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July 17
2026

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Issue 28



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National Scottish Athletics Event Coming to Middleton July 18

Almost 400 years after Scotland planted its flag on the shores of Annapolis County, the echoes of that heritage will be heard again – this time in Middleton, where the Canadian Scottish Athletic Federation’s Junior National Championships for Scottish Heavy Events will bring young athletes and ancient traditions together on July 18.

The competition will take place at Fitness Experience on School Street, a fitting location for a sport built on strength and endurance, just across the tracks from the Middleton Railway Museum.

“This will be the first time this event will be hosted in a rural setting,” said organizer Jamie Peppard. “Recognized as a hotbed for throwers – with Danny Frame, Susie LaJoie, Jen Bishop, and Derek Smith training out of Middleton – the governing body for the sport approved the Middleton bid.”

Twenty male and female athletes from four provinces will compete in four divisions contesting seven traditional Scottish heavy events, he said.

“Those will be the Stone Put, the Heavy Weight for Distance, the Heavy Hammer, the Light Weight for Distance, the Light Hammer, the Weight Over Bar, and the world-famous caber,” he said. “And they will work their butts off for seven hours in the sun and I think that we’ll be all, not only happy with the product, but I think we could see some surprising names float to the top.”

Strong Local Talent He said there were some heavy hitters coming in from Alberta, Ontario, and New Brunswick. “But we have some strong local talent,” he said as local young athletes practiced outside, “so they’ve been working hard as you saw out there tonight and they’re excited about the opportunity.”

Peppard believes spectators will not be disappointed. “I think that when you look at these events and you’ve witnessed them yourself, it’s like the original extreme sport,” he said in the interview. “I mean, they’re throwing rocks, they’ve got modified maces with steel balls at the end of 16 inches of chain that they’re spinning around to try and propel distances. They’ve got long poles of cedar that they’re trying to run with on their shoulder and then flip over like, you know, they were testing their strength and courage back in the day.”

Peppard said the young athletes have worked so hard to make it look easy. “You have to be proud of them,” he said. Peppard’s claim is not without merit. Long before the phrase ‘extreme sport’ entered the modern vocabulary, Highland athletes were testing the limits of human strength by throwing stones, hurling weights, and turning massive cabers into symbols of endurance.

While the Scottish Heavy Events may not be the first extreme sport, they are one of the oldest surviving traditions that closely resembles the spirit of modern extreme sports — a public contest where athletes attempt feats most people could never perform.

Excellent Athletes Peppard and Fitness Experience will be hosting some of the top athletes in Canada, but the youngsters who train out of the Middleton gym are real contenders.

“Well, I know that in our group, we’re tremendously lucky,” he said. “We’ve got excellent representation when we travel. I mean, look at the crew that has been on the road already this spring. They’ve been to New Brunswick twice. They’ve been up in Pugwash, they’re headed to Antigonish. And when Jen Bishop and I take them on the road, it’s not how far they throw, that’s secondary to us. It’s when adults and organizers come up and say, ‘What a great group of young people you have there’. Right? Because they represent themselves and their school and their families so well under that pressure that it could go the opposite way, right?”

He said they could have outings that weren’t positive, but when they continually have other people come up and comment on the maturity level of his group of kids, that makes him proud.

“And sets them up for the future, as you know. You go through character building activities now, that pays off down the road,” he said.

Busy Middleton Weekend Peppard said spectators should have a good time, not only because of the nature of the sport.

“It’s going to be a great venue,” he said. “We’re working in conjunction with the Middleton Railway Museum, so they’re going to be open that day and there’s opportunity for tours there. Their giant model railway is a major attraction. We plan on having a good turnout for our event. Families can come and if they don’t want to stay glued to the sidelines for all the events, because it runs a long time, they can go over to the museum. It’s run by a great group of individuals and it’s probably, I would say, one of the best railroad museums on the East Coast for sure.”

He also noted that the nearby Macdonald Museum will be having its Summer Craft Market that weekend. “So School Street will be very busy that day and hopefully people come into town and they cheer on the young athletes, check out some fantastic exhibits at the museum, then go down and spend some money at the craft show.”



Local Scottish heavy events athletes stand by a steam locomotive at the Middleton Railway Museum across from the throwing field at Fitness Experience where the Canadian Scottish Athletic Federation’s Junior National Championships for Scottish Heavy Events will be held July 18. From left are Jake Hudson, Jersey Duncan, Charlie Chute, Ari Rouse, Jemyha Pelton, and Isaac Hebert. Contributed Photo

The NEW LOOK

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Students Helping Out Students from Lawrencetown Education Centre, where Peppard is principal, will be helping run the national championships, Peppard said. Students will man the barbecue and direct parking, among other things. “Kids will be working ahead of time prepping hamburgers so they can have them ready and heat them back up on the barbecue, along with hot dogs. And all sorts of snacks like that will be for sale at the event,” he said. (story continues on page 2)

Community Calendar

(continued from page 1)
“And there'll also be a few LEC things that you could purchase to support the program, t-shirts and hats.”
He said it's their chance to give back. “Service learning is one of the five components of our program and when the kids see that opportunity, they get to go out and cheer on their classmates out here that are throwing, but they also get to interact with the community and give back a little through service learning,” he said. “And in my books, we're not making enough good volunteers anymore, so it's a chance to start grooming young.”

First Scottish Settlement Not only is Annapolis County the location of North America's first Scottish settlement, but Nova Scotia also boasts the oldest throwing association in Canada. But the Scottish connection runs much deeper than the Caber Toss and Stone Put: it reaches back to 1629, when Sir William Alexander the Younger established a Scottish settlement at what is now Annapolis Royal, laying the foundation for what he envisioned as New Scotland.

Charles Fort, buried under the edge of Fort Anne, is itself a national historic site, covered numerous times by the construction of subsequent forts over the next few centuries. The 'Forgotten Scots of Nova Scotia' built their fort, established Nova Scotia, and created its charter and coat of arms after Sir William Alexander the Elder was granted Nova Scotia (including what is now New Brunswick, PEI, and part of Quebec) in 1621 by King James I. (submitted)

Thur. July 16-Sat. July 18, 10am-4:00pm daily The Farm Museum open Thur.-Sat. until September, next to the Exhibition Grounds in Lawrencetown. Free admission...for the memories. *
Thurs. July 16, 7:30pm and Sat. July 18, 2:00pm FODAR MainStage Shows, Program One, Festival of Dance Annapolis Royal. Festival of Dance Annapolis Royal is thrilled to devote its entire MainStage programming this year to the presentation of some of Canada's most outstanding Indigenous Choreographers and Dancers. Four productions:
Tasseomancy: Choreographed and danced by Marshall Kahente Diabo
Ditch Frog: Choreographed and danced by Sarah Prosper

Anxiety: Choreographed by Simik Komaksiutiksak dancing with Waabnookwe/Katie Couchie
If Then: Choreographed by Jera Wolfe and danced by Jera and Miyeko Ferguson King's Theatre, Annapolis Royal, 209 St. George Street. Purchase tickets online at: kingstheatre.ca or call the Box Office at 902-532-7704. <https://fodar.ca>
Fri. July 17, 9:00am Heartland Tour, celebrating 20 years. Come out for a fun, free, and family-friendly day of movement and community. All activities begin from the Annapolis Royal Wharf, with registration and check-in opening at 9:00am. Whether you're an experienced cyclist or simply looking for a leisurely walk with friends, everyone is welcome! Choose your adventure: 25 km or 50 km bike ride, or a 2 km or 5 km guided walk. Complimentary picnic lunch and musical entertainment and line dancing at the Oqwa'titek Amphitheatre More info and registration at heartlandtour.ca
Fri. July 17, 10:00am Weekly Tai Chi classes at the Centrelea Community Hall, 3495 Highway 201. Bring indoor slippers or shoes. Drop ins welcome. Good for balance, posture and relieving stress. Instructor Jamie Edwards of Empty Hand Martial Arts. \$75 for 10 week pass that does not expire. More info @ 902-448-2483 *

Fri. July 17 and Sun. July 19, 10am-3:00pm Digby Farmers and Artisans Market takes place along Admiral's Walk, Digby, Fridays and Sundays to Oct. 4.
Fri. July 17, 11:30am Heartland Tour Line Dancing at the Oqwa'titek Amphitheatre, Annapolis Royal. Free Fun 'n' Fitness Line Dancing with Durline Melanson. Register at www.heartlandtour.ca
Fri. July 17, 12-1:00pm Tai Chi Classes, each Friday at the Bridgetown Salvation Army Church. \$60 for 10 classes. 902-824-0099.
Fri. July 17, 1-3:00pm 100th Anniversary of the Royal Canadian Legion, at the Clementsport Legion, 2008 Hwy 1. Come and share with members and the community the history of our Legion with photos, posters and memorabilia. Refreshments, BBQ and ice cream cones served. No reservations required.

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For More Information :
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info@vrhfoundation.ca

Apply online at
vrhfoundation.ca

Fri. July 17, 2-4:00pm Crafts & Conversations will take place every Friday at the O'Dell House Museum, Annapolis Royal, throughout the summer season. Crafts & Conversations is a drop-in community program for crafters and artists of all ages and skill levels. Simply bring your current craft project and enjoy an afternoon of conversation and creativity. Surrounded by beautiful textile arts from the AHS collection and in the company of like-minded makers, you are sure to feel engaged and inspired! Knitting, sewing, crocheting, weaving, drawing, sketching, beading, rug hooking, embroidery, etc. All are welcome! 902-532-7754. annapolisheritagesociety.com



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JULY

YAPPY HOUR
PATIO PUPS POOL PARTY
3PM-5PM

SAT
JULY 4TH

KARAOKE PARTY W/
ALEXANDRA DAWN RODGERSON
7PM-10PM

SAT
JULY 4TH

FAMILY FRIENDLY KARAOKE PARTY
W/AR KARAOKE & MUSIC EVENTS
2PM-4PM

SUN
JULY 5TH

YAPPY HOUR
NAIL TRIMS FOR PUPS
ON THE PATIO 3PM-5PM

SAT
JULY 11TH

LIVE MUSIC ON THE PATIO W/
OUR HOUSE BAND -MIC'ED UP
7PM-9PM

SAT
JULY 11TH

BEER CLUB
EVENT NIGHT -BEER-B-Q
10% FOOD FOR MEMBERS
6PM-8PM

THU
JULY 16TH

RESCUE PURRS DAY W/ CATS FOR KEEPS
ADOPT•FOSTER•VOLUNTEER
6PM-8PM

THU
JULY 16TH

YAPPY HOUR
PUPPY PRIDE FEST
ON THE PATIO 3PM-5PM

SAT
JULY 18TH

FAMILY FRIENDLY KARAOKE PARTY
W/AR KARAOKE & MUSIC EVENTS
2PM-4PM

SUN
JULY 19TH

NEW NEIGHBOURS ANNAPOLIS VALLEY
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530PM - 9PM

THU
JULY 23RD

LIVE MUSIC ON THE PATIO W/
MICHAEL ROBERTSON & JEFF BARTEAUX
7PM-9PM

SAT
JULY 25TH

HOURS

MON - TUE CLOSED

WED - THU 4-9

FRI-SAT - 12-9

SUN - 12-5

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3PM-5PM
\$6.25 PINTS
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\$11 WINGS
WEDNESDAYS
EAT IN ONLY
4-9PM

Town of Middleton Heart of the Valley Town of Middleton August 20, 2026 Tax Sale Listings The Town of Middleton hereby gives notice that the following properties will be offered for sale by public auction pursuant to the Municipal Government Act. Date: August 20, 2026 Time: 10:00am Location: Town Hall Council Chambers - 131 Commercial Street, Middleton Properties are sold "as is, where is" and are subject to the terms and conditions of the sale. Interested purchasers are responsible for conducting their own due diligence regarding title, boundaries, zoning, occupancy, access, and property condition prior to bidding. A full description of the properties can be seen at Town Hall - 131 Commercial Street, NS					
Civic Address	PID	Assessed Owner	Total Due	AAN	Redeemable
Dwelling, 12-16 Bridge Street, Middleton	05078472	ALLISTON, LISA	\$11,656.10	03949001	Y
Dwelling, 378 Main Street, Middleton	05079157	DIMITRIOU, SPYRIDON	\$6,184.41	01754904	Y
Land, 50 School Street, Middleton	05193040	MCPHERSON, DONALDA, M.	\$82,277.37	03334198	Y
Land, Senator Road, Middleton	05030911	GRANT THORNTON LIMITED, TRUSTEES	\$15,141.26	01204483	N
Dwelling, 35 Main Street, Middleton	05077664	RYAN, THERESSA C.	\$4,510.42	04466128	Y
Dwelling, 249 Main Street, Middleton	05082268	GRANT, CAROLYN S.	\$1,867.46	01778951	Y

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Fri. July 17, 5-6:30pm The **Hampton Market** offers an eclectic mix of vendors featuring staples and a few things you didn't know you really needed! Offers include granola, lemonade, BBQ sauce, salsa, handpies, flowers, jewelry, jams & jellies, crafts and wood-fired sourdough. Plan a trip to Hampton Hall (8319 St Croix Cove Road) on Fridays and stop in for a coffee and a chat. Want to be a vendor? Email Sherry: sherryodell4k@gmail.com

Fri. July 17, 6-8:00pm **Summer Music at the O'** with The Big Sound Small Band. Free admission. At the Oqwa'titek Amphitheatre on the waterfront in Annapolis Royal. Rain location at the Port Royal Legion, 66 Victoria Street. or The Community Hub. Free music every Friday for the summer. *

Fri. July 17, 7:00pm **Jam Session** every Friday Evening at the Youngs Cove Community Hall, 5407 Shore Rd. *

Fri July 17, and Sat. July 18, 7:30pm nightly FODAR MainStage Shows, Program Two, Festival of Dance Annapolis Royal. Festival of Dance Annapolis Royal is thrilled to devote its entire MainStage programming this year to the presentation of some of Canada's most outstanding Indigenous Choreographers and Dancers. A World Premiere – I Dream in Wampum: Performed by A'nó:wara Dance Theatre and created by multi-award-winning choreographer Barbara Kaneratonni Diabo. Follow an indigenous youth on his journey to the stars in this magical science-fiction dance journey where Indigenous people show a future of strength and celebration. Enter a world of Indigenous Futurism. King's Theatre, Annapolis Royal, 209 St. George Street. Purchase tickets online at: kingstheatre.ca or call the Box Office at 902-532-7704 <https://fodar.ca>

Fri. July 17, 7:30-10:30pm Open Mic hosted by Tyra Brennan at the Lawrencetown Legion, 490 Main Street. Musicians, songwriters, and creatives welcome! Bring a song, try something new, or just enjoy the room. All skill levels encouraged. Supportive vibes only. 3rd Friday of each month. Free. *

Sat. July 18 133rd Bear River Cherry Carnival A day full of things to do, music and entertainment, a vendor market, games and more starting with Pancake Breakfast at 7am and ending with fireworks at dusk. To see all events find Bear River Cherry Carnival on Facebook.

Sat, July 18, 8:30am-1:00pm Community Yard Sale - All along Parker Mt. Road! From the Bayshore side to the Granville Ferry side - Multiple yard sales along the Parker Mt. Road. Plan to go up or down the bay as well and maybe hit a few more! Come make a morning of it!

Sat. July 18, 9am-1:00pm Summer Market in the Masonic Hall Church St., Annapolis Royal. From local handmade wood products, cards, Jeanette's Jams, & Annette's apparel; to textiles, vintage clothing & goods, Thai clothing, African jewelry, antiques, collectibles, home decor, books, CDs, LPs and more! Rain or shine. Cash & e-transfer.

Sat. July 18, 9am-1:00pm Annapolis Royal Farmers and Traders Outdoor Market at Market Square, across from the wharf. Nova Scotia's longest-running outdoor market. With produce and artisan breads, locally made beer and wine, and so much more the Market is a celebration of everything homegrown and handcrafted.

Sat. July 18, 9am-2:00pm Large multi-household yard sale at the Community Hall in Granville Ferry. Antiques, original art, craft supplies, garden items, home decor, household, and who knows what else?

Sat. July 18, 10am-2:00pm Your Valley Farmers Market at the Annapolis Valley Exhibition Grounds, Lawrencetown. Open every Saturday to October 3. Vendor applications are now open for the 2026 market season! Info at Facebook/Your Valley Farmers Market or email us at farmersmarket@valleyex.ca.

Sat. July 18, 10am – 3:00pm Heart of the Valley Summer Craft Market Vendors, BBQ, Petting Zoo (11am-1pm). Free Admission. Vendor spaces available. 902-825-6116, MacDonald Museum, 21 School St., Middleton.

Sat. July 18, 10am-4:00pm Junior National Scottish Heavy Events Championships Join us to cheer on local athletes as they compete in 7 traditional Scottish Heavy Events against top throwers from 4 Canadian Provinces! The 2026 Junior Nationals will be a great day to see Cabers, Hammers, and Stones being contested by some of Canada's best young throwers! Fitness Experience Health Centre, 65 School St., Middleton.

THE CENTRELEA COMMUNITY HALL

BLUES-BERRY

Blueberry
Dessert Baking
Contest

Aug. 8
2026

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Hear On Earth

RYE ANDERSON - RYE THE BANJO GUY

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Anagrams Answers
Puzzle 27

Rearrange all the letters of each word to form two other common English words.

Adheres – Headers
- Sheared

Critters – Restrict
- Stricter

Flowed - Fowled
- Wolfed

Instance – Ancients
- Canniest

Pleads – Pedals
- Lapsed

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Sat. July 18, 11am-2:00pm Heart of the Valley Festival Family Day at Rotary Park 337 Marshall St., Middleton. Free admission. Enjoy an afternoon of family fun, community spirit, and summer celebration! There will be Middleton Fire Department Chicken BBQ, Bouncy Castle, Mini Ponies, Sports Clinics, Big Scoop Ice Cream, Live Music with Slightly Slanted Band, Games, Activities for All Ages, and more. Bring the whole family and help us celebrate everything that makes the Heart of the Valley such a great place to live, work, and play!

Sat. July 18, 12:30pm T & D Kitchen Jam Saturdays, 1407 Inglisville Road, Lawrencetown at the Community Hall. All are welcome! Doors open 12:30, music from 1:30-4:30. \$2 for entry. Snacks, tea /coffee are included in the price. *

Sat. July 18, 2:00pm FODAR MainStage Shows, Program One, Festival of Dance Annapolis Royal. Festival of Dance Annapolis Royal is thrilled to devote its entire MainStage programming this year to the presentation of some of Canada’s most outstanding Indigenous Choreographers and Dancers. Four productions:
Tasseomancy: Choreographed and danced by Marshall Kahente Diabo

Ditch Frog: Choreographed and danced by Sarah Prosper

Anxiety: Choreographed by Simik Komaksiutiksak dancing with Waabnookwe/Katie Couchie

If Then: Choreographed by Jera Wolfe and danced by Jera and Miyeko Ferguson

King’s Theatre, Annapolis Royal, 209 St. George Street. Purchase tickets online at: kingstheatre.ca or call the Box Office at 902-532-7704. <https://fodar.ca>

Sat. July 18, 7:30pm FODAR MainStage Shows, Program Two, Festival of Dance Annapolis Royal. Festival of Dance Annapolis Royal is thrilled to devote its entire MainStage programming this year to the presentation of some of Canada’s most outstanding Indigenous Choreographers and Dancers. A World Premiere – **I Dream in Wampum**: Performed by A’nó:wara Dance Theatre and created by multi-award-winning choreographer Barbara Kaneratonni Diabo. Follow an indigenous youth on his journey to the stars in this magical science-fiction dance journey where Indigenous people show a future of strength and celebration. Enter a world of Indigenous Futurism. King’s Theatre, Annapolis Royal, 209 St. George Street. Purchase tickets online at: kingstheatre.ca or call the Box Office at 902-532-7704 <https://fodar.ca>

Sun. July 19, 8:50-10:30am Annapolis Shambhala Meditation Centre **Sunday Morning Sitting Practice**, weekly at the Granville Ferry Community Hall. <https://annapolis.shambhala.org>

Sun. July 19, 9:30am Holy Eucharist at the Anglican Church of St. Mary's (6772 Hwy 1 in Belleisle). All are welcome.

Sun. July 19, 10am-2:00pm Clarence Farmers Market, through October at the Clarence Community Hall. The market features local produce, baked goods, crafts, and artisan products from vendors across the Annapolis Valley. New vendors are always welcome. For more information, email clarencecountrymarket@gmail.com or call 902-824-4999.

Sat. July 18, 10:00am Hampton Cemetery Clean-up. Calling all volunteers. Contact: Suzanna Sancton, email: cemetery@hamptonnovascotia.com

Sun. July 19, 10am-3:00pm North Hills Museum Annual Show & Shine Car Show Vehicle registration opens at 9:30am and we kindly request a registration fee of \$10/vehicle. All entries welcome: classic cars, hot-rods, motorcycles! Registration includes raffle prize entry. A voter’s choice prize will also be awarded. Visitors are invited to tour the museum, grab a BBQ lunch on our grounds, and enjoy the display of classic cars. On-site BBQ sales from 12:00-1:30pm. 5065 Granville Rd., Granville Ferry.

Sun. July 19, 10:30am Wilmot Mountain Baptist weekly service. Join us on Sunday at the Wilmot Mountain Baptist Church, 2160 Arlington Road in Mount Rose, for a joyful time of worship featuring music by John Montgomerie. Find out why it's John's favourite Church on the Shore. bill.linley@gmail.com. 902 221-6922.

Sun. July 19, 11:00am Centrelea Baptist Church Outdoor Summer Service at the Centrelea Community Hall Bandstand. We recommend you bring your own chair. Service and special music to be followed with a Pot Luck lunch in the hall.

Sun. July 19, 11am Holy Eucharist and Baptism at St. James Anglican Church (289 Granville Rd, Bridgetown) followed by fellowship and food. All are welcome. We are an inclusive church. Wheelchair accessible via the parking lot door.

Sun. July 19, 11:00am Bridgetown Baptist continues to worship weekly. Join us on Sundays at the Royal Canadian Legion, 20 Jeffery St., for a joyful time of worship. 902-665-2506. 10:30 for prayer and 11am for worship! bridgetownbaptist@gmail.com.

Sun. July 19, 11:00 am Worship Service. Celebrate God’s presence with us at St. George & St. Andrew United Church, 393 St. George St. Annapolis Royal 902-532-7954. Open Doors, Open Hearts, Open Minds. *

Sun. July 19, 11am-2:00pm Farmers and Crafters Market, every Sunday at the Lions Club at 948 Hwy 1, Deep Brook. Local vendors and farmers. New vendors always welcome.

Sun. July 19, 11:30am-2:00pm Strawberry Shortcake at Port Lorne Fundy Hall. It’s summer and that means strawberry shortcake. Come and get some. Enjoy the summer and a visit with your neighbours. See you there

Sun. July 19, 7-9:00pm Fun Darts, every Sunday evening at the Bridgetown Legion, 20 Jeffery Street. \$3 entry returned in prizes.



KIND GREETINGS FROM
CHARLES “CHUCK” CRANTON
Your District 4 Councillor

“Let’s work together in a respectful, responsible manner towards a future that’s both sustainable and prosperous”



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Mon. July 20, 9am-12:00pm Summer Open House at the Paradise Heritage Centre, 10307 Hwy 1, Paradise. We will be open on Monday mornings 9-12 for the summer and fall, starting on June 1! There will be coffee and muffins of course- and our quiet, beautiful space to relax for conversation, reading, or research. *

Mon. July 20, 10am-12:00pm Memoir Writing Group meets every Monday morning in the music room at the Annapolis Library to share chapters of their memoirs for friendly discussion. No workshops. Everyone welcome. In the event of inclement weather/ library closure, classes will not be held.

The Anglican Church of Canada
Parish of Wilmot

All Saints - 521 Pleasant St., Kingston, NS 9:30am
Holy Trinity - 45 Main St., Middleton, NS 11:00am

Phone: 902-825-2326 Facebook: Parish of Wilmot
Website: <https://parishofwilmot.ca>

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Mon. July 20, 1:00pm Chair Yoga with Esme at the Bridgetown Legion (20 Jeffery St, Bridgetown). Join us for chair supported yoga suited for seniors and limited mobility. For more information contact Esme at (604) 537-5665 or esmeendres@gmail.com *

Mon. July 20, 6:30pm Paradise Heritage Centre Genealogy Circle The Halifax Explosion on December 6, 1917, changed the city forever. At least 1,782 people in the city died in an instant or soon after, at least 9,000 were injured, many severely. There had never been a human-made explosion of this magnitude, ever. But it was not just Halifax affected. There were soldiers from all over Nova Scotia housed on the waterfront, one from Paradise. This month's circle invites you to bring any stories you have from your family, from your reading, books or photos to show. Let's remember this terrible day and the people who died, and those who helped. Who remembers the Boston connection? And what and who else? Come to this month's circle for some awe-inspiring stories. And bring your own.

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Tues. July 21, 1:30-4pm Jam Session at Parker Hall, Victoria Vale, across from the church, every 2nd Tuesday. Doors open at 1:00. Come out for an afternoon of music, fun and refreshment and support the Hall. Next Jam Aug. 4.*

Tues. July 21, 6:00pm Bridgetown Ramblers join us at the Bridgetown Baptist Church parking lot, 7 Park St., for a fun, social and relaxed ramble around the community. For more information text 902-824-0057.

Tues. July 21 and Thur. July 23, 7:00pm Bridgetown Pickleball at the Sports Hub tennis/pickleball courts. Newbies always welcome. \$2 drop-in fee. Questions? 902-665-4353 or 902-665-4308.

Tues. July 21, 7:15-10:15pm Middleton Legion Bingo Tuesdays at 205 Marshall Street, Middleton. *

Wed. July 22, 10:00am NS Walks Annapolis Royal Wednesdays at 10am. Are you interested in getting some exercise, at your pace, with friendly people, and in picturesque surroundings? Join our Walk Group! We meet every Wednesday at 10:00am at the Annapolis Royal Farmers' Market parking lot. Walkers of all ages and abilities are welcome. For further information, call (902) 250-0429.

Mon. July 20, 7:00pm Valley Lions Radio Bingo (VLRB) is a Media Bingo broadcast on Annapolis Valley Radio, AVR 97.7FM and other AVR stations from Digby to Windsor, every Monday night from 7- 8pm. Bingo Cards are sold through valley retail locations. Info at www.vlrb.ca *

Mon. July 20, 7:00pm Jam Sessions at Habitation New Horizons Hall at 1771 Granville Road Port Wade. Come sing, play or just listen. Lots of fun and fellowship, all welcome. For info contact Ann Marie 902-955-2244.

Mon. July 20, 7-9:00pm Craft Club @ Lower Granville Hall (3551 Granville Rd., Port Royal). Now EVERY Monday night! Calling all Fibre enthusiasts. Join us at the Hall for a Stitch'n'Bi*ch. All skill levels welcome. Knit, crochet, embroider, felt, mend, sew, quilt, spin, weave, needlepoint, rug hooking... We will put the kettle on. Bring your project and \$2 Hall donation.

Tues. July 21, 1-3:00pm The Annapolis East Seniors Card Group, meet at NSCC Middleton campus every Tuesday.

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Wed. July 22, 10:00am NS WALKS BRIDGETOWN a walking group for all levels and abilities If you are looking for motivation to get out for a bit of exercise and to socialize come join us. Walkers meet at the Library every Wednesday at 10:00 am. All are welcome Registration is not required. For more information check our Facebook Group NS WALKS BRIDGETOWN

Wed, July 22-Sun. July 26, 10am-5:00pm Middleton Railway Museum open daily except Mon. and Tues. at 61 School Street, Middleton. Visit our HO model railway, restored railway station, and rolling stock. Call 902 221-6922. *

Wed. July 22, 2:00pm Join us for **Church in the Park** in Centennial Park, Kingston. Bring a lawn chair, water, protection from sun, rain and insects, and something for the Food Bank. Offered by All Saints Anglican Church. All are welcome! For more information, contact: Rev. Sue Channen revsue.channen@gmail.com

Wed. July 22, 7:00pm Brickton Community Hall Jam Sessions Every Wednesday @ 7. Free will offering. All welcome. *

Wed. July 22, 7-9:00pm Moschelle Community Hall is holding a Bingo! 718 HWY 201, Moschelle. Come and Join Us for Fun Time

Wed. July 22, 7-9:00pm Fun Cribbage every Wednesday evening at the Bridgetown Legion, 20 Jeffery Street. \$6 entry returned in prizes. All welcome. *

Wed. July 22, 8:00pm Al-anon Meeting, for relatives and friends of alcoholics, at the First United Baptist Church at 762 George Street, Annapolis Royal, every Wednesdays at 8pm. Please enter through the front door.

Thur. July 23, 10am-12:00pm Veterans Coffee Morning at the Bridgetown Legion. Veterans, 1st Responders, serving and retired, firefighters and members. Every Thursday. Royal Canadian Legion, 20 Jeffery St. *

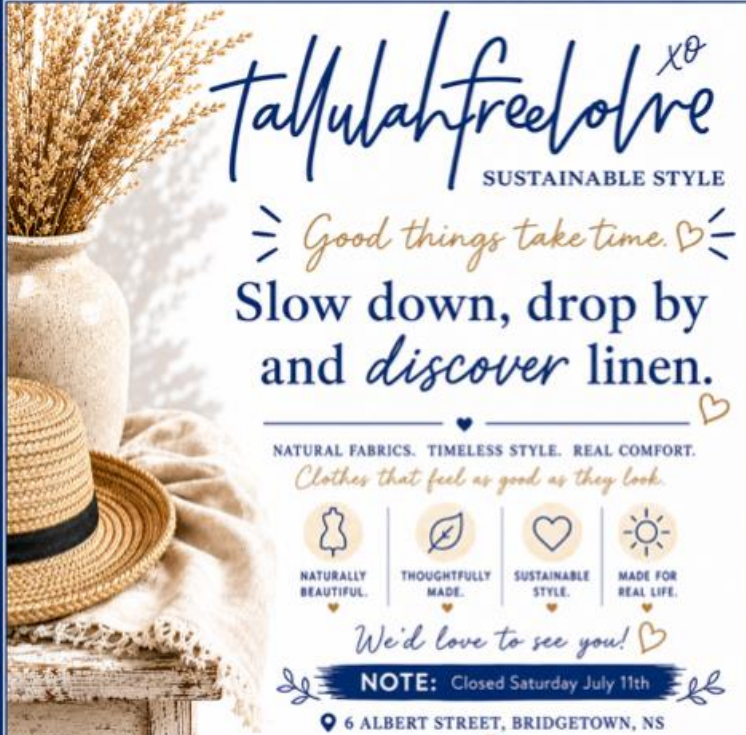
Thur. July 23, 3-7:00pm Kingston Farmers Market 45+ Vendors weekly, a selection of delicious Food Trucks, live music from all your local faves - workshops, super fun theme weeks and more! Come out and support local growers, makers, businesses and entrepreneurs: because shopping local builds our community economy and keeps our hard-earned dollars right here at home! Aurora Inn Grounds, 831 Main St., Kingston. Doors open at 2:45pm.



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Thur. July 23, 4-6:00pm Family Event at Nictaux Park & Playground, 15 Old Runway Dr. Come discover the accessible features of one of Annapolis County's coolest playground, meet other families, and enjoy a relaxed evening in the park, along with food, refreshments and prizes. Sponsored by Annapolis County Recreation.

Thur. July 23, 7:00pm Music in the Orchard with Kim Doolittle, an Annapolis Valley Folk School event at 1963 Clarence Road, Clarence. Get ready for an incredible evening of music and storytelling! Kim Doolittle—singer, songwriter, master storyteller, and lifetime musician—is bringing her winding minstrel journey straight to us. With her guitar in hand, Kim has traveled the globe, weaving her worldwide adventures directly into the fabric of her soulful, original music. You won't want to miss this! This is an outdoor event, so dress for the weather and get ready for some fresh air and great tunes. Seating isn't provided, so please bring your favorite folding lawn chairs or a cozy blanket to sit on. If you have any difficulty registering you can send us an email at avfolkschool@gmail.com or message us on Facebook or call Maureen at 902 309 0224.

Thur. July 23, 7:00pm Card Night at Moschelle Community Hall, 718 Hwy 201 Moschelle. All players are welcome to join in. Continuing every Thursday until Nov. of 2026.

Thur. July 23, 7-8:00pm Free Fun 'n' Fitness Line Dancing with Durline and Trans World Dance Company (Weather permitting). All levels are welcome. No experience or partners are needed. Wear comfortable dance shoes and come help celebrate Trans World Dance Company's 34th year in Canada. Kick up your heels and join the fun! Each Thursday to Sept. 10 at the Oqwa'titek Amphitheatre, 275 St. George Street, Annapolis Royal, in conjunction with the Annapolis West Health Foundation, Annapolis Royal Recreation Department, and Explorer Visitors Guide. *

Fri. July 24, 9:30-11:30am Veteran's Lodge Buddy Check coffee. This event is open to all Annapolis Valley Veterans and serving members. This is a FREE event for Veterans. Register by emailing theveteranslodge@gmail.com. At the 7Arts Centre 619 Central Ave, Greenwood. *

Fri. July 24, & Sat. July 25, 11am – 7:00pm and Sun. July 25, 11am-5:00pm On The Village Green Market is Back and proud to be a part of the 3-day Valley Wide Ribfest Event. Bringing you a unique mix of vendors every day! Crafters, Soapers, Bakers, Jewelry, Artists, 3d-Printers, Wood Crafts, Candles, Blacksmith, skin care, and More! Play our annual Scavenger Hunt too! 904 Central Ave., Greenwood.

Fri. July 24, 6-8:00pm Summer Music at the O' with The Kim Doolittle Band. Free admission. At the Oqwa'titek Amphitheatre on the waterfront in Annapolis Royal. Rain location at the Port Royal Legion, 66 Victoria Street. or The Community Hub. Free music every Friday for the summer.

Sat. July 25, 8-10:00am Pancake Breakfast at Moschelle Community Hall, held the last Saturday of the month at 718 Hwy 201, Moschelle. Come join us for a great breakfast \$10/plate and \$5/plate for children under 5. Your choice of Pancakes or French toast with all the trimmings and includes a side of sausages and homemade beans. *

Sat. July 25, 9am-1:00pm Christmas in July Craft Sale at the Round Hill Hall, 1689 Hwy 201. If interested in a table please contact Dawn at 902-955-0854

Sat July 25 and Sun. July 26, 10am-4:00pm First Annual Summer Arts Festival at the Upper Clements Community Hall, 2951 Hwy 1, Upper Clements. There will be an art exhibition in a variety of mediums to view and purchase, demonstrations, and a raffle for an original work by acclaimed local artist Wayne Boucher. Free community BBQ and entertainment from 11am-2pm (donations welcome). Learn more at upperclementshall.ca Free admission.

Sat. July 25, 1:00pm Walkie Talkie with Barbara Lounder Join artist Barbara Lounder in an outdoor ambulatory artist talk using objects from her ARTSPLACE exhibition, In Place: Objects, Photographs, Stories, such as walking sticks, carrying yoke, and blindfolds. Free to participate. Suitable for all ages and abilities. Gather at ARTSPLACE, continue along French Basin Trail. (In case of rain, the activity will take place at ARTSPLACE.)

“When we read a story, we inhabit it. The covers of the book are like a roof and four walls. What is to happen next will take place within the four walls of the story. And this is possible because the story's voice makes everything its own.”

— John Berger, Keeping a Rendezvous: Essays

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Sat. Aug. 1, 11am-3:00pm Natal Day Car Show presented by the Port Royal Legion Branch 21/Annapolis Royal Community Center! Have a "cool car" to show off? Eye-catching cars, live music, and a BBQ. You don't want to miss this!

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Sat. Aug. 8, 3-10:00pm
Centrelea Blues-Berry Fest at the
Centrelea Community Hall, 3495
Hwy 201. Hours of music, food &
beverages, blueberry bake off with
prizes and more. Free pass for
volunteers. Visit Centrelea
Community Hall Facebook page for
more details.

Sun. Aug. 9 Middleton’s Heart Run All distances will start and finish at Rotary Park in Middleton, with refreshments available before and after the run. Half Marathon Start: 8:00am; 5 KM & 10 KM Start: 8:30am. Check-in & Same-Day Registration: Begins at 7:00am. Please note that start times may be adjusted, including earlier starts, depending on heat or weather conditions to ensure participant safety. Participants will be notified in advance whenever possible. Find event details and a link for registration under Community Events at www.discovermiddleton.ca

Sun. Aug. 9, 8:00pm John McDermott in concert at Evergreen Theatre. McDermott brings his celebrated show Raised in Songs & Stories for an evening of soul-stirring music, heartfelt storytelling, and timeless songs of the Isles. Tickets: \$40, available at <https://evergreentheatre.ca/> or 902-825-6834. 1941 Stronach Mtn. Rd., East Margaretsville.

Wed. Aug. 12, 1-3:00pm Senior’s Day at the Bear River & Area Community Health Clinic, 1112 River Rd. This recurring monthly event falls on the second Wednesday of each month and is intended as a time to catch up with old friends and meet new ones! Enjoy light refreshments and rotating activities through the year. Free will donation at the door. *

Wed. Aug. 12, 2-4:00pm Genealogy Coffee Club Join us for an afternoon of socializing and storytelling at the O’Dell House Museum & Genealogy Centre. All are welcome. Donations Appreciated. The event takes place on the second Wednesday of each month, except for December.

Thur. Aug. 13 The Champlain Garden Club’s August 13th meeting involves a road trip to Summerland Nurseries. The topic will be on ground covers including grasses. Details will be sent out to members for this exciting tour and talk at the beautiful Summerland Nurseries. Tour you won’t want to miss!

Thur. Aug. 13, 7:00pm The Clarence 4-H Club meets at the Clarence Hall on the second Thursday of each month at 7pm. New members and leaders are always welcome! For more information call Shanda at 902-824-2835

Sat. Aug. 15th, 11am-3:00pm The Peace and Friendship Medicine Trail Presents: **Peace and Friendship - Gathering on the Land.** Join us in Celebrating our Connection to the Land and Each Other through Art, Food, Knowledge Sharing, Stewardship and Gratitude. Enjoy - homemade Chili and Luskanikn (bannock), a Traditional Plant Walk, Art Exploration with Lorne Julien, help with Indigenous plant restoration and much more. Meet at Corbett Lake in the proposed Goldsmith Lake Wilderness Area (from Morse Rd. turn West onto Neaves Rd. Follow signs to the Lake). All welcome! All celebrated! We Are All Treaty People

Sat. Aug. 22 The Fort to Fort Experience is back for the first time since 2019, inviting participants to walk, run, or cycle a stunning 25 km route connecting two of Canada’s oldest National Historic Sites, Fort Anne and Port-Royal. Along the way, enjoy interactive historical experiences, live demonstrations, scenic views, and welcoming communities before celebrating your accomplishment at the Good Cheer After Party at the Oqwa’titek Amphitheatre.

Whether you’re in it for the history, the challenge, or simply a memorable day outdoors, this is an experience you won’t want to miss. Registration is now open at <https://annapoliscounty.ca/community/events-calendar>

Sat. Aug. 22, 9am-1:00pm Community Market @ Lower Granville (3551 Granville Rd., Port Royal) Vendors inside and out will be of items you didn’t know you needed but can’t live without! From ha books to local goods – there’s truly a little of everything. Question More info on our website: LowerGranvilleHall.com , or Email LowerGranvilleHall@gmail.com.

2026 Library Service Changes Announcement

Update July 9
On Monday, July 6th, a meeting with funding partner municipalities was held to review information about the AVRL’s situation and to explore interest in next steps.

On Wednesday, July 8th, AVRL had a meeting with provincial staff, which was solutions-oriented, exploring possibilities to keep library branches open for the rest of 2026-27.

The Library Board will be holding an extra meeting next Monday, July 13th, 6-8pm at the Wolfville Council Chambers. The meeting will discuss the possibility that the five branches scheduled for closure may be able to be kept open for an additional short time while discussions with the Department of Communities, Culture, Tourism and Heritage and municipalities continue.

The 6 remaining branches will open as planned under the new hours and staffing model July 21st.

Library Board meetings remain open to the public and the agenda and the package will be posted on the website when they are ready. <https://valleylibrary.ca/>

Update, July 14 A special meeting of the AVRL Board was held on July 13 at the Wolfville Council Chambers. The Library Board approved the use of over half of AVRL’s remaining reserve funds to extend service at the Lawrencetown, Middleton, Kentville, Port Williams, and Hantsport branches until September 30, 2026.

Update, July 15 We have received confirmation from our municipal units that we will be extending service until at least September 30th at the following locations: Middleton, Kentville, Port Williams, and Hantsport.

The Village of Lawrencetown has chosen to not extend their partnership with AVRL past the original closing date of July 18. We wish the Village all the best with their plans for the building.



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Where: Tupperville School Museum
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Please email
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as spots are limited.



BIG SWIM 2026 Brings Swimmers to Brigadoon Village for First Time

This unique fundraising event invites Nova Scotians to swim, stay & experience the camp they are helping support. One of Atlantic Canada’s most inspiring fundraising events is staying in Nova Scotia this year, creating a unique opportunity for participants to experience firsthand the impact of the funds they raise for Brigadoon Village. The BIG SWIM, a longtime GIVETOLIVE event, in support of Brigadoon Village, will take place on August 30, 2026, on Aylesford Lake for the first time. Participants can choose from 1 km, 5 km, or 10 km open-water swim routes, all beginning and ending at the GIVETOLIVE BIG SWIM Dock located on the Brigadoon Village waterfront. Swimmers will have the opportunity to immerse themselves in the Brigadoon experience throughout the weekend. Participants can stay overnight in camper cabins, share meals in the dining hall, take part in camp activities, and gather around a campfire before swim day.

Each swimmer commits to raise funds for Brigadoon Village while training for their BIG SWIM. Their efforts contribute to life-changing camp programs for children and youth living with health conditions and other life challenges throughout Atlantic Canada. "The BIG SWIM has always been about helping children experience the magic of Brigadoon Village," says Lynne Patterson, BIG SWIM 2026 Event Director. "This year, participants will not only raise funds for camp, but also have the opportunity to see, feel, and experience the place their efforts help make possible; which is very special." Each year, the event attracts swimmers, volunteers, and supporters from across the region while shining a spotlight on the impact Brigadoon has on families throughout Atlantic Canada. To date, The BIG SWIM has raised more than \$1.7 million to support campers and their families through Brigadoon's medically supported camp programs. This year the event aims to raise an additional \$150,000. "We're incredibly grateful to GIVETOLIVE for their partnership and contribution year after year! We're fortunate to have a community of swimmers, volunteers, and donors who continue to show up for our Campers," says Brigid Savage, Director of Philanthropy, Brigadoon Village. "The BIG SWIM has helped create life-changing Camp experiences for children and youth across Atlantic Canada, and hosting the event at Brigadoon this year is especially meaningful. We're excited to welcome folks to Camp and thank them for their contributions." For more information, or to register, visit www.givetolive.ca/swim

About GIVETOLIVE GIVETOLIVE aims to inspire people to live happy and healthy lives through generosity, fitness, and achievement of the extraordinary. Since 2008, they've raised more than \$4.5 million for a variety of causes through events such as The BIG CHILL, The BIG RIDE, and The BIG SWIM. More at www.givetolive.ca

About Brigadoon Village Brigadoon Village gives extraordinary kids a chance to be ordinary. As Atlantic Canada’s first and only Camp of its kind — and one of Canada’s largest pediatric medical Camps — Brigadoon transforms the lives of children and youth living with health conditions and other life challenges through medically-supported experiential learning, meaningful connections, and exceptional fun. Located on Aylesford Lake, Nova Scotia, The Village offers year-round programs grounded in evidence-based practices and supported by qualified healthcare teams. Operating on a pay-what-you-can fee structure, Brigadoon ensures no Camper in Atlantic Canada is turned away for financial reasons, and relies on sponsors, donors, and partners to make Summer Camp and year-round experiences possible.



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Thur. July 16-Sat. July 18 FODAR, Festival of Dance Annapolis Royal Indigenous artists are changing the way we look at dance. Driven by their passion for the art form and their remembered experience, they are revolutionizing movement, reflecting their traditions and creating new dance styles in stunning ways. They give us their own stories with breathtaking performance that offers the power to unite and heal. We are thrilled to be able to present some of the finest indigenous choreographers and dancers in Canada on the FODAR MainStage this season. Tickets: Adult Single ticket, \$35/ Programs One & Two \$50. Youth \$15. Please refer to the Community Calendar listing for times and offerings.

Wed. July 22, 7:00pm Waterwalker Film Festival We are excited to bring you some of the best films of the 2025 Waterwalker Film Festival! This is a 2-hour event (including intermission) with an inspiring program of 7 short films that will take you deep into the heart of water country. Proudly sponsored by Canoe Annapolis County and the County of Annapolis.

Paddle Canada’s Waterwalker Film Festival is a tribute to the late Bill Mason, a great conservationist, canoeist, and filmmaker who cared passionately about his work and the wilderness. He wanted to share its beauty and promote its protection. As he once said, “Film is for me a means of expressing my feelings about the things I enjoy, things I am concerned about, mostly the natural world”.

The Waterwalker Film Festival came together following Mason’s death to help continue his vision. We know you’ll enjoy the incredible selection of films from around the world. We also hope you will be encouraged and motivated to get involved with the protection and conservation of our wilderness and waterways. Tickets: Adults \$11.95, Youth \$7.95.

Fri. July 24, 6:30pm Disclosure Day (film, PG) If you found out we weren’t alone, if someone showed you, proved it to you, would that frighten you? This summer, the truth belongs to eight billion people. Today is... Disclosure Day. With Emily Blunt, Josh O’Connor, and Colin Firth. Directed by Steven Spielberg. Tickets: Adults \$11.95, Youth \$7.95.

Sat. July 25, 7:30pm Constellations (live performance) A play by Nick Payne. After a stunning run at Tarragon Theatre in Toronto last Summer, Icarus Theatre’s Constellations comes to Annapolis Royal. One relationship. Infinite possibilities. In the beginning Marianne and Roland meet at a party. They go for a drink, or perhaps they don’t. They fall madly in love and start dating, but eventually they break up. After a chance encounter in a supermarket, they get back together, or maybe they run into each other and Marianne reveals that she’s now engaged to someone else and that’s that. Or perhaps Roland is engaged. Maybe they get married, or maybe their time together will be tragically short.

Nick Payne’s Constellations is a play about free will and friendship; it’s also about quantum multiverse theory, love, and honey. Tickets: Adults \$35, Supported \$20, Youth \$15 (Under 18).

Sun. July 26, 6:00pm Supergirl (film, PG13) When an unexpected and ruthless adversary strikes too close to home, Kara Zor-El, aka Supergirl, reluctantly joins forces with an unlikely companion on an epic, interstellar journey of vengeance and justice. Milly Alcock stars alongside Matthias Schoenaerts, Eve Ridley, David Krumholtz, Emily Beecham, with David Corenswet, and Jason Momoa. Tickets: Adults \$11.95, Youth \$7.95.

Whew! Double Puzzle Answer

DAKEB

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Please join us in Celebrating Zeita and Clyde's 65th Wedding Anniversary

140 Wright's Lake Road

July 18, 2026 2-4 pm

Call for Vendors

Lower Granville Hall is looking for vendors for our upcoming Community Market in August. Whether you are a Crafter, Maker, or Artist, have some treasures from your home that you are ready to part with, or something you grow in your garden, you are welcome to apply to participate. We are looking for a diverse mix of vendors. The Market will be held Saturday, August 22nd from 9am-1pm. Spaces available to rent:

- Junk in Your Trunk Space: Tailgate outside the building for \$10 per space. (5 spaces available)
 - o Simply pull into the Hall, and we will direct you where to park. Open your trunk and sell your items. You may bring your own table to set up directly behind your vehicle if you wish.
- Tiny Treasures Space: Medium Table (96" x 30") inside Hall for \$15 per space. (6 spaces available)
- The Kitchen Sink Space: Large Table (122" x 32") inside Hall for \$20 per space. (3 spaces available)

This is our 3rd year hosting this event. You will not want to miss the opportunity to be a part of this eclectic and vibrant Community Market. Limited space is available and will go fast. Simply email LowerGranvilleHall@gmail.com to register.

Felker Hall Community Center Weekly Activities
734 Broadway Ave, Cornwallis Park. Email cornwallispark@outlook.com
Monday– Keep Fit and Healthy Classes 8:30 - 9:30am Carole 902-376-2055
Line Dancing Intermediate 10:00 – 11:00am To register, please contact Durline at 902-532-3035 or dance.canada@explorerguide.ca
Hatha Yoga 11:30am – 12:45pm Sridhara 1-250-228-3848
Tuesday– Library open 1-3pm. Jackie 902-340-0007
Zumba 6:30 – 7:30pm \$7 per session Wendy 902-532-7736
Wednesday –Keep Fit and Healthy Classes 8:30-9:30am Carole 902-376-2055
Thursday- TOPS (Take Off Pounds Sensibly) 8am weigh in and 8:30 meeting. Contact Stephen 902-526-2885
Cribbage 1pm-3:00 Pete 902-376-2007
Friday– Keep Fit and Healthy Classes 8:30-9:30am Carole 902-376-2055
Line Dancing Intermediate 10:00-11:00am To register, please contact Durline at 902-532-3035 or email dance.canada@explorerguide.ca
Chair Yoga 11:30am - 12:45pm Sridhara 1-250-228-3848



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Hiking Summit Coming to Digby

The 12th annual Nova Scotia Hiking Summit is a celebration of hiking culture. Held in a different community each year, the 2026 Summit will take place in Digby on October 1, 2, 3 and 4 (Thursday to Sunday) at the Digby Pines Golf Resort & Spa (103 Shore Road, Digby). Avid hikers, hiking clubs, trail groups, provincial government, municipalities and others will attend. The Summit includes workshops, hiking stories, networking opportunities and, of course, hikes! It will shine a light on the beautiful trails found in and near the Digby area, keen trail groups and hiking leaders.

The Summit is open to Hike Nova Scotia members and non-members. Registration is required. Go to <https://www.hikenovascotia.ca/news-hiking-summit/> to register and learn more.

Thank You Jerry and Maureen Publow would like to thank everyone who dropped in to both our home and to the firehall to celebrate Jerry's birthday. We had lots of fun and shared many memories. Thank you to everyone who worked so hard to make it happen and to the wonderful folks who joined us. I am sure our paths will cross again and if not we will see you during tax season. Thanks again for making it very special for both Jerry and Maureen.

Property Valuation Services Corporation

Assessors are now conducting property inspections across Nova Scotia. They are reviewing building permit progress and gathering up-to-date information as part of their annual property assessment process.

For your safety and peace of mind, Assessors are easy to identify with PVSC-marked vehicles, PVSC-issued ID, and high-visibility vests. You don't need to be home for these visits. The Assessor will leave contact information and next steps if a follow-up is needed. To learn more about property inspections visit www.pvsc.ca

The **Digby Curling Club** is receiving \$50,000 through the NS Provincial Rink Revitalization Program to purchase new curling stones, helping ensure the club remains a welcoming place for recreation and competition. Also, the **Bear River Economic Development Society** is receiving \$18,000 through the Nova Scotia's Community Facilities Improvement Program to repair the wooden stilts supporting one of the community's historic buildings, preserving an important local landmark and gathering place. (PC Media)

Vitis Vines Inc located in Centreville, Kings County, is receiving a significant investment from the Province of \$235,000 to expand tissue culture capacity to increase the supply of locally produced grapevines and horticultural planting material, reducing reliance on imported stock. "This investment will strengthen local production and reduce reliance on imported planting material, helping ensure our growers have access to the high-quality stock they need to expand and succeed," said John Lohr, Kings North MLA. (PC Media)

At the Tupperville School Museum:

All events commence at 1:00pm.
July 18 – CORAH - Beading.
July 25 – Ice Cream Social. Homemade ice cream. Soft drinks. Hamburger and hot dog BBQ. Live entertainment.

Youth Tennis Camp, August 12-13, 10am-2pm, at the Annapolis Royal Tennis Courts for ages 8-13. Led by Coach Jamie Humphrey, participants will learn the techniques of the sport, participate in fun skill building games, and will play matches! Any skill or experience level is welcome and all required equipment is provided if needed. An hour-long swim from 1-2PM is included in the \$40 registration fee. Pre-registration is required and space is limited, please email alc@annapolisroyal.com or call 902-955-1205 to reserve a spot!



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and The County of Annapolis
WEDNESDAY JULY 22 @ 7:00 PM



CONSTELLATIONS
From Icarus Theatre, a play about quantum
multiverse theory, love, and honey
SATURDAY JULY 25 @ 7:30 PM



DANCE CAMP
5 days of creation and rehearsal, followed by a
show on stage for the community. Ages 7 -12
JULY 27 - 31 ALL DAY



JAH'MILA
Jah'Mila and her 9-piece reggae band return to
King's Theatre!
SATURDAY AUGUST 1 @ 7:30 PM



THE INVITE
It'll be fun! Seth Rogan, Olivia Wade, Penelope
Cruz, Edward Norton
WEDNESDAY AUGUST 5 @ 7:00 PM

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COMING EVENTS



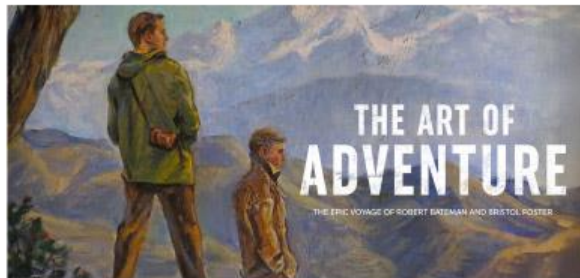
MUSICAL THEATRE CAMP
Bringing Broadway to Annapolis Royal with
Andrew Morrissey! Ages 10-17
JULY 20-24 ALL DAY



DISCLOSURE DAY
Captivating Sci-Fi blends suspense and human
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FRIDAY JULY 24 @ 6:30 PM



SUPERGIRL
Supergirl reluctantly joins forces with an unlikely
companion on an epic journey
SUNDAY JULY 26 @ 6:00 PM



THE ART OF ADVENTURE
The epic voyage of Robert Bateman
and Bristol Foster
WEDNESDAY JULY 29 @ 7:00 PM



TOY STORY 5
The battle for playtime between toys
and tech begins!
SUNDAY AUGUST 2 @ 6:00 PM



TAMAR ILANA + VENTANAS
Woman-led Flamenco
Mediterranean Fusion
SATURDAY AUGUST 8 @ 7:30 PM



Join our
E-Newsletter!

Bulletin Board

Looking for something? Buying, selling, giving away, renting? Listings are free.
readerpublishing@outlook.com

Large Multi-household Yard Sale: At the Community Hall in Granville Ferry. Sat. July 18. 9:00am till 2:00pm. Antiques, original art, craft supplies, garden items, home decor, household, and who knows what else?

Community Yard Sale: Sat, July 18, 8:30am-1:00pm All along Parker Mt. Road! From the Bayshore side to the Granville Ferry side - Multiple yard sales along the Parker Mt. Road. Plan to go up or down the bay as well and maybe hit a few more! Come make a morning of it!

Looking for Odd Jobs in Annapolis Royal or Bridgetown areas. Yard work, painting, walking dogs, etc. Please feel free to call anytime. 902-532-8301.

For Sale: Child's BMW electric ride-on car, with remote radio. Must be seen to be appreciated. Paid \$750, asking \$400. 902-825-4945

For Sale: VAGABOND 2 by Sizzix for crafters, card makers and others. Shape cutting and embossing machine. Compatible with embossing folders: Texture fades, Textured impressions, trades, ShadowPress, and thin dies: Framelits, Thinits, Triplets, Sizzlits, and steel-rule dies: Bigz, Frameworks, On the edge, Movers and Shapers, Originals. It will emboss various papers and other materials, cut lightweight paper and cardstock, clipboard, fabric, and other materials. It has a six (6) inch wide opening, all metal high torque motor gears, overload protection, forward & reverse switch, self-contained cord storage compartment. Included are: thin die adapter for use with Thinlits, Framelits and other thin dies, a main platform, and a pair of standard cutting pads. With manual in original container. Suitcase design. New condition. \$200 or best offer. Call 902-340-0442.



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For Sale: Fujitsu heat pump, 9,000-12,000BTU/hr.. Installed new in 2020 @\$3475.00. Six years remaining on warranty for compressor and parts. Includes all components, stand, leveling bricks, cover etc. Perfect for small house or as second level unit. Price \$1500. 1-902-825-6906 / hurtinbucko@yahoo.com

For Sale: Husqvarna Hydrostatic ride-on mower. Runs and drives but needs battery and TLC. Clementsvalle area. \$350. 902-467-3462

Looking For: Good used whipper snipper and/or lawn mower, for free or low cost. 902-523-8301

For Sale: 2016 Mercedes Benz S-Class. Low mileage, like new. \$17,000. Call 902-665-4024 after 1pm.

Attention!

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 Oh yes...If you're looking for help with:

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Give me a call or text

Lawrence 905-375-8208



Vacation Bible School July 27-31 at 6:30 pm Ages 5-12 Amazing Grace Baptist Church

REGISTER ONLINE
www.amazinggracebridgetown.ca

For Sale. Corner computer unit. 72L x30 D, has a cabinet with doors and cubby holes 59 L x 43 H x 15"D which sits on top of either corner. Other corner extension is 60 D x 24 W. Has a tall matching cabinet 72H x 30 D x24 D. This unit comes with a filing drawer, plus large and small drawers on bottom. Top shelves with closed doors. One beautiful unit. \$1,400 FIRM. Can be seen on Market Place. Loveseat and matching chair. Perfect condition, seats are firm. \$250. Maple table with 2 leaves -opens to seat 12. Silence pad. 2 Bass River chairs. \$200. Entertainment Unit. 54 W x21 D x 54 H. Solid Oak. Glass door to one side, turn table, lots of drawers for all your components. I paid 1,800 for it. Asking \$200. 2 These can be seen on Market Place. Contact: m.prophecy04@gmail.com or cell phone 902 824 6576.

For Sale: 5-amp electric grass trimer and manual, used once \$20.; Rotating amber yellow beacon lamp, magnetic mount for vehicles, new in box \$25.; Three antique chairs needing reupholstering, one armchair, two dining chairs, with foam padding sheets, all for \$25.; nine 10 inch table saw blades, used but still good, all for \$25.; Drain auger ¼ inch by 15 feet \$10.; Oil tank gauge \$10.; Spare wheel cover, black, 28 inches in diameter by 9 inches wide, new, \$10.;Watts premium reverse osmosis whole house arsenic water filtration system with \$100 of new filters installed, needs one O-ring, first reasonable offer.; Two new 50 pc packages of pegboard hooks, each \$10.; New Husky telescoping (10 inch to 17 inch) basin wrench (for getting up behind sinks to get at bolts) \$25. Call 902-955-0535

For Sale: Utility Trailer, galvanized steel, 7-foot body, like new, \$1700. 902-584-3471.

Pasture Available: Horses or cattle. Centrelea area. 902-824-3570

Looking to Rent: 2 bedroom apartment or home in Annapolis Royal area or Granville Road. Call after 9am, 902-308-5250.

For Sale: Attention toy collectors, selling my collection of toys. too many to list. If interested call 902-955-1181.

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For Sale: Vaughn stone-lined quality 40-gallon hot water tank, good condition. \$175 with owner's manual. A Mercedes Benz GLK rear tonneau cover in excellent condition, \$150. 902-531-2662.

For Sale: Famous, top-quality, indispensable Taylor-made dock whips to keep boats at the dock without hitting it; great system. Paid \$1200 new, yours for \$750. Brand new, still in unopened package. 902-531-2662.

For Sale: Yamaha PSR 299 full keyboard with stand. Great condition. Paid \$800, asking \$500 or best offer. Three pairs men's cowboy boots, size 7. 902-825-4523

For Sale: 1999 Sunfire convertible, auto. Never driven in winter 88,000 km. Excellent condition. Asking \$6,000. 902-245-3697

To Give Away: 2 windsurfers. Wayler Alpha 180 litre; Bic Hard Rock 110 litre; a variety of boom, mast and sails with various sizes and conditions; also including various universals and mast steps, high wind harnesses and life jackets. Boards could be used for paddle boarding with a kayak paddle (not included) - Wayler for all ages and Bic for kids. Phone: 902-532-5961

Wanted: Standing hay for winter. Call William 450-578-0536.

For Sale: Rug Hooking supplies and equipment. Call 902-665-2603 and leave message.

For Sale: Braided rug supplies. Call 902-665-2603 and leave message.

Wanted: Dump Truck Driver looking for part-time work. Clementsport to Lawrencetown. 902-692-0790

For Sale: Queen size bed with luxury mattress and box springs. Excellent condition, used in spare room. \$150. 902-825-4945

Free to a good home: An apartment size Minuet piano. The only "strings attached" is that the new owner will be responsible for relocating the piano. For more information please call Janet at (902) 532-7284.

For Sale: 135 Massey Ferguson tractor, gas. 6" back blade, 3 pt. hitch, with new cutting edge. 6' 6" PTO Lucknow snow blower. 3 pt. hitch scoop. 902-824-1886

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We welcome you to an inclusive, faith-based space, to worship without judgement, in fellowship with an embracing, caring and supportive community.

Open Doors
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Please join us every Sunday at 9:30 to find the touch of God.
 (Last Sunday of the month, joint service with St. James Anglican at St. Mary's.

For Sale: 2002 Dodge truck, 4WD. Asking \$4,500 or nearest offer. Phone 902-665-2866.

For Sale: Crafting, card making, jewelry making supplies and tools. Paper cutters, sea glass, polished stones, paper stock all sizes, colours, weights, and patterns, various types and sizes of glues, double sided tapes, paint brushes, coloured pencils for artwork, much, much more. Various dream catchers, wall hangings, paintings, and other exotic items. Downsizing – a chance to obtain all the things you need to complement your crafting desires or to decorate your home. Come and “Browse a Bit” there’s so much more to see. Call Cindy 902-340-0442.

For Rent: Storage lockers available in Annapolis Royal. Secure. Easy access. Call 902-521-4986.

Attention all who crochet, knit and sew. The MacDonald Museum, Middleton, is planning a special display for this year’s Remembrance Day. We need purple poppies (3 in. max in diameter) to pay tribute to the animals that served in the wars. Contact the museum for more info, 902-825-6116

Activities at the
Clementsport Legion

Fri. July 17
There is no supper meal for this week.
Open House celebrating 100th Anniversary for Royal Canadian Legion 1-3:00pm with a BBQ during this time. No reservations required.
Pool - 9 Ball. Doors open at 6pm, games begin at 7pm. Everyone welcome.

Tues. July 21
Moose River Rug Hooking – held on the lower Level from 10-2pm. All crafters welcome (knitting, crocheting). For more information you can contact Toni Gallagher - toni.gall@ns.sympatico.ca
Bingo – in the evening starting at 7:00pm.

Wed. July 22
Come and join us for our weekly coffee gathering. 9-11:00am in the Upper Hall. Coffee, tea, treats \$1. Open to everyone – come and meet your neighbours. There is a great turnout for this event. If you have any questions please call the Legion – 902 638 3303.
Pool will be held at the Clementsport Legion on Wednesday nights in the lower level for members and guest. Doors open at 6:00pm and open bar from 7pm until 10pm. Come out and enjoy yourself for an evening of socialization.

Thur. July 23
Bridge in the afternoon is finished until the fall.

Fri. July 24
There is no meal for this week. Pool - 9 Ball. Doors open at 6 pm, games start at 7 pm. Everyone is welcome.
Clementsport Legion – 902 638 3303
Email: general.rcl122@gmail.com

WEASY’S HAIR SALON

4730 Hwy #1 Granville Ferry 902-532-2273

- Did you know we sell a selection of Moroccanoil Products? Let me know your favorites so I can make sure they’re on the shelf for you.
 - Redken & Biolage Shampoo for sensitive scalps. Tea Tree Shampoo!
 - Friendly reminder: Don’t forget to protect your scalp, the tops of your ears, the back of your neck from too much sun exposure. These areas are easy to miss because you can’t see them, but your hairdresser certainly can!
 - Consider purchasing a leave-in conditioner (YUP! We carry that too LOL) for those times when ya wanna skip-the-conditioner but your hair is really needing some care. Brushing long hair starting at the bottom then going up can save going through snarls.
- Friendly reminder when using any kind of conditioner: After shampooing, gently towel-dry your hair first to remove excess water before applying your conditioner (whether it’s rinse-out or leave-in). This helps the product absorb better instead of being diluted by excess water. Start by applying conditioner to your mid-lengths and ends first. Applying it directly to your roots or scalp can sometimes weigh the hair down, leaving it looking flat or lifeless. Once you’ve finished your hair routine, try rinsing with cooler water. It can help smooth the hair cuticle, leaving your hair looking shinier and feeling less frizzy. A few small changes can make a noticeable difference in how your hair looks and feels! Be sure to check with your hairdresser about your hair care needs.

Annapolis Royal - Music at the ‘O’ (Amphitheatre): July 17 The Big Sound Small Band: 24th is Kim Doolittle: 31st is Soul Tides. July 31st is the Friday of Natal Day weekend, that means 4 evenings of music Fri, Sat, Sun, AND Monday. THANK YOU to the Nicholson Foundation for sponsoring the Summer Music line up on Friday nights

Anna/Royal-Lunch Time Music at the Annapolis Royal United Church (Brick church at the lights), Fridays: 12:15 - 1:00 July until Aug 28th. The 17th is Lisa/ Flute & Piano(mainly classical). 24th is Syd/ Piano & Songs. July 31st is Alex & Mike, Scottish and Cape Breton Music. Adm: \$10. Children/students are free. For a \$50 season pass call 902-340-7778.

Anna/Royal - Did you know Danielle at the Barbershop has ‘Walkins Only’ on Wednesdays from 4 - 8 pm for July.

Anna/Royal - Sun July 19 @ 2. Is Annapolis Bandfest Grand Finale MASSED BAND Concert. Free Adm.at the Academy Hub Gym (#578 St George St).

Anna/Royal- New summer addition to the Maritime Motion Gym is Pilates with Susan, Tuesdays at 10:15 am . All levels are welcome. Go to www.maritimemotion.com

Anna/Royal- Natal Day Weekend Fri July 31st - Mon Aug 3rd. Parade day is Mon @ 1 o’clock. It is the LONG route so Know-before-you-Go, of the places the street will be shut down. St. Lukes Anglican Church Hot dog & Cold drinks Sale is BACK! Before & during the parade. Paper copy of the schedule of events coming out in a week or so. NEW: Crafts for kids, watch for where to sign up. NEW this year: Picnic & Games. New this year at the ‘O’ is A Play that is totally run by the Youth. Tell ya more later. We are looking for Volunteers on Natal Day Weekend , perhaps you could spare an hour or two? Contact Julia at juliasandrahall@gmail.com to chat about where you’d be most comfortable.

Bear River- Cherry Carnival Sat July 18th,FF Breakfast 7 - 9 am. Children’s Parade @ 9, Grand Street Parade @ 10 am. Many More events scheduled & all day events. Famous grease pole @ 2pm. Fireworks @ dusk. Bingo, duck race, Children’s entertainment 11-7

Bridgetown- Car & Truck Show- in honour of Alex Uichita. Sun July 19th Free Admission & Fun for the whole family. 10 - 4 pm @ #31 Bay Rd at The Firehall.

Bridgetown- Thank You all for Riverfest! Over 80 VOLUNTEERS helped out!

Bridgetown-Eden Golf & Country Club’s Junior League is back. New Time 3 pm - 5 pm.

Centrelea- Blues-Berry Fest, Sat Aug 8th, dessert baking contest...need to register). From 3 pm - 10 pm, Pay-What-You-Can. Lots of Music.

Downtown Granville Ferry at #4740 is Bushel & Barrow Natural Farm. Mon - Fri 10 - 5. And Sat is 10 - 3, grab all your hodge Podge needs.

Lawrencetown- New changes at the EX! Aug 17 - 22nd. Exhibitor and Guest Services will be located in front of the dining hall. Valley Credit Union Refresh Zone. For events: <https://events.frontdoorplus.com/event/1832>. . www.valleyex.ca

Middleton- ACTION for PUBLIC LIBRARIES! With Claudia Chender Monday July 27th Doors open @ 6:00. Macdonald Museum (#21 School Street.)

Moschelle Hall- Did I Mention there is BINGO at the Moschelle Hall? It starts @ 7:00 on Wed July 22! Lots of cool prizes and I think it’s air conditioned? Play cards on Thursday.

Upper Clements- The Com/ Hall is hosting a Summer Arts Festival, July 25th & 26th from 10 - 4 both days. Along with the exhibition includes FREE Community BBQ’s, entertainment & demonstrations!... and it’s Air Conditioned! Bringing Artists & Communities together.

YARD SALES GALORE- Parker Mt Road & Shore Rd. West. Sat July 18 8:30 - 1pm.



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“Getting to Know”...You!

You are invited to send us a short piece about your business or organization. The Bridgetown Reader welcomes articles of up to 500 or so words that would introduce you to the community; we call these stories “Getting to Know...” and they are free for one-time inclusion. Whether your business or group is large or small, we want to help spread the word about what you do, where you are, and how people can get in touch with you. Let us hear from you. Reach us through the contact form at www.bridgetownreader.news, through Facebook/ Bridgetown Reader, email readerpublishing@outlook.com or call or text 902-824-0412.

AVFS Community Pantry Our community pantry at 51 Lawrencetown Lane is increasingly active right now. We were recently gifted a fridge, so we can now accept both dry and cold items:

Dry Goods: Crackers, rice, macaroni and cheese, pasta, pasta sauces, and canned goods (pasta, meats, veggies).

Cold Goods: Milk, cream, margarine, yogurt, and cheese.

Have Questions? Reach Out! We are always happy to help. Feel free to post in the Facebook event page or reach us directly:

Facebook: [@annapolisvalleyfolkschool](https://www.facebook.com/annapolisvalleyfolkschool)
Email: avfolkschool@gmail.com
Phone: Call Maureen at 902-309-0224

Coming to ARTSPLACE

Opening Receptions for three new exhibits, Sat. Aug. 1, 12-2:00pm. Light refreshments will be served, all are welcome.

Charlotte Wilson-Hammond, Glass 1/2 Full. This new body of work by Nova Scotia artist Charlotte Wilson-Hammond began with an accident. Nearly two years ago, Wilson-Hammond tripped while dusting her sunroom, broke her hip, and spent almost three weeks in hospital and rehabilitation.

From a bed beside a window, she began photographing her plastic water glass—at night, in daylight, as the hours passed and meaning gathered. That humble object became the seed of this series.

Working from photographs printed at very low colour saturation on Hahnemühle digital paper, Wilson-Hammond applied coloured pencil by hand, building layers of tone and warmth back into images she had deliberately drained. As the series developed, she introduced other glasses, half full, holding flowers—images she describes simply as joyful.

“The time in hospital was something of a creative epiphany for me,” Wilson-Hammond says. “I am not sure why, except that perhaps it was a mechanism to keep me sane, and it was quite extraordinary.” At 84, she is candid about what drives the work: an acute awareness of body and mind changing, of navigating life’s uncertainties, and of holding onto the conviction that the glass will remain half full.

Charlotte’s work asks serious questions through images of quiet beauty. That combination, rigour and warmth together, gives form to something we don’t always have words for. Exhibition continues through Sept. 5, 2026.

Leslie McFarlane, Whispers of Wool. A solo exhibition of wet felted works by Nova Scotia fibre artist Leslie McFarlane. The exhibition brings together two- and three-dimensional works: framed and unframed wall pieces, sculptural forms, and vessels in a sustained exploration of texture, imperfection, and the quiet drama of material in transformation.

Texture, in these pieces, is working like the brushstroke. Wool holds memory in its fibres, and responds to touch, water, and time. The pieces are not landscapes, yet they carry the feeling of land, tide, and weather—stillness with depth in them and slow change made visible.

Wet felting is a process both physical and slow. Layers of wool and silk are built up by hand and agitated with water and pressure until the fibres lock together and take shape. McFarlane allows form to emerge rather than imposing it, treating the unplanned moment, a shift in texture, an edge that resists the expected line, as material equal in value to deliberate intention. The resulting surfaces carry what she calls a quiet honesty, the evidence of a process that cannot be entirely controlled.

“Wool resists complete control,” McFarlane says. “Fibres shift, surfaces ripple, and unexpected forms emerge, echoing the unpredictability of becoming itself. I invite viewers to pause with the quiet beauty of irregular edges, layered surfaces, and organic forms, where intention and unpredictability exist in balance.”

By bringing the material into the gallery, McFarlane asks viewers to encounter surface, softness, and presence in ways that conventional painting and sculpture do not invite. The works reward close looking — details emerge with proximity, and the sensory dimension of the pieces asks the body as much as the eye to engage.

Leslie McFarlane is a Nova Scotia fibre artist and a juried member of Craft Nova Scotia. She has taught and exhibited with the organization and continues to exhibit and teach throughout Atlantic Canada, sharing her interest in felt as a contemporary fine art practice. The exhibition continues through Sept. 5, 2026.



Philip Hare, Shots & Prayers A new installation by Nova Scotia artist Philip Hare that confronts the ongoing criminalization and violence faced by LGBTQ+ people in over 60 countries worldwide. The exhibition pairs hard statistical documentation with a large-scale textile work of striking colour and defiant joy.

At the heart of the installation is a tension between two kinds of witness. One wall of the gallery holds pages of statistics compiled by Hare documenting the legal status and state-sanctioned treatment of LGBTQ+ people in 55 countries, jurisdictions where being gay or trans can mean imprisonment, torture, or death. The data is presented plainly, without graphic imagery, and its cumulative weight conveys the message effectively.

Facing that documentation is Hare’s large hand-stitched textile assemblage: exuberant and unambiguously queer. Made from felt, buttons and muslin, the work draws on a long tradition of queer art-making as survival and resistance. The title echoes the AIDS-era dismissal of queer suffering with hollow consolation, “thoughts and prayers”, and reclaims that historical moment as a source of collective resilience.

“Our response brought the queer community together in an unprecedented way,” Hare has written of that period. “We fought back. We marched. We held each other.” The textile carries that inheritance forward.

“Researching the treatment of LGBTQ+ people around the world has been very challenging and deeply disturbing,” says Hare. “These were people who just wanted to live their lives. Queer folk around the world face a disturbing rise in violence. We need to respond now more than ever.”

Philip’s practice has long engaged with queer politics and community. Shots & Prayers asks us to hold a much larger picture in mind, one that implicates not only distant governments but also the ongoing debates around gender, sexuality, and belonging taking place within Canadian society.

Philip Hare is a multi-disciplinary artist, whose practice is primarily textile-based. He studied silk-screen printing at OCAD and Open Studio in Toronto. Hare became involved in queer politics in the mid-1980s; phallic imagery and political commentary through a queer lens have been prominent features of his work since. His large hand-stitched assemblages have been exhibited across Canada. Exhibition continues through Sept. 12. www.philiphare.com www.instagram.com/philipwjhare



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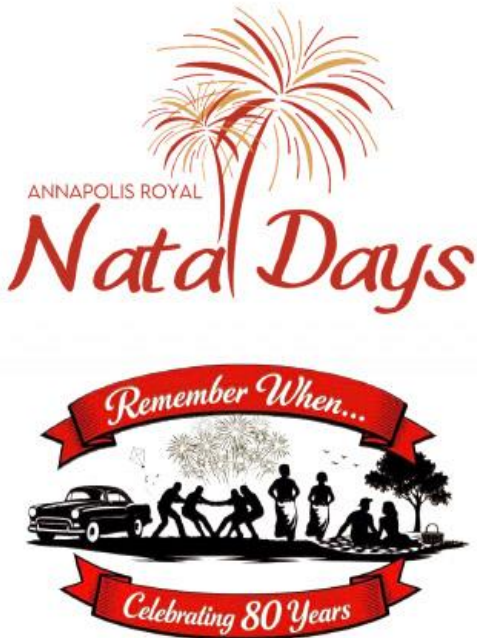
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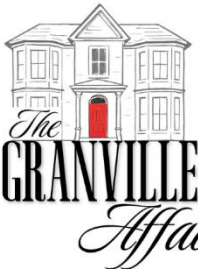
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"Paths" Cryptoquote Answer: Some women choose to follow men, and some women choose to follow their dreams. If you're wondering which way to go, remember that your career will never wake up and tell you that it doesn't love you anymore. Lady Gaga

**Some find him a
BURSTING PRESENCE
on stage.
Answer:
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Beaming! Double Puzzle Unscramble the words
below and use the numbered letters to solve the
phrase at bottom. Answer next week.

MNUIAGS

1		9	18	17		13

MOECYD

		24	2	20	

RDLOL

	16	8		11

CFERA

	3			

YNUNF

	12			

IIDTIOC

	19			7		

IGKONJ

			6		

NIWTITDTE

		14	5		23			25	

SLILY

				4

EILSSWT

	21		10		15	22

						H				
1		2	3	4	5	6	7	8	9	10

				H										
11	1	12	13	14	15	16	17	18	3	19	3	20		

						.
21	1	22	23	24	25	

**"Hey Man! Dig the Slang."
Word Search Answer**

D G F W T I G L M Q Q H Y P E D
E A D T H R E A D S O Q E M R N
S G E A X G V I V L N B E S E Y
O S S H J P T D I L N L F O M D
O X Q Z R L F B H M L L B N M Y
L K V J E I Y A P O A U R Q A N
G E Y V T B A C W S E F G B L A
N H A S T C R K H D W X O X S M
A E K R Y O R B E I B E E R F I
H O U E N V A U C L U N K E R I
M T D K G C O R I F S X X I M E
Z E Z N K G E O J S B N X T T O
L X G O Y M E G R R E O K H V E
V N K B M W L R X G U A J P J P
U V O U D E R E T S A L P D K D
Q F B H N U V L E H E C U H N O

**"Places in Jazz
Songs."
Word Search Puzzle**

Alabama Barbados
Bolivia Camarillo
Charleston Chinatown
Copenhagen Harlem
Ipanema Isfahan
Kansas City Manhattan
Memphis New Orleans
Panama Pennsylvania
Saint Louis Tunisia

Find the word or phrase in the
puzzle. Words can share
letters as they cross over each
other. Answer next week.

B V S A K A X M A R Y E J R C M
T K L O M P M I E T F H S K H F
D U Z W C E V A I M C K F R I K
K O N N N I N C B O P E Z W N A
G O V I L Q S A P A E H T P A G
D O X O S A C E P N L B I R T E
A M B Z S I N H F I X A D S O N
B E N N D H A D A Y G Y H Q W E
S G A A A C A M A R I L L O N W
O K S G N P U J M E L R A H S O
D A E J A W D R N A G E Q E X R
A N P N H O K K Z R P I S P X L
B L A M A N H A T T A N Y T D E
R M D T F K P L L Z Q S N E O A
A Z W F S A I N T L O U I S Z N
B T P A I N A V L Y S N N E P S

Anagrams Puzzle 28

Rearrange all the letters of
each word to form two other
common English words.
Answers next week.

Agnostic - _____

- _____

Berates - _____

- _____

Dilatory - _____

- _____

Filets - _____

- _____

Red tape - _____

- _____

"Telling Tales" Cryptoquote: Each letter in the phrase has been replaced with a random letter.
Answer next week.

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
					17	19															14	9			

25 5 7 5 4 16 16 22 4 18 5 13 17 3 15 13 7 26 5 3
25 11 5 24 15 11 5 8 17 26 24 4 16 16 8 21 14 15 14 3
14 24 18 5 7 19 7 13 14 24 18 15 11 5 3 15 13 7 26 5 3 4 7 5
25 11 4 15 25 26 16 16 19 13 13 24 24 13 15 17 13 7 5 9 5 7
21 5 7 11 4 21 3 10 14 15 17 13 7 4 15 26 22 5 26 15 3
4 1 26 24 18 13 17 26 22 22 13 7 15 4 16 26 15 8 26
3 14 21 21 13 3 5 10 13 14 24 18 5 18 10 8 16 26 22 26 15 3
26 15 3 15 7 14 5 10 14 15 15 11 5 24 3 13 3
5 9 5 7 8 15 11 26 24 19 20 11 4 7 16 5 3 18 5 16 26 24 15

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Local Woman Thrives with 12 Inches of Intestine, Launches L.I.F.E. Movement

Ten years ago, Granville Centre resident Johane Andrews was left with less than 12 inches of small intestine—a condition doctors said was nearly incompatible with independent life. Facing a future of dependency, Johane made a radical choice: she trusted entirely in her body's innate healing intelligence.

Through a disciplined commitment to nutrient-dense, ancestral foods and a life free from modern electrical stressors, Johane didn't just survive; she thrived. She worked with a local electrician to retrofit her home for optimal health, reducing electromagnetic fields, and sourced the freshest cheese, meat, veggies, and fruit directly from Annapolis Valley farmers. Even her cleaning products are now locally sourced and non-toxic.

Her recovery is a personal miracle that defies conventional expectations, proving that deep healing potential exists within us all when supported by a healthy local ecosystem.

Now, Johane is launching The L.I.F.E. Movement (Liberate Individuals From Endemic Disease) to share this path. She is fundraising on Chuffed.org to establish the movement as a Canadian educational entity, aligning its mission with the principles of leading bodies like the Building Biology Institute, Physicians for Safe Technology, and the Weston A. Price Foundation. The goal is to create free resources for families seeking to reduce environmental toxins and access real, whole foods.

"We are not waiting for permission to explore these truths," says Johane. "We are building a community today to support ourselves and our children in unlocking their own innate capacity for health."

Important Disclaimer: The L.I.F.E. Movement is an educational and community support initiative. The content shared, including Johane's personal story, is for informational purposes only and is not intended as medical advice, diagnosis, or treatment. Her journey with Short Bowel Syndrome is unique. Always seek the advice of your physician or qualified health provider with any questions regarding a medical condition.

To support this vision of health freedom and local resilience, please visit:

<https://chuffed.org/project/189493-life>

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