

THE GRAPEVINE

ARTS | CULTURE | COMMUNITY

September 2021 | Issue No. 18.08



**ON THE COVER: IAN JANES
AND NICHOLAS D'AMATO, P.3**

**WHY SINGING TOGETHER
FEELS SO GOOD, P.15**

**MARGOT'S HIDDEN GEMS:
LAHAVE FOLK FESTIVAL, P.6**

**MIKE UNCORKED:
WYATT'S BENCH, P.7**

**SUNDAY MUSIC IN THE GARDEN
ROOM RETURNS TO ACADIA, P.15**

**BOXCAR FINDS NEW HOME AT
WOLFVILLE MEMORIAL LIBRARY, P.3**

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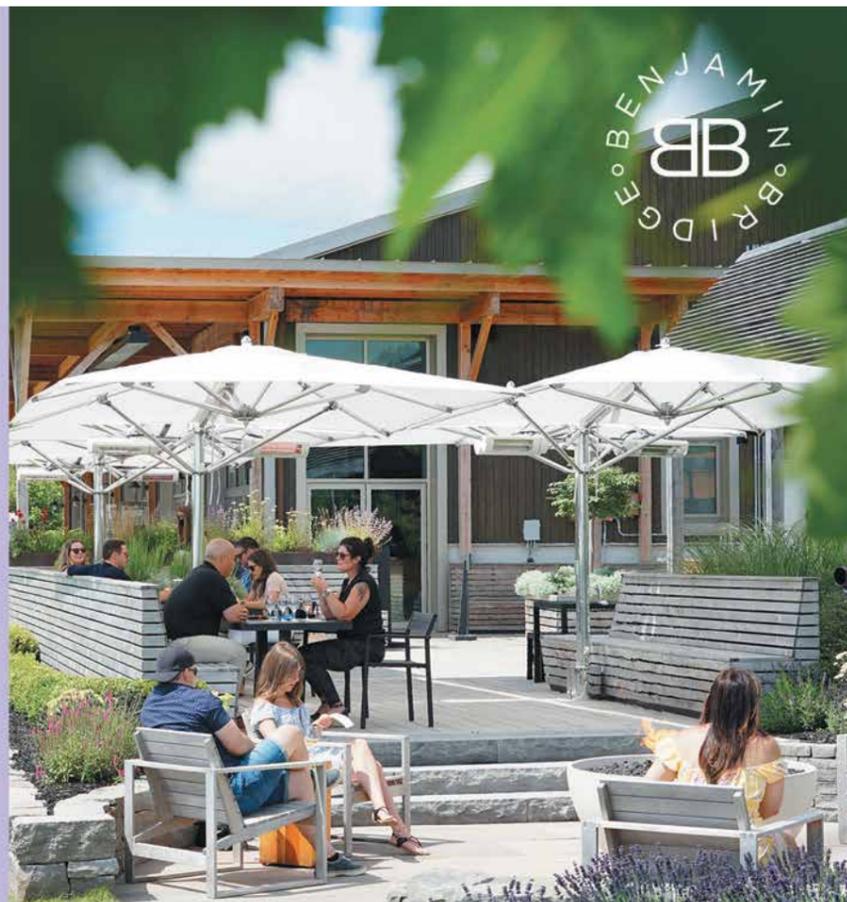
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ON THE COVER: IAN JANES AND NICHOLAS D'AMATO

Ian Janes is a Nova Scotia artist, songwriter and producer. He makes pop songs that are deeply influenced by soul, R&B, and Jazz. Ian's music is compelling and irresistible, sophisticated yet simple. His musicality and authenticity have captivated listeners across Canada, the US, and beyond. His latest record, *Episode 5*, is being released through Bandcamp. "This record and book are intended to be a break from your screen... to give you something to do with your hands, eyes and brain while you listen," Janes says. "I guess my hope is that by offering you something with my album that the digital world can't, it can be win/win. You get a deeper, more tangible experience...and I get to share my music with you in a way that's more meaningful and more sustainable" (ianjanes.com).

Prior to relocating to Nova Scotia in 2011, bassist Nicholas D'Amato spent nearly twenty years in New York City playing clubs, concert halls, Broadway, record dates, jingle houses, television shows, radio broadcasts, the circus, and famous NYC venues like Jazz at Lincoln Center, The Blue Note, Birdland, The 55 Bar, and The Jazz Standard. Nicholas has performed in more than 40 countries, playing many of the world's biggest festivals and stages, including The Hollywood Bowl, Montreux Jazz, North Sea Jazz, Jazz

in Marciac, Monterey Jazz, Newport Jazz, Montreal Jazz, Koerner Hall, Glenn Gould Studio, and appeared on The Tonight Show, The Today Show, and many TV broadcasts around the world. Since 2007, he has been bassist for Verve and Concord Jazz recording artist, Lizz Wright. A partial list of others he has performed with includes, Elle King (RCA Music), Rachel Platten (Sony Music), Measha Bruegggosman, Shayna Steele (Snarky Puppy, Moby), Wayne Krantz, David Binney, Raul Midon, Laila Biali, Tracy Bonham, Toby Lightman, Janita, Brian d'Arcy James, Alex Lacamoire (Hamilton), Nick Howard (The Voice Germany), Popa Chubby, Tom Brislin (Yes, Spiraling), Tom Kitt (Next to Normal), Mike Murley, David Braid, Michael Occhipinti, Dinuk Wijeratne, Ian Janes, Nicola Miller, and Meaghan Smith. Nicholas is thrilled he can add full-time faculty member at Acadia University to his bio. He continues to tour and record with artists from around the world, now getting to bring these experiences directly back to his students (nicholasdamatobass.com).

Ian Janes and Nicholas D'Amato will be performing at Janes' *Episode 5* album and book release on September 11 at 8pm at The Union Street in Berwick. For tickets visit bandsintown.com/e/102685958.



Kentville is looking for volunteers to help with TWO issue areas:

The Kentville Inclusion and Access Advisory Committee: Currently the Town is seeking volunteers to sit on the Kentville Inclusion and Access Advisory Committee, which provides advice to Town Council on the implementation of the Kentville Accessibility Action Plan. The goal of the KIAAC is to "identify and remove barriers to participation in public life and to the achievement of social, cultural and economic well-being of all people who find themselves in Kentville".

The Kentville Street Naming/Renaming Task Team: The Kentville Inclusion and Access Advisory Committee (KIAAC) is seeking applications for members on the Street Naming/Renaming Task Team. The goal of this Task Team is to review and recommend changes of the existing policies and processes of naming streets, and apply this new process to Cornwallis Street. The Task Team will be accountable to the KIAAC to ensure this goal is achieved. If you are interested in joining one or both groups, visit our website and fill out an application form, call Jennifer West at 902-679-2503, or email jwest@kentville.ca.



GIFTED BOXCAR TRACKS CREATIVE SPACE TO WOLFFVILLE MEMORIAL LIBRARY

Submitted

With the Wolfville Memorial Library operating from a former train station, the idea of building on the locomotive theme made perfect sense when a retired boxcar was offered as a gift to the Town of Wolfville. Months after the offer was made, a curious crowd gathered as the hefty boxcar was gently lowered by crane onto the orphaned tracks behind the library on August 25. Director of Parks and Recreation Kelton Thomason worked with multiple partners to coordinate the special delivery that saw a train return to the small stretch of tracks for the first time since the 1990s. "Everything went smoothly today and now Wolfville has a great new space to inspire creativity," Thomason said. "It's a pleasure to share this space with the library." Over the months ahead, a performance stage will be built on the boxcar, and the interior will be refreshed. Plans for the exterior panels will be determined by the Wolfville Art in Public Spaces Committee. Short-term plans for the newly installed piece of railroad history include storage for the library's e-bike fleet.



A retired CN boxcar was installed on Aug. 25 on the orphaned tracks behind the Wolfville Memorial Library to provide more creative space in the downtown. Photo courtesy of the Town of Wolfville.

HOMEOWNER SUPPORTS NOW AVAILABLE THROUGH SWITCH WOLFFVILLE

Submitted

Across Canada, inefficient residential homes are a huge contributor to greenhouse gas emissions. In Wolfville, homeowners looking to reduce their carbon footprint can now leverage zero per cent financing through a new property assessed clean energy (PACE) program called Switch Wolfville. The program, complete with concierge-inspired energy coaches, will support homeowners with energy assessments and project planning to help reduce residential greenhouse gas emissions. Energy-efficient improvements covered by the Switch program include custom solutions like solar panels, heat pumps, insulation, or new windows and doors.

"Wolfville homeowners want to respond to our climate emergency," Wolfville Mayor Wendy Donovan explained. "The Switch program is an opportunity to create a sustainable future for everyone." Homeowners enrolled in Switch Wolfville have 15 years to re-pay their loans, at zero percent interest, with no

penalties for early re-payment. Plus, all the upgrades covered by the Switch program are expected to generate energy savings greater than the monthly payments.

Switch Wolfville operates in partnership with PACE Atlantic CIC, with assistance from the Federation of Canadian Municipalities' Green Municipal Fund, an endowment created by the Government of Canada. Switch Wolfville, through PACE Atlantic CIC, provides an easy, customer-friendly approach to energy efficiency upgrades, solar panel installation and beneficial electrification making it easier for homeowners to make important upgrades that will move Wolfville towards becoming a low carbon community. Switch Wolfville is one part of the Town's response to the climate emergency. Homeowners are asked to visit wolfville.ca for additional details on our climate planning process and to connect with a Switch Wolfville program coordinator.

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Ian James & Nicholas D'Amato p.3
 Boxcar / Switch Wolfville p.3
 Kings-Hants Federal Candidates p.4
 Free Will Astrology / Star Drop p.5
 Classifieds / LaHave Folk Festival p.6
 Sacred by Nature / Wyatt's Bench p.7
 Figures of the Land p.8
 Who's Who: David Hovell p.9
 Wolfville Page p.10
 Hants County Exhibition p.11
 What's Happening / Tides p.12-13
 Random Acts of Kindness / Berwick Gala Days p.13
 Sundry Music in the Garden Room p.15
 Books by Locals / Singing Together p.15

THE GRAPEVINE

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- GREENWOOD:** Country Store, Tim Hortons (Central Ave + Mall), Valley Natural Foods
- MIDDLETON:** Angie's, Goucher's, Willmot Frenchy's, Tim Horton, Library

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THE GRAPEVINE VOTES

Kings-Hants 2021 Federal Election Candidates Share Their Plans for Small Business Recovery and the Climate Emergency

Please note: In order to prevent any implicit bias, we do not edit candidate responses for spelling, grammar, or clarity.

The Grapevine: If elected, how will you support small businesses in Kings-Hants, in particular through the challenges of pandemic recovery?

Kody Blois, Incumbent, Liberal Party of Canada:

Small businesses are the backbone of our economy, especially in rural communities, and they have had a tough 18 months. I'm proud of the work our government has done to support small businesses and keep them open, including acting quickly to introduce emergency support programs like the Wage Subsidy, Rent Subsidy and the Emergency Response Benefit, that have helped mitigate the impact to individuals and businesses alike. Our party's platform continues to be released, but we're committed to extending Canada Recovery Hiring Program to help businesses hire back more staff. We will also protect our vibrant tourism sector in Kings-Hants with temporary wage and rent support to help operators get through the winter. Another initiative that will help support small businesses is our commitment to \$10 a day childcare. By increasing access to childcare spaces, introducing more before-and-after school care options, and making it more affordable for families, more people will be able to get back to work and kick-start the economy.

Mark Parent, Candidate, Conservative Party of Canada:

Over the course of the pandemic, millions of Canadians lost their jobs, with women accounting for more than half of year-over-year employment losses. The tourism and hospitality sectors, important sectors of our economy here in Kings-Hants, were among the hardest hit, as were part-time and temporary workers.

To get our economy back on track, Canada's Recovery plan will recover the million jobs lost in the sectors hit hardest by the pandemic and get people back to work in good jobs. Once the Canada Emergency Wage subsidy (CEWS) ends, Canada's Conservatives will introduce the Canada Job Surge Plan to get Canadians back to work. An O'Toole government will pay at least 25% of the salary of net new hires for six months after CEWS expires. To help those who have been unemployed long-term, our plan will cover up to 50% of the salary for those who have been unemployed for 6 months or more.

The Conservative Main Street Business Loan program will provide loans of up to 4 months of pre-pandemic revenue up to a maximum of \$200,000 and we will forgive up to 25% depending on a company's revenue loss. In addition, we will make the first \$25,000 of our Canada Investment Accelerator refundable for small businesses, providing a 5% investment tax credit for any capital investment made in 2022 and 2023.

Appointing a Minister of Rural Affairs to Cabinet is also an important commitment to rural Canadian businesses as is a commitment to connect all of Canada to high-speed internet by 2025. Canada's Conservatives will also ensure our country's tourism strategy supports rural tourism and encourages Canadian and visitors from around the world to explore our region.

Stephen Schneider, Candidate, New Democratic Party of Canada:

As the Member of Parliament for Kings-Hants, my economic development efforts would focus on small businesses and co-operatives. Given the retail and hospitality

sectors were hit so hard by COVID, they would be a particular (although not exclusive) focus of my outreach. Perhaps the greatest support a M.P. can provide to local businesses in the near future is to help ensure everybody who is eligible for a vaccination receives one. I believe we could achieve a higher vaccination rate if we had a much more robust public education campaign. I also support vaccine passports. I am an enthusiastic proponent of a permanent basic income guarantee for small business owners that would provide financial security during times of crisis (and which would replace the myriad temporary emergency government benefits enacted during COVID). This should be supplemented by expanding access to the Community Economic Development Investment Fund for entrepreneurs and small businesses to help them start out, grow and innovate. I am also in favour of lowering expenses for small businesses such as cutting credit card processing fees and increasing labour tax credits to offset increases in minimum wage. I would help businesses transition into the new green economy and provide assistance to promote greater diversity and equity in the workplace. I am a strong believer in fostering partnerships between the private sector and research-based institutions (like Acadia University) to help small businesses experiment and innovate. I will continue the efforts to ensure high-speed internet is available throughout Kings-Hants. I would also be an active promoter of co-operatives – businesses that are jointly owned by its members who use its products or services.

The Grapevine: As a Member of Parliament, what concrete action will you take in addressing the climate emergency?

Kody Blois, Incumbent, Liberal Party of Canada:

Tackling the climate crisis is an important issue and it is something our party has been committed to, and that is reflected in our promise kept to reduce greenhouse gas (GHG) emissions by putting a price on pollution. We've also set ambitious, but achievable, GHG reduction targets and accelerating Canada's shift to net-zero emissions by 2050. As an advocate for Kings-Hants' robust agricultural sector, I believe our agriculture producers can play a key role in fighting climate change. We need to put a stronger emphasis on food security and supporting local food, which is something I will continue to advocate for. Through the Agricultural Clean Technology Program, our government has been helping farmers transition to a low-carbon economy.

Mark Parent, Candidate, Conservative Party of Canada:

During my time as Minister of Environment and Labour for the province of Nova Scotia, I championed the passage of the Environmental Goals and Sustainable Prosperity Act which was a trend-setting piece of legislation among

the first in Canada to marry concern for the well being of the environment with concern for the growth of the economy. I will carry my concern for the environment and the need to act urgently to protect it to Ottawa.

Canada's Conservatives have a serious plan for to combat climate change by introducing the Low Carbon Savings Account that will incent Canadians to make greener lifestyle choices that will reduce their emissions while allowing them to decide what works best for them and their family. Not one penny of the price on hydrocarbons will go to the government. Canadians will also be credited when they purchase transit passes, bicycles and invest in energy efficient home improvements. Canada's Conservatives will also mandate that by 2030, 30 per cent of new light duty vehicles sold will be zero emission vehicles.

Stephen Schneider, Candidate, New Democratic Party of Canada:

Climate change is the gravest existential crisis we face and is a central theme in my campaign. I support the immediate implementation of aggressive measures to lower greenhouse gas emissions through the eradication of fossil fuels and the switch to renewable resources. As an MP I would push for a comprehensive climate action plan, such as that proposed by the NDP, that can stabilize the global temperature increase at 1.5 degrees Celsius by 2030. To reach this target we would need to achieve net carbon-free electricity by 2030 and 100% non-emitting electricity by 2040 (if not sooner). Within a local and provincial context, I would emphasize the following: transition away from coal; promote energy efficiency in homes and buildings; encourage the sale of electric cars and the installation of more charging stations; upgrade and green our electricity grids; work with the agricultural sector to reduce greenhouse gas emissions, and help farmers, local businesses, non-profits, and community groups find financing and other support for green initiatives. I am a strong proponent of the Green New Deal which envisions an environmentally sustainable economy – spurred by massive public and private investments – and changes to individual lifestyles so we all inflict the least amount of damage on the environment. This future should include a vision of environmental justice that supports those marginalized communities (both locally and globally) by promoting the rights of Indigenous peoples, addressing environmental racism, reducing poverty and inequality, and promoting good union jobs in the new green economy. I would also support any legislation that recognizes the legal rights of nature – the idea that ecosystems and natural communities have an independent and inalienable right to exist and flourish. I would use my training as a criminologist to push for the criminalization of certain harms against the environment and enact laws that hold corporations and their directors and executives criminally liable for such harms.

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Margaret Drummond's

WORD OF THE ISSUE

Phantasm (noun):
A figment of the imagination; an illusion.

Is this, my friend, your twilight constitutional? Please use your cane, you are very old, Mr. Lizard, and the children of the village may startle you.

What are you seeking in the path, my near-sighted philosopher, if the wavering phantasm of the parched afternoon has broken the horizon?

Excerpt from "The Old Lizard" by Federico Garcia Lorca

Rob Breznsky's FREE WILL ASTROLOGY



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ARIES (March 21-April 19): Aries poet Anna Kamienska wrote, "I've learned to value failed conversations, missed connections, confusions. What remains is what's unsaid, what's underneath. Understanding on another level of being." In the coming weeks, I suggest you adopt her perspective as you evaluate both past and present experiences. You're likely to find small treasures in what you'd assumed were wastelands. You may uncover inspiring clues in plot twists that initially frustrated you. Upon further examination, interludes you dismissed as unimportant or uninteresting could reveal valuable wrinkles.

TAURUS (April 20-May 20): After studying your astrological omens, I've decided to offer you inspiration from the ancient Roman poet Catullus. I hope the extravagant spirit of his words will free you to be greedy for the delights of love and affection. Catullus wrote, "Give me a thousand kisses, then a hundred; then another thousand, then a second hundred; then yet another thousand." I'll add the following to Catullus's appeal: Seek an abundance of endearing words, sweet favors and gifts, caresses and massages, help with your work, and fabulous orgasms. If there's no one in your life to provide you with such blessings, give them to yourself.

GEMINI (May 21-June 20): Gemini author Elif Batuman writes that the Old Uzbek language was rich in expressions about crying. There were "words for wanting to cry and not being able to, for loudly crying like thunder in the clouds, for crying in gasps, for weeping inwardly or secretly, for crying ceaselessly in a high voice, for crying in hiccups, and for crying while uttering the sound 'hay hay.'" I recommend all of these to you in the coming days, as well as others you might dream up. Why? It's prime time to seek the invigorating release and renewal that come from shedding tears generated by deep and mysterious feelings.

CANCER (June 21-July 22): A blogger named MythWoven imagines an "alternate universe where I literally go to school forever (for free) so I can learn about art and literature and history and languages for 100 years. No job skills. No credit requirements. No student loans. Just learning." I have longings like hers. There's an eternal student within me that wants to be endlessly surprised with exciting information about interesting subjects. I would love to be continually adding fresh skills and aptitudes to my repertoire. In the coming weeks, I will give free rein to that part of me. I recommend you do the same, my fellow Cancerian.

LEO (July 23-Aug. 22): In 2016, the International Garden Photograph of the Year depicted lush lupine flowers in New Zealand. The sea of tall purple, pink, and blue blooms was praised as "an elegant symphony" and "a joy to behold." What the judges didn't mention is that lupine is an invasive species in New Zealand. It forces native plant species out of their habitat, which in turn drives away native animal species, including birds like the wrybill, black stilt, and banded dotterel. Is there a metaphorically comparable phenomenon in your life, Leo? Problematic beauty? Some influence that's both attractive and prickly? A wonderful thing that can also be troublesome? The coming weeks will be a favorable time to try to heal the predicament.

VIRGO (Aug. 23-Sept. 22): "I often wonder who I am and where is my country and where do I belong and why was I ever born at all," wrote Virgo author Jean Rhys (1890-1979). I don't think you will be agitated by those questions during the next eight weeks, Virgo. In fact, I suspect you will feel as secure in your identity as you have in a long time. You will enjoy prolonged clarity about your role in the world, the nature of your desires, and how you should plan your life for the next two years. If for some inexplicable reason you're not already enjoying these developments, stop what you're doing and meditate on the probability that I am telling you the bold truth.

LIBRA (Sept. 23-Oct. 22): Several states in the US have statutes prohibiting blasphemy. Saying "God damn it" could theoretically get you fined in Massachusetts, South Carolina, and Wyoming. In the coming days, it's best to proceed carefully in places like those, since you've been authorized by cosmic forces to curse more often and more forcefully than usual. Why? Because you need to summon vivid and intense protests in the face of influences that may be inhibiting and infringing on your soul's style. You have a poetic license to rebel against conventions that oppress you.

SCORPIO (Oct. 23-Nov. 21): Everyone dreams at least three dreams per night. In a year, your subconscious mind generates over 1,100 dreams. About this remarkable fact, novelist Mila Kundera writes, "Dreaming is not merely an act of coded communication. It is also an aesthetic activity, a game that is a value in itself. To dream about things that have not happened is among humanity's deepest needs." I bring this to your attention, Scorpio, because September is Honor Your Dreams Month. To celebrate, I suggest the following experiments. 1. Every night before sleep, write down a question you'd like your dreams to respond to. 2. Keep a notebook by your bed and transcribe at least one dream each time you sleep. 3. In the morning, have fun imagining what the previous night's dreams might be trying to communicate to you. 4. Say prayers of gratitude to your dreams, thanking them for their provocative, entertaining stories.

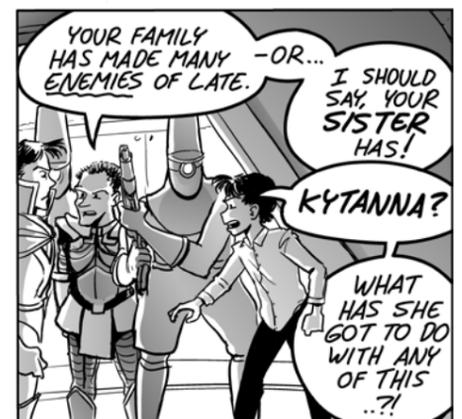
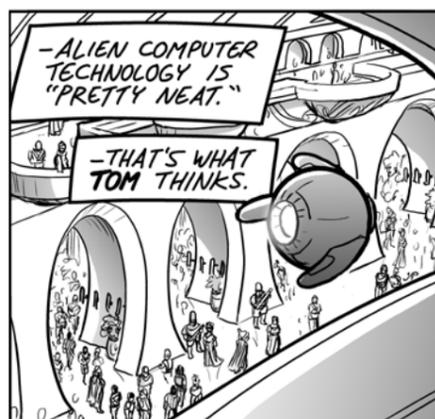
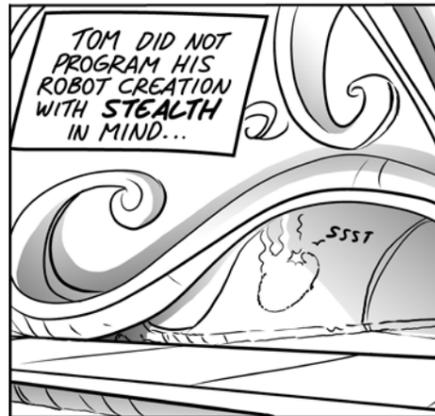
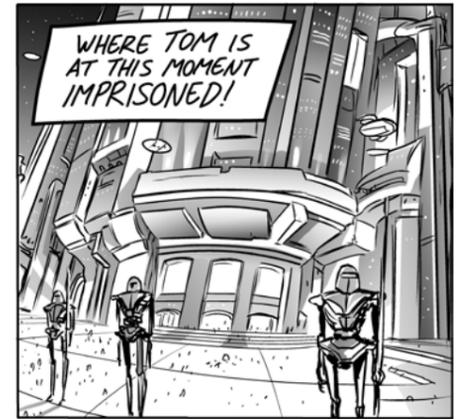
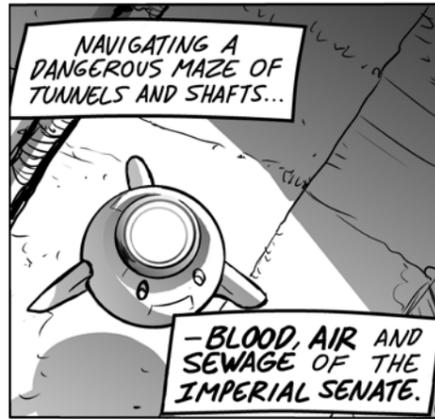
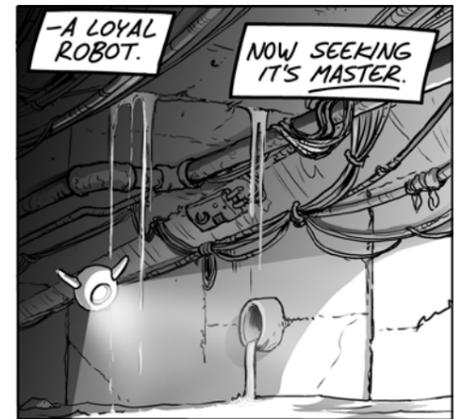
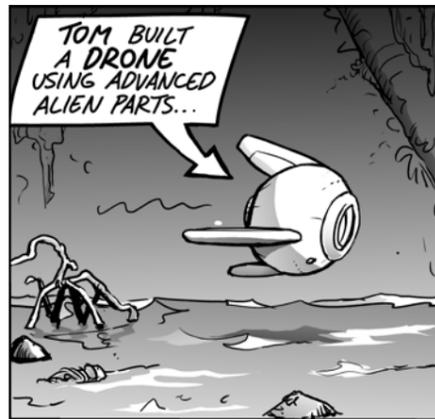
SAGITTARIUS (Nov. 22-Dec. 21): In her autobiography *Changing*, Sagittarian actor Liv Ullmann expresses grief about how she and a loved one failed to communicate essential truths to each other. I propose we regard her as your anti-role model for the rest of 2021. Use her error as your inspiration. Make emotionally intelligent efforts to talk about unsaid things that linger like ghostly puzzles between you and those you care about.

CAPRICORN (Dec. 22-Jan. 19): "I could do with a bit more excess," writes author Joanne Harris. "From now on I'm going to be immoderate—and volatile," she vows. "I shall enjoy loud music and lurid poetry. I shall be rampant." Let me be clear, Capricorn: I'm not urging you to be immoderate, volatile, excessive, and rampant every day for the rest of your long life. But I think you will generate health benefits and good fortune if you experiment with that approach in the coming weeks. Can you think of relatively sane, sensible ways to give yourself this salubrious luxury?

AQUARIUS (Jan. 20-Feb. 18): While wading through the internet's wilder terrain, I found a provocative quote alleged to have been uttered by the ancient Greek philosopher Socrates. He supposedly said, "My ultimate goal is to look totally hot, but not be unapproachable." I confess that in the past I have sometimes been fooled by fake quotes, and I suspect this is one. Still, it's amusing to entertain the possibility that such an august personage as Socrates, a major influencer of Western culture, might say something so cute and colloquial. Even if he didn't actually say it, I like the idea of blending ancient wisdom with modern insights, seriousness with silliness, thoughtful analysis with good fun. In accordance with astrological omens, I recommend you experiment with comparable hybrids in the coming weeks. (PS: One of your goals should be to look totally hot, but not be unapproachable.)

PISCES (Feb. 19-March 20): "If you don't know what you want," writes Piscean novelist Chuck Palahniuk, "you end up with a lot you don't." Very true! And right now, it's extra important to keep that in mind. During the coming weeks, you'll be at the peak of your ability to attract what you want and need. Wouldn't you prefer to gather influences you really desire—as opposed to those for which you have mild or zero interest? Define your wants and needs very precisely.

Homework: What's your greatest blessing?
Newsletter@FreeWillAstrology.com.



MARGOT'S HIDDEN GEMS
THE LAHAVE FOLK FESTIVAL

Margot Bishop

This hidden gem is an event that is all music. The LaHave Folk Festival at Fort Point museum ran for 14 years: rain, shine, aftermaths of hurricanes, whatever the weather, the musicians arrived and—bam—a party was ON. Last year because of Covid, the festival moved to Farmington on private land, so that people could be safe. It was the only time that I have missed the festival. The grounds at the Fort Point museum were great for hosting the LaHave Folk Festival—but times have changed.

This year the festival is being held on the grounds of the BernArt maze on Sunday, September 5 at 2pm. The address is 1136 Highway 325, Maitland, Lunenburg County. The maze features many sculptures and art forms of all sorts of magical ideas. There is no camping on site but there are campgrounds very near.

This wonderful event is hosted by Darren Arsenault. There have been notables such as the late Ron Hynes. Performers who have returned time and again by popular request include Andy & Ariana, Bruce Jollymore, The

Haltown Stompers, Jill Boudreau, Manitoba Hal, The Chimney Swifts, and The Hupman Brothers. Others who have graced this one day event are Morgan Davis, Caleb Miles, Ian Sherwood, Ryan Cook, Heather Kelday, Kicking Mule Blues band, Kim Barlow, Tom Gallant, Tom Chapin, Nick Jeffrey, Mike Aubé, and Liam Potter.

The line-up this year is just as remarkable and musically satisfying. With the Hali-cats, The Game Changers, Jamie Junger, Patricia Watson Quintet, Dave MacPherson, Dylan Cormier, Hank Middleton and Collage. And of course, the Darren Arsenault trio.

This festival is always a crowd-pleaser. Family friendly. Not overly large, it has something that speaks to the very soul of good music. The price is \$20, which includes a trip through the art maze. I have never been disappointed by this festival. It is a joy from start to finish.

Come and be entertained by some of the area's best musical talent. Darren Arsenault is a guy that truly owns the stage. He is a great entertainer and host. 🎤

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.

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

CLASSES & WORKSHOPS:

Gaspereau Yoga Fall 2021: 13-week session on Wednesdays, Sept. 15-Dec. 1 at Bishop Hall, Greenwich. Level 1: 4-5:15 pm. An introduction to basic yoga poses. Level 1-2: 5:30-6:45pm. A vigorous yoga practice for students who have already done some yoga. Classes are integrating the celebration of the heart, universal principles of alignment, and balanced energetic action in the performance of yoga poses. Instructor: Sophie Bérubé. If cancellations are necessary the session will continue until we have completed the 13 weeks. **FEE:** \$125 per level. Payments by cheque, e-transfer or cash. Please come early to first class to complete a registration form. **INFO:** Please pre-register by email: yogagaspereau@gmail.com

Oil Painting Classes on Thursdays: Focused on the introduction of various techniques and applications of oil paint, this class allows students to develop their style as an artist. Begins Saturday, Sept. 9 for four consecutive weeks, 9am-12pm @ ArtCan Studio, Canning. **INFO:** 902-582-7071 / artcan.com/classes-workshops/

Intro to Oil Painting Class in Landscapes: This landscape-focused class is small to allow lots of opportunity for one-on-one instruction by Ron Hayes. Begins Saturday, Sept. 11 for four consecutive weeks, 9am-12pm @ ArtCan Studio, Canning. **INFO:** 902-582-7071 / artcan.com/classes-workshops/

Portrait Painting on Saturday Afternoon: A class in oil painting designed to teach you about the elements of creating portraits. Begins Saturday, Sept. 11 for four consecutive weeks, 1pm-4pm @ ArtCan Studio, Canning. **INFO:** 902-582-7071 / artcan.com/classes-workshops/

Guided meditations for stress and anxiety: with Heidi Kalyani. Transform your world from the inside out! Sound yoga, iRest yoga nidra, mindfulness and holding space. Online. 24/7 access. Free for the month of September! **INFO:** heartwideopen.ca/membership

Singing with Heart: 6-weeks of meditative singing and chanting. Experience the soothing and rejuvenating benefits of singing together with this beautiful yogic practice. Led by Heidi Kalyani. Begins Thursday evening, Sept. 23, in my studio, near Wolfville. **INFO:** heartwideopen.ca

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

The ARYO String Orchestra: Program starts Sept. 14 at Horton Community Centre in Grand Pré. Ages 10-24. Learn violin, viola, cello or double bass (beginners welcome) and participate in one of our orchestras (\$150/yr). Our Fiddle Group (\$100/yr) is also open to adults. Rehearsals on Tuesdays after school. **INFO/Reg:** acadiaregionallyouthorchestra.ca/ aryostrings@gmail.com

Painting Classes: Starting Sept. 14, 6:30-8pm, Wolfville. Four Tuesday classes per block. \$110 per block. Block one - Elements of Watercolor. Block 2 - Fall Landscapes. No experience required. **INFO/Reg:** Jean_leung@hotmail.com / 902 670 8800

PRODUCTS & SERVICES:

Live Joyfully in a Well-Designed Home: With a Valley TLC Pet Sitting & Dog-Walking Service: Mature and dependable, reasonable rates. Based in Wolfville. **INFO:** 902-599-0620

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

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

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

Dog Walking for Climate: Dog lover and climate organizer walking your dog with the patience, energy and curiosity of a dog! This funds my organizing work to guide our community toward collective climate action. **INFO:** 902-579-7236

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

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

Get it Published! Layout and design of books, covers, posters, brochures, and more. E-books too! Reasonable rates and ultra-reliable service. **INFO:** david@textanddesign.com / textanddesign.com

GENERAL:

Commercial Space - Downtown Wolfville: 144 sq ft within Wolfville Massage Therapy Clinic available September 1, 2021. Suitable for complementary practice or (quiet) business. Reasonable rent. To inquire, please call. **INFO:** 902-542-4228

You Can Do That Here - Try Speed Skating: The Annapolis Valley Speed Skating Club offers Learn to Speed Skate, Skills Development, Recreational and Competitive programs. New programs starting October 4th. **INFO:** valleyspeedskating@gmail.com

Apartment, Please! We have searched high and low and desperately need an apartment! Do you have one? Does your neighbour or family member?? It would be incredibly appreciated if you got in touch! **INFO:** 902-599-4795



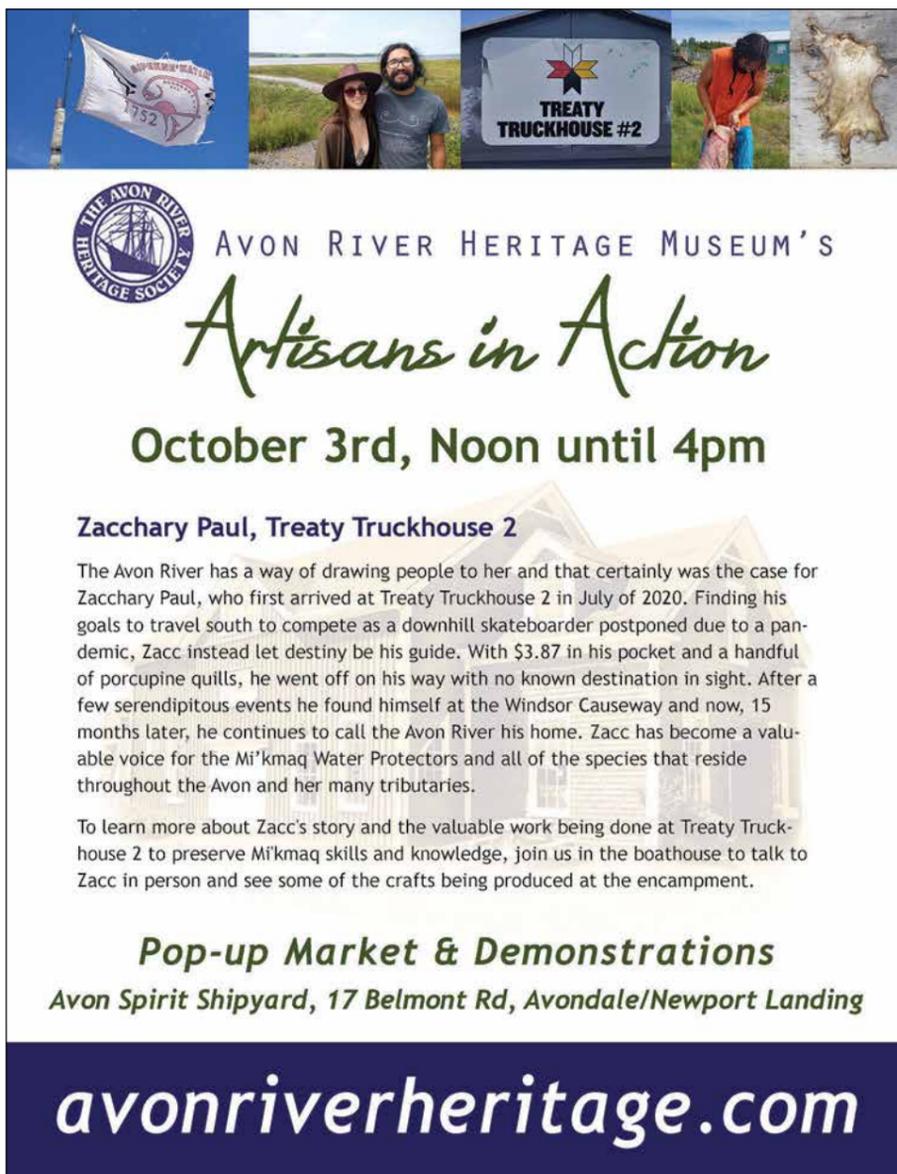
My door is always open.

Catherine E Metzger-Silver
Financial Advisor
22 Cornwallis Street
Kentville, NS B4N 2E1
902-681-2300

www.edwardjones.ca

Edward Jones

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THE AVON RIVER HERITAGE SOCIETY

AVON RIVER HERITAGE MUSEUM'S

Artisans in Action

October 3rd, Noon until 4pm

Zacchary Paul, Treaty Truckhouse 2

The Avon River has a way of drawing people to her and that certainly was the case for Zacchary Paul, who first arrived at Treaty Truckhouse 2 in July of 2020. Finding his goals to travel south to compete as a downhill skateboarder postponed due to a pandemic, Zacc instead let destiny be his guide. With \$3.87 in his pocket and a handful of porcupine quills, he went off on his way with no known destination in sight. After a few serendipitous events he found himself at the Windsor Causeway and now, 15 months later, he continues to call the Avon River his home. Zacc has become a valuable voice for the Mi'kmaq Water Protectors and all of the species that reside throughout the Avon and her many tributaries.

To learn more about Zacc's story and the valuable work being done at Treaty Truckhouse 2 to preserve Mi'kmaq skills and knowledge, join us in the boathouse to talk to Zacc in person and see some of the crafts being produced at the encampment.

Pop-up Market & Demonstrations
Avon Spirit Shipyard, 17 Belmont Rd, Avondale/Newport Landing

avonriverheritage.com

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902.791.0236



BECAUSE MAGIC

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IN THE MATTER OF:
The Companies Act, Chapter 81, R.S.N.S (1989) as amended
- and -
IN THE MATTER OF:
The application of 3317508 NOVA SCOTIA LIMITED for leave to surrender its Certificate of Incorporation

NOTICE is hereby given that 3317508 Nova Scotia Limited intends to make an application to the Registrar of Joint Stock Companies for Leave to Surrender its Certificate of Incorporation.

DATED at Wolfville, Nova Scotia, this 1st day of September, 2021.

Daniel L. Oulton
Burchell MacDougall LLP
Solicitor for 3317508 NOVA SCOTIA LIMITED



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Sacred by Nature pairing (courtesy of Kate McKenna)

VISUALLY SPEAKING: SACRED BY NATURE

Anna Horsnell

There is a very unique show opening in an equally unique location on September 6. *Sacred by Nature* is a wonderful combination of photography and what can best be described as fluid silk sculpture by Wolfville artist, Kate McKenna. The show is being hosted by Lightfoot & Wolfville Vineyards in their spacious entrance gallery.

For eight years, McKenna lived in Mexico where her art career began in earnest before she returned home to Nova Scotia. "This exhibit is particularly meaningful," she smiles, "Not only because of the subject matter, and the focus and inspiration it provided during the winter months of a Covid lockdown, but also since this will be my first opportunity to share my work here in Nova Scotia."

McKenna's art begins with her deep reverence for the earth, but it is in how she pays homage and interprets her feelings that her work evolves into something truly special. This current show highlights both her macro photography of Nova Scotia stone and the silk robes she creates from those images. Solid stone is reimagined in a way that allows her to create moving sculpture.

She explains, "When I photograph, I have no particular intention beyond connecting with openness and curiosity. I love the ways that engaging moment to moment opens new worlds and unexpected avenues. I began working with photographic elements to create textile patterns with a desire to communicate and share a nuanced "felt experience" of those moments. There is a saying that "spirit sleeps in stone." Since ancient times, stone has been sculpted into figures and flowing garments.

Choosing selections of photographs, I designed "stone yardage." My intention was to create a collection of reverential garments, which would communicate and celebrate the sacred spirit of Nova Scotia stone."

McKenna's photographs of stone are large and powerful in their own right. They also serve as a means to an end and there is a strong undercurrent between the photographs and robes. She agrees, "I do think that the energy is in their juxtaposition. I am interested, in my creative work, to explore various synergies, between realism and abstraction, solidity and fluidity, exterior and essence, materiality and spirituality. There is a synergy between the intimate communication with the natural world that I discover with my camera and the process of fashioning nature's fabric into new forms, evoking the sensuality of that experience."

Hayao Miyazaki mirrors McKenna's feelings, specifically, saying "I like the idea that we should treasure everything because spirits might exist there...because there is a kind of life in everything." McKenna continues in her own words, "the belief that we live in a soulful world which is deserving of reverence is, I hope, expressed in the collection and the title of this show."



Sacred by Nature continues at Lightfoot & Wolfville, 11143 Evangeline Trail, Wolfville, until September 26. Please visit kmcenna.com or email katemckennadesign@gmail.com.

MIKE UNCORKED: WYATT'S BENCH!

Mike Butler

Have you heard of Wyatt's Bench? Here's a feel good story like no other.

Life's little stumbles into awesomeness are some of my favourite things. You wake up, you start the day and no matter how scheduled you are, there are things that just happen. Lately, since I have four jobs (sometimes five), I had decided to take some more leisure time for myself to see friends, read, and enjoy the outdoors. In Wolfville (and the Valley) we have the beautiful Harvest Moon Trail and I use this trail a lot. My very good friend Dave and I hit this trail a few weeks ago for some walking time. Dave and I lost touch a few years ago but through life's great happenings, we've reconnected and become very close, and through the last 15 months of the pandemic we have relied on each other for better times and laughs and great conversations.

While walking, Dave and I came across this absolutely gorgeous new bench, close to the Greenwich entry of the walking trail. We rested and spent well over two hours chatting, enjoying the view, and feeling a bizarre sense of something very special about this spot. I will never be able to describe it. Our chat on that bench was so open, honest, and meaningful.

Then along came Shelley Parsons on her bike! You can't tell me that timing isn't everything in this world and serendipitously, Shelley stumbled upon Dave and I enjoying the bench and relayed to us that this spot is designated as "Wyatt's Bench," named after Shelley's son who passed away on October 1, 2020, from a cancer called Rhabdomyosarcoma. While Dave and I listened, it immediately sunk in why we felt the way we did in this spot. I have to tell you folks, it was an incredible moment for us.

Wyatt, of the Wyatt's Warriors Foundation, is my new hero! Wyatt lived for the outdoors, for spending time with people, and taking in his surroundings. Now, Wyatt's bench is doing just that for the community. One of Wyatt's hockey buddies, Danny Chisholm, who played with Wyatt in Acadia Minor Hockey, wanted to honour this amazing young man's memory and so the family messaged Shelley about the memorial and now we have Wyatt's Bench!

"That spot came to mind me for me," Shelley says. "Wyatt and I would often bike to Wolfville and I have a picture of him riding



Photo courtesy of Mike Butler

with no hands near that spot. Often I will stop and talk to Wyatt and look out over the dykes and remember our rides on the Harvest Trail."

Make the time everyone, to go and visit Wyatt's bench. Take a family member, an old friend, a new friend, or sit and wait for a stranger. This bench is what I am calling *The Heartbeat of our Walking Trail*. It's everything you want for a peaceful, euphoric, connecting area to better yourself. This great gift is very much like Wyatt himself; a timeless contribution to our community. Bravo to Shelley and Wyatt: Keep going, be nice, make friends!



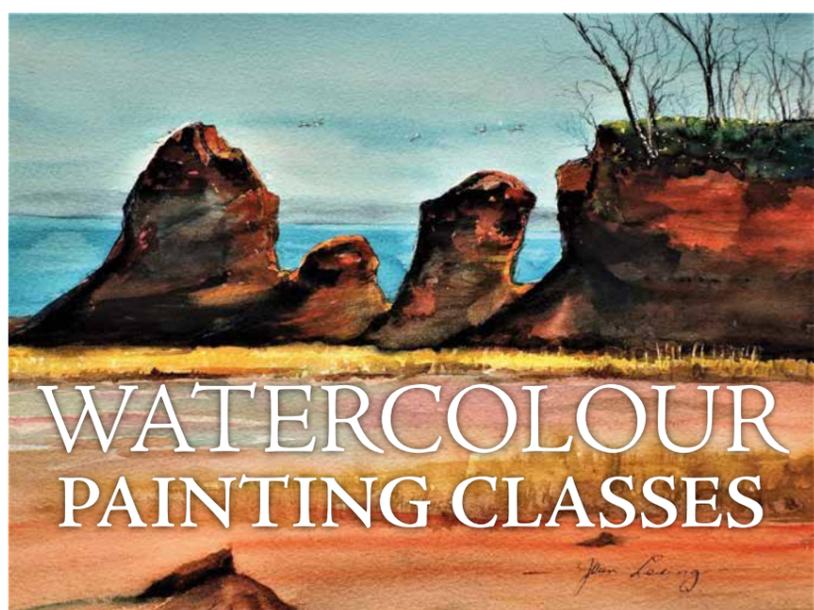
Visit wyattswarriors.org to learn more about Wyatt and how you can donate to the foundation to help others.



TICKET GIVEAWAY

CHANCE TO WIN 2 TICKETS TO:
Kentville Ghost Talk
 Kings Co. Museum, Kentville. Thursday, Sept. 30, 7:45pm
 Draw date: Sept. 25. Enter all draws: valleyevents.ca/win

ValleyEvents.ca



Classes start September 14, 6:30 – 8pm

First block: The BASIS ELEMENTS OF WATERCOLOR TO BE FOLOWED
 Second block: PAINTING THE FALL LANSCAPE
 Third block: BUILDING EFFECTIVE COMPOSITION and SKILL BUILDING

Four Tuesday classes for per block – \$110 per block

*No previous experience needed
 All usual materials provided
 Limited to 10 students for each block*

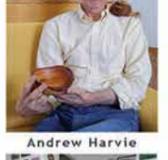
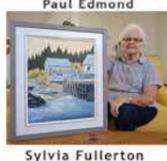
Instructor: Jean Leung, Art Club

Location: Wolfville Baptist Church, Main St., Wolfville

Register: Jean_leung@hotmail.com

Phone: 902.670.8800

To secure your place, register at tinyurl.com/ArtClass2021

 Lexie Barkhouse	 Denise Grandy	 Rose Marie MacDonald	 Linda Shaughnessy
 Marilyn Brett	 Andrew Harvie	 Judy MacIntosh	 Elizabeth Robinson
 Diane Cote	 Joy Howell	 Kelly Mitchelmore	 Sue Robinson
 Jackie Davis	 Suzanne Hastings-James	 Bobbie Mortensen	 Ruth Ross
 Paul Edmond	 Melissa Labrador	 Keesook Park	 Allison Stephens
 Sylvia Fullerton	 Patricia LeBlanc	 Diane Porter	 Susan Sweet
		 Stuart L. Taylor	 Great Little Art Show est. 1998 Summer 2021 ARHS Museum, 17 Belmont Rd, Avondale VIEW ONLINE OR BY APPOINTMENT avonriverheritage.com

Join us for the wrap party, Friday September 24th at 7pm



FIGURES OF THE LAND

Work by Simone Labuschagne and Elizabeth Sircom

Open reception from 7:00 to 9:00 pm Saturday September 18th
Show continues until October 16th



ArtCan Gallery and Café • Tuesday to Saturday • 10 am to 5 pm
9850 Main Street, Canning (902) 582-7071 artcan.com

VISUALLY SPEAKING FIGURES OF THE LAND

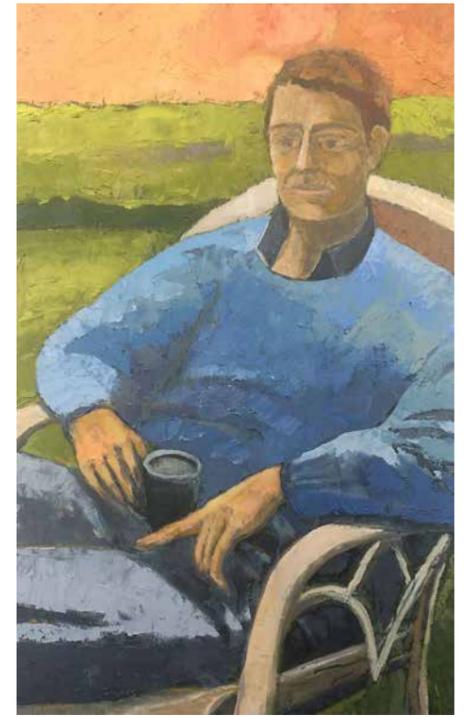
Anna Horsnell

Friends and artists Simone Labuschagne and Elizabeth Sircom are partnering in a new exhibition running from September 18 to October 16 at ArtCan Gallery in Canning. Labuschagne is a painter. Sircom creates sculpture. Together they will present the evocative *Figures of the Land*.

The ladies met about five years ago through the world of art, as their husbands are both well-known local artists (Labuschagne is married to Steven Rhude and Sircom is married to Arnaud Béghin.) The two women considered a joint exhibition about a year and a half ago, pre-pandemic. Neither of them wanted to rush the work against a deadline and so each took the time to create at their own pace. It was also important to both of the artists that the theme of the show evolve from the work, not the other way around. Details gelled in the last few months, so it would seem the stars aligned just as they should.

Labuschagne shares her inspiration in her artist's statement: "Some of my most recent paintings, both figurative and landscape, are exhibited in this show. The landscape and seascape pieces combine Nova Scotia inspiration with visual memories from a childhood in coastal England and an adolescence in rural Iowa. The mixing and melding of these experiences is at the root of the paintings. My reference is varied - drawn, imagined, old photographs or actual landscape. All these create the beginning concept. From this beginning the painting itself is born as the piece is molded and scraped and layered in paint. Eventually its own voice emerges and the painting arrives in the physical world. The figurative paintings follow a similar path...In the end the figures reveal themselves to me out of the layers of paint."

Sircom's creative process is quite different. Favouring a more classical approach, she begins with a fully-formed image already in mind, very constructed, with little room for compromise. Though originally from the Annapolis Valley, Sircom received her art training in Paris, France and then lived and worked as a professional artist in Le Havre, Normandy for 20 years. She remembers, "after many hours of sketching in French museums over several years I realized that my sketchbooks



Coffee in the Garden by Simone Labuschagne

were filled with drawings of sculptures and that I was always attracted to their dancelike, gestural qualities. A visit to the collection of Henry Moore plaster casts in the Art Gallery of Ontario during a stopover on a trip home clinched it for me: I had to try this for myself."

Building towards a show like this is hard work. Why do they create art? Labuschagne answers immediately: "Without it, I don't feel whole. It balances my life." Sircom takes it further, suggesting art is, "one of the places where a human being can be unique. It is a lived experience that is unique, a sense of existing through a medium. It is not just about me." Both artists are excited to see their work in the gallery. They expect the pieces will really push off each other, creating something new in their combination.



Happily, all are welcome to the opening on Saturday afternoon, September 18. See *Figures of the Land* at ArtCan Gallery, 9850 Main Street, Canning, open 10am to 5pm, Tuesday through Saturday. Visit the gallery's website at artcan.com.

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The Wolfville Business Community Welcomes Acadia Students!

Follow @When_In_Wolfville for updates, events & fun things to do in Wolfville

THE AVON RIVER HERITAGE SOCIETY

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 Spirit Shipyard, 17 Belmont Rd, Newport Landing/Avondale

WHO'S WHO: DAVID HOVELL

A Little Wine, A Little Magic, and A Big Bus

Mike Butler

David Hovell and I go WAY back! Well, not that WAY back but a while at least! I have been a proud tour guide on the Magic Winery Bus for four of its ten years on the road, and it's been something I cherish and thank David for all the time. He loves this area as much as I do and David sees potential when there's nothing in front of him, sees opportunity when it hasn't even knocked yet, and sees growth when the seed has barely been planted. Not only that, but he values, appreciates, and promotes Wolfville and so many other beautiful areas of our province, and, it's time he received some *Grapevine* recognition. I am your guide for today: I am *Grapevine* Mike and this is your David Hovell Double Decker Tour! Enjoy!

David Hovell characterizes himself as an entrepreneur, agri-business booster, wine tourism enthusiast, and 4-H champion, and those who know him agree, but he's so much more! David is a life-long resident of Port Williams, the same community where his parents, grandparents, and great-grandparents lived.

David's Valley roots are quite strong. His father worked at Acadia University, and he, his father, and grandmother are all Acadia alumni. David's grandfather was the Port Williams postmaster, a part-time farmer, and for some time was also the harbourmaster. His great-grandparents were all farm families in the community.

One thing David and I have in common, besides our winning personalities, is the connection that we were born and stayed here in the Valley. David had the chance to pursue a number of corporate career opportunities outside the Annapolis Valley but knew there was lots of business opportunity close to home. So, he forged his own future.

"Following university, I passionately pursued my dream to be a John Deere farm equipment dealer," David says. "Through four years of persistence, finding the right business partners, and renovating a business location, on September 15, 1995 Planters Equipment Limited opened outside Kentville. I was one of its founding owners and I was the dealership's marketing manager. It soon grew to become a thriving dealership, selling more farm tractors than any other dealership in Canada at the time. I later led the establishment of its flagship Halifax store which focused on homeowner and commercial landscaping equipment. After ten years, I sold my interest in the company and it is now known as Green Diamond Equipment with 15 locations and over 300 employees. I take tremendous pride knowing my drive and enthusiasm in the '90s eventually led to the growth of one of the most successful John Deere dealership groups in Canada!"

David then worked for Nova Scotia Premiers John Hamm and Rodney MacDonald, and in 2011, with a strong background in business, public policy, and not-for-profit governance, he became the first full-time executive director of the Wolfville Business Development Corporation. This is where I come into the picture. I remember seeing and hearing about David in Wolfville and watching great changes happen in the town.

David co-led the rebranding project for the Town which resulted in the logo ("Bloom") and a brand strategy that the Town still uses today. This branding exercise identified a wonderful economic growth opportunity for Wolfville: to become Atlantic Canada's premier wine and culinary destination! The tagline, "Wolfville - A cultivated experience for the mind, body and soil," still rings true today!

David now manages the day-to-day operations and co-owns (with Pete Luckett and Hanspeter Stutz) the well-established, Valley and beyond, famous Magic Winery Bus! Now in its tenth season, the Magic Winery Bus has become an icon in our tourism industry, a specialty excursion that offers wine appreciation,



David Hovell on board the Niagara Decker, 2019 (photo courtesy of Mike Butler)

education about our area, and a chance to be part of a unique day trip through Nova Scotia wine country!

"All our industries are connected and it's working together that builds prosperity," says David. "The evolution of wine tours is a great example of businesses collaborating. Magic Winery Bus was recognized by the Tourism Association of Nova Scotia with its prestigious Innovator Award and remains a top-ten Nova Scotia experience as declared by Destination Canada. David adds, "It is fair to say that I am rooted in the Annapolis Valley. As a tourism business owner, I aim to deliver exceptional, memorable experiences—experiences that will have visitors return again and tell all their friends about the special place we call home."

Over the last ten years, David has owned and operated Dockworks Inc. (a cottage and commercial floating dock retailer and installer), and a small property development company, and for a number of years, he was a corporate director of the Kings Mutual Insurance Company, based in Berwick. With so many passions, it's David's love of the Valley that still resonates the most.

When asked what he does in his spare time, the answer was similar to something most in the Valley would say: he gives back! David has been an active volunteer locally and nationally. He served on the Annapolis Valley Apple Blossom Festival Board, and is a past chair and board member of the Valley Regional Hospital Foundation, former board and executive member of the Associated Alumni of Acadia University, served on the board of the Annapolis Valley Health Authority, and has been a life-long 4-H champion, to name a few things! "A true favourite pastime for me would be boating," David said, "but to be honest, there's nothing more rewarding than being a father. My daughter Taylor is in her grade twelve year at Horton High, is a 4-H Club member and an active all-star cheer competitor. I am her biggest fan and being able to support her and share in her accomplishments is the best experience ever!"

That concludes our David Hovell tour. We hope you enjoyed getting to know this wonderful Valley gent. Don't forget to tip your guide! Thank you Mister Hovell!



You can visit magicwinerybus.ca for all the tour details as the British Double Decker or Tidal Bay Express tours go to Hallowe'en, and there's still lots of room for you and your friends, family, and co-workers. Do you believe in Magic? Well, it's only a click away, so book a tour and make memories for life. You can also email David directly at dhovell@magicwinerybus.ca or call (902) 670-0340!

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PRINTMAKING SCHOOL

Weekly Classes
(Every Wednesday, starting at 6:30
Four Classes per Technique, Student
Fee is \$100 per technique)

- Intro to Printmaking: Oct. 13
- Texture of Collagraphs: Nov. 10 2022
- Mixing Your Media: Jan.
- Big, Big Prints: Feb.
- Dramatic Woodblock: March
- Collage & Special Papers: April
- Rust As Social Comment: May

Weekend Workshops
(Usually 12-14 hours over 2-3 days.
Student fee is \$110 per weekend)

- Home Made Press: Sept. 4-5
- Rust Prints: Oct. 8-9-10
- Original Xmas Prints: Dec. 3-4
- Options for Framing & Presentation of Prints: March

No experience needed. All materials provided. Class size limited to six.

The Printmaker Gallery & Studio, 1688 Brow of Mountain Road
www.hainstockgallery.com email: bjhainstock@gmail.com



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

AFTERSCHOOL PROGRAMS 2021
Fall Session - Sept.7 - Dec.17

Grades P-5
All Classes 2:30 - 5:00PM

Students will meet our Leaders outside Wolfville School at the final bell. All of our Themes will now be incorporated throughout each week (**Nature, Art, Sports, Games, Science**). Our program is now more flexible and able to foster individual interests!

15 Weeks of Programs (No School = No Afterschool)

- Mondays (13) - \$125**
- Tuesdays (14) - \$135**
- Wednesdays (15) - Trailblazers (FREE!)**
- Thursdays (14) - \$135**
- Fridays (11) - \$100**

Sign Up For All 5 Days (Or All 4 Paid Days) and Save Over 10%

More Info or to Register:
AFTERSCHOOL@WOLFFVILLE.ca

All Prices Include a Daily Snack!

"Welcome to Wolfville"
 A Cittaslow Sunday Celebration for Students

wolfville **cittaslow**

Sunday, September 19th
11am - 2 pm at Robie Tufts Park

Open mic, walking tours, apple tasting, games, prizes, photos with Mudley and more!

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Fall Fun

Morning Fitness, Ukulele Club, Yoga and more fall fun coming your way!

wolfville.ca for details.

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Blooms
Our Community Thought Garden

Wolfville Blooms is a virtual space to plant ideas, grow projects and harvest the bountiful results of community collaboration.

Register today at
www.wolfvilleblooms.ca

Willow Park
Splash Pad
is now OPEN!

Daily from
9am - 8pm

WINDSOR AGRICULTURAL SOCIETY TO HOST MODIFIED 256TH HANTS COUNTY EXHIBITION

Submitted

The oldest agricultural fair in North America will move to a modified format in 2021 to safely operate within public health protocols.

In March, the Exhibition Association of Nova Scotia announced that all traditional "in-person" fairs and exhibitions in Nova Scotia would be cancelled again in 2021 due to COVID-19. Individual fairs could go forward with scaled down events meeting public health protocols.

A traditional Hants County Exhibition welcomes roughly 30,000 visitors annually from all over the Maritime provinces, making it a large contributor to the local Valley economy. While the impact of Covid-19 has created a challenging situation, directors of the Windsor Agricultural Society hope this modified event will strengthen community ties and give competitors and fairgoers something to look forward to.

"Hants County Exhibition is a valued and much anticipated tradition in our community for people of all ages. Current indoor gathering limits require working in approved smaller zones and sessions to meet Phase 4 restrictions. That means not all aspects of a traditional exhibition can be included in 2021," explains Ryan Knowles, president of the Windsor Agricultural Society. "We know there will be disappointment for some if their favourite event or show is not included, but we hope our community will rally around our best efforts to go forward in our 256th year, even if this year's event will look a bit different than what we are used to."

The main modified fair will operate within the September 17-19 and 24-26 dates set aside for the traditional fair, with some events working outside of these dates. The emphasis will be fun, family-friendly agricultural fair programming on Saturday and Sunday morning and afternoon sessions. Equine events such as gymkhana (MBRA) and hunter/jumper classes will keep the arena busy. Evening Exhibition arena performances with the top competition classes and musical entertainment are expected to be sold separately. The Truck and Tractor Pull is scheduled for September 18. HCEX Ox Pulls are scheduled for August 28 with a full afternoon and evening of great competition. The uncertainty of planning will

keep East Coast Amusements close to home in New Brunswick throughout September, with plans to be back in Windsor in 2022.

Movement into Phase 5 prior to the fair will hopefully mean more fairgoers will be permitted to enjoy the show.

"You don't get to be the oldest continuously running exhibition in North America without adjusting to meet challenging times, something the agricultural community knows well" added Knowles, "We hosted a virtual fair in 2020, and while we are unable to go forward with a complete exhibition, our modified event will be a positive step in the right direction towards a full-fledged 257th Hants County Exhibition in 2022."



ALWAYS SOMETHING NEW

Esmé is locally owned, and the garments are all produced right here in Nova Scotia. I'm proud of that.

The clothing is very comfortable, very flattering and always unusual. And there's always something new!

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As more details unfold, especially those relating to the impact of the easing of restrictions in Phase 5, they will be posted to Hants County Exhibition's website (hantscountyex.com) and shared on social media sites. Those interested in vendor opportunities at the New Oldest Fair are asked to get in touch. The public is encouraged to enter the vegetable,

homecraft, and art competitions. Prizes will be offered! Homecraft, art, flower and vegetable/fruit prize lists are complete and all other event prize lists are being finalized 🍁



MARK PARENT
for
KINGS-HANTS



Hi folks, Mark Parent is your Conservative Candidate for the riding of Kings-Hants. Mark grew up in Bolivia, moving back to Canada with his adoptive parents when he was 17.

"I'm doing this for my grandchildren," says the academic, clergy, author, and former MLA for Kings North. "I feel a growing divisiveness and unrest in our country. We need to preserve what makes Canada unique and special, being able to work together with all our diversities and challenges, so that our children and future generations will have a strong foundation to build on. Without change, I see further erosion of the essence of Canada and what it is to be Canadian".

"Erin O'Toole and I believe in a welcoming Canada. We believe a Prime Minister must represent all Canadians regardless of age, religion, colour, background, gender, or sexual orientation, and that Canada must be a country where anyone can live a normal, fulfilling, and prosperous life."

Mark has served in many roles, both within government and outside. Mark was first elected in Kings North as a Progressive Conservative MLA in 1999. Mark served as Minister in the Agriculture, Environment and Labour portfolios.

Mark has been a champion of the Environment. As Minister of the Environment, Mark was instrumental in passing the Environmental Goals and Sustainable Prosperity Act. It was a trend-setting piece of legislation among the first in Canada to marry concern for the well being of the Environment with concern for the growth of the economy. It has sparked similar acts across Canada.

Holding a Ph. D, he has also served in academic settings, including Mount St. Vincent and Mount Allison universities.

Among his many community engagements and service, Mark has been active in the Canning Lions Club. He was awarded a Paul Harris Fellowship by Rotary International.

Mark resides in Perea with his spouse Margie Jenkins. Together they have 5 children and 6 grandchildren.

With COVID 19 restrictions, Mark will not be able to reach every door. He would like to hear from you and can be reached by phone and email. Mark would be honoured if you would place your trust in him as your elected Member of Parliament for Kings-Hants.

www.markparentcpc.ca facebook.com/MarkParentCPC

Tel: 844.287.5451 Email: MarkParentCPC@gmail.com

Campaign office: 325 Main St., Kentville

Authorized by the Official Agent for Mark Parent



CANADIAN TAI CHI ACADEMY

Introduction to Tai Chi

The Canadian Tai Chi Academy provides instruction in the fundamentals of the 108 move tai chi set. Developed by Master Moy Lin-Shin (1931-1998). He modified the traditional Yang Style to maximize the health benefits.

Tai Chi is a complete whole-body exercise.

Tai Chi can be practiced anywhere, anytime, with no need for special gear or a change of clothing.

Practiced by millions of people over the centuries, Tai Chi has been proven helpful to the health of the body.

Where: Louis Millett Community Complex
When: Tuesdays starting Sept. 28, 6 PM - 8 PM and/or Thursdays starting Sept. 30, 11 AM - 1 PM
Length: Four month program
Cost: \$80.00
Contact: kentville@canadiantaichiacademy.org
Steve 902-681-1606
Website: canadiantaichiacademy.org

The Canadian Tai Chi Academy is a Registered Charity 856308366 RR001



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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!

* Shaded events take place every week

THURSDAY, SEPTEMBER 2

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

FRIDAY, SEPTEMBER 3

Job Search – *PeopleWorx, Coldbrook NS 10-11am. ALSO Sept. 17 & 29* • Using social media in your job search, networking, cold calling, following up, NSW Online job search features, myths, and misconceptions, and job search in a pandemic. **TIX:** no charge **INFO:** 902-679-7472 / kmcnullin@peopleworx.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

Inigo Cuartero – *Crystany's Brasserie, Canning 6-8pm* • Inigo Cuartero's classic to modern songs shows his unique approach and passion for music. **TIX:** no charge **INFO:** 902-582-3663 / crystanysbrasserie@gmail.com

Pig – *Kings Theatre, Annapolis Royal 7:30-9pm* • Living alone in a forest, Rob (Nicolas Cage) hunts for truffles, then sells them. But after his only companion, a beloved sow, is carried off in the middle of the night, wrath takes root – along with a more personal reckoning with some long-buried trauma. R- 1h 32min. Face masks are required. **TIX:** \$8.25 Adult (+HST and ticketing fee) **INFO:** 902-532-7704 / boxoffice@kingstheatre.ca

Karaoke – *West Side Charlies, New Minas 9pm-12am* • Come sing your favourite song! **TIX:** no charge **INFO:** 681-9378

SATURDAY, SEPTEMBER 4

Breakfast – *Lions Club, Kentville 8-10am* • Lions breakfast **TIX:** Adults \$8 Child \$4 **INFO:** 902-680-2740 / vintagmusic1@hotmail.com

Wolfville Farmers' Market – *Farmers Market, Wolfville 9am-1pm. WEEKLY* • A Saturday morning experience that is 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. WEEKLY* • Fresh local produce, artisan bread, Spirits and Beer and much more. **TIX:** no charge **INFO:** manager@annapolisroyalfarmersmarket.com

Flea Market – *Forties Community Centre, New Ross 9am-3pm* • Tables available for \$10. Everyone welcome! **INFO:** 902-689-2612

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

Moving Through: A Gathering – *Berwick and District Library, Berwick 11am-3pm* • Join us in the field behind the library for workshops, author readings, crafts, dancing, and more. Explore our Three Sisters and Medicine Gardens, taste Three Sisters soup, and celebrate Mi'kmaq culture. Books and Mi'kmaq Crafts available for purchase. Workshops may require registration. Workshops: Alan Syliboy, The Daily Drum, Theresa Meuse, L'Nuk: The People Book, Craft: Make your own miniature Wigwam, Dancing and Regalia with Jenna, Understanding a Wholistic Approach to Life with Theresa Meuse. **TIX:** no charge **INFO:** valleylibrary.ca

Kitchen Party – *Bruce Spicer Park, Canning 1-4pm* • Join us for live music from 1-3 from The Gilberts & Friends. Jam session following! Social distancing required. **TIX:** donation **INFO:** info@musicincommunities.com

SpeakEasy – *Community Hall, West Brooklyn 8-11pm* • The WB SpeakEasy is thrilled to host Sahara Jane and Ken Shorely! COVID-19 rules apply. **TIX:** \$15. Tickets are limited and must be reserved in advance. **INFO:** 902-542-5424

SUNDAY, SEPTEMBER 5

Yoga in the Park – *Waterfront Park, Wolfville 10-11am. WEEKLY* • Every Sunday into September. Public Health & Safety measures will be followed. **TIX:** no charge **INFO:** 902-542-3019 / recreation@wolfville.ca

Artisans' Market – *United Church, Harbourville 12-4pm. WEEKLY* • Saturdays 9:30am-3pm & Sundays 12-4pm through October 16. **TIX:** no charge **INFO:** NMUTArtisansMarket@gmail.com

Artisans in Action – Paint Avondale – *Avon River Heritage Museum, Newport Landing 12-4pm* • Each September the Avon River Arts Society and Avon River Heritage Society play host to Paint Avondale, a spirited open air painting event, which takes place along the historic waterfront in Newport Landing. **TIX:** no charge **INFO:** 902-757-1718 / infoavonriver@gmail.com

Kitchen Party – *Kingsport Beach, Kingsport 1-4pm* • High-tide music by the Tides in Canteen in Kingsport, 1pm-3pm with a jam after, all welcome. **TIX:** no charge **INFO:** info@musicincommunities.com

Folk Festival – *1136 Highway 325 Maitland, Lunenburg Co. 2-9pm* • BernArt Maze **INFO:** banjoram@hotmail.com

MONDAY, SEPTEMBER 6

Pregnancy & Infant Loss Support – *Transcend Holistic, Windsor 6-6:55pm. WEEKLY* • A safe, judgement-free supportive space designed specifically for those who have experienced and are living with pregnancy and infant loss. **TIX:** Donation **INFO:** 902-702-7836 / novadiacreativewellness@gmail.com

Trauma Informed Healing Meditation – *Transcend Holistic, Windsor 7-8pm. WEEKLY* • Led by an experienced Reiki practitioner and therapeutic art practitioner, this is a relaxing, safe space for anyone living with trauma and anxiety issues. **TIX:** Donation **INFO:** 902-702-7836 / novadiacreativewellness@gmail.com

TUESDAY, SEPTEMBER 7

Resumes & Cover Letters – *PeopleWorx, Coldbrook NS 2-3pm. ALSO Sept. 28* • Create an effective resume & cover letter by exploring how your skills & qualifications can be presented, various formats and templates, and Nova Scotia Works Online. **TIX:** no charge **INFO:** Kade McMullin, 902-679-7472 / kmcnullin@peopleworx.ca

ARYO String Orchestra Program – *Horton Community Centre, Grand Pré 4pm. WEEKLY* • Group lessons in violin, viola, cello and double bass (beginner and second level), and participation in a string orchestra for ages 10-24 (\$150/yr). Our Fiddle Group (\$100/yr) is also open to adults. **INFO:** aryostrings@gmail.com

Public Hearing & Municipal Council – *Municipality of the County of Kings, Coldbrook 6pm* • In person unless COVID restrictions change. **TIX:** No charge, but pre-registration is required to attend. **INFO:** 902-690-2566 / municipalclerk@countyofkings.ca

Wolfville & Area Newcomers Club – *Zoom, Wolfville 7-8:30pm* • Monthly meeting. Email for a zoom link. **TIX:** no charge **INFO:** wolfvillenewcomers@hotmail.com

WEDNESDAY, SEPTEMBER 8

Health In Harmony Radiothon – *Valley Regional Hospital Foundation, Kentville 6am-6pm* • Tune in to AVR 97.7 for a day of music, fun, and stories! Support our CT FOR LIFE Campaign! **TIX:** donation **INFO:** 902-678-5414 / events@vrhfoundation.ca

Wolfville Legion Coffee/Tea Social – *Community Hall, White Rock 9:30-11:30am. WEEKLY* • Drop in for a fresh baked treat and enjoy fellowship (masks are mandatory). **TIX:** \$2 **INFO:** 902-542-5869 / wolfvillelegion@gmail.com

Interview Skills (Virtual Workshop) – *PeopleWorx, Coldbrook NS 10-11am. ALSO Sept. 20* • Information on types of interviews, sample questions, what to do during and after an interview, and more. **TIX:** no charge **INFO:** Kade McMullin, 902-679-7472 / kmcnullin@peopleworx.ca

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

Climate Emergency Gathering & Walk – *Willow Park, Wolfville 6:30-8pm* • BYO Picnic Supper Gathering. 7:15pm Walk for Climate Action In collaboration with concerned Canadians across the Country via 350.org **TIX:** no charge **INFO:** 902-579-7236 / emilyalegrand@gmail.com

Creating Welcoming Communities – *Zoom, Wolfville 6:30-8:30pm* • JW Colleen Belle, Coordinator of Welcoming Communities at ISANS. In this 1-hour presentation, you will discover the value which Newcomers to Canada and people of diverse backgrounds bring to workplaces, raise your awareness about the impacts of cultural differences, and understand challenges and identify systemic barriers which hinder them from maximizing their potential. Q&A to follow. **TIX:** no charge. Tickets: eventbrite.com: Creating Welcoming Communities. **INFO:** programs@vwbnc.ca

Rebel Without A Cause – *Kings Theatre, Annapolis Royal 7:30-9:30pm* • The iconic 1955 film starring James Dean. Face masks are required. Thank you! **TIX:** All Tickets \$6 (HST and ticketing fee additional) **INFO:** 902-532-7704 / boxoffice@kingstheatre.ca

THURSDAY, SEPTEMBER 9

Parent & Baby Social Hour – *Enby Baby, Windsor 10:30-11:30am. EVERY THURSDAY* • A fun social hour designed for new parents. Relaxed atmosphere, and great conversation. **TIX:** donation **INFO:** 902-702-7836 / enbybabystore@gmail.com

Nova Scotia Works Online – *PeopleWorx, Coldbrook NS 2-3pm. ALSO Sept. 23* • A digital tool to help individuals' access tools/resources in their job search. We will discuss what it is, how it will help you as a job seeker, and how to get started. **TIX:** no charge **INFO/Reg:** Kade McMullin, 902-679-7472 / kmcnullin@peopleworx.ca

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

FRIDAY, SEPTEMBER 10

Nova Scotia Works Online – *PeopleWorx, Coldbrook NS 10-11am. ALSO Sept. 22* • A digital tool to help individuals' access tools/resources in their job search. We will discuss what it is, and how it will help you as a job seeker. **TIX:** no charge **INFO/Reg:** Kade McMullin, 902-679-7472 / kmcnullin@peopleworx.ca

Truth before Reconciliation Mural: Meet the Artists – *Acadia U. Quad 3-5pm (rainy weather locale: KCIC Garden Room, 3-5pm. ALSO Sept. 17 & 24* • Co-created by an Elder, renowned Mi'kmaq artist, educator and knowledge keeper, Gerald Gloade and 12 year-old Lily-Beth Fisher, a climate activist and certified beekeeper. Mural Project launches during Student Orientation at Acadia U. Community members are invited to meet and chat with the artists while they continue to create the mural (September 10, 17, 24) before the mural is unveiled on October 1st during the Mawio'mi.

Guy Paul Thibault – *Crystany's Brasserie, Canning 6-8pm* • One of Nova Scotia's most in demand performers! **TIX:** no charge **INFO:** 902-582-3663 / crystanysbrasserie@gmail.com

7Arts Meet & Greet – *7 Arts, Greenwood 6-8pm* • Volunteer Meet & Greet. Everyone 15 years and up are welcome. **TIX:** no charge. Please RSVP. **INFO:** 7Arts@7Arts.ca

Celebrate Recovery – *New Hope Wesleyan, Kingston 7-9pm. WEEKLY* • 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. **TIX:** no charge **INFO:** 902-678-2222 / davetheman161@gmail.com

Hauler – *Kings Theatre, Annapolis Royal 7:30-9:30pm* • Cape Breton's Celtic roots trio Hauler, opened by Hayley Ryerson on Celtic fiddle. Face masks are required. Thank you! **TIX:** Adult \$35, Youth \$12 (HST and \$1.50 ticketing fee additional) **INFO:** 902-532-7704 / boxoffice@kingstheatre.ca

Terra Spencer LIVE Concert SOLD OUT – *Mermaid Imperial Performing Arts Centre, Windsor 8-11pm* • Terra Spencer Live In Concert "1971" **TIX:** \$30 **INFO:** 902-798-5841 / puppets@mermaidtheatre.ca

SATURDAY, SEPTEMBER 11

CFUW Yard and Book Sale – *4 Balcom Drive, Wolfville 8am-noon* • **INFO:** amacinnis2019@gmail.com

Yard Sale – *Glooscap Curling Club, Kentville 8am-1pm. ALSO Sept. 12* • Cash and debit/credit card accepted. **TIX:** no charge **INFO:** 902-670-1194 / nfo@glooscapcurling.ca

Yard Sale – *St Andrew's Anglican Church Hall, Hantsport 8:30am-1pm* • Accessible venue, parking, yard sale, bake table, tea/coffee/muffins. **TIX:** no charge **INFO:** 902-684-3827 / mary.stevens@ns.sympatico.ca

NS Militaria Show and Sale – *War Memorial Community Centre, Windsor 9am-1pm* • **TIX:** \$2 **INFO:** 902-385-8229 / gpsk27558@icloud.com

Honey Harvest Festival – *Avon River Heritage Museum, Newport Landing 10am-4pm* • A festival to promote and support local beekeepers and businesses, while educating the public about beekeeping practices and products. **TIX:** no charge **INFO:** 902-757-1718 / infoavonriver@gmail.com

SongFest – *Centerville Park, Centerville 12-8pm* • Bring a chair or blanket and join us for live musical entertainment. Gospel, Country, Christian Contemporary, Hip-hop music. Food truck on site. **TIX:** donation **INFO:** 902-679-1946 / steve@cbck.ca / facebook.com/events/358047582395529

SpeakEasy – *Community Hall, West Brooklyn 8-11pm* • We are excited to host The Jazz Quintet featuring Samantha Wilson, Andrew Jackson, Nicola Miller, Kyle Tully and Brendan Melchin. COVID-19 rules apply. **TIX:** \$20. Tickets must be reserved in advance. **INFO:** Ruth, 902-542-5424

Ruth Manning & the Prospectors – *Royal Canadian Legion, Kentville 8:30-11pm* • 19 plus, bar, kitchen, 50/50. All welcome. Covid protocols in place. Seating groups of 1-25. Sorry no dancing. **TIX:** \$10 **INFO/RSVP:** 902-681-0033 / triplewineventsandconnections@outlook.com

Great Big Johnson – *West Side Charlies, New Minas 9pm-1am* • The boys are back to Rock the house! **TIX:** no charge **INFO:** 681-9378

SUNDAY, SEPTEMBER 12

TMUC Cemetery Service – *United Church, Torbrook Mines 2pm* • Annual fundraising and memorial cemetery service w/Rev. Joy Noble. A meditation on the loss of loved ones, the coming of peace and hope, and the recovery of meaning and new growth. Blessing of the departed in the cemetery to follow. **TIX:** donation **INFO:** 902-765-4572 / officekpc@eastlink.ca

Meatloaf Supper – *Forties Community Centre, 1787 Forties Rd, New Ross 4-6pm* • Meatloaf, vegetables, potatoes, pickles, dessert, tea/coffee. Wheelchair accessible. Eat in or take out. Covid restrictions apply. **TIX:** \$14 adult, \$7 ages 5-12, \$3 under 5 **INFO:** fortiesccc@gmail.com

MONDAY, SEPTEMBER 13

Resume Writing – *PeopleWorx, Coldbrook NS 10-11am. ALSO Sept. 24* • Create an effective resume by exploring how your skills and qualifications can be presented, various resume formats and templates, Nova Scotia Works Online, and more. **TIX:** no charge **INFO/Reg:** Kade McMullin, 902-679-7472 / kmcnullin@peopleworx.ca

GriefShare – *New Hope Wesleyan Church, Kentville 7-9pm. WEEKLY* • Help and encouragement after the death of a loved one, GriefShare is a special weekly seminar and support group designed to help you rebuild your life. We know it hurts, and we want to help. **TIX:** no charge **INFO:** 902-670-9288 / gerrits.bernadine@gmail.com

TUESDAY, SEPTEMBER 14

Job Search – *PeopleWorx, Coldbrook NS 2-3pm. ALSO Sept. 30* • Using social media in your search, networking, cold calling, following up, NSW Online job search features, myths, and misconceptions, and job search in a pandemic. **TIX:** no charge **INFO/Reg:** Kade McMullin, 902-679-7472 / kmcnullin@peopleworx.ca

Painting in Watercolor – *Wolfville Baptist Church, Wolfville 6:30-8pm* • Registration for Watercolor Art Classes in four week blocks. All material provided. No experience required. **TIX:** \$110 for each block of 4 classes **INFO:** 902-670-8800 / Jean_leung@hotmail.com

The Green Knight – *Kings Theatre, Annapolis Royal 7:30-9:40pm* • An epic fantasy adventure based on the timeless Arthurian legend. 2021 - R - 2h 10min. Face masks are required. Thank you! **TIX:** \$8.25 Adult (HST and ticketing fee additional) **INFO:** 902-532-7704 / boxoffice@kingstheatre.ca

Online IBD Gutsy Peer Support – *Virtual Annapolis Valley, Anywhere in The Annapolis Valley 8:30pm* • Crohn's and Colitis Canada's virtual group peer support program invites people affected by IBD to connect with and provide support to others living with or caring for someone with Crohn's and colitis. **TIX:** no charge **INFO:** info@gutsypeersupport.ca

WEDNESDAY, SEPTEMBER 15

Cover Letters – *PeopleWorx, Coldbrook NS 10-11am. ALSO Sept. 27* • We will discuss different types of cover letters, formats, submitted electronically, and some samples. **TIX:** no charge **INFO/Reg:** Kade McMullin, 902-679-7472 / kmcnullin@peopleworx.ca

Take Out Luncheon – *United Baptist Church, Port Williams 11:30am-1pm* • The Loyal Workers' Corn Chowder/Hamburger Soup luncheon will include a bowl of your chosen soup, bread and butter and either Apple Crisp or Cheesecake. Call by Sept. 13 to order. **TIX:** \$10. **INFO:** Carol Ann Burden, 902-542-3681 / Myrtle Merrett, 902-542-2623

VWBN Informal Networking Meeting – *Hennigar's Farm Market, Greenwich 6:30-8:30pm* • A fun session of networking, meeting up with old friends and new, sharing tips on how your business has adjusted and grown during the Pandemic, and sharing your plans for the future. **TIX:** no charge **INFO:** programs@vwbnc.ca

Cleo From 5 to 7 – *Kings Theatre, Annapolis Royal 7:30-9pm* • (Presented with English subtitles) Agnès Varda eloquently captures Paris in the sixties. Face masks are required. Thank you! **TIX:** All Tickets \$6 (HST and ticketing fee additional) **INFO:** 902-532-7704 / boxoffice@kingstheatre.ca

THURSDAY, SEPTEMBER 16

Come On Down! (Open Mic) – *Willow Park, Wolfville 6-8pm* • If you've ever written a song, poem or short story and wanted to share (or, if you've never written a song, poem or short story and want to make it up on the spot!). Come On Down and let it out! **TIX:** no charge **INFO:** 902-542-3019 / recreation@wolfville.ca

Sunflower Paint Night Fundraiser – *7 Arts, Greenwood 7-9pm* • Fundraiser for 7Arts. No painting experience necessary. Ages 16 and above welcome. **TIX:** \$25 **INFO:** 7Arts@7Arts.ca

Virtual Teen Book Club – *AVRL Virtual Program Space, Berwick 8-7:45pm* • This month we'll be discussing The Graveyard Book by Neil Gaiman. Registration is required. Ages 10 and up. You can download a copy online or call the Berwick and District Library to reserve a copy. You will require a computer, tablet, or smartphone with audio and video capabilities. **TIX:** no charge **INFO:** 902-538-8060 / valleylibrary.ca

FRIDAY, SEPTEMBER 17

Frederic Mujica – *Crystany's Brasserie, Canning 6-8pm* • Frederic is a professional singer and musician from Cuba, who now lives in Canada - arriving with a suitcase full of talent. Frederic offers music from Latin countries around the world. **TIX:** no charge **INFO:** 902-582-3663 / crystanysbrasserie@gmail.com

Raiders of the Lost Ark – *Mermaid Imperial Performing Arts Centre, Windsor 7:30-9:30pm* • Friday Film Nights! **TIX:** \$12 - includes a bag of popcorn and bottle of water **INFO:** 902-798-5841 / puppets@mermaidtheatre.ca

SATURDAY, SEPTEMBER 18

Big Breakfast – *Lions Club, Wolfville 8-10:30am* • Enjoy scrambled eggs, pancakes, sausages, bacon, homemade baked beans, hash browns, toast, coffee, tea and juice. Pandemic guidelines will be practiced. Please bring your mask. **TIX:** \$8 adults, \$4 children **INFO:** 902-542-4508 / wolfvillielionsclub@hotmail.com

The Wellness Escape Festival – *Avondale Sky Winery, Newport Landing 10am* • Join us for a day devoted to wellness and spend your day doing yoga, pilates, meditation, mindfulness, breathwork, spin, aroma tasting, and mindset training. **TIX:** Tickets start from \$150 **INFO:** 902-818-0145 / sean@kohkosevents.ca

Take Out Chicken Barbeque Supper – Community Hall, Burlington 4:30-6pm • 1/2 chicken, coleslaw, baked potato, buttered roll and blueberry cake. Must be preordered by Sept. 4. **TIX:** \$20 **INFO:** 902-321-3441 / susan.daniels@hotmail.com

Ryan McNally – North Mountain United Tapestry, Harbourville 7-9pm • Ryan has a passion for acoustic traditional blues, jazz and old time music. **TIX:** \$20 unitedtapestry@gmail.com **INFO:** 902-538-7923 / unitedtapestry@gmail.com

SpeakEasy – Community Hall, West Brooklyn 8-11pm • We are excited to host fabulous singer/songwriters Terra Spencer and Daniel McFaden to the SpeakEasy! COVID-19 rules apply. **TIX:** \$20. Tickets must be reserved in advance. Limited tickets available. **INFO:** Ruth, 902-542-5424

SUNDAY, SEPTEMBER 19

Rural Renaissance; A Documentary on Annapolis Royal – Kings Theatre, Annapolis Royal. **THREE SHOWINGS:** 2pm, 4pm & 7pm • Rural Renaissance: How the Citizens of Annapolis Royal Reinvented Canada's Oldest Town. Come see this hour-long documentary by visual journalist Andrew Tolson and celebrate the story of the Annapolis Royal Development Commission and the people who made it happen! Face masks are required. Thank you! **TIX:** FREE! Reserve your seat! **INFO:** 902-532-7704 / boxoffice@kingstheatre.ca

Market – Meander River Farm, Newport 11-3pm • Beer, cider, local veggies, egg farmers, breads and sweets, spirits, wine, Nova Scotia Artisans, live music, and so much more! **TIX:** no charge **INFO:** 902-757-3484 / info@meanderriverfarm.ca

TUESDAY, SEPTEMBER 21

Committee of the Whole – Municipality of the County of Kings, Coldbrook 9am • Meeting to be held in person unless COVID restrictions change. **TIX:** No charge. You must pre-register to attend. **INFO:** 902-690-2566 / municipalclerk@countyofkings.ca

Interview Skills – PeopleWorx, Coldbrook NS 2-3pm • Our workshop provides you with information on types of interviews, sample questions, what to do during and after an interview, and more. **TIX:** no charge **INFO/Reg:** Kade McMullin, 902-679-7472 / kmcmullin@peopleworx.ca

WEDNESDAY, SEPTEMBER 22

Valley Youth Project Drop-In – Community Centre, Port Williams 6:30-8:30pm • We are hoping to meet in person again! Please follow us on Facebook in case of changing regulations and updates/cancellations. For LGBTQ-identified youth and allies under age 26. **INFO:** facebook.com/valleyyouthproject

Umbrellas Of Cherbourg – Kings Theatre, Annapolis Royal 7:30-9pm • (English subtitles) Catherine Deneuve plays an umbrella-shop owner's delicate daughter, glowing with first love for a handsome garage mechanic, played by Nino Castelnuovo. Face masks are required. Thank you! **TIX:** All Tickets \$6 (HST and ticketing fee additional) **INFO:** 902-532-7704 / boxoffice@kingstheatre.ca

FRIDAY, SEPTEMBER 24

Jon Duggan – Crystany's Brasserie, Canning 6-8pm • One of Atlantic Canada's most beloved solo performers! **TIX:** no charge **INFO:** 902-582-3663 / crystanysbrasserie@gmail.com

Great Little Art Show Wrap Party – Avon River Heritage Museum, Newport Landing 7-10pm • The community is invited out for one last chance to view this year's fabulous collection of art, while taking in the sunset and enjoying a cocktail together on the patio, overlooking the mighty Avon River. **TIX:** donation **INFO:** 902-757-1718 / infoavonriver@gmail.com

Deep Roots – Grand-Pré National Historic Site, Grand Pré 7-10pm • Deep Roots Music Cooperative presents a weekend of five concerts in the gorgeous UNESCO Landscape of Grand-Pré. **TIX:** 3 Day Pass: \$150 (fees and taxes included). Includes Admission to all 5 shows (ticketpro.ca & TicketPro locations) **INFO:** 902-542-7668 / office@deeprootsmusic.ca

David Myles – Kings Theatre, Annapolis Royal 7:30pm. **ALSO Sept. 25, 7:30pm** • Award-winning and critically acclaimed Canadian singer-songwriter David Myles! Face masks are required. Thank you! **TIX:** Adult \$35, Youth \$10 (HST and ticketing fee additional) **INFO:** 902-532-7704 / boxoffice@kingstheatre.ca

SATURDAY, SEPTEMBER 25

Charity Golf Tournament of King's – Fort View Golf and Country Club, Annapolis Royal 10am-6pm • The 13th Annual Tournament of King's is on! Shot-gun start with a 4-person scramble & a Callaway scoring system. **TIX:** Individual \$100, Team \$370 **INFO:** 902-532-7704 / boxoffice@kingstheatre.ca / golf@kingstheatre.ca

Deep Roots – Grand-Pré National Historic Site, Grand Pré 1-4pm & 7-10pm • Deep Roots Music Cooperative presents a weekend of five concerts in the gorgeous UNESCO Landscape of Grand-Pré. **TIX:** 3 Day Pass: \$150 (fees and taxes included). Includes Admission to all 5 shows (ticketpro.ca & TicketPro locations) **INFO:** 902-542-7668 / office@deeprootsmusic.ca

SpeakEasy – Community Hall, West Brooklyn 8-11pm • We are excited to host Mary Lou Sicily & John Ebata! COVID-19 rules apply. **TIX:** \$20. Tickets must be reserved in advance. **INFO:** 902-542-5424

SUNDAY, SEPTEMBER 26

Deep Roots – Grand-Pré National Historic Site, Grand Pré 10:30am-1:30pm & 3-6pm • Deep Roots Music Cooperative presents a weekend of five concerts in the gorgeous UNESCO Landscape of Grand-Pré. **TIX:** 3 Day Pass: \$150 (fees and taxes included). Includes Admission to all 5 shows (ticketpro.ca & TicketPro locations). **INFO:** 902-542-7668 / office@deeprootsmusic.ca

TUESDAY, SEPTEMBER 28

Time at the San – Kings County Museum, Kentville 7:30-9pm • Aunt Toni's Diary: Author reading and discussion about the Nova Scotia Sanatorium. W/ Marilyn Jones. "From the time of its opening in 1904 until its closing in 1977, the Nova Scotia Sanatorium was a unique and valuable treatment institution for those suffering from the dreaded disease, tuberculosis." Space is limited, reserve your seat **TIX:** donation **INFO:** 902-678-6237 / info@kingscountymuseum.ca

Ailey – Kings Theatre, Annapolis Royal 7:30-8:50pm • An immersive portrait of dance pioneer Alvin Ailey, told through his own words and a new dance inspired by his life. 2021 - PG-13 - 1h 22min. Face masks are required. Thank you! **TIX:** \$8.25 Adult (HST and ticketing fee additional) **INFO:** 902-532-7704 / boxoffice@kingstheatre.ca

THURSDAY, SEPTEMBER 30

Rotisserie Chicken & Salad Takeaway Meal – Lions Club, Wolfville 4:30-6pm • Wolfville Lions Club is preparing a Rotisserie Chicken Supper including potato salad, coleslaw, veggie slices PLUS apple crisp with whipped topping. You MUST preorder by Sept. 20. **TIX:** \$15 adult, \$8 children **INFO:** 902-542-4508 / wolfvillelionsclub@hotmail.com

Kentville Ghost Talk – Kings County Museum, Kentville 7:45-9:30pm • Stationary, sit-down, family-friendly, historical productions w/Jerome the Gravekeeper and his ghostly friends. See THEATRE section for further details. **INFO:** 902-692-8546 / jerome@valleyghostwalks.com

FRIDAY, OCTOBER 1

Quote the Raven – Evergreen Theatre, Margaretsville 8-10:30pm • Music Newfoundland & Labrador's 2019 Group of the Year. Americana folk duo Quote the Raven marry smooth vocal harmonies with an, at times, haunting aesthetic that both bewitches and allures the listener. **TIX:** Adults \$35, Military \$30, Students \$20 **INFO:** 902-825-6834 / evergreentheatre@gmail.com

SATURDAY, OCTOBER 2

SpeakEasy – Community Hall, West Brooklyn 8-11pm • Come let The Jungernauts rock your world! Reservations are required. COVID-19 rules apply. **TIX:** \$10 Tickets must be reserved in advance. **INFO/RSVP:** Ruth, 902-542-5424

SUNDAY, OCTOBER 3

Artisans in Action – Avon River Heritage Museum, Newport Landing 12-4pm • To learn more about Zacc Paul's story and the valuable work being done at Treaty Truckhouse 2 to preserve Mi'kmaq skills and knowledge, join us in the boathouse to talk to Zacc in person and see some of the crafts being produced at the encampment. **TIX:** no charge **INFO:** 902-757-1718 / infoavonriver@gmail.com

TUESDAY, OCTOBER 5

AGM Avon River Heritage – Avon River Heritage Museum, Newport Landing 7pm • Join us to catch-up on the many things that have been going on behind the scenes this past year at the Avon River Heritage Museum and Avon Spirit Shipyard. We've had an exciting and productive year while working our way through the pandemic. **TIX:** no charge **INFO:** 902-757-1718 / infoavonriver@gmail.com

WEDNESDAY, OCTOBER 6

Bullitt – Kings Theatre, Annapolis Royal 7:30-9:30pm • King's Theatre's Classic Film Fest continues with the great Steve McQueen car-chase thriller BULLITT from 1968. This thriller includes one of the most famous car chases ever filmed. Face masks are required. **TIX:** All Tickets \$6 (HST and ticketing fee additional) **INFO:** 902-532-7704 / boxoffice@kingstheatre.ca

TIDE PREDICTIONS
At Cape Blomidon

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

SEP	HIGH	LOW
02	••9:32am	3:36pm
03	10:27am	4:31pm
04	11:20am	5:23pm
05	12:09pm	6:13pm
06	12:55pm	6:59pm
07	1:39pm	7:24am
08	2:22pm	8:07am
09	3:05pm	8:51am
10	3:49pm	9:34am
11	4:36pm	10:20am
12	5:26pm	11:09am
13	6:21pm	12:02pm
14	7:23pm	1:02pm
15	8:00am	2:08pm
16	9:08am	3:17pm
17	10:14am	4:23pm
18	11:15am	5:24pm
19	12:10pm	6:19pm
20	12:59pm	7:08pm
21	•1:46pm	7:32am
22	2:29pm	8:15am
23	3:09pm	8:55am
24	3:48pm	9:34am
25	4:26pm	10:12am
26	5:04pm	10:50am
27	5:45pm	11:31am
28	6:31pm	12:16pm
29	7:22pm	1:07pm
30	7:55am	2:02pm
OCT		
01	8:53am	3:01pm
02	9:52am	3:59pm
03	10:47am	4:54pm
04	11:38am	5:45pm
05	12:27pm	6:34pm
06	1:13pm	7:20pm
07	1:57pm	7:42am

THERE ARE NORMALLY TWO HIGH AND TWO LOW TIDES EACH DAY.
• Highest High: 44.6 feet •• Lowest High: 36.1 feet

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! Wolfville, Ridge Stile Park: Sept 9, Oct 7, Oct 29 / 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 Pré 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 Pré Winery / \$143.75 for an extra 10 winery guests. **INFO:** 902-692-8546 / jerome@valleyghostwalks.com

Macbeth by Fire – Ross Creek Centre for the Arts, Canning. Sept. 2, 3, 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

Schoolhouse – Ross Creek Centre for the Arts, Canning. Saturday, Sept. 4, 6pm • 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

Centennial Celebration Show – Kings Theatre, Annapolis Royal Sat., Sept 4, 7:30pm, Sun., Sept 5, 2pm & 7:30pm • Noelle Lucas leads a production that takes us from the roaring '20s through to present times with singing, dancing, story-telling and surprises. Noelle's music and Scott Campbell's script is sure to delight. Face masks are required. **TIX:** Tickets are FREE! Reserve tickets at kingstheatre.ca **INFO:** 902-532-7704 / boxoffice@kingstheatre.ca

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Random Acts of Kindness

Recently a carload of friends were on our way to the Ross Creek Centre for the Arts to attend an evening play. Unfortunately our car broke down at the top of the North Mountain. A friend came and picked us up and somehow in the midst of moving our belongings from one car to another my prescription sunglasses, which were in a glasses case, went missing. It remained a mystery to me as to what had happened to my glasses as I had looked everywhere for them. When I arrived home on Thursday I noticed a plastic bag hanging on my civic sign. My sunglasses case and sunglasses were tucked inside a plastic bag with a note.

Whoever found my sunglasses drove them all the way from the North Mountain to my home on the South Mountain since I had an address label inside of my glasses case. I am hoping that this kind person is a Grapevine reader so perhaps you will know how much I appreciate your act of kindness. I am grateful to have my prescription sunglasses back but equally touched by the effort made to help someone out without any expectation of recognition.

And for anyone reading this: label your glasses cases!! (Submitted by Jan Oosterhoff)

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THE TRADITION CONTINUES: BERWICK GALA DAYS!

Submitted
Community members in Berwick and surrounding areas are excited to join together to celebrate the last long weekend of the summer. Travel to Berwick for Labour Day weekend!

The events will kick off on Saturday morning with one of two community breakfasts at the Berwick Lions Hall. The official opening will take place here at the 8:30am with the Mayor and Royal Party in attendance. Saturday will be filled with the Children's Parade, followed by treats for everyone, and prizes and activities for youth on the grounds. Traditional events are taking place, such as the tractor pulls. The day ends with an exciting addition this year of a Matt Minglewood concert.

Sunday offers something for everyone with the annual road race starting at 9:00pm. The well-loved car show runs throughout the day and is always well-attended. The princess tea will be held at 2:00pm. There are also leadership

activities in conjunction with the pageant for youth of all ages. Share the ox pull, livestock show, three-horse pull, and more. The day ends with a concert featuring Ruth Manning and the Prospectors followed by top-notch fireworks.

Monday traditions continue with the Lions Breakfast at 8am, horse show, and Grand Street Parade at 1pm, followed by the "Sip and Sample" tasting event with Jokers Right as entertainment.

Throughout the weekend your taste buds will be pleased with the annual pulled pork, chicken barbecue, food booths, and more. We appreciate your support over the years and look forward to seeing you on Labour Day weekend!

For more information visit facebook.com/BerwickGalaDays and berwickgaladays.ca.



AVON RIVER HERITAGE MUSEUM'S

HONEY HARVEST FESTIVAL

Wool-a-fibres • Hummingbird Hannah's (Herbal) Homestead
Greenfield Hives & Honey • Meegan Lovett Holistic Health
Steady Brook Saddlery & Apiaries • Stone Poste Cidery
Ortner Brand Soap Company • Deep Hollow Prints
Baking With CLASS • All Lathered Up Soap Co.

BBQ fundraiser in support of the museum & shipyard
10am - 4pm, September 11th, 2021

AVON SPIRIT SHIPYARD
15 BELMONT RD, AVONDALE/NEWPORT LANDING

avonriverheritage.com

Are you looking to make an impact in your community?



BOARD MEMBERS WANTED!

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Interested in joining this dynamic team?

To learn more, contact us today at info@communityinc.ca or 902-691-0332

www.communityinc.ca



FREE DAY AND EVENING CLASSES AND TUTORING FOR ADULTS!

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

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

- MATH
- READING
- WRITING
- COMPUTER SKILLS

And test preparation for G.E.D.

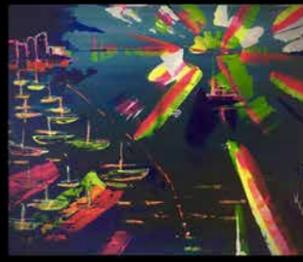
CAAT and TOWES (Community College)
CFAT (Canadian Armed Forces)



Call 902-472-3133
Text 902-702-1736
Email info@hantslearning.com
90 Sanford Drive, Windsor, NS

New Month, New Art, New Artists

Tides Gallery welcomes Susan Dalton, top right, as our newest gallery member. We also welcome Willson, top left, as our Guest Artist for September. Willson will give an Artist Talk, 12 noon, Sept. 15 at the Tides Gallery. September also brings new work from all Tides artists, including Heather Alexis Porter, lower right, and Heather Lawrie, lower left.







Tides Contemporary Art Gallery
76 Cornwallis Street, Kentville
Email: tidescontemporaryart@gmail.com
www.kentvillecontemporaryartgallery.com



VALLEY GHOST WALKS season 14

VALLEYGHOSTWALKS.COM

Thursdays, 7:45 - 9:30pm

Valley Ghost Talks Family-friendly, sit-down shows
Sept. 2 & 30, Oct. 28 - Kings County Museum, Kentville
Sept. 9, Oct. 7 & 29 - Ridge Stile Park, Wolfville
Sept. 16, Oct. 14 - Landscape Grand Pre View Park

Bring your own lawn chair, blanket, and bug spray!
\$25 adult, \$20 student, group prices available (fees & hst included)

VIP Ghost Walks Private Ghost Walks of your choosing for your group only
Thursdays: Sept. 23, Oct. 21 & 30
Starting at \$250+hst, must book at least 14 days in advance

Limited cash-only walk-ups sold, please have exact amounts. Pre-purchase through TICKETPRO.CA and their outlets. All Covid gathering regulations followed.




Enjoy Lunch and a Show!

9850 Main St., Canning
902.582.7071 • artcan.com



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

At Acadia

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



SUNDAY MUSIC IN THE GARDEN ROOM

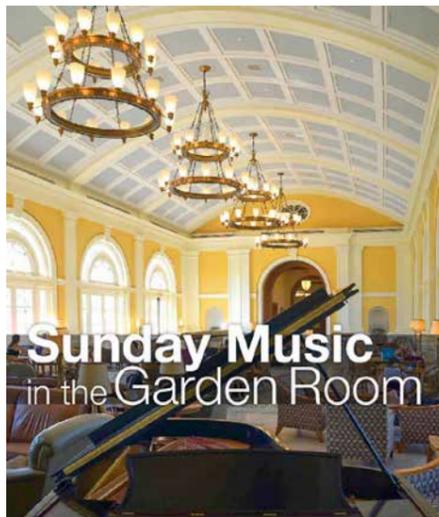
Janet Kirkconnell

We're back—maybe! Phase 5 of the Nova Scotia Government's plan for reopening the province is expected to be brought into effect on September 15, and if, with this, Acadia University at long last opens the campus to the public—we're ready with a full 2021-22 season!

The Homecoming weekend concert on October 17 will be given by pianist Walter Delahunt, with a concert in memory of Felicita Kalejs, followed on October 24 by an unusual Debut Atlantic offering, the Dinuk Wijeratne Trio, made up of pianist Dinuk Wijeratne, percussionist Nick Halley, and jazz bassist Tom Easley. On November 14, we will welcome back the Bouey-Doucet Duo, violin and piano.

The New Year will start with another Debut Atlantic concert, Quebec-born pianist Jean-Luc Therrien on January 16. Fast forward to the month of April: pianist Cindy Thong on April 10, and on April 24 American pianist Spencer Myer. May 1, the William Marshall Bishop Memorial Concert will round out the season with the return visit of the violin and piano duo meagan&amy.

A trio of Jennifer King, piano, Gillian Smith, violin, and Hilary Brown was set for September 26, but the uncertainty of the reopening of the campus has forced a rescheduling for some time in 2022.



That any of these concerts take place depends, of course, on whether the coronavirus is kept at bay. It may throw a wrench into the works again, but we'll hope for the best.

For those unfamiliar with the Sunday Music series, the concerts are held in the Garden Room of Acadia's Irving Environmental Science Centre on University Avenue at 2pm. Admission free. With probably imposed social distancing, the capacity may be limited! 🍷

WHY SINGING TOGETHER FEELS SO GOOD

Heidi Kalyani

I was standing in the tunnel at the Atlantic Festival Theatre with my camera up to my eye capturing moments from the Deep Roots Music Festival when I started to cry. Arguably, I was going through a rough time (as I had recently exited a long and painful relationship), but as is the unfortunate custom in our culture, I had been “nobly” holding in my emotions and getting on with my role of taking photographs. That is until Coco Love Alcorn stepped on to the stage and began to sing, “Out of the hard times in life comes rebirth.” Without realizing it, and with watery eyes, I gently began to sing along. After a few moments, I noticed I was not alone: not alone in my singing, and not alone in my pain.

As humans we are wired for connection. We have an inherent longing for belonging. One of the reasons singing together is so satisfying and pleasurable is that it activates a sense of connection (with each other, but also with our own emotional world), vocalizing and normalizing the challenges of being human, and reassuring us that we are not alone.

As I experienced that night at the festival, immersing ourselves in music through singing together can help us identify, experience and process difficult or painful emotions. It does this in part by inviting us to momentarily trade our rational, logical knowing for our intuitive, heart-led knowing, tapping into a wealth of creative and comforting collective wisdom and common humanity.

Singing together also feels good because it invites us to be fully engaged with ourselves and others in the present moment (rather than being stuck in a place of ruminating about the past or worrying about the future). Stepping into this kind of presence offers us a deep sense of aliveness, where the joys of reverence, curiosity, and wonder become more easily available to us.

When we listen to music that we like, our brain releases a neurotransmitter and “feel-good hormone” called dopamine which affects our mood and emotions, strengthens our immune system, and supports learning, focus, and motivation. And when we take our experience of music a step further by singing together, our bodies release oxytocin, which contributes to the creation of pro-social behaviours such as empathy, trust, and meaningful connection.

The deep or diaphragmatic breathing that comes naturally when we sing stimulates the vagus nerve, which is connected to our vocal cords and the muscles at the back of our throats, as well as our brain, gut, lungs and heart. Stimulating the vagus nerve activates the parasympathetic nervous system, and produces a “rest and digest” response, slowing the heart rate, lowering blood pressure and producing an overall sense of well-being, leaving us with more resource to both welcome whatever is arising for us in the moment and create authentic and meaningful connections with others.

So whether it's around a campfire with friends, on a road trip with family, in a choir, in a yoga or meditation studio, or along with a recording, the simple act of singing



Coco Love Alcorn (photo courtesy of Heidi Kalyani)

can cultivate a strong sense of connection, presence, and well-being. After a year and half of limited opportunities, this simple yet powerful practice of singing together seems even more precious to me than ever. As things begin to open up again, I will be seeking as many opportunities as possible to join my voice with others in song.



Heidi Kalyani has been exploring the power of singing since the long late-night car rides of her childhood. She hosts group “call and response” singing sessions in the yoga/meditation tradition of kirtan, and improvises lullabies to soothe her nervous system and warm her heart. She lives near Wolfville in a small house with lots of windows. For more information visit heartwideopen.ca.

BOOKS BY LOCALS

DEAN JOBB'S MADNESS, MAYHEM & MURDER

Wendy Elliott

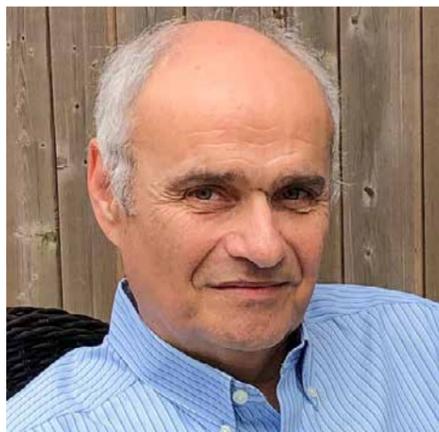
Wolfville's Dean Jobb is the author of six books, three in just the last year. His latest, *Madness, Mayhem & Murder*, is a collection of 16 true tales of crime and justice drawn from almost two centuries of Nova Scotia's history, from the province's first murder case in 1749 to its last execution in 1937. The cast includes pirates and privateers, terrorists, shadowy Confederate agents, and a motley crew of smugglers, thieves, killers, duel-fighting gentlemen, and a few people who were in the wrong place at the wrong time. These are stranger-than-fiction stories of crime and punishment, tragedy and redemption, and guilt and innocence, with a lot to say about the past—and the unending quest for justice.

Wendy Elliott (WE): How did you get hooked on true crime?

Dean Jobb (DJ): I studied Atlantic Canada's history as a university student at Mount Allison and later at Saint Mary's, and when I started out as a journalist I covered the courts for the *Halifax Daily News* and *The Chronicle Herald*. As I reported on current cases, I became interested in older ones and began researching and writing about important or forgotten crimes and trials from Nova Scotia's past. My love of history and my growing understanding of the criminal justice system seemed like a perfect fit. I wanted to recreate how these historical cases unfolded, breathe life into the people involved, and to assess whether justice was done. True crime is a great way to explore the past—the stories are filled with dramatic events, memorable characters, and surprising twists and turns.

WE: Where do you do your research to come up with cases?

DJ: Newspapers are the most important source of information on old crimes. There has been an explosion of interest in true crime in recent years, but there has always been a keen interest in crime news. Nineteenth-century newspapers often published verbatim transcripts of major trials and their readers clearly demanded this blanket coverage. The Nova Scotia archives has files or records of some of the cases recreated in *Madness, Mayhem & Murder* and the Supreme Court published its rulings in cases that involved important legal issues. I visit local museums and courthouses,



Dean Jobb (photo courtesy of Wendy Elliott)

to find out more about cases and the history of the community. And I gather up any previous accounts of the cases and scour memoirs, published diaries, and history books for insights into people, events, and what life was like at the time.

WE: Which one do you have the most/least sympathy for?

DJ: In *Madness, Mayhem & Murder*, it's hard not to admire the chutzpah and resourcefulness of thief-turned-escape artist Henry More Smith, a one-man crime wave who stole law books from the office of the province's chief justice, then brazenly came forward to claim the reward for finding them. As for villains, there are plenty here—ruthless pirates, murderous Confederate agents, terrorists bent on killing a future British monarch. Perhaps the most odious character is Samuel Herbert Dougal, a British soldier who murdered two of his wives while stationed in Halifax in the 1880s and escaped to kill again.

WE: Is there a trilogy to look forward to?

DJ: I have several more Nova Scotia crime stories ready to go, and a long list of others I would love to research and write about. But for now, I've embarked on a new true crime project set New York in the Roaring Twenties for my American publisher, Algonquin Books. 🍷



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