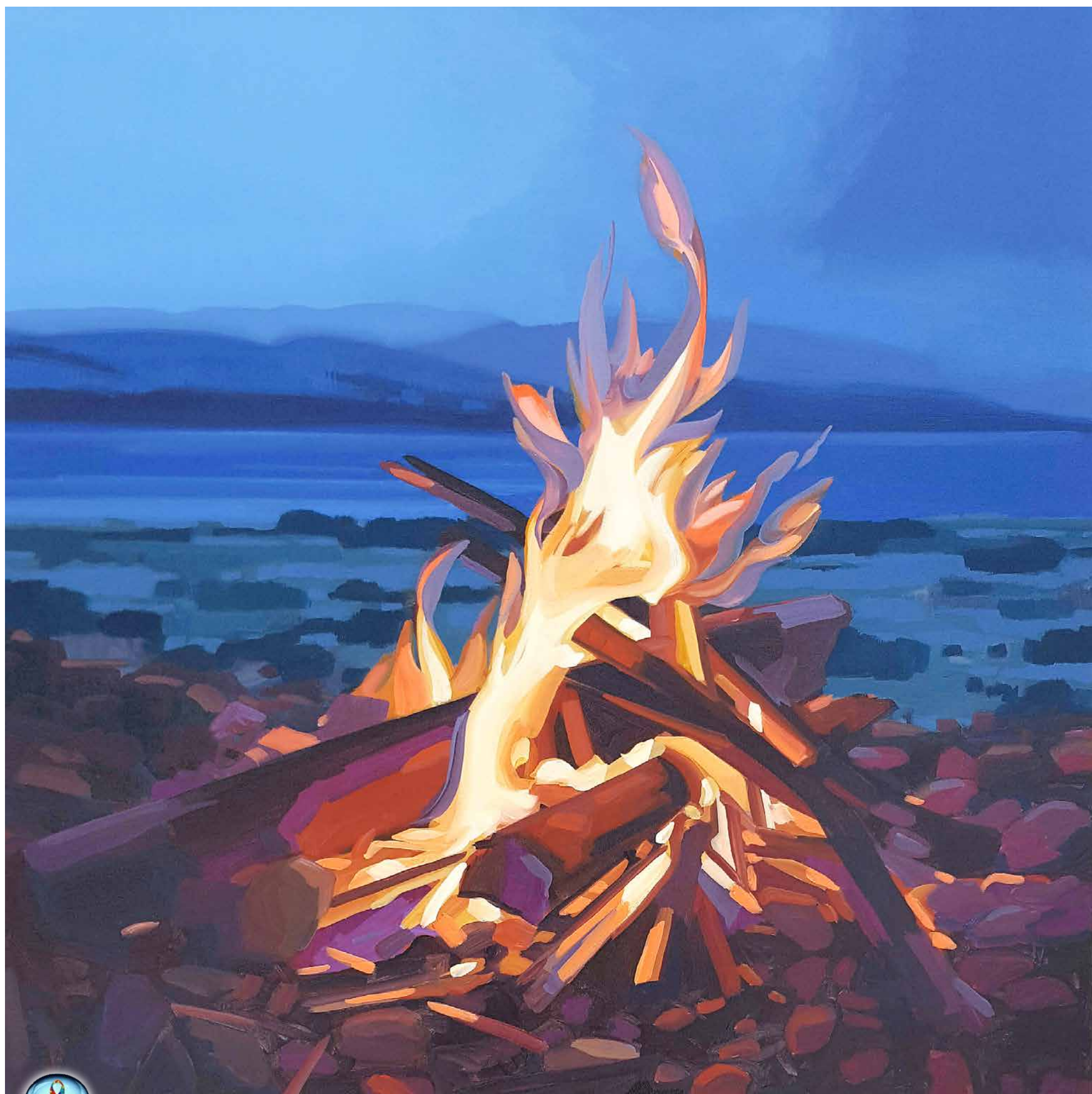


THE GRAPEVINE

ARTS | CULTURE | COMMUNITY

April 2021 | Issue No. 18.04



**LIGHT IT UP BLUE FOR
AUTISM AWARENESS:
APRIL 1 TO 4, P.3**

**WILD WINTER RECAP: NOVA
SCOTIA NATURAL ICE SEASON, P.9**

**MARITIME DOG FIRST AID AND
HIKING SAFETY: Q&A WITH
TRACEY BUCHANAN, P.3**

**GIVING POLLINATORS
A HELPING HAND, P.11**

**WRITER JAKE LEWIS ON
REPRESENTATION AND AUTISM
AWARENESS, P.12**

**WOLFFVILLE'S AL WHITTLE THEATRE
NEEDS LOVE, P.9**

Want to Make Your Community Accessible to Everyone?
We are Seeking 8 Passionate Citizens of the
Municipality of the County of Kings to serve on the newly formed
Joint Accessibility Advisory Committee

Open to residents of the Municipality of the County of Kings who:

- Are living with a disability, OR
- Work or volunteer with organizations that work with people living with disabilities.
- All applicants must also have resided in the Municipality for at least 6 months.

Purpose of this Committee:

- Provide advice to Municipal Council and the Village Commissions on identifying, preventing and eliminating barriers to access faced by people living with disabilities in municipal programs, services, initiatives and facilities.
- The Committee will play a pivotal role in helping the Municipality and the Villages to become accessible communities that comply with Nova Scotia's *Accessibility Act* (2017).

Term of Appointments and Time Commitment:

- Term of appointments: 2 or 3 years.
- Meetings are held monthly with additional special meetings called as required.

Compensation:

- Citizen members receive an honorarium, paid quarterly based on attendance.

How to Apply:

- Apply by completing the application form available at: www.countyofkings.ca/accessibility_committee
- Include a cover letter and your resume with your application form.
- If you have any questions or would like to receive the form by e-mail or regular mail, please contact Gordon Roussel at groussel@countyofkings.ca or (902) 690-2567.

Please submit your application prior to 4:30 pm on Monday, April 19, 2021 to nominatingcommittee@countyofkings.ca or by fax to (902) 679-2820, or by mail or in person to the address below.



The Municipality of the County of Kings

Nominating Committee
 181 Coldbrook Village Park Dr.
 Coldbrook, NS B4R 1B9

Tel: (902) 678-6141
 Fax: (902) 679-2820
 Tel: 1-888-337-299

Want to shape the health of your community?

Join your local Community Health Board!

CHB members help create a healthy community through:

- Community Health Planning
- Health and Wellness Promotion
- Community Leadership
- Distribution of Wellness Fund Grants to Community Organizations
- Providing guidance to Nova Scotia Health

The Community Health Boards are committed to being groups that are free of discrimination, value diversity and are representative of all our communities. Nova Scotia Health's Priority Populations are defined as follows: Indigenous Peoples; People of African Descent; Persons with Disabilities; immigrants; and persons belonging to 2SLGBTQIA+.

Find out how to apply by visiting

www.communityhealthboards.ns.ca/joining-the-chbs



UPCOMING
Decadent
BRUNCH
 EASTER & MOTHERS DAY
 SUNDAY APRIL 4TH, 2021
 &
 SUNDAY, MAY 9TH, 2021
 10AM-1PM
Tattingstone Inn
 Seating is limited. Call us at 1-902-542-7696
 to make your reservation

MARITIME DOG FIRST AID AND HIKING SAFETY

Emily Kathan

Tracey Buchanan is the owner and operator of Maritime Dog First Aid and Hiking Safety. She also teaches (human) first aid courses for Brave-Heart First Aid in Coldbrook. Owning a dog (or two) means getting outside is part of your daily routine. We asked Tracey about how her training courses and hikes help dogs and their people stay safe and healthy while exploring and enjoying trails around the Valley:

The Grapevine: Tell our readers a little about yourself and where you're from (and a little about your dogs too!):

Tracey Buchanan: I grew up in Baddeck, Cape Breton, and I moved to the Annapolis Valley when I was 16. I married my high school sweetheart and now we have three beautiful children, and three beautiful dogs: Reba, an 11-year-old golden retriever, Bruin, a 7-year-old golden doodle, and Tuukka, a 3 year-old standard poodle. I love to hike and explore, and my dogs love to adventure with me!

GV: What made you decide to start teaching these courses?

TB: I decided to start teaching these courses for a couple of reasons. I hike a lot with my dogs and I meet lots of other hikers with dogs as well. We are out in the woods and I thought it was important for hikers to know how to help their dogs if they get injured, but not only that, dogs are our best friends, and any dog owner should know how to help their dog in an emergency situation. There is no EMS for dogs, so if they get hurt, you are their first responder. You need to know how you can help until you can get them to a veterinarian.

I started the hiking portion of my business because I love to hike, and we live in the most beautiful province with so many places to explore. Being outside is so good for the mind and the body. I've met lots of people who want to hike but there are several factors that seem to deter people: they are unfamiliar with the trails, they don't like to hike alone, they don't know what equipment they need, or they are unaware of general trail etiquette (especially when hiking with dogs is concerned). Blending the two into one business just happened on its own.

GV: What can participants expect to learn from the course?

TB: Participants who take the canine first aid course will learn a whole wealth of knowledge about their dog's health and wellness. We discuss CPR, choking, bloat, cuts, burns, medications, poisons, bandaging, splinting, safety, and so much more! They take home a manual as a valuable reference as well as a certificate showing that they are certified in canine first aid.

GV: What's something about dog safety or first aid that you feel all dog owners should know?

TB: One of the best things that dog owners can do to help their dog (and their veterinarian) is to condition their dog to accept first aid treatments, so that if they are ever in need of this care, they are trusting and will allow their owner to help them. If your dog cuts their paw on the trail and you need to bandage it, you want your dog to cooperate so you can take care of their injury!

GV: What do you enjoy most about hiking and enjoying the outdoors with dogs? What are the biggest risks or potential hazards and why?

TB: I love all of the beautiful places that I get to see when I hike. One of the best parts of hiking for me is watching my dogs enjoy the simple pleasure of being outside. Every day, my dogs are so excited to go for a walk and their joy is infectious! The biggest risk of hiking with dogs is not knowing the hazards that you could run into. By knowing the hazards and how to manage them, you are able to protect yourself and your dog. For example, in the Annapolis Valley some of the hazards that I look out for are wood ticks, blue green algae in the summer and fall, and coyote snares and frostbite in the winter!



Photo courtesy of Tracey Buchanan

GV: Tell us about the guided hikes. What kinds of locations or difficulty levels can participants expect? What level of training should dogs have before participating?

TB: I choose to offer guided hikes in locations that people can easily return to and hike on their own. When I offer a guided hike, I include the difficulty level, as there is a range! When dogs participate, they should be used to walking on a leash and being around other dogs.

GV: What are your goals for your business and your plans for the future?

TB: My goal for my business is to prepare dog owners to support their dogs in the event of any first aid situation. While my primary focus for my business is currently rooted in my love for dogs, I have recently partnered with the Municipality of Kings to offer guided hikes for girls, ages 12 to 15. This program, called Hike with Us, seeks to empower girls to feel comfortable and safe accessing public trail systems, while being respectful to nature. This has been a great success, and I hope to continue to offer this type of programming in the future.

GV: Where can participants sign up for courses or hikes?

TB: Participants can sign up for hikes or courses through my website: maritimedog-safety.wixsite.com/home, or through my Facebook page: Maritime Dog First Aid and Hiking Safety. I also post pictures of my daily hikes on my Instagram page: @dogsofhilltown. See you on the trails! 🐾

FUTURE OF CFUW BOOK SALE UNCERTAIN AFTER 2021

Wendy Elliott

For well over 50 years the Wolfville branch of the Canadian Federation of University Women has held a book sale. Last year's sale was cancelled due to the pandemic, but in 2021 the sale is going ahead. It will take place in the Wolfville Lions Hall.

Long-time organizer Winnie Horton says all the books have to go April 23-24. The club will no longer have storage space at Acadia University to organize the popular annual sale, so its future is up in the air unless new space can be found.

The book sale usually raises between \$13,000 and \$16,000 for charity and university student awards.



The 2021 CFUW Book Sale will take place April 23 (9am-9pm) and 24 (9am-3pm) at the Wolfville Lions Hall, 36 Elm Avenue.

ON THE COVER: SHELLEY MANSEL

Rain Fire | 30x30 inches | Acrylic on canvas

Shelley Mansel's intoxicatingly refined images present a strong sense of serenity and calm with soft, gentle hues and a deeply distinguished colour palette. A landscape painter of over 20 years, Mansel's recent work explores the themes of fire, water, and moody landscape. Her paintings are available locally through Harvest Gallery in Wolfville, as well as Gibson Fine Art in Calgary, and Gallery B in Maine. She lives in Upper Musquodoboit where she paints full-time from her home studio.

For more information, contact Harvest Gallery (harvestgallery.ca).

WOLFVILLE and the Annapolis Valley LIGHTS IT UP BLUE



LIGHT IT UP BLUE for Autism Awareness

Thurs. April 1 – Sun. April 4

Shine BLUE LIGHTS from your home or business

Come out and see all the amazing BLUE homes, businesses and landmark buildings lit *blue* for the evening!



An initiative of Cowboy Harrison Czapalay for Awareness & Acceptance
Fundraising for two charities here in the valley
Donations accepted for tax receipts



Harrison Czapalay, Autism Advocate
Wolfville Light's It Up Blue for Autism Awareness
missvicki@eastlink.ca

<https://www.facebook.com/events/692494334779745/>



FROM KODAK BROWNIE TO SMART PHONE A RETROSPECTIVE BY DICK GROOT

**EXHIBITING AT ARTCAN
APRIL 17 – MAY 22 2021
9850 MAIN ST, CANNING NS
OPEN FROM 10AM TO 5PM
ALL DAYS EXCEPT SUNDAY & MONDAY**



Maritime Dog First Aid and Hiking Safety	p.3
Autism Awareness / CFUW Book Sale	p.3
Who's Who / Al Whittle / Egg Hunt	p.4
Free Will Astrology / Classifieds	p.5
Featurepreneur / Flower Cart Project	p.6
Unpredictable Dining / West Brooklyn Speakeasy	p.7
Transition Wolfville	p.8
Natural Ice / New Music / Al Whittle Theatre	p.9
Wolfville Page	p.10
Mike Uncorked / Visually Speaking	p.11
Jake Lewis / Amber-Rose Harvey / Get the Pirat	p.12
What's Happening / Tides	p.13
Let's Make Stuff / I Know a Place	p.14
McFayden and Spencer / Refugee Support	p.15
Acadia Course Announcement	p.15

THE

GRAPEVINE

BROUGHT TO YOU BY AN AMAZING TEAM OF CONTRIBUTORS:

EMILY LEESON <i>Editor-in-Chief</i>	CONTRIBUTORS: <i>Mike Butler, Tania Chipman, François Côté, Margaret Drummond, Wendy Elliott, Genevieve Allen Hearn, Joel Hornborg, Anna Horsnell, Emily Kathan, Emily Leeson, Garry Leeson, Ruth Legge, Ron Lightburn, Dana Mills, Kate Sircom, Allan Williams</i>
GENEVIEVE ALLEN HEARN <i>Operations Manager</i>	
EMILY KATHAN <i>Managing Editor</i>	
MONICA JORGENSEN <i>Events & Lists</i>	DELIVERIES: <i>Margot Bishop, Guy Breau, Earle & Karen Illsley, Andrea Leeson, John Morrison, Julie and Mugen Page, Fred Phillips, Jacob Rhude, Lorna Williamson, Peter Rice</i>
DAVID EDELSTEIN <i>Design, Typesetting, Layout</i>	

ADVERTISING

ISSUE DEADLINES:

- ★

MAY 6 ISSUE:
Mon. Apr. 26, 2021
- ★

JUNE 3 ISSUE:
Mon. May 24, 2021

DEPENDING ON THE COMMITMENT LENGTH & COLOUR OPTIONS, RATES RANGE FROM:

SINGLE BLOCK \$45 - \$62

DOUBLE BLOCK \$88 - \$123

FOUR BLOCK \$168 - \$237

HALF PAGE \$427 - \$624

ARTS EVENT POSTER \$76 - \$117

CONTACT

ADVERTISING: sales@grapevinepublishing.ca
GENERAL INQUIRIES: info@grapevinepublishing.ca
CONTENT SUBMISSIONS: editor@grapevinepublishing.ca
EVENTS/CLASSIFIEDS: listings@grapevinepublishing.ca
.....
SNAIL MAIL: Grapevine Publishing,
PO Box 2262 Wolfville, NS, B4P 1A0
ALSO AVAILABLE ONLINE: grapevinepublishing.ca
and issuu.com/thevalleygrapevine

WHERE TO FIND US

- WINDSOR:** Fry Daddy's, Lisa's Cafe, T.A.N. Coffee, Mosaic Market
- FALMOUTH:** Fruit & Vegetable Company, Petro-Canada
- HANTSPORE:** Jim's Your Independent Grocer
- AVONPORT:** Cann's Kwik-Way
- GRAND-PRÉ:** Convenience Store, Domaine de Grand Pré, Just Us! Café
- GASPEREAU:** Gaspereau Vineyards, Reid's Meats & Kwik-Way, XTR Kwik-Way
- WOLFVILLE:** Carl's Your Independent Grocer, Eos Natural Foods, Just Us! Café, T.A.N. Coffee, Library, Wolfville Farmers' Market
- GREENWICH:** Avery's Farm Market, Edible Art Cafe, Elderkin's Farm Market, Hennigar's Farm Market, Noggins Corner Farm Market, Stirling's
- PORT WILLIAMS:** Fox Hill Cheese House, Planters Ridge, Sea Level Brewery, The Noodle Guy

- CANNING:** Degraaf's Kwik-Way, ValuFoods, i scream
- NEW MINAS:** Boston Pizza, Captain Sub, Irving Big Stop, Jessy's Pizza, Long and McQuade, Milne Court Petro-Canada, Pita Pit, Swiss Chalet
- KENTVILLE:** Half Acre Café, Jason's Your Independent Grocer, T.A.N. Coffee, Valley Regional Hospital
- COLDBROOK:** Access Nova Scotia, T.A.N. Coffee, Callister's Country Kitchen, Foodland, Vicki's Seafood Restaurant
- BERWICK:** Jonny's Cookhouse, Luigi's Pizza Palace, North Mountain Coffeehouse, Rising Sun Natural Foods, Union Street Café, Wilsons Pharmsave
- AYLESFORD:** Chisholm's PharmaChoice
- KINGSTON:** French Bakery, Pharmsave, Green Elephant
- GREENWOOD:** Country Store, Tim Hortons (Central Ave + Mall), Valley Natural Foods
- MIDDLETON:** Angie's, Goucher's, Wilmot Frenchy's, Tim Horton, Library

DISCLAIMER

The opinions expressed are solely those of the authors, and the publication of these opinions does not signify the endorsement by the staff or owners of *The Grapevine Newspaper*. Opinions expressed within this publication are not intended nor implied to be a substitute for professional or medical advice. While we make every attempt to ensure accuracy with all published content, *GV Publishing Inc.* assumes no responsibility for the accuracy or truthfulness of submitted copy. In the event of an error, *GV Publishing Inc.* is only responsible for the price of the individual ad in which the error occurred.

WHO'S WHO

STEPHANIE BATTAMS: A CUT ABOVE THE REST!

Mike Butler

I love puns, and I will try my best not to fill this Who's Who article with puns! That's my disclaimer as I navigate telling you about a gem of a local. This wonderful woman is a shear delight and I am honoured to finally feature her hair...I mean HERE! It's early in the article, trust me, the hair puns will make sense soon!

Stephanie Battams was born and raised in Calgary (those are her roots), attained a cosmetology license while in high school, and then moved to Nova Scotia with her five-year-old daughter on a leap of faith for a more satisfying life. Nova Scotia definitely delivered even more than she could have imagined. You could say that Nova Scotia was a breath of fresh hair!?

Years ago, Stephanie began operating a mobile hair salon business called Homestead Hair. "My aim is to assist in the emotional and mental needs of my clients," she says, "by giving quality hair salon services and heartwarming conversation, all in the comfort of their own home. I take great pleasure in serving the autism community, hospitals, nursing homes, and individuals who benefit from mobile salon services. It's a business that gives me tremendous honour by being welcomed into peoples homes and revolves around not just meeting my clients' hair needs, but also uplifting their spirits."

Stephanie's services are not something to just brush off either, as her clients have been raving about her genuine nature, her quality technique, and the beautiful light she

radiates, but it's not all hairdos and quick trims for this busy lady. Stephanie's stay-at-home hobbies are painting and drawing and lots of time shared with her daughter. "We have great fun checking out all the farmers' markets and local artisans," she says, "we also do lots of hikes in the woods and along the dykes and love chasing waterfalls. One of the greatest pastimes is just simply being out in the community, or joining in community gatherings. Nova Scotia has this beautiful sense of interwoven connectedness in people, who thrive in being communal, supporting one another, embracing their culture, and enriching the environment around them for a more loving space for people to live in. Who wouldn't want to be out enjoying that?"

And having known Stephanie (and her beautiful daughter) for a while now, its clear to see how much they love the community. This has been a tumultuous year for businesses, and if you were like me, during the pandemic when all you wanted was a haircut Stephanie was a life saver, a confidence booster, and a mental health angel to many. This area has proven a great shift for Stephanie as she mentioned, "I love the people best in this area, I love walking into my favorite coffee shop and seeing familiar faces every morning, I love how supportive this community has been in making my business successful, I love how close and tight knit everyone is, not only in a literal sense but also in a heart sense. There's a network of people out here, who are all somehow united which creates a village of people who have a deeper sense of connection and that's really special to me."



And the future has a hold like a strong gel for Stephanie as she aims to serve as many people in the Valley as possible with her in-home hair salon services to bring about a higher standard of self-care, where people aren't just getting their needs met, but are being showered with joy, attentiveness, and love. "My greatest ambition." she says, "lies in purchasing land where I can have a life led by self-sustainability, farm life, and housing people in need: a homestead life."

Stephanie is truly a cut above the rest! Become part of the hair and now, condition yourself with better service, and call Stephanie to book an appointment at 902-599-3887! 🐾

Margaret Drummond's

WORD OF THE ISSUE

Evensong (*noun*):

A form of worship said or sung in the evening.

*At once a voice arose among
The bleak twigs overhead
In a full-hearted evensong
Of joy illimited;
An aged thrush, frail, gaunt and small,
In blast-beruffled plume,
Had chosen thus to spring his soul
Upon the glowing gloom.*

Excerpt from "The Darkling Thrush" by Thomas Hardy

*So little cause for carolings
Of such ecstatic sound
Was written on terrestrial things
Afar or nigh around,
That I could think there trembled through
His happy good-night air
Some blessed Hope, whereof he knew
And I was unaware.*



(NOT SO) Random Acts of Kindness

A Letter to the Editor in Memory of Al Whittle

Lately I am reading, in local publications, many well-earned accolades being given to the late Al Whittle, former manager of the Acadia theatre in Wolfville. I cannot think of anyone more deserving.

I will always be grateful to Al for running a theatre in an orderly fashion. When my children were small, I could always phone Al, in those long ago times when people actually answered their phones, and get his advice as to whether or not the movie was suitable for children.

On one occasion, I took the children to a theatre in Kentville, and was shocked to see the children running in and out to the confectionery booth throughout the movie. When I mentioned this to the manager, he said the children were only interested in the treats, not the movie. It was not like that at Al's theatre; everyone could enjoy the movie as the confectionery was only open at specified times.

Never will I forget, on a rainy damp day, walking by the theatre and, inside the lobby, lying on the floor, was our faithful dog, who would normally wait outside for the children. Yes, Al was an animal rights activist long before we were even aware of such a term.

Those were good days and Al made them even better.

Ina L. Peters
Wolfville, NS



THE GREAT
GRAPEVINE
EGG HUNT!

Find all the eggs in this issue and decode the secret message:

_____!

Rob Brezsný's FREE WILL ASTROLOGY

© 2021 Rob Brezsný • freewillastrology.com • Horoscopes for the week of April 1st

ARIES (March 21-April 19): Playwright August Strindberg (1849–1912) was a maverick innovator who loved to experiment with plot and language. One of his stories takes place in a dream and the hero is the Christ-like daughter of a Vedic god. He once said that he felt “an immense need to become a savage and create a new world.” Given your current astrological potentials, Aries, I suspect that might be an apt motto for you right now. APRIL FOOL! I half-lied. There's no need for you to become a savage. In fact, it's better if you don't. But the coming weeks will definitely be a good time to start creating a new world.

TAURUS (April 20-May 20): Who says all Tauruses are gentle, risk-avoidant, sensible, and reliable? Taurus author Mary MacLane (1861–1929), known as the “Wild Woman of Butte, Montana,” authored shocking, scandalous books. In I Await the Devil's Coming, she testified, “I am not good. I am not virtuous. I am not generous. I am merely a creature of intense passionate feeling. I feel—everything. It is my genius. It burns me like fire.” Can I convince you, Taurus, to make her your role model for the coming weeks? APRIL FOOL! I don't think you should be EXACTLY like MacLane. Please leave out the part about “I am not good. I am not virtuous. I am not generous,” as well as the “I await the devil's coming” part. But yes, do be a creature of intensely passionate feeling. Let your feelings be your genius, burning in you like a fire.

GEMINI (May 21-June 20): Poet Emily Dickinson had a good sense of humor, so she was probably making a wry joke when she wrote, “The lovely flowers embarrass me. They make me regret I am not a bee.” But who knows? Maybe Emily was being a bit sincere, too. In any case, I advise you to make a list of all the things you regret not being—all the qualities and assets you wish you had, but don't. It's a favorable time to wallow in remorse. APRIL FOOL! I was totally lying! In fact, I hope you will do the reverse: Engage in an orgy of self-appreciation, celebrating yourself for being exactly who you are.

CANCER (June 21-July 22): Provocation specialist Lydia Lunch is a singer and poet who's skilled at generating interesting mischief. She testifies, “My daily existence is a battlecade of extreme fluctuations where chaos clobbers apathy, which beats the s--- out of depression which follows irritability which slams into anger which eclipses ecstasy which slips through my fingers far too often.” In the coming weeks, Cancerian, I recommend you adopt her melodramatic approach to living the intense life. APRIL FOOL! I lied. Please don't be like Lydia Lunch in the near future. On the contrary: Cultivate regal elegance, sovereign poise, and dynamic equanimity.

LEO (July 23-Aug. 22): In 1692, a Swedish man named Thies of Kaltenbrun was put on trial for being a werewolf. He claimed to be a noble werewolf, however. He said he regularly went down to Hell to do holy combat against the Devil. I suggest you make him your inspirational role model in the coming weeks. Be as weird as you need to be in order to fight for what's good and right. APRIL FOOL! I half-lied. What I really meant to say was: Be as weird as you need to be to fight for what's good and right, but without turning into a werewolf, zombie, vampire, or other supernatural monster.

VIRGO (Aug. 23-Sept. 22): “I want to hear raucous music, to brush against bodies, to drink fiery Benedictine,” wrote author Anaïs Nin. “Beautiful women and handsome men arouse fierce desires in me. I want to dance. I want drugs. I want to know perverse people, to be intimate with them. I want to bite into life.” All that sounds like perfect counsel for you to consider right now, dear Virgo! APRIL FOOL! I lied. Nin's exuberant testimony might be an interesting perspective to flirt with—if the COVID-19 virus had been completely tamed. But it hasn't. So I must instead suggest that you find ways to express this lively, unruly energy in safe and sublimated ways.

LIBRA (Sept. 23-Oct. 22): Here are affirmations that will serve you well in the coming days. 1. “I am willing to make mistakes if someone else is willing to learn from them.” 2. “I am grateful that I'm not as judgmental as all the shortsighted, self-righteous people.” 3. “I assume full responsibility for my actions, except those that are someone else's fault.” 4. “A good scapegoat is as welcome as a solution to the problem.” APRIL FOOL! All the preceding affirmations are total bunk! Don't you dare use them. Use these instead: 1. “I enjoy taking responsibility for my actions.” 2. “Rather than indulging in the reflex to blame, I turn my attention to fixing the problem.” 3. “No one can make me feel something I don't want to feel.” 4. “I'm free from believing in the images people have of me.”

SCORPIO (Oct. 23-Nov. 21): According to author Kahlil Gibran, “If we were all to sit in a circle and confess our sins, we would laugh at each other for lack of originality.” But I challenge you Scorpions to refute that theory in the coming days. For the sake of your sanity and health, you need to commit highly original sins—the more, the better. APRIL FOOL! I lied. Save your novel, imaginative sinning for later. The truth is that now is an excellent time to explore the joyous and healthy practice of being extremely virtuous. Imitate author Susan Sontag: “My idolatry: I've lusted after goodness. Wanting it here, now, absolutely, increasingly.”

SAGITTARIUS (Nov. 22-Dec. 21): The coming months would be a great time to start your own university and then award yourself a PhD in Drugless Healing or Mathematical Reincarnation or Political Metaphysics—or any other subject you'd like to be considered an expert in. Hey, why not give yourself three PhDs and call yourself a Professor Emeritus? APRIL FOOL! I'm just joking. The coming months will indeed be an extremely favorable time to advance your education, but with real learning, not fake credentials.

CAPRICORN (Dec. 22-Jan. 19): After his Nirvana bandmate Kurt Cobain committed suicide, Capricorn drummer Dave Grohl was depressed for months. To cheer himself up, he wrote and recorded an album's worth of songs, playing almost all the instruments himself: drums, lead guitar, rhythm guitar, bass, and vocals. I think you should try a similar spectacularly heroic solo task in the coming weeks. APRIL FOOL! I lied. Here's my true and actual advice: Now is a time when you should gather all the support and help and cooperation you can possibly garner for an interesting project.

AQUARIUS (Jan. 20-Feb. 18): Argentine poet Alejandra Pizarnik told her psychoanalyst León Ostrov that if she were going to steal something, it would be “the façade of a certain collapsed house in a little town called Fontenay-aux-Roses [near Paris].” What was so special about this façade? Its windows were made of “magical” lilac-colored glass that was “like a beautiful dream.” In accordance with astrological omens, I invite you, too, to decide what marvel you would steal—and then go steal it! APRIL FOOL! I half-lied. Yes, definitely decide what you would steal—it's important to give your imagination permission to be outrageous—but don't actually steal it.

PISCES (Feb. 19-March 20): I've never understood the appeal of singer-songwriter Morrissey, especially since he began endorsing bigoted far-right politicians. However, I want to recommend that you adopt the attitude he once expressed in a letter to a friend. “It was a terrible blow to hear that you actually worked,” he wrote. “It's so old-fashioned to work. I'd much rather lounge about the house all day looking fascinating.” Be like that in the coming weeks, Pisces! APRIL FOOL! I lied. In fact, you'd be making a silly mistake to lie around the house looking fascinating. It's a highly favorable time for you to find ways to work harder and smarter.

Homework: Send the secrets you could only tell a stranger. FreeWillAstrology.com.



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:

DIY Family Nature Club Series: April 10, and April 24. Canning Recreation and Flying Squirrel Adventures are teaming up to offer a 3-part program for families interested in cultivating their own nature club with friends and family. Topics covered: outdoor safety, ice-breaker games, activities on the trail, scoping a location, logistical considerations, and recruiting other families. **INFO:** director@canningrecreation.com

Flora of Nova Scotia Field Course (BIOL 3293): May 10–May28. Learn about the plant world that surrounds you by identifying species using technical keys, gaining knowledge about our region's most prominent plant families, getting to know our most common species, exploring and reporting on a variety of the region's habitat types, and collecting plant specimens. Includes lectures and fieldwork, hands-on and virtual learning. Prerequisites: BIOL 1113/BIOL 1123, or permission of the Dept. **INFO:** Alain Belliveau, alain.belliveau@acadiau.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. (special Covid-19 protocol in place for everyone's safety and protection). Limited space. Call for details. **INFO:** susanlisadworkin@gmail.com / 902-300-1001 / armonicmusicstudio.com

Advanced Oil Painting Class: Begins Saturday, April 10 for 4 consecutive weeks, 1–4pm at ArtCan Gallery & Café, Canning. The studio environment is relaxed, yet challenging, providing the perfect opportunity for personal growth as a painter. Taught by professional artist and owner Ron Hayes. **INFO:** artcan.com/classes-workshops/ 902-582-7071

Intro to Oil Painting Class: Begins Saturday, April 10th for 4 consecutive weeks, 9am–12pm at ArtCan Gallery & Café, Canning. The course is designed to breakdown the basics so that you will clearly understand each stage of the oil painting process. This landscape-focused class is small to allow lots of opportunity for one-on-one instruction by Ron Hayes. **INFO:** artcan.com/classes-workshops/ 902-582-7071

Postpartum Mental Health and Wellness Program (Virtual): Tuesdays, April 27 to June 15, 10–11:30am. Meet others experiencing similar feelings as you. Connect with Health professionals who can help you find ways to manage your postpartum depression and anxiety. Registration is required, and group size is limited to 10. **INFO/Reg:** Leanne, AVProgramRegistration@nshealth.ca / 902-848-6416

Guided Meditation Course: 8-week introduction to the powerful practice of iRest® Yoga Nidra Meditation. Simple, accessible, trauma-sensitive. Release stress. Increase resilience, ease and wellbeing. With Heidi Kalyani. Begins Monday April 12. **INFO:** heartwideopen.ca

Food Handling Certification: Offering 100% online food handling certification courses (basic & advanced). For more information please visit our website. **INFO:** theybershop.org

DONATE/VOLUNTEER:

Book Donations Needed: The Merritt Gibson Library (9806 Main Street, Canning) is looking for good used book donations for its annual sale! Drop Off: Tues 6–8pm, Wed/Thurs 2–5pm. No text books, encyclopedias, Reader's Digest condensed books or old magazines, please. New Add On: Rain Barrels made of recycled food-grade plastic for \$55. Email to pre-order. Sale Date: May 22, 10am. **INFO:** canninglibrary@gmail.com

Kings Kikima Grannies Yard Sale Items: Upcoming Sale Dates: May 8, 9am–3pm AND a yard sale on June 5! We are collecting fabric, sewing notions, and yarn, jewelry and other items for upcoming fundraisers this spring. Call to arrange drop-off or pick-up. Items for the June 5 yard sale can be dropped off on June 4, 1–6pm @ 15 Chestnut Ave, Wolfville. **INFO:** 902-542-9848 / 902-692-9011



KingsportOsteopathicClinic

SARAH HAYES AND ASSOCIATES

GENERAL AND PAEDIATRIC OSTEOPATHY MASSAGE THERAPY

16 WATER STREET, KINGSPORT
TELEPHONE (902) 582-7607
WWW.KINGSPORTCLINIC.COM

Volunteers Wanted!: The Wolfville Memorial Library Innovation Lab is looking for volunteers to supervise our Innovation Lab open hours. The typical commitment is one shift per week from 1–4:30pm. The supervisor's role is to open the Lab, switch on computers and assist patrons with emailing, printing, etc. following Covid-19 protocols. If you have any of these skills they would be an asset for our other Innovation Lab activities: computers, audio recording, video recording/editing, graphic design, 3D printing, VR, sewing. Please email if interested. You will be helping your community during these difficult times. **INFO:** wolfvilleinnovation@valleylibrary.ca

PRODUCTS & SERVICES:

Traditional Chinese Medicine: Combining Acupuncture and Chinese Herbology to enhance your wellness. 18 years experience! Specializing in Anxiety and Depression, Insomnia, Menstrual and Menopausal issues, Digestive health, Ear Acupuncture for Addictions. **INFO:** Jane Marshall D.TCM, D.Ac located at 112 Front St, Suite 209, Wolfville. 902-404-3374 janemarshallacupuncture.ca

Live Joyfully in a Well-Designed Home: With a focus on sustainability (of our planet and your resources) Deborah Nicholson Decor+Design will guide you with creative solutions for new builds, renovations, and updates. **INFO:** deborahnicholson.ca / 902-691-2931

Got Mice? Do you have a MOUSE problem? Or do you have a HOUSE problem? Got Mice Humane Wildlife Services addresses common and uncommon entry points permanently with guaranteed results. Call for a consultation. **INFO:** 902-365-MICE (6423) / GOTMICE.CA

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

Errands by Karen Home Blood Collection: At home Blood Collection has resumed, as well as Errand Services! CoVid screening measures are in effect. Please call or email to book an appointment. **INFO:** 902-790-2626 / errandsbykaren@hotmail.com

Professional Branding, Logo and Web Design, Writing, Translation, & Training: Helping you convey your message effectively since 2006. We offer a remarkably responsive, dependable, and results-driven approach. **INFO:** 902-691-2932 / michaelsgabrielcommunications.com

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

Get Your Book Published! Self-publishing is easy with just a little help. I can design a great-looking book and cover, format your e-book, and guide you through the publishing process. Editing help available, too. Work with a person, not a corporation. **INFO:** david@textanddesign.com / textanddesign.com

EXHIBITS:

Out of the Pandemic, Acrylic Paintings on Canvas: Jack's Gallery, 450 Main St., Wolfville. Through April 26 • A group exhibition by Acadia University students enrolled in Independent Study Winter Term, coordinated by Judith J Leidl, MFA. **INFO:** jacksgallerywolfville@gmail.com

From Kodak Brownie to Smart Phone: ArtCan Gallery and Cafe, 9850 Main St., Canning April 17–May 22 • “From Kodak Brownie to Smart Phone” by Dutch Canadian photographer

Dick Groot: This is a compelling glimpse at a sixty-five year old relationship with photography. **INFO:** artcan.com



We're excited to be expanding into the beautiful Annapolis Valley!

- Bookkeeping for small business
- Personal & Corporate Tax Prep, starting at \$85
- Payroll, HST, & WCB remittances
- Business Planning, strategic planning, financial forecasts.

Located in Aylesford
Call or text **902-844-2600**
Email valley@padgettdartmouth.ca



DARTMOUTH OFFICE
Colin McLaren, CPA, CMA
colin@padgettdartmouth.ca
padgettdartmouth.ca

A young girl with long brown hair, wearing a dark blue school uniform with a white shirt and a green tie, is sitting on the ground under a large tree. She is holding an open book and looking down at it. The background is a lush green field with trees. The text 'THE FUTURE IS BRIGHT HERE' is overlaid on the image. 'THE' is in blue, 'FUTURE' is in white, 'IS' is in blue, 'BRIGHT' is in yellow, and 'HERE' is in white. In the top right corner, there is a small logo for 'LANDMARK EAST' with a crest. In the bottom left corner, there is a larger logo for 'LANDMARK EAST' with a crest and the text '1979' and 'BETTER. TOGETHER. EDUCATION.' In the bottom right corner, there is a paragraph of text: 'For students with learning differences, Landmark East could be the environment where they finally thrive.' At the very bottom, there is a line of text: 'Visit us at www.LandmarkEast.org'.

THE
FUTURE
IS
BRIGHT
HERE

LANDMARK
EAST

For students with learning differences, Landmark East could be the environment where they finally thrive.

Visit us at www.LandmarkEast.org



My door is always open.

Catherine E Metzger-Silver
Financial Advisor

22 Cornwallis Street
Kentville, NS B4N 2E1
902-681-2300

www.edwardjones.ca

Edward Jones

MKT-12538-C-AD2 EXP 30 JUN 2021 © 2020 EDWARD D. JONES & CO., L.P. ALL RIGHTS RESERVED.

***FREE DAY AND EVENING CLASSES
AND TUTORING FOR ADULTS!***

Have you thought about going back to school
or upgrading your skills?

Hants Learning Network Association offers **FREE**
day and evening programs for adults in

MATH
READING
WRITING
COMPUTER SKILLS
And test preparation for
G.E.D.
CAAT and TOWES (Community College)
CFAT (Canadian Armed Forces)


Hants Learning Network Association
www.hantslearning.com

Call 902-792-6754
Text 902-702-1736
Email info@hantslearning.com
90 Sanford Dr, Windsor

FEATUREPRENEUR

AN ENTREPRENEURIAL BUFFET

Genevieve Allen Hearn

One would think that the tail-end of a global pandemic is a precarious time to open a new restaurant, but then again, not everyone has a record of success like Chef Jason Lynch. Head chef at Le Caveau in Grand-Pré, owner of The Black Spruce restaurant in Gros Morne National Park, creator of a line of preserves, writer of the cookbook *Straight From the Line*, and producer of a podcast series, Jason Lynch's newest project is Cumin Kitchen and Drink, an "urban café and eatery" located in the Valley Crossroads Health & Wellness Centre in New Minas. We asked Jason about his latest venture.

The Grapevine (GV): Many know you from your fine dining cuisine at Le Caveau. What made you decide to jump into a new project?

Jason Lynch (JL): This project has been in the works for years. We have been looking for a suitable location to open a second restaurant and when we were approached by the ownership of the building in New Minas we felt it was the right fit and decided to take the plunge. Over the past few years there has been a lot of residential and business development in that particular area and we felt there was a need for a restaurant that was based on locally-sourced food and quality coffee in a casual setting. This has been planned to be open about 14 months ago. The project was delayed and we felt to hold off until we come out of the other side of the Covid situation.

GV: *What can people expect from Cumin Kitchen and Drink?*

JL: A casual environment, focusing on locally-sourced food and beverages at an approachable price point. Cumin will be open in the morning for people to pick up a fresh coffee and grab & go or eat-in items, lunch will feature the fresh produce that the Valley has to offer such as salads, sandwiches, hand-crafted pastas, and pantry items for take

home. We will be open 6 days a week, Monday through Saturday.

GV: How do you see gastronomy evolving in the Annapolis Valley?

JL: I feel that the Annapolis Valley is a food destination, and has been back to the days of Alex Clavel and Chez Lavigne. Like every area there are ups and downs and growth periods, but I feel the Valley has so much to offer with the likes of Bessie North House, Juniper, Le Caveau, and the amazing wineries such as Lightfoot & Wolfville and Luckett Vineyards.

GV: *How do you create balance between your various work projects and your personal life?*

JL: Beatrice Stutz, who is both my business partner and life partner, shares the same passion for the industry that I do. This makes it easier to find balance between work and personal life. It isn't always easy when in the midst of a new project, but we truly love what we do.

GV: *Many folks are looking forward to the day that COVID-19 restrictions will be lifted. In your opinion, do you think the dining experience will see a shift after the pandemic is behind us?*

JL: We look forward to get past the pandemic like everyone else. It has taught us some valuable lessons about the industry. I don't necessarily think the dining experience will see a shift, more so the way restaurants operate. It will take time to go back to the way it was, like other industries that have been heavily affected.



Find Cumin Kitchen and Drink on Facebook, or visit 21 Roy Avenue in New Minas when the urban café opens in mid-April.

LOCAL BOOKS: THE FLOWER CART PROJECT

Wendy Elliott

New Minas writer Jim Prime has collected the 50-year history of The Flower Cart ahead of a new departure for this vital social enterprise organization. It's important to remember the past before moving into a new era. That is what *Work with Purpose: 50 years of Supported Employment and Training in the Annapolis Valley* provides.

The book celebrates a community-driven history that began with the late Jean DeWolfe of Wolfville wanting a fulfilling life for her daughter, Linda, who was born with Down syndrome. She gathered some friends together in 1970. They conceived the notion of a sheltered workshop and made it happen. That was the start of building a life with purpose for adults considered to have intellectual disabilities. Prime has collected the meaningful people stories for this history: tales of lives enlarged and challenges overcome. Shawn Biggs comes to mind. He is a brain cancer survivor who had the Flower Cart's annual award named in his honour. Staff leaders Joanne Porter and Roger Tatlock also expounded on their roles.

It was Matt Clairmont, the Flower Cart's supported employment services co-ordinator, who came up with book concept. Clairmont, who manages the Flower Cart's contract with Michelin, saw the anniversary coming and knew there was value in a public history. He also owns Clairmont Publishing Services. Despite being right on Highway 1 in New Minas for five decades, the breadth of what's accomplished at the Flower Cart is not well-known by the general public. Most folks know about the Baker's Dozen bakery, but that's it. Fifty years on, the Flower Cart Group does so much to offer employment and inclusion.

Meanwhile the founding values remain steadfast.

The Flower Cart Group is fundraising toward a new state-of-the art purpose-built and accessible facility. It will cost an estimated \$300,000 and will be huge progress for the enterprise that started in the old, wood frame New Minas school house.

The new building will house all of the services and programming currently taking place now under more than one roof. Participants and staff members will have an accessible and efficient place to work, learn, and train not far from their current location. Flower Cart board chairman and Building Opportunities co-chairperson Paul Randell and Flower Cart executive director Jeff Kelly are naturally excited for this much-anticipated development to roll out. Kelly says he's found the book to be a fitting and accurate look at The Flower Cart. "It's been a cause to celebrate and I have personally found it inspiring," he said. "I have to admit over the last year, and through many drafts, I have flipped open certain sections and found the drive to continue our journey just when I needed it the most. Many people had a hand in our story, and I consider it a fitting tribute to all."

Available online and in hard copy, *Work with Purpose: 50 Years of Supported Training and Employment in the Annapolis Valley* is available from Amazon.



For more information about The Flower Cart Group visit flowercart.ca

AN 'UNPREDICTABLE DINING' EXPERIENCE

Mike Butler

After a very unpredictable 2020, I have decided to take life by the reigns and make sure that 2021 is as enjoyable as I can make it. We have many limitations and restrictions in place right now keeping us safe and I am so proud of how we've managed through this unpredictable time. Follow the rules and find your fun everyone!

Recently, for the first time, my husband and I took part in an Unpredictable Dining Experience, and it was, as I predicted, one of the most enjoyable evenings we've had together. If you've lived in the Valley for the last few years you've probably heard about these unique evenings filled with food, beverages, and fun, in an unpredictable environment, with odds and sods happening around you. The rumours are true! What was laid before us was a location, an arrival time, and a few hints of a menu, and that was it.

As defined by creator and unpredictable gal Lisa Roese (Boehme), owner and operator of the Locust & Starr Inn and Binky's Donuts, Unpredictable Dining is the art of good food served in the most unpredictable of places. Once a month, Lisa and her team host a dining experience like no other, with creative chefs whipping up specially-themed dishes, and it's a feast for all the senses.

Our Valentines and Chocolate themed evening was made possible through the efforts of Chef Mike Schroeder, who created mouth-watering dishes, incorporating chocolate into each of them, and they were heaven! "I have done Unpredictable for the past 2 years," he says. "My first was on a very hot day at Tangled Garden. I met Lisa, we got talking, and our partnership bloomed. The menu is always a

mix of Lisa's ideas and my background, and often we bounce ideas off one another and my mind does the rest. The day of the dinner is long with lots of prep work, from sourcing local ingredients to trying to find that special item for the dinner."

Covid-19 restrictions have turned the Unpredictable Dining Experience into something more intimate, and in my mind more special, as the groups are kept small, the location allows for proper spacing and cleaning, and it's a fast-paced, hilarious, and delicious evening. Back in the day, the Unpredictable Dining Experience hosted events in locations like The Tangled Garden, Grand Pré Winery, and the Box of Delights Bookshop, but now they're keeping it local and easily accessible (until the weather gets warmer) at Locust & Starr Inn (14 Locust Avenue).

Each occasion features a *prix fixe* menu to reflect both the seasons and local foods, and always showcasing the chef's specialties. The dinners are limited to "10 guests per seating, 2 seatings per event," says Lisa, and "cocktails and canapes are included. It's BYOB with no corkage fee, and what you get in return is a very unique evening out with...well, it's Unpredictable!" Due to availability and seating limitations Unpredictable are not able to accommodate any food substitutions or dietary restrictions. Each season they make sure to host vegetarian and seafood dinners, so please reach out if you are unsure which is best for you!

Call Lisa at 902-599-1108, or email unpredictabledining@gmail.com, or info@locustandstarr.com. The only thing predictable about an Unpredictable event is you'll love it! 🍷

WEST BROOKLYN SPEAKEASY BECOMES THE PLACE TO PLAY ON SATURDAY NIGHTS

Ruth Legge

Two years ago, the West Brooklyn Community Hall was looking to expand its variety of activities. The Jill Hiscock group, whose drummer lives in West Brooklyn, needed a rehearsal and performance space. Along with a band of volunteers, the SpeakEasy was born. A 1920s jazz vibe combined with tasty food, local craft beers, original cocktails, great acoustics, and a steady audience combined to make it a low key success every Saturday night. Then the world changed.

After a break during the shut down, the SpeakEasy became one of the few venues open, due to our low numbers and careful seating arrangements. New bands were featured weekly, including Terra Spencer and Sarah Pound & John Ebata, and we gained some regular favourites like the Voodoo Charmers, String Theory, and Eden Row with Guy Breau & Sandi Marie. Now, the word is out among musicians that the SpeakEasy is the place to play, and music lovers know they can listen and enjoy in a relaxed safe atmosphere. The future may hold surprises like a special cocktail night with Celes Davar!

We have some exciting events coming this spring in addition to our usual great acts:

April 3: The Jazz Trio: Samantha Wilson on guitar, Andrew Jackson on trombone and Nick D'Amato on bass will be playing originals, jazz standards, and covers.

May 1: Sarah Pound & John Ebata will be back to play some new tunes and past favourites.

May 29: Sahara Jane and Ken Shorley will create a magical evening.

May ? (TBA): Kristin Martell will sing and play original music from her new album.

The music starts at 8pm and ends at 10:30pm and sorry, no dancing until Covid rules change. Due to limited seating (40 max), you must reserve a table in advance. Cover charges range from \$10 to \$20 at present and it's cash only at the door or for refreshments. Don't forget to bring an extra \$10 for your 50/50 draw ticket to help us build a new accessible entrance porch for the hall, or you can purchase tickets from Jim at the Odd Book (you could win \$2000!). The draw date is April 30.

To find out ticket prices and schedules you can always check our facebook page WBSpeakeasy or Valley Events. To reserve your table call Ruth at (902)542-5424. We're only a scenic 12 minute drive from downtown Wolfville. Hope to see you there! 🍷



**LET ME HELP YOU
SELL YOUR HOME**

I would also love to hear
from you if you are looking
to buy a home

CONTACT ME TODAY!

Melanie Besemer
REALTOR®

info@melaniebesemer.com
902-599-1852



FUNDY DENTAL

We're Open:
MON to FRI, 8:30AM to 4:30PM
Closed on Saturday



**PLEASE DO NOT WALK-IN
WITHOUT A SCHEDULED APPOINTMENT**

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

**TO SCHEDULE AN APPOINTMENT,
PLEASE CALL 902-681-9111**

Thank you and stay safe!



**Hello
You,
Hello
NEW**

Always something new

e s m é
ORIGINAL JACKET
9846 Main Street, Canning



Join a CSA!

Reason #3: We share food and land with others. Second vegetables are donated or delivered to people identifying as needing a little extra food support. Garden spaces are available in the TapRoot Community Garden for anyone wishing to access garden space to grow food.



www.taprootfarms.ca **Community Shared Agriculture**

Working for you as your
Member of Parliament

KODY BLOIS



call +1 (902) 542-4010 or email kody.blois@parl.gc.ca

TRANSITION WOLFFVILLE AREA’S POETRY PROJECT

LocaVisions and Alter-narratives to Seed our Near Good Future
Submitted by Transition Wolfville Area

It’s been a year of emergency measures, lockdowns, and increased general anxiety. We have all had some time to reflect on the state of human affairs on our precious planet. Transition Wolfville Area is excited to embrace the promise of spring renewal. We are promoting a people-powered and physical “Local Visioning” project in poetic form this April. April is national poetry month with Earth Day at its core on the 21st. In Wolfville, this will be celebrated as Earth Week.

This project invites us all to dream the seeds of ideas into being. People of all ages and abilities are invited to participate. Parents and teachers, encourage your children to create and share “alter-narratives” for our near good future as well. We encourage questions and the starts of stories that can lead us into a more wholesome, respectful, and reciprocal future: a future where humans celebrate caring for the lands and waters, all creatures and each other.

The project was inspired by Rob Hopkins (the founder of the Transition Towns initiative and movement). His latest book, *From What Is to What If: Unleashing the Power of Imagination to Create the Future We Want*, is organized around 10 questions that would bring us to what he calls a “near good future.”

An easily accessible inspiration that can serve as a springboard to get your ideas flowing is Doretta Groenendyk’s picture book, *What if: From Anxiety to Wonder* (available at various

local stores, including Harvest Gallery). After the past year, everyone can identify with the characters’ anxieties and can no doubt add a list of their own. To make the shift from fear and doom to love and promise, we first need to get back in touch with our playful and imaginative selves. To get you in the mood, you can read or listen to our project launch poem here: widowwyile.com/blog/genius-what-ifs-iyield-amazing-solutions-abundance.

To play “Seeding our Near Good Future,” we invite you to cast aside the worn stories of fame, celebrity, pulling up bootstraps, and achieving vast material wealth. We’ve seen where those stories go. Cast aside the notion that you are not a poet or an artist—we can all dream and create—we want your what if “locavisions” in whatever form they come to you. Don’t fret about “reality” or being “realistic” —that will hold your imagination back! Think instead of fun, art, craft, creation, and dance. Consider health, joy, play, mutual aid, sharing, song, and organic regeneration. What kind of Wolfville Area world would you like to live in? Dream it up starting off with the motivating focus question “What if...?”

First, IDEAS: Pose a question and then...another...to make a poetic list, or follow up with an exploration of how things could be if your “what if” came to be, or turn it into a song, a verse, a picture, or some combination. Be serious or silly! Every What if is a seed that could be planted and could grow into something or some way of being. In the months and years ahead, the ones we collectively choose to tend will flourish.

Second, MATERIALS: Once you have your words and picture ideas ready, copy them onto some form of weather resistant material because most of them will be displayed outdoors throughout the month of April: try fabric or the insides of milk cartons, pizza boxes, or coffee bags, wooden shingles, fallen bark, or other slim pieces of wood. Cut them into shapes if you like. Use pens, permanent markers or paint.

Third, LOCATIONS: We’ll be displaying them on the posts or on strings strung between posts and/or trees at Clock Park (there will also be a special display board there), Robie Tufts Chimney Swift Shelter, the Community Oven, the EOS arbour, and a few other locations.

In Kentville, VCLA and Open Arms are also participating. If locations in your town or village would like to join in, let us know. We’re launching this project at Clock Park at 4pm on Thursday April 1. We’ll also have a number of live community creation and sharing events throughout the month, including one at the Wolfville Farmers’ Market on Saturday April 17. Then we’ll celebrate the abundance of “seeds” (your poems, stories, pictures, etc.) created on May 1 with “A BUN Dance” at the community oven. Ideas for activities and music are welcome, as are recipes and bakers for the buns! With your help through May, June, and the summer we’ll study the seeds, then plan and plant for our near good future.



For more information, visit transitionwolfvillearea.ca.



NOVA SCOTIA WORKS IS HERE TO HELP YOU START A BUSINESS

Employment Nova Scotia's **Self-Employment** program provides entrepreneurial support* and financial assistance to eligible**, unemployed individuals starting their own business.

*support may include workshops, coaching, mentoring, and training
**individuals who received CERB are now eligible for Employment NS programs



First Step: Contact local NS Works Centre, IRS@communityinc.ca
Kentville 902.679.7469 | Windsor 902.798.5627



RESIDENTIAL • COMMERCIAL • AGRICULTURAL



SKYLIT

A SMARTER SOLUTION TO SOLAR POWER

Get a free quote    **SKYLIT.CA**



More veggies arriving every week!

1 **Saturday Farmers’ Market**
9am to 4pm

2 **Farm & Art Market Store**
Tues–Fri 12–6 pm
Sat 9–6, Sun 12–4

3 **2GO**
Let’s grow local
Quick & convenient hub locations in HRM, West Hants and Kings County
Pickups on Wednesdays & Saturdays
Sign up for a vegetable or flower CSA!
visit wfm2go.ca

1 MARKET, 3 EXPERIENCES! wolfvillefarmersmarket.ca



Lunch Special every Wednesday!

9850 Main St., Canning
902.582.7071 • artcan.com



Joel Hornborg glides by big cliffs on Lake Charlotte, February 2021 (photo courtesy of Joel Hornborg)

NOVA SCOTIA’S NATURAL ICE SEASON

Joel Hornborg, Nor’Easter Natural Ice

Our winters are definitely changing. Drastic temperature fluctuations throughout the season have made it increasingly challenging to plan ahead for winter adventures, and it is rare that good snow or ice conditions last for more than a few days. Luckily, you usually don’t have to wait very long before the next window of great conditions returns. Nordic skates, kicksleds, fat bikes, skis, and snowshoes are all useful tools to have ready in your quiver. For those prepared with the right equipment and knowledge of conditions, winters are filled with opportunities for incredible adventures in frozen landscapes! And so, each winter our lakes freeze over. Natural ice is inherently elusive and not without risks, but good natural ice skating conditions have become increasingly predictable. From mid-December to the end of March there is usually skateable ice somewhere in the province as weather patterns vary greatly from region to region. If not, just wait a couple of days (it is Nova Scotia after all), and patience is rewarded.

The 2020-21 ice season in Nova Scotia was slow to start with minimal ice forming on lakes until mid January. The early freezing northern lake ice became stable by late January and then was blanketed in snow. However, temperatures stayed cold through February with many lakes along the later-freezing South Shore and then Eastern Shore freezing up after significant snowfalls. The slight differences in each region meant that throughout the winter there was always snow-free ice to be found somewhere in the province. Several significant skating tours were carried out this year including: early season ice in the Tantramar Marsh and Jolicure Lakes (NB), multiple trips to the massive Lake Rossignol (Nova Scotia’s largest freshwater lake), and exotic conditions on the rugged Long Lake (Upper Uniacke). There were notable tours to the remote Tangier Grand Lake and Big LaHave Lake (likely skated for the first time), to beautiful ice on Lake Charlotte on the Eastern Shore in late February, as well as groups converging on Five Mile Lake and Panuke Lake for some super ice conditions in early March. Gaspereau Lake saw tons of ice activity throughout the year as the most

popular destination. Great conditions allowed several long tours to surpass 70kms. Plenty of communities reported enjoying artificial and shovelled-off ice across the province, notably the Wolfville Reservoir which has seen increasing community involvement in maintaining an accessible outdoor ice skating venue. Once the spring sun and warmth came by the second week of March it quickly melted out lakes in the south. By the end of March, the last remaining ice gave way to spring. Each ice season serves up a palette of winter vistas, mesmerizing ice formations and patterns, and low-impact human- powered adventures in nature. The feeling of gliding frictionless on an expanse of natural ice provides both an exhilarating and meditative outdoor experience.

To fully and safely explore natural ice it is crucial to follow practices developed in the Scandinavian sport of long distance skating (also known as Nordic skating or wild ice skating here in North America). This includes preparation for I.C.E (Information, Company, and Equipment). Information involves finding out about current ice conditions and learning how to assess ice quality to ensure safe ice travel. Company is connecting with other people to always travel in prepared and knowledgeable groups for both fun and safety. Equipment is the specialized skates and safety equipment used to travel efficiently, and give you the knowledge and preparation to manage the risks of falling on or through the ice.

Our Nor’Easter Natural Ice group (NNI) operates across Nova Scotia and works with developing a safe and connected community of natural ice enthusiasts. We organize events and ice safety workshops each year, and continue to build a growing network of online information sharing and ice observations, as well as connecting people and equipment to access natural ice safely throughout the winter. A huge THANK YOU to all current NNI members for your involvement and contributions to our growth! Check out noreaster.ca for more information, join our Facebook and Google groups, and get yourself ready for next season when the temperatures drop. See you on the I.C.E.! 🐾

WOLFVILLE’S AL WHITTLE THEATRE NEEDS LOVE

Wendy Elliott

The Al Whittle Theatre in Wolfville is very much alive, even though there have been no public performances and almost zero income for the past 12 months. Fortunately there have been some private rentals and support from the provincial government, so Mary Harwell, manager of Wolfville’s cultural hub, says, “we’re not in danger, but revenues are down a lot.”

An emergency funding grant of \$19,715 will help the facility to continue to host concerts, film screenings, live theatre, and festivals once pandemic restrictions ease. The cinema had a program of improvements underway, Harwell noted, but refurbishing of brickwork on the 120-year-old building has been somewhat delayed. “We’re keeping things going,” she said. An Oscar-based film series of 11 screenings is set to start on April 4 with social distancing. The Valentine’s weekend of films was popular.

Co-op president Frank Lussing says the board has been using its meetings to “look forward post-pandemic and be aware of changing factors to determine what kind of future we want to have.”

One of the key changes was suggested by performers, he said, “who are looking for opportunities to expand their audiences virtually. There will never be a substitute for live audiences, but due to the pandemic there is more interest in that experience.”

As a result, some of the funds raised in the annual share sale campaign will go toward the



Photo courtesy of Wendy Elliott

purchase of live-streaming equipment. Since the Nova Scotia government has ended the Equity Tax Credit program for cooperatives, \$100 shares can be purchased at any time of the year, says secretary Elisabeth Kusters.

The theatre is a provincially-designated landmark dating back to 1901. In 1947, the re-named Acadia Theatre showed its first film. After a period of closure twenty years ago, the newly-renovated, community-owned theatre reopened in 2004. The building is called the Acadia Cinema, but the theatre was named after long-time manager, the late Al Whittle.

Community volunteers and co-op shareholders were able to pay off the mortgage on the cinema in 2019. The cinema board includes Frank Lussing, President; Lesley Winters, Vice-President; Elisabeth Kusters, Secretary; Trevor Lloyd, Treasurer; Vincent den Hartog, Alyson Kelly, Graham Howes, Lynn Aylward, and Deborah Hemming. 🐾

MLA - KINGS SOUTH

Explore the Outdoors!

LOCATION: DABRO FARMS
GASPEREAU, NS

KEITHIRVINGNS

KEITHIRVINGNS

keithirvingmla.ca 902-542-0050

NEW MUSIC: THE BASIN BROTHERS RELEASE TWO ALBUMS

Submitted

“It’s been a pretty strange year for sure” says Basin Brother Chase Ross, but, he continues, “it has been a good time to focus on crafting new songs, and to record two new albums.” Now, those albums are here.

Furthest Out and *Thinking Of You* are full of the types of songs The Basin Brothers have become known for, exploring themes like introspection, love, heartache, and trying to get by.

Both albums were produced by Thomas Stajcer at New Scotland Yard Studio in Dartmouth. “The recordings,” says Ross, “show a broader musicality, dynamics, and re-thinking of what our strengths are as a band.”

Both will be released on April 2 on all streaming and downloading platforms, through their website (thebasinbrothers.com), and on Bandcamp. 🐾



Cover artwork by Tacha Reed; layout by Deep Hollow Print.



Valley Spring, 36x48, Bob Hainstock



Do Come In, Carolyn Mallory



Harvest Riches, Jean Leung

New Month, New Show At Tides Gallery

A noticeable change in colors and themes at the Gallery this month as members recognize the pivotal, unpredictable months of March and April in Valley life.



Guest Artist Making Strong Connections

Courtney Turner is a young emerging artist living in Canning and a recent graduate from the Nova Scotia College of Art & Design. Courtney uses an unusual combination of abstract rug hooking and representational self portraiture, often seeking connections between her current self and child memory, as well as chronic illness.



Tides Contemporary Art Gallery
36 Cornwallis Street, Kentville
11-4 p.m. Wednesday-Saturday





902.542.5767 | wolfville.ca

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

Spring has arrived in wolfville

With warmer days ahead, put the **SPRING** into your step!

Trails in Wolfville:

- Millennium Trail
- Harvest Moon Trail
- Acadia Woodland Trails
- Reservoir Park Walking and Bike trails

Trails outside of Wolfville:

- Blomidon Provincial Park
- White Rock Community Trails
- Cape Split
- And MORE!

EARTH DAY!
Thursday, April, 22nd 2021

During a year of uncertainty, it was clear that nature remains resilient!

Share some love with Nature this month!

The Bees are back and looking for food and fresh water! Put out a shallow water dish with rocks and water to help the bees!

The birds are back and are looking for food! Put up a bird feeder or spread birdseed in your yard!

Compost and dispose of your waste properly!

Valley Waste Spring Clean Up

Properly dispose of old/broken unwanted items such as:

- Dishwashers
- Carpet
- Stoves
- etc.

For more information visit - www.vwrm.com/Curbside_FallSpring. or call 902-679-1325

Can you find me in your backyard?

wolfville Support. Empathy. Kindness.
To all beings, including the beings of the Earth!

wolfville

EARTH LEADERSHIP CAMPS 2021

Learning, exploring and growing together!

Recreation staff are still confirming details for the 2021 Town of Wolfville Earth Leadership Summer Camps!

We will be offering them and we are so excited to do so!

All camps will have limited spots and will follow the Public Health and Safety Guidelines!

To stay up to date, visit www.wolfville.ca
Email - recreation@wolfville.ca
Call - 902-599-3693

wolfville

2021/22 Operations Plan & Budget

At the Town Council meeting on March 23rd, 2021, Wolfville Council approved the Town's new Operations Plan and Budget for 2021/22

Check out Notices at wolfville.ca for more information and to read the documents.

For any inquiries,
please contact the Town of Wolfville:

902-542-5767
wolfville.ca



Photos courtesy of Howard Williams

MIKE UNCORKED: BEES AND THANK YOU!

Mike Butler

Our Valley is filled with gardening, wildlife, and nature enthusiasts, and for good reason: we live in such a beautiful area with so much to be thankful for. Over the last few months, I've been presented with concerns and issues involving environmental change and sustainability and its impact on honey bees and other pollinators. I love honey, beeswax candles, and honestly, I love bees. I wasn't aware of the plight of pollinators and so, with some help from my bee friends, here is a helpful list of things we all can do this spring, and down the road, to help out our local pollinators! *Bee* aware, *bee* respectful, and *bee* informed! Here's your honey-do list!

Plant, Plant, Plant: Ponder the many wildflowers and bee-friendly plants you can add to your area. Set up a bee refuge spot on your property that will be a call to the pollinators to enjoy! If you have children or grandchildren, get them to make some fun bee refuge signs for this area and teach them the value of saving the bees in our area. When I spoke to local beekeeper Perry Brandt, he noted that "honey bees produce a wonderful product, honey, as well as beeswax, and yet these are really only by-products of their most important function, which is pollination. Bees are responsible in some way for at least one out of every three bites we consume of our daily dietary requirements. If that isn't important I don't know what is."

Home gardens can be, by far, the biggest source of food for pollinating insects. Here in the Valley we have a vast range of local businesses ready to supply the materials needed to create a home garden filled with nectar-rich flowers. Stop by Tangled Garden for gardening tips and answers to questions, and visit Blomidon Nurseries, Hennigars, or Sterlings for seeds and seedlings, and be sure

to visit the Wolfville Farmers' Market to chat with Perry, Wolfville's most knowledgeable beekeeper.

Stop Weeding: There are numerous additional plantings that can help, but a much easier and simpler thing to do is to just stop weeding! Lawns that are incessantly mowed to prevent the spread of white clover, or constantly weeded to remove dandelions, are nothing more than a complete wasteland to honey bees. It can seem as though we thrive on mowing as soon as the grass starts blowing in the wind, but for the sake of the pollinators (*bees* and thank you), don't excessively mow away the dandelions! At my apartment building, we have a huge number of dandelions but we don't mow the lawn three times a week. We allow for a growth period to hopefully help our bee friends! There has been quite a lot of information on, and many are aware of, the damage that clear-cutting can do to woods and forests. Unfortunately fewer are aware that clear-cutting the lawn is not a good policy either, especially as far as pollinating insects are concerned. *Bee* aware and let others know. Bee enthusiasts and local gardening groups are very eager to start a "re-wilding" initiative to make our area more bee and pollinator friendly and with your help, the early goals can be achieved.

Make it a Community Effort: The Wolfville Memorial Library has a garden designed to attract butterflies and bees—bravo! Another project for families would be to grow a butterfly garden, have a gardening contest with neighbours, or as a parent, introduce some of these tips to your local school and start some insect and gardening clubs. In Wolfville, the Blomidon Naturalists Society will be starting some butterfly/wild bee/pollinator gardens this summer to continue the pioneering work



of the town library. Are you new to the garden world and want to help our bee friends? I suggest you contact the Blomidon Naturalists Society with questions about what to do to help. They can be reached by email at info@blomidonnaturalists.ca.

Are you a landlord? Well, how much available garden space do you have at your buildings for tenants? Is there a space you could make available for a bee refuge? Can you advise your property maintenance person to be less eager to mow and cut back weeds? Allowing tenants to plant some wildflowers in their yard will be a fun hobby and very helpful to the bees! *Bee* flexible with the space you rent.

Spring Forward: Springtime is critical for bees. "The wild and domesticated bees, along with other insects, that pollinate Valley crops need a suitable habitat to survive and prosper," says Perry. "Ideally such a habitat includes a diversity of native flowers, shrubs, bushes, and trees. Spring is an important time for the insect kingdom. A strong start in spring means better numbers of pollinators in our environment." Before raking and disposing of your leaves in rapid efficiency, in both spring and autumn, follow the Nature Conservancy of Canada and leave the leaves on the ground as shelter for insects.

There's many resources out there so you can *bee* better informed. We live in a high-tech world with webinars and gardening groups. You can also visit novascotiahoney.com or your local farmer's market and get better educated on how to help. Stay tuned to the Blomidon Naturalists Society Facebook page and be ready for more information on how to help. *Bee* a friend to the Bees! They need us as much as we need them! *Bees* and thank you! 🐝



VISUALLY SPEAKING: FIBRE ARTIST TERI GULLON

Anna Horsnell

Teri Gullon's small, life-like sculptures are hard to resist. Perhaps the attraction lies in the subject of animals, or perhaps the soft warmth of her chosen medium—wool. Certainly, the attention to detail is evident. No matter the reason, this Kentville artist deserves recognition.

She never considered herself an artist. Originally from the South Shore, Gullon's interest in science led her to Ontario where she studied chemistry, began a career, and met her husband. Family brought her back to the Maritimes and the Valley in particular. However, she'd always been musical, playing the piano, flute, and guitar, and often one art form leads to another. In this case, there was a comical twist, but Gullon tells the story best. "I discovered needle felting due to a pun. My friend is a musician and she had a show in Wolfville where she handed out some "swag" in the form of felt hams her friend made. Literally, a needle felted wool ham. Her last name is Feltham (felt-ham). I begged for one and thought it was the most hilarious and adorable thing I had ever seen. After doing some research and discovering more on the medium, I decided I wanted to give it a try."

That Christmas (2018), her husband gave her the basic supplies and she never looked back. "Many people get started with kits, but I began with just loose wool and needles, no pattern, no resources. I immediately found it intuitive, and spent hours making little critters. I find it both therapeutic and addictive.



Photo courtesy of Teri Gullon

Initially I began with cute animals, but have later expanded into more realistic creatures as my skills developed. I especially like to create marine life, since I spent so much time in and around the ocean growing up. I think it's a fun and unexpected juxtaposition making aquatic animals from wool."

Finding the time is Gullon's biggest challenge. Needle felting is a slow process and her realistic sculptures can take up to thirty hours to complete, but she enjoys every minute. "I select subjects or accept commissions I find interesting and that I am confident I can capture well. I mostly work off of pictures, as many

as possible at different angles. From there, I select my wool colours. Many fibre artists build their pieces around a wire armature. I do use armature at times, but I actually prefer to make my pieces from pure, ethically-sourced wool whenever possible. Needle felting uses special barbed needles which allow you to stab loose wool fibres, drawing them together and allowing you to sculpt."

Creating with wool has its challenges, but needle felting is also a forgiving art, and Gullon embraces both aspects in her hopes to keep growing and developing her skills. "Instagram has been a great way to connect with other artists and it pushes me to go further with my work. I have seen just how realistic a sculpture can be achieved in the fibre medium. I was blown away and found it very inspiring. With each piece I discover a new way of doing things, whether that's creating a nice thick mane of fur, or an antenna for a snail. I've been experimenting with incorporating driftwood into my pieces, so I'll definitely be playing with that more in the future and hopefully building larger combined projects. I'd love my work to show up in galleries someday!"



See Teri Gullon's animal sculptures at Market Between the Mountains in Berwick, on Instagram, Facebook, and Etsy as [FineFeltedFigures](https://www.etsy.com/ca/shop/FineFeltedFigures) ([etsy.com/ca/shop/FineFeltedFigures](https://www.etsy.com/ca/shop/FineFeltedFigures)), or email finefeltedfigures@gmail.com.

NEW IN BERWICK!

Art & Soul



UNIQUE HOME DECOR • REDISCOVERED CLOTHING • JEWELLERY • AND SO MUCH MORE!

179 Cottage Street, Berwick • 902-375-2178
Open Wed to Sun, 11am to 5pm
SUSANSARTANDSOUL.WEBBLY.COM

ANDREW HAIGHT

energy coaching

less STRESS
more ENERGY

AndrewHaight.com

GRADUATING SOON?

READY TO START YOUR CAREER?

INTERESTED IN MEETING PROFESSIONALS IN YOUR FIELD?



Contact Taylor —
connector@valleyren.ca

WRITER JAKE LEWIS ON REPRESENTATION AND AUTISM AWARENESS

Dana Mills

Friday, April 2 is World Autism Awareness Day. Recently local author Dana Mills joined writer and autism advocate Jake Lewis for a virtual discussion about representation and writing bravely in the face of personal struggle.

Dana Mills: How do you identify as a writer, Jake? Would you call yourself an “autistic writer”?

Jake Lewis: To me, I’m just a guy who just so happens to have autism. It doesn’t really have much of an effect on who I am as a writer, I don’t think.

DM: I admire your honesty in your piece, *My Take on Mental Health for Autistic People*, where you open up about personal struggles you have faced. Was there any relief in being so open? In what ways was it difficult?

JL: When I wrote my piece on mental health a year and a half or so ago, I knew and understood what I was getting myself into. To me, I was just merely retelling facts. I didn’t feel any relief. I felt no different, upon completing the piece, as when I had started it.

I had suffered something nobody should have to go through. I could see it in the people around me, saying they were fine when they very evidently weren’t, just like I had. People I cared about. I knew they didn’t say anything, and I knew that odds were they wouldn’t, due to the stigma of being seen as insane, or sick, when really they weren’t, they just needed a bit of help. Lo and behold, Autistics Aloud had announced the theme of their second edition: Health. That’s when the idea came to me. If nobody else was going to reach out to these people, and help break the stigma, I figured I would.

So, I wrote my past down, holding nothing back. Talking about the crushing loneliness, and the ever digging hooks of self doubt and rage, to my brushes with suicidal thoughts and urges. I had a point that I wanted to get across to anyone who would read that piece. That point being that it’s never too late to ask for help. My parents, my mother especially, were concerned. They were scared that people wouldn’t understand, and would say unpleasant things, so I had to convince them to let me

send it in. Soon enough, they did, and it was published.

DM: Do you have any suggestions for people trying to write about something so personal to themselves?

JL: You have to ask, “Why am I doing this?” Once you figure it out, a path will open. Follow it. You may get some backlash, but what great mind was liked by everyone? You have to focus on the end goal. My goal was to break the stigma. I just have to hope that what I did helped someone. If my writing helped at least one person, then I have succeeded in what I set out to do.

DM: Does writing help with certain things in life? How is it difficult for you?

JL: I have a certain need to control things. With writing, I can have that. I can control the world, the characters, what colour the dragons are, and decide if this wizard throws a fireball at the encroaching army or does the smarter thing and runs off. I can make characters be who I could only dream of being, and do things I could only dream of doing. It is my break from reality, where everything is okay.

DM: Do you have any upcoming projects or publications you’re excited about?

JL: I am one of fifteen youths in the Atlantic provinces chosen to interview survivors of institutionalization. This work will be put into a textbook that will be used by high school teachers. I have also been classified as a youth participant in a heritage project by Inclusion NS.

DM: In your non-fiction pieces you express different facets of what it means to be autistic, but you write fiction as well; are any of your characters autistic or neurodiverse?

JL: I do have a couple more neurodiverse characters. The most notable one I’ve made is the character Auron The Red, an undead necromancer who runs a funeral home with his undead chinchilla, Maurice. I based him off numerous autistic characters I’d seen, such as the main protagonist in *The Good Doctor*. I made him less robotic, like many people with



Photo courtesy of Jake Lewis

autism are portrayed in the media, but more confused. He always felt one step behind, occasionally saying or doing something he arguably shouldn’t have done, and using words from two hundred years ago that no one uses anymore. He lives in a world he doesn’t fully understand, which on many occasions is how I’ve felt about the world I live in.

DM: Can you expand a little bit on your writing during this past year?

JL: I have been writing mostly fantasy-related stuff in this great big world that I’ve made, that I started creating at the prompting of my dad after he introduced me to Terry Pratchett’s Discworld. I’ve named this world Aetherion, where I hope to explore ideas such as magic polluting the environment; an undead wizard having to convince winter to bugger off; a robotic sorcerer, along with his over-talkative swordsman-friend, who has to save a kingdom of merfolk who live in water spheres above the ocean; a gargoyle detective investigating a fairy mob; and a warlock who’s trying to stop himself from destroying the world.

DM: It seems that autistic characters are still mostly misrepresented—at least ones written by non-autistic writers. How should autistic characters be portrayed?

JL: People with autism are just that, people. We have hopes, dreams, character flaws, relationship troubles. The only difference

being we have more sensitivities and social awkwardness than a neurotypical person. The media makes us look like robots—cold, calculating machines that don’t feel emotion. This, as anyone who’s met an autistic person can tell you, just isn’t true. Just portray them the way you’d portray anyone neurotypical. Make them a person.

DM: As an autism advocate and educator, what are some of the things you’ve informed students or teachers on? Any examples or anecdotes you’d like to share?

JL: I remember The Autism Awareness Day of 2019. One of the highlights of my advocacy career thus far, to be honest. I was around that time I spoke the proclamation at the flag raising, and came into possession of an official document signed by the premier of Nova Scotia, which I promptly lost a few days later. I also made \$185 for a school fundraiser that I led for Autism NS. I spoke at L.E. Shaw Elementary School, which I still consider to be one of the best audiences I’ve had to date.

DM: Is there anything about the language we use around autism that you think has to change?

JL: People, for as long as I have been alive, have used the words “retarded” or “autistic” as a means of saying that something or someone is stupid—essentially used as derogatory terms for someone with autism, or other mental disorders or disabilities. It makes people with those disorders or disabilities look lesser, and that in turn causes people to associate those people with these disorders as stupid and incapable. This isn’t true; autistic people have been able to exist and be independent and experience success, yet the general public still uses these words. It needs to stop.

DM: Does anything make you hopeful about the direction things are going in terms of the treatment of autistic individuals?

JL: Things are improving, though it is still difficult for people with autism to find jobs. But people are slowly becoming more considerate. They seem to be slowly understanding. 🧡

APRIL IS ORAL HEALTH MONTH: AMBER-ROSE HARVEY, NEW MINAS DENTAL CENTRE

Submitted

The New Minas Dental Centre is celebrating one of their own! Dental assistant Amber-Rose Harvey has been with the Centre for nearly four years. Hired as a new grad, she is grateful to have been given the opportunity to embark on her career and gain valuable experience.

Patient care is top of mind for Amber-Rose, and her goal is to educate and engage with them in meaningful ways. “To me, a great patient experience is keeping the patients smiling, even if they are scared or afraid, and making them comfortable,” she says. “Part of that is talking with them and really getting to know who they are.”

She’s passionate about the transformations she sees in patients when they come in for services: “Since I’ve started, I’ve learned so much about Invisalign® and I love seeing the increased confidence and self-esteem of our patients when they’ve completed their treatment.”

We asked her what she would do with a magic wand, and her response was a noble one: “I would use my magic wand for universal dental insurance or coverage of some kind. Everyone deserves to be able to have the best possible smile.”

Her advice for dental professionals starting their careers? “Keep your chin up. It’s going to be scary and overwhelming at first, but the rush, the love for the job, and the patients will



make it all worth it.” She adds, “Be eager to learn, upgrade your skills, and always keep moving forward!” 🧡



GET OUTSIDE WITH GET THE PIRAT

Histo-Caching App Released by Speed Eco

Submitted

Gaspereau’s Speed Eco has developed a new interactive, educational, and entertaining self-guided app.

Get the Pirat features folklore stories and true accounts of some of North America’s most interesting historical topics. These include tales of the coolest pirates and treasure, the spookiest ghosts, villains, heroes, and terrifying creatures. Paul Speed, the company’s pirate-loving founder, sees the app as a way to preserve folk tales from a variety of sources, including referencing many out-of-print books or privately submitted local tales, and even real treasure stories, while introducing them to a new generation in a fun, active way. Fun fact: users of such apps have 70 percent higher retention of materials. In the outdoors that’s a great way to teach history.

The Pirat ghost history hunt has a full-time team of three recent university and college graduates that have been crafting a “Histo-Caching” experience that allows adventurers to discover folk stories at relevant outdoor locations. To unlock a story, the Pirat user chooses an adventure from the in-app map and takes a walk, drive, or hike to the indicated point. Some of the locations are tucked away on scenic trails, while others are more accessible in town and city centres.

Arriving at a story’s location will also unlock a character or item to take photos with. Using augmented reality tech, the app allows users to see and photograph models of pirates, grim

reapers, and more in eye-catching locales. Once captured they go in your chest, which you can pull out anywhere to show friends or take more fun photos.

In Nova Scotia alone, there are 365 adventures (one for every island in Mahone Bay waters!). If you want to adventure outside the province, there are currently Pirat ghost history stories in locations from Newfoundland to Alberta to Texas.

Get the Pirat is still a work in progress, and the team is working hard to bring adventurers a fun and educational experience. To date, over 20 Nova Scotians have contributed to the app to create music and future digital enhancements that will bring our stories to life. Partnerships with a Halifax agency and a local promotional firm specializing in coding and graphic artwork continue to improve the app every day. Our goal: to make your phone seem like a time machine.

Go to getthepirat.com to download the *Get the Pirat* ghost self-guided history hunt today, and get outside and learn fascinating stories set in some of the most picturesque places in your region. 🧡

* Shaded events take place every week

THURSDAY, APRIL 1

45's – Royal Canadian Legion, Canning 7pm. EVERY THURSDAY! • Open to everyone. Bar is open and all Covid-19 rules apply. 50/50 draw. **TIX:** \$2 **INFO:** 902-582-7246
Light It Up Blue for Autism Awareness & Acceptance! – Annapolis Valley, April 1-4, 6pm • Come see all the blue lights in the towns and villages throughout the Annapolis Valley! **TIX:** no charge **INFO:** 902-542-3421 / missvicki@eastlink.ca

FRIDAY, APRIL 2

Light It Up Blue for Autism Awareness & Acceptance! – Annapolis Valley 6pm • See April 1 listing
Porch Project! – Community Hall, West Brooklyn 7–8pm. FRIDAYS & SATURDAYS until April 30 • Porch Project! The West Brooklyn Community Hall invites you to buy your \$10 50/50 ticket Friday and Sat. nights. Don't miss your chance to win \$2000 and help us build our new covered porch and ramp. **TIX:** \$10. Also available at The Odd Book, Wolfville. **INFO:** 902-542-5424

SATURDAY, APRIL 3

Kentville Lions Breakfast – Lions Club, Kentville 8–10am • Lions Monthly Breakfast **TIX:** \$8 adults, \$5 children **INFO:** 902-680-2740 / vintagmusic1@hotmail.com
Line Dancing – Royal Canadian Legion, Kentville 11am–12pm • Line Dancing for fitness and fun. **TIX:** Drop In \$8 **INFO:** 902-681-0033 / triplewineventsandconnections@outlook.com
Movie: Happy Feet – Kings Theatre, Annapolis Royal 3–4:30pm • In frozen Antarctica, where penguins sing to woo a mate, Mumble's talent is dancing: When his fellow penguins start to croon, Mumble's feet want to move. **TIX:** Admission is free **INFO:** 902-532-7704 / boxoffice@kingstheatre.ca
Light It Up Blue for Autism Awareness & Acceptance! – Annapolis Valley 6pm • See April 1 listing

SpeakEasy – Community Hall, West Brooklyn 8–11pm • Featuring The Jazz Trio, with Samantha Wilson on guitar, Nick D'Amato on bass, and Andrew Jackson on trombone. Enjoy some fabulous live music, tasty snacks and feature cocktails! COVID-19 rules apply. **TIX:** \$15, Reservations required. **INFO:** 902-542-5424
Wayne Parker – West Side Charlies, New Minas 8–11pm • Come enjoy the music! **TIX:** no charge **INFO:** 902-681-9378

SUNDAY, APRIL 4

The Climb – Al Whittle Theatre, Wolfville 4pm & 7pm • The all new Sunday Film Series kicks off with The Climb. A look at the friendship between two guys that spans over many years. Social distancing and masks are required. **TIX:** \$12 at the door (cash, credit or debit) **INFO:** 902-542-3344 / manager@alwhittletheatre.ca
Light It Up Blue for Autism Awareness & Acceptance! – Annapolis Valley 6pm • See April 1 listing

MONDAY, APRIL 5

Easter Monday with Measha – Main Street Station, Kentville 7–9pm • Measha Brueggergosman and her incredible band will perform live at The Ballroom, with gospel and hymns to celebrate Easter. **TIX:** \$40 **INFO:** info@musicincommunities.com

TUESDAY, APRIL 6

Public Hearing & Municipal Council – Municipality of the County of Kings, 181 Coldbrook Village Park Drive, Coldbrook 6pm • Facemask required. Members of the public can also listen live by visiting www.countyofkings.ca and following the "Listen Live" link. **TIX:** No charge. Pre-registration is required to attend in person. **INFO:** 902-690-2566 / municipalclerk@countyofkings.ca
Wolfville and Area Newcomers Club – Zoom, Wolfville 7–9pm • April Speakers: Greg Butler and Ellen Crowley, president and CEO of the Valley Regional Health Foundation on their current fundraising campaigns and the equipment needs of Valley Regional Hospital **TIX:** no charge **INFO:** 902-670-8612 / ascottbutler@gmail.com

WEDNESDAY, APRIL 7

Special Council – Budget – Municipality of the County of Kings, Coldbrook 9am • Facemask required. Members of the public can also listen live by visiting www.countyofkings.ca and following the "Listen Live" link. **TIX:** No charge. Pre-registration is required to attend in person. **INFO:** 902-690-2566 / municipalclerk@countyofkings.ca
Wolfville Legion Coffee & Tea Social – Community Hall, White Rock 9:30–11:30am. EVERY WEDNESDAY! • Drop by for a treat and enjoy fellowship while we respect social distancing (masks are mandatory). **TIX:** \$2 **INFO:** 902-542-5869 / wolfvillelegion@gmail.com

Death and Taxes: Estate Planning Webinar – AVRL Virtual Program Space, Berwick 12–1pm • Exploring the world of wills, power of attorney, and trusts. Presenter: Kathie Pemberton, IG Wealth Management. Registration is required. **TIX:** no charge **INFO:** valleylibrary.ca / 902-538-8060

Jam Session – Lions Club, Kentville 6:30–9pm. EVERY WEDNESDAY! • **TIX:** free will offering at the door **INFO:** 902-680-2740 / vintagemusic1@hotmail.com

The Mauritanian – Kings Theatre, Annapolis Royal 7–9pm • Jodie Foster wins Best Supporting Actress at the 2021 Golden Globe Awards. **TIX:** \$8.25 (+tax/ticketing fee) Adult **INFO:** 902-532-7704 / boxoffice@kingstheatre.ca

FRIDAY, APRIL 9

Virtual Book Club – AVRL Virtual Program Space, Berwick 10–11am • This month we'll be discussing Mona Parsons by Andria Hill-Lehr. You can download a copy online or call the Berwick and District Library to reserve a copy. Join the discussion online via Zoom. Registration is required. **TIX:** no charge **INFO:** 902-538-8060

SATURDAY, APRIL 10

Kings Kikima Grannies Jewellery Sale – Lions Club, Wolfville 9am–3pm • Jewelry (free will donation and priced), Fabric and yarn, Reimagined art, Hearing aid, masks and much more. Funds raised support children orphaned by AIDS, being raised by grandmothers in Africa. Public Health Protocols will be in place. **TIX:** no charge **INFO:** 902-542-7591
Weekend Workshop Intensive: Portraiture w/ Sara Hartland-Rowe – Ross Creek Centre for the Arts, Canning 9am–5pm, April 10–11 • Spend a weekend exploring Portraiture with the incredible Sara Hartland-Rowe. **TIX:** \$225 (No Overnight Accommodation), \$295 (Overnight Accommodation) **INFO:** artscentre.ca / mail@artscentre.ca
SpeakEasy – Community Hall, West Brooklyn 8–11pm • Join us for an evening of live music with Chairman of the Blues! Enjoy some fabulous live music, tasty snacks and feature cocktails! COVID-19 rules apply. **TIX:** \$15, Reservations required. **INFO:** Ruth, 902-542-5424
Great Big Johnson – West Side Charlies, New Minas 8–11pm • Come enjoy the music! **TIX:** no charge **INFO:** 902-681-9378

SUNDAY, APRIL 11

River View Haven Cemetery AGM – Newport United Church, Brooklyn 3–4:30pm • Meeting to review operation of the cemetery, appoint new directors, and a special resolution to update the by-laws will be considered. **TIX:** no charge **INFO:** 902-757-0255 / riverviewhavencemetery@gmail.com
Promising Young Woman – Al Whittle Theatre, Wolfville 4pm & 7pm • The Sunday Film Series continues with the Oscar nominated Promising Young Woman. A young woman, traumatized by a tragic event in her past, seeks out vengeance against those who crossed her path. Social distancing and masks required at the theatre. **TIX:** \$12 at the door (cash, credit or debit) **INFO:** 902-542-3344 / manager@alwhittletheatre.ca

TUESDAY, APRIL 13

Community Luncheon – Lions Club, Kingston 12–1pm • Kingston Lions Luncheon serving Turkey dinner. Pandemic protocols in effect. Eat in (full table service), pickup or delivery. Call to pre-order ALL meals on April 8 (9am–4pm) and April 9 (9am–Noon). **TIX:** \$10 Eat-in OR Pick up, \$11 Delivered (Kingston/Greenwood area). **INFO:** 902-765-2128

WEDNESDAY, APRIL 14

MINARI – Kings Theatre, Annapolis Royal 7–9pm • Lee Isaac Chung's tender story of a family's move to a tiny Arkansas farm in search of their own American dream. **TIX:** \$8.25 Adult, \$5.50 Youth (HST & ticketing fee additional) **INFO:** 902-532-7704 / boxoffice@kingstheatre.ca

THURSDAY, APRIL 15

Teen Book Club – AVRL Virtual Program Space, Berwick 7–7:45pm • ZOOM in for our virtual Book Club. This month we'll be discussing the graphic novel: Escape From the Forest by Dan Jolley. Registration is required. Ages 10 and up. You can download a copy online or call to reserve a copy. **TIX:** no charge **INFO:** 902-538-8060 / valleylibrary.ca

SATURDAY, APRIL 17

Wolfville Lions Club Big Breakfast – Lions Club, 36 Elm Ave, Wolfville 8–10:30am • Wolfville and District Lions Club delicious Big Breakfast in a COVID safe environment. Bring your mask. Featuring bacon, sausage, scrambled eggs, toast, homemade baked beans, hash browns, coffee, tea and juice. **TIX:** \$8 adult, \$4 children **INFO:** 902-542-4508 / wolfvillelionsclub@hotmail.com

Speaker Series: Pierre Dugua – Annapolis Valley Area, Annapolis Valley 2–3:30pm • Hear about the fascinating life and times of Pierre Dugua, the merchant explorer who established the Habitation at Port-Royal. **TIX:** no charge **INFO:** 902-532-7978 / friendsoftheARlibrary@gmail.com

Photographic Arts Exhibition Opening – ArtCan Gallery & Cafe, Canning 3–5pm • 'From Kodak Brownie to Smart Phone' by Dutch Canadian photographer Dick Groot. This is a compelling glimpse at a sixty-five year relationship with photography. On show till May 22. **TIX:** no charge **INFO:** llstudio.groot3@gmail.com

SpeakEasy – Community Hall, West Brooklyn 8–11pm • An evening of live music with guitar and vocal father/daughter duo Steven and Morgain Lee! Live music, tasty snacks and feature cocktails! COVID-19 rules apply. Remember to wear your mask! **TIX:** \$10. Reservations required. **INFO:** 902-542-5424

Barkhouse Boys – West Side Charlies, New Minas 8–11pm • Come enjoy the music! **TIX:** no charge **INFO:** 902-681-9378

SUNDAY, APRIL 18

Another Round – Al Whittle Theatre, Wolfville 4pm & 7pm • The Sunday Film Series continues with the Oscar nominated Another Round. Four friends, all high school teachers, test a theory that they will improve their lives by maintaining a constant level of alcohol in their blood. **TIX:** \$12 at the door (cash, credit or debit) **INFO:** 902-542-3344 / manager@alwhittletheatre.ca

TUESDAY, APRIL 20

Committee of the Whole – Municipality of the County of Kings, Coldbrook 9am • Facemask required. Members of the public can also listen live by visiting www.countyofkings.ca and following the "Listen Live" link. **TIX:** No charge. Pre-registration is required to attend in person. **INFO:** 902-690-2566 / municipalclerk@countyofkings.ca
Acadia Regional Youth Orchestra Try an Instrument Day – Horton Community Centre, Grand Pre 4:30–6:30pm • Try out a violin, cello, viola, or a double bass. Our amazing instructors will be on hand to answer questions, to show you the ropes, and of course, to make music! We offer low cost, high quality string instruction and ensemble playing for beginners to intermediate players, ages 10–24. **TIX:** No charge, but please pre-register. **INFO:** aryostings@gmail.com

WEDNESDAY, APRIL 21

Transformers – Zoom 6pm • Transformers is a monthly social support group open to trans, non-binary, and gender questioning youth 25 & under. This monthly program always reoccurs on the 3rd Wednesday of every month. **INFO/Reg:** Email skye@youthproject.ns.ca
Trivia Night: History – AVRL Virtual Program Space, Berwick 7–8pm • Join us for another round of trivia. This month's theme is all things History. Local, ancient, recent, anything is game! Ages 18 and up. You will require a computer, tablet, or smartphone to view the questions and clues via Zoom, and to submit your answers via the Kahoot! app or website. Registration is required. Prizes for the top three Trivia Masters! **TIX:** no charge **INFO:** 902-538-8060 / valleylibrary.ca

THURSDAY, APRIL 22

Meet the Volunteers – Western Zone Community Health Boards – Virtual, Anywhere 6:30–8pm • In celebration of National Volunteer Week, join us to find out what roles Community Health Board (CHB) volunteers play in our communities, and participate in a Q&A with CHB volunteers. **TIX:** No charge. Email to RSVP and receive the Zoom link. **INFO:** 902-526-0369 / WesternCHBs@nshealth.ca

FRIDAY, APRIL 23

CFUW Book Sale – Lions Club, Wolfville 9am–9pm. ALSO April 24, 9am–3pm • Books, magazines, puzzles, music, games, and more! COVID protocols will be followed. Proceeds support many Valley organizations. **TIX:** Free admission. Grab bags are 10 paperbacks for \$10 **INFO:** Winnie, 902-542-2352 / gvimages@bellaliant.net

SATURDAY, APRIL 24

Militaria Show and Sale – War Memorial Community Centre, Windsor 9am–1pm • Many interesting military artifacts will be available to view and/or purchase. There are always interesting things to see and knowledgeable vendors to speak with. **TIX:** Admission \$2. 12 years and under free. **INFO:** 902-385-8229 / gpsk27558@icloud.com
CFUW Book Sale – Lions Club, Wolfville 9am–3pm • COVID protocols will be followed. **TIX:** no charge **INFO:** Winnie, 902-542-2352 / gvimages@bellaliant.net
Annual Ham Supper Drive Through – Baptist Church, 508 Oak Island Rd., Avonport 4–6pm • Take out / Drive Through (You Pick Up). Preorder no later than April 16. **TIX:** \$15 Adults, \$6 Children ages 6–12, no charge for children 5 and younger. **INFO:** Carol, 902-698-1204 / avonportbaptistchurch00@hotmail.com

Take Out Ham Supper – Community Hall, Black River 4–6pm • Pick up between 4–6pm. Ham, scalloped potatoes, baked beans, dessert. Pre-Order Recommended. **TIX:** \$10 **INFO:** 902-542-5125 / sharonlake07@gmail.com

Christy Ann Conlin Book Celebration – Main Street Station, Kentville 6–9pm • Celebrate Conlin's new novel in the ballroom with literary magic, music by Terra Spencer & co, great food, and support MIC programs too! **TIX:** \$40, purchased by table **INFO:** info@musicincommunities.com

SpeakEasy – Community Hall, West Brooklyn 8–11pm • Join us for an evening with Eden Row! Live music, tasty snacks and feature cocktails! Reserve now! COVID-19 rules apply. Remember to wear your mask! **TIX:** \$10 **INFO:** Ruth, 902-542-5424

Matt Millett – West Side Charlies, New Minas 8–11pm • Come enjoy the music! **TIX:** no charge **INFO:** 681-9378

SUNDAY, APRIL 25

Matinee Jam Session – Royal Canadian Legion (upstairs), Kentville 1–4pm • Kitchen and Canteen, Concession, 50/50. Hosted by Country Heat! Covid Protocols in place, seated by bubble. **TIX:** \$2 **INFO:** 902-678-8935

Sound of Metal – Al Whittle Theatre, Wolfville 4pm & 7pm • It's Academy Awards night and we've got the Oscar nominated Sound of Metal. A heavy-metal drummer's life is thrown into freefall when he begins to lose his hearing. Rated R. **TIX:** \$12 at the door (cash, credit or debit) **INFO:** 902-542-3344 / manager@alwhittletheatre.ca

FRIDAY, APRIL 30

Spirit of the East Coast in Music – Virtual, Anywhere 7pm • Join us for an evening of amazing music at the Ultimate Atlantic Kitchen Party, featuring some of the finest musicians the east coast has to offer. Help support the 1 in 140 people who live with inflammatory bowel disease! **TIX:** \$25 Online only **INFO:** 902-297-1649 / dmacivor@crohnsandcolitis.ca

SUNDAY, MAY 2

Minari – Al Whittle Theatre, Wolfville 4pm & 7pm • Minari is another Oscar nominee for the Sunday Film Series. A Korean family starts a farm in 1980s Arkansas. **TIX:** \$12 at the door (cash, credit or debit) **INFO:** 902-542-3344 / manager@alwhittletheatre.ca
Music, Food and Friendship – The Noodle Guy Mercato, Port Williams 8:30am–9pm • Join us for a day of great local music, food and friendship. There will be two seatings of breakfast, one seating of a gourmet lunch, and one seating of after-dinner beer and munchies. All proceeds towards the Wolfville Refugee Support Network. **TIX:** Breakfast \$20, Lunch \$50, Evening \$25 Please email/phone for tickets. **INFO:** 902-684-0524 / robertsonfamily@eastlink.ca

WEDNESDAY, MAY 5

Retirement Planning Webinar – AVRL Virtual Program Space, Berwick 12–1pm • Retirees want to make sure their money lasts, want to maintain their lifestyle, protect their assets, spend smartly, stay healthy, and they want to live and leave a legacy. Presenter: Kathie Pemberton, IG Wealth Management. Registration is required. **TIX:** no charge **INFO:** 902-538-8060

TIDE PREDICTIONS		
Always check this source for accurate tides: Canadian Fisheries & Oceans. www.waterlevels.gc.ca		
APR	HIGH	LOW
01	4:21pm	10:05am
02	5:13pm	10:55am
03	6:08pm	11:50am
04	7:09pm	12:49pm
05	7:37am	1:53pm
06	8:43am	2:59pm
07	9:48am	4:03pm
08	10:48am	5:01pm
09	11:42am	5:54pm
10	12:31pm	6:41pm
11	1:17pm	7:23pm
12	1:58pm	7:44am
13	2:37pm	8:23am
14	3:14pm	8:59am
15	3:50pm	9:36am
16	4:28pm	10:14am
17	5:08pm	10:54am
18	5:54pm	11:39am
19	••6:46pm	12:29pm
20	7:07am	1:25pm
21	8:07am	2:25pm
22	9:09am	3:25pm
23	10:10am	4:23pm
24	11:07am	5:18pm
25	12:00pm	6:09pm
26	12:51pm	6:58pm
27	•1:40pm	7:24am
28	2:28pm	8:12am
29	3:16pm	8:59am
30	4:05pm	9:48am
MAY		
01	4:56pm	10:38am
02	5:51pm	11:32am
03	6:50pm	12:30pm
04	7:16am	1:31pm
05	8:19am	2:34pm
06	9:22am	3:35pm
THERE ARE NORMALLY TWO HIGH AND TWO LOW TIDES EACH DAY.		
• Highest High: 44.9 feet •• Lowest High: 37.1 feet		

LET'S MAKE STUFF!

HELLO SPRING!

by Tania and Jack Chipman

Spring Chicks

Time to turn an old egg carton into a brood of adorable chicks!

Materials:

- egg carton
- craft paint
- construction paper
- feathers (optional)
- glue
- marker
- scissors

Directions:

1. Cut apart egg carton so you have a top and bottom cup section. Trim so the pieces fit.
2. Glue the two pieces together to form the chick body.
3. Paint and let dry.
4. Cut a paper beak and feet. Glue to body. Add feathers if you would like.
5. Draw on some eyes.
6. You may want to make more than one!



EXTRA! EXTRA! EXTRA!

Peeps Catapult

Do you like Easter Peeps? No? Then why not catapult them into the yard? Make a simple catapult out of popsicle sticks or tongue depressors and elastics. Use the photo as a guide or go online. Place the Peep on the catapult and let it fly! What else can you catapult? Optional: glue a bottle cap or milk jug cap to the top popsicle stick to act as a bucket.



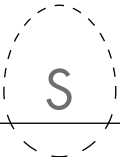
Raindrop Sun Catchers

Sharpen blue crayons with a pencil sharpener. Spread shavings over a large piece of wax paper. You want a thin layer of shavings so it will be somewhat translucent. Cover with another piece of wax paper. Iron on low setting to seal the wax paper. Draw some raindrops onto the wax paper. Cut and hang in a sunny window. So pretty!



Mason Bee House

Celebrate Earth Day (April 22nd) by building a mason bee house. You will need a clean empty can (no sharp edges), paper, glue, tape, and craft paint. First paint the outside of the can. It may need several coats and a sealant (like mod podge). Next make little paper rolls that will fit inside the can. Wrap paper around a pencil and/or marker and tape. Rolls should be 1/4" - 1/2" in diameter. Glue the paper rolls together and add to the can until it is full. Make sure all rolls are tightly in place. Put the bee house in a sunny spot that is about 3ft. from the ground. Watch for the bees!



Peer Supporter Training for Adult Survivors of Childhood Sexual Abuse

Survivors of Abuse Recovering (S.O.A.R.)

is a community-based, volunteer, charitable organization that offers peer and group support services to adult survivors of childhood sexual abuse and provides public education to the community. S.O.A.R. is currently active in Hants, Kings and Annapolis Counties. We welcome interest from other regions in Nova Scotia.

Would you like to help?

In May 2021, S.O.A.R. is offering a free 16-week peer supporter training for adult survivors of childhood sexual abuse who have progressed sufficiently in their recovery that they feel ready to assist others in healing. To register, phone or email no later than April 16, 2021. Location and time provided at screening.

For details, see: <http://survivorsofabuserecovering.ca/training>

Email: info@survivorsofabuserecovering.ca

Phone: 902-679-7337 or toll free: 1-877-679-7627

P.O. Box 105, Kentville, N.S. B4N 3V9

I KNOW A PLACE by Ron Lightburn



Miner's Marsh Chickadee

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

thelightburns.com





MCFADYEN AND SPENCER TAKE HALIFAX BY STORM!

François Côté

The sun was out on Highway 101 and there were just a few patches of slippery slush when we drove up to Halifax in the after-storm of March 19. Halifax: as far away as I've ventured from Wolfville since the pandemic began. An event in itself!

At our destination, I'm in my element, on familiar ground; The Carleton, the best listening room in Nova Scotia. Looking around, I see familiar faces. Many came up from The Valley as well. No surprise. We're here for a double-header by Daniel McFadyen and Terra Spencer, the second of three sold out performances. In recent years, they have become two of the singer-songwriters most beloved by Valley audiences. We can feel the pent-up hunger for live music throughout the room. The now-usual Covid precautions are in place, and they are not intrusive (mask-free at your table. Mask everywhere else). We have what I think is the best table in the house. The food is great, the beer is fresh and crisp, and with perfect timing, Terra Spencer hops onto the stage.

Terra knows her audience. She connects immediately by getting conversational about her own experience on the 101. Having driven earlier than us, before the big machines had cleared up the highway, this had been a harrowing, white-knuckle, terrorizing drive. Ever her thoughtful self, she had even texted a note for someone to please feed her dogs if she was not going to make it. This was her introduction to the first song of the evening, "Melt," a beautiful piece from Chasing Rabbits, her recent collection of wintry songs: "And these snowflakes, they remind me of how warm your love felt. Now I watch them, as they fall down and wait for them to melt."

From this first chorus, we were all likewise melting in Spencer's palm. With "Lunenburg Moon" and "In The City," also from her new album, "Melt" is promised to stand the test of time. Observational, lyrical, profoundly human, these are gems cut from the same stone as those intemporal early songs by Joni Mitchell or Carole King. Nothing less. Something from, what, 1971? Designed as an opening set, this was not Spencer's full performance. No piano onstage but her fine guitar playing was enough to carry a brisk unfolding of songs filled with empathy, humour, and striking imagery. Terra Spencer can wrench your heart but always with a light human touch, and often with a wink. Out of winter and its treacherous roads, mindful to warm up the room for Daniel McFadyen, Terra ended her set in merriment with a hilarious little ditty about food and appetite, filled with risqué double-entendres. With lines like "You've traded in our golden rings for grease and golden arches," the song was dedicated (sort of) to the Carleton's "frites", the best in town.

Long guffaws turned into joyful intermission chatter. A short intermission. Daniel McFadyen was eager to play. A spring in his step, he leaped on stage, guitar in hand with a nice little pedal-triggered double percussion set up ready to be put to good use. He too knows his

audience. From the very first song, a "sweet" one about Caroline featuring a perfect bouncy chorus, McFadyen had the room singing right on cue. The connection remained strong from the first note of his performance to the last. The "Wolfville Song" was an apex of the show. "Going Back to Wolfville," and its pre-pandemic video showing the people and places of old Mud Creek, became a phenomenon and was kind of adopted as the town's anthem. These better-known and more upbeat songs were masterfully delivered to the delight of the many who knew them well and were more than eager to sing along.

Offering contrast, some of his slower lyrics-driven songs were spellbinding. In particular, one called "Mr. Lipless," which was inspired by Daniel's experience in Guatemala, near a volcano (around Lake Atitlán, Daniel?), improvising music with a diverse group that included an Indigenous Mayan who spoke only Mayan. "He never said a word," sang McFadyen, "we could greet that morning sun. A song about a moment. A vivid memory. A reflection on a striking experience of non-verbal communication, heightened by a magical setting, but his story concludes with "he built a wall that he can't get over," repeated to a singalong ending. The song is cinematic. It grows from a shimmering percussive guitar intro, slowly burns and simmers, then builds to a powerful crescendo. Mr. Lipless reminds me of some of my favorite Graceland-era Paul Simon songs. There's a strong sense of place in McFadyen's songs. Wolfville, yes, but also Manitoba, Rimouski, and St-Louis-du-Ha!-Ha! Time and place were defined very well in a song about his great-grandma in Saskatchewan, a Prairie early phone operator. We listen in on a gallery of characters until the party line "overloads" into a cacophony of conversations, brilliantly built up with a loop pedal.

Terra Spencer's songs also have clear locations. Halifax, Lunenburg, Windsor and its iconic factory crumbling by Highway 101 (which, shall we remember, is sometimes dangerous before the plows finish doing their thing.) Fittingly and to everyone's joy, Terra Spencer and Daniel McFadyen came together and shared the stage for a two-songs finale. As spring was about to spring, in a string of three performances that began on a Thursday, unaffected by an overnight late blizzard, they indeed took Halifax by storm. Spencer and McFadyen are effortlessly two of our region's most engaging performers, but they do not only rely on innate qualities. It is obvious that they also put in the work, diligently and intelligently preparing for their performance, customizing it for the setting and audience, calibrating their setlist with care, scripting their song intros without making them sound scripted.

With their superb songwriting, their continuing dedication to the trade, and a charm that operates every moment they're onstage, there is no doubt that, each on their own path, Daniel McFadyen and Terra Spencer will keep collecting accolades. And no doubt, we will return again and again to hear their songs. 🍷

WOLFVILLE REFUGEE SUPPORT NETWORK GEARS UP

Kate Sircom

Over the past three years, Wolfville has welcomed three families from Syria: the Tahina Family, the Ali Family, and the Osman-Rustum family. All of them are successfully contributing to our local economy, with family members in school, post-secondary education, or in the workforce. Other local communities, including Kentville, New Minas, Port Williams, Berwick, Canning, and Alder-shot-Centreville, have also successfully sponsored families, and there is now a growing Syrian community in the Valley. Our thanks go out to the many volunteers—fundraisers, drivers, teachers, translators and others—who have made this possible.

Meanwhile, war rages on in Syria, and family members who have fled to neighbouring countries face insecurity, persecution and an uncertain future. Many local communities are now sponsoring a second wave of refugees, and Wolfville is no different. The Wolfville Refugee Support Network is sponsoring the son and brother of the Osman-Rustum family to come to Canada. His name is Muhammed and he will be coming with his wife, Ele, and baby son Dibu. Muhammed and Ele have been living a precarious life in Turkey. Muhammed has been attacked and robbed going in and out of

his apartment and the family has no chance to ever put down roots, get higher education, or hold anything more than menial jobs. This is a private sponsorship, which means we need to raise all the money needed to furnish an apartment and pay all living expenses through the family's first year in Canada. Our fundraising goal for this phase of our journey is \$35,000.

The Wolfville Refugee Support Network has embarked on a fundraising campaign for the spring of 2021. On Sunday, May 2, the Noodle Guy in Port Williams is donating the proceeds of his whole day to this cause. Called Food, Music and Friendship, the event will feature local food and drink, accompanied by local musicians. On Saturday, June 5, local photographer Michelle Coleman is having an outdoor family photo shoot, with all proceeds donated to the group.



For more information, or to donate, visit our Facebook Page: Wolfville Refugee Support Network, send a cheque to the Wolfville Baptist Church, 487 Main, B4P 1E3 with "Refugee Support" written on the subject line, or send an e-transfer to wolfvillersn@gmail.com.

Flora of Nova Scotia Field Course

(Photos taken before Covid-19 pandemic)

Class 8:30am - 11:30am
PLUS 3hr lab

BIOL 3293

3 Credit Hours

May 10, 2021 to May 28, 2021

Learn about the plant world that surrounds you by identifying species using technical keys, gaining knowledge about our region's most prominent plant families, getting to know our most common species, exploring and reporting on a variety of the region's habitat types, and collecting plant specimens.

Because **plants are almost everywhere you look**, this course should prove useful for students interested in studying or working in the fields of Biology, Ecology, Botany, Environmental Studies and Sciences, Environmental Assessments, Species At Risk, etc.

Includes **lectures and fieldwork**. Prerequisite(s): BIOL 1113/BIOL 1123 with a minimum grade of C-, or permission of the Department.

Contact Alain Belliveau (alain.belliveau@acadiau.ca)

ACADIA SPORTS THERAPY CLINIC INC.

Acadia Arena Complex, Wolfville, N.S.
acadiasportstherapy.com • (902) 585-1625

Your safety is ensured with the necessary COVID-19 precautions from the N.S. Health Authority

MANAGEMENT/PREVENTION OF SPORTS/RECREATIONAL INJURIES FOR THE VALLEY COMMUNITY

TICKET GIVEAWAY

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

ValleyEvents.ca

RETRO RUNWAY FASHIONS

HAND MADE MASKS \$12.99
made here in the store!

2 Central Ave, Wolfville
902-692-9271 retrorunway.com



SUMMER 2021 WORKSHOPS REGISTER NOW

902.640.2013
6 PRINCE STREET, LUNENBURG, NS
WWW.LUNENBURGARTS.ORG



CARING FOR THE WORLD EVERY DAY THROUGH THE WORLD OF BEAUTY

WE DO OUR PART WITH
CHARITY:WATER
BRINGING CLEAN AND SAFE WATER TO
EVERY PERSON ON THE PLANET

WE DO OUR PART WITH
GREEN CIRCLE SALON
KEEPING WASTE FROM OUR
INDUSTRY OUT OF LANDFILLS

EARTH DAY APRIL 22 . 2021





THE AL WHITTLE THEATRE PRESENTS

The Sunday Film Series

SUNDAYS AT 4PM & 7PM | APRIL TO JUNE
\$12 AT THE DOOR (cash or credit)
MASKS REQUIRED (can be removed when eating or drinking)



APRIL 4
THE CLIMB

APRIL 11
PROMISING
YOUNG WOMAN

APRIL 18
ANOTHER
ROUND

APRIL 25
SOUND OF
METAL

AL WHITTLE THEATRE | 450 MAIN STREET, WOLFVILLE

9th annual

Hike for Valley Hospice

New this year: Virtual Bike Ride

Hike Date: May 2 - 1:00 pm –Centre Square, Kentville

Virtual Bike Date: Month of May

valleyhospice.ca





Hike with us, hike from home ... or... go for a virtual bike ride... you decide!
This year there are three great ways you can participate and support Hospice and Palliative Care!

Hike with us:
Join us on May 2, 2021 at Centre Square, Kentville
1pm - Music and Check In / 2pm - Group Hike (5km Harvest Moon Trail)

Hike from Home:
Make your hike virtual, stay connected by joining our virtual group on Facebook

Virtual Bike:
Go for your own bike adventure or take the challenge to ride the Harvest Moon Trail!

Register: ValleyHospice.ca and start fundraising today!

902.679.3471 or info@valleyhospice.ca



396 Main St., Wolfville 542-9680

FRESH, COOKED, WHOLE BBQ CHICKEN.
\$2 off regular price, valid with no other offer.

Expiry: Friday,
April 30th
2021

