

THE GRAPEVINE

ARTS | CULTURE | COMMUNITY

December 2021 | Issue No. 18.11



CADANCE ACADEMY'S
NUTCRACKER RETURNS!, P.10

GARRY LEESON RECOUNTS
A DOG'S CHRISTMAS, P.16

MIKE BUTLER'S
GIFT GUIDE, P.4

LENNIE GALLANT'S INNKEEPER'S
CHRISTMAS AT ACADIA, P.19

VISUALLY SPEAKING:
MARLO VAL, P.11

RECIPE: AVERY PETERS'
PEAR CARAMEL FIZZ, P.13

Happy Holidays

FROM ALL OF US AT THE CHURCH BREWING CO

RESTAURANT * BREWERY * BEER MARKET

TUESDAY - SATURDAY 12-10PM
SUNDAY 12-8PM

Stuff the Bus

JOIN US ON DECEMBER 17TH AS WE
STUFF THE BUS WITH FOOD, CASH
AND GIFT DONATIONS IN
PARTNERSHIP WITH KINGS TRANSIT

329 MAIN ST. WOLFVILLE
WWW.CHURCHBREWING.CA
902 542 2337

Wolfville Farmers' Market

ONE MARKET - THREE EXPERIENCES

1 SATURDAY MARKET

OVER 50 VENDORS
WEEKLY FROM 9-1
GET UN-SCROOGED GIFT
BASKET RAFFLE DEC 11
CLOSED DEC 25TH & JAN 1ST

2 WFM2GO

HOME DELIVERY
TRIAL LAUNCHED IN
KINGS COUNTY
CHECK OUT SPECIAL
HOLIDAY MEAL BOX
PICK UP HUBS IN
HRM & VALLEY
WED & SAT

3 MARKET STORE

FIND LOCAL GIFTS
& FOOD, HOLIDAY
GIFT BASKETS &
MARKET DOLLAR
GIFT CERTIFICATES
12 DAYS TO CHRISTMAS
FEATURES DEC 12-24
TUESDAY - FRIDAY: 10 - 5PM
SATURDAY: 9AM - 4PM
SUNDAY: 12 - 4PM

ADDITIONAL YULE MARKET DEC. 23 3PM - 8PM

WOLFVILLEFARMERSMARKET.CA

Happy Holidays!

I wish you and your family a Merry Christmas and a safe and happy New Year. I look forward to working hard on your behalf in 2022.

KODY BLOIS
Member of Parliament, Kings-Hants
902-542-4010 kody.blois@parl.gc.ca

Happy Holidays

Shop Local Eat Local Support Local

Keith Irving
MLA - Kings South

902-542-0050
www.keithirving.ca
keith@irvingmla.ca
@KeithIrvingNS

LONG WINTER NIGHTS

CONTINUES UNTIL JANUARY 8TH, '22

Avon River Arts
ANNUAL GROUP SHOW
THE BREAD GALLERY
7778 HWY 14
BROOKLYN, HANTS CO.

FEATURING WORK BY
Sandra Aucoin • James Axon
Lexie Barkhouse • Mary Lou Bennett
Marilyn Brett • Anne Clattenburg
Gail Davis • Sylvia Fullerton • Denise Grandy
Joy Howell • Rose Marie MacDonald
Judy MacIntosh • Bobbie Mortensen
Tacha Reed • Noreen Rent • Sue Robinson
Cara Sawka • Jeanette Wieckhorst
avonriverarts.ca

Put the Historic Gardens under your tree!
The Gardens Shop is now open year round!

Proudly featuring 45 makers and producers, including:

- Amos Pewter
- Black Crow Pottery
- The Glass Bakery
- Hammerthreads Leather Work
- Haskap Highland Orchards
- Sea Salt & Light
- Seafoam Lavender
- Seek & Bloom Creative
- Sew Far So Good
- Sugar Bush Fairy Doors
- Welch Woolens
- Wildwood Creek

puzzles
fairy doors
lotions & soaps
jams & preserves
gifts & ornaments
calendars & cards
holiday face masks
gardening & local books
hand towels & oven mitts
& lots more!

The Gardens Shop
at the
Annapolis Royal Historic Gardens

441 St. George Street, Annapolis Royal
Open daily 9am - 5pm
Shop Online: www.historicgardens.com

Happy Holidays, from our garden to yours!

Give a gift of peace and beauty the whole year through!

Historic Gardens Memberships
provide 365 days of enjoyment in
Seventeen Acres of Paradise!

Show how much you care with a Holiday Tribute Gift!

Make a donation to the Historic Gardens
to honour a loved one this Christmas!
(Donations qualify for a tax receipt)

The Gardens Shop
at the
Annapolis Royal Historic Gardens

441 St. George Street, Annapolis Royal
Open daily 9am - 5pm
Shop Online: www.historicgardens.com

VOTE! THE 2021 BEST OF THE BUNCH GRAPEVINE AWARDS

It's that time again! Take a moment to consider the destinations, businesses, and organizations that topped the 2021 charts! Let us know who and what deserves to be showered with love, attention, and the glory of being the Best of the Bunch!

Instructions: Fill out the survey with your favourite places, businesses, organizations, experiences, and products. You do not need to fill in every category in order to submit the survey!

SEND YOUR COMPLETED SURVEY TO:

Grapevine Publishing | PO Box 2262 | Wolfville, NS B4P 1A0
Deadline: December 31, 2021

YOU CAN ALSO COMPLETE THE SURVEY ONLINE:

surveymonkey.com/r/BestoftheBunch2021



FOOD & DRINK

BEST RESTAURANT (CASUAL)

BEST RESTAURANT (FINE DINING)

BEST BURGER

BEST PIZZA

BEST SANDWICH

BEST BAKERY

BEST BUTCHER

BEST BREAKFAST/BRUNCH

BEST DESSERT

BEST PATIO

BEST CRAFT BREWERY

BEST WINERY

BEST CRAFT CIDER

BEST CAFÉ

LOCAL BUSINESS

BEST NEW BUSINESS (OPENED IN 2021)

BEST PLACE TO SHOP FOR GIFTS

BEST BOOKSHOP

BEST MUSIC STORE

BEST CLOTHING STORE

BEST JEWELLERY STORE

BEST HOME DÉCOR STORE

BEST HOME RENOVATION/DESIGN STORE

BEST SPA

BEST HAIR SALON

BEST BARBER

BEST SPORTING GOODS STORE

BEST TATTOO PARLOUR

BEST YOGA STUDIO

BEST GYM

BEST NONPROFIT ORGANIZATION

BEST U-PICK

ARTS & ENTERTAINMENT

BEST LOCAL MUSICIAN/BAND

BEST LOCAL PHOTOGRAPHER

BEST LOCAL VISUAL ARTIST

BEST LOCAL ARTISAN/CRAFTER

BEST LOCAL AUTHOR

BEST LOCAL THEATRE GROUP/COMPANY

BEST GALLERY

BEST DANCE STUDIO

BEST MUSIC VENUE

PUBLIC SPACE & EXPERIENCES

BEST PLACE TO GO ON A DATE

BEST PLACE TO MEET WITH FRIENDS

BEST PLACE TO HOLD AN EVENT

BEST PLACE TO TAKE THE KIDS

BEST PLACE TO GET CRAFTY

BEST TOURIST DESTINATION

BEST FESTIVAL/EVENT

BEST PLACE TO VOLUNTEER

BEST COMMUNITY PROJECT

Lennie Gallant

The Innkeeper's Christmas

Celebrating the release of his new Christmas album

Christmas Day on Planet Earth

www.lenniegallant.com

Thursday, December 9, 2021 at 7:30 pm
Convocation Hall, Wolfville

Acadia Performing Arts Series

(902) 542-5500 or 1-800-542-8425 • pas.acadiainfo.ca

CALLING ALL COMMUNITY HEROES!

Kentville is looking for residents to join the Kentville Board of Police Commissioners. This group meets monthly to help guide the Kentville Police Service.

ARE YOU THE HERO WE ARE LOOKING FOR?

Kentville
A BREATH OF FRESH AIR

Contact Jennifer: 902-679-2503 jwest@kentville.ca

RETRO RUNWAY FASHIONS

Offering Sewing Repairs & Alterations

Like us on Facebook!

Winter Clothing for GUYS and GALS!

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

Farm & Art Market Store

Tues-Fri 10am-5pm
Sat 9am-4pm
Sun 12-4pm

wolfvillefarmersmarket.ca

Celebrating our One Year Anniversary!
Watch for Features Nov. 16-20



Best of the Bunch 2021 Voting Ballot	p.3
Mike's Gift Guide / Voles, Not Moles.....	p.4
Free Will Astrology / Star Drop	p.5
Church Listings / Ways to Give	p.6
Classifieds / Margot's Hidden Gems	p.6
Books by Locals / Poetry / Food Bank Listings	p.7
Fezziwig	p.8
Who's Who: Jonathan Arenberg	p.9
Cadance's 'Nutcracker'	p.10
Visually Speaking: Marlo Val	p.11
Wolfville Page	p.12
Virgin Cocktails	p.13
What's Happening / Tides	p.14-15
Garry Leeson / Owls Head Prov. Park	p.16
BookBikes / Wolfville Legion / Craft	p.17
Festival of Trees	p.18
What's Growing / Lennie Galant	p.19
Christmas with Friends	p.19

THE GRAPEVINE

BROUGHT TO YOU BY AN AMAZING TEAM OF CONTRIBUTORS:

EMILY LEESON <i>Editor-in-Chief</i>	CONTRIBUTORS: <i>Mike Butler, Margaret Drummond, Wendy Elliott, Anna Horsnell, Bernard Irvin, Samuel Jean, Ron Lightburn, Zack Metcalfe, Allan Williams</i>
GENEVIEVE ALLEN HEARN <i>Operations Manager</i>	
EMILY KATHAN <i>Managing Editor</i>	DELIVERIES: <i>Margot Bishop, Earle & Karen Illsley, Robert Knee, Andrea Leeson, John Morrison, Julie and Mugen Page, Fred Phillips, Sam Rhude, Mark Rogers, Lorna Williamson</i>
MONICA JORGENSEN <i>Events & Lists</i>	
DAVID EDELSTEIN <i>Design, Typesetting, Layout</i>	

ADVERTISING

ISSUE DEADLINES:

- ★ **DECEMBER 2 ISSUE:**
Mon. Nov. 22, 2021
- ★ **JANUARY 2022 ISSUE:**
Mon. Jan. 3, 2022

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

SINGLE BLOCK \$45 - \$62

DOUBLE BLOCK \$88 - \$123

FOUR BLOCK \$168 - \$237

HALF PAGE \$427 - \$624

ARTS EVENT POSTER \$76 - \$117

CONTACT

ADVERTISING: sales@grapevinepublishing.ca

GENERAL INQUIRIES: info@grapevinepublishing.ca

CONTENT SUBMISSIONS: editor@grapevinepublishing.ca

EVENTS/CLASSIFIEDS: listings@grapevinepublishing.ca

.....

SNAIL MAIL: Grapevine Publishing,
PO Box 2262 Wolfville, NS, B4P 1A0

ALSO AVAILABLE ONLINE: grapevinepublishing.ca
and issuu.com/thevalleygrapevine

WHERE TO FIND US

WINDSOR: Fry Daddy's, Lisa's Cafe, T.A.N. Coffee, Mosaic Market

FALMOUTH: Fruit & Vegetable Company, Petro-Canada

HANTSPORE: Jim's Your Independent Grocer

AVONPORT: Cann's Kwik-Way

GRAND-PRÉ: Convenience Store, Domaine de Grand Pré, Just Us! Café

GASPEREAU: Gaspereau Vineyards, Reid's Meats & Kwik-Way, XTR Kwik-Way

WOLFVILLE: Carl's Your Independent Grocer, Eos Natural Foods, Just Us! Café, T.A.N. Coffee, Library, Wolfville Farmers' Market

GREENWICH: Avery's Farm Market, Edible Art Cafe, Elderkin's Farm Market, Hennigar's Farm Market, Noggins Corner Farm Market, Stirling's

PORT WILLIAMS: Fox Hill Cheese House, Planters Ridge, Sea Level Brewery, The Noodle Guy

CANNING: Degraaf's Kwik-Way, ValuFoods, i scream

NEW MINAS: Boston Pizza, Captain Sub, Irving Big Stop, Jessy's Pizza, Long and McQuade, Milne Court Petro-Canada, Pita Pit, Swiss Chalet

KENTVILLE: Half Acre Café, Jason's Your Independent Grocer, T.A.N. Coffee, Valley Regional Hospital

COLDBROOK: Access Nova Scotia, T.A.N. Coffee, Callister's Country Kitchen, Foodland, Vicki's Seafood Restaurant

BERWICK: Jonny's Cookhouse, Luigi's Pizza Palace, North Mountain Coffeeshouse, Rising Sun Natural Foods, Union Street Café, Wilsons Pharmasave

AYLESFORD: Chisholm's PharmaChoice

KINGSTON: French Bakery, Pharmasave, Green Elephant

GREENWOOD: Country Store, Tim Hortons (Central Ave + Mall), Valley Natural Foods

MIDDLETON: Angie's, Goucher's, Willmot Frenchy's, Tim Horton, Library

DISCLAIMER

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

MIKE UNCORKED MIKE'S 2021 GIFT GUIDE

A Few Of My Favourite Things!
Mike Butler

The last two years have been difficult. We know this. We have done very well to be safe and work together. The holidays are coming and we are able to gather more, travel around, and enjoy each others' company and be part of events. If you know me, then you know Christmas is my favourite time of year! With so much at our disposal here in the Valley, I've compiled a little list of my ten favourite things to ponder as gifts or tokens for this holiday season!

10. The Reminder Gift: This one is pretty special because the gift you give becomes a reminder of either your friendship or kinship to the receiver. Items like 2021 Christmas ornaments, a homemade calendar for the coming year, or a magazine subscription. Once revisited, these gifts will provide reflection and continued thanks. Use your imagination and make it fun!

9. Food & Cheer: There is no shortage of great places to eat in the Valley so why not treat your friend or family member to a gift certificate or dinner out to a NEW restaurant! (new in town or new to them). Why go to the same old places when there's such a variety of specialty eateries at your disposal like Troy, Li's Wok & Grill, Chrismaria Family Restaurant, Le Caveau, Hole in the Wall, Union Street Cafe, Blomidon Inn, and The Church Brewing Co.? It also never hurts to introduce someone to a new bottle of local wine or a bag of coffee or tea.

8. Gift It Forward: This is one of my favourites! Call your friends that you normally exchange with and say "let's each buy a gift and donate it to the local food bank or a needy family." After you've done your exchange, get together and enjoy each others' company—that's the group gift! It's a twist on the Secret Santa idea and you just never know who gets your special present!

7. A Thousand Words: A picture is worth a thousand words and what a great gift idea: a photograph or piece of artwork. Wall hangings with inspirational sayings, holiday-specific messages, or what-have-you; something artistic, crafty, and decorative can add positivity to a person's living space and health. Pick from one of our many local artists, painters, or photographers. Visit the local farmers' markets or art galleries for prints to find that perfect picture, or go the distance and make it even more special by creating a framed collage of memorable photos of you and your friend. Hint hint: Homemade wood frames painted to match their wall!

6. From The Heart: This one is easy and very heartfelt. Everyone has been affected by an illness of some kind, or the loss of someone. This kind of gift is a donation in memory of someone who was lost, or in honour of someone who is battling a disease. Make your donation and tell your friend or family that this is where you put your holiday money. It means so much!

5. Date Night: We all might have friends that are a couple, and you want to buy them that "couple" gift, but they have everything! Well, why not give them a Date Night package which includes a dinner gift certificate, bottle of wine, and a certificate to catch a movie together?

4. A Novel Idea: BOOKS! I cannot promote the idea of giving a book as a gift enough! New, used, a gift certificate to buy a book, whatever you want, just give the gift of literature! Adults, kids, and especially youth appreciate the beauty of books. We are so fortunate to have The Odd Book and Rainbow's End in Wolfville, Black Cat in Kentville, Books Galore in Coldbrook, and Reader's Haven in Windsor, as well as Cole's, New

Minas, and gift certificates for online book shopping. Read lots and pass it on!

3. Save the Planet: An important thing to remember this holiday season is to do your best to be waste-conscious! In terms of gifts, there are still people who need reusable mugs for coffee and tea on the go, reusable bottles for water, cloth grocery bags, or other planet-friendly items. Also, wrap your gifts in decorative recycled or recyclable paper, or make your own wrapping this season. Everyone loves an eco-nut so do your best! Visit We're Outside or EOS in Wolfville, any coffee shop around, wineries, or crafts stores to find all the eco-friendly holiday things you need. Craft fairs are back so support a local artist!

2. Quirky But Special: I love this concept. If you really know someone, then you can select something odd and quirky to match their personality and catch them by surprise. Funny socks, funny t-Shirts with cute sayings, neat household items or amusing napkins are all good examples. This concept means you dig deep and always get the "that is SO me" reaction from your friend or family member. Check out Absolutely Fabulous in New Minas, winery gift shops, Retro Runway Fashions in Wolfville, Sequels in Windsor, and more.

1. YOU: Last but not least, the best present of all time, to suit everyone on your list is YOU! Bake some cookies and show up at your friend's house for a visit. Take the time to go out for lunch and chat and catch up. Christmas is a time for intense reflection and some folks have had a very hard, or rewarding, year. Give yourself to someone and make your presence the present this holiday! 🐻



VOLES, NOT MOLES: NEW BOOK BY SOREN BONDRUP-NIELSEN

Submitted

In this book wildlife biologist and ecologist Soren Bondrup-Nielsen reflects on his career as a scientist and on how his experiences as a researcher cultivated a deep sense of connection with nature. Bondrup-Nielsen's love of the outdoors and adventure drew him to the fieldwork aspects of biological research, taking him to Northern Ontario in pursuit of the elusive boreal owl, to the Lake Superior region to survey birds for a year in what would become Pukaskwa National Park, and to Northern Alberta to study voles (not moles). His research collaborations would later take him to such places as Norway, Finland, Poland, and Russia, where he was always as interested in the people and the culture as he was in his actual study subject.

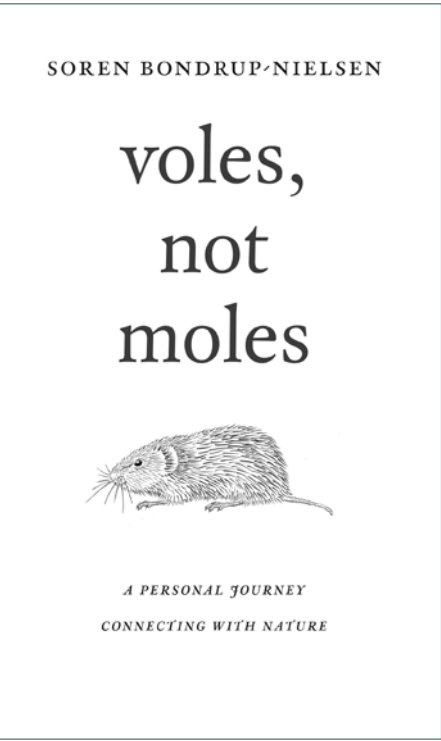
While structured as a memoir, this book is at heart a meditation on the role of science in society, contemplating issues such as human evolution, the nature of science, human population size, forestry practices,



the role of wilderness preserves, the concept of biodiversity, climate change, and the importance of solitude. Like all good teachers, Bondrup-Nielsen is part curious observer and part storyteller, weaving a lesson into his intriguing narrative. 🐻

Soren Bondrup-Nielsen will have copies of his new book, Voles, Not Moles, available for sale at Benjamin Bridge Winery on December 4, and ArtCan on December 11 in the afternoon. The book will also be available at the Wolfville Farmers Market Store, and at The Odd Book in Wolfville.

For more about Soren Bondrup-Nielsen and his books, visit bondrup.com



Margaret Drummond's WORD OF THE ISSUE

Scotch (verb):

Decisively put an end to.

*The day insists awhile. And then
lets go its fleabite promptings.
Small gnats unzip the dark.*

*And this is what it comes to.
Lone bone. Mouthful of need.
Hominid toddler.*

*But I will not scotch my wrecks and
blunders past the season,
nor magnify my
nought beyond its time.*

Excerpt from "Night Songs" by Dennis Lee

Rob Brezсны's
FREE WILL ASTROLOGY

© 2021 Rob Brezсны • freewillastrology.com • Horoscopes for the week of December 2nd

ARIES (March 21-April 19): It's a favorable time to get excited about your long-range future—and to entertain possibilities that have previously been on the edges of your awareness. I'd love to see you open your heart to the sweet dark feelings you've been sensing, and open your mind to the disruptive but nourishing ideas you need, and open your gut to the rumbling hunches that are available. Be brave, Aries! Strike up conversations with the unexpected, the unknown, and the undiscovered.

TAURUS (April 20-May 20): A Tumblr blogger named Evan (lotad.tumblr.com) addressed a potential love interest. "Do you like sleeping, because so do I," he wrote. "We should do it together sometime." You might want to extend a similar invitation, Taurus. Now is a ripe time for you to interweave your subconscious mind with the subconscious mind of an ally you trust. The two of you could generate extraordinary healing energy for each other as you lie together, dozing in the darkness. Other recommended activities: meditating together; fantasizing together; singing together; making spiritual love together. (PS: If you have no such human ally, sleep and meditate with a beloved animal or imaginary friend.)

GEMINI (May 21-June 20): Gemini author Chuck Klosterman writes, "It's far easier to write why something is terrible than why it's good." That seems to be true for many writers. However, my life's work is in part a rebellion against doing what's easy. I don't want to chronically focus on what's bad and sick and desolate. Instead, I aspire to devote more of my energy to doing what Klosterman implies is hard, which is to write sincerely (but not naively) about the many things that are good and redemptive and uplifting. In light of your current astrological omens, Gemini, I urge you to adopt my perspective for your own use in the next three weeks. Keep in mind what philosopher Robert Anton Wilson said: "An optimistic mindset finds dozens of possible solutions for every problem that the pessimist regards as incurable."

CANCER (June 21-July 22): An organization in Turkey decided to construct a new building to house its workers. The Saruhanbey Knowledge, Culture, and Education Foundation chose a plot in the city of Manisa. But there was a problem. A three-centuries-old pine tree stood on the land. Local authorities would not permit it to be cut down. So architects designed a building with spaces and holes that fully accommodated the tree. I recommend you regard this marvel as a source of personal inspiration in the coming weeks and months. How could you work gracefully with nature as you craft your future masterpiece or labor of love? How might you work around limitations to create useful, unusual beauty?

LEO (July 23-Aug. 22): Author Melissa Broder wrote a preposterous essay in which she ruminated, "Is fake love better than real love? Real love is responsibility, compromise, selflessness, being present, and all that shit. Fake love is magic, excitement, false hope, infatuation, and getting high off the potential that another person is going to save you from yourself." I will propose, Leo, that you bypass such ridiculous thinking about love in the coming weeks and months. Here's why: There's a strong chance that the real love at play in your life will feature magic and excitement, even as it requires responsibility, compromise, selflessness, and being present.

VIRGO (Aug. 23-Sept. 22): Virgo author Andre Dubus III describes times when "I feel stupid, insensitive, mediocre, talentless and vulnerable—like I'm about to cry any second—and wrong." That sounds dreadful, right? But it's not dreadful for him. Just the opposite. "I've found that when that happens," he concludes, "it usually means I'm writing pretty well, pretty deeply, pretty rawly." I trust you will entertain a comparable state sometime soon, Virgo. Even if you're not a writer, the bounty and fertility that emerge from this immersion in vulnerability will invigorate you beyond what you can imagine.

LIBRA (Sept. 23-Oct. 22): "The problem with putting two and two together is that sometimes you get four, and sometimes you get 22." Author Dashiell Hammett said that, and now I'm passing it on to you—just in time for a phase of your cycle when putting two and two together will probably not bring four, but rather 22 or some other irregularity. I'm hoping that since I've given you a heads-up, it won't be a problem. On the contrary. You will be prepared and will adjust faster than anyone else—thereby generating a dose of exotic good fortune.

SCORPIO (Oct. 23-Nov. 21): In her poem "Is/Not," Scorpio poet Margaret Atwood tells a lover, "You are not my doctor, you are not my cure, nobody has that power, you are merely a fellow traveler." I applaud her for stating an axiom I'm fond of, which is that no one, not even the person who loves you best, can ever be totally responsible for fixing everything wrong in your life. However, I do think Atwood goes too far. On some occasions, certain people can indeed provide us with a measure of healing. And we must be receptive to that possibility. We shouldn't be so pathologically self-sufficient that we close ourselves off from tender help. One more thing: Just because that help may be imperfect doesn't mean it's useless and should be rejected.

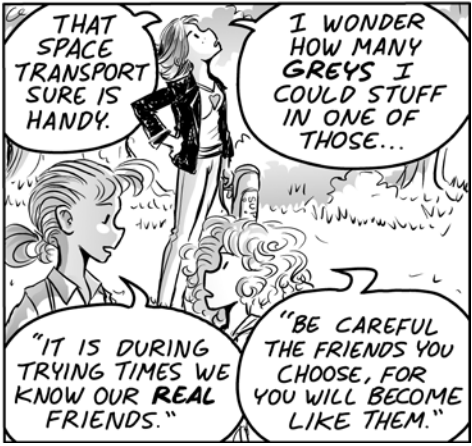
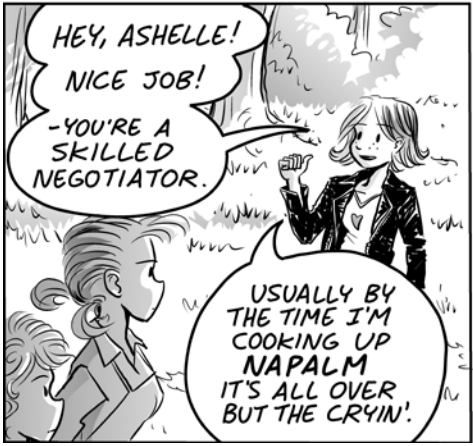
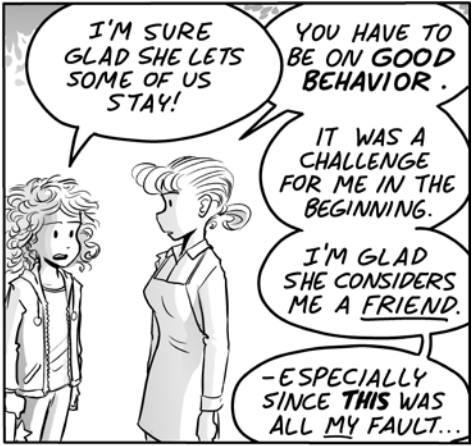
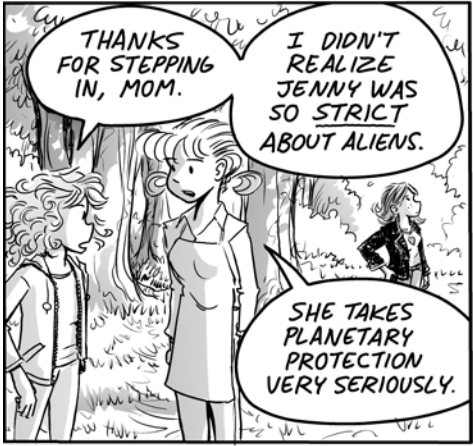
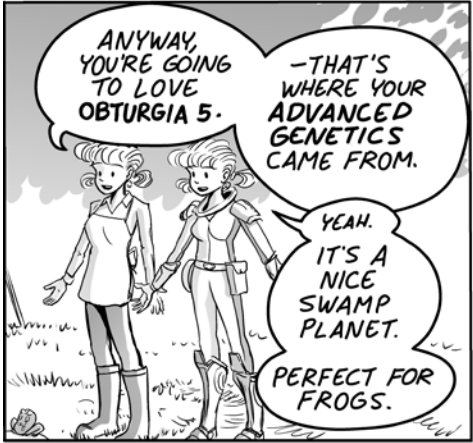
SAGITTARIUS (Nov. 22-Dec. 21): "All my days I have longed equally to travel the right road and to take my own errant path," wrote Norwegian-Danish novelist Sigrid Undset. I think she succeeded in doing both. She won a Nobel Prize for Literature. Her trilogy about a 14th-century Norwegian woman was translated into 80 languages. I conclude that for her—as well as for you in the coming weeks and months—traveling the right road and taking your own errant path will be the same thing.

CAPRICORN (Dec. 22-Jan. 19): Capricorn author Susan Sontag unleashed a bizarre boast, writing, "One of the healthiest things about me—my capacity to survive, to bounce back, to prosper—is intimately connected with my biggest neurotic liability: my facility in disconnecting from my feelings." Everything about her statement makes me scream NO! I mean, I believe this coping mechanism worked for her; I don't begrudge her that. But as a student of psychology and spirituality, I know that disconnecting from feelings is, for most of us, the worst possible strategy if we want to be healthy and sane. And I will advise you to do the opposite of Sontag in the coming weeks. December is Stay Intimately Connected with Your Feelings Month.

AQUARIUS (Jan. 20-Feb. 18): In some small towns in the Philippines, people can be punished and fined for gossiping. Some locals have become reluctant to exchange tales about the sneaky, sexy, highly entertaining things their neighbors are doing. They complain that their freedom of speech has been curtailed. If you lived in one of those towns, I'd advise you to break the law in the coming weeks. In my astrological opinion, dynamic gossip should be one of your assets. Staying well-informed about the human comedy will be key for your ability to thrive.

PISCES (Feb. 19-March 20): "Originality consists in thinking for yourself, and not in thinking unlike other people," wrote Piscean author James Fitzjames Stephen (1829-1894). Another way to say it: Being rebellious is not inherently creative. If you primarily define yourself by rejecting and reacting against someone's ideas, you are being controlled by those ideas. Please keep this in mind, dear Pisces. I want you to take full advantage of your astrological potential during the next 12 months, which is to be absolutely original. Your perceptions and insights will be unusually lucid if you protect yourself from both groupthink and a compulsive repudiation of groupthink.

Homework: I invite you to send me your holiday wish list. What do you want? What do you need? <https://Newsletter.FreeWillAstrology.com>.



CHRISTMAS CHURCH LISTING

As we all know, 2021 has been a very different year, and so our Christmas Services listing continues to be a bit different. With changing guidelines, it’s best to keep an eye on the news and inquire directly with your faith organization of choice to see what they have planned this year. However you celebrate, The Grapevine wishes you all the best of the season.

Holy Trinity Anglican, 45 Main St, Middleton
parishofwilmot.ca

All Saints Anglican, 521 Pleasant St, Kingston
(902) 825-2326

New Hope Wesleyan Church, 7054 Highway
12, Kentville
nhwchurch.ca

St. Joseph’s Roman Catholic Church, 48 Bel-
cher Street, Kentville
facebook.com/stjosephschurchkentville

Kentville United Baptist Church, 503 Main
Street, Kentville
kentvillebaptist.org

St. Joseph’s Roman Catholic Church, 48 Bel-
cher Street, Kentville
(902) 678-3303

Canard Community Church, 1315 Highway
341 (Upper Canard)
canardcommunitychurch.com

Kings Presbyterian Church, 5563 Prospect
Road, New Minas
kingschurch.ca

Hope Centre Family Centre, 9593 Commer-
cial Street, New Minas
(902) 681-4673

Orchard Valley United Church,130 Cornwallis
Ave, New Minas
orchardvalleyunited.ca

St. John’s Anglican Church,164 Main Street,
Wolfville
stjohnsanglicanchurchwolfville.com

Saint Francis of Assisi Catholic Church, 118
Main St, Wolfville
corpuschristins.ca

Wolfville Baptist Church, 487 Main Street,
Wolfville
wolfvillebaptist.ca

Wolfville Ridge United Baptist Church, 1366
Ridge Road, Wolfville
(902) 542-3419

Covenanter Church, 1989 Grand Pré Rd,
Grand Pré
orchardvalleyunited.ca/
small-group-ministries/covenanter-church

Catholic Church of St. John the Evangelist,
339 King St, Windsor
(902) 798-2341 🇮🇪

WAYS TO GIVE THIS SEASON

Here are a few of The Grapevine’s favourite Valley charities and their humble requests for the season and for the year to come. Please give generously if you can:

Open Arms

In addition to our day to day work of creating a community space from which we support and advocate for people in crisis, each year we also serve about 30,000 meals and provide more than 3000 shelter stays.

This important work is made possible because of our many volunteers and donors. To learn more about partnering with Open Arms, please visit us or write:
To volunteer: serving@openarms.ca
To give financially: admin@openarms.ca

Chrysalis House Association

Most women and children arrive at our shelter with nothing more than the clothes on their backs.

By donating gift cards you are empowering women to shop for diverse essential needs. This act of kindness helps women and children prepare for their next chapter with more confi-
dence and ease.

We are accepting donated gift cards from:
Grocery stores
Gas stations
Pharmacies
Clothing stores

Gift cards can be mailed to:
PO Box 356 Kentville NS B4N 3X1
For questions or to make drop off arrange-
ments, please called our support line:
(902) 679-1922

Your donation makes a BIG difference in our community!
chrysalishouseassociation.org

The Portal

Gifts of Hope campaign is to support youth in the Annapolis Valley experiencing or at risk of experiencing homelessness.

We are looking for groups, businesses or community members to help ensure that every youth has a present to open Christmas morning.

Suggested gift items include:
Snacks (chips, chocolate, candy)
Hygiene items (body wash, shampoo, soap, razors)
Gift cards (fast food, Dollarama, Netflix)
Bluetooth earbuds
Card games and board games
Art supplies

We would ask that those supporting Gifts Of Hope would commit to a set number so that we can keep track of what is left to be covered. Alternatively donations of bulk items or a cash donation towards gifts for our youth are always welcomed. All donations to be collected on or before Thursday, December 16.

For more info please contact:
paige@portalyouth.ca 🇮🇪

Farms Wanted

Are you considering selling your country property or farm this year? For the past 26 years, we've been selling farms throughout Nova Scotia. Right now we have qualified buyers looking for farms in the Annapolis Valley. So if you've got a farm you want sold, please give us a call for a no cost, no obligation market evaluation. We need hobby farms, horse farms, farm estates, organic farms and vineyards, too. Thanks

Country Real Estate

Brokers of Nova Scotia
Canning, Nova Scotia
(902) 582-3969 country@glinx.com

THE FREE CLASSIFIEDS

This section works on a first-come, first-served basis. Email your classified to: listings@grapevinepublishing.ca and, if there's room, we'll get you in. Or, to reserve a placement, pay \$5 per issue (3-issue minimum commitment). Please keep listings to 35 words or less.

CLASSES & WORKSHOPS:

Gaspereau Yoga Winter 2022: A 9-week session starting Wed. January 12–March 9. All classes will take place on Wednesdays at the Bishop Hall in Greenwich. In the case of cancellations (snow, covid, etc.) the session will continue until we have completed the 9 weeks. Level 1: 4–5:15pm. 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. **FEE:** \$85 per level for 9-week session. Payment by cheque to Sophie Bérubé, by e-transfer or by cash. **INFO/Reg:** yogagaspereau@gmail.com

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

DONATE/VOLUNTEER:

The Revival Shop: @ Hantsport Baptist Church: Excellent way to recycle good used seasonal clothing. Donate/shop during open hours: Mon. 9am–12pm, Wed. 2–4pm, Thurs. 6–8pm, Sat. 10am–12pm. Free will donation only for all items. **INFO:** Call Shirley, 902-684-3563

PRODUCTS & SERVICES:

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

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: Are you busy with holiday preparations or can't get an appointment at the lab? Let Karen come to you! Certified medical lab tech with over 30 years experience. CoVid protocols and screening in effect. Karen will also take you shopping or run those errands for you. 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

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

Judith Leidl Scarves, Placemats and Cushions: Beautiful Scarves, placemats and cushions by local, award-winning artist, Judith Leidl are available at Charts

Dogmatics

Henry has a hot spot
He has licked it through and through
His Mistress cries, “Now, stop that!
Hear this, this Scabby Lou!”

“Staph-y-lo-coc-cus Au-re-us
Lurks, endemic to your hide
Ravenous enteric worms
Within your gut reside
You have scratched a ready portal
For bacteria and vermis
These are feasting now
Upon the sweet fat of your dermis!”

“You Dog! You Hound! You Mangy
Cur!”
She pulls him to her bosom
Then presses on her poultrices
Of black tea and colostrum.

Cafe on Elm Street in Wolfville. All our wearable art, home decor and accessories are exclusively, artistically and very well Made in Canada. **INFO:** Visit our online storefront portal at: legaleriste.com/judith.jane.leidl

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

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:

Wolfville Lions Christmas Tree Sales: Daily until Dec. 24 @ Lions Hall, 36 Elm Ave., Wolfville. Trees range in price from \$25 to \$30, depending on size. Local delivery is also possible for a small fee. Wreaths available for \$17 plain and \$19 with a bow. Help support the important community service work of the Wolfville and District Lions! **INFO:** 902-542-4508

2022 VCLA Poetry Calendar: Now available! It can be purchased at our office downtown, 49 Cornwallis Street, Kentville; and at our new location at 118 Oakdene Avenue, Kentville. Also available at Chisholms and T.A.N. Coffee in Kentville, Noggins Farm Market and Hennigar's Farm Market in Greenwich, and Eos Natural Foods in Wolfville. Enjoy beautiful Valley scenery and soulful poetry and support adult learning at the same time! **FEE:** \$10 **INFO:** 902-679-5252 / vcla.ca

VCLA Christmas Wreaths: The Valley Community Learning Association will be selling wreaths this year with proceeds going toward Adult Learning in Kings and Annapolis Counties. The VCLA is a not-for-profit that assists adults and families in the Annapolis Valley. The Wreaths are crafted only with natural elements. **FEE:** \$25 Small Wreath, \$40 Large Wreath **INFO/Order:** Sophie, 902-692-1427 / vclapublish@gmail.com

Adult Skating: Come enjoy a skate with fellow adults at the Kentville Centennial Arena from 9:30–10:30am on Tuesdays and Thursdays. All participants must answer/pass screening questions and sign in upon entry. Mask must be worn until you are on the ice! **FEE:** \$3 **INFO:** 902-679-2542 / kentville.ca

Voles, Not Moles: New Book By Soren Bondrup-Nielsen. Soren Bondrup-Nielsen will have copies of his new book, Voles, Not Moles, available for sale at Benjamin Bridge Winery on December 4, and ArtCan, Canning on December 11 in the afternoon. The book will also be available at the Wolfville Farmers Market Store, and at The Odd Book in Wolfville. **INFO:** bondrup.com

EXHIBITS:

Annual Studio Show: Art Can, 9850 Main St., Canning, through Dec. 23. Featuring the work of Art Can students, some of the proceeds from this exhibit will be donated to the Canning Food Bank. **INFO:** artcan.com

Christmas Sale: Landscape Paintings at Carol Pye Gallery, 1042 Grand Pre Rd. Good selection of plein air paintings of local landscape, various sizes from 6"x6" to 36"x48". Special discounts until Christmas! Payments by Square or e-transfer. Shipping by request. In-person gallery visits by request. Covid precautions in place, masks requested for visitors. **INFO:** 902-402-4442 / carol@hilchie-pye.com

A week of this, some fresh pink skin
His Mistress is ecstatic
“So now, Dear Henry, now this cone
To heel the problematic!”

“Well, Good Morning, Mrs. Mistress
Seems that doodad does the trick!”

“Well, as you know, Dear Mr. Jones,
There’s carrots, and there’s sticks...”

Henry, in his gramophone
Ears cocked to the static
Listening for the sensible
Within the charismatic

“...then practice, practice, practice
Until it’s au-to-mat-ic
Some may say encumbrance
I say pro-phy-lac-tic”

— Bernard Irvin

BOOKS BY LOCALS: DAVID WHITMAN

Wendy Elliott

Dave Whitman of Paradise has a new book out which is a collection of stories and interviews about female athletes of Nova Scotia, past and present. Many of the women that he profiles have impacted the sport world at the provincial, national, and international level. As Olympic paddler Karen Furneaux says at the outset of the book, there is no greater time than the present for a book devoted to powerful women in sport in Nova Scotia.

Whitman maintains there are some amazing ‘firsts’ that very few people know about, such as the first woman to qualify for the 1928 Olympics, the first Nova Scotian (and Canadian) to play professional baseball, and the first female coach and athletic director at Saint Mary’s University.

Many of us have heard of 1930s runner Aileen Meagher, stellar gymnast Ellie Black, and notable swimmer Nancy Garapick. Whitman sets out their achievements, but he also details the careers of local wrestler Makayla Levy and hockey player Melanie Long.

I remember Edna Duncanson as advanced in year, but she was the only Nova Scotia female to play professional baseball. Mrs. Duncanson died in 2006, having lived in Gaspereau.

Annapolis County native Gertrude Phinney Beattie spent her later years in Wolfville. She was noted as a fine athlete in basketball, track, and tennis. Mrs. Beattie became a dietician and teacher.

Whitman loves basketball, so not surprisingly he details the 1928-29 women’s team at Acadia, and the Lawrencetown Lady Lancers of the 1970s.

Wendy Moore of Digby was a fine basketball player, but it was her love of golf that she passed on to her three daughters.

Susan Fraser started an equestrian centre near Canning in 1975. Between 1976 and 1985 she competed in every major dressage competition in Ontario and the central United States. Whitman also lists riders Vanessa Scalan from Port Williams and Ariel Boesner from Canning, who competed in dressage at a global event in Florida. He added Elizabeth

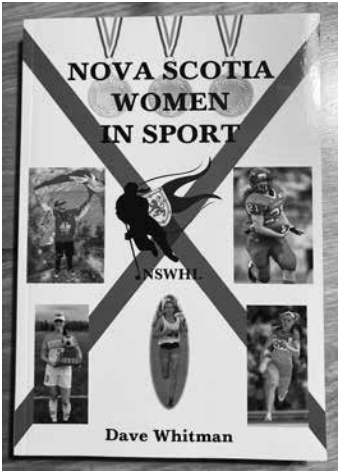


Photo courtesy of Wendy Elliott

Johnson from Port Williams to the book, as she judged both light and heavy horse events around the province.

Whitman devotes two pages to the late Dorothy Walker Robbins’ achievements. Speaking of her leadership qualities, he quoted Doug Oldford: “You might say she was the founding lady of physical education in Nova Scotia.”

Growing up in the Valley, Whitman graduated from Acadia University and taught in Halifax and Annapolis County. Now retired, Dave and his wife Paulette have started Bailey Chase Books. They have written seventeen books, together and separately, about varied aspects of local history. One recent book detailed the quest of Lieutenant Colonel Charles Bent to bring home to Nova Scotia a war horse named Fritz, and the battalion mascot dog Bruno, after WW1 ended. *A War Horse Comes to Nova Scotia* was published in 2017. Their catalogue includes tales of the Lawrencetown & District Fire Department, the Annapolis Valley Exhibition, and *Lost in the Woods: The Lure and History of Roxbury*. .



For more information about where to pick up his books contact Dave by email at davejwhitman@hotmail.com or davewhitman.ca.

THE GRAPEVINE’S SEASON OF GIVING
FOOD BANK LISTING

Please Give Generously!

It’s important to remember that it’s not only during the holiday season that local food banks need help from Valley communities. If you’re able to help, or interested in adding a local food bank to your plan for charitable donations in 2022, here is a little info to help you on that path. This is by no means a comprehensive list.

MIDDLETON
NSCC Annapolis Valley Campus (students only)
295 Commercial St.
Middleton, NS
B0S 1M0

Twelve Baskets Food Bank
9326 Highway 10 RR 3
Middleton, NS
B0S 1P0

KINGSTON
Upper Room Food Bank
699 Main St.
Kingston, NS
B0P 1R0

BERWICK
Berwick Food Bank
100 South St., Unit 2B
Berwick, NS
B0P 1E0

KENTVILLE
Fundy Interchurch Food Bank
50 Belcher St.
Kentville, NS
B4N 2B5

CANNING
Canning Area Food Bank
1000 Seminary Ave
Canning, NS
B0P 1H0

WOLFVILLE
Wolfville Area Food Bank
487 Main St.
Wolfville, NS
B4P 1E3
waicc.org/food-bank

HANTSPORT
Hantsport & Area Community Food Bank
3 Oak St.
Hantsport, NS
B0P 1P0

WINDSOR
Harvest House Community Outreach Meal Program Drop-In
95 Stannus St.
Windsor, NS
B0N 2T0

Windsor & District Food Bank
10 Sanford Dr.
Windsor, NS
B0N 1H0



MARGOT’S HIDDEN GEMS: MORE GIFT IDEAS

Margot Bishop

Gifts do not have to be traditional items, packaged or wrapped, tied up with ribbon and bows. They may be donations given in a person’s name, like a bench in a park or on one of the Town’s green spaces, or give a cash voucher to your local food bank or shelter. Buy an acre of the rainforest or save a whale (our North Atlantic right whales are in danger). Adopt a mile of highway and then organize a party to clean up the litter. You can do this in your town, too, block by block (kids like this activity.) Check with your town office or service group. Volunteering with a local service group is also an activity that you can share with a person, that can be a two-fold gift. The service group receives your help, and the gift receiver gets a sense of wellness that accompanies such a kind act. Breakfasts and other meals that service groups provide can always use extra hands on deck.

What about re-gifting things? Some people do not like this process, but others do. Know your gift receiver and consider this. After all that is basically what we do when we go to second hand stores, isn’t it? And with re-gifting, money does not have to change hands. Listen to people. Did you hear that a friend needs a winter coat but can not afford one? And do you have a lovely coat in your closet that you do not need and do not wear? Why not gift that wonderful coat to your friend? Also do you have some family heirlooms or keepsakes that would be appreciated by another family member? Offer something to them and give them a written or verbal account of the item and who it belonged to. A story about the person and item will make the gift even more memorable and precious.

As I have said before, vouchers are a great gift. What about paying a part or the whole of a sport fee: curling, golf, gym time, or anything that delights your friend. I often get these things from my family at special times. In a nice card, they are a lovely gift to open. Gift certificates for a class or activity like painting, rug hooking or pottery—anything that interests a person is a thoughtful and fun gift.

Put some consideration into your gift choices. Respect the person’s abilities or disabilities. Maybe hand ball or squash lessons are not appropriate for someone with arthritis or missing a digit. But if your friend or family member loves to dance and listen to music, maybe some dance lessons would be fun. All types of dance groups are around, including contra, Scottish, Irish, and couples lessons. Check it out and find out what is near you.

How does your friend heat their home? How about paying for a cord of wood, or any part thereof, or helping with an oil delivery or electric bill. These are wonderful gestures and so appreciated. Again these things do cost money. If cash is tight, volunteer at an activity that your friend enjoys, like bingo or a card party. There are also chess and board game nights at most libraries.

Remember how ‘gift’ can be spelled:

- G: genial or genuine
- I: intriguing or involving
- F: forever or festive
- T: time or tactful

Please stay safe this blessed holiday season. 🍷

Food is a human right.

And yet . . .

Did you know that 1 in 6 households in Nova Scotia face food insecurity?

We are a group of NSCC students organizing a 5-day social media campaign to raise awareness of food insecurity.



Contact information:

- *Email us at: nsccadco@gmail.com
- *Check out our social media campaign by visiting NSCC Kingstec on Facebook and Instagram from 12/6-12/10.

How can anyone prosper when they’re hungry?

Students with learning differences have gifts that are waiting to be unwrapped.



LANDMARK EAST Visit us online and find out how we change lives.
www.landmarkeast.org

My door is always open.




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

www.edwardjones.ca
Edward Jones

MKT-12638-C-AD2 EXP 30 JUN 2021 © 2020 EDWARD D. JONES & CO., L.P. ALL RIGHTS RESERVED.

YOGALIFE
 W O L F V I L L E

YOGA FOR ALL BODIES Yoga, Barre, Pilates, and Bootcamps for kids, adults and seniors from beginners to experienced yogis



- Ethically made yoga clothing
- Canadian made yoga accessories
- Handmade Mala Jewelry
- Class Punchcards
- Giftcards

344 Main Street, Wolfville
 902.680.2008
yogalifens.com



A FEZZIWIG CONCERT FOR 2021

Wendy Elliott

Wolfville, like many towns, has some seasonal traditions. In December, just prior to Santa's arrival, the *Fezziwig Family Christmas Frolic* has always been one of them.

The 2019 production, *Mother Goose Muddle*, was a reprise of the very first pantomime from 2002. Then the pandemic started and last year became a video spoof based on *Winnie the Pooh* stories.

For 2021 the *Fezziwig* family is back, now in the Al Whittle Theatre, and cast members are imagining a Victorian-era family holiday party full of song. In fact, songs have been selected from the last ten shows.

Many of the community's favourite actors have returned, including Ray Baltzer and Sherry Bishop, Wil Lang and Emily Lutz, Mike Butler, Spencer Laing, Donna Holmes, Morgandy Levy, and Alan Slipp. The talented Graham Howes will be playing keyboard accompaniment in many musical styles.

There will be two concerts, December 17 in the evening at 7pm, and a matinee at 2pm on December 18 at the Al Whittle Theatre.

Admission will be by free will donation, first come first served seating. All COVID-19 protocols will be enforced. Proceeds from the concerts will go to the Wolfville food bank.



Jessica's art of healing

Jessica Innis
 Registered
 Acupuncturist

NOW ACCEPTING NEW PATIENTS

Specializing in treatment for:

- Migraines/Headaches • Anxiety/Stress • Sleep Disorders/Insomnia • Digestion / Acid Reflux / Gastritis / Irritable Bowel
- TMJ • Plantar Fasciitis • Sciatica/Neuropathy • Fertility/Hormonal/PMS
- Musculoskeletal Dysfunctions / Degenerative Disc Disease

Book an appointment today:
jessartofhealing@gmail.com | seaportfamilywellness.janeapp.com
 963 Highway 358 Suite #5, Port Williams

WATERCOLOUR PAINTING CLASSES

Starting January 18
 5:00 – 6:30pm

First block:
 BASIC ELEMENTS OF WATERCOLOR

Second block:
 PAINTING THE WINTER LANDSCAPE

Third block:
 BUILDING EFFECTIVE COMPOSITION and SKILL BUILDING

Four Tuesday classes per block
 \$110 per block

No previous experience needed.
 All usual materials provided for the first block of classes and a material list provided for the second two blocks.
 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 register online go to tinyurl.com/ArtClass2022

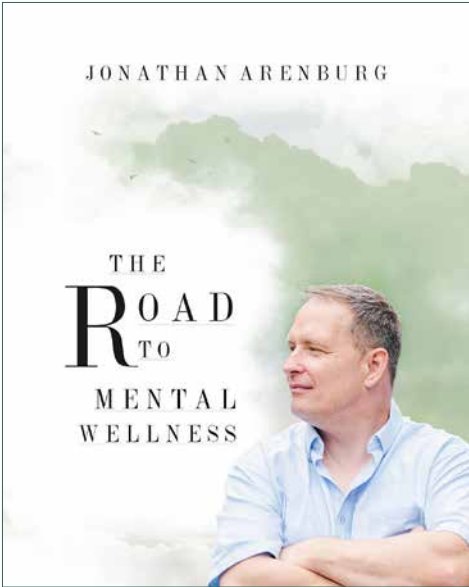
WHO'S WHO JONATHAN ARENBURG AND THE ROAD TO MENTAL WELLNESS

Mike Butler

Mental health is a very important topic! We all know someone who suffers from mental health issues like depression, anxiety, or PTSD. Over the years, we've seen lots of research, awareness, community involvement, and education in schools, but there's still a heavy stigma surrounding men with mental health issues. I am very proud to introduce you to John Arenburg, and to talk about his new book *The Road to Mental Wellness*. The holidays can be a time of celebration and togetherness, but they can also be a time of struggle, deep depression, and anxiousness. This might be the perfect time to read this book and pass it along to someone who might need it.

Jonathan Arenburg was born in North York, Ontario, moved to Nova Scotia at a year old, and was raised in Berwick. He's a graduate of West Kings District High and from there, he went to NSCC and took human services and addictions counselling. John is a proud father of two and he's now a published author, as his long battle with mental illness inspired his book, *The Road to Mental Wellness*. John's story is one of incredible ups and downs, harsh discoveries, positivity, and a roller coaster of emotions. John is a former firefighter of 15 years, serving in the Berwick and District Volunteer Fire Department. He also worked at Kings Regional Rehabilitation Centre for 18 years, working in client care. Now he is a mental health blogger, advocate, and published author.

I met John serendipitously as I saw a post about his book on Facebook and felt compelled to send him a message while I sat at Charts Cafe in Wolfville, where, without my prior knowledge, John's book was being sold! I was immediately intrigued, excited, and thankful that there was a local man who had published a book about his mental health struggles in a time when so many men still



feel it's not something they can even talk about. We all need a leader, and in steps John! "When I went off work because of PTSD," John says. "I was left in limbo while I waited to see if I would be awarded Workers' Compensation. It was long and painful, hanging in the darkness of my home. So, I began to try and figure out this PTSD thing; how did I get here? I was a firefighter, so I knew that much, but my battle with anxiety and depression was a life-long battle. I began to write out my story, mostly to help quell the angst of being lonely and in mental illness purgatory. It helped immensely. I survived the dark because of it."

The Road to Mental Wellness is a very brave account of John's struggles. It's all out there for the reader and it's a journey that is worth taking as a reader to better understand exactly what happens to someone suffering from mental illness. The book is written for

therapeutic intervention and published in hopes that it can do the same for you or someone you know.

Jonathan has discovered many hobbies over the years that help with curbing some of his mental health issues and as a way to engage with his surroundings. His hobbies include exercise, politics, helping others through his blog, and of course, he loves his coffee! "I like to walk and hike the many places that are spread across the Valley," he notes. "I love the beauty that comes with being nestled between the two mountains that provide one with the brilliant view of the Valley landscape below, the look-off being one of my favourite spots. Being a writer, I need inspiration, so sitting next to the Bay of Fundy and breathing in the fresh salt air is definitely part of my healing and coping process."

What are John's goals? "Ideally," he says "I want to become a speaker, land a Ted Talk, and produce a documentary. Also, I want to expand the road to mental wellness.com and incorporate all things wellness-related by have contributing writers from all disciplines of wellness: dietary, fitness, political, therapeutic, pharmaceutical and so on. I have plans for more books down the road—working on one now and getting things ready for an audio-book version of my book. I am committed to helping others with mental illness. I want to inspire others to get the help they need, and learn to advocate for themselves and a better mental health care system, but ultimately, I want people to know that no matter how limited their energy is, they still have a choice where they put it. I want to help the mentally ill find passion and purpose."

Embrace this book. Let it educate you and remind you of your own personal highs and lows, and let it remind you of the good and the struggles, how brave you can be, and how

mental health doesn't pick a gender, or a status—it happens to everyone!

I encourage you all to find a copy of John's book, at Charts Cafe in Wolfville, or by contacting John at johnnixona@gmail.com. 📖



Sarah Hayes and Associates

Paediatric and
General Osteopathy
Naturopathic Medicine
Massage Therapy

16 Water Street, Kingsport
902 582 7607
kingsportclinic.com



KingsportOsteopathicClinic
ESTABLISHED 1996

Family Osteopathy
PORT WILLIAMS

Registered
Massage Therapist
JULIA MANUEL

is accepting
new patients at
Family Osteopathy
in Port Williams

Online booking and information at:
www.familyosteopathy.ca
or call or text:
902-398-0524

Find me on Facebook and Instagram:
@juliamanueltmt

Aligning your Investments with Social and Environmental Values
does not require lower performance expectations

WE CAN SHOW YOU HOW

Left to right: David Morse, Chuck Shields, Brenda Spinney, John Burris

Evangeline
Wealth
Management
Since 1964
LOCAL INDEPENDENT ADVICE.

iA
Investia
Financial Services Inc.
NATIONAL STRENGTH.

With offices
in Windsor, Kentville,
and Greenwood

902-765-8437 www.evangelinewealth.ca

Mutual funds and exchange traded funds are offered through Investia Financial Services Inc.

SKYLIT

**Plug into
the Sun**

A SMARTER SOLUTION TO SOLAR POWER

Get a free quote **SKYLIT.CA**

REBUILDING OUR RESILIENCE

9 a.m. - 12 p.m. via Zoom
Capacity: Max 30 participants

Becoming more resilient not only helps you get through difficult circumstances, it also empowers you to grow and even improve your life along the way.



- Name:
- Location/Town:
- Date of Sessions:

MOSAIC MARKET
Health, Local Food & Cafe

Monday - Friday 10am - 5pm
141 Water Street, Windsor • 902-798-4415
mosaicmarket.ca
mosaicmarketwindsor@hotmail.com



Submitted

“Mother Ginger and her children” is one of the most exciting parts of the show, and is popular with young performers as it is fun and very lively. There is always a lot of “naughty business” with the lollipops, which are usually stolen from the Nutcracker and Clara. Mother Ginger herself is absolutely hysterical. No one can really predict what she will pull out of her bodice next or when one of her children will pop out from underneath her dress. What is known for sure



Cover image: Photo by Paul Wegleitner
Fine Art Photography (pwfap.ca) Allison
Carey-Millet as Mother Ginger, along
with her children, left to right, back row:
Gabriella Cuartero, Charlotte Lee, Allison
Carey-Millet, Melrose Kinney and Eliza
Godfrey; front row: Lacey Smith, Meryk
Jess-Wegleitner, Axton Sharpe and Beatrix
Gadon. "Land of Sweets" backdrop by
Holly Carr.

**Thank you for supporting local
this Holiday Season**



**9049 Commercial St. #411, New Minas
(902) 681-1355 • www.headshoppe.ca**



(Left) *Suspension Cylinder Stone and Twining* and (right) *Play Well With Each Other* by Marlo Val (photos courtesy of the Anna Horsnell).

VISUALLY SPEAKING: MARLO VAL

Anna Horsnell

Dandelion seeds, pea tendrils, barbed wire, calf eyelashes, spiderwebs, rusting metal. These were the things that first drew the wonder of an inquisitive young girl growing up on a farm north of Regina. She imagined becoming a mad scientist or inventor, but a strong creative urge would win out. Now an artist, Marlo Val remains fascinated with the textures of nature as she creates intricately constructed sculptures and jewellery in her Bear River studio.

Her journey began with a Bachelor of Science in Biology and interestingly one thing led to another. "I see texture and pattern in everything," she explains, "I find the subtle meditative and engaging. It may also be partly due to years of looking through the microscope in biology labs and seeing patterns emerge at every level of magnification. There was an unexpected beauty at every layer. The world is endlessly fascinating at the cosmic and the microscopic levels." She soon found herself creating retail and gallery spaces in Regina to promote other artists as well as her own art. Twenty-five years passed by until eventually the desire for a quiet place to concentrate on her artwork brought her to Bear River in 2017.

Val's work draws you in close, surprising you with tiny details and combinations of materials. There is both fragility and strength, distinction and cohesion. "My impulse is to put extremely contrasting textures together and find a surprisingly harmonious result. A oneness." She continues, "I want to express the transience of the material world—to connote the cycle of materials returning to energy. By using materials (often lots of them!) and enveloping space with them or layering them or using translucency, I am implying something

beyond the material. All that is most important is invisible: life force, love, the sacred, etc. I refer to the Japanese philosophy of *wabi sabi* in the sense of natural cycles of deterioration, decay, and transience as well as the beauty of imperfections. Imperfections are what grab and hold our interest."

Moving to Nova Scotia expanded Val's creative process to include several prehistoric textile and basketry techniques such as twining, coiling, finger braiding, net-making, and cordage-making. Her studio reveals years of foraged supplies, from rusty nails and date pits to tree bark, Pyrex glass and seed pods. "Often my process is assemblage-based, where I have created many elements and then I see which ones want to play together and where do I have to make new elements to unify the grouping. My palette has been natural tones, whites, creams, tans, browns, greys, and blacks, for the last twenty-plus years. My materials have been metals (copper, brass, bronze, silver, stainless steel, steel, aluminum), woods, fibres, man-made construction materials, stone, beeswax, and found objects, too. I enjoy honouring and elevating seemingly non-precious materials. Much of my copper and other supplies are salvaged."

Val poses a fantastical wish, "visual tactility can be an ecstatic experience. If I could, I would weave air, lava, and moonlight." When asked what that might look like, she smiles. "It would look like a gigantic luminous spiderweb spun by a Hindu Goddess. Maybe we could even walk on the threads..."

See Marlo Val's sculpture and jewellery on her website at marloval.ca and Instagram at [marlo.val](https://www.instagram.com/marlo.val). 🐾

WAY BACK WHEN



Outdoor rink, Wolfville school grounds, 1920's
Building is the MacKay School building (1893) from the east.

Photos courtesy of Randall House Museum, 259 Main Street, Wolfville, NS
902-542-9775 | wolfvillehs.ednet.ns.ca

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

Ask **MELANIE**

EXIT
EXIT REALTY TOWN & COUNTRY

902-599-1852

www.melaniebesemer.com

Mr. Flaherty's Christmas Carol
Ron MacInnis

The Legacy of Leroy the Crow
by Ron MacInnis

The Little Girl Who Asked BIG Questions
MacInnis

Notes and Quotes
for a Changing World
MacInnis

Critters in the Garden
by Ron MacInnis

It's getting close to Christmas in a present day small town and several homeless children have no place to spend the night. Chased away from a Christmas celebration, they find refuge in an abandoned church until they are discovered by the old caretaker, who firmly bids them be on their way, until...until he is moved by the long gone spirit of Christmas to adopt another plan.

A moving, heartwarming parable for our day for kids and adults alike, the book was inspired by the saving and charitable repurposing of a fine old church not far from where you are probably sitting right now.

Go to Amazon.ca: enter the name "ron macinnis" in the search box.
Also available at The Market in Wolfville and R.D. Chisholm in Kentville

ALL MY BOOKS are for kids (six and up) and their parents or teachers. All are FUN, but with the overlying purpose of teaching deep and abiding lessons about life itself and the importance and appreciation of values like love, truth and the natural beauty of our world: an easy and informative way for parents and their children to learn and to laugh together.

Merry Christmas!

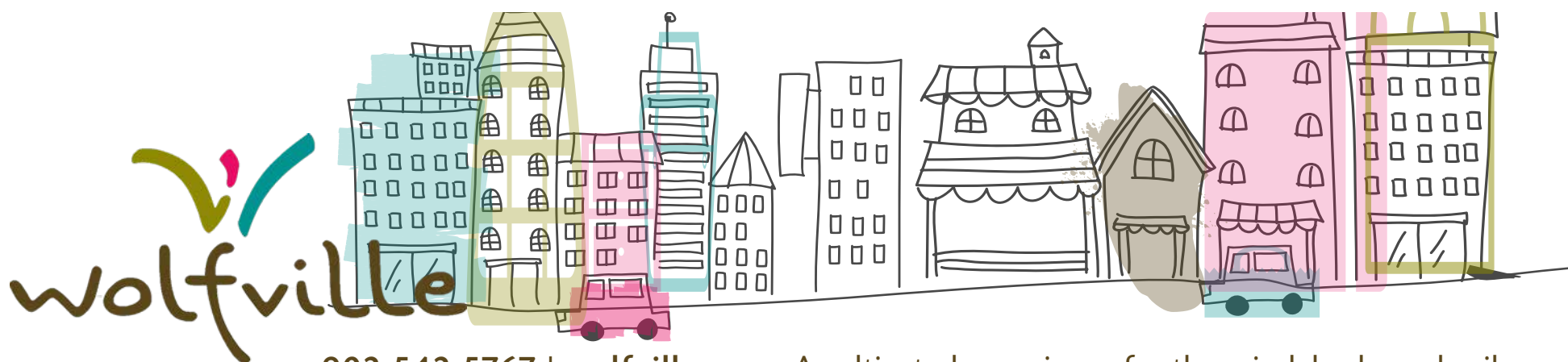
Best Xmas Gifts Ever!

- original - affordable - beautiful
- big selection - unique & local

Tides is filled Wall-to-Wall, Floor-to-Ceiling with fresh, new art from member artists and fine craft artisans. Big changes underway to our downtown Kentville location. Come have a peak.

A Gift Certificate That Never Expires --
The Perfect Solution For Every Uncertainty

36 Cornwallis Ave. Kentville
Wed. through Sunday, 10-5p.m.
www.tidescontemporaryart.com



902.542.5767 | wolfville.ca

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

Glows
WOLFVILLE
Shop, dine, stay, and be merry.

Night of Lights and Wolfville Glows

2021

A Month of Community Events
and Experiences! Nov.27th - Dec.23rd
www.wolfville.ca/wolfville-glows

 Wolfville Business
Development Corp.

Saturday, November 27

9am - 1pm Wolfville Farmers' Market

6pm - Tree lighting in Clock Park

Sunday, November 28

1:30pm "Elf" Free Sunday Holiday Matinee at Al Whittle Theatre

Saturday, December 4

9am - 1pm Wolfville Farmers' Market

2pm - 4pm Visit with Santa in Clock Park

2pm - 4pm Pop-up Choir at Robie Tufts Park

Sunday, December 5

1:30pm "The Grinch" Free Sunday Holiday Matinee at Al Whittle Theatre

Saturday, December 11

9am - 1pm "Get Un-Scrooged" at the Wolfville Farmers' Market

10am - Noon Forest Bathing & Wellness Walk at Reservoir Park (registration required)

2pm - 4pm Visit with Santa in Clock Park

2pm - 4pm The Big Sing at Robie Tufts Park

Sunday, December 12

1:30pm "A Muppet Christmas Carol" Free Sunday Holiday Matinee at Al Whittle Theatre

Saturday, December 18

9am - 1pm Wolfville Farmers' Market

2pm - 4pm Visit with Santa in Clock Park

2pm - 4pm Mini-petting Farm at Robie Tufts Park

Sunday, December 19

3pm "A Christmas Story" Free Sunday Holiday Matinee at Al Whittle Theatre

7pm "Love Actually" Free Holiday Movie Screening at Al Whittle Theatre

Thursday, December 23

3pm - 8pm Yule Market at Wolfville Farmers' Market




wolfville

ZERO-PROOF: PEAR CARAMEL FIZZ

Avery Peters

For many of us, and for various reasons, the holidays can be a stressful season. Stress over money, extended family dynamics, and keeping the kids occupied can be overwhelming. I'd love to explore a few tools that we can all use. One thing that I've learned from my own experience is to catch these moments of stress before they happen. I have always known that a stressful time of day for me is late afternoon before dinner. So I practice my movement and breath and take a few moments to set the course for the evening. Another outlet I have is to take some time for creativity and make a fancy drink. There are many ways to relax without turning to the bottle so let's get over the mom wine culture that the media has been feeding us, because we all have access to more tools than a glass of wine to wind us down. Listen to your body — you know best what you need to do to relieve your stress.

I know the effect that sugar has had on my kids since recently we've had Hallowe'en and a birthday party. The highs and lows of sugar effects have been strong. These highs and lows add stress to the body and our emotions and affect our ability to deal with anxiety. I'm sure you'll be seeing some sugar in your life over the holidays, so here's a recipe to take a little break from it, or at least use the natural sugars of fruit with minimal additions.

I love to add a little fermentation to my drinks because often that is where the complexity and pleasure lie. Sugar need not be the only thing that pleases the tastebuds, and we don't need alcohol to experience the delights of fermentation.

Miso is a longstanding Japanese ferment made from soybeans (or other grains) and rice. There are various colours and depths depending on the length of fermentation and the types of grains used. White miso is a great introduction to the world of miso as it is the lightest and sweetest of its family. In my recipe below we'll blend white miso with pears, which are now in season (or at least

still happily waiting for you in cold storage from this season's harvest), and an acidic base. I love to use vinegar in my drinks as it is a readily available acid and it's local as well. It is a nice change from the lemons and limes which we have grown accustomed to having on hand, despite their long journey to get to us. Between "living" apple cider vinegar and the benefits of fermented miso, your gut will thank you for some healthy culture to aid your digestion and for a break from sugar and alcohol. Your hand will still hold a pleasing drink that you can use to toast the holidays with your friends and family.

When testing this recipe with my friend Beth, we tasted the base separately with each addition of a new ingredient. We couldn't believe how a simple infusion of pears and cinnamon immediately turned to caramel with the simple addition of miso paste. Then we added a touch of apple cider vinegar and the flavours rounded out and became even more complex and delicious. In my second round of testing, I added ginger, and that was just the kick it needed to bring the flavours together.

If you have not purchased miso before, I would encourage you to stop by your local grocery store and get some! You can easily get it at EOS in Wolfville, or at the Superstore or Sobeys. It is in the fridge of the health food section. It is a living product and needs to stay refrigerated. It will be a welcome addition to your pantry as it takes anything you add it to up a notch. I added it to burgers this summer and wow! It's also great in salad dressings, and of course in soups. Just be sure not to add it to boiling water as that will kill the living cultures in it. I have yet to try it in desserts, but there are many ways to use miso in sweets as well.

Pear Caramel Fizz

- 1 C water
- 1 ripe Bartlett pear (or any other ripe pear), peeled and cubed
- 1 cinnamon stick

- 1 Tbsp finely grated ginger
- 2 tsp white miso paste
- 2 Tbsp apple cider vinegar
- 4-6oz combination tonic water/sparkling water/ginger beer
- Ice

Ensure you choose a ripe pear, as much of the sweetness from this drink comes from the pear. There is no sugar added.

Place water, cinnamon stick, peeled and cubed pear, and grated ginger in a small saucepan and bring to a boil. Simmer for 10 minutes. Leave to cool and steep for 20 minutes-1 hour. Remove cinnamon stick and add miso paste and apple cider vinegar. Blend with a hand blender or a stand up blender until miso is incorporated and the pear is pureed.

Cool the syrup in the fridge and mix 1 ounce of syrup with 4-6 ounces of tonic water (note there is sugar in tonic water) or sparkling water and ice. I'd suggest half and half tonic water and sparkling water, or half and half ginger beer and sparkling water.

Serve and enjoy!



Certified by/Certifié par Ecocert Canada

Organic vegetables
grown by Josh, Patricia &
the team at TapRoot Farms



#familiesfarmingtogether

Dec 12 – Pat LePoidevin and Sarah McInnis

SOFA SUNDAYS

Full Circle

Live Music, 7pm

Avon River Heritage Museum

17 Belmont Rd, Avondale NS

www.fullcirclefestival.ca

Christmas Sale

Landscape Paintings at Carol Pye Gallery

1042 Grand Pre Rd,
1 km from
Luckett's Vineyard

Good selection of plein air paintings of local landscape, various sizes from 6" x 6" to 36" x 48".

Special discounted prices until Christmas.

Payments by Square or e-transfer, shipping by request.

In person visits to the gallery can be arranged by request:

902 402 4442 or carol@hilchie-pye.com

COVID precautions are in place and masks are requested for visitors.

See Carol Pye Gallery on Facebook for more images and prices.

* Shaded events take place weekly or more than once, as noted

THURSDAY, DECEMBER 2

Harvest for Health Christmas – *Virtual Annapolis Valley 7-8pm* • Christmas in Switzerland w/ Chef Jason Lynch! **TIX:** \$50/episode, \$200/bundle w/ bonus Christmas episode **INFO:** 902-678-5414 / www.vrhfoundation.ca/events
Man In Plaid – *Paddy's Pub, Kentville 8-10pm* • Come listen to Laurie Bolivar (a.k.a. The Man in Plaid) play some great classic rock and Maritime tunes. **TIX:** no charge **INFO:** 902-483-9261 / maninplaidmusic@gmail.com

FRIDAY, DECEMBER 3

Playful Pals Play Group – *New Beginnings Center, Greenwood 9:30-11:30am. ALSO Dec 10!* • An opportunity for parent-child interaction and a chance to meet other families. **TIX:** no charge **INFO:** 902-678-5760 / family.centre@kcfr.ca
Online Resources – *Zoom Platform, Annapolis Valley 10:30-11:30am. ALSO: Dec. 7, 1pm, Dec. 10, 9:30am, Dec. 14, 3pm, Dec. 17, 9am, Dec. 21, 2:30pm, Dec. 29, 11am & Dec. 31, 3:30pm* • We discuss how Nova Scotia Works Online will help you as a job seeker, and how to get started. **TIX:** no charge **INFO:** 866-609-9675 / workshop@peopleworx.ca
Resumes & Cover Letters – *Zoom Platform, Annapolis Valley 2:30-3:30pm. ALSO: Dec. 8, 2pm, Dec. 10, 3:30pm. Dec. 15, 10:30am, Dec. 17, 1pm, Dec. 22, 9:30am, Dec. 29, 3pm* • We provide you with an understanding of how your skills and qualifications can be presented, resume and cover letter formats, Nova Scotia Works Online, submitting electronically and more. **TIX:** no charge **INFO:** 866-609-9675 / workshop@peopleworx.ca
Celebrate Recovery – *New Hope Wesleyan, Kingston 7-9:30pm. 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 & maintain social distancing. **TIX:** no charge **INFO:** 902-678-2222 / davetheman161@gmail.com

Rose Cousins – *Kings Theatre, Annapolis Royal 7:30-9:30pm* • Multiple Juno & ECMA-winning, Grammy-nominated NS artist Rose Cousins returns to King's at last! **TIX:** \$35 Adult, Youth FREE (\$1.50 ticketing fee & HST additional) **INFO:** 902-532-7704 / boxoffice@kingstheatre.ca

SATURDAY, DECEMBER 4

Breakfast – *Lions Club, Kentville 8-10am* • Lions Breakfast. **TIX:** Adults \$8, Children \$4 **INFO:** 902-680-2740 / vintagemusic1@hotmail.com
Christmas Craft Fair – *Royal Canadian Legion, Annapolis Royal 9am-3pm* • Over 60 vendors! Breakfast and lunch items available. **TIX:** \$1 at door **INFO:** 902-532-5196 / annapolisroyalleghion@hotmail.com
Farmers' Market – *Farmers Market, Wolfville 9am-1pm. WEEKLY! (No market Dec. 25)* • **TIX:** no charge **INFO:** 902-697-3344 / wfmassistant@wolfvillefarmersmarket.ca
Annapolis Royal Holiday Farmers Market – *Farmer's Market, Annapolis Royal 9am-2pm* • We are wishing for good weather! We hope to see you there! **TIX:** no charge **INFO:** manager@annapolisroyalfarmersmarket.com
AccessAble Holiday Craft Fair – *Fire Hall, Kentville 10am-2pm* • A holiday craft fair in recognition of International Day of Persons with Disabilities. **TIX:** \$2 Admission Fee **INFO:** 902-798-5627 / jpatterson@communityinc.ca

Arthur Christmas – *Kings Theatre, Annapolis Royal 10:30am-12pm* • How did Santa MISS one child on Christmas Eve? To Santa's young son, Arthur, it threatens to end the magic of Christmas. With retired Grandsanta, a rebellious young elf, an old sleigh and some untrained reindeer, Arthur sets out on a crazy mission to deliver the last present! **TIX:** FREE! **INFO:** 902-532-7704 / boxoffice@kingstheatre.ca

Festival of Trees Ticket Auction – *Greenwood Mall, Greenwood 11am-3pm* • Hosted by 14 Wing Greenwood's Combined Charities. Trees each include \$200 to \$400-plus in prizes. **TIX:** Tickets 10/\$5 for the draw **INFO:** 902-599-1833 / sara.white@forces.gc.ca

Chili/Soup Dinner & Supper – *Forties Community Centre, New Ross 12-2pm & 3-4:30pm* • Awesome chili or soup, dessert, tea & coffee. Eat in or Take-out. This event is proudly part of the New Ross Christmas Festival. Covid restrictions apply. **TIX:** \$10 adult, \$6 age 5-12, \$3 under age 5 **INFO:** 902-689-2612 / 689-2000

Marakkar: Lion of the Arabian Sea – *Al Whittle Theatre, Wolfville 12pm* • Historical Action Drama: The story of legendary Kunjali Marakkar IV and his epic warfare against the Portuguese. In Malayalam with English subtitles Proof of vaccination required at the door. **TIX:** \$18 online only (\$9 kids) www.ticketspi.com **INFO:** 647-892-7650 / bijucanada@gmail.com

No Time to Die – *Kings Theatre, Annapolis Royal 2-4:45pm* • James Bond returns! **TIX:** \$8.25 Adult, \$5.50 Youth (\$1.50 ticketing fee and HST additional) **INFO:** 902-532-7704 / boxoffice@kingstheatre.ca

The music of Tom Waits – *Al Whittle Theatre, Wolfville 7-9:30pm* • Graham Howes sings and plays the music of Tom Waits, joined by vocalists Hazel Walker, François Côté and special guest Sarah Pound. A superb trio of musicians brings the right accompaniment to underscore these distinctive voices. **TIX:** \$25 eventbrite.ca and at the door **INFO:** 416-919-4837 / info@grahamhowes.com

Erin Costelo – Sweet Marie – *Sea-Esta, Canning (Delhaven) 7-10pm* • Erin Costelo's fifth studio album, Sweet Marie, cements her status as an utterly inimitable voice in Americana music. **TIX:** \$35 (call, email or FB message to RSVP) **INFO:** 902-692-1662 / facebook: Sea-Esta@Delhaven / soundconnectiontherapy@gmail.com

A Gunning & Cormier Christmas – *Mermaid Imperial Performing Arts Centre, Windsor 8-10pm TIX: \$49.50 INFO: 902-798-5841 / puppets@mermaidtheatre.ca*

SpeakEasy – *Community Hall, West Brooklyn 8-11pm* • The WB SpeakEasy is thrilled to host the Mark Riley Quartet! Join us to enjoy the jazz stylings of this wonderfully talented musician and his band! Reservations are required. COVID-19 rules apply. **TIX:** \$20/ticket. Call to RSVP NFO: Ruth, 902-542-5424

Dance with Route 12 – *Royal Canadian Legion, Kentville 9-12pm* • Age 19 plus. **TIX:** \$10 **INFO:** 902-678-8935

Craft & Vendor Show – *Lions Hall, Coldbrook 10-5pm. ALSO Sunday, Dec.5* • Please wear a mask and show proof of vaccination. **TIX:** \$2 at the door **INFO:** 902-679-2858

SUNDAY, DECEMBER 5

Christmas Ticket Auction – *Curling Club, Middleton 9am-4pm* • Auction of high quality gifts, crafts, decorated Xmas trees, home décor, and gingerbread fantasies. **TIX:** no charge **INFO:** 902-765-6977 / karen.solvetd@eastlink.ca

Christmas Ticket Auction & Craft Fair – *Lions Club, Auburn 10am-4pm* • Ticket auction complete with 50/50, tickets on special items, canteen and craft tables with local vendors! **TIX:** no charge **INFO:** 902-847-9374

Holiday Cards Linocut Printing – *Rachel Reeve Art, Greenwich 10am-4pm* • Led by Rachel Reeve, create your own unique linocut and nature printed holiday cards and prints. Materials included. **TIX:** \$100. Email to register. **INFO:** 902-698-3181 / rachelreeveart.com

Turkey Dinner & Supper – *Forties Community Centre, New Ross 12-2pm & 3-4:30pm* • Turkey dinner with all the trimmings, dessert, tea & coffee. Eat in or Take-out. This event is proudly part of the New Ross Christmas Festival. Covid restrictions apply. **TIX:** \$15 adult, \$7 age 5-12, \$3 under age 5 **INFO:** 902-689-2612 / 689-2000

FANS Holiday Market – *Benjamin Bridge, Wolfville 12-4pm* • Friends of Agriculture in Nova Scotia (FANS) is thrilled to bring you another annual Holiday Market showcasing a curated collection of Nova Scotian artisan and culinary talents. **TIX:** Donation **INFO:** 902-300-7114 / farmworksholiday@gmail.com

Community Arts Sunday Merrymaking – *Ross Creek Centre for the Arts, Canning 1-4pm* • A celebration of winter, art making, food, and nature! All ages are welcome to our wintery Community Arts Day! **TIX:** Donation **INFO:** 902-582-3842 / pr@artscentre.ca

The Grinch – *Al Whittle Theatre, Wolfville 1:30-3pm* • Special Thanks to Joe's Food Emporium for sponsoring this screening of The Grinch. The new animated feature based on the classic Grinchy story. **TIX:** FREE! **INFO:** manager@alwhittletheatre.ca

Christmas Show – *Fire Hall, Waterville 2-4pm* • Ruth Manning and the Prospectors Christmas Show. **TIX:** \$15 (contact to RSVP) **INFO:** 902-691-2638 / ruthmanning1972@gmail.com

100 Years of Film: Part 4 – *Kings Theatre, Annapolis Royal 2-4pm* • Part 4: Making & Showing Films Here Featuring stories and films sampling the works of current film-makers: Nance Ackerman, Tim Wilson, Andrew Tolson, Andrea Vandenboer, Bretten Hannam, and others. **TIX:** no charge **INFO:** 902-532-7704 / boxoffice@kingstheatre.ca

Acadia Chorus and String Ensemble – 'Tis The Season! – *Festival Theatre, Wolfville 3-4pm* • The Acadia University Chorus (Michael Caines, Director) and The Acadia String Ensemble (Tristan De Borba, Director) are happy to bring you a concert to ring in the holiday season! We're back, singing again and want YOU to join us! **TIX:** \$10 at the door. no charge for children, youth and Acadia Students with ID **INFO:** michael.caines@acadiiau.ca

The Big Hit – *Al Whittle Theatre, Wolfville 4pm & 7pm* • The Big Hit: An actor past his prime gives drama lessons to prisoners in an attempt to stage "Waiting for Godot." Proof of vaccination required. **TIX:** \$10 + hst (\$11.50) at the door. Cash or debit/credit **INFO:** 902-542-3344 / manager@alwhittletheatre.ca

MONDAY, DECEMBER 6

Fun with Food – *Louis Millet Community Complex, New Minas 9:30-11am* • Join us to explore new healthy and nutritious recipes and to cook with your child. This is a parent-child interactive group. Ages 3-5 years **TIX:** no charge **INFO:** 902-678-5760 / family.centre@kcfr.ca

Job Search – *Zoom Platform, Annapolis Valley 1-2pm. ALSO: Dec. 8, 3pm, Dec. 13, 9am, Dec. 15, 2:30pm, Dec. 20, 11am, Dec. 22, 3:30pm, Dec. 30, 10:30am* • Looking for work is different during a pandemic than normal circumstances. We teach you about the advantages of using social media, job search strategies, Nova Scotia Works Online and more. **TIX:** no charge **INFO:** 866-609-9675 / workshop@peopleworx.ca

Stand Against Gender based Violence – *Holy Trinity Anglican Church, Middleton 3-4pm* • Joining together to stand against gender-based violence. A vigil with music, poetry and candlelight. **TIX:** no charge **INFO:** 902-765-4023 / hulfords@eastlink.ca

Interview Skills – *Zoom Platform, Annapolis Valley 3:30-4:30pm. ALSO: Dec. 9, 10:30am, Dec. 13, 1pm, Dec. 16, 9:30am, Dec. 20, 3pm, Dec. 23, 9am, Dec. 30, 2:30pm* • We discuss different types of interviews, examples of potential interview questions, what to do during and after an interview, and tips regarding the interview **TIX:** no charge **INFO:** 866-609-9675 / workshop@peopleworx.ca

Jam Session – *Louis Millet Community Complex, New Minas 7-9:30pm. ALSO Dec. 20* • Jam Session **TIX:** \$2 drop-in fee **INFO:** 902-680-2740 / vintagemusic1@hotmail.com

GriefShare – *New Hope Wesleyan Church, Kentville 7-9pm* • 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

Marakkar: Lion of the Arabian Sea – *Al Whittle Theatre, Wolfville 8pm* • Historical Action Drama: The story of legendary Kunjali Marakkar IV and his epic warfare against the Portuguese. In Malayalam with English subtitles. Proof of vaccination required. **TIX:** \$20 online only @ www.ticketspi.com **INFO:** 647-892-7650 / bijucanada@gmail.com

TUESDAY, DECEMBER 7

Intro to Services – *Zoom Platform, Annapolis Valley 9-10am. ALSO: Dec. 9, 2:30pm, Dec. 14, 11am, Dec. 16, 3:30pm, Dec. 21, 10:30am, Dec. 23, 1pm, Dec. 31, 9:30am* • Are you interested in learning more about resources that will support you in achieving your future career goals? Nova Scotia Works Services can help. We discuss job search strategies, skills enhancement, self-employment, employer support etc. **TIX:** no charge **INFO:** 866-609-9675 / workshop@peopleworx.ca

Rebuilding our Resilience – *Zoom Platform, Annapolis Valley 9am-12pm AND Dec. 8, 9am-12pm* • 2-day Workshop: When something goes wrong, do you tend to bounce back or fall apart? Resilience won't make your problems go away – but it can give you the ability to see past them, find enjoyment in life and manage stress. **TIX:** No charge. Please register for both days. **INFO:** 902-293-7778 / comms@novascotia.cmha.ca

Home School Connection – *Kings County Family Resource Centre, Kentville 1-2:30pm* • Connect and share ideas with other homeschooling parents in a safe and comfortable setting. Bring your children along to socialize, connect and have fun with other homeschooled children. Games, activities, crafts, and free play are set up in the gym. **TIX:** no charge **INFO:** 902-678-5760 / family.centre@kcfr.ca

Public Hearing & Municipal Council – *Municipality of the County of Kings, Coldbrook 6pm* • The meeting will be held in person. You must PRE-REGISTER to attend. You can also listen live at www.countyofkings.ca. **TIX:** no charge **INFO/Reg:** municipalclerk@countyofkings.ca / 902-690-6133

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

Paint Night Snowman – *7 Arts, Greenwood 7-9pm* • Snowman Paint Party – all supplies included. No previous experience necessary. Come in out if the cold for this seasonal cozy event. **TIX:** \$40 **INFO:** 902-321-9572 / 7Arts@7artz.ca

WEDNESDAY, DECEMBER 8

Wolfville Legion Coffee/Tea Social – *Community Hall, White Rock 9:30-11:30am. ALSO Dec. 15* • Wolfville Legion invites everyone to drop in for a fresh baked treat and enjoy fellowship (masks are mandatory). **TIX:** \$2 **INFO:** 902-542-5869 / wolfvillelegion@gmail.com

Mindful Painting Mandala – *7 Arts, Greenwood 1-3pm. ALSO Dec. 9, 7-9pm* • Reduce your stress and relax with a beautiful painting. No previous experience necessary. **TIX:** \$5 **INFO:** 902-321-9572 / 7Arts@7arts.ca

Office Feng Shui to Enhance Business Success – *Zoom Platform, Annapolis Valley 6:30-8:30pm* • Discover how the ancient art of Feng Shui can help your business thrive, by making a few simple changes to the way your office is set up. Presented by Suzanne Stewart from Feng Shui by Suzanne. **TIX:** No charge. Tickets available until Dec. 8, 5pm. **INFO:** programs@vwbn.ca

Valley Youth Project: Button-making – *Community Centre, Port Williams 6:30-8:30pm* • This event is for 2SLGBTQI+ youth under 26. After getting snowed out last time, we're trying again for a night of queer button-making. Drop-in anytime during those hours (don't forget your vax document and corresponding ID!) Due to the nature of the pandemic, and winter weather, last minute cancellations are possible, so please check on the day of the event! **INFO:** valleyyouthproject.wordpress.com

Jam Session – *Lions Club, Kentville 6:30-9pm. ALSO Dec. 15 & 22* • Jam Session **TIX:** Donation **INFO:** 902-680-2740 / vintagemusic1@hotmail.com

DUNE – *Kings Theatre, Annapolis Royal 7-9:45pm. ALSO Dec. 10* • IT BEGINS! Proof of vaccination and face masks required. **TIX:** \$8.25 Adult, \$5.50 Youth (\$1.50 ticketing fee and HST additional) **INFO:** 902-532-7704 / boxoffice@kingstheatre.ca

Acrylic Poinsettia Painting Party – *7 Arts, Greenwood 7-9pm* • All supplies included, ages 16+ welcome. No previous experience necessary. Come in out of the cold for this seasonal cozy event. **TIX:** \$35 **INFO:** 902-321-9572 / 7Arts@7artz.ca

Dear Future Children – *Al Whittle Theatre, Wolfville 7pm* • Dear Future Children. Three young female activists in Hong Kong, Chile, and Uganda cope with the staggering personal impacts of their activism. Proof of vaccination required. **TIX:** \$10 + hst (\$11.50) at the door. Cash or debit/credit **INFO:** 902-542-3344 / manager@alwhittletheatre.ca

TIDE PREDICTIONS		
ft Cape Blomidon		
Always check this source for accurate tides: Canadian Fisheries & Oceans. www.waterlevels.gc.ca		
DEC	HIGH	LOW
02	10:31am	4:44pm
03	11:24am	5:37pm
04	12:15pm	6:28pm
05	• 1:05pm	7:18pm
06	1:55pm	7:38am
07	2:45pm	8:29am
08	3:37pm	9:20am
09	4:31pm	10:14am
10	5:26pm	11:09am
11	6:24pm	12:07pm
12	7:23pm	1:06pm
13	7:53am	2:05pm
14	8:48am	3:01pm
15	9:41am	3:53pm
16	10:30am	4:41pm
17	11:15am	5:26pm
18	11:58am	6:08pm
19	12:38pm	6:48pm
20	1:16pm	7:26pm
21	1:54pm	7:41am
22	2:33pm	8:21am
23	3:14pm	9:02am
24	3:59pm	9:46am
25	4:47pm	10:34am
26	•• 5:40pm	11:26am
27	6:37pm	12:23am
28	7:37pm	1:22pm
29	8:07am	2:23pm
30	9:08am	3:23pm
31	10:07am	4:22pm
JAN		
01	11:04am	5:19pm
02	11:59am	6:13pm
03	12:51pm	7:05pm
04	1:42pm	7:26am
05	2:32pm	8:16am
06	3:21pm	9:06am
07	4:11pm	9:55am
08	5:02pm	10:46am
09	5:55pm	11:39am
10	6:49pm	12:33pm
11	7:16am	1:28pm
12	8:10am	2:23pm
13	9:03am	3:16pm
THERE ARE NORMALLY TWO HIGH AND TWO LOW TIDES EACH DAY.		
• Highest High: 45.3 feet •• Lowest High: 40.0 feet		

THURSDAY, DECEMBER 9

Open Studio – *Avon River Heritage Museum, Newport Landing 10am–4pm* • Drop-in Studio for artists and hobbyists. Arrive with a project and join in the conversation! Hosted by the Avon River Arts Society. **TIX:** no charge **INFO:** 902-757-1718 / infoavonriver@gmail.com

Wolfville & Area Newcomers Club – *Lions Club, Wolfville 7–9pm* • Come out and meet new people. Learn about something “local” from our guest speaker. All are welcome. **TIX:** no charge **INFO:** 902-680-6356 / WolfvilleNewcomers@hotmail.com

Spruce Larks – *Old Catholic Church, Canning 7:30pm* • The Spruce Larks aka Kirsty Money & Jude Pelley, celebrate their new album, “Out Of The Nest”, music for bouzouki, nyckelharpa, and vocals. **TIX:** \$20 **INFO:** info@musicincommunities.com

Lennie Gallant, The Innkeeper's Christmas – *Convocation Hall, Wolfville 7:30–10pm* • With the release of “Christmas Day On Planet Earth”, a collection of new original songs for the Season, Lennie Gallant and his musicians invite us to The Innkeeper's Christmas. New gems and Classic Gallant on the menu. **TIX:** \$40 (hst incl), \$20 (students) @ Acadia Box Office **INFO:** 902-542-5500 / pas@acadiau.ca

FRIDAY, DECEMBER 10

Science Meets Art – *AVRL Virtual Program Space, Berwick 4–5pm* • Explore perception as you use shadows, colour, motion, and light to create art from science. You'll make a puppet, a spinning top and a kaleidoscope, as well as design your own galaxy. Presented online by Scientists in School. For ages 5 and up. **TIX:** No charge. Registration required by Dec. 7. Enter your name and pickup location to get your kit! Link will be emailed **INFO:** 902-538-8060 / valleylibrary.ca

Daniel James McFadyen & Terra Spencer – *Al Whittle Theatre, Wolfville 8pm* • Join songwriters Daniel James McFadyen and Terra Spencer for an intimate night of storytelling, laughter, music and love. **TIX:** \$20 (eventbrite.com) **INFO:** 416-919-4837 / danielmcfadyenn@gmail.com

SATURDAY, DECEMBER 11

Kings Kikima Grannies Jewelry Sale – *Lions Club, Wolfville 9am–2pm* • Includes jewelry, knitting, silent auction, plants and many other gift ideas. Monies raised for children in Africa orphaned by AIDS, being raised by Grandmothers. **TIX:** no charge **INFO:** betsybaillie@gmail.com

Try It In Wolfville – Forest Bathing and Wellness Walk – *Reservoir Park, Wolfville 10am–12pm* • Join a Certified Forest Therapy Guide to experience Forest Bathing. Created in Japan in the 1980's, forest bathing is intentional time in nature that can offer benefits to human health. **TIX:** no charge **INFO:** softpinewellnes@gmail.com

Two Great Projects In One Day – *Rachel Reeve Art, Greenwich 10am–4pm* • Create an eco-friendly holiday wall feature using repurposed hemlock and fresh trimming, led by Rachel Reeve. Create a Pop-Art oversized self portrait, led by Terry Drahos. Secure your spot by E-transfer. Proof of Vaccination required. **TIX:** \$100 **INFO:** 902-698-3181 / rachelreeveart.com

Man In Plaid At The Malt House – *Horton Ridge Malt & Grain, Hortonville 6–8pm* • See Laurie Bolivar, The Man In Plaid, at his last 2021 date at the Malt House. Join him indoors for a night of classic rock and Maritime tunes. **TIX:** no charge **INFO:** 902-483-9261 / maninplaidmusic@gmail.com

Christmas with Matt Andersen and Friends – *Convocation Hall, Wolfville 8pm* • Singer, songwriter, and guitarist Matt Andersen performs holiday favourites with his trio and special guest appearances by Fortunate Ones and Reeny Smith. The Snowman's Ball is becoming a can't-miss tradition! **TIX:** \$50.50 in advance / \$55.50 day of show (including tax & fee) Tickets available at the Acadia Athletics Complex box office (550 Main St) **INFO:** 902-542-5500 / info@sonicconcerts.com

SpeakEasy – *Community Hall, West Brooklyn 8–11pm* • The WB SpeakEasy welcomes Mike Aubé! With a “voice of smoke and honey”, a rhythmic guitar style and an easy stage presence, Mike is one of Nova Scotia's finest performing songwriters. COVID-19 rules apply. **TIX:** \$10. Reservations are required. **INFO/RSVP:** Ruth, 902-542-5424

Dance with Wayne Parker – *Royal Canadian Legion, Kentville 9pm–12am* • Dance. 19 plus. **TIX:** \$10 **INFO:** 902-678-8935

SUNDAY, DECEMBER 12

Holiday Light Feature – *Rachel Reeve Art, Greenwich 10am–4pm* • Led by Rachel Reeve, participants will create a unique wall light using a repurposed barrel stave, mini lights and origami balloon boxes. Materials included. To secure a spot register and E-transfer-aiagasa30@hotmail.com with name, number, and POV. **TIX:** \$100. To secure a spot register and E-transfer with name, number, and proof of vaccination. **INFO:** 902-698-3181 / rachelreeveart.com

The Muppet Christmas Carol – *Al Whittle Theatre, Wolfville 1:30–3pm* • Special thanks to Tizsta Viz Spa for sponsoring this screening of The Muppet Christmas Carol. The Muppet Christmas Carol is one for the whole family! **TIX:** FREE! **INFO:** manager@alwhittletheatre.ca

Ron's Gone Wrong – *Kings Theatre, Annapolis Royal 2–4pm. ALSO Dec. 19, 2pm* • Meet Barney, a socially awkward middle-schooler and Ron, his new walking, talking, digitally-connected device. **TIX:** \$8.25 Adult, \$5.50 Youth (\$1.50 ticketing fee and HST additional) Proof of Vaccination and face masks are required. **INFO:** 902-532-7704 / boxoffice@kingstheatre.ca

Spencer – *Al Whittle Theatre, Wolfville 4pm & 7pm* • Kristen Stewart stars as Diana Spencer in this biopic about the end of the royal marriage. Proof of vaccination required. **TIX:** \$10 + hst (\$11.50) at the door. Cash or debit/credit **INFO:** 902-542-3344 / manager@alwhittletheatre.ca

Sofa Sundays with Pat LePoidevin + Sarah McInnis – *Avon River Heritage Museum, Newport Landing 7–9pm* • Sofa Sundays, a series of intimate performances hosted by the Full Circle Festival in collaboration with Avon River Heritage & Avon River Arts in the Artists Landing Gallery. **TIX:** \$10 or pay what you can **INFO:** infoavonriver@gmail.com

Four Seasons Community Orchestra – *War Memorial Community Centre, Windsor 7–9pm* • Christmas Concert featuring many favourite melodies of the season and debuting a new piece featuring the double bass. Masks & proof of vaccination required. **TIX:** \$10 at the door **INFO:** 902-798-1730 / four.seasons.orchestra2017@gmail.com

Holiday Concert – *Annapolis Mess, Greenwood 7–8:30pm* • After two years of mostly virtual events, the 14 Wing Band is pleased to present a live holiday concert! It will be a fun-filled evening with seasonal music, featuring special guests, The Annapolis Big Band. **TIX:** no charge **INFO:** facebook.com/AnnapolisBigBand

Christmas With Friends – *Convocation Hall, Wolfville 7pm* • Christmas With Friends concert with Rachel MacLean, Mark Riley and The Gilberts. **TIX:** \$25 (taxes included) Acadia Box Office **INFO:** 902-542-5500

JP Cormier & David Gunning – The Christmas Show – *Evergreen Theatre, Margaretsville 8–10:30pm* • Two of Atlantic Canada's greatest roots singer-songwriters combine to bring you sounds of the season. **TIX:** Adults \$40, Military \$35, Students \$20 **INFO:** 902-825-6834 / evergreentheatre@gmail.com

TUESDAY, DECEMBER 14

Seniors Christmas Dinner – *Canning Lions club, Canning 8pm* • Seniors Christmas Dinner. All proceeds to improving the kitchen. **TIX:** \$15 @ Maple Leaf Home Hardware, Canning, Canning Lions Hall, or call/text. **INFO:** Bill Lyons, 902-679-7682 (call/text)

WEDNESDAY, DECEMBER 15

Julia – *Al Whittle Theatre, Wolfville 7pm* • Julia tells the story of the legendary cookbook author and television superstar who changed the way Americans think about food, television, and even about women. Proof of vaccination required. **TIX:** \$10 + hst (\$11.50) at the door Cash or debit/credit **INFO:** 902-542-3344 / manager@alwhittletheatre.ca

FRIDAY, DECEMBER 17

Postdata & Quilting – *Old Catholic Church, Canning 7:30pm* • Paul Murphy of Wintersleep brings his solo project, Postdata to Canning! Support by improvising quartet, Quilting. **TIX:** \$20 adv/\$25 door **INFO:** info@musicincommunities.com

Wassail! Medieval, Folk, and Traditional Songs for Christmas – *Manning Memorial Chapel, Wolfville 7:30–9:30pm. ALSO Dec. 18, 4–6pm* • Stunning voices. Brilliant folk musicians. Fabulous medieval, folk and traditional songs for Christmas. A concert for the Christmas season unlike any other. **TIX:** \$15 advance, \$20 door, Kids 12 and under free **INFO:** 902-698-2337 / johnmatthewscott@gmail.com

Matt Minglewood – *The Union Street, Berwick 8pm. ALSO Dec. 18* • The Union Street welcomes back, Matt Minglewood, to our stage, Saturday, December 18th. Get your tickets quickly, this Canadian music legend sells out fast! **TIX:** \$30 + tax. Call for tickets. **INFO:** 902-538-7787 / theunionstreet.com/music

SATURDAY, DECEMBER 18

Lions Big Breakfast – *Lions Club, 36 Elm Avenue, Wolfville 8–10:30am* • Wolfville and District Lions Club delicious Big Breakfast in a COVID safe environment. Bring your mask and Covid certificate. Featuring bacon, sausage, scrambled eggs, toast, homemade baked beans, hash browns, coffee, tea and juice. Proceeds going to CT for Life Campaign for Valley Regional Hospital Foundation. **TIX:** \$8 adults, \$4 children under 10 **INFO:** 902-542-4508

Solstice Torchlight Forest Walk – *Ross Creek Centre for the Arts, Canning 6:30–8:30pm* • December 18th, 2021 from 6:30-8:30pm A FIRELIGHT ADVENTURE TO REMEMBER! ALL AGES WELCOME! The forest transforms into a different world at night. **TIX:** Sliding scale \$0-\$20. Registration required. Ross Creek Centre for the Arts. **INFO:** 902-582-3842 / property@artscentre.ca

Jimmy Rankin Kitchen Party Holiday Edition – *Kings Theatre, Annapolis Royal 7:30–9:30pm* • It's a Holiday Kitchen Party and you're invited! **TIX:** \$40 Adult, Youth FREE (\$1.50 ticketing fee and HST additional) **INFO:** 902-532-7704 / boxoffice@kingstheatre.ca

Mike Aubé “A Christmas Concert for the Rest of Us” – *Al Whittle Theatre, Wolfville 8pm* • In this intimate show, Mike will present some of his favourite singer-songwriter Christmas songs (including some from John Prine, Steve Earle, Mary Gauthier and The Band). **TIX:** \$15 **INFO:** 902-691-0236 / mike@mikeaube.com

Terra Spencer & The Gilberts – *Evergreen Theatre, Margaretsville 8–10:30pm* • A double-header show featuring two Nova Scotian acts who are really going places. A Christmas song or two may be sung! **TIX:** Adults \$35, Military \$30, Students \$20 **INFO:** 902-825-6834 / evergreentheatre@gmail.com

SUNDAY, DECEMBER 19

Breakfast with Santa – *Forties Community Centre, New Ross 8–11am* • Eggs, sausage, pancakes, hash browns, toast, juice, tea & coffee. Covid restrictions apply. **TIX:** \$10 adult, \$5 age 5–12, free under age 5 **INFO:** fortiescc@gmail.com

A Christmas Story – *Al Whittle Theatre, Wolfville 3–4:45pm* • Special thanks to Exit Realty for sponsoring this screening of A Christmas Story. In the 1940s, a young boy attempts to convince everyone that he needs a Ryder BB gun for Christmas. **TIX:** FREE! **INFO:** manager@alwhittletheatre.ca

Singing for our Supper – *Wolfville Baptist Church, Wolfville 7–9pm* • Singing for our Supper features Alan Slipp, Donna Holmes & more to raise money for the Wolfville & Area Food Bank. Bring a cash or food donation, wear a mask, & join us for the fun! **TIX:** donation **INFO:** 902-585-1382 / donnaholmes712@gmail.com

Love Actually – *Al Whittle Theatre, Wolfville 7–9pm* • Special thanks to the Wolfville Wedding Chapel for sponsoring this LOVEly screening of LOVE Actually. Love Actually follows the lives of 8 couples dealing with their love lives in the month before Christmas in London. **TIX:** FREE! **INFO:** manager@alwhittletheatre.ca

TUESDAY, DECEMBER 21

Committee of the Whole – *Municipality of the County of Kings, Coldbrook 9am* • The meeting will be held in person. Pre Registration required to attend. Members of the public can also listen live at www.countyofkings.ca. **TIX:** no charge **INFO:** 902-690-6133 / municipalclerk@countyofkings.ca

Longest Night Concert – *St. James Anglican Church, Kentville 7:30–8:45pm* • Ardyth & Jennifer! Social distancing, proof of vaccination, only 70 seats available. **TIX:** \$20/ticket. Tickets only available at www.eventbrite.ca. No ticket sales at door. **INFO:** 902-678-3123 / stjames@ns.sympatico.ca

THURSDAY, DECEMBER 23

Dungeons & Dragons Holiday Adventure for youth – *United Baptist Church, Port Williams 1–4pm* • Dungeons & Dragons holiday adventure for youth on December 22 and 23. **TIX:** \$20 **INFO:** 902-678-1562 / info@laurachurchillduke.ca

Yule Market – *Farmers Market, Wolfville 3–8pm* • **TIX:** no charge **INFO:** 902-697-3344 / wfmassistant@wolfvillefarmersmarket.ca

FRIDAY, DECEMBER 24

12 Days of Christmas Open House – *Gaspereau Church 3–7:30pm* • Featuring Master Model Maker David Coldwell's 12 Days of Christmas. COVID Rules – Mask and proof of double vaccination required. Bell Ringing at 7:30pm. Join us on your Backstep! **INFO:** facebook.com/GaspereauUnitedBaptistChurch

SUNDAY, DECEMBER 26

PINEO & LOEB – *The Union Street, Berwick 9pm* • Celebrate the holidays with PINEO & LOEB on Boxing Day! Uplifting, Funky, High-Energy & Good Vibes are just a few words that describe this Canadian electronic Producer/DJ duo. Together they blur genre boundaries uniting electronic, dance, hip-hop & rock fans alike. **TIX:** \$10 **INFO:** 902-538-7787 / theunionstreet.com/music

WEDNESDAY, DECEMBER 29

Shang-Chi & the Legend of the Ten Rings – *Kings Theatre, Annapolis Royal 3–5pm. ALSO Dec. 30, 3pm* **TIX:** \$8.25 Adult, \$5.50 Youth (\$1.50 ticketing fee and HST additional) Proof of vaccination and face masks are required. **INFO:** 902-532-7704 / boxoffice@kingstheatre.ca

House of Gucci – *Kings Theatre, Annapolis Royal 7–9:45pm. ALSO Dec. 30, 7pm* • House of Gucci is inspired by the shocking true story of the family behind the Italian fashion empire. When Patrizia Reggiani, (Lady Gaga), an outsider from humble beginnings, marries into the Gucci family, her unbridled ambition begins to unravel the family legacy and triggers a reckless spiral of betrayal, decadence, revenge, and ultimately...murder. **TIX:** \$8.25 Adult, \$5.50 Youth (\$1.50 ticketing fee and HST additional) Proof of vaccination and face masks are required. **INFO:** 902-532-7704 / boxoffice@kingstheatre.ca

~ LIVE THEATRE ~

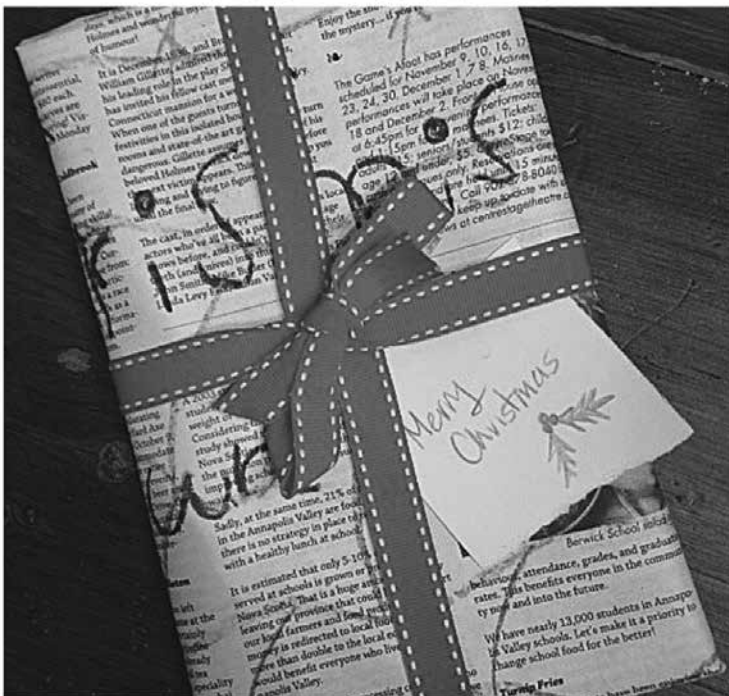
Drowning Ophelia – *Lower Denton Theatre, Wolfville Dec. 2, 3 & 4, 7:30pm* • Jane finds her bathtub inhabited by a strange, Shakespearean woman, Ophelia. Ophelia delights in singing songs about death and valentines, and interrupting Jane's carefully planned fantasy research dinners with an actor named Edmund. **TIX:** General \$20, Student \$10 **INFO:** 902-542-5500

Storybook Theatre – *CentreStage Theatre, Kentville Dec. 4 & 11, 11am & 2pm* • Join Sharon, Linda, Mike, & Brian, aka The Travelling Trunk Theatre Troupe, for their new holiday shows! With different stories in the morning and afternoon, you can even come twice in one day. Masks & proof of vac. required. **TIX:** \$5 children, \$7 adults **INFO:** centrestagetheatre.ca

Nutcracker Ballet – *Festival Theatre, Wolfville Dec. 11, 7pm, Dec. 12, 1pm* • The Nutcracker Ballet is Back! **TIX:** Children/Seniors/Students \$22, General Admission \$24 **INFO:** 902-679-3616 / info@cadanceacademy.ca

Fezziwig Concert of Frolic Favourites – *Al Whittle Theatre, Wolfville Dec. 17, 7pm & Dec. 18, 2pm* • For 2021 the Fezziwig family is back, now in the Al Whittle Theatre, and cast members are imagining a Victorian era family holiday party full of song. **TIX:** donation **INFO:** pat@daysend.ca

The Grapevine Afterlife wrapping paper!



Be sure to read, re-read, and share your Grapevine before wrapping.



A DOG’S CHRISTMAS

Garry Leeson

My dad grew up on the bald Saskatchewan prairies, a son of pioneers. It was an isolated existence with few accessible amenities and if you couldn’t make or repair something yourself, you had to do without.

Dad was not one to brag about his successful innovations but he sure enjoyed sharing a good laugh with the rest of the family when we reminisced over some of his more outrageous endeavours.

My long-suffering mother did not really see the humour in these recollections because she was the one most adversely affected by his flights of fancy. My sisters and I would split our sides laughing when Dad told the story of how he brought electricity to their log cabin he had just finished building near Cold Lake Alberta.

An old 6-volt generator and battery had come into Dad’s possession—probably salvaged from one of the many cars that during Depression had been stripped of their motors and other equipment and converted into horse-drawn Bennett buggies.

The story went that Dad had a lot of time on his hands that winter so he thought he might have a go at using it to rig up some electric lights. If he could make them work in their little dwelling it would be a first in their neck of the woods and a great family Christmas present. The problem was how to power the generator. He was familiar with wind turbines. There had been a few of them back on the prairies, but that was not a practical idea in the still-deep woods where he now lived.

There were no fast-flowing streams nearby so water power wasn’t an option either. For a time he was stymied but he did eventually come up with a plan. He knew that his idea might not be all that well-received by my mother so he waited for just the right moment to spring it on her. One morning he found Mom cleaning the soot out of the oil lamp chimneys, a job she hated, and figured the time was right. He seated himself at the table across from her and began pleading his case. He opened with, “If my idea works out, you won’t have to do that for much longer.” As he described what he had in mind, Mom’s jaw started to drop in disbelief, and by the time he finished twenty minutes later, her mouth still hadn’t closed. When she could bring herself to speak, she began her tirade.

“Let me see if I’ve understood you correctly. You propose to generate electricity using our pet dog running on a treadmill and because of the small amount of wire you have at your

disposal, it will be necessary to have that equipment located in the corner of my kitchen?” She sobbed audibly and was just about to scream at him when suddenly a perverse notion came over her and she changed her mind. They had been strombound for several days and cabin fever was taking its toll. Maybe watching Dad fail at yet another crazy project would be amusing and fill in some of those endless winter hours. “After all,” she thought to herself, “He thinks he can have our lights working before Christmas and that’s not likely to really happen; he doesn’t have anything to work with and hell, there isn’t a light bulb within a hundred miles of here.” So, feigning enthusiasm, she agreed that he should give it a go.

Dad began scrounging around the countryside looking for the bits and pieces he would require to build his little treadmill. He was looking for broken-down equipment with suitable chains and cogs but things were not going too well for him. A couple of days later, after he failed to find what he needed sticking out of the snow banks around his neighbours’ yards, he announced to Mom that he was giving up on the treadmill. She breathed a secret sigh of relief but as he continued to speak, her anxiety was rekindled. He was moving on to Plan B.

“I’ve come up with a better idea,” he said. “It might take up a little more room in the kitchen but it won’t take so many bits and pieces to build and I think it’ll work just fine.”

He went on to explain that one his neighbours had donated a large wheel from a hay rake. It was made of heavy steel and cast iron and was about five feet in diameter. “All I have to do is add some wooden slats for the dog to run on and let the shaft of the generator rest on the rim of the wheel. The ratio should be just about right, providing the dog runs fast enough.” Searching for something, anything she could say that would forestall the madness, Mom asked, “but what if the dog doesn’t want to run?”

“Oh, he’ll run all right,” Dad replied, “I’m mounting the wheel on an angle so the dog will be running slightly uphill and anyway, I’ll have a harness on him so he won’t be able to get off.”

Over the next couple of days things began to take shape. The kitchen table was pushed against one wall to make room and the big wheel was installed. Even before he had attached the generator, Dad had his dog in training on the wheel. Initially there was a lot of barking, howling, and whining and the dog would only run a few steps then flatten down and remain in that position while the wheel returned him to bottom of the circle and rocked him uselessly back and forth. However Dad’s inventing skills were only surpassed by his animal training ability, so it wasn’t long before he had the dog trotting like a standard-bred racehorse and the big wheel spinning like a top. A few meaty treats suspended from the ceiling and just out of the dog’s reach had done the trick!

He got the generator hooked up to the wheel easily enough, but finding suitable light bulbs was another matter. They might have ordered a couple from the Eaton’s catalogue but that would have involved money and they didn’t have any. The only useful purpose

LANDMARK CITIZEN-LED VICTORY FOR OWLS HEAD PROVINCIAL PARK

Lighthouse Links Development Co. Withdraws, Citing Lack of Government Support
Submitted

Across the province, thousands of Nova Scotians are celebrating the fact that Owls Head Provincial Park will not be sold off and destroyed. Over the last two years, the Liberal government’s decision to secretly de-list the park and offer it for sale generated massive opposition across the province.

“We’ve been standing up for Owls Head Provincial Park and its conservation values for almost two years now,” said group founder Sydnee Lynn McKay. “It never should have been necessary, but it was worth it.”

“This is a landmark victory for the people of Nova Scotia,” said environmental advocate Lindsay Lee. “When people recognize that something is deeply wrong, and work together with purpose and vision, they can accomplish amazing things.”

Former park planner Christopher Trider hailed the victory: “This is an important achievement for all Nova Scotians concerned about our parks, our coastlines, our environment, and—perhaps, most of all—our government.”

Now that the province is no longer encumbered by the Letter of Offer, the group is looking forward to the province legally protecting the park as soon as possible. “I, for one, am

confident they will put Owls Head Provincial Park back into the Parks and Protected Areas Plan and proceed with its designation,” said Trider.

There are approximately 125 other provincial parks, nature reserves, and wilderness areas that are still awaiting legal protection. The group will continue to advocate for these properties to be legally protected.

The 10,000-member-strong Facebook group is made up of concerned Nova Scotians, including scientists, Mi’kmaw Land and Water Protectors, and residents of the Eastern Shore. The group has gathered over 10,000 signatures on a formal petition calling on the government to protect Owls Head Provincial Park. The online petition has over 36,000 signatures. Thousands of “Save Owls Head” signs are on display across the province, with 54 volunteers distributing signs in their communities, from Yarmouth to Cape Breton. The movement is active on Facebook, Twitter, Instagram, and their website, saveowlshead.org.

Owls Head Provincial Park was a hot-button issue during the provincial election. “It’s hard to imagine a clearer signal from voters than the one they gave at the ballot box,” said local resident Beverley Isaacs. 🐼



Photos courtesy of saveowlshead.org

that publication had served in the last few years had been replacing toilet paper in the outhouse.

That didn’t stop Dad. He reasoned that a light bulb was just a jar with a glowing wire inside so why not make his own? He needed some really fine wire to make the glowing filament for the inside of the jar and short pieces cut out of the mesh on the chicken pen seemed to fill the bill. In fact, when he connected his first prototypes up to the generator and clucked the dog into action, they lit up like the real thing. The only problem was that after a few seconds the thin wire would burn out and he would have to try again. Despite several days of experimenting with different jars and wires he was about ready to give up. The only fun he was having with his new contraption was when he tricked his curious neighbours into

holding the ends of the lead wires. He would then give the wheel a spin and it would shock the hell out of them. He was just about to dismantle the apparently useless apparatus when inspiration struck. “Vacuum,” Dad thought to himself. “There has to be a vacuum in the jars. If there is no air the filaments won’t burn out.” He had no way of knowing that Edison had run into the same problem when he invented the light bulb and had corrected it in the same manner he was considering (*mentes magnae pariter cogitant*).

I won’t pretend that I know how Dad created the vacuum or maintained it in his crude jars and bottles, but I have it on good authority that on Christmas Eve of 1937 a strange glow began emanating from the windows of a little log cabin, lighting up a snow-covered clearing in the backwoods of Alberta. 🐼



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



Alice Green and Nick Kasteljanov, with the Wolfville Memorial Library (photo courtesy of Zack Metcalfe)

PEDAL ASSIST TO THE PEOPLE

Swing a leg over the future at your local library

Zack Metcalfe

While it may look like the quintessential small-town library, the Wolfville Memorial Library lends out more than (just) books. Since 2017, anyone with a library card has been able to borrow a bicycle for the day to run errands or tour the roads and trails of the Annapolis Valley.

The original BookBike program, launched at the Wolfville, Berwick, and Annapolis Royal branches of the Annapolis Valley Regional Library, included nine bicycles, three at each branch, to improve access and promote more active lifestyles. To connect them to the library's core mission, each bike was given a cheeky name based on a famous author, such as Chain Austen, Wheeliam Shakespeare, and Edgar Allan Go.

Last year, in an effort to expand the library's offerings and promote sustainable forms of transportation, three e-bikes were added to the roster. Fittingly, the new bikes were given names inspired by sci-fi authors and books, including Orson "Scoot" Card, Tanya "Huffy," and 42, the "answer to the ultimate question of life, the universe, and everything" from *The Hitchhiker's Guide to the Galaxy*.

While the BookBike program has been popular with library patrons since its inception, the addition of the three e-bikes has given the program an extra jolt, as it were. According to Alice Green, the branch manager of the Wolfville Memorial Library, they're always the first to go.

"At times," says Green, "there's a lineup for them outside the building before we open in the morning." In the last year, the e-bikes have each been borrowed over 100 times with no mechanical issues.

All three e-bikes are step-through models, making them easy to get off-and-on even for smaller riders, and operate by way of "pedal assist," allowing riders to achieve impressive speeds and cover long distances with minimal-to-moderate effort. Depending on how much "assist" is selected, their batteries can last between 75 and 150 kilometres per charge, ensuring that patrons never run out of juice while exploring.

"It's almost like someone is behind you, giving you an extra push," says Green. "You're still pedaling, still working, still enjoying the exercise, but it's not hard work. You can go for longer, make better time, and you don't sweat as much."

The only rules are that you must be 19 years of age or older to borrow a bike, and return it 30 minutes before closing time to give staff enough time to put it away and set the battery to charge overnight.

While some patrons borrow the bikes regularly, the program is "mostly about people coming and trying them," says Green, noting that many residents, and even tourists, have brought an e-bike back at the end of the day vowing to purchase one of their own. Of course, it doesn't hurt that the number of library cards they issue spikes over the summer,

"It's been nothing but positive," she said.

The only wrinkle, perhaps, is that demand is exceeding supply—and not just at the library.

According to Colin Banks, owner of Banks Bikes in Wolfville, public interest in e-bikes has been climbing for a while, with sales increasing steadily in recent years. "We've gradually seen an increase in the demand [for e-bikes] as the technology caught up with the needs of riders," says Banks. "They're getting lighter, they ride like regular bikes, they look like regular bikes, and reliability is going through the roof."

However, with the surge in interest in cycling brought on by the pandemic, and programs like Bookbikes allowing more people to discover their benefits, e-bikes have become very nearly impossible to keep in stock: Banks Bike's entire pre-ordered inventory of e-bikes for 2021 was sold by December of 2020.

"Bikes became the next toilet paper," he says.

And Colin doesn't expect demand to decline post-pandemic. North America is undergoing a transportation revolution similar to what has been seen in Europe over the past few decades, he says, with cycling exploding in popularity and e-bikes making up an ever-increasing percentage of bike sales. The pandemic only accelerated this trend, and with current and forecasted shortages, he doesn't expect supply to catch up to demand until 2023 at the earliest.

For riders considering making the switch to electric, Colin has one note of caution: because e-bikes rack up kilometres more quickly, they tend to require more maintenance than their non-electric counterparts. For this reason, Banks strongly recommends that buyers purchase their e-bikes from local bike shops, which are well-equipped to maintain or repair the brands they sell, but can't guarantee the quality—or sometimes even service the components—of bikes purchased from online retailers.

All of the bikes Banks carries come with motors from Bosh or Shimano, some of the largest e-bike component manufacturers in the world, and cost in the range of \$3,500 each, with batteries that last between 15 and 20 years. The current provincial rebate of \$500 towards the purchase of new e-bikes essentially saves buyers the tax.

As to whether e-bikes are the future of cycling, Colin figures it will be more a case of yes/and than either/or. "I don't think they'll ever kill the regular bike," he says, "but I don't know why any cyclist wouldn't have an e-bike, too."



Zack Metcalfe is a freelance journalist, columnist and author active across the Maritimes.

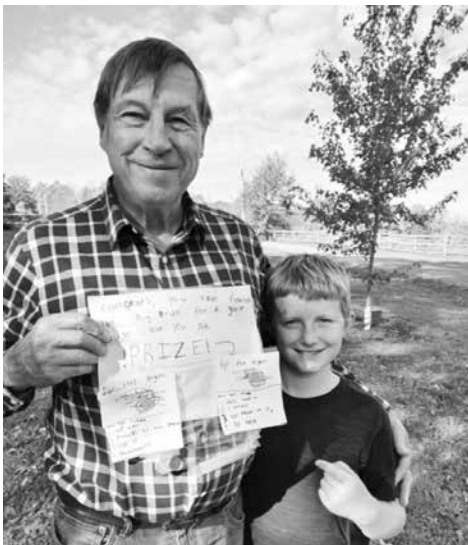
WOLFVILLE'S 2021 POPPY FUND CAMPAIGN A BIG SUCCESS

Submitted

The Wolfville Legion's campaign officially started on October 27, when the first poppy was presented to Hubert Sullivan, their oldest veteran at the enviable age of 96. Hubert helped found the Wolfville Curling Club, was once president of the Legion, and for many years organised the Poppy Fund campaign with his family. The first financial donation was made a few days later when Poppy Fund chairman Peter Tatrallyay was sent on a treasure hunt by his 9-year-old grandson. The mission was to find the big prize: money from his piggy bank for the Legion. He later helped fill the 160 poppy boxes with his siblings, aged 6 and 7.

Most of the stores and services in our area generously supported the campaign by taking a box or making a financial donation. Many people and businesses also purchased wreaths to be laid in remembrance of their loved ones. The Legion was able to set up tables at three locations, generously provided by Carl's Independent, Home Depot, and the NSLC. The tables were hosted by Legion members and other volunteers, and their presence contributed enormously to the success of the Campaign. The Legion was also happy to be chosen by the Acadia Community Outreach group, which raised money for the Poppy Fund with a quiz night at their monthly meeting.

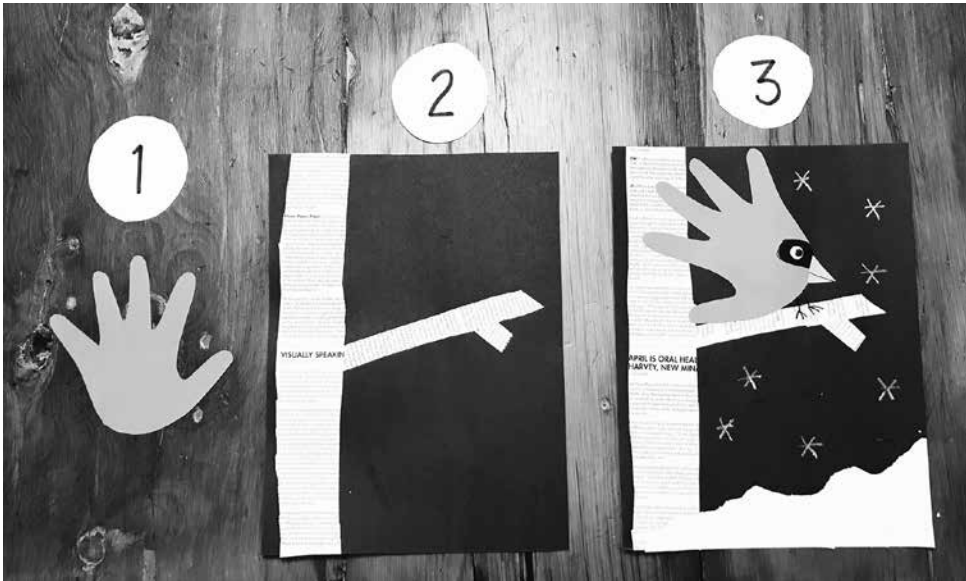
With all this help, and with generous giving from the entire community, Wolfville Legion is proud to announce that donations to the Poppy Fund totalled \$18,398: an increase of some 20% from the previous year. 🍁



Craft time

GRAPEVINE CARDINAL CRAFT

Make a winter cardinal with *The Grapevine*, your own hand, and a few craft materials!



Offering Christmas Baked Goods, Catering and More!

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

Give a creative gift
Art Supplies and lessons

**9850 Main St., Canning
902.582.7071 • artcan.com**

Wolfville Home & School

online

AUCTION FUNDRAISER



Toys, Home goods,
Decorations, Gift Cards,
Grocery Baskets and more!

FACEBOOK.COM/WOLFFVILLESCHOOLAUCTIONFUNDRAISER

FUNDY DENTAL

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



PLEASE DO NOT WALK-IN
WITHOUT A SCHEDULED APPOINTMENT

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

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



14 WING COMBINED CHARITIES FESTIVAL OF TREES 2021

Submitted

The Valley is invited to view – and win! – a selection of festively-decorated trees Saturday, December 4, as 14 Wing Combined Charities hosts its annual Festival of Trees event at the Greenwood Mall.

Combined Charities is the 14 Wing Greenwood National Workplace Giving Campaign, comprised of events and challenges held for military and civilian members of 14 Wing and the community. Each year, Combined Charities raises funds and divides the results between 60 local and regional charities identified by members (including school programs, food banks, minor sports, animal care, health services, youth organizations, veterans and military families and more). In 2020, Combined Charities raised and donated \$21,000 to non-profits in our community. As an example, six \$1,000 donations were made to school food programs between Berwick and Middleton.

The Festival of Trees is the major campaign fundraising event, at which tabletop trees are decorated, adorned with gifts, and raffled by ticket sales. Trees are decorated and donated by both units and squadrons at 14 Wing Greenwood and by interested local businesses and organizations. The event also features a random prize tree, with a selection of donated items raffled off in hourly draws. If you would like to enter a tree or donate a prize, contact event organizer Petty Officer 2nd Class Kimberly Sampson, kimberlysampson3@forces.gc.ca.

The event will be held at the Greenwood Mall, 963 Central Avenue. It will follow all COVID-19 public health guidance.



Tickets are 10 for \$5, in numbered envelopes corresponding to the purchaser's name and phone number. Two ticket-selling tables will be set up in the mall, at either end of the displayed trees, with tickets on sale between 11am and 2:45pm. The same tickets will be used for both the trees and the random prize draws. All decorated trees will be raffled at 3pm, with prize draws on the hour from noon to 3pm.

Winners do not have to be present to win. They will be contacted between 3pm and 4pm with pick up options.

For more information, contact:

- Petty Officer 2nd Class Kimberly Sampson, kimberlysampson3@forces.gc.ca, 902-880-5442, 902-765-1494 local 5456
- Sara White, sara.white@forces.gc.ca, 902-765-1494 local 5441.

Festival of trees

Ticket auction

Greenwood Mall

December 4 | 11 a.m. to 3 p.m.
Public viewing and ticket sales
Tickets 10 for \$5

14 Wing Greenwood squadrons, business and community partners will decorate trees with prizes and certificates **PLUS** hourly prize draws.
All proceeds to local charities | AGD-311445-21



Happy Holidays! from The Grapevine





WHAT'S GROWING:

INVASIVE SPECIES IN HOLIDAY CRAFTS

Samuel Jean, Conservation and Education Assistant at Acadia University

Nothing beats the smell of freshly cut balsam fir (*Abies balsamea*) and eastern white pine (*Pinus strobus*) branches. These two abundant conifers are native to Nova Scotia and are often synonym of the festive season.

Following the first snow that we just received, many people will start preparing for the holidays by getting Christmas trees and crafting wreaths from natural material harvested in the wild. Wreaths are often made using conifer cones and cheerful-looking berries. While red pine (*Pinus resinosa*) cones, Virginia rose (*Rosa virginiana*) hips, highbush cranberry (*Viburnum opulus*), and common winterberry (*Ilex verticillata*) fruit are great additions to any wreath, using multiflora rose (*Rosa multiflora*) and oriental bittersweet (*Celastrus orbiculatus*) fruit should be avoided. Both are invasive species: they are not native to our region and compete with native plants while degrading wildlife habitat. Multiflora rose is present in several counties across the province and is known for creating impenetrable thorny thickets. Oriental bittersweet is a large vining plant that can weaken, deform, and even strangle trees. So far, it has as only been recorded in the Annapolis Valley according to the Nova Scotia Invasive Species Council.

Acadia University students had the opportunity to learn about these invasive plants during the Race to Meet Your Wild Neighbours event that took place in the Harriet Irving Botanical Gardens and the Acadia Woodland Trails last month. Through various stations and challenges dispersed throughout the Gardens and Trails, participants also learned about Norway maple (*Acer platanoides*), Japanese barberry (*Berberis thunbergii*), Japanese knotweed (*Fallopia japonica*), glossy buckthorn (*Frangula alnus*), privet (*Ligustrum spp.*), and common buckthorn (*Rhamnus cathartica*). Invasive plant species posters were installed on the Woodland Trails



Above: Oriental bittersweet (*Celastrus orbiculatus*); below: Multiflora rose (*Rosa multiflora*), courtesy of Samuel Jean

for this event designed by students from the Community Program Design course (CODE 3023). The posters will remain in place for a few more weeks. Be on the lookout for them if you hike the Woodland Trails! More details and pictures of the event can be found in the News & Events section of the K.C. Irving Environmental Science Centre website under "Students learning about native and invasive plants."

During these trying times, we hope that 2021 was a year of growth for you and your loved ones and everyone at the Gardens and the Centre is wishing you a great holiday season and a happy new year! 🌲

LENNIE GALLANT'S INNKEEPER'S CHRISTMAS CONCERT

CD Release for Christmas Day On Planet Earth

Thursday, December 9, 2021, 7:30pm
Convocation Hall, Acadia University, Wolfville

Live performances are back at Acadia! And truly, this is music to our ears!

On November 21, the Acadia Performing Arts Series presented the first concert of its 2021-22 Season, a beautiful performance by Montreal's Duo Cavatine. It was wonderful to see a delighted audience back at Convocation Hall!

On December 9, we continue with what will surely be a highlight of the concert Season as we present Lennie Gallant's Innkeeper's Christmas Concert. This is also a CD release concert for *Christmas Day On Planet Earth*, an inspiring collection of 11 original songs for the season. This is Gallant's very first Christmas album and, as the reviews are coming in, it seems destined to be an instant classic.

In these new songs, Gallant has put his prodigious songwriting talents to work. Inspired by Christmas traditions the world over, Gallant's stories reflect universal themes that unite us: kindness, mutual understanding, peace, family ties, and celebration.

With this concert, Lennie Gallant brings a big production on the road. With multi-media projection, with his excellent musicians and a stage full of instruments, nothing is spared to inspire and to bring us into a refreshing new *Spirit for the Season*.



Get your tickets now through the Acadia Box Office:
\$40 (hst included), \$20 for students
Online: acadiau.universitytickets.com
By Phone: (902) 542-5500

For more information about this concert and about the rest of the 2021-22 Performing Arts Series, please visit pas.acadiau.ca

Please note: a subscription to the Series' five remaining concerts is now offered for only \$125

CHANCE TO WIN 2 TICKETS TO:
Mike Aubé
"A Christmas Concert for the Rest of Us"
Al Whittle Theatre, Wolfville, Saturday, Dec. 18, 8pm
Draw date: Dec. 12. Enter all draws: valleyevents.ca/win

ValleyEvents.ca

CHRISTMAS WITH FRIENDS RETURNS TO WOLFVILLE AFTER ONE YEAR HIATUS

Noel McQueen

Christmas With Friends returns to University Hall in Wolfville for the first time since 2019. After cancelling in 2020 due to the COVID-19 pandemic, Annapolis Valley singer-songwriter Rachel MacLean is back to host the 11th celebration with special guests Mark Riley and The Gilberts.

Mark Riley has lived, loved, and epitomized music all his life, and is also known as the man with the bands! Born into a very musical family just outside of Dartmouth, Mark is an alumnus of the Nova Scotia Mass Choir and has worked with many music groups including Bluesmobile and Shoulder to Shoulder. He formed The Mark Riley Quartet, a jazz band, and established the Mark Riley Project. He was the 2021 African Nova Scotian Music Association Rising Star recipient for his recent efforts with several Annapolis Valley-based projects.

The Gilberts are a sibling contemporary folk trio bringing vibrant three-part harmonies, soulful lyricism, and melodious alchemy to their original songs, with diverse influences including folk music from the 1960s to the current scene, choral, musical theatre, and singer-songwriters. Frieden, Reuben, and Maisie Gilbert emigrated to Canada in 2003,

growing up on folk festival fields around Nova Scotia stepping up to open mics, then performing at small events, leading to performances at major festivals including Deep Roots, the Lunenburg Folk Harbour Festival, and the Full Circle Festival in Avondale. They are the youngest artists to appear at any of these festivals.

Annapolis Valley singer-songwriter Rachel MacLean has been sharing her music with audiences for over 25 years. She performed for over 15 years as part of the popular duo The MacLeans, and recorded five successful independent albums with her sister during that time. Rachel has been performing solo across the Maritimes for over a decade, pleasing audiences with her beautiful voice, sweet smile, and inspirational music. She released her first solo inspirational album, *Beyond The Rain*, in 2013, followed by *Fallen Snow* in 2019.

Christmas With Friends takes place on Sunday, December 12 at 7pm. Tickets are on sale at the Acadia Box Office (902) 542-5500. Order online: acadiau.universitytickets.com. All provincial public health protocols will be followed. 🌲

THE DEACON TEAM
ScotiaMcLeod, a division of Scotia Capital Inc.

OF **Scotia Wealth Management.**

presents

THE 11TH CELEBRATION OF CHRISTMAS WITH FRIENDS

— FEATURING —

RACHEL MACLEAN

MARK RILEY

THE GILBERTS

WITH SPECIAL GUESTS

SUNDAY, DECEMBER 12, 2021 AT 7:00PM
UNIVERSITY HALL, ACADIA

Tickets: \$25 (taxes included)
Available at the Acadia Box Office - (902) 542-5500 / (800) 542-8425
or online at acadiau.universitytickets.com

PLEASE NOTE
This event will follow all provincial health protocols.

CENTRE STAGE
THEATRE

www.centrestagetheatre.ca ☆ 61 River Street Wolfville

Don't Dress for DINNER

WE'RE BACK!

A farce by Marc Camoletti
Adapted by Robin Hawdon
Directed by Junie Hutchinson

With Ross Chapman, Linda Levy Fisk, Mike Butler
Jane Kerr, Tracy Churchill, and Alan Tupper

January 7 to February 5 **2022**
Fridays and Saturdays @ 7:30pm
Sundays @ 2pm January 16 & 30

\$15 adults / \$12 seniors (65+)
Reservations: 902 678 8040
Information: 902 678 3502

Produced by Special Arrangement with Samuel French

BELEAF
SALON & SPA

DECEMBER SPECIALS

lash lift and tint
\$70

refresh manicure & pedicure
\$65

dermaplaning or dual exfoliation facial
\$125

1 hour warm oil massage
\$70

add a botanical hair treatment to
your salon service
\$25

pre-reserve your Jan-Feb 15th appointment
and receive 10% off

50% OFF

Pretty close to just
about everything

SALE




Don't miss the fun!


Saturday, December 11
10 am – 5 pm

esmé
ORIGINAL JACKET

9846 Main Street, Canning
(902) 582-7555

THE 2021–22 ACADIA PERFORMING ARTS SERIES
*The Return of Live Performances at Acadia:
Music to our Ears!*


November 21, 7:30 pm **Duo Cavatine** 
December 9, 7:30 pm **Lennie Gallant,**
"The Innkeeper's Christmas"

January 29, 7:30 pm **Tom Regan Memorial Concert**
February 13, 7:30 pm **Laila Biali Trio**
March 19, 7:30 pm **Tariq Harb** 
March 27, 7:30 pm **Symphony Nova Scotia**

Subscriptions and individual concert tickets are available at the Acadia Box Office,
by phone (902.542.5500) or online (acadiau.universitytickets.com)

Please note: As per the Covid-19 protocol mandated by the government and
by Acadia University, proof of vaccination and mask-wearing will be mandatory.

 **ACADIA** UNIVERSITY
Get all the details at pas.acadiau.ca

   Wealth Management
Dominion Securities
The Carson Group
VALLEY JOURNALS ADVERTISER
NovaNewsNow.com
With the participation of the Government of Canada
Avec la participation du gouvernement du Canada | Canada
Magic 94.9

 **CARL'S independent**
YOUR INDEPENDENT GROCER
396 Main St., Wolfville 542-9680

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

Expiry: Friday,
December 31st
2021 