

THE GRAPEVINE

ARTS | CULTURE | COMMUNITY

July 2021 | Issue No. 18.06



**TWO PLANKS AND A PASSION:
BACK FOR 2021, P. 3**

**FULL SUMMER SCHEDULE FOR
MUSIC IN COMMUNITIES, P. 9**

THE LEGACY SONG PROJECT, P. 12

**FEATUREPRENEUR DOUBLE BILL:
WILD VALLEY SUPPLY CO. AND
BORDEN PLACE WELLNESS, P. 11&12**

**WHO'S WHO:
SEHKAHNEE REYNOLDS, P. 4**

**FINDING WELLNESS
IN THE WOODS, P. 15**

FILM
West Side Story
 King's Theatre / Aug 16

OPEN AIR
Market Dances
 Market Square / Aug 17

LIVE ON STAGE
 Featuring Atlantic Canada's finest contemporary artists
 including The Company of Angels in *Dancing in the Third Act*
 King's Theatre / Aug 18 - 21

TICKETS / kingstheatre.ca / 902 532 7704

FODAR

FESTIVAL OF DANCE ANNAPOLIS ROYAL AUGUST 16 - 21 / 2021

Randy Glynn, Artistic Director
 Michael Caldwell, Associate Artistic Director

FODAR.CA [f](#) [t](#) [i](#) [v](#) @FODARdance



The Company of Angels / *Dancing in the Third Act* / Photo: Tim Wilson

PUBLIC PARTNERS



VENUE PARTNER



Festival of Dance Annapolis Royal wishes to acknowledge that our festival takes place within the Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq People. / AUDIENCE NOTE: COVID-19 protocols in place.

OPEN AIR

SERVICE DAILY
 10 a.m. - 6 p.m.

Wines served by-the-glass on
 our open-air terrace in the
 heart of the Gaspereau Valley.
 Fair weather seating only.

1966 White Rock Road
 Gaspereau, NS



I wear my esmé
 jacket with black
 jeans and

ATTITUDE

esmé
 ORIGINAL JACKET

9846 Main Street Canning 902 582-7555

COME EXPERIENCE SUMMER AT THE MARKET!



1 Saturday Farmers' Market
 Indoor + Outdoor Market
 9:00am - 1:00pm

3 Market Store
 Tues, Thurs, Fri: 12 - 6
 Wed: 12 - 7 | Sat: 9 - 4 | Sun: 12 - 4

4 Wednesday Market Picnic
 Enjoy a take-out dinner to
 take home, or eat outside on the
 Market picnic tables
 4:00pm - 7:00pm



ONLINE ORDERING
 AND WEEKLY
 PICKUP SERVICE

Quick & convenient hub locations in
 HRM, West Hants & Kings County

Pickups on Wednesdays
 & Saturdays

visit WFM2Go.ca

1 Market, 4 Experiences!

WOLVILFARMERSMARKET.CA

ANDREW HAIGHT
 energy coaching

Summer Classes
AIKIDO • TAICHI

AndrewHaight.com

NEWS FROM THE EVERGREEN THEATRE

David O'Leary

With a bit of help from NS Communities, Culture and Heritage, Evergreen Theatre staged its re-opening in February this year with concerts by Ben Caplan, Hillsburn, Rose Cousins, and Hauler. Given our rather small pandemic seating limits (40 or so folks) the shows were almost instant sell-outs and went off without a hitch while following all Covid-19 precautions.

The May lockdown forced the postponement of Sahara Jane and Ken Shorley and a visit from Newfoundland's Quote the Raven. Those two shows have been rescheduled to July 17 and October 1 respectively. Evergreen is in negotiation with a raft of new artists for the summer and fall and will be putting out a schedule in the near future.

It has been three years since we unveiled our fancy new addition, which brought indoor plumbing to our building for the first time in its 160-year-plus history, as well as a new lobby and an actual performers' green room (no more costume changes behind the Stage Right curtains). We put our enforced shut-down to good use and focused on our auditorium, which had been relatively untouched by the renovations.

Heating has always been somewhat marginal at the Evergreen, as we were depending on a



Photo courtesy of David O'Leary

somewhat dodgy oil furnace that we had obtained second-hand from the Greenwood air force base some 20 years ago. Summer cooling was dependent on leaving all doors and windows wide open, which invited our plentiful biting insects (we are practically situated in the woods) to join our summer presentations. We continued our march from the 19th century directly into the 21st this winter by embarking on a full insulation of our auditorium and a replacement of our dying furnace with a heat pump setup. Our February and March concerts were presented in a toasty warm space and we can't wait to experience our air-conditioned summer season.

Check us out at evergreentheatre.ca 🐼

COMING BACK

TWO PLANKS AND A PASSION RETURNS FOR SUMMER 2021

Ken Schwartz

As I write this, the company at Two Planks and a Passion Theatre Company is in production rehearsals for the first time in almost two years. Our 2020 season was completely postponed due to Covid-19, and the third wave earlier in 2021 nearly wiped out this year's 30th anniversary season before we even started work. But only weeks ago, a small window opened in the pandemic, and we were able to start rehearsals in the hopes that, by the time we got to mid-July, live performance for an audience would be possible. We took a calculated risk, and so far, it seems to have been the right choice.

It was an emotional time for a group of theatre artists to gather. Gathering itself was a strange experience at first—awkward, uncertain exchanges suffused with gratitude and worry, many of us having been disappointed too many times to fully embrace the idea that we were really going to make it to an opening night. We shared with each other how we were feeling about returning to rehearsals, and we began to rehearse our productions of *First Flight*, *Schoolhouse*, and *Macbeth* in earnest.

We're almost halfway to opening night, and some things, I think, are becoming clear:

The pandemic, for many of us, has changed things forever, both inside and outside our theatre. As artists who are committed to reflecting the reality of our audience's lives in some tangible way, we cannot remain unchanged by the upheaval of the last 15 months. Priorities have changed. Our community has changed.

There is a renewed focus on live performance and what it means to our community. While many in pre-pandemic Nova Scotia likely took the fact that many live performances were available on any given night of the year in this moment it seems to be the opposite situation. Theatre-goers have been reading pandemic tea-leaves for many months, looking for signs that their favourite theatre company will finally open their doors. Will this realization that congregating for live performance is essential, and to be cherished, last? Will we take this new feeling forward into the post pandemic era, supporting the arts with an increased commitment and gratitude for the role they played during the darkest days of Covid-19?

How will people feel when, finally, they do witness a performance for the first time in so



Top: First Flight; bottom: Schoolhouse.
Photos courtesy of Ken Schwartz

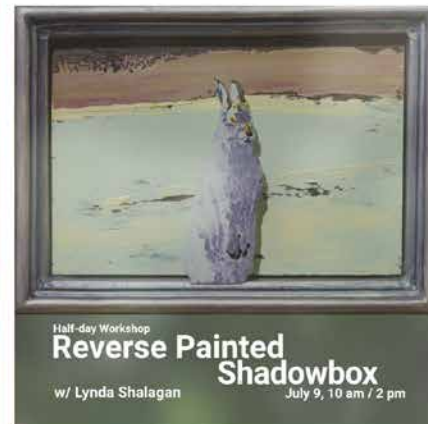
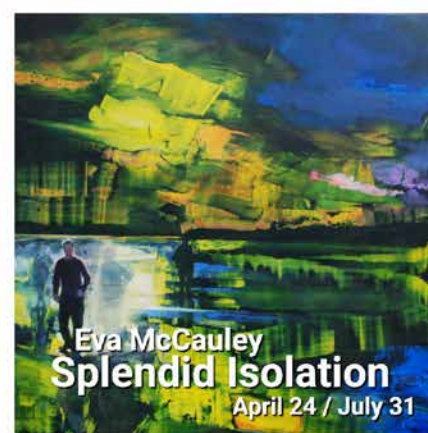
many months? This is one of the things I am most eager to learn- both for myself and for our audiences. Will people be more moved by the act of congregation than by the play? Will people's engagement be different? Will they demand more from live performance than they did before?

So many questions.

As I walk through the halls of the Ross Creek Centre and peek in studios, there is an abundance of excitement and joy. Musical instruments and masks and puppets are being created and tested. Music is being played and sung. Rehearsal halls are full of performers and crew. Fields are being mowed and temporarily turned into stages. All while the Centre prepares for the return of overnight arts camps and professional gallery shows. It's 179 acres of re-emerging creativity, and it is a delight to be in the middle of it.

We're coming back. I hope, in coming back, that we are doing it carefully, thoughtfully, and with a renewed appreciation for the opportunity that we have before us. And I hope that lasts.

I would like to invite you to come the Ross Creek Centre this summer and help us celebrate the return of live theatre. Let's answer our questions together. 🐼



ARTSPAGE 396 St. George St. Annapolis Royal, NS B0S1A0

EXHIBITION PARTNERS

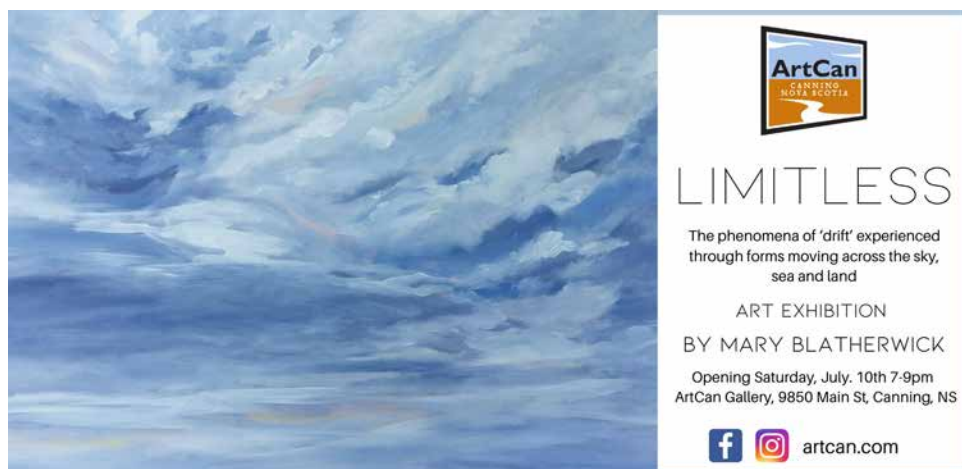


Canada Council
for the Arts
Conseil des arts
du Canada

arcac.ca

[arcac.artspage](https://www.instagram.com/arcac.artspage)

[ARTSPAGEGallery](https://www.facebook.com/ARTSPAGEGallery)



ACCEPTING NEW CLIENTS

Not A Problem Organizing

NAP supports clients who are transitioning to long term care, moving & selling a home, organizing spaces, collections, or estates

NAPorganizing.com
NAPorganizing@gmail.com
[@NAPorganizing](https://www.facebook.com/NAPorganizing)
289.354.2347

NEW IN BERWICK!



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.WEBLY.COM



Evergreen Theatre / Two Planks and a Passion p.3

Who's Who / FODAR p.4

Free Will Astrology / Star Drop p.5

Classifieds / Valley News / Terra Spencer p.6

Books by Locals p.7

Nova Scotia's First Vineyard / Valley REN p.8

Music in Communities / Jeff Pettigrew p.9

Wolfville Page p.10

Wild Valley Supply / In With the New p.11

I Know a Place / Silver Lake / Centrestage p.11

Legacy Song Project / Borden Place Wellness p.12

What's Happening / Tides p.13-14

Finding Wellness in the Woods / ARYO p.15

Visually Speaking / Bats p.15

THE GRAPEVINE

BROUGHT TO YOU BY AN AMAZING TEAM OF CONTRIBUTORS:

EMILY LEESON Editor-in-Chief	CONTRIBUTORS: Kim Barlow, Margot Bishop, Mike Butler, Margaret Drummond, Wendy Elliott, Genevieve Allen Hearn, Anna Horsnell, Ron Lightburn, Allan Lynch, David O'Leary, Melanie Priesnitz, Angela Reynolds, Ken Schwartz, Allan Williams
GENEVIEVE ALLEN HEARN Operations Manager	
EMILY KATHAN Managing Editor	
MONICA JORGENSEN Events & Lists	DELIVERIES: Margot Bishop, Guy Breau, Earle & Karen Illsley, Andrea Leeson, John Morrison, Julie and Mugen Page, Fred Phillips, Jacob Rhude, Lorna Williamson, Peter Rice
DAVID EDELSTEIN Design, Typesetting, Layout	

ADVERTISING

ISSUE DEADLINES:	DEPENDING ON THE COMMITMENT LENGTH & COLOUR OPTIONS, RATES RANGE FROM:
★ AUGUST 5 ISSUE: Mon. July 26, 2021	SINGLE BLOCK \$45 - \$62
★ SEPT. 2 ISSUE: Mon. Aug. 23, 2021	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 Pharmasave
- AYLESFORD: Chisholm's PharmaChoice
- KINGSTON: French Bakery, Pharmasave, 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: SEHKAHNEE REYNOLDS

Mike Butler

Sehkahnee Reynolds is the coolest, let's just get that out of the way! He is a barber and owner of Sehkahnee's Ascension Hair Grooming and Accessories shop in Wolfville, but he's so much more! Sehkahnee's is THE place to get a smooth fade and to chill out while getting spruced up.

Sehkahnee Reynolds is a Jamaican-Canadian who grew up in Toronto. He was raised as an athlete, and that's why he came to Nova Scotia: "I was offered a scholarship to play ball at Acadia. I graduated with a Bachelor of Arts in sociology, came here after my year at Champlain College, where I took fine arts."

Sehkahnee is big nerd who loves comics, reading, martial arts, and pushing his body to higher levels. His profession is businessman and his aspirations are not limited to being a barber. He also loves community outreach and his goal is to have time to do the things he loves without worrying about a paycheck. Besides making us look fantastic, Sehkhanees has been working on something special. "Hopefully once things open back up," he says, "I'm looking to partner with VANSDA and do a couple workshops. Focused on the African Canadian population of the Valley, community members will be able to participate in a three-part series of cultural self-care practices infused with Black empowerment. The program is open to all ages and gender

demographics and will take place over the course of three weekends in 2021. Stay tuned!"

Community has always been important to Sehkhanees and he is not shy to praise our area for the good things but certainly will comment on the things that need work, which is what we need. "I wish there was more cultural events in our area," he says. "Just to give a different perspective to the vast variety of cultures we have in our town. Eventually it would be nice to have mini-festivals that bring us all together to celebrate. There's some, but I feel there's not enough for those who come to visit and study here." When asked what he loves most about this area, he says: "The peace! Hands down this is the first time you can really leave the doors open in your car without having to stress. You don't get that often, especially being from the big city. Even in Jamaica you have to lock up your things. You can walk down the street and not worry about a soul. You go to work and people mind their own business. It's refreshing and wonderful!"

When he's not fading in and out of the barbershop (it's a hair joke), you can find Sehkhanees reading, dancing (he's a master DJ), riding his motorcycle, being as physically active as possible, and doing all the things that make him feel good.



Photo courtesy of Mike Butler

And what does the future hold? "I want to travel, and take care of my family and community. We're now back in the shop and that's a second home to me. Its more than just a place to get your hair cut, for some people it's therapy. I hope to be an encouragement for all young entrepreneurs, especially from the Afro-Caribbean-Canadian community."

Sehkhanees Reynolds is certainly already a genuine cut above the rest! You can follow Sehkahnee on Instagram and Facebook, and stop by the shop at 12 Central Avenue in Wolfville, or call the shop at 902-542-5251. 🍷🍷

FESTIVAL OF DANCE ANNAPOLIS ROYAL RUNS AUGUST 16-21

Expanding to six days, FODAR offers live performances inside and out

One of the very few live performance festivals in the country to run in 2020, Festival of Dance Annapolis Royal (FODAR) returns for its seventh year with a six-day festival which includes its popular Dance on Film evening, last year's audience hit Market Dances, four evenings of live performance on stage at King's Theatre and, new this year, a Studio Showing.

Festival Schedule is as follows:
Monday, August 16: 7:30pm, King's Theatre: Dance on Film Night – *West Side Story* (1961)
Tuesday, August 17: 8pm, Market Square: Market Dances
Wednesday, August 18 & Friday, August 20, 8pm, King's Theatre: Program 1
Thursday, August 19 & Saturday, August 21, 8pm, King's Theatre: Program 2
Saturday, August 21, Early Afternoon, offsite: Studio Showing Dance on Film - *West Side Story* (1961)

Dance on Film
Starring Natalie Wood, Richard Beymer, Russ Tamblyn, Rita Moreno, and George Chakiris, *West Side Story* was adapted for film from the 1957 Broadway musical. With Robert Wise's direction, Leonard Bernstein's score, Stephen Sondheim's lyrics, and Jerome Robbins' spectacular choreography, *West Side Story* still stands as one of the best Shakespeare adaptations to hit the big screen. The film won 10 Academy Awards for

the 1961 award year. Robbins took home two including one for "Brilliant Achievements in the Art of Choreography on Film".

Market Dances
FODAR moves performances outside to the iconic Annapolis Royal Farmers and Traders Market. Dancers will perform a collection of solos and duets choreographed especially for the festival.

Programs 1 and 2
FODAR remounts the production that started it all. *Dancing in the Third Act* (2013), featuring The Company of Angels and choreographed by Randy Glynn, will run on all four nights. This powerful and engaging work was a hit with critics and audiences alike. Working with dancers ranging in age from over 65 to 80+, Glynn has created a visually dynamic full-length work that is a poignant, dramatic and whimsical look at the ups and downs (literally) of aging.

Other artists who will be featured in Programs 1 and 2 on the King's Theatre Stage are:

- Lydia Zimmer (Halifax) in her new solo work
- Sarah Murphy (Halifax) in acclaimed choreographer, teacher and dance historian Carol Anderson's *Allegro Misterioso*
- Dawn Shepherd and Ryan Grey of Breaking Circus (Halifax) in a new straps duet

Margaret Drummond's

WORD OF THE ISSUE

Misprision (noun):

The deliberate concealment of one's knowledge of a treasonable act; misunderstanding, misinterpretation.

Thy self thou gav'st, thy own worth then not knowing,
Or me, to whom thou gav'st, else mistaking,
So thy great gift, upon misprision growing,
Comes home again, on better judgment making.
Thus have I had thee as a dream doth flatter:
In sleep a king, but waking no such matter.

(Excerpt from "Sonnet 87: Farewell! Thou art too dear for my possessing" by William Shakespeare)

VALLEY GHOST season 14

walks VALLEYGHOSTWALKS.COM

Valley Ghost Talks

Family-friendly, sit-down shows

Bring your own lawn chair, blanket, and bug spray! Starting at \$50 for group of 2 (fees & hst included)

VIP Ghost Walks

Private Ghost Walks for your group

Thursdays: July 1, 29, Aug. 19, Sept. 23, Oct. 21 & 30

Starting at \$250+hst, must book at least 14 days in advance

No walk-ups sold. Pre-purchase limited tickets through TICKETPRO.CA and their outlets. All Covid gathering regulations followed.

TICKETPRO

wolfville

TOWN OF WOLFVILLE

NOTICE OF SECOND READING OF BYLAW CH. 109 EMERGENCY MANAGEMENT BYLAW

TAKE NOTICE that at its regular meeting on Tuesday, July 20, 2021, 6:30pm, Council will consider approval by second reading of the Emergency Management Bylaw.

This Bylaw will enable partnering Municipalities to update the expired Inter-Municipal Service Agreement.

A complete copy of the bylaw is available by contacting the Town Hall or emailing ebeaudin@wolfville.ca

Erin Beaudin,
CAO/Municipal Clerk
June 17, 2021

Rob Brezsný's
FREE WILL ASTROLOGY

© 2021 Rob Brezsný • freewillastrology.com • Horoscopes for the week of July 2nd

ARIES (March 21-April 19): Columnist Linda Weltner says that there's a dual purpose to cleaning your home, rearranging the furniture, adding new art to the walls, and doting on your potted plants. Taking good care of your environment is a primary way of taking good care of yourself. She writes, "The home upon which we have lavished so much attention is the embodiment of our own self love." I invite you to make that your inspirational meditation for the next two weeks.

TAURUS (April 20-May 20): "For peace of mind, I will lie about any thing at any time," said author Amy Hempel. Hmmmm. I'm the opposite. To cultivate peace of mind, I try to speak and live the truth as much as I can. Lying makes me nervous. It also seems to make me dumber. It forces me to keep close track of my fibs so I can be sure to stick to my same deceitful story when the subject comes up later. What about you, Taurus? For your peace of mind, do you prefer to rely on dishonesty or honesty? I'm hoping that for the next four weeks, you will favor the latter. Cultivating judicious candor will heal you and boost your intelligence.

GEMINI (May 21-June 20): In her essay about education, "Don't Overthink It," philosopher Agnes Callard reminds us, "No matter how much we increase our investment at the front end—perfecting our minds with thinking classes, long ruminations, novel-reading, and moral algebra—we cannot spare ourselves the agony of learning by doing." That will be a key theme for you in the next four weeks, dear Gemini. You will need to make abundant use of empiricism: pursuing knowledge through direct experience, using your powers of observation and a willingness to experiment.

CANCER (June 21-July 22): Philosopher Friedrich Nietzsche said that when our rational minds are working at their best, they inspire us to cultivate our most interesting and enlivening passions. They also de-emphasize and suppress any energy-draining passions that might have a hold on us. I'm hoping you will take full advantage of this in the coming weeks, Cancerian. You will generate good fortune and sweet breakthroughs as you highlight desires that uplift you and downgrade desires that diminish you.

LEO (July 23-Aug. 22): Leo author Wendell Berry suggests, "It may be that when we no longer know what to do, we have come to our real work, and when we no longer know which way to go, we have begun our real journey." Although there's wisdom in that formulation, I don't think it's true a majority of the time. Far more often we are fed by the strong, clear intuitions that emerge from our secret depths—from the sacred gut feelings that give us accurate guidance about what to do and where to go. But I do suspect that right now may be one of those phases when Berry's notion is true for you, Leo. What do you think?

VIRGO (Aug. 23-Sept. 22): In 1750, more than 250 years after Columbus first visited the New World, Native Americans were still a majority of the continent's population. But between 1776 and now, the United States government stole 1.5 billion acres of land from its original owners—25 times the size of the United Kingdom. Here's another sad fact: Between 1778 and 1871, America's federal administrations signed over 500 treaties with indigenous tribes—and broke every one of them. The possibility that these sins will eventually be remedied is very small. I bring them up only to serve as possible metaphors for your personal life. Is there anything you have unfairly gained from others? Is there anything others have unfairly gained from you? The next six months will be prime time to seek atonement and correction.

LIBRA (Sept. 23-Oct. 22): Libran Zen teacher Thich Nhat Hanh advises you and me and everyone else to "seek the spiritual in every ordinary thing that you do every day." You have to work at it a bit, he says; you must have it as your firm intention. But it's not really hard to do. "Sweeping the floor, watering the vegetables, and washing the dishes become holy and sacred if mindfulness is there," he

adds. I think you Libras will have a special knack for this fun activity in the coming weeks. (Thich Nhat Hanh wrote a series of "Mindfulness Essentials" books that includes *How to Eat*, *How to Walk*, *How to Relax*, and *How to Connect*. I invite you to come up with your own such instructions.)

SCORPIO (Oct. 23-Nov. 21): My unexpected interpretation of the current astrological omens suggests that you will be wise to go naked as much as possible in the coming weeks. Being skyclad, as the pagans say, will be healing for you. You will awaken dormant feelings that will help you see the world with enhanced understanding. The love that you experience for yourself will soften one of your hard edges, and increase your appreciation for all the magic that your life is blessed with. One important caveat: Of course, don't impose your nakedness on anyone who doesn't want to witness it.

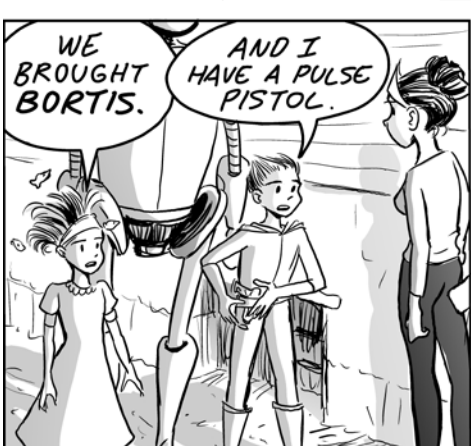
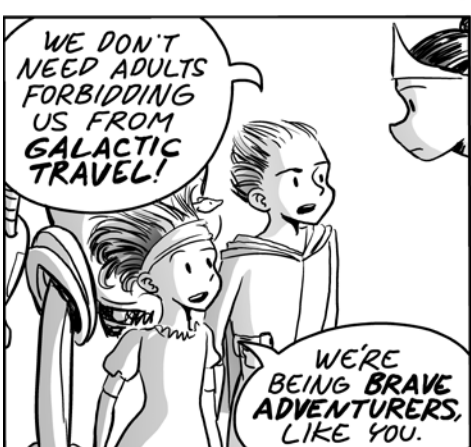
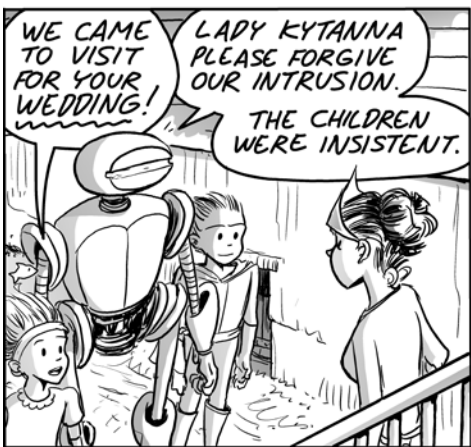
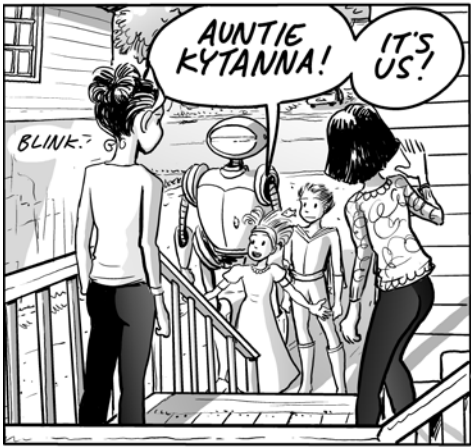
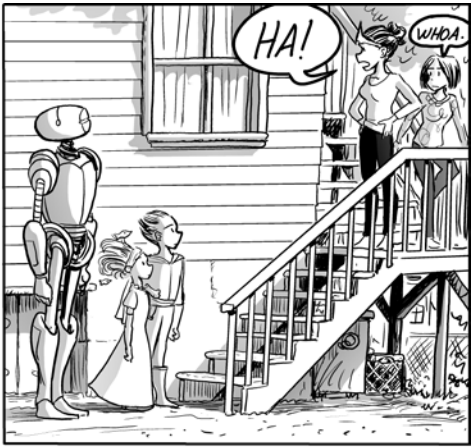
SAGITTARIUS (Nov. 22-Dec. 21): If you analyzed the best-selling songs as measured by *Billboard* magazine, you'd think we were in the midst of a dangerous decline in population. The vast majority of those popular tunes feature lyrics with reproductive themes. It's as if there's some abject fear that humans aren't going to make enough babies, and need to be constantly cajoled and incited to engage in love-making. But I don't think you Sagittarians, whatever your sexual preference, will need any of that nagging in the coming days. Your Eros Quotient should be higher than it has been in a while.


CAPRICORN (Dec. 22-Jan. 19): Pulitzer Prize-winning author Donna Tartt, born under the sign of Capricorn, writes, "Beauty is rarely soft or consolatory. Quite the contrary. Genuine beauty is always quite alarming." In my view, that's an unwarranted generalization. It may sometimes be true, but is often not. Genuine beauty may also be elegant, lyrical, inspiring, healing, and ennobling. Having said that, I will speculate that the beauty you encounter in the near future may indeed be disruptive or jolting, but mostly because it has the potential to remind you of what you're missing—and motivate you to go after what you've been missing.

AQUARIUS (Jan. 20-Feb. 18): On July 21, 1969, Aquarian astronaut Buzz Aldrin was the second human to walk on the moon. It happened during a spectacular astrological aspect, when transiting Jupiter and Uranus in Libra were trine to Aldrin's natal Sun in Aquarius. But after this heroic event, following his return to earth, he found it hard to get his bearings again. He took a job as a car salesman, but had no talent for it. In six months, he didn't sell a single car. Later, however, he found satisfaction as an advocate for space exploration, and he developed technology to make future trips to Mars more efficient. I hope that if you are now involved in any activity that resembles Aldrin's stint as a car salesman—that is, a task you're not skilled at and don't like—you will spend the coming weeks making plans to escape to more engaging pursuits.

PISCES (Feb. 19-March 20): Astronomers say the Big Bang birthed the universe 13.8 billion years ago. But a star 190 light years away from Earth contradicts that theory. Its age seems to be 14.5 billion years, older than the universe itself. Its scientific name is HD 140283, but it's informally referred to as Methuselah, named after the Biblical character who lived till age 969. Sometimes, like now, you remind me of that star. You seem to be an impossibly old soul—like you've been around so many thousands of lifetimes that, you, too, predate the Big Bang. But guess what: It's time to take a break from that aspect of your destiny. In the next two weeks, you have cosmic permission to explore the mysteries of playful innocence. Be young and blithe and curious. Treasure your inner child.


Homework: Send your suggestions about how I might be able to serve you better. newsletter@freewillastrology.com.





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

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!

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:

Forest Play Summer Sessions: Nature fun for Little Ones aged 3-5 yrs. Tues & Thurs, Starting July 6 for 6 weeks. 2 sessions available: 9:30am-12pm and 1-3:30pm. Kentville Gorge. Registration required. **INFO:** recreation@kentville.ca / valleyflyingsquirrel.wordpress.com

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

DONATE/VOLUNTEER:

Kings Kikima Grannies Yard Sale Items: Start saving your items! The King Kikima Grannies will be having their Giant Yard Sale on Sat, Sept 25, 8am-1pm at 15 Chestnut Ave, Wolfville. Rain or Shine!! Donated items can be dropped off at the same address on Friday, Sept 24 from 1-6pm. **INFO:** 902-542-9848 / 902-692-9011

PRODUCTS & SERVICES:

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

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 / michaelgabrielcommunications.com

Math Tutor: Being "bad at math" is a myth. Anyone can score 90s with adequate practice. I am a UK-trained mathematics teacher with over a decade of teaching, tutoring and mentoring experience. **INFO:** cderekbower@yahoo.ca

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

Lizanne Hanks Astrology: Affirmation, inspiration, perspective. Your life is utterly unique and written in the stars. Astrology can help you find your bearings. **INFO:** novascotiaastrologer.ca / novascotiaastrologer@gmail.com

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

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

Errands by Karen Home Blood Collection: At home Blood Collection has resumed, as well as Errand Services! CoVid screening measures are in effect. Over 25 years experience in blood collection. Please call or email to book an appointment. **INFO:** 902-790-2626 / errandsbykaren@hotmail.com

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

Publish Your Book!: 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

GENERAL:

WCC Seeking Treasurer: The Board of Directors for the Wolfville Children's Centre is currently seeking a Treasurer from the community. The monthly review of financials and board meetings requires approximately two (2) hours per month. Please email. **INFO:** wolfvilleccboard@gmail.com

The Inaugural 100km Great Annapolis Ride (GAR) 2021: A 100km non-competitive 2-day cycling ride through the Annapolis Valley Wine Region, July 31 & Aug 1. Ride Winsor to Scots Bay, camp in Scots Bay, then ride Scots Bay to Port Williams. In partnership w/ Wounded Warriors Canada and Bicycle Nova Scotia, and hosted by Kohkos Events. **INFO:** Sean Davidson, 902-818-0145 / kohkosevents.ca/great-annapolis-ride-2021

SHORT CUTS: NEWS AND HAPPENINGS AROUND THE VALLEY

Colin Mitchell, former editor in chief of the *Athenaeum*, the Acadia Newspaper is proud to announce a feel good story for the month of July. The *Ath* has always been known as a venue for creativity and inspiration for students for decades and Joe's Food Emporium on Main Street, Wolfville has supplied much of the brain food to those creative students for over 40 years. Now, they're teaming up! For the month of July, Joe's Food Emporium will donate \$1.00 from every order of their famous Scott Skins to the *Ath* Journalism Award, how cool is that?? So get out there, support locals, and enjoy the sun and fun with a plate of famous Scott Skins and help out the *Ath* and keep the future of journalism alive and well!!! Thanks Joe's!

Wolfville music publisher Sound of Pop has won the 2021 East Coast Music Award for "Company of The Year." For more about this exciting local business, visit soundofpop.com.

TERRA SPENCER AND THE CLASS OF 1971

Friday September 10 at 8:00pm
Mermaid Imperial Performing Arts Centre, Windsor

Where were you in 1971?

Maybe you were trying to impress someone cute sitting next to you in Biology class, or figuring out a plan to borrow your dad's car on Friday night, or playing Twister in the rec room. Or maybe, like Windsor, NS songwriter Terra Spencer, you just daydreamed about doing all those things while you flipped through a box of records in your grandparents' basement. In any case, there's no question that 1971 kicked off a golden age of music, and Terra has assembled a stellar band of Nova Scotian talent to celebrate the 50th anniversary of those songs, featuring classics from Elton John, Joni Mitchell, Harry Nilsson, The Rolling Stones, The Carpenters, and more, with a few of her own signature songs woven in.

Travelling back to 1971 with Terra are drummer Jordi Comstock, bassist Adam Fine, lead guitarist Katelyn Bonomo, and multi-instrumentalist David Christensen, bringing fresh and faithful takes on your radio favourites.

Dig out your favourite concert T-shirts and tie-dye, park the van out back, and let your hair down for this unique chance to time-travel back to simpler days of peace, love, and rock-and-roll. Be there with bell bottoms on!

mermaidtheatre.ca/tickets

BOOKS BY LOCALS

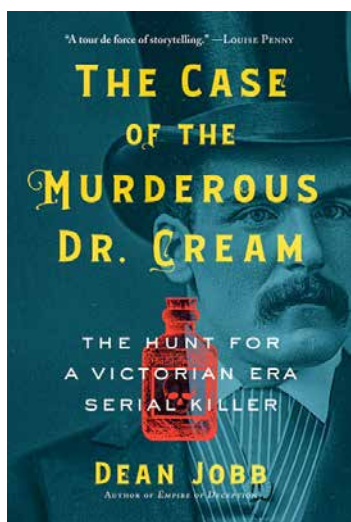
DEAN JOBB'S LATEST SUCCESS

Wendy Elliott

The Case of the Murderous Dr. Cream: The Hunt for a Victorian Era Serial Killer, a new book by Dean Jobb of Wolfville, is flying off the shelves, and no wonder. It's the kind of book you have to keep reading to the end. True crime is mesmerizing because it really happened. Dean brings all the detail to his storytelling.

Dr. Thomas Neill Cream was a deliberate murderer. Born in Scotland, but raised in Quebec City, Cream was a suspect in the deaths of two Canadian women and likely killed up to four people in Chicago before he was first jailed in Illinois. After an early release, he was off to London, where he started using pills laced with strychnine to kill prostitutes.

Cream became one of the most prolific serial killers in history, and Jobb brings all the innocents and the sinister, shadowy characters to life. The question is how did this McGill medical school graduate get away with his crimes against the innocent for ten years? Why did both the police and the courts fail to bring him to justice over and over again? Finally Scotland Yard put a spotlight on the murders of the prostitutes of Lambeth. An investigator was sent to the "New World" and a legal battle ensued in London due to Cream's sideshow as a blackmailer. There is no doubt that Victorian misogyny and hypocrisy allowed Cream extra opportunities to poison vulnerable women. Dean did thorough research on the society that this murderer was part of.



Dean is the author of six books, including two collections of true crime stories drawn from Nova Scotia's past. His previous books have won awards. His 2015 book, *Empire of Deception*, is the story of brazen 1920s Chicago con man Leo Koretz and his escape to Nova Scotia. It won the Crime Writers of Canada Arthur Ellis Award for best true crime book and was named the Chicago Writers Association's Book of the Year. Dean teaches in the Master of Fine Arts in Creative Nonfiction program at the University of King's College in Halifax. Published by HarperCollins Canada, *The Case of the Murderous Dr. Cream* was released on June 1.



Moving **IN** ? Moving **OUT** ? Moving **UP** ?

Ask **MELANIE**

EXIT
EXIT REALTY TOWN & COUNTRY

902-599-1852

www.melaniebesemer.com

KODY BLOIS

Member of Parliament for Kings-Hants

101-24 Harbourside Dr.
Wolfville, NS B4P 2C1

kody.blois@parl.gc.ca
902-542-4010

[f](#) [t](#) [i](#)






New Month, New Art, New Artists

Tides Gallery welcomes Anna Horsnell, top right, as our Guest Artist for July. Anna is an award-winning Nova Scotia artist, with almost four decades of remarkable landscape and abstract art. She will give an Artist Talk at 12 noon, July 17 at the Tides Gallery. July brings new work from all Gallery artists, including: Peter Gordon, top left; Colin Chase, lower left, and, Bob Hainstock, lower right. Lots of new fine crafts in the Tides Gift Shop, as well.



Tides Contemporary Art Gallery
16 Cornwallis Street, Kentville
www.tidescontemporaryartgallery.com

2021 PRINTMAKING CLASSES & WORKSHOPS



Next Class Starts July 14 – Woodblock Color Prints

To be followed by: Intro to Printmaking, Mono Prints, Collagraph Prints, Rust Prints, Big Posters & more

New Technique Every 4 Weeks

- Four Wednesday classes per block - \$110 per block - Class size limited to 5
- No previous experience needed - All regular materials supplied
- Classes effected by weather will be rescheduled
- Weekend workshops to be announced include: hand-made papers, home-made presses, home-made inks

The Printmaker Studio & Hainstock Gallery
1688 Brow of Mountain Road (902) 599-3450
email: bjhainstock@gmail.com www.hainstockgallery.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



PADGETT
THE SMALL BIZ PROS

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



SERVES LUNCH, BRUNCH AND DINNER

CRYSTANY'S BRASSERIE
9848 MAIN STREET, CANNING
902-582-3663
CRYSTANYSBRASSERIE.COM

Join a CSA!

Reason #5: It gives us all great joy to grow food for people. We care about you and we care about each other. We need you for our livelihood and you need us to supply good food. It is a mutually beneficial relationship.



TapRoot FARMS
Community Shared Agriculture

www.taprootfarms.ca

CELEBRATING NOVA SCOTIA'S FIRST VINEYARD

Allan Lynch

After a year with little to celebrate, Nova Scotian winemakers are popping corks and raising glasses to commemorate the 410th anniversary of the planting of the province's first vineyard.

In 1611 Louis Hebert, the apothecary at The Habitation in Port Royal, planted a hillside vineyard in Bear River. According to Canadian wine expert Tony Aspler's book *Vintage Canada*, Hebert "loaded his canoe with vines he brought with him from France" and paddled to Bear River "to plant himself a vineyard."

It's a natural progression for a place where the continent's first dinner club, the Order of Good Cheer, was created. While not facing a pandemic, Samuel de Champlain organized the Order of Good Cheer to raise the morale of the men suffering the long, cold winter of 1606 at The Habitation.

Pairing this historic social aspect of the Order of Good Cheer with the later vineyard planting laid the foundation for over 400 years of subsequent food-and-drink-based celebrations in Nova Scotia.

While it's assumed the Vikings found grapes in Vinland (something disputed by Helge Ingstad, who with his archaeologist, Anne Stine Ingstad, discovered Lief Erikson's colony at L'Anse Aux Meadows), and Jacques Cartier found wild grapes growing along the St. Lawrence, Bear

River is the first reference to European vines planted in what would become Canada. Bear River's first vineyard was created 200 years before those planted in Ontario and 248 years before British Columbia, launching the community and province as an original wine region.

The location for this first vineyard appears to have been chosen for the benign microclimate offered by the inland location. The twice-a-day flushing of the Bay of Fundy tides into and out of the Annapolis Basin and upstream to Bear River creates a type of natural heat bank, mitigating extremes in weather and temperature.

The province's next recorded vineyard was planted in 1633 in Petite Riviere. These early plantings confirm Nova Scotia position as one of the oldest new world wine regions.

In 1963, when federal agricultural scientists wanted to seriously study the potential for a Nova Scotian wine industry, they seemed to take their lead from history, planting a vineyard in Bear River. That experimental vineyard is on the land occupied by the Bear River Vineyards. While none of the 1611 vines exist today, some of the 1963 vines do, and scientists recently determined that vines on a nearby property, where a new vineyard is being planted, are 80 years old. Those vines are so tall only the birds enjoy their harvest.

continued on page 12

VALLEY REGIONAL ENTERPRISE NETWORK TO DEVELOP STRATEGIC TOURISM PLAN

New initiative aims to make the Annapolis Valley a tourism destination of choice
Submitted

Atlantic Canada's tourism industry is vital to the region's economy and supports thousands of local jobs and businesses. That is why the Government of Canada is investing to help the Valley Regional Enterprise Network (REN) improve and expand local tourism experiences in the Annapolis Valley and identify new opportunities for tourism development.

Kody Blois, Member of Parliament for Kings-Hants, has announced a non-repayable contribution of \$117,250 to the Valley REN. This announcement was made on behalf of the Honourable Mélanie Joly, Minister of Economic Development and Official Languages and Minister responsible for The Atlantic Canada Opportunities Agency (ACOA).

This contribution will enable the Valley REN to hire a consultant through the Strategic Tourism for Areas and Regions (STAR) program to develop a tourism plan for the Annapolis Valley. The plan, which will be

developed in collaboration with key industry stakeholders, will focus on growing the region's high-end culinary, outdoor and cultural experiences. It will also identify new opportunities to establish the area as a year-round tourism destination.

"Investments like this one help reposition Atlantic Canada as a destination of choice and ensure that the region is ready to welcome more visitors when the time is right," says Joly. "Budget 2021 allocates \$1 billion over the next three years to help the tourism sector rebuild and recover. Today's announcement further demonstrates the Government of Canada's commitment to ensuring that our economy comes roaring back.

Funding for this project is provided through the Atlantic Canada Opportunities Agency's (ACOA) Innovative Communities Fund (ICF).



RESIDENTIAL • COMMERCIAL • AGRICULTURAL



SKYLIT

A SMARTER SOLUTION TO SOLAR POWER

Get a free quote    **SKYLIT.CA**

RECENTLY GRADUATED?

LOOKING TO START A CAREER IN YOUR FIELD?

READY TO ESTABLISH A PROFESSIONAL NETWORK?

VALLEY CONNECTOR PROGRAM

the valley
REGIONAL ENTERPRISE NETWORK

Contact Taylor —
connector@valleyren.ca
902-670-0104
valleyren.ca/connector-program



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



MUSIC IN COMMUNITIES: SUMMER MUSIC

Kim Barlow

Music In Communities is a non-profit cooperative that advocates for music literacy, engagement and inclusivity in rural Nova Scotia. We're getting ready to bring loads of music your way this summer!

First, we'd like to introduce our two awesome Canada Summer Jobs employees, Maisie and Reuben Gilbert. They're young, but they bring a lot of skill and experience to the positions. Reuben just finished his second year at Acadia University in the School of Music and Maisie will begin studies post-pandemic. They have won awards with their family band, The Gilberts, (with brother Frieden) and have accumulated an impressive amount of experience teaching music, leading ensembles, choral conducting, and more. They plan to share the two jobs we hired them for, with Reuben focusing mainly on running the Canning Kitchen Party series and Maisie running ukulele groups, community singalongs, pop-up choirs, songwriting sessions, and rock camp! We are pretty thrilled to have found such a perfect match for our programs, and can't wait to put these talents to work in our community.

We will be running weekly ukulele groups for kids and adults in Kentville and Wolfville. We're hosting inclusive movement and music sessions with the Kentville Recreation Department. Canning Recreation is sponsoring our jam sessions on Saturdays, co-hosting a rock camp for teens, and ukulele at their day camp programs. There will also be some outdoor pop-up choir and community singalongs over the summer, so keep an eye out for them, and contact your local rec department to sign up. It's been a long stretch with not nearly enough singing together!

We hired one other student this summer, Eli Dunlap, who will be hosting a Trans- and



Maisie and Reuben Gilbert. Photo courtesy of Kim Barlow.

Queer-friendly drop-in music session for youth ages 11-17, in collaboration with the Deep Roots Music Cooperative and the Town of Wolfville. Eli will be joined by guest musicians to work on songwriting, ukuleles, and other music based on the kids' interests. Ukuleles and other instruments will be provided as needed at all our programs.

Back in April, we optimistically posted a call for submissions to musicians for our third Canning Kitchen Party series. There was a great response! We are well aware this has been a hard 16 months for musicians, and opportunities to perform have been sparse, so we've done our best to make space for everyone to play. From July 3 to Labour Day weekend, we will have two performers each Saturday from 1-3 pm, in the gazebo at Bruce Spicer Park on Main Street in Canning. We also know how much people have missed playing music together in a less formal way, so we're hosting an outdoor, socially-distanced



jam session after the shows each week. Reuben will lead the way, and make sure everyone is welcomed and included. We love these jams, because people with all kinds of musical interests and abilities show up and find ways to make it work. You never know what will happen but it's always magic.

Last year we had most of our shows at the pavilion at Kingsport Beach. It was a beautiful venue to listen to songs by the seaside. From 1-3pm on high-tide Sunday afternoons there will be two performers sharing a show. Lunch at the Tides-In Canteen, great local music, and a swim. Perfect Sunday!

The planning doesn't stop there. We're also co-hosting some events with other venues, like Taproot Farm, for sweet summer evenings of music, delicious jerk pork and corn, and socially-distanced dancing amongst the lush green fields and tunnels. This year we're bringing Jah'Mila here with her eight-piece reggae band! And of course a return visit from the Mark Riley Project for two nights in August.

These shows will sell out so get your tickets fast. There are other events in the works so visit musicincommunities.com for updates, and follow us on social media, @musicincommunities. Of course, to fund all of these activities, we rely a lot on sponsors. Our website has info on how to get involved and be a part of bringing music to our community. We can't wait to share this musical summer with you!

Canning Kitchen Party Saturdays (details may change!)

July 3 Jack MacDonald + tba
July 10 Morgan Davis + Jenny Lapp
July 17 Terra Spencer + Museum Pieces
July 24 Big Turnips + Kim Lake
July 31 Sam Wilson + Gizelle de Guzman
August 7 Factory Girls + Brian Passmore
Aug. 14 Guy Paul Thibault + The Jungernauts
Aug. 21 Norma MacDonald + tba
Aug. 28 Amy Louder & Jude Pelley Stringband + Sarah McInnis
September 4 The Gilberts + guests

Kingsport Beach Sundays

July 11 Kristen Martell + Graham Nicholas
July 25 Nick Maclean + Rebecca Fairless
Aug. 8 Ted Simmons + Paul Lauzon
Aug. 22 Heather Kelday + Corey Isenor
Sept. 5 Mike Aubé + Lindsay Misiner

Taproot Farm Dance

Jah'Mila Saturday July 31
Mark Riley Project Friday Aug. 20 & Aug. 21
Food 6:30, Music 7 - 9pm
Tickets \$20 (for music only) on sale soon

Big Summer Singalong

Aug. 20, 6:30pm Kentville, Town Square

Pop Up Choir

July 23 & Aug. 27, 6:30pm, Wolfville, Clock Park 🐼

MIKE UNCORKED
JEFF PETTIGREW AND ARCANUM & LORE

Mike Butler

Two things I find very powerful are the written word and the spoken word. I am an advocate for literature and the creation of poetry, stories, etc and one of the reasons I love writing for *The Grapevine* is to have that outlet to create stories and share them with the Valley.

I met Jeff Pettigrew a while back and within a few minutes of chatting, we discovered our mutual love of the written word and finding ways to communicate with all forms of creative writing. Over the last few months Jeff has taken the initiative to create *Arcanum & Lore*, a monthly spoken word, poetry, and music YouTube show. This show is filled with community member submissions as well as Jeff's own writings and it's a wonderful creation. New episodes for *Arcanum & Lore* hit the channel the last day of each month.

Over the past year, so many of us (musicians, spoken word artists etc.) have found different ways to get our faces, music, and written creations out in the public by whatever means seem easiest. For *Arcanum & Lore*, Jeff went straight for the online presence. "So far," he says, "this has been exclusively an online affair, with Facebook being the primary means of getting the word out about *Arcanum & Lore*. As I get more comfortable with creating each episode of the show, I'm also exploring new

ways to market the show. I'm enjoying the process of designing each episode and feel like each one is getting better. I'm definitely learning a lot."

The audience so far has been purely Facebook and YouTube, but we know how easy it is to spread things through social media outlets. *Arcanum & Lore* is still in the early stages and it is growing organically. Jeff was active in poetry readings and workshops when he was younger and really enjoyed that interaction and wanted to bring some of that energy to this project. "When I was first starting this show, I reached out to several of those connections. I was inspired by what my friend Rod Carlos Rodriguez was (and still is) doing with his Sun Poet's Society, but due to Covid, he has taken that weekly gathering online on Facebook on Wednesday evenings. His is a live show hosted by a rotating panel of four hosts which is a great concept and possibly something I'll look at down the road."


When asked about how the pandemic effected this creation, Jeff was happy to point out the positives. He mentioned that the pandemic has opened up the path to this kind of project and he doesn't think he would have done this without the pandemic. Sometimes when we are presented with limitations, it actually provides the precise platform we need.



Photo courtesy of Jeff Pettigrew

Now, I know you're all asking yourselves about how to listen and get involved. Well, that's easy. If you are looking to submit poetry or music for the show, you can do so at arcanum-lore@gmail.com for consideration in future episodes. Jeff is always looking for fresh material. And you can find *Arcanum & Lore* on Facebook, so tune in and hear the beauty of words and lose yourself in some extraordinary local written work. Many thanks to Jeff Pettigrew for spear-heading this project! 🐼

delicious olives maple syrup
dark chocolate olive oil organic
local honey coconut sugar
happy nutmeg peppercorns
ceylon cinnamon coriander
cardamom lavender
savory mustard rye pasta
san marzano tomatoes butter
cream semolina oat
natural pecan
thompson raisins macadamia
mushroom elixir herbal tisane
pesto mirin
foods
amaranth buckwheat
kimchi aged cheese
fresh eggs pink salt vanilla bean rice
ferment eat crunchy seaweed
artisan harissa coffee anchovy
elderflower tahini apple butter




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**




Healing with care and compassion.

Sarah Hayes and Associates

Paediatric and General Osteopathy Naturopathic Medicine Massage Therapy

16 Water Street, Kingsport
902 582 7607
kingsportclinic.com



KingsportOsteopathicClinic
ESTABLISHED 1996

RETRO RUNWAY FASHIONS



Offering
Sewing
Repairs
& Alterations

Like us on Facebook!

Summer Clothing for GUYS and GALS!
2 Central Ave., Wolfville
www.retrorunway.com 692-9271



902.542.5767 | wolfville.ca

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



wolfville

FREE
Yoga in the Park

10 - 11am
Every Sunday at Waterfront Park

The Town of Wolfville will be offering

FREE Yoga
with a
Registered Yoga Teacher

All experience levels are welcome.
Bring your own mat (or borrow one of ours),
and join us every week!

Starts Sunday, July 4th

No registration necessary.
Gathering limits may apply.



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

Trans + Queer-Friendly Music
Drop-In Program - ALL WELCOME!

UKELELE JAMMING
7:30-8:30pm on
Thursdays
Jul.8 - Aug.26
Wolfville Rec Centre
7 Victoria Ave

SONG WRITING
B.Y.O Instruments
(or borrow one!)

Guest Musicians!

FREE!

Are you a Teenager interested in Music?
Want to try something new?

Come write a song or just make weird noises with instruments and gadgets on site, or bring your own! Play songs for each other, jam together, work on ideas with support from our awesome staff and guest musicians. Ukuleles provided if you don't have your own.

Brought to you by: Music in Communities, Deep Roots Music Co-Op and the Town of Wolfville

REGISTER TODAY!

For more information
contact us at
recreation@wolfville.ca




2021

WOLFVILLE SUMMER
CONCERT SERIES!

WOLFVILLE WATERFRONT PARK
SUNDAYS 2:00pm - 4:00pm

FREE!

July 4 **Jack MacDonald**
July 11 **Sahara Jane & Ken Shorley**
July 18 **Kenny Byrka**
July 25 **The Jungernauts**
Aug 1 **Kim Doolittle**
Aug 8 **Mark Riley**
Aug 15 **Terra Spencer**
Aug 22 **Kim Joy Lake**
Aug 29 **The Gilberts**



BROUGHT TO YOU BY THE DEEP ROOTS MUSIC COOP
IN PARTNERSHIP WITH THE TOWN OF WOLFVILLE



DEEP ROOTS
MUSIC COOP




Willow Park
Splash Pad
is now OPEN!

Daily from
9am - 8pm

Uke
for
Adults!

wolfville
Try it in Wolfville

Join our Adult Ukulele Club at the Wolfville Rec
Centre for ages 18+. Learn the basics (and more!)
Wednesday Evenings Jul.7 - Aug.25 - 7 - 8:30pm
Register Today!

Email: recreation@wolfville.ca
to register or with questions!

\$60 for 8 weeks or \$10 drop-in

Brought to you by: Music in Communities and the Town of Wolfville





FEATUREPRENEUR WHERE THE WILD THINGS SHOP

Genevieve Allen Hearn

Jon Foster is no stranger to The Grapevine. You may remember him from a Mike Uncorked article where Mike Butler covered Motiv Fitness, Abhaya MMA, and the Adventure Climbing Gym—all businesses currently or formerly run by Foster. A serial entrepreneur, Foster has most recently seen opportunity in the outdoor gear market, especially during a time when activities such as fishing and camping are enjoying huge surges in popularity.

The Grapevine (GV): Tell us about Wild Valley Supply Co.

Jon Foster (JF): We are a fishing, camping and Timberland Pro workwear retail store with a brick-and-mortar location in Greenwich and online at wildvalley.ca. We offer top quality gear with customer service and advice.

GV: What is the story behind Wild Valley Supply Co.? How did the owners find each other?

JF: While all of my businesses and income were shut down in 2020 due to COVID-19, I decided it was time to make a change. Fishing and camping have been what I love to do forever and the more I thought about the idea of a shop in the Valley the more it made sense. I pitched the idea to a few friends on a fishing and camping trip and that is how Alex Kielburger and Kyle McDougall came to be part of the team. There are two guys I have also trained jiu-jitsu with at Abhaya for over a decade. Next, I pitched the idea to my brother Tim Foster who is half of Dose Media. Tim was in and his partner at Dose, Matt Smith also liked the idea, so Dose Media came on as a partner as well, handling our branding, design, marketing, and web development. With five of us on board we had all our bases covered and we worked non-stop from September to our opening on March 27 doing renovations, setting up suppliers, and everything in between to make it happen in time for this year’s fishing season. We officially opened on April 1.

GV: Your store focuses on fishing and camping product offerings. Do you see this expanding into other areas?

JF: Our full line Timberland Pro workwear arrived in May. We carry a line of inflatable sup

boards which have been very popular already and down the road we plan to get into bow hunting at the shop and eventually guiding in the Valley. Once it is possible, we are planning a casting demo day with Nam fly rods (one of the premium fly fishing brands we carry) and hope to be doing more fishing- and camping-based events as soon as we can!

GV: The camping and fishing seasons are upon us! Any recommendations for places to enjoy the great outdoors in our region?

JF: If you are lucky enough to get sites booked at any of the provincial parks, they are always great. However, the best spots are usually harder to find. I highly recommend exploring public land around the province, where you can find amazing camping spots. Anywhere with a water supply and a view is a good start! Often when searching around lakes and coastlines you will find old established sites that have been enjoyed by campers for who knows how long. We have a few spots we have found and built out ourselves over the years that we continue to go back to year after year.

GV: What is it like to be an entrepreneur in this area? Any advice for future entrepreneurs?

JF: The Valley is a special place. It is small enough to enjoy a slower pace of life but big enough to provide opportunities to entrepreneurs in the area. Word of mouth is big here for local businesses. Build a community, get to know your customers, and learn their names! The biggest piece of advice I could provide anyone thinking of starting or buying a business would be don’t get into anything just for the money. Make sure it is something you enjoy. If you can build an income around something you love to do it makes it easy to get out of bed in the morning and work hard!



You can shop Wild Valley Supply Co. online at wildvalley.ca and visit the shop at 38 NS-358, Greenwich (former location of Adventure Climbing Gym).

Photo courtesy of Wild Valley

MARGOT’S HIDDEN GEMS: SILVER LAKE

Margot Bishop

On route 221, there is a tiny little hidden gem that is free for one and all. Silver Lake in Lakeville, NS, can be reached by several different roads, but the address of Silver Lake Beach is 585-569 Lakewood Rd.

Silver Lake is a glacial “kettle” lake, formed when a pocket of ice broke off a glacier and stayed embedded in the sediment. When the ice melted, it formed a “kettle,” which either fills with ground water or is fed from a stream. It is shallow around the edges, but is 14-19 metres deep in the centre, according to the last survey. Locals used to say that it was bottomless—as an old story tells of a wagon falling through the ice one winter and never a trace was found of passengers, horses or driver.

It also used to be called ‘leech lake’, but due to salt blocks and stocking the water with trout I have not seen any for 10 years.

There is a parking area and some grass, even a “port-o-potty,” put there by the municipality. You must take your own chair as none are provided. Also please put your trash in the containers or take it home with you. The ground slope is gradual and children can play in the shallows and try to catch some minnows.

More people are discovering this hidden gem in their backyard, and swimmers and kayakers are increasing each season. Just be careful on the far right, away from the entrance. That is where the fishermen sit and cast and you do not want to be ‘snagged’ by someone’s hook.

This is a lovely place to get away from the crowds that are on other more populous beaches. Remember to stay safe and have fun this wonderful summer season. 🐟

IN WITH THE NEW: NEW VALLEY BUSINESSES TO WATCH

Who said a pandemic is a bad time to open a business? There are so many new and creative businesses cropping up around the Valley and we cannot contain our excitement!

Wolfville Wedding Chapel – The Valley is home to Nova Scotia’s first full-service wedding chapel! Want a no-fuss wedding but with ALL the charm and whimsy? This place on 360 Main Street is perfect for tying the knot or renewing vows with up to 20 of your favorite people! wolfvilleweddingchapel.com

Petite Patrie – The award-winning chocolate maker has found a new home in Kentville! The retail shop and café featuring artisanal bean-to-bar chocolate bars and espresso-based coffees is now open to the public at 2 Webster Street. During your visit you can peek into the chocolate factory to watch how the chocolate is made! Open Wednesday to Saturday, 10am-5pm. petitepatriechocolate.com

Long Table Social Club – A perfect staycation destination, the Long Table Social Club is located in Scots Bay (5611 Highway 358) with breathtaking views of the bay and refreshing ocean breezes on the patio. The menu offers fresh and high-quality sandwiches, salads, and sweets, as well as a full coffee bar. thelongtable-socialclub.com

Ametora Supply – Hey vintage shoppers – this place is a gem! Ametora Supply operated in Lunenburg for three years and has relocated to 1987 Hwy 359 in Centreville. It is a curated



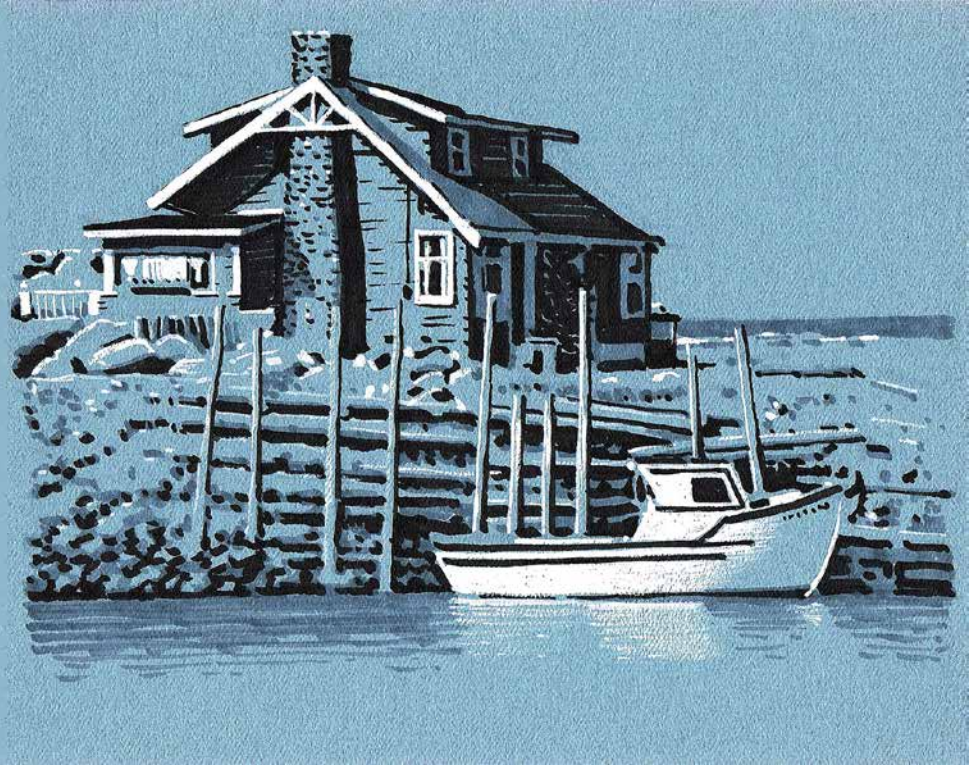
Wolfville Wedding Chapel (photo by Janette Downie)

vintage shop specializing in Canadiana and Americana, with a focus on vintage and rare denim, heritage brands, and rugged wear. ametorasupply.ca.

The Inn at the Winery – Domaine de Grand Pré now offers a cozy space to spend the night and turn your visit into the ultimate retreat! The Inn at Grand Pré Winery offers 6 suites, each with its own unique ensuite bathroom. There is one Queen room, four King rooms, and the top floor has a 2-bedroom suite. grand-prewines.com/pages/the-inn-grand-pre-winery

Terra Rossa Trattoria – Making the move from Charlottetown to Wolfville, this restaurant located on 1117 Front Street specializes in Italian dining. Expect fresh pastas made from scratch and artisanal thin crust pizzas on the menu... and they even have their own gelato machine! terrarossa.ca. 🍷

I KNOW A PLACE by Ron Lightburn



Harbourville Moonlight

Ron Lightburn’s art cards are now available at locations throughout the Annapolis Valley: Tides Art Gallery, 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; Saunders Tartans & Gifts in New Minas, and Endless Shores Books in Bridgetown.

thelightburns.com



CENTRESTAGE UPDATE

Mike Butler

To all you theatre lovers out there: we are getting close everyone! Because the restrictions are lifting and life is pivoting, CentreStage is keeping an eye out for when all is safe and clear to have our patrons back. In the meantime, we used this downtime to upgrade lighting, sound, and hearing device equipment in the theatre, do some year long spring cleaning, get plans in place for the big return, and of course, we have our vintage radio shows that can be accessed through the CentreStage

website. Why not join our newsletter and be the first to know when the curtain will reopen? And be sure to catch the *Mike Uncorked* in next month’s *Grapevine* with even more big announcements for the little theatre with the big heart! We miss you, stay safe, and thank you for the continued support of us and all our local theatres!



centrestagetheatre.ca

THE LEGACY SONG PROJECT

Sarah McInnis is a singer/songwriter, accredited music therapist, and end-of-life doula living in Port Williams, Nova Scotia. She is passionate about helping people to navigate end-of-life processes and grief through music, and started The Legacy Song Project earlier this year. This initiative is designed for individuals nearing the end of their life, and for those who have lost loved ones. After a detailed conversation, Sarah writes and records a personalized song, to honour, reflect on, and preserve the memory of a loved one.

The Grapevine (GV): What was the impetus behind your creation of The Legacy Song Project?

Sarah McInnis (SM): I have been a songwriter since I was about 14 or 15 years old. It has always been such a huge part of who I am, and when I started sharing my original music, I saw the potential to reach people on a very real and profound emotional level. When I began studying music therapy at Acadia, I always had it in the back of my mind to one day merge my love of songwriting with folks in palliative care settings. After my grandmother, who was my inspiration for studying music therapy in the first place, died in 2018 and I began my first steps on the path of grief, I came to understand how well our society has learned to conceal the dying and the grieving. Given that losing loved ones and our own death is something that we will all experience, it disturbed me how little space there was to speak about these things as an integrated part of our daily living. My desire to write songs in the context of dying and bereavement only grew, but I didn't know how to go about it. It wasn't until collaborating on an End-of-Life Planning workshop with Terra Spencer, a funeral director and songwriter whom I greatly admire, that I was made aware of Ian McCartor. Ian is a Californian songwriter and former palliative care nurse who has been writing legacy songs for the past several years, and has since become a sort of mentor to me in the process. After a brief call with him, I knew I had found a way to make it happen here in Canada.

GV: What does the song creation process look like for you, and how do you involve family members?

SM: The creation of a legacy song begins with a 1-hour recorded interview with a client, whether it is with the person who is at the end of their life, or with the family and/or friends of someone who has already died. This interview can be conducted in person, or online via ZOOM, which so far has allowed me to reach clients in Nova Scotia, Ontario, and British Columbia. The interview really is the most important part of the whole process because it is how I come to understand the person I am writing about, and what made them who they were. Using some prepared questions, the client and I simply have a conversation, and I try to gain as much information about them as I can during our time together. It involves a level of openness and honesty on behalf of the client, and a willingness to share personal beliefs, challenges, and stories that make them who they are. The questions vary slightly, depending on if I am writing for an end-of-life client or someone who is grieving the loss of a loved one, but the purpose is the same—to capture their stories in their own voices.

Following the interview, I use the content from the conversation to write and record a personalized song within a two week period, though the process can be sped up if a client's death is imminent. Each song typically takes between 15 and 20 hours to complete, from the time of interview to putting the song into the clients' hands. I liken it to a musical jigsaw puzzle. I listen back to the interview, saving significant quotes to later be inserted into the song, observing the key themes of the person's life, and deciding on what anecdotes should be included. Then I find a quiet time to be still with the stories, and begin to



write. It can be quite a meditative process, and I believe that coming to it with a certain amount of reverence is important, to honour the life I am writing about. When I have the song written, I spend a few hours practicing it, preparing to record. I have a small "at-home studio" where the magic happens: blankets nailed to walls to block out nearby traffic, a flattened music stand as a makeshift table for my laptop, and a dog bed nearby, where my canine co-writer can keep an eye on me. After recording the guitar and vocal tracks, I will often add harmonies and other instrumentation that might have personal significance to the client. In this process I also make sure to have space within the song to insert clips of the client's voice, all the while aiming to keep it under 5 minutes.

When the song is complete, the client and family receive framed lyrics with a USB containing the complete interview, the song (music only version), as well as a version with vocal clips from the interview, and a chord chart so that friends and family can learn it if they wish. For online clients who live outside of Kings County, NS, the song, interview, and lyrics are sent electronically. When possible, I like to be present when the client hears the song for the first time, to answer any questions they might have, and to provide emotional support as they hear their legacy, or the legacy of their loved one, captured in song for the first time. With the clients permission the song is shared in live and recorded settings to raise awareness about The Legacy Song Project and the importance of supporting end-of-life and grief support initiatives. Throughout this process, identities are kept confidential unless the client themselves wish to share the experience with others. From here the song can be used as a conversation starter or personal anthem for a person at the end of life, and as unique way to honour their memory after they pass by having it to play at funeral services, ceremonies of remembrance, or simply as a way to keep their memory and stories alive.

GV:What has your involvement in this project meant for you personally?

SM:This project is the bringing together of parts of me that I wasn't ever sure would fit together, but it allows me to be exactly who I am and want to be in this world - a songwriter who believes deeply in the healing potential of music, to support folks who are dealing with loss, whether it be of themselves, or a loved one. To sit with a person who is dying, or with someone who is grieving the loss of someone they held so dear, to have them show up so brave and willing to share with a complete stranger has been one of the greatest privileges of my life so far. I feel deeply humbled and honoured to be able to make The Legacy Song Project a part of my life's work.



To learn more, hear examples from this initiative, and read client testimonials, please visit bluecedarmusictherapy.ca/the-legacy-song-project.

FEATUREPRENEUR: RETREAT YO'SELF!

Genevieve Allen Hearn

I know it as Canning's princess house. You may know it as Borden Estate or The Old Place. Whatever the name, the 1864 Gothic Revival style home in Canning is awe-inspiring, and it has now been transformed into a retreat space. Jessica Bergevin leads the Borden Place Wellness retreats, which include physical, horticultural, and historical elements. Bergevin also operates Jessica Bergevin Physiotherapy, and shared her story with The Grapevine.

The Grapevine (GV): Tell us about your niche in physiotherapy.

Jessica Bergevin (JB): I am a women's health/pelvic health physiotherapist. Although I treat a broad range of pelvic health conditions, my passion and expertise relate to prenatal and postpartum care. Clinically, I help expectant mothers prepare for labour and delivery and guide them through postpartum rehabilitation. Preventative care for individuals through pregnancy, and a timely follow-up after delivery, supports an ideal continuum of care to reduce the risk of musculoskeletal complications.

Upon moving to Canning in the fall of 2020, I was welcomed by a variety of health care practitioners who recognized the gap in local care for pelvic floor health. Thank you to the obstetricians, gynecologists, family MDs, Valley Doulas, and other allied health members who connected to refer. Apart from the prenatal population, a notable portion of my physiotherapy caseload since arriving in The Valley is equestrian riders—this is certainly different than in the city! Horseback riding requires considerable pelvic mobility and strength. Many of the riders have muscle imbalances of the pelvis that affect the advancement of their riding.

A bold new future for women's/pelvic health physiotherapy requires strategy, advocacy, and education. It is a career goal for prenatal physiotherapy to be the standard of care in Nova Scotia - even if just one session is covered through MSI. To support this goal, I am currently completing a Doctor of Science in Rehabilitation and Health Leadership through Queen's University with research focused on improving prenatal care in Nova Scotia.

GV: Besides physiotherapy, what else do you offer?

JB: Pilates! Pilates is therapeutic movement designed to improve body awareness, decrease joint pain and stiffness, and build core strength. The foundations of Pilates are breathing, alignment, posture, and balance. Pilates can be used for injury prevention, management of current muscle and joint symptoms, and abdominal wall rehabilitation.

Wellness Retreats! The connection of physical well-being to nature through social engagement and shared experiences is the purpose of Borden Place Wellness. This summer we are offering small group outdoor exercise retreats of Pilates and Yoga. There are three levels of Pilates retreats being offered: therapeutic (beginners welcome!), intermediate, and advanced. The estate grounds create the backdrop for a unique morning where health shines alongside the beauty of nature and gardens. Lovely hand-crafted wooden platforms ensure personal space and appropriate social distancing during guided movement classes.

GV: Many folks are familiar with the beautiful Borden Estate in Canning. What made you decide to live there and use it as a retreat space?

JB: Borden Place is a historical gem nestled along the Habitant River. Quite simply it is a spectacular property that has been protected from development. The former residence of Sir Frederick Borden focuses on bringing nature into the home. William Critchlow Harris elevated the remainder of a Gothic Revival house into a prime example of Queen Anne Revival style. An inspired vision of a turreted lookout in a park-like setting creates awe-inspiring



beauty with playful arts and crafts detailing.

The natural landscape of tidal marshes, meadows, and wild thicket blends with the cultivated historic garden. Celebrating nature's calendar of blooms and seasonal changes is what drew our family here: "One way to become more knowledgeable about the natural world is to have a special place, visit it regularly, and watch and listen carefully. You will then understand the importance of preserving that habitat and protecting the living things that are a part of it." (The Old Place, Merritt Gibson, 1997). I envision hosting outdoor retreats through the seasons, and this being a special place for health to grow.

GV: Now that the air is beginning to clear, how can we focus on our wellness after a stressful time in history?

JB: Connect with nature, move your body, and restore meaningful social connections. Schedule time with family and friends that promotes health as those engagements tend to be the greatest memories.

Wellness is the pursuit of activities, choices and lifestyles that lead to a state of holistic health. It is an active process through which people become aware of, and make choices toward, a more successful existence. There are six components of wellness: physical, social, emotional, spiritual, intellectual, and environmental. Our state of wellness within each component can ebb and flow.

Many of us have not participated in our usual sports or recreational activities for a significant amount of time. As a volleyball player who has not been on the court the past year, I am aware that it is necessary to work on the balance of shoulder strength before returning full swing.

GV: What advice would you give to those starting a business in the health sector?

JB: Look for local initiatives that support business ideas and endeavours. I completed Blueprint for Success, an 8-week program through the Centre for Women in Business, that integrates modules on developing your idea, market research, financial planning, marketing, operations, and legal considerations. For those in the health sector, look for unmet clinical needs—whether geographically or in diverse or under-served patient populations. Create safe spaces for all people. Promote health equity. Collaborate with those around you. The health and wellness vibe in an area flourishes through the dedication of passionate individuals. We are so fortunate to be located in the heart of quality care options. The owners of nearby clinics and services are not competition—they are colleagues.



If you would like to learn more, visit jbphysio.ca. To learn more about Pilates or book a retreat, visit bordenplace.ca or email contact@bordenplace.ca.

Photo: Anna Borchardt Photography

VINEYARD, from page 8

Now our formal grape and wine research has returned to the vineyards and labs at the Agricultural and Agri-Food Canada Research and Development Centre, a teaching vineyard at the Nova Scotia Community College in Kentville, and a wine research laboratory at Acadia University, Wolfville.

Hanspeter Stutz of Domain de Grand Pre points to these developments and says, "a big difference to the earlier days of our young industry is the support from government, because they see the economic impact, based on huge investments from the different wineries and operators."

Stutz suggests while "there may still be people who don't know about our high standard of quality overall for Nova Scotia wines" they should know Nova Scotian wines are from Nova Scotian vines and that the winemaker's focus is on quality vs quantity. This resurgent sector of "local, high quality wines are a success for our province. Growers and wineries

are also important sources for jobs in the province—not only on the agriculture level, also for tourism."

And it all started in Bear River 410 years ago. This is a commemoration which can be done within pandemic regulations: in your bubble, on a patio, at home and virtually 🍷

* Shaded events take place every week

FRIDAY, JULY 2

SummerArts Camp – *Ross Creek Centre for the Arts, Canning 9am–5pm* • Ross Creek Arts Camps are a perfect combo of enrichment, skill development, creativity, and play. We offer programs in dance, theatre, music, art, and more! **TIX:** One Day Camp: \$70. The Camp Bus: \$15 per day +HST **INFO:** 902-582-3842 / pr@artscentre.ca

Hot Dog and Sausage BBQ – *Rockwell Home Hardware, Kentville 11am–1:30pm. EVERY FRIDAY!* • Kentville Lion's BBQ **TIX:** \$3 Hot dog and drink / \$5 Sausage and drink **INFO:** 902-680-2740 / vintagmusic1@hotmail.com

Jimmie Dog BBQ – *The Apple Capital Museum, Berwick 11:30am–1pm. EVERY FRIDAY!* • Proceeds support the museum and allow us to keep our admissions free to everyone. **TIX:** \$1.50 Jimmie Dog / \$1 Canned pop / \$1 Bottled water **INFO:** 902-538-9229 / berwickvic@outlook.com

SATURDAY, JULY 3

Wolfville Farmers' Market – *Farmers Market, Wolfville 9am–1pm. EVERY SATURDAY!* • Indoors and outdoors. A staple in our customers' weekend plans! **TIX:** no charge **INFO:** 902-697-3344 / info@wolfvillefarmersmarket.ca

Farmers Market – *Farmer's Market, Annapolis Royal 9am–1pm. EVERY SATURDAY!* • Fresh local produce, bread, spirits, beer and more. **TIX:** no charge **INFO:** manager@annapolisroyalfarmersmarket.com

Farmer's Market – *Macdonald Museum, Middleton 9am–1pm. EVERY SATURDAY!* • Fresh hot foods, take away meals, produce, baked goods, meats, eggs, pickles, jams and jellies, crafts, Watkins, Scentsy, live music and more. **TIX:** no charge **INFO:** 902-825-6116 / macdonald.museum@ns.sympatico.ca

North Mountain Market – *United Church, Harbourville 9:30am–1pm. EVERY SATURDAY!* • Every Saturday until October 9. Covid-19 precautions will be taken. **TIX:** no charge **INFO:** nmountainmarket@gmail.com

Kitchen Party – *Bruce Spicer Park, Canning 1–4pm* • Join us for the launch of the third annual Canning Kitchen Party summer concert series, with very special guests Jack MacDonald, Gina Burgess, and Alan Sylliboy & the Thundermakers **TIX:** no charge **INFO:** info@musicincommunities.com

SpeakEasy – *Community Hall, West Brooklyn 8–11pm* • The Voodoo Charmers will get the good times rolling again! Enjoy some fabulous live music and our infamous SpeakEasy atmosphere! COVID-19 rules apply. Remember to wear your mask! **TIX:** \$10. Reservations are a must. **INFO:** Ruth, 902-542-5424

Matt Mikket – *West Side Charlies, New Minas 8–11pm* • Live music is back! **TIX:** no charge **INFO:** 681-9378

SUNDAY, JULY 4

Farmers' Market – *Victoria Park Bandstand, Windsor 10am–2pm. EVERY SUNDAY!* • The best of local farmers, crafters and artisans. Please respect social distancing while visiting the market **TIX:** no charge **INFO:** 902-579-7652 / acfm.market.manager@gmail.com

Junior Camp – *Kingswood Camp Main Lodge, Lake George 6:30pm* • Spaces available for camp registrations. **TIX:** Pricing depends on camp. Financial Assistance available. **INFO:** 902-847-9161 / admin@kingswoodcamp.ca

Drive In Gospel Music – *Baptist Church, Lockhartville 7–8pm* • Make Mine Country, Harold Hunt, Audley Pineo, Eugene Rafuse **TIX:** Donation **INFO:** 902-684-3610

MONDAY, JULY 5

Childhood Cancer Cycling Challenge – *Virtual Annapolis Valley, Anywhere in The Annapolis Valley 8am–11pm* • We are three high school students trying to make a positive impact in our community by raising money to combat childhood cancer. We will be completing cycling challenges and raising money until August 30th **TIX:** Donation **INFO:** 902-670-7557 / mrwilkie42@gmail.com

SummerArts Camp – *Ross Creek Centre for the Arts, Canning 9am–5pm* • Ross Creek Arts Camps are a perfect combo of enrichment, skill development, creativity, and play. We offer programs in dance, theatre, music, art, and more! **TIX:** One Day Camp: \$70. Week-long day camp: \$325. The Camp Bus: \$15 per day +HST **INFO:** 902-582-3842 / pr@artscentre.ca

TUESDAY, JULY 6

Forest Play – *The Gorge, Kentville 9:30am–12pm / 1–3:30pm* • A 6-week play based nature program for children ages 3.5–5, by Flying Squirrel Adventures & Parks & Rec Kentville. Tuesdays and Thursdays, July 6–Aug 12. Outdoor play in nature is an essential part of children's healthy development supporting their physical, emotional and mental well-being. W/ Judy Lipp and Emily LeGrand. **TIX:** \$210 for 12 sessions (some bursaries available) **INFO:** 902-679-2539 / recreation@kentville.ca

Tuesday Tunes – *Centre Square, Kentville 11am–1pm* • lunch time music **TIX:** Donation **INFO:** 902-680-2740 / vintagmusic1@hotmail.com

Public Hearing & Municipal Council – *Municipality of the County of Kings, 181 Coldbrook Village Park Drive, Coldbrook 6pm* • The meeting will be held in person. Those in attendance must wear a facemask. Members of the public can also listen live by following the "Listen Live" link on the website. **TIX:** No charge. Registration required to attend in person. **INFO:** 888-337-2999 / countyofkings.ca

Celebrate Recovery – *New Hope Wesleyan Church, Kentville 7-9:30pm. EVERY TUESDAY!* • A faith based 12-Step program for all who need help with hurts, habits & hangups. Are you struggling with broken relationships, stress, anger, fears, addictions? All welcome. Please wear a mask & maintain social distancing. **TIX:** no charge **INFO:** 902-678-2222 / davetheman161@gmail.com

WEDNESDAY, JULY 7

Wolfville Farmers' Market Picnic – *Farmers Market, Wolfville 4–7pm* • We are so excited to see our amazing community and be able to share a meal together... from a safe distance, of course. **TIX:** no charge **INFO:** 902-697-3344 / info@wolfvillefarmersmarket.ca

Jam Session – *Centre Square, Kentville 6:30–8:45pm* • Jam Session **TIX:** Donation **INFO:** 902-680-2740 / vintagmusic1@hotmail.com

Pics 4 Passion: Photography for Mental Well-being – *AVRL Virtual Program Space, Berwick 7–8pm* • WEBINAR: W/Hannah Jackson. Pics 4 Passion (P4P) is a photography project that demonstrates how to use the art of photography as a coping mechanism for mental wellbeing. This one-hour session, with Q&A, is the perfect way to grow your skills and connect with your community. Registration is required. **TIX:** no charge **INFO:** 902-538-8060 / valleylibrary.ca

Adult Ukulele Club – *Rec Centre, Wolfville 7–8:30pm* • Wednesdays, July 7–Aug 25. Ages 18+ **TIX:** \$60 for 8 weeks, or \$10 drop-in **INFO:** recreation@wolfville.ca

TIDE PREDICTIONS

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

JUL	HIGH	LOW
01	6:54pm	12:36pm
02	7:19am	1:28pm
03	8:13am	2:20pm
04	9:07am	3:13pm
05	10:00am	4:04pm
06	10:51am	4:53pm
07	11:39am	5:39pm
08	12:24pm	6:24pm
09	1:06pm	7:06pm
10	1:48pm	7:32am
11	2:29pm	8:14am
12	3:10pm	8:55am
13	3:53pm	9:38am
14	4:38pm	10:23am
15	5:26pm	11:09am
16	6:17pm	11:59am
17	7:12pm	12:54pm
18	7:41am	1:52pm
19	8:44am	2:53pm
20	9:48am	3:56pm
21	10:52am	4:58pm
22	11:52am	5:57pm
23	12:48pm	6:53pm
24	1:40pm	7:24am
25	2:30pm	8:14am
26	3:17pm	9:02am
27	4:03pm	9:48am
28	4:48pm	10:32am
29	5:33pm	11:17am
30	6:19pm	12:02pm
31	7:06pm	12:49pm
AUG		
01	7:32am	1:38pm
02	8:24am	2:29pm
03	9:18am	3:21pm
04	10:12am	4:14pm
05	11:03am	5:05pm

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

• Highest High: 43.6 feet •• Lowest High: 36.7 feet

THURSDAY, JULY 8

Trans & Queer-Friendly Music Drop-In – *Rec Centre, Wolfville 7:30–8:30pm* • Thursdays, July 8–Aug 26. Songwriting, jamming, BYO instruments, or borrow a provided ukulele. Ages 11–17 **TIX:** no charge **INFO:** recreation@wolfville.ca

Halls Harbour Ghost Talk – *Western Beach, Halls Harbour 7:45–9:30pm* • Stationary, sit-down, outside, historical production w/Jerome the Gravekeeper and many of his ghostly friends. Legends & Lore of the Fundy Shore! Advance sales only, NO WALK-UPS Bring your own lawn chairs, umbrellas, blankets, & bug spray! **TIX:** Advance sales only: \$50 (1–2 people), \$95 (3–4 people), \$135 (5–6 people), \$170 (7–8 people), \$200 (9–10 people), taxes included. Ticketpro.ca **INFO:** 902-692-8546 / jerome@valleyghostwalks.com

FRIDAY, JULY 9

Classic Honky Tonk with The Johns – *North Mountain United Tapestry, Harbourville 7–9pm* • Live Concert! Classic honky tonk & boot turnin' country from one of the maritimes' finest bands. Limited Seating. Advance Tickets suggested. Bubbles encouraged. **TIX:** \$15 **INFO:** 902-538-7923 / unitedtapestry@gmail.com

SATURDAY, JULY 10

Gaspereau Church Yard Sale – *2869 Greenfield Rd, Gaspereau 8am–12pm* • Covid aware. **INFO:** 902-542-9174 / Facebook: @gaspereauunitedbaptistchurch

Kitchen Party – *Bruce Spicer Park, Canning 1–3pm* • Featuring Morgan Davis & Jenny Lapp **TIX:** no charge **INFO:** info@musicincommunities.com

Salad Plate and Strawberry Shortcake Supper – *Community Hall, Inglisville 4–6pm* • Salad plate and Strawberry Shortcake Supper, 3 salads, meat, roll, tomato, cucumber. **TIX:** Pre-order only. Adults \$10, Children \$5 **INFO:** 902-824-0746 / 902-584-3409

Wayne Parker – *West Side Charlies, New Minas 8–11pm* • Live music is back! **TIX:** no charge **INFO:** 681-9378

SpeakEasy – *Community Hall, West Brooklyn 8–11pm* • Join us for more rockin' blues with the Chairmen of the Blues! Enjoy our infamous SpeakEasy atmosphere, tasty snacks, and featured cocktails. Masks on unless eating or drinking, and no dancing yet. COVID-19 rules apply. **TIX:** Reservations are a must. \$10 **INFO:** 902-542-5424

SUNDAY, JULY 11

Rescheduled Nurse Appreciation Service – *Gaspereau Church, Gaspereau 8am–12pm* • A personal Salute to our Community Health Care Workers. Recorded Service will be posted on facebook. **INFO:** 902-542-9174 / Facebook: @gaspereauunitedbaptistchurch

Plant Walk Fundraiser – *Memorial Library, Wolfville 10:30am–12pm* • Learn about medicinal and edible plants with Clinical Herbalist Amanda Dainow, fundraiser for North Mountain Animal Sanctuary. Rain or shine. **TIX:** \$20/person **INFO:** 902-538-3662 / singingnettlesclinic@gmail.com

Kingsport Kitchen Party – *Pavilion, Kingsport Beach 1–3pm* • Listen to songs by the seaside! Featuring Kristen Martell & Graham Nicholas **TIX:** free or donation **INFO:** info@musicincommunities.com

MONDAY, JULY 12

CEED's Juniorpreneur Camp – *Curling Club, Wolfville 9am–4:30pm (July 12–16)* • A 5-day summer camp experience for youth with interests in creativity & entrepreneurship. Unleash the innovation in youth by giving them an opportunity to test and execute ideas, while making real profits for themselves! **TIX:** \$180 **INFO:** 902-536-3602 / info@ceed.ca

SummerArts Camp – *Ross Creek Centre for the Arts, Canning 9am–5pm* • Ross Creek Arts Camps are a perfect combo of enrichment, skill development, creativity, and play. We offer programs in dance, theatre, music, art, and more! **TIX:** One Day Camp: \$70. Week-long day camp: \$325. The Camp Bus: \$15 per day +HST **INFO:** 902-582-3842 / pr@artscentre.ca

Art Camp – *7 Arts, Greenwood 1–4pm. July 12–15* • Art Camp. Join 7 Arts for a fun week of Arts and Crafts. New creative theme every week. Ages 5–7 yrs. **INFO:** 902-321-9572 / 7Arts@7arts.ca

TUESDAY, JULY 13

Creative Summer Projects – *Rosa M. Harvey Middleton & Area Library, Middleton 10am–5pm* • Get rid of those COVID-blues with some creative summer projects. No computer or internet skills are needed. Supplies can be picked up at the Middleton library between July 13–17. Availability is limited. Signups are required. **TIX:** no charge **INFO:** 902-825-4835

WEDNESDAY, JULY 14

Wheelchair Basketball – *Memorial Park, Kentville 6–7:30pm* • 6-week program starting July 14. Both wheelchair users and non-wheelchair users are welcome! No experience necessary! Ages 12+ **TIX:** Pay what you can (recommended: \$30/6 weeks) **INFO:** kentville.ca/programs

THURSDAY, JULY 15

Wolfville Ghost Talk – *Ridge Stile Park, Wolfville 7:45–9:30pm* • Stationary, sit-down, outside, historical production w/Jerome the Gravekeeper and his ghostly friends. A ghostly history lesson of Acadia & Wolfville. Advance sales only, NO WALK-UPS Bring your own lawn chairs, umbrellas, blankets, & bug spray! **TIX:** Advance sales only: \$50 (1–2 people), \$95 (3–4 people), \$135 (5–6 people), \$170 (7–8 people), \$200 (9–10 people), taxes included. Ticketpro.ca **INFO:** 902-692-8546 / jerome@valleyghostwalks.com

FRIDAY, JULY 16

Take Out Cold Plate Supper – *Community Hall, Black River 4–6pm* • Cold Plate includes salads, cold cuts, roll, chips and cold drink. Masks must be worn. **TIX:** \$10 plate. Pre-order recommended. **INFO:** 902-542-5125 / sharonlake07@gmail.com

SATURDAY, JULY 17

Kitchen Party – *Bruce Spicer Park, Canning 1–3pm* • Featuring Terra Spencer & Museum Pieces **TIX:** no charge **INFO:** info@musicincommunities.com

SpeakEasy – *Community Hall, West Brooklyn 8–11pm* • Live music featuring Soul and R&B with Mark Bezanson! Enjoy our infamous SpeakEasy atmosphere, tasty snacks, and featured cocktails. Remember to wear your mask! **TIX:** \$10. Reservations are a must. **INFO:** Ruth, 902-542-5424

SUNDAY, JULY 18

The Mauritanian – *Al Whittle Theatre, Wolfville 4pm* • The Sunday Film Series. Mohamedou Ould Slahi fights for freedom after being detained and imprisoned without charge by the U.S. Government for years. Social distancing and masks required at the theatre. **TIX:** \$12 at the door (cash, credit or debit) **INFO:** 902-542-3344 / manager@alwhittletheatre.ca

MONDAY, JULY 19

SummerArts Camp – *Ross Creek Centre for the Arts, Canning 9am–5pm* • Ross Creek Arts Camps are a perfect combo of enrichment, skill development, creativity, and play. We offer programs in dance, theatre, music, art, and more! **TIX:** One Day Camp: \$70. Week-long day camp: \$325. The Camp Bus: \$15 per day +HST **INFO:** 902-582-3842 / pr@artscentre.ca

Art Camp – *7 Arts, Greenwood 1–4pm. July 19–23* • Art Camp. Join 7 Arts for a fun week of Arts and Crafts. New creative theme every week. Ages 8–12 yrs. **INFO:** 902-321-9572 / 7Arts@7arts.ca

TUESDAY, JULY 20

Committee of the Whole – *Municipality of the County of Kings, 181 Coldbrook Village Park Drive, Coldbrook 9am* • The meeting will be held in person. Those in attendance must wear a facemask. Members of the public can also listen live by following the "Listen Live" link on the website. **TIX:** No charge. Registration required to attend in person. **INFO:** 902-690-2566 / countyofkings.ca

THURSDAY, JULY 22

Valley Ghost Talk – *Landscape of Grand Pré View Park, Grand Pre 7:45–9:30pm* • Stationary, sit-down, outside, historical productions w/Jerome the Gravekeeper and his ghostly friends. A compilation show of all the towns we haunt. Bring your own lawn chairs, umbrellas, blankets, & bug spray! **TIX:** Advance sales only: \$50 (1–2 people), \$95 (3–4 people), \$135 (5–6 people), \$170 (7–8 people), \$200 (9–10 people), taxes included. Ticketpro.ca **INFO:** 902-692-8546 / jerome@valleyghostwalks.com

SATURDAY, JULY 24

* See JULY 3 for events happening every Saturday *

Wolfville Lions Club Big Breakfast – *Lions Club, Wolfville 8am–10:30pm* • 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:** Price \$8 adults, \$4 children under 10 **INFO:** Wolfville Lions Hall, 36 Elm Avenue

Kitchen Party – *Bruce Spicer Park, Canning 1–3pm* • Featuring Big Turnips & Kim Lake **TIX:** no charge **INFO:** info@musicincommunities.com

SpeakEasy – *Community Hall, West Brooklyn 8–11pm* • Join us to be delighted by the keyboard wizardry of John Ebata and Sarah Pound's wonderful voice and songs. Reservations are required. COVID-19 rules apply. Remember to wear your mask! **TIX:** \$20 Tickets must be reserved in advance. **INFO:** Ruth, 902-542-5424

SUNDAY, JULY 25

* See JULY 4 for events happening every Sunday *

Kingsport Kitchen Party – *Pavilion, Kingsport Beach 1–3pm* • Listen to songs by the seaside! Featuring Nick Maclean & Rebecca Fairless **TIX:** free or donation **INFO:** info@musicincommunities.com



AVON RIVER HERITAGE MUSEUM'S

Artisans in Action

July 4th
August 1st
September 5th
October 3rd

Pop-up Markets & Demonstrations
The first Sunday of the month, July - October, noon until 4pm

Great Little Art Show
est. 1998

Summer 2021

VIEW ONLINE OR BY APPOINTMENT

Avon Spirit Shipyard & Avon River Heritage Museum
15 & 17 Belmont Rd, Avondale/Newport Landing
avonriverheritage.com

...continued from page 13

MONDAY, JULY 26

SummerArts Camp – Ross Creek Centre for the Arts, Canning 9am-5pm • Ross Creek Arts Camps are a perfect combo of enrichment, skill development, creativity, and play. We offer programs in dance, theatre, music, art, and more! **TIX:** One Day Camp: \$70. Week-long day camp: \$325. The Camp Bus: \$15 per day +HST **INFO:** 902-582-3842 / pr@artscentre.ca

Art Camp – 7 Arts, Greenwood 1-4pm. July 26-30 • Art Camp. Join 7Arts for a fun week of Arts and Crafts. New creative theme every week. Ages 13-16 yrs. **INFO:** 902-321-9572 / 7Arts@7arts.ca

SATURDAY, JULY 31

The Great Annapolis Ride – Annapolis Valley Area, Annapolis Valley 9am • A fully supported 2-day social ride, the GAR2021 cycling event is a welcome return to outdoor, social, and safe recreation. Starting in Windsor and camping overnight in the stunning Scots Bay before finishing at Planters Ridge Winery **TIX:** \$230 (Bicycle Nova Scotia Member) / \$240 (Non-member) **INFO:** 902-818-0145 / sean@kohkosevents.ca

Kitchen Party – Bruce Spicer Park, Canning 1-3pm • Featuring Sam Wilson & Gizelle de Guzman **TIX:** no charge **INFO:** info@musicincommunities.com

SpeakEasy – Community Hall, West Brooklyn 8-11pm • We are pleased to present Avery Dakin and her band, with special guest, Morghain Lee! Avery is a singer-songwriter from Halifax, who combines her smart, reflective lyrical style with silky, soulful vocals. COVID-19 rules apply. Remember to wear your mask! **TIX:** \$20 Tickets must be reserved in advance. **INFO:** 902-542-5424

MONDAY, AUGUST 2

SummerArts Camp – Ross Creek Centre for the Arts, Canning 9am-5pm • Ross Creek Arts Camps are a perfect combo of enrichment, skill development, creativity, and play. We offer programs in dance, theatre, music, art, and more! **TIX:** One Day Camp: \$70. Week-long day camp: \$325. The Camp Bus: \$15 per day +HST **INFO:** 902-582-3842 / pr@artscentre.ca

Teen Academies – Ross Creek Centre for the Arts, Canning 9am-5pm • Ross Creek Arts Camps are a perfect combo of enrichment, skill development, creativity, and play. We offer programs in dance, theatre, music, art, and more! **TIX:** Teen Academies are \$1,100 +HST for the two weeks. All program fees include meals and accommodation. **INFO:** 902-582-3842 / pr@artscentre.ca

THURSDAY, AUGUST 5

Halls Harbour Ghost Talk – Western Beach, Halls Harbour 7:45-9:30pm • Stationary, sit-down, outside, historical production w/Jerome the Gravekeeper and many of his ghostly friends. Legends & Lore of the Fundy Shore! Bring your own lawn chairs, umbrellas, blankets, & bug spray! **TIX:** Advance sales only: \$50 (1-2 people), \$95 (3-4 people), \$135 (5-6 people), \$170 (7-8 people), \$200 (9-10 people), taxes included. Ticketpro.ca **INFO:** 902-692-8546 / jerome@valleyghostwalks.com

~ LIVE THEATRE ~

Valley Ghost Talks – Annapolis Valley Area 7:45-9:30pm • Stationary, sit-down, outside, historical production w/Jerome the Gravekeeper and many of his ghostly friends. Bring your own lawn chairs, umbrellas, blankets, & bug spray! Halls Harbour, Western Beach: July 8, August 5 / Wolfville, Ridge Stile Park: July 15, Aug 12, Sept 9, Oct 7, Oct 29 / Grand Pre, Landscape of Grand Pre View Park: July 22, Aug 26 / Kentville, Kings County Museum (inside show): Sept 2, Sept 30, Oct 28 **TIX:** Advance tickets only! \$50: Group of 1-2, \$95: Group of 3-4, \$135: Group of 5-6, \$170: Group of 7-8, \$200: Group of 9-10 (prices include taxes and fees) **INFO:** 902-692-8546 / jerome@valleyghostwalks.com

VIP Ghost Walks – Annapolis Valley Area 8-9pm • Family-friendly, historical productions for your private group w/Jerome the Gravekeeper and 3 of his ghostly friends. Customizable start times and locations, available in: Wolfville, Kentville, Halls Harbour, Windsor, The Grand Pre Winery, or other. **TIX:** Tickets must be purchased 14 days in advance. Taxes included in prices. \$287.50 - up to 15 private guests / \$86.25 for an extra 10 private guests / \$402.50 for an extra 15 private guests w/wine samples at the Grand Pre Winery / \$143.75 for an extra 10 winery guests. **INFO:** 902-692-8546 / jerome@valleyghostwalks.com

Schoolhouse – Ross Creek Centre for the Arts, Canning. July 17-September 4: Tuesday, Wednesday, Saturday at 6pm & Sundays at 2pm • Full of warmth and poignant humour, Schoolhouse evokes a way of life shared by generations of rural North Americans, while exploring timeless themes of exclusion, of compassion, of damage, and of hope. **TIX:** \$15-\$32 (+HST) **INFO:** 902-582-3842 / artscentre.ca/twoplanks

Macbeth by Fire – Ross Creek Centre for the Arts, Canning. July 17-September 4: Tuesday, Thursday, Friday, and Saturday at 9pm • The latest in Two Planks and a Passion Theatre's award-winning By Fire series, Macbeth by fire is a centuries-old play that, in many ways, feels ripped from the headlines. It is sure to be a remarkable fireside experience! **TIX:** \$15-\$32 (+HST) **INFO:** 902-582-3842 / artscentre.ca/twoplanks



Welcome to the WBDC's New Office!

Come see our new office space at 360 Main Street, Suite 19 (the corner unit)

We look forward to seeing you and being able to support you from a downtown location!

Wolfville Business Development Corporation



AVON RIVER HERITAGE MUSEUM'S

HONEY HARVEST FESTIVAL

Join us in the Avon Spirit Shipyard, set along the historic Newport Landing waterfront, for a pop-up market to celebrate local beekeepers, artisans, wineries and brewers. Learn about best practices for supporting healthy hives, pick out the queen bee in a demonstration hive and find the perfect Nova Scotian honey!

Now booking vendors, contact us at infoavonriver@gmail.com

10am - 4pm, September 11th, 2021

AVON SPIRIT SHIPYARD
15 BELMONT RD, AVONDALE/NEWPORT LANDING

avonriverheritage.com



STUDENTS HELPING EACH OTHER FIND WELLNESS IN THE WOODS

Melanie Priesnitz, Conservation Horticulturist

Lots of great things have been happening behind the closed gates this year at the Harriet Irving Botanical Gardens. While we dearly miss having members of the community in the garden, we have been very happy to be able to offer a safe outdoor space for Acadia students, faculty, and staff to enjoy. Students are spending more time than ever in front of screens in their dorm rooms and apartments so having an outdoor space to call their own has been greatly appreciated.

Two Acadia students organized a 4-week Mindfulness Walking Series using the Gardens and Woodland Trails to encourage fellow students to get outside and make their own mental and physical health a priority. Both organizers are third year Acadia Community Development students and have just completed internships on campus. Sarah Lavallée, Acadia Woodland Trails Community Intern and Janine Annett, Student Mental Health Programmer for the Acadia Counselling Centre, designed and ran a successful program for 10 Acadia students that was very well-received this spring.

Each week the students went on a group walk through Acadia's Woodland Trails, spent time sitting silently in nature, and ended with good conversation around a bonfire at the Harriet Irving Botanical Gardens. For two sessions the students were treated to wonderful guitar music by Acadia School of Music student Mitch St. Peters. Participants also had the pleasure of being led through an intuitive nature-based partner activity during one of their sessions facilitated by Sarah Pittoello, counsellor with the Acadia Counselling Centre.

One participant shared with us some of the aspects of the series that they enjoyed the most: "I loved getting outside and giving myself the opportunity to enjoy the sun and fresh air, meeting new people, using the sit spots to observe my environment and give my brain a break, also eating s'mores, the live music and sharing lots of laughs!"

When asked how the walking series benefitted the students, one participant explained that



Sarah Lavallée (courtesy of Melanie Priesnitz)

she "now felt more comfortable using the trail system at Acadia after being introduced to it in such a welcoming manner." She went on to say, "I also feel more connected to the community here and more at ease upon completion of each week's session."

While we try to never force anyone to visit the Gardens, sometimes we do need to force ourselves to step away from our computers and get outside! One participant had this very experience. "This series 'forced' me to get outside every Saturday and enjoy the sun and fresh air which was super beneficial for both my physical and mental health! I think the sit spots really benefited me as well. This wasn't something I had done a whole lot of, but I really enjoyed it. I liked taking the time to observe my environment and try to free my brain from any thoughts."

During this strange and often stressful year, it's inspiring to see these young people taking responsibility for their own mental and physical health as well as each other's. Sarah and Janine are offering another similar series this summer on Acadia's Woodland Trails open to both the Acadia and Wolfville communities. This series runs from June 24–July 15h from 12–12:45 and requires pre-registration. More information can be found in the Events section of our website: kcirvingcentre.acadiau.ca. 🌿

VISUALLY SPEAKING HERE'S TO THE STORYTELLERS

Anna Horsnell

Performing artists perform. Whether through song, dance, or acting, performing artists can move us to tears, or move us to the beat, and at the heart of it all lies a story. Live performance can be very sensual. We see and hear and even feel the performers as they carry us into their world. Maybe we let go and for the moment lose ourselves in their story. We've been sharing our stories for a very long time, from ancient legend to more modern documentaries and drama. We recognize these things and they connect us.

Visual artists, well, visualize. Be they film-maker or painter, sculptor or photographer, they communicate remotely through the artwork they create. The visual artist does not need to be present for the interaction between art and audience. The art itself must tell the story.

Step into a local gallery. Don't overthink. Just do a visual scan of the artwork on display and see what catches your eye. Now step in front of that particular work and have a closer look. Take a few minutes to really get familiar with the art. What first attracted you or caught your attention? Is it the colour, the subject, the size, maybe just a feeling? Has that changed with a closer look? Check out the label identifying the art including the title and name of the artist. Sometimes the subject is obvious, sometimes not so much. Perhaps the title of the work spells things out, tells you where or what or who. Perhaps the title simply points you in a general direction, a suggestion. Perhaps the artist leaves interpretation wide open; you are free to follow your own imagination. Now. How does the painting (or sculpture or photograph) make you feel? Is it uplifting, peaceful, disturbing, mysterious, challenging? Is it holding your attention and maybe even leading you in a certain direction? Whether the art is realistic or abstract, you may find yourself building a narrative, picking out things you identify with, or things that intrigue you and pull you closer.

Go a little deeper. Ask the gallery manager or person on duty for some assistance. What can they tell you about the artist? What can they tell you about the artwork itself, how it was created? Do they know any interesting background? Explore. Sometimes the artist has actually provided a statement about a specific



Local singer-songwriter Hughie McDonell. Photo by Bruce Dienes.

artwork or body of work explaining the inspiration and intention. Sometimes you find your whole perception of the work evolving as you gain more information, more of the story.

The next step can be fun. Do another scan of the gallery artwork and pick out a piece that challenges you in every way. Something you might not give a second glance, something that puzzles or even disturbs you. Step a little closer and go through the same process. Ask the same questions and see how things change, or shift in another direction. How does your initial opinion change as you learn more?

Visual art invites you into the story from the very beginning. The artist is speaking to you through the artwork, sharing their ideas, their thoughts, their relationship with the world. The art itself is the conversation. Sometimes you have to work hard to understand. Sometimes impressions or understanding come easily. Sometimes the connection just isn't there and that's okay. Simply being open is enough. The artist asks no more.

Next month, *The Grapevine* will highlight visual art, some of the people who make the art, and some of the places you can find their art. The world is slowly emerging from a time unlike any of us have experienced before. The storytellers are ready with performances and artwork that connect us all. 🌿

IN REVIEW

ACADIA REGIONAL YOUTH ORCHESTRA

Are you string instrument-curious? *The Grapevine* attended the Acadia Regional Youth Orchestra's *Try an Instrument Day* on April 20 in Grand-Pré. The ARYO program is designed for ages 10-24, with the exception of the Fiddle Group which is open to all ages. The *Try an Instrument Day* is a fun way for interested participants to interact with different kinds of string instruments. There were violins, violas, and cellos on display, and mini-workshops where participants learned how to hold the instruments and play a few notes. A string quartet performed in the beginning and end of the event so participants could hear the instruments and ask the musicians questions. Questions included: "What is the difference between a violin and viola?", and "Do you play a bass with a bow?". Participants then explored their different options from an instrument collection inherited from a former Halifax strings program.

Alison Richard is a mother of two children who have participated in the ARYO strings program. Her son, now a violin student at Acadia University, was one of the string quartet performers. Richard says that the *Try an Instrument Day* is meant to be casual and fun, and is "one-part recruitment, one-part letting members play different instruments to continue their learning."

Program Director Elizabeth Sircom says *Try an Instrument Day* is a new format ARYO is

trying out, similar to initiation workshops they ran a few years back in local schools. ARYO is a low-cost orchestra program, with group lessons for beginners oriented towards playing in an ensemble.

Sircom says she had a lot of positive feedback from the event on the 20th and would consider doing it again. "We are happy to have proven that we could maintain an orchestra program through COVID and would like people to know that string playing is fun and rewarding and that we have a place where they can learn!" 🌿



Garry Leeson's
STORY STUDIO NOVA SCOTIA
storystudios.blogspot.ca

BATS HAVE EMERGED FROM HIBERNATION

Leah Riehl, Mersey Tobeatic Research Institute

BATS! Why bats? Because they need our help! Bats provide essential ecological services to humans, particularly the control of insect populations. This is important to anyone looking to get outside to enjoy summer nights!

Bats begin to emerge from hibernation in the spring, and they emerge hungry and preparing to have their young, which are called pups. These small mammals can eat up to one thousand insects in a single hour, and up to their body weight in insects each night.

Formerly a common sight on a Nova Scotia summer night, bat populations have been decimated by habitat loss and white-nose syndrome, an invasive fungus that wakes sleeping bats from hibernation. The disease has caused millions of mortalities in native bat species such as the little brown bat, northern long eared bat, and tricoloured bat, all of which are now endangered in Nova Scotia.

Have you seen any bats this year? Through the help of keen observers, we can conserve at-risk bats! Anyone in Atlantic Canada can report bat sightings or ask related questions by calling 1-833-434-BATS (1-833-434-2287). In Nova Scotia, reports can be made online at batconservation.ca or by calling the provincial Species at Risk Hotline at 1-866-727-3447.

You can also help with bat conservation efforts by maintaining bat habitat on your property. This includes minimizing pesticide use, protecting water quality, and leaving dead trees standing. If you have a bat box on your property, you can become a citizen scientist by gathering data on the effectiveness of bat boxes. Visit this link to read about how you can participate in a Canada-wide bat box study: bit.ly/CBC_BatBoxStudy. 🌿

CHANCE TO WIN 2 TICKETS TO:
Wolfville Ghost Talk
Ridge Stile Park, Wolfville. Thursday, Aug 12, 7:45pm
Draw date: Aug 7. Enter all draws: valleyevents.ca/win

ValleyEvents.ca



AVON RIVER HERITAGE MUSEUM'S

Artisans in Action



Join us for a spirited open-air painting event, set along the historic Newport Landing waterfront park in Avondale.

Explore our pop-up gallery before heading out for the ultimate Artisans in Action experience of the season!

Volunteers will be on hand to process sales, with 100% of the proceeds going back to the artists.

\$25 fee for artists to participate.

To pre-register contact us at infoavonriver@gmail.com

Paint Avondale

September 5th, 2021

Pop-up Markets & Demonstrations
The first Sunday of the month, June - October, noon until 4pm

avonriverheritage.com

Avon River Heritage Museum, 17 Belmont Rd, Newport Landing/Avondale





BELEAF
SALON & SPA

45 MIN
EXPRESS
DERMAPLANING
\$60



AVEDA



TURNING THE TIDE

SEPTEMBER 17-18, 2021
NEWPORT LANDING, NS



WWW.FULLCIRCLEFESTIVAL.CA

JULY 23-25, 2021



Kentville Mural Festival
#weARTkentville

6 Mural Sites
6 Artists
3 Days

COME WATCH KENTVILLE COME ALIVE WITH ART!

kentvillebusiness.ca/murfestival

Brought to you by:



CONTACT INFO@KENTVILLEBUSINESS.CA FOR MORE INFO



396 Main St., Wolfville 542-9680

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

Expiry: Friday,
July 30th
2021

