcoming concert at North Mountain United Tapestry, please see <https://valleyevents.ca/77486>, and visit their website at unitedtapestry.com. 🐾

THANK YOU FROM THE KINGS-KIKIMA GRANNIES

Betsy Baillie

The Kings-Kikima Grannies wish to thank the wonderful, caring Valley community, who never fail to support us in our fundraising endeavours.

Because of Covid-19, we were unable to have our usual yard sale at the Lions Hall in June. As life gradually became easier throughout the summer we thought we would try an outside yard sale like we did 13 years ago, and for many years after, until too many sales in the rain drove us indoors to the Lions.

The idea at first was to have a 'pop up' sale, but it quickly took on a life of its own and by the time we had set up all that had been donated we knew that this was a full-blown sale, taking up many driveways and lawns on Chestnut Avenue.

Our Grannies and Grandmothers, neighbours, and community members pitched in both setting up and selling. All Covid-19 protocols were in place and at the end of the day we had \$3,612.00. That same day, the Nowlan family

around the corner on Main Street had an estate yard sale and donated the \$2,000 they made. The combined amount will enable us to continue to send food support money to our Grandmothers, *Gogos*, in Kenya.

We are so grateful to all who donated to our sale. We are blessed to live in this Valley and this province. We even had a person come from Halifax with a car full of items.

We hope to have a pre-Christmas sale and silent auction on October 24, also at the Lions Hall. That will probably be our last sale until 2021, as the theatre venues we are usually at before Christmas will not be happening. We will operate the sales using all indoor Covid-19 protocols so it will be a safe place to shop.

On behalf of the children and *Gogos* of Kikima, and all of us in the Kings Kikima Grannies, I say a heartfelt thank you.

Sincerely, Betsy Baillie 🐾

ON THE COVER

Terra Spencer broadcast 14 live episodes of *Blanket Fort Tonight* from her basement every Thursday evening from March until June on YouTube. For more about how Terra and other local musicians are making music through the pandemic, see our rundown on page 12. Photo by Sarah Kasprzak.

Hike for Hospice Sept. 27, 2020

FALL EDITION

Come Hike with us... every step you take makes a difference!
5 km hike starts at the new Valley Hospice,
150-3 Exhibition St, Kentville
In support of Valley Hospice and Palliative Care



valleyhospice.ca



We start at the new Valley Hospice residence and go to Miner's Marsh for a beautiful 5 km hike

1:30 pm Hiker's check-in at Valley Hospice
1:45 pm Greetings and welcome
2:00 pm Guided hike (5 km)

During the hike we will adhere to all public health guidelines

Sign up now and start fundraising: Valleyhospice.ca

Contact us: 902.679.3471 or dale.sanford@nshealth.ca

Hike with us ... or ... Hike from home – you decide!

Come Hike with us: Meet up at the new Valley Hospice and join our guided 5km hike to Miner's Marsh on September 27, 2020. Social groups of 10 and under are suggested. We will stay safe and will practice physical distancing during the hike.

Hike from Home: Go for your own hike with family, friends or co-workers. Choose any place that is special to you. Stay connected, join our facebook group and share photos #HikeforValleyHospice. Complete your hike on or before September 27, 2020.

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UPCOMING DEEP ROOTS COVID CONCERTS

Deep Roots Music Cooperative

This summer the Town of Wolfville and Deep Roots have been able to present another summer concert series in Waterfront Park, with social distancing. The final one is slated for September 20 and features Sarah Pound and John Ebata at 2pm.

Hope you have been enjoying our online concerts! Another one coming up, our 9th online concert, and yes, it's another one you don't want to miss. Ryan Roberts, as well as Mika Francis & Rachel Whitney with Cristian Quirivan, will take the online stage. As always, if you miss the live streaming, you can go to our Deep Roots Music Videos YouTube channel anytime, but we hope to see you at the live streaming September 19.

Ryan Robert's versatility and passion for excellence has allowed him to make a very successful living writing, performing, and producing music in Eastern Canada. His songs have been recorded in the styles of bluegrass, country, jazz, and R&B. He has composed instrumental scores for film, as well as jingles for commercial radio, and has been awarded "Songwriter of the Year" for

four consecutive years (2005-2009) by the Eastern Canadian Bluegrass Awards.

Roberts' songs have been recorded by Rose Cousins, Kevin Davison, The Spinney Brothers, True Blue, Justin Carbone, the Jeanette Williams Band, and The Novelty Salesman, among other contemporaries.

Mika Francis is from Acadia First Nation, and Rachel Whitney is from Gesgapegiag First Nation. Though they grew up miles apart, they were eventually brought together in 2017 at NSCC over their shared love of learning and sharing their Mi'kmaw culture.

Together, they now drum with the Melgita't Women, an all-women hand-drum group that has performed on numerous stages, including Deep Roots Music Festival, and opening for JUNO award winners Jim Cuddy and William Prince. Through collaboration, teamwork, and passion, they continue to work hard to bring awareness to Indigenous rights through drumming, as well as sharing stories and teachings. They are joined for this performance by Cristian Quirivan. 🎶

MIKE UNCORKED

BURIAL GROUNDS CARE SOCIETY: FROM THE GROUND UP!

Mike Butler

The Burial Grounds Care Society are the leaders in preserving history and legacy here in the Valley, and I am so excited to feature them here in *The Grapevine*.

The five people who created the Burial Grounds Care Society, along with other helpers, saw a need for cemetery research and restoration in Kings County. They since have done just that. Now, with 15 sites under their belts, the research and preservation is in full swing, with no signs of stopping.

Why is there such a Society here in the Valley? Well the members feel its important to respect those who came before us, and preserve their burial places, including any stories, as markers of past lives. There are tremendous elements of fun, intrigue, honour, and reflection as the team uncovers, repairs, and studies the burial grounds in their paths.

"Some of us concentrate on the physical aspects of grave site preservation," says one member, "others are more clerical, doing research, and we are always seeking community involvement before, during, and especially after a site has been restored. It's always a hope that someone in the community will take it on."

Besides the hands-on Burial Ground Care Society work, many members have written for

the papers under "Written In Stone," and they help with a bi-annual antique show and sale which gives the society their major funds for operation.

In 2018 the Burial Grounds Care Society received recognition from Keith Irving, MLA Kings South, as outstanding members of our community. It was a very proud moment for a group that few know exist here in our county.

One member notes: "We are aware of similar needs in other counties and are willing to explain the 5W's of our organization in the hopes others can start their own similar societies in caring for their neglected and abandoned burial grounds. We have mailboxes at several sites where folks can leave comments and feedback, T-shirts are coming, sign boards for Poor Farm cemeteries, and we are currently working on a map to show where the Kings County cemeteries are located."

Feel like getting involved? The Burial Grounds Society are always looking for new members to help, especially with the computer side of things. If you want to be a part of history, contact JoAnne Bezanson at canaryjo54@gmail.com. Their monthly meetings are usually held at the Kings County Museum, Kentville, every second Tuesday of the month at 7pm. During these uncertain times, please check the Facebook page for more details. 🎶

Margaret Drummond's

WORD OF THE ISSUE

Frangible (adjective):
Fragile; brittle; readily or easily broken.

Beneath the waves of the dorsal fin lie the blood-shades of lamellae, their skin so close to the vein they breathe, filter, gather, flex, set down in loose and frangible parallels you find in gills of mushrooms, clams and concertinas.

(Excerpt from "Lamella" by Bruce Bond)

DEEP ROOTS ANNOUNCES 17TH VALLEY ARTS AWARD

A Wolfville couple with a long-time commitment to supporting the arts are this year's recipients of the 17th Valley Arts Award. Fred and Nancy Chipman have contributed their time and energy to a number of arts organizations over the years, leading to this latest recognition from the Deep Roots Music Cooperative. Former members of the Deep Roots membership committee and annual donors, the Chipmans were also involved with the Acadia Performing Arts committee.

Fred served as chair of the group during the 1990s and continued as a member, while Nancy assisted at Performing Arts events. Together they travelled to Contact East representing the committee. Contact East was a wonderful opportunity to see towns and theatres in the Atlantic provinces, Nancy recalled, and to view a wide variety of "taster" performances at the showcase. They also attended talks on theatre events management.

Fred was on the Acadia Cinema Co-op board for several terms, including as corporate secretary. Early on they both contributed to the renovations of the building. "We worked on the upstairs rental apartment when others worked on the theatre itself. We also painted walls, and we are shareholders, of course. Fred participated in the sale of shares for about a decade."

The Chipmans have been long-time supporters of music performances at Acadia University and attend virtually all recitals and performances. This includes the student recitals that are part of their academic programs, Nancy noted.

The Chipmans donated funds to both Acadia's percussion program and the Wolfville School music program toward instruments.

Fred and Nancy are also artistic creators; they have turned their hands to gardening at the Festival Theatre and the Wolfville Post Office, among other public spaces.

This year's presentation of the Valley Arts Award will be a virtual event. Usually the last full weekend of September, Deep Roots brings an awesome blend of up-and-coming, alongside tried-and-true, performers to our festival stages, and the award is presented at the Festival Finale. This year, because of Covid-19, festival organizers had to shift gears.

Program Director Dave Carmichael says, "We'll be launching a Deep Roots retrospective online on Sept. 26 on our YouTube channel." The Deep Roots COVID Concerts were presented on the internet bi-weekly from May 30 to September 19 (the Saturday before the Deep Roots Music Festival was to take place). On 'festival weekend' this year an online show will feature festival memories, and the presentation of the 17th annual Valley Arts Award. Audience members will also be invited to view any or all of the COVID Concerts series – nine hours of programming!

The Deep Roots Music Festival is a production of the Deep Roots Music Co-operative, a registered non-profit organization, incorporated in 2003 by a group dedicated to developing and promoting the music scene in Nova Scotia's Annapolis Valley. The mandate of the organization is to develop year-round musical programs culminating in an annual festival and to encourage meaningful connections between cultures, community groups, artists and audiences.

The Valley Arts Award recognizes someone who is, or has been, a Valley resident; has worked for the development and/or promotion of Valley artists, arts events, or culture; and has made a significant long-term contribution to the Arts in Nova Scotia's Annapolis Valley.

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:

Learn to Play the Cello! Lessons for children and adults, in-person in Hantsport or via Zoom, with Elizabeth Sircom, NSRMTA. **INFO:** libsirc@laposte.net

Acadia Regional Youth Orchestra: String lessons and orchestra online, starting Sept. 15th. To learn violin, viola, cello, or double bass and play in an orchestra or fiddle group, contact us. **INFO:** aryostrings@gmail.com / acadiaregionalyouthorchestra.ca

In-Person Piano & Voice Lessons: Susan Dworkin is a resident of Wolfville and for the past 30 years has offered professional, qualified music education to children and adults of all ages. Susan is a professional classical singer and pianist and instructs voice and piano technique. Her music studio is accepting new students for September (Special Covid-19 protocol in place for everyone's safety and protection). Register now for September placement. Limited space. Call for details. **INFO:** susanlisdworkin@gmail.com / 902-300-1001 / armonicmusicstudio.com

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Gaspereau Area Churches Remembrance Day Service: In preparation for our special pre-recorded Remembrance Day Service, we are looking for family responses: short stories about anyone who served in the past, present or future in the White Rock, Gaspereau, Wallbrook area. We are also looking for photos. Please submit your material as soon as possible. **INFO:** Phone or text 902-670-1787 / info@gaspereau.ca

Breast Quest Dragon Boat Society: Mondays and Thursdays. Due to the covid restrictions, we must postpone paddling on Lake Pisiquid until we get directions from Health Canada and Dragon Boat East. When we start paddling as the Breast Quest Dragon Boat Team, we will let you know. **INFO:** President: Margot Bishop, margotwithat@hotmail.com

Lions Club Monthly Online 50/50 Fundraiser: Covid-19 has forced us to change how we raise money, but at the same time it has also increased the need for many of the things we do. The money we raise goes back into the local community. Tickets can be purchased online. Please select the Lions Club you wish to support. Each month one winner will be selected to win 50% of the total sales! 19+ only. **INFO:** rafflebox.ca/raffle/lionsclub

Musique Royale Celebrates 35th Season, Virtually: Musique Royale presents new concerts featuring early music and more, filmed in historic venues across NS. Concerts are released each Saturday at 7:30pm, August and September, and are available for viewing on YouTube for two weeks. **INFO:** musiqueroyale.com

MUNICIPAL ELECTION CANDIDATES WEIGH IN ON THE VALLEY'S ARTS ECONOMY

The following are responses from a selection of candidates running in municipal elections around the Valley. While we made every effort to contact as many candidates as we could, we were only able to include responses from those we had received by press time. For more questions and candidate responses, visit grapevinepublishing.ca.

The Grapevine: *The Valley's unique and vibrant arts community has been hit particularly hard by the pandemic. What concrete steps will you take to support the recovery and growth of the arts economy in your municipality?*

Don Clarke, Mayoral Candidate (incumbent), Town of Berwick: The current Council supports public art including our unique rock carvings. We have a very active museum in town run by a group of energetic volunteers. They have recently created a new display room centred around the works of longtime local artist, Sally Horsnell. This museum has also provided interpretive panels created by very talented summer staff over the last couple of years to be placed in town. The town through the Community Development and other Departments support the Apple Capitol Museum Society.

Peter Muttart, Mayoral Candidate (incumbent), County of Kings: Kings has invested heavily in the arts community over the last four years. It has a rather enviable record in that regard, given that its only source of income is from the property taxes paid by its residents. The Council chooses to interpret the wishes of our citizens as wanting more than just police, fire, and sewer and water services. Vibrant, liveable communities must support the arts as part of our cultural assets. To do better is in part monetary and in part as an enabler of the type of environment that encourages and values this sector. We will, I trust, look for every opportunity to do that.

Wendy Donovan, Mayoral Candidate, Town of Wolfville: I would: ensure Wolfville's Strategic Partnership Program provides realistic support to the arts; Strengthen community access to Acadia facilities that support the arts; engage local artists in the Town's leisure programs; most importantly, position the arts as an economic driver, where Wolfville provides artists with the spaces required to work and live and the other supports needed to grow the arts as an integral part of our economy.

Carl Oldham, Mayoral Candidate, Town of Wolfville: Many small businesses have found new and creative ways to sell online and there are opportunities to support local artists to go "virtual." I would collaborate with WBDC to look at ways to help support the arts sector through education and resources to set up websites and ways to connect through the online world. Music is a big part of our town and many other communities are finding ways to hold safe concerts by limiting the numbers of attendees. This is something that could be done in our Atlantic Theater Festival and the Al Whittle Theatre and other venues. The Farmer's Market provides an outlet for some of our local artisans to promote and sell their arts. Once we are no longer able to hold this event outdoors we will explore options to ensure that some indoor safe market can take place. This is also true for Christmas craft markets.

Mercedes Brian, Candidate for Council (incumbent), Town of Wolfville: I will support Wolfville's grant partnerships with volunteer-based arts festivals like Deep Roots as well as the waterfront concert series. This year, virtual events will be supported with less reliance on attendance for a successful repeat of the funding in future years.

Mike Butler, Candidate for Council, Town of Wolfville: This is an easy one as I have been up to my eyeballs in the arts community for the last 12 years performing in, producing, directing and marketing shows. I sit on the board for CentreStage in Kentville and do lots of work in Wolfville so I've been in tune with how things are reopening and being managed. I have booked the Al Whittle theatre for an upcoming smaller show already, and have been looking into 2021 to plan more events to get theatre back in our lives. I look forward to doing as much as I can, if elected, to help the resurgence of the arts in Wolfville. We will get there. The show must go on!

Wendy Elliott, Candidate for Council (incumbent), Town of Wolfville: Wolfville has long been a strong supporter of arts. Fortunately the popular summer concert series, for example, was able to continue with the help of Deep Roots despite the pandemic. The town backs the Acadia Cinema Co-op annually and contributed to Uncommon Common Art. I look forward personally to being able to participate in community theatre, such as the Fezziwig Family Frolic and Women of Wolfville.

Mike Trinacty, Candidate for Council (incumbent), Town of Berwick: There are a few steps that I intend to take and these were in the works prior to COVID but are ever more important now. I chaired a project a few years ago to partner with the local arts community, the Berwick Museum, the Berwick and District Community Association to create an art and historical component at the Kings Mutual Century Centre. We had intended to create a historical mural, have an artist create some themed art work and establish a spot for local artists to feature their work. Grant applications were not successful at that time. It is time to try again. Also Berwick Town Council has recognized we need to create more public art. I will ensure these initiatives stay on the agenda.

Nicholas Tan, Candidate for Council, Town of Wolfville: Artists will find a way. I attended a private jam-sesh bubble last Sunday. This was held to replace the long missed public open mics that are not currently safe to hold. Hopefully, this pandemic will be over soon. Until then, we must continue to practice and share our talents online and in outdoor spaces.

Jim Winsor, Candidate for Council (incumbent), County of Kings: Arts are a huge part of our culture reminding us of our rich history and speaking to the persona of who we are. I have strongly supported the Ross Creek Center for the Performing Arts, Devour! The Food Film Fest, and grants allocated to smaller much-valued initiatives. I will continue to push for support, being mindful that in the COVID 19 world, the arts need our support more than ever.

Cathy Maxwell, Candidate, Town of Kentville (incumbent): I realize the arts community has been hit hard during the pandemic. I have always supported the arts projects brought forward in Kentville. I will continue this support in the second term, if elected. I am hoping the arts community will persist in approaching Council for support, so we can lend a hand. I have advocated for Uncommon Common Art and both Gallery Projects in Kentville. I am also encouraged by the Kentville Business Community art projects such as the various murals around town.

Emily Lutz, Candidate for Council (incumbent), County of Kings: I think we should engage with the artists who are struggling and identify what will work best for supporting them in their medium. They are adapting like everyone else, so creating an overarching strategy, backed with individualized financial support via a grant program would allow them the ability to be flexible in their creativity moving forward.

Jodi MacKay, Candidate for Council (incumbent), Town of Wolfville: Like all entrepreneurs, no matter their craft, many have found innovative ways to promote or perform using social media platforms, and I commend them for their resiliency. From a municipality's perspective, we can continue to support festivals like Deep Roots and Devour! – two of Wolfville's signature events. The Town has also continued their Concert in the Park Series. This was a decision of council, that I supported, to keep funding in place – even when making cuts due to the pandemic- as it was important to support the arts community and to create a place where community can gather safely.

Suzanne Stewart, Candidate for Council, Town of Wolfville: In order to revive our arts economy, the Town of Wolfville should consult with local artists, community-based arts organizations, such as Deep Roots Music Cooperative and Mayworks Annapolis Valley Festival, as well as the Wolfville Business Development Corporation to determine a strategy that will benefit the entire community. 🍷

WOLFVILLE HOMEOPATH JOINS HERBALIST AND NUTRITION CONSULTANT IN NEW LOCATION

Sarah Trask, established homeopath in Wolfville, is moving her practice to a new location at the Wolfville Professional Centre, and joining forces with in-practicum clinical herbalist Andrée-Anne Bédard, and holistic nutritional consultant Shannon Seeley. They are looking forward to working in a multi-disciplinary and collaborative environment and will be welcoming new patients as of September 1.

The Wolfville Professional Centre, located at 4 Little Ave., currently houses several family physicians, a physiotherapy clinic, a registered clinical social worker, and an osteopath. This model of health care, bringing together

under one roof a spectrum of patient-focused approaches to health, is designed to encourage collaboration, and to ultimately forge better care for patients in facilitating bridging between modalities.

Dr. Allison Wellwood is pleased with the new additions to the centre: "Sarah, Andrée-Anne, and Shannon bring a holistic, wellness-focussed approach to their professional practices. As a family physician at the Wolfville Professional Centre, I look forward to finding opportunities to collaborate with them to support health and wellness in our community." 🍷



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Rob Breznsky's FREE WILL ASTROLOGY



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ARIES (March 21-April 19): In one of your past lives, maybe you were a Neanderthal midwife in what's now southern France. In another incarnation, you may have been a 17th-century Guarani shaman who shared your knowledge about local plants with an Italian Jesuit missionary in what's now Uruguay. All the powers and aptitudes you perfected in those and other previous ages could prove helpful as you cultivate your genius in the coming weeks. JUST KIDDING! Cancel my previous speculations. For you Aries folks, past achievements are often of secondary importance as you create your future. In fact, your mandate is usually to transcend the old days and old ways. It may be better not to imitate or rely on old stories, no matter how dazzling. This will be especially true in the coming weeks.

TAURUS (April 20-May 20): "There are no ordinary feelings," says poet Dean Young. "Just as there are no ordinary spring days or kicked over cans of paint." That's always true, but it will be especially true for you in the coming weeks. I suspect you will be host to a wealth of interesting, unique, and profound feelings. They might be a bit overwhelming at times, but I think they will mostly provide rich opportunities for your soul to grow deeper and stronger and more resilient.

GEMINI (May 21-June 20): "There should be a science of discontent," said novelist Frank Herbert. "People need hard times and oppression to develop psychic muscles." I partially agree with that observation, but I also think it's a gratuitous cliché that's not at all absolute. In fact, our culture is under the spell of a mass delusion that tempts us to believe "no pain, no gain" is the supreme learning principle. I'd like to see the development of a robust science of contentment: how fascination and freedom and generosity can build psychic muscles. You'll be a good candidate to study that subject in the coming weeks.

CANCER (June 21-July 22): Cancerian songwriter Mathangi Arulpragasam is better known by her stage name M.I.A. She has accomplished a lot in her 45 years on the planet, having been nominated for three Grammy Awards and an Academy Award. Esquire magazine named her the 75th most influential person of the 21st century. One key to her success is the fact that she formulated a clear master plan many years ago, and has used it to guide her decisions. In her song "Matangi," she refers to it: "If you're gonna be me, you need a manifesto / If you ain't got one, you better get one presto." I bring this to your attention, Cancerian, because the coming weeks will be an excellent time to formulate (or re-formulate) your life manifesto and master plan.

LEO (July 23-Aug. 22): "If you're not invited to the party, throw your own," declares singer and actress Diahann Carroll. In the coming weeks, I urge you Leos to use that advice as a metaphor in every way you can imagine. For example, if you're not getting the love you want from a certain someone, give it to yourself. If no one hands you the opportunity you need, hand it to yourself. If you wish people would tell you what you want to hear, but they're not saying it, tell yourself what you want to hear. It's a time when you need to go beyond mere self-sufficiency. Be self-gratifying, self-rewarding, self-acknowledging.

VIRGO (Aug. 23-Sept. 22): "At the necessary moment, going naked will be your most convincing disguise," writes poet Dobby Gibson. As I apply his witty statement to your life, I'll interpret it metaphorically. My sense is that you could really use the kind of "disguise" he's talking about. What I mean is that you would benefit by appearing to be different from what people expect of you. You can gain key advantages by shifting the image you present to the world—by expressing a part of your identity that is not usually obvious. And I think the best way to do that is to "go naked"—i.e. be candid and transparent and vulnerable about your core truths.

LIBRA (Sept. 23-Oct. 22): Libran playwright Wendy Wasserstein wrote, "Every year I resolve to be a little less the me I know and leave a little room for the me I could be. Every year I make a note not to feel left behind by my friends and family who have managed to change far more than I." I recommend Wasserstein's practice to you, dear Libra. The coming weeks will be an excellent time to launch this ritual as an annual tradition. For best results, write it out as a vow. I mean take a pen and paper and compose a solemn pledge, then sign it on the bottom to seal your determination.

SCORPIO (Oct. 23-Nov. 21): "I may not lead the most dramatic life," confesses singer-songwriter Rufus Wainwright, "but in my brain it's War and Peace every day." He was referencing Leo Tolstoy's sprawling, exuberant 1,200-page novel War and Peace, which features stories about five families who lived through Napoleon's invasion of Russia in the 19th century. I'm guessing that these days your fantasy life may also be filled with epic fairy tales and heroic sagas and tear-jerking myths. Is there a problem with that? Not necessarily. It could be quite entertaining and educational. I do recommend that you keep your actual life a little calmer and saner, however.

SAGITTARIUS (Nov. 22-Dec. 21): "I rejoice to live in such a splendidly disturbing time!" said author Helen Keller (1880-1968). She was a smart activist who worked hard in behalf of women's equality, labor rights, antimilitarism, and socialism. Was she being sarcastic in saying she loved being alive during a time of upheaval? Not at all. She derived excitement and vigor from critiquing injustice. Her lust for life soared as she lent her considerable energy to making life on earth more enjoyable for more people. I invite you to consider adopting her attitude in the coming weeks. It's a good time to experiment with generating the personal power that becomes available by taking practical action in behalf of your high ideals.

CAPRICORN (Dec. 22-Jan. 19): You know what perfectionists are: people who obsessively strive to finesse every last detail, polishing and honing so compulsively that they risk sucking all the soul out of the finished product. In contrast to them, I propose that we identify a different class of humans known as imperfectionists. They understand that a ferocious drive for utter purity can make things sterile and ugly. They resolve to cultivate excellence while at the same time they understand that irregularities and eccentricities may infuse their work with beauty. I hope you'll act like an imperfectionist in the coming weeks, Capricorn.

AQUARIUS (Jan. 20-Feb. 18): "Everything good I've ever gotten in life, I only got because I gave something else up," writes author Elizabeth Gilbert. To that melodramatic declaration, I say, "Really? Everything? I don't believe you." And yet I do think she has a point. On some occasions, the most effective strategy for bringing good new influences into our lives is to sacrifice an influence or habit or pattern we're attached to. And often the thing that needs to be sacrificed is comfortable or consoling or mildly pleasurable. I suspect that the coming weeks will offer you one of these opportunities, Aquarius.

PISCES (Feb. 19-March 20): "I and me are always too deeply in conversation," confessed philosopher Friedrich Nietzsche. I wonder why he said "too deeply" and not just "deeply." Did he mean his dialogs with himself distracted him from important matters in the world outside of his imagination? Was he implying that he got so consumed while conducting his self-interviews that he lost his bearings and forgot what his goals were? With these cautions in mind, Pisces, I invite you to dive into an intense but spacious communion with yourself. Make this a delightful and illuminating conference, not a raging debate or a debilitating argument.

Homework: What's your favorite rule to break? FreeWillAstrology.com.



LIGHT IN THE DARK: CARAVAN THEATRE ON TOUR WITH 4.48 PSYCHOSIS

Dorothy King

If you like theatre that's a little dark and edgy, with just enough light and humour to see tomorrow, the play *4.48 Psychosis* is a must-see in Nova Scotia this fall. Caravan Theatre will tour British playwright Sarah Kane's raw depiction of her own mental illness. Written in 1999, the play is a lyrical conversation between the tormented Kane, her elusive essential self, and the doctors who are treating her.



Kathy France is the artistic director of Caravan Theatre, based in Wolfville. When asked why she thinks *4.48 Psychosis* will resonate with audiences, France's answer was two-fold. "First, it's brilliant, radical theatre. Kane was initially a poet. She wanted to shake up the limitations of literary art forms to create something truly bold." She did that and more. "The work is in your face, taboo. And the forms mix and mingle. It's where poetry meets spoken word meets theatre."

so much to her. "There is so much invested in us all staying silent. I was carrying a lot in my life; I needed help, but was afraid to reach out. Someone told me that if I didn't find a way to release the pain, it would manifest in explosive ways and really compromise my health. She was right." For Legere, *4.48 Psychosis* is a conversation starter.

Performance Venues and Times:

September 24-27: 6:30pm at Dartmouth Commons as part of the Halifax Fringe
 October 2, 6:30pm, Bible Hill Recreational Park, Truro
 October 3, 6:30pm, Waterfront Park, Wolfville
 October 4, 2:00pm, Lordly Park, Chester (matinee)
 October 4, 6:30pm, Heritage Bandstand, Lunenburg

Tickets: Pay-What-You-Want (suggested \$20). Available online at brownpapertickets.com or on site before showtime. (Fringe tickets at tickethalifax.com)

All performances will be held outdoors and adhere to Covid-19 protocols. Audiences will be seated in zones that can accommodate between 1-10 patrons.



Visit caravantheatre.ca for more information.

Caravan gratefully acknowledges their partners: Arts Nova Scotia, Community Health Boards, Kings County, Town of Wolfville, Halifax Dance.

But *4.48 Psychosis* is also an invitation. France says the play leaves a wide-open door for the actors to collaborate with the author. They must create their own physical response to the text. "The script is actually written with the occasional blank page," said France, "so in rehearsal, we're really asked to fill in the blanks. It's simply unheard of in published plays."

That "blank page" really opened a door for France. She had been struck by four suicides in her small town during the winter of 2019 and decided to use *4.48 Psychosis* to engage the community in better understanding mental health issues and related stigma. Then came Covid-19, the mass-murder of 22 people in Nova Scotia, and Black Lives Matter. It seemed no matter where one turned, there was anger, fear, sorrow, and confusion; our institutions didn't seem up to the task; people were on edge.

To help counter the general malaise, France gathered mental health experts and advocates to engage the audience in a brief public discussion after each performance. There will be printed material on mental health resources, as well as qualified volunteers for anyone who needs to talk privately, both during and following the play.

One of the cast members, Margaret Muriel Legere, made it clear why the project means

MEMORY BOOT CAMP

Online!

Memory is like a muscle - it can work better with training and practice!

Dr. Gail Eskes (Dalhousie University) and Dr. Ryan Wilson are experienced psychologists who have designed an online masterclass to teach how memory works and explain the science behind making memory better. Participants will study learning materials and will attend 3 online workshops where they can ask questions about memory and learn goal setting, skill building, and the importance of practice, practice, practice!

Sessions will take place Online

Mon. Oct. 5th
Mon. Oct. 19th
Mon. Nov. 2nd
11am-12pm

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If you would like to improve your memory, please register by emailing: recreation@wolfville.ca

New Art & Gifts, More Art & Gifts

September means busy, busy, busy at Tides Contemporary Art Gallery, Kentville. Lots of new work on the walls and shelves. Renovations underway for the gift shop areas. Artist Talks at 12 noon, every third Wednesday of the month. Exciting new canvases from Celine Gabrielle, upper left, Guest Artist Don Pentz, centre, and featured gallery artist, Jean Leung, upper right. Funky new items in the gift shop, including bird houses, and lots of new pottery and clay art from our gifted artisans.

36 Cornwallis Street, Kentville
 11-4 p.m., Wednesday-Sunday
www.tidescontemporaryartgallery.com

"Dogs' lives are too short. Their only fault, really."
 - AGNES SLIGH TURNBULL

Anubis calls

Nietzsche Schnauzer Coane

5 November 2017 – 28 August 2020

"The way to love anything is to realize that it may be lost."
 - G.K. CHESTERTON

Cindy, Holly, BoB – the Coanes

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KENTVILLE LODGE NO. 58 COMMEMORATING 150 YEARS OF HISTORY: 1870-2020

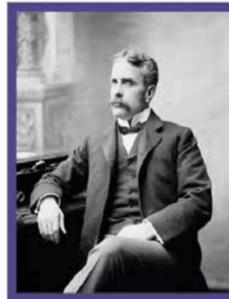
It all started in 1869 with a growing population, a railway station, and a group of like-minded men with a vision to make their community the best it could be. 150 Years later, the Kentville Lodge continues to meet, and participate in local events and philanthropic pursuits.

This exhibit aims to draw back the curtain and offer a glimpse into the story and symbolism behind this historic and fascinating organization. Join us on this journey of exploration to learn how modern masons maintain a solid foundation built on past tradition while trying to thrive and continue their good works in

a rapidly changing and challenging modern world.

Opening September 9 at the Kings County Museum in Kentville, and on display until December 18, 2020. Available by guided tour by appointment only. Please contact the Museum for times and availability.

Kings County Museum
37 Cornwallis Street, Kentville, NS B4N 2E2
(902) 678-6237
kingscountymuseum.ca
info@kingscountymuseum.ca
facebook.com/kingscountymuseum



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WENDY ELLIOTT
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WHO'S WHO

ASHLEY JEAN: LUMINOUS LASHES AND MORE!

Mike Butler

We are 3/4 of the way through 2020 and more than ever we need to take a breather, relax, and just regroup after the last few months, am I right? Things are waking up again—cafes, restaurants, schools—and if you haven't had a chance to treat yourself to something fun in awhile, some self-care is needed! There's a wonderful new business on Main Street, Wolfville called Luminous Beauty Bar & Boutique, and within this quaint beauty bar you'll find Ashley Jean, and she is just as *luminous* as the business.



Luminous Beauty Bar & Boutique is a little bit different from most salons. Tara Cameron is the main owner of Luminous, and Ashley has her own space within. Even being her own separate business, they all consider themselves a team of equals. Within Luminous, Ashley has her separate business called 902 Lashes. Let's discuss this further!

Ashley is a BC girl, born and raised, and her husband hails from Montreal. "Our journey here was a leap of faith so to speak" Ashley says. "Fuelled mostly by our desire to relocate somewhere quieter and laid back. Somewhere with a strong sense of community where we could put down roots and grow as a family. A series of fortunate circumstances brought us to Grand-Pré, we purchased our dream home, and we've never looked back! We are very proud to call Nova Scotia home."

Ashley was always passionate about the beauty industry. She feels that helping people feel good about themselves is very empowering and it was that passion that motivated her down the path of aesthetics. After completing her education she continued to take advanced training courses to broaden her knowledge and build her skill set. And although she is trained in medical aesthetics, skin care, and laser hair removal, her true passion is providing lash extension services.

2020 has certainly been a tough year on businesses and residents here in the Valley, and when asked how a new business is coping

and thriving, Ash answered, "Being busy entrepreneurs with young families of our own we knew all too well the challenges that we and other female business owners are faced with daily. That was one of the driving forces for the creation of Luminous and remains one of our guiding principles: striking that balance between professional and home life. I am thrilled to be part of a supportive and healthy work environment and I believe that this environment is apparent to anyone who walks through our door and our goal is to allow all of our guests to feel comfortable, and empowered by other women! We really love to build each other up and that's what's made us successful!"

Ashley's focus for the next while will be to grow and expand her business here in Wolfville. And although her plate is quite full fulfilling this current goal, she will never shirk her love of community, family, and friends. Her future ambitions are to branch into educating in the beauty industry and she hopes to share her passion and knowledge for this industry with others in this field.

To contact Ashley simply pop into Luminous Beauty Bar at 303 Main Street, Wolfville (site of the old Exit Realty Building, close to Willow Park) or find her on Facebook at 902 Lashes at Luminous Beauty Bar. The entire Luminous team is excited to meet, greet, seat, and beautify the Valley! Enjoy and support local! 🍷

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TICKET GIVEAWAY

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

ValleyEvents.ca

Kentville Business Community & The Town of Kentville Presents

Under the Gazebo

- Thurs, August 27 @ 7pm** **Kentville DRUMS** West-African drumming workshop with Djuggjug Ensemble. Use a drum provided or bring your own!
- Thurs, September 3 @ 7pm** **Kentville PAINTS** Celine Gabrielle will instruct participants on how to paint a whimsical fish. Pre-registration required.
- Thurs, September 10 @ 7pm** **Kentville PERFORMS** A community open mic with Ryan Roberts and friends.
- Thurs, September 17 @ 7pm** **Kentville LAUGHS** Enjoy a family friendly movie on a big screen under the stars!
- Thurs, September 24 @ 7pm** **Kentville SINGS** The Sundries will be playing toe-tapping tunes in the Square!
- Thurs, October 1 @ 7:30pm** **Kentville SCARES** Jerome the Gravekeeper will be joined by Kentville ghosts to share stories of Kentville's dark past.

All events are **FREE** and take place in Kentville's Centre Square.
Please respect social distancing, and only sit at picnic tables in your bubbles.

For inquiries, contact info@kentvillebusiness.ca

All School Staff 15% off for the month of September

A small token of our appreciation for all your commitment and dedication to our younger generations!

This offer applies exclusively to school staff, so to confirm we will ask for your School ID when you visit us.

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#WolfvilleVotes2020

Elections are your chance to have a say in who represents you and your interests in the Town!

By the beginning of October, residents on the Electoral List will receive a letter that explains how to vote via the internet and telephone in the October Municipal Elections. Only those on the Electoral List will receive a letter and we are encouraging anyone who thinks they may not be on the list to contact the Returning Officer or Assistant Returning Officer as soon as possible.

You can Vote by:

- Using the internet or a telephone, 24-hours a day, from wherever you have access, from October 8th – 8.30 am, through to October 16th – 8pm. We encourage electors to stay home, stay safe, and vote!
- Attending one of the 2 Advance Polls – October 8th and October 13th, 8.30 am – 8 pm at the Lions Hall, Elm Avenue. Electors will be able to come in either of those days and vote using the computers and telephone provided and staff will be there to assist anyone that needs help. Masks and physical distancing will apply.
- Voting with a paper ballot in person on Saturday October 17th, 2020, 8 am – 7 pm, at the Lions Hall, Elm Avenue. Masks and physical distancing will apply.



In order to be eligible to vote:

- You must be 18 years or older on the first advance polling day (October 8)
- You must be a Canadian citizen on the first advance polling day (October 8)
- You must have been ordinarily resident in Nova Scotia for at least six months immediately preceding the first advance polling day (from April 7)
- you must be a resident of the Town of Wolfville since immediately before the first advance polling day (from October 7)

For more information or to check if you are on the list contact
vpearson@wolfville.ca or abrown@wolfville.ca

2020 Municipal Election Candidates for Wolfville:

Mayoral Candidates:

Wendy Donovan
Carl Oldham

Councillor Candidates:

Mercedes Brian
Mike Butler
Wendy Elliott
Simon Greenough
Jennifer Ingham
Jodi MacKay

Isabel Madeira-Voss
Oonagh Proudfoot
Suzanne Stewart
Nicholas Tan
Margaret Witney

CSAP Candidate:

Hélène Lavigne - Acclaimed

Further info available at: wolfville.ca/Municipal Election



The Town of Wolfville was officially designated as a Cittaslow community in April 2016!

To be designated, a community must fulfill over 50 criteria addressing environmental protection and healthy lifestyles, support for local products, agriculture and artisans, community engagement, social justice, celebration of and respect for local culture, heritage and traditions, and the thoughtful development and use of technology for sustainability and community well-being.

Cittaslow Sunday - Sept 27th

Is a day to celebrate slowly!

Explore our community with intention and an eye for all things local!

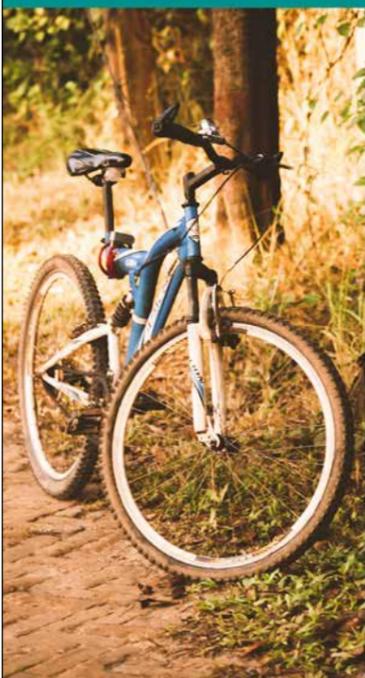
Support local businesses, share gratitude with community members, and take in the natural beauty that surrounds us.

Thank you Wolfville!



Mountain Biking for Women and Girls

Hosted by Trail Flow



Saturday, October 3rd

From 2 - 5pm
Meet at Wolfville Rec Centre
7 Victoria Ave.

Come together on the Reservoir Park Mountain Biking Trails for a fun opportunity! Hosted specifically for women and the special younger women in their lives to spend some time together and try something new!

Open to all experience levels
Bikes available upon request
FREE to participate

Space is limited!
Email recreation@wolfville.ca to register today!

Parks and Recreation Department
902-542-3019 | recreation@wolfville.ca

Upcoming Public Meeting Dates



September 14 - 4:30 pm
Accessibility Advisory Committee Meeting

September 15 - 10:00 am
RCMP Advisory Committee Meeting

September 15 - 6:30 pm
Town Council Meeting

September 17 - 4:00 pm
Planning Advisory Committee Meeting

October 5 - 2:30 pm
Environmental Sustainability Committee Meeting

October 27 - 6:30 pm
Town Council Meeting

November 3 - 8:30 am
Committee of the Whole Meeting

*** All Committee Meetings will continue to be virtual. Please continue to follow our social media and website for contact information regarding virtual links.***

FEATUREPRENEUR: (RE)FRESHEN UP!

Genevieve Allen Hearn

We have certainly seen a trend in the retail scene lately—a number of home design shops are springing up around the Valley. We think it's great timing, as folks are spending more time staying close to home! With so many options, buying ethically-made items for the home from locally-owned stores has never been easier. ReFresh Home and Design is the newest addition, located in Wolfville. Owned by Melisa Yale, the store focuses on clean, minimalist design and functionality. With holiday shopping around the corner, this shop may be exactly what we need right now!



The Grapevine (GV): What got you interested in home design?

Melisa Yale (MY): I have always had passion for art, fabrics, colour, and design. I took a few courses in design over the years and finally decided, at 52 years of age, to “do what makes you the happiest,” so here I am! Over the years my husband and I have successfully renovated four homes ourselves, and that has expanded my design experience immensely.

GV: What is the philosophy of your store? What should customers expect to find?

MY: The philosophy of the store is to *Rethink, Remodel and Repurpose*. I wanted to bring to Wolfville a store that was full of natural elements such as sea grasses, woods, linens, cottons, ceramics, felt, and metal, and to also provide a venue for local artisans to show their wares. Covid-19 has made us all stop, step back, and realize the importance of our lives, family, and buying power.

I hope this store helps people *rethink* their own buying power, to shop local and support local artists and businesses, and not so much the large chain stores. We need to know where the product is made, how is it made, and what is it made of. These questions can help us choose wisely for the environment, sustainability, and supporting fair trade. You will not find brands of any specific kind at our store, that is not what we are about.

We all need to *remodel* our homes to be healthy, clean, cozy, and practical for us and our families. ReFresh Home and Design has brought in home goods that are locally hand-made, Canadian and European.

Repurpose is also a huge part of our philosophy. Why make more waste? I have carefully chosen companies and artisans that are repurposing items such as locally-made metal art by Heather Lawrie-Morse, repurposed textiles into kimonos by Ellemairco from Toronto, refurbished and repainted furniture by Re.Defined from Kentville, and locally repurposed old jeans and material into aprons by Meeb. We hope to bring in more locally-made items over time. When you come to visit, we are giving out wildflower seeds to plant next year in the spring to give back to the bees and insects.

GV: What is your advice for folks who are interested in starting a business in the Annapolis Valley?

MY: Starting a business anywhere, whether Annapolis Valley or not, takes hutzpah. It is a lot of time, energy, sweat and tears. But if you are truly passionate, I then say listen to your heart and consider the three C's of Life: *Choices, Chances and Changes*. You must make a choice to take a chance or your life will never change.

GV: Do you have any shopping etiquette tips during Covid-19 times you'd like to share?

MY: Shopping etiquette for Covid-19 should always be patience and kindness!



ReFresh Home and Design is located at 360 #21 Main Street, Wolfville. For more information visit refreshhomeanddesign.com.

CLUNY MAHER: THE HOUND IS LOOSE

NOVA SCOTIA LANDSCAPES IN OIL, WATERCOLOUR, AND GRAPHITE

Submitted

Cluny Maher: *The Hound is Loose* is currently on view at Harvest Gallery in Wolfville. The show runs until October 11.

Cluny Maher was born in 1941 in Frampton, Dorchester County, south of Quebec City in the province of Quebec. After receiving a Bachelor of Arts (1963) and a Bachelor of Education (1964) from Loyola College in Montreal, he taught for twelve years in the public school system. In 1973 he received a Bachelor of Fine Arts from Sir George Williams University (Concordia).

In 1977 he moved to Nova Scotia with his family and a year later settled in Tupperville in the Annapolis Valley. This beautiful rural landscape continues to be an inspiration. He has exhibited and sold his work in several locations throughout the world. He continues to live in Tupperville with his wife, Elizabeth and their two cats.

“For the past 40 plus years I have travelled throughout rural Nova Scotia, especially in the Annapolis Valley, attempting to capture the gentle beauty that abounds. Nova Scotia does not have the Rocky Mountains, the Grand Canyon or Niagara Falls, yet visitors keep returning to experience its seductive beauty.”

Cluny counts himself as privileged, not only to live here, but to spend his time on the back roads in pursuit of the elusive magic revelation which is always around the corner or over the next hill. “Across stream and field I go...as my wife Elizabeth says, “the hound is loose!”

“Through my painting I am attempting to express, in a personal way, my reaction to the



landscape in which I live. It is my hope that each painting captures a bit of the visual excitement, at times dramatic but more often of a quiet pastoral nature which abounds in rural Nova Scotia. The old homesteads and wooden barns and the uncluttered vistas and twisting country roads are a dwindling resource along the eastern seaboard of our continent.

His landscapes have been attributed with tender, meditative qualities. They glow. Softly dramatic and passionate in their interpretation, the paintings evoke a feeling as much as a place in time. Thoughtful brushstrokes are applied with a deep understanding. We are captivated by those universal moments that are the very essence of the rural landscape. Rich oils, wonderfully fluid watercolours and skillful graphite drawings—this is the art of the pre-eminant painter, Cluny Maher.



September 12 – October 11
Harvest Gallery, Wolfville
For more information:
galler@harvestgallery.ca

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Left to right: The Basin Brothers at New Scotland Yard studio, Sarah McInnis, The Gilberts, and Heather Kelday

Photos submitted by the musicians featured, unless otherwise noted

IN PHOTOS: MAKING MUSIC IN THE NEW REALITY

It's no secret that the last few months have been especially challenging for musicians. We caught up with a selection of talented Valley players to find out how they've been making their music during a time when shows have been limited and touring has been impossible, and to share their plans for the future with our readers. We are so lucky to have so many amazing folks making music in this Valley.

The Basin Brothers

The Basin Brothers have been working on a new album with Thomas Stajcer at the New Scotland Yard studio in Dartmouth (shown here), a follow-up to their 2017 *Country Paranoid* release. The new album should be ready for release as a send off to 2020. Their annual North Along the Shore Jamboree was cancelled this year, but they are hopeful for its return in 2021. For more information visit thebasinbrothers.com

Sarah McInnis

"This summer has been a strange one, especially when I look back at last year when myself and so many of my musician friends were playing shows here, there, and everywhere. While it has been a quiet summer in terms of performing, the shows I have taken part in have reminded me of the resiliency of the music community. I took part in a couple of online concerts, facilitated respectively by songwriters Ellen Torrie, Kristen Martell, and Darrel Cameron. I also had the chance to play what would be my only in-person gig through Kim Barlow's Kitchen Party Series, where I was able to accompany Chris Robison on a few of his tunes; these shows also allowed for some fun jams with fellow musicians and community members alike. I think music is like water in a lot of ways—it will find a way through any stone wall that stands in its way. Thank you to the organizers and musicians that made music happen this summer. Music will always exist when people gather, create, and collaborate. There is power there."

The Gilberts

"The Gilberts were set to enter the studio to record a debut album in March but Covid-19 caused us to pivot and decide to record the album at home. We had quite a lot of media coverage, including on Global News. We pushed ahead with the album, titled *Tell Me*, and it's set for release November 2020! The first single 'Not Always' is out now. It's a song offering hope in these challenging times. You can hear it and download it for free at our website thegilbertsband.com. It has been warmly received and featured on NPR syndicated stations in the United States. We were also pleased to be featured in the Deep Roots 2020 COVID Concerts series, and to perform at a Full Circle event at the Avondale Sky Winery."

Heather Kelday

"Wonderful to be part of such a supportive musical community here in the Valley. I enjoyed playing a few virtual concerts, one with the Deep Roots Music Co-op, and some special outdoor concerts hosted by Music In Communities, spearheaded by Kim Barlow. Looking forward to shows at Avondale Sky with Full Circle Festival and a community campfire with Kentville Recreation later in September. I have always LOVED playing outdoors so this is my kind of jam! I hope we can continue to find ways of being together and sharing music."

Maxwellton

Maxwellton, a local cover band playing everything from Jenn Grant to Bahamas, had plans to gig around the Valley and Halifax this spring and summer. As gigs started to become few and far between due to the pandemic, virtual online shows and outdoor performances became the band's main musical outlet. Trying to remain musically active, Maxwellton kicked off sharing their music at a distance by visiting a good friend and serenading him from his driveway, to then delivering a 'Happy Birthday' telegram to a grandmother from her granddaughter. They were honoured to put together a video for the Deep Roots Virtual Concert Series, featuring incredible artists, both locally and from away. The Acadian Festival in Clare also invited Maxwellton to take part in a virtual online series, that featured artists on a Facebook live during lunch hour. Kingsport Kitchen parties that took place outside were a welcome introduction back to the live music scene, and Christiane and Melissa have currently been busy singing backup vocals in studio for local artists putting together projects. The group looks forward to pursuing their musical endeavors as solo artists, each writing and creating their own music. They will continue to play shows as Maxwellton at local venues, and look forward to when music can be shared together once again!

Kim Lake

"I spent the spring shifting the gears of Full Circle Festival to move it online for its annual June festivities. I'm currently organizing a series of musicians to perform at Avondale Sky Winery during the month of September as a continuation of Full Circle's efforts to support local music. I've also spent this time working on my own material, writing new songs and recording my debut full-length album, which will be released later this year."

Kim Barlow

"This is a picture of me playing at the Canning Kitchen Party Finale, with Mohammad Sahraei. It was the first time playing live with Mohammad since our tour got cut short in

March. We performed with Rae Spoon in Yukon and Alberta and were supposed to go on to Ontario and Quebec but we came home instead. In March, April, and May, I home-schooled my kids and played nothing but classical guitar etudes to soothe my worried mind. In June, I got new energy and started salvaging my plans for the Canning Kitchen Party, putting all the shows outside in spaces where it was easy to keep physical distance and fresh air flowing. We put on thirteen shows, with twenty-six different musicians/groups, and audiences got a chance to hear live music again for the first time in months, and even dance! We had jam sessions after many of the shows. Hearing people sing together again was one of the best things ever. Now that the series is done, I'm taking a breather and looking forward to focusing on writing and practicing. I'm also excited to announce I just received a grant from Canada Council for the Arts to host improvised music events. The Music In Communities Co-op will also run youth music workshops. I'm determined to find safe ways to keep music in our community this winter, for our mental health and happiness."

Ken Shorley and Sahara Jane

"Ken Shorley and I returned home from India in mid-March to find out that our Canadian tour had to be cancelled due to Covid-19. So we settled into our A-frame studio home, took long walks, and connected with the nature around us. Eventually, a live performance on CBC's Mainstreet rebooted our energy, and some amazing organizations locally stepped in to provide places to play and keep the music alive. Special thanks to Kim Barlow from the Canning Kitchen Party, Hal Broland from The Osprey Arts Centre in Shelburne, and Dave Carmichael and the team at Deep Roots Music Festival for keeping us playing this past month. We are so grateful for everyone supporting live music and keeping the joy alive! We feel so blessed to be here in the Valley during this time and are currently working on some recordings and some video projects. You can keep up with our music on youtube.com/saharajane and youtube.com/kenshorley

Cristian Quirivan

"Since March, I've been playing music by myself, trying to discover new sounds and getting some progress with new tunes. All this work has been mostly at home, however, I had the opportunity to play at The Canning Kitchen Party and Wolfville Farmers' Market in August. I had so much fun and it was lovely and pretty much healing to be able to see and play for the community again. I will be filming a 25 minute performance along with Mika Francis, for the Deep Roots Festival. It's

Mi'kmaq music and I will be playing the pipes, woods flutes, and the charango while she is singing and playing the drum."

Terra Spencer

"Back in March, when quarantine kicked into gear at our house and the music calendar quickly evaporated, I had an impulsive idea to host an online show from our basement. Not a concert, *per se*, but a fun little time in the spirit of Mr. Dressup meets Tommy Hunter meets late night talk shows. My family (pets included) were the guests on *Blanket Fort Tonight*, which aired for 15 episodes of songs, games, viewer contests, and Happy Birthday Handwashing.

The extra time at home was spent enjoying my family, cooking up unusually hearty meals, and a new album, *Chasing Rabbits*, which will make its way into the world in November. I have been so thankful for hardworking people like Kim Barlow of Music In Communities and Peter Mowat Of Deep Roots who have made outdoor summertime shows possible here in the Valley; it is a such a joy to play in person with other musicians again for real live people!

Gina Burgess

"I'm a violinist/fiddler from Windsor NS. Before Covid-19 I was a full-time touring musician with the band The Jerry Cans (based in Iqaluit), and since have settled full-time here in Windsor. Since Covid-19 I have been making little cover videos (my quarantine series), working on orchestrating an operatic piece for small ensemble and voice, as well as finishing my debut solo album, *ISNOW*, that will be out this fall or winter depending. I've also been teaching violin and yoga, gardening, and swimming."

Jesse Griffith

"Last year, I performed for 90 consecutive days in the camera obscura in Cheverie. An installation, practice, performance, and experience where I explored many themes and subjects as I maintained a blog (wandarian.com/blog-2019) and eventually put out another record (*CONCERT OBSCURA 2019*). This year, I recorded and mastered an entire album that I chose to shelve, and then rerecorded at the Deep Hollow space, which I'm just finishing mixing to be released shortly. It is a culmination of everything I do and strive towards. The stillness of motion, the labour of love of farm work, improvisation, and composition. I also play in the Basin Bros. and we're busy finishing up a brand new double album, as well as playing with Kim Lake. I've been involved in that record and am incredibly stoked for that to come out soon!" 🌱



Left to right: Kim Lake, Kim Barlow and Mohammad Sahraei (photo by Kimberly Smith), Gina Burgess, and Cristian Quirivan

Photos submitted by the musicians featured, unless otherwise noted

THURSDAY, SEPTEMBER 17

Breast Quest Dragon Boat Society – Lake Pisiquid, Windsor. Mon & Thurs • Due to covid restrictions, paddling is postponed until we get directions from Health Canada and Dragon Boat East. **INFO:** President: Margot Bishop, margotwithat@hotmail.com

Under the Gazebo KentvilleLaughs! – Centre Square, Kentville 7-9pm • Cozy up with a blanket and enjoy a movie under the stars. Free to attend and family-friendly! **TIX:** no charge **INFO:** info@kentvillebusiness.ca

FRIDAY, SEPTEMBER 18

Hot Dog / Sausage BBQ! – Rockwell Home Hardware, Kentville NS 11am-1:30pm. **ALSO Sept 25** • Hot Dog and Sausage Bar B Que **TIX:** Hot dog and drink -- \$3 Sausage and drink -- \$5 **INFO:** 902-680-2740 / vintagemusic1@hotmail.com

Working From Home – PeopleWorx, Coldbrook NS 1-2pm. **ALSO Sept 25** • An online workshop with helpful tips on how to make working remotely from home much easier. Email to register. **TIX:** no charge **INFO:** rspears@peopleworx.ca

John Tetrault brings That Friday Feeling! – Winegrunt Wine Bar, Windsor 7-9pm **TIX:** no charge **INFO:** 902-472-2863 / info@winegrunt.com

Bridge & Wolak Digital Concert – Festival Theatre, Wolfville • This is a streamed concert featuring Bridge & Wolak's "Bach to Benny Goodman" performance, recorded in July 2020 at the Isabel Bader Centre for the Performing Arts in Kingston, ON. **INFO:** 1-800-542-TICK (8425) / pas.acadiou.ca / debutatlantic.ca

Jam Session – Parker Hall, 9 Pond Rd., Victoria Vale 7-10pm. **ALSO Oct 2** • Welcome to musicians, singers and audience. 50/50 Draw and lunch. **TIX:** \$2 Min. per person **INFO:** 902-825-6413 / s.brinton@eastlink.ca

SATURDAY, SEPTEMBER 19

North Mountain Market – North Mountain United Tapestry, Harbourville 9am-1pm. **ALSO Sept 26, Oct 3 & 10** • Come and support the growers of local fruits, vegetables, berries, herbs and flowers, fresh, locally-produced baked goods, preserved and prepared foods, fresh, locally-roasted coffee and a wide variety of arts and crafts by local artists and artisans. **TIX:** no charge **INFO:** unitedtapestry@gmail.com

Safe Summertime Outdoor Market – Farmers Market, Wolfville 9am-12pm. **Every Saturday!** • An awesome variety of vendors, lots of smiles and a safe environment. **TIX:** no charge **INFO:** communications@wolfvillefarmersmarket.ca

Color Run 2020 – Webster's Farm, Cambridge 12pm • The Color Run is a 5 kilometer paint run, inspired by the Hindu festival of Holi. Complete the run at your own speed and have fun! **TIX:** no charge **INFO:** mfrancis@avfn.ca

Deep Roots COVID Concert – Ryan Roberts, Mika Francis & Rachel Whitney with Cristian Quirivan – Deep Roots Festival Tent, Wolfville 3-5pm • Featuring Ryan Roberts, Mika Francis & Rachel Whitney with Cristian Quirivan. **TIX:** no charge **INFO:** 902-670-2361 / info@deeprootsmusic.ca

Lions Ham & Potato Scallop Supper – Lions Club, Kentville 4:30-6pm • Ham & potato scallop supper **TIX:** \$15 adult, \$8 children ten and under **INFO:** 902-679-2367 / vintagemusic1@hotmail.com

The Haley/Easley Duo – Winegrunt Wine Bar, Windsor 7-9pm • Gordie Haley and Tom Easley play Winegrunt Wine Bar. No cover. **TIX:** no charge **INFO:** 902-472-2863 / info@winegrunt.com

SpeakEasy – Community Hall, West Brooklyn 7-10pm • Join us for an evening of live music! Come and enjoy our infamous SpeakEasy atmosphere, oh so danceable live music, and feature cocktails and snacks! COVID-19 rules apply. Remember to wear your mask! **TIX:** \$5 **INFO:** 902-680-2772

Lennie Gallant Gala Fundraiser – Kings Theatre, Annapolis Royal 7:30pm • Dust off your spiffy duds and designer face mask because, pandemic or no, we are having a party! Join us for an amazing concert with one of Canada's foremost performing songwriters, Lennie Gallant and his trio, opened by popular local singer-songwriter David Chamberland. Included in your ticket is a signature cocktail by Still Fired Distilleries, an amuse bouche from Founders House, and a sweet treat from Arch & Po Bakery. There will be a Silent Auction of fine art from galleries in Annapolis Royal, and lots of door prizes! **TIX:** \$100 per ticket **INFO:** 902-532-7704

Karaoke – West Side Charlies, New Minas 9pm-12am. **ALSO Sept 26** • Come & enjoy **TIX:** no charge **INFO:** 902-681-9378

SUNDAY, SEPTEMBER 20

Farmers' Market – Victoria Park Bandstand, Windsor 10am-1pm. **ALSO Sept 27 & Oct 4** • Join us for the best of local farmers, crafters and artisans. Coffee and tea available on the gazebo to go with the tasty treats from our baker. Please respect social distancing while visiting the market **TIX:** no charge **INFO:** 902-579-7652 / acfm.market.manager@gmail.com

Wolfville Summer Concert Series - Sarah Pound + John Ebata – Waterfront Park, Wolfville 2-4pm • We have added three more dates to the 2020 Wolfville Summer Concert Series! Sarah Pound and John Ebata will perform at the Waterfront Gazebo. **TIX:** no charge **INFO:** 902-542-3019 / recreation@wolfville.ca

Kim Dunn Concert – North Mountain United Tapestry, Harbourville 7-8:30pm • North Mountain United Tapestry welcomes back multi award winning musician Kim Dunn. Advance tickets only. Masks are mandatory inside. Outdoor cafe counter with hot and cold drinks and delectable treats. Music by the Bay! **TIX:** \$20. Advance tickets only! **INFO:** 902-538-7923 / unitedtapestry@gmail.com

MONDAY, SEPTEMBER 21

Resume Tips – PeopleWorx, Coldbrook NS 1-2pm. **ALSO Sept 28** • A free online workshop to help you create or update a great resume. Contact to register. **TIX:** no charge **INFO:** rspears@peopleworx.ca

Outside Gospel Variety Concert – Christian Fellowship Centre, Wilmot 1pm • Sit in the shade or listen in your car on FM 59.3. Bring your own snack. Rate date: Monday, Sept. 28. **TIX:** no charge **INFO:** 902-765-2386 / wilmotbaptist@gmail.com

TUESDAY, SEPTEMBER 22

Coffee & Tea Social – Community Hall, White Rock 9:30-11:30am. **ALSO Sept 29** • Wolfville Legion is closed for renovations so please join us for Coffee/Tea/Sweets at the White Rock Community Hall. Everyone welcome. **TIX:** \$2 **INFO:** 902-542-5869 / wolfvillelegion@gmail.com

Tuesday Tunes – Centre Square, Kentville 11:30am-1:30pm. **ALSO Sept 29** • lunchtime music **TIX:** no charge **INFO:** 902-680-2740 / vintagemusic1@hotmail.com

Job Search – PeopleWorx, Coldbrook NS 1-2pm. **ALSO Sept 29** • An online workshop to help you with your job search efforts. Email to register. **TIX:** no charge **INFO:** rspears@peopleworx.ca

Celebrate Recovery – New Hope Wesleyan Church, Kentville 7-9:30pm. **ALSO Sept 29** • A faith based 12-Step program for all who need help with hurts, habits & hangups. Are you struggling with broken relationships, stress, anger, fears, addictions? All welcome. Please wear a mask & maintain social distancing. **TIX:** no charge **INFO:** 902-678-2222

WEDNESDAY, SEPTEMBER 23

Interview Skills – PeopleWorx, Coldbrook NS 1-2pm. **ALSO Sept 30** • An online workshop to help you prepare for your next job interview. Email to register. **TIX:** no charge **INFO:** rspears@peopleworx.ca

Coyote Classroom Nature Program – Community Center, Black Rock 9:30-1:30pm. **ALSO Sept 30, Oct 7 & 14** • Coyote Classroom is a weekly, outdoor nature program for kids aged 7-11 years. **TIX:** \$245 per child (includes 6 sessions) **INFO:** valleyflyingsquirrels@gmail.com

THURSDAY, SEPTEMBER 24

Ghostly Bubble Sit Down Show – Location TBA, 6:30pm • Outside, socially-distant Ghost Walks show. Bring a blanket, lawn chair, and bug spray. **TIX:** \$50 (2 tickets), \$90 (4 tickets), \$125 (6 tickets) includes HST and fees; Ticketpro.ca **INFO:** 902-692-8546 / info@valleyghostwalks.com

Under the Gazebo KentvilleSings! – Centre Square, Kentville 7-8pm • The Sundries will be playing some toe-tapping tunes at this FREE outdoor community concert! Come with a lawn chair, or sit with your bubbles at a picnic table provided. **TIX:** no charge **INFO:** info@kentvillebusiness.ca

FRIDAY, SEPTEMBER 25

Jill & Jade bring That Friday Feeling! – Winegrunt Wine Bar, Windsor 7-9pm • Jill & Jade bring that Friday Feeling to Winegrunt! **TIX:** no charge **INFO:** 902-472-2863 / info@winegrunt.com

SATURDAY, SEPTEMBER 26

Plant and Book Sale – Merritt Gibson Library, Canning 9am-12pm • Used books and plant sale! Seeds, bulbs (including garlic) and home-made preserves available as well. Cash or debit/credit through tap. Please wear masks and maintain social distancing. Rain date: Sunday, Sept. 27 **TIX:** no charge **INFO:** 902-582-7699 / canninglibrary@gmail.com

Artisan & Craft Market – County Fair Mall (old Sears location), New Minas 10am-5pm • 2nd Annual Artisan & Craft Market for The Advocate for Angels in Motion fundraising Society. Masks are required. **TIX:** \$2 **INFO:** 902-915-7667 / events@advocatesforangelsinmotion.com

Mad Science: Air Pressure – AVRL Virtual Program Space, Berwick 11am-12pm • This 45-minute Zoom presentation will introduce kids to the concepts of high and low pressure that make vacuums work and allow planes to fly. Children will get to check out our Air Zooka, our mini-rockets, and watch Atomic Ambyr send her friend Eggbert back into his Erlenmeyer home. Kids can even take part in a few activities with items easily found around their homes (a list of items will be provided). Registration is required. Please provide an email address. Deadline to register is September 25th. Once registered, you will receive information on how to join the Zoom meeting. You will require either a computer, tablet, or smartphone with audio and video capabilities. **TIX:** no charge **INFO:** valleylibrary.ca

Deep Roots COVID Concert #10 – Deep Roots Festival Tent, Wolfville 3pm • An online show (instead of the annual Deep Roots Music Festival) – including the presentation of the 2020 Valley Arts Award. **TIX:** no charge **INFO:** 902-670-2361 / info@deeprootsmusic.ca

The Chris Robinson Guitar Collective – Winegrunt Wine Bar, Windsor 7-9pm • The Chris Robinson Guitar Collective plays Winegrunt! **TIX:** no charge **INFO:** 902-472-2863 / info@winegrunt.com

SUNDAY, SEPTEMBER 27

Hike for Valley Hospice – Valley Hospice, Kentville 1:30-4pm • Annual Hike for Hospice will start at the new Valley Hospice and go to Miners Marsh. Sign up online and start fundraising to help the Hospice! **TIX:** Donation **INFO:** 902-679-3471 / info@valleyhospice.ca

WEDNESDAY, SEPTEMBER 30

Church Conflict and Social Ethics in a Maine New Brunswick Borderlands Community – Acadia Divinity College, Wolfville 7-8:30pm • Join us live online for Dr. Hannah M. Lane's presentation on "Church Conflict and Social Ethics in a Maine-New Brunswick Borderlands Community". **TIX:** no charge **INFO:** 902-585-2223 / melody.maxwell@acadiou.ca

THURSDAY, OCTOBER 1

Dave Gunning – Up Against The Sky – Sea-Esta, Canning (Delhaven) 7-10pm • Dave Gunning returns with his latest collection of songs from Up Against The Sky. Evening of song and stories located at an acoustic jewel by the sea! **TIX:** \$30. Reservations recommended. **INFO:** 902-692-1662 / soundconnectionstherapy@gmail.com

Under the Gazebo KentvilleScares! – Centre Square, Kentville 7:30-9pm • Jerome the Gravekeeper will be joined by Kentville ghosts to share stories of Kentville's dark past. Bring a blanket! **TIX:** no charge **INFO:** info@kentvillebusiness.ca

FRIDAY, OCTOBER 2

Berwick Virtual Book Club – AVRL Virtual Program Space, Berwick 10-11am • This month we'll be discussing Washington Black by Esi Edugyan. You can download a copy online or call the Berwick and District Library to reserve a copy. You will require a computer, tablet, or smartphone with audio and video capabilities, and a Zoom account. **TIX:** no charge, but please register. **INFO:** valleylibrary.ca / 902-538-8060

Ghostly Bubble Sit Down Show – Location TBA, 6:30pm • Outside, socially-distant Ghost Walks show. Bring a blanket, lawn chair, and bug spray. **TIX:** \$50 (2 tickets), \$90 (4 tickets), \$125 (6 tickets) includes HST and fees; Ticketpro.ca **INFO:** 902-692-8546 / info@valleyghostwalks.com

SATURDAY, OCTOBER 3

Ride for Refuge – Annapolis Valley Area, Annapolis Valley 9am-6pm • Ride for Refuge in support of Portal Youth Outreach association's youth programming, housing options and emergency fund. This year there are many teams to join and many activities to do – not just walking and riding. Join a hiking team, canoeing team, dancing team, and many others! This is about raising awareness that youth homelessness exists in the Annapolis Valley and that the Portal is trying to raise \$20 000.00 to go towards youth programming, housing options and the emergency fund. **TIX:** Donation **INFO:** portalyouth.ca / 902-365-3773 / portalyouthcentre@gmail.com

4.48 Psychosis play performance – Waterfront Park, Wolfville 6:30-8pm • Caravan Theatre tours the critically-acclaimed play, 4.48 Psychosis. Lyrical yet raw, grim yet humorous, the play beautifully expresses ugly truths: stigma related to mental health and suicide and the longing for self-esteem and support. **TIX:** Pay-What-You-Want (\$5, \$10, \$15, \$20). Online (brownpapertickets.com) or at performance **INFO:** 902-680-8786 / caravantheatrens@gmail.com

THURSDAY, OCTOBER 8

Storytime Zoom – AVRL Virtual Program Space, Berwick 9:30-10am. **ALSO October 15** • Each week, we will sing songs, share books, and more! Join from your own home for 30 minutes of library storytime fun with your friends from AVRL. You will require a computer, tablet, or smartphone with audio and video capabilities. **TIX:** no charge, but registration is required. **INFO:** valleylibrary.ca / 902-538-8060

Ghostly Bubble Sit Down Show – Location TBA, 6:30pm • Outside, socially-distant Ghost Walks show. Bring a blanket, lawn chair, and bug spray. **TIX:** \$50 (2 tickets), \$90 (4 tickets), \$125 (6 tickets) includes HST and fees; Ticketpro.ca **INFO:** 902-692-8546 / info@valleyghostwalks.com

SATURDAY, OCTOBER 10

Harry Potter Trivia Night – AVRL Virtual Program Space, Berwick 7-8pm • A virtual Trivia Night that features the Wizarding World of Harry Potter and friends. Join in costume, sit back with a mug of butterbeer, and test your HP knowledge! The game will be held on Zoom, via Kahoot. You will require a computer, tablet, or smartphone with audio and video capabilities. Registration is required, and then instructions will be sent to you. Prizes for the top three Trivia Masters plus prizes for Best Costumes! Registration deadline: October 8. **TIX:** no charge, but registration is required. **INFO:** valleylibrary.ca / 902-538-8060

WEDNESDAY, OCTOBER 14

Trivia Night: Terrifically Terrifying Trivia – AVRL Virtual Program Space, Berwick 7-8pm • This month's trivia theme will be All Things Spooky! Ages 18 and up. You will require a computer, tablet, or smartphone to view the questions and clues via Zoom, to submit your answers via the Kahoot! app or website. Registration is required. Once registered, you will receive instructions for the apps. Prizes for the top three Trivia Masters! Registration deadline: October 12. **TIX:** no charge **INFO:** valleylibrary.ca / 902-538-8060

THURSDAY, OCTOBER 15

Third Thursday Social – Library, Windsor 2-4pm • Listen local. Join us for some easy listening entertainment provided by local musicians, while you read, browse, do the puzzle, or just relax. Coffee & tea & light refreshments. **TIX:** no charge **INFO:** valleylibrary.ca / 902-798-5424

EXHIBITS

"Broken and Beautiful" – Round Hill Studio, 280 St. George Street, Annapolis Royal. Sept 18-Oct 15 • Sandra Pedersen explores both the very painful experience of loss and yet, shows the profound, beautiful feelings of Love. **INFO:** 902-955-0365 / roundhillstudio.com / facebook.com/roundhillstudio

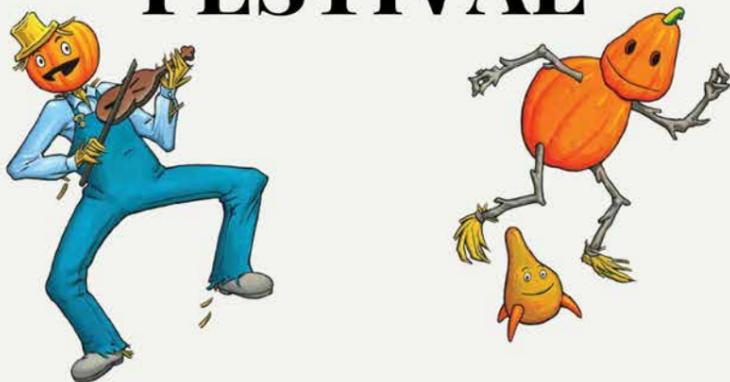
Bonnie Baker – Harvest Gallery, 462 Main St., Wolfville. Through Sept 27 • AFTERMATH: An Informal Cyanotype Survey of Wastelands, Wastebins, Waysides & Tidal Zones. Masks are required. **INFO:** 902-542-7093 / harvestgallery.ca

Cluny Maher – Harvest Gallery, 462 Main St., Wolfville. Sept 12-Oct 11 • THE HOUND IS LOOSE: Nova Scotia Landscapes in oil, watercolour & graphite. Masks are required. **INFO:** 902-542-7093 / harvestgallery.ca

Brad Hall & Drew Klassen – Harvest Gallery, 462 Main St., Wolfville. Oct 3-Nov 1 • Masks are required. **INFO:** 902-542-7093 / harvestgallery.ca

Kentville Lodge No. 58 Commemorating 150 Years of History: 1870-2020 – Kings County Museum, 37 Cornwallis Street, Kentville. Through Dec 18 • Celebrating 150 years of the Kentville Masonic Lodge. Including items from the Shriners, Eastern Star, and Daughters of the Nile. Guided tours by appointment only. **INFO:** 902-678-6237 / facebook.com/kingscountymuseum

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OCT 3-30 2020

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Closed on Saturday



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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!

GHOSTLY BUBBLE Sit Down Shows

September 24, October 2 & October 8 @ 6:30pm
location TBA

FOR TICKETS: Ticketpro.ca and Ticketpro outlets
MORE INFO: 902.692.8546 | jerome@valleyghostwalks.com
VALLEYGHOSTWALKS.COM

ROCK & ROLL IS HERE TO STAY: AN INTERVIEW WITH DAVE CARMICHAEL

We are all missing the Deep Roots Music Festival this September. Fortunately, we've been able to enjoy some outdoor concerts, and even a few indoor music events over the summer, but none of this replaces the collective energy and sense of community felt during large-scale performances and community sing-alongs. We chatted with Deep Roots Music Festival's Program Director, Dave Carmichael, about the state of the music industry during the pandemic and what we can do to provide a safety net for musicians struggling during this unprecedented time.

The Grapevine (GV): Musicians have been hit really hard during the pandemic. What can we do to support them?

Dave Carmichael (DC): Yes, it's a very difficult time for musicians, and was even before the Covid-19 outbreak. With CD sales diminishing as more and more people move to streaming services, or hear new music through online social media sites like YouTube and Facebook, musicians have increasingly had to rely on live shows and merchandise sales to generate income. Remuneration from these services is quite low; there is much work to be done to ensure fair treatment and royalty rights for musicians. With live concerts and many festivals cancelled, or few and far between and with limited seating, it may seem bleak and hopeless for many musicians. But there are ways to be supportive:

Buy their music and merchandise

This is the most direct way to support recording artists. Buying albums, singles, and other items, especially from their own websites or through sites like Bandcamp, is extremely helpful to artists right now. This would be on top of your monthly streaming service charges.

Hold onto concert tickets

The financial impact of widespread concert cancellations is significant, especially since so many performing artists are freelancers. They are still facing weeks and possibly months with little or no income. To help alleviate this financial pressure, many concert venues and presenters are offering the public the option to donate their tickets to cancelled concerts or transfer them to future performances, rather than seek a refund, Deep Roots Music Festival included. These donations will continue to support the organization and our local artists, with initiatives like the Deep Roots COVID Concert series.

Donate to artists directly through online fundraising

There are a growing number of these platforms including Go Fund Me, Patreon, Indiegogo, Kickstarter, Fundly, Bonfire, Snowball Fundraising, 99Pledges, DonateKindly, Double the Donation, etc.

Learn to play

Now might be the time to learn an instrument, as many musicians are offering lessons via Skype/Zoom with payment made easy by e-transfers and PayPal accounts.

Donate to the Unison Benevolent Fund

The Unison Benevolent Fund is a non-profit organization that provides phone counselling and financial assistance to members of the Canadian music industry, and the Covid-19 outbreak will no doubt put a strain on their finances. Contributions to Unison will help to pay for medical expenses, housing, food, and other vital wellness services such as counselling, drug addiction support, and legal advice. Contact 1-855-986-4766 or unisonfund.ca for more information.

GV: How have you seen the music industry innovate and evolve during Covid-19?

DC: It's been inspiring to see people adapt to our new reality. We're all becoming well versed in technology that allows us to communicate at a safe distance and give a sense of some connection: Zoom meetings, live stream concerts and presentations, online music lessons, and direct marketing to fans and supporters.

These things are becoming more commonplace every day.

Some remarkable developments have been the adaptation of performance spaces, and the shifting of gears towards limited seating concerts, outdoor shows, parking lot/drive-in theatre concerts and the like. People are being very respectful, honouring social distancing rules, and starting to get out more. Since we are constantly surrounded by technology, one thing has become very clear: there's nothing like getting together with like-minded people and having face-to-face interactions. We truly cherish the connections we form in person.

GV: What are some things that Deep Roots has on the horizon?

DC: When the Deep Roots Music Cooperative decided to cancel this year's festival, we moved to expand our online presence. The Deep Roots COVID Concert series was presented on the internet bi-weekly from May 30 to September 19. This Saturday's final COVID Concert features Ryan Roberts, and Mika Francis & Rachel Whitney with Cristian Quirivan.

We'll be launching a Deep Roots retrospective on September 26 on our YouTube channel and Facebook page. The online show on 'festival weekend' will feature festival memories, and the presentation of the 17th annual Valley Arts Award. Audience members will also be invited to our Deep Roots YouTube channel, to view any or all of the COVID Concert series - over nine hours of programming!

Deep Roots is currently in the development stage for our next online venture, with the hope that we'll be able to come together at the end of September 2021 for our 18th annual Deep Roots Music Festival. Stay tuned! 🎧

TIDE PREDICTIONS at Cape Blomidon

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

SEP	HIGH	LOW
17	1:14pm	7:22pm
18	2:01pm	7:46am
19	• 2:47pm	8:32am
20	3:34pm	9:19am
21	4:23pm	10:07am
22	5:14pm	10:57am
23	6:10pm	11:50am
24	7:09pm	12:49pm
25	7:45am	1:52pm
26	8:50am	2:58pm
27	9:53am	4:03pm
28	10:52am	5:02pm
29	11:45am	5:54pm
30	12:32pm	6:40pm
OCT		
01	1:15pm	7:22pm
02	1:54pm	7:42am
03	2:31pm	8:18am
04	3:06pm	8:53am
05	3:42pm	9:28am
06	4:19pm	10:04am
07	5:01pm	10:44am
08	5:48pm	11:29am
09	6:42pm	12:21pm
10	•• 7:16am	1:20pm
11	8:17am	2:23pm
12	9:19am	3:27pm
13	10:18am	4:26pm
14	11:12am	5:21pm
15	12:02pm	6:12pm

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

• Highest High: 44.9 feet • Lowest High: 34.4 feet



An Open Letter to the Residents of Wolfville and Surrounding Communities

THE ONSET OF THE GLOBAL CORONAVIRUS PANDEMIC has challenged us to improvise and adapt to new ways of living our lives, conducting our business, and relating to one another. Our personal wellbeing, and the health and safety of our neighbours and loved ones has been in sharp focus over the past six months.

The Town of Wolfville, Acadia University, and the Acadia Students' Union have kept this in mind as plans for the start of the new academic year have been developed and implemented. We value our shared community and have taken steps together to protect our collective safety.

Taking Health and Safety Seriously

Acadia University's return-to-campus plan is based on a community harms reduction strategy that focuses on caring for self and others, community focus, and compliance with health directives. To help make the campus and the broader community as safe as possible, Acadia, in partnership with the Students' Union and Town, has implemented comprehensive practices, policies, and protocols to help prevent the spread of the COVID-19. Visit the University's website to learn more: <https://www2.acadiau.ca/covid-19.html>

Working Together

Town officials meet regularly with representatives of the University and Students' Union, including a weekly standing meeting to enable rapid discussion on matters of mutual interest or concern. All parties are committed to working collaboratively to support a safe community, where residents and students alike can enjoy the amenities and activities that remain accessible under pandemic rules.

The Town has heightened its physical presence in neighbourhoods where off-campus housing is common and Acadia and the ASU are working to educate students about expectations of good neighbourly conduct and the consequences of failing to meet them. Students and long-time residents alike are encouraged to make connections in support of one another in this time of uncertainty and worry.

The Students' Union, working in partnership with the University and local vendors has supported students required to self-isolate by coordinating volunteers to deliver groceries and other necessities. Beyond isolation, several residents have rolled out the welcome mat offering students neighbourly support, baked goods, home-cooked meals, physically distant social activities, and assistance with small home improvement projects.

General Safety Measures

To help impede the spread of the coronavirus, the University has implemented a series of health and safety measures for all employees, students, and visitors that include physical distancing, pedestrian traffic flow routes and signage, use of non-medical masks, physical barriers, such as plexiglass screens, and handwashing and hand sanitizing stations to name a few. As a safety precaution, the campus remains closed to members of the public, with a few exceptions (i.e. appointments to private businesses operating in the Athletics Complex).

Testing and Self-Isolation

Acadia University is pleased to support the Province of Nova Scotia's August 20, 2020 directive to test asymptomatic post-secondary students entering the Province from outside the Atlantic bubble. Further Acadia is proud to host a COVID-19 test centre available to all students and citizens when an 811 assessment deems a symptomatic test be conducted. The test centre is located on the edge of campus at 17 Westwood Avenue.

Students arriving at Acadia University (and all institutions) from outside of Atlantic Canada must self-isolate for 14 days and submit to three COVID-19 tests, even if they are feeling well. Visit <https://novascotia.ca/coronavirus/restrictions-and-guidance/#self-isolation-requirements> to see the guidelines provided by Public Health.

Approximately 500 Acadia students, evenly split between on-campus and off-campus accommodations, have been required to self-isolate and participate in the asymptomatic testing initiative. Each have received a daily check-in by phone to monitor physical and mental health and will have the opportunity to connect with peers through programming provided by Acadia Students' Union.

Communications

Official communications pertaining to policies, procedures, restrictions, expectations for conduct behaviour, and compliance have been shared with students by email, through instructors, via the Student Life website, through social media, and during special virtual orientation activities held in concert with the ASU. Employees receive information via email and through the University's COVID-19 web page.

Educational resources and materials created by the provincial government have been posted and shared and online training for staff and students concerning the risks and mechanisms of COVID-19 control have been undertaken.

Academic

A small number of Acadia courses, about 9% are offered in person only, while roughly 49% are offered in a blended model of both in person or remotely. Approximately 42% of classes are fully online (remote). Masks are mandatory in classrooms in which social distancing cannot be achieved, and classrooms will have a reduced capacity to accommodate physical distancing. Classrooms will also be subject to increased cleaning, and staggered class times. New traffic flow patterns will further minimize contact.

Dining Hall and Residences

During the semester, the meal hall will ensure the continuation of physical distancing. Enhanced cleaning practices have been implemented, as have signage and labelled routes. All Residence (dormitory) rooms are single occupancy only and students have been given a clear explanation of the rules and expectations for residence living.

Masks and Signage

Acadia has enacted stringent pandemic-related safety practices and protocols to comply with all public health directives, including directive and information signage, and the wearing of masks. Acadia's mask policy requires anyone entering publicly accessible buildings on campus to wear a non-medical mask or face covering.

Responsible Behaviour

The global coronavirus pandemic has forced everyone to adopt new practices and to become more deliberate in their actions. This year students are committing to personal safety practices, both on-and off-campus, that promote the health and well-being of both the campus community and citizens of Wolfville by signing the Student COVID-19 Safety Pledge through which they accept the responsibility to do all that is required to comply with policies, procedures and directives to protect themselves and others against the coronavirus and to preserve medical resources by practicing physical-distancing, wearing a mask when necessary, and monitor their health for reportable COVID-19 symptoms.

Jeff Cantwell
Mayor
Town of Wolfville

Dr. Peter Ricketts
President and Vice-Chancellor
Acadia University

Brendan MacNeil
President
Acadia Students' Union

Visit Acadia's COVID-19 information website at: <https://www2.acadiau.ca/covid-19.html>

Review the Province's Fact Sheet for Post-Secondary Education at: https://novascotia.ca/coronavirus/docs/COVID-19_post-secondary_fact_sheet.pdf

the
UNION STREET

UPCOMING EVENTS!

September 25/26 – **Mo Kenney**

October 2/3 – **Garrett Mason**

October 9/10 – **Ben Caplan**

Check the website to stay up-to-date with all the live music coming!
www.theunionstreet.com/music-events

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4.48
Psychosis
BY SARAH KANE

OCTOBER 2: 6:30PM
BIBLE HILL RECREATIONAL PARK, TRURO

OCTOBER 3: 6:30PM
WATERFRONT PARK, WOLFVILLE

OCTOBER 4: 2:00PM
LORDLY PARK, CHESTER (MATINEE)
6:30PM
HERITAGE BANDSTAND, LUNENBURG

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