

THE BRIDGETOWN READER

**March 8,
2024
VOL. 16,
Issue 9**

FREE

find us on **facebook**

www.bridgetownreader.news 902-824-0412 readerpublishing@outlook.com

Spring forward

Daylight saving time begins at 2 a.m. Sunday.

Remember to set your clocks forward one hour before going to bed Saturday



Family Loses Barn, Animals to Fire

Three horses and two goats have perished following a barn fire in Arlington East, Annapolis County on February 28.

Shortly after 6PM on February 28th Port Lorne Volunteer Fire Dept., along with mutual aid from Bridgetown and Lawrencetown were called to a barn fire along Arlington Road in Arlington East. Crews arrived on scene to a fully involved fire and requested additional water to the scene; tankers from Middleton, Nictaux and Kingston Fire Departments responded. Annapolis District RCMP and Nova Scotia Power also were on scene.

Along with the structure the owners lost 3 horses and 2 goats. Local Facebook groups have information about how others can help and a Go Fund Me campaign has been set up. Amanda Hunt is organizing this fundraiser on behalf of Carrie White: <https://www.gofundme.com/f/my-family-after-a-tragic-barn-fire>

Free Tax Clinic at Annapolis MLA Carman Kerr's Office

Do you have a modest income and a simple tax situation? If so, we might be able to help. Our office, with the help of a CVITP (Community Volunteer Income Tax Program) volunteer, will be filing tax returns again this year for eligible residents. There is no charge for this service.

If you would like to use this service, please bring all relevant materials (e.g. tax slips, Social Insurance Number, medical receipts) to our office (10 Bridge St., Middleton) between 9am-12pm on Tuesdays and Thursdays from March 7 - April 25.

CVITP Free tax clinics in March and April.

Volunteers will prepare and E-file returns for clients with a modest income and a simple tax situation at Upper Clements Community Hall, 2951 Highway 1. Wednesdays, March 6-April 24, 10am-2:00pm. Drop-offs Thursdays 4:30-6:30pm, April only.

Appointments preferred, drop-ins are first come first serve, also drop-offs/pick-ups of returns. Bring your ID, SIN number, tax slips, medical, charitable receipts. With your authorization we may be able to access missing slips. Tax situation must be simple - no capital gains/losses, business expenses, large investments. Sale of primary residence, social security, are fine.

We serve everyone - seniors, newcomers, students, families, workers, etc. Please call Norma for information or to book a time, 526-2515. Clinic cancelled if school buses do not run due to weather.

The Bridgetown Reader is published weekly on Friday by TAR Publishing. The deadline for submissions to our next issue is noon Mon. March 11 (although we prefer to have items sooner). Community Events, news and Bulletin Board items are free. Email us at readerpublishing@outlook.com call 902-824-0412, or use the contact forms at www.bridgetownreader.news

Mad Hatter Wine Bar



**We're
back**

**SATURDAY MAR 9TH
AT 12:00PM**

Open 7 days a week

New Look

213 St. George Street
Annapolis Royal

FOR MORE DETAILS
CALL 902.532.2070

OR hollyesanford@gmail.com



SCAN ME

West Nova Bee Club

The next meeting of the West Nova Bee Club will be held on Wednesday, March 13 at the Upper Clements Hall, 2951 Highway 1, Upper Clements, Nova Scotia. The meeting is open to all beekeepers, or persons interested in beekeeping as a business, or hobby. There is no admission charge, but a toonie in support of the hall would be appreciated. For further information you may call Roy or Judy Austin (902-638-2005)

The Reader is always available, night and day, rain or shine, at www.bridgetownreader.news and on Facebook/ Bridgetown Reader. Miss an issue? We also archive recent issues on our web page.



PUBLIC SERVICE ANNOUNCEMENT

UPDATE - Soldiers Memorial Hospital's emergency dept March schedule

Thursday, February 29, 2024

MIDDLETON, N.S. – The emergency department at Soldiers Memorial Hospital (SMH) in Middleton will be open consistent hours in March. The SMH emergency department will be open from 7:30 a.m. to 1:30 p.m. on the following days:

- Open March 4, 5, 7, 8 (Mon., Tue., Thu., & Fri.)*
- Open March 11, 12, 14, 15 (Mon., Tue., Thu. & Fri.)*
- Open March 18 to 22 (Mon. to Fri.)
- Open March 25-29 (Mon. to Fri.)

*(Note change from previous announcement - emergency department will now be open Friday March 8 and 15)

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comfy & dry
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and play.

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CASUALS & WORKWEAR

9647 Highway 8, Lequille

902-532-7706

Tuesday 10-4
Wednesday 10-4
Thursday 10-4
Friday 10-4
Saturday 10-4

Selected on clouds 20-30% OFF

**Lots of Men's & Women's
Sizes in this Sale of
Sneakers. Don't Miss Out!**

Run on clouds.

New Spring Products Have Started Arriving



Thanks For Shopping Local

Community Events

Fri. March 8, 11:30am-1pm St. James Lenten Chowders (Haddock). 3 dates: Feb. 23, March 1, & March 8. Cost \$12. Take out/delivery or pick-up only. Call Hilda Connell, 902-665-4627 or the Church Hall on Friday morning at 902-665-4734. St. James Anglican Church Hall, Bridgetown.

Fri. March 8, 7:00pm Jam Session every Friday Evening at the Youngs Cove Community Hall, 5407 Shore Rd.

Fri. March 8, 7-9:00pm or later Weekly Music – The Annapolis Royal Legion, Branch #21 will host **Permanent Resonance**. Join us for some great music weekly with no cover charge! Don't forget that we have Happy Hour each Friday from 5:30-7:00pm and cocktail specials each Friday and Saturday! Chase the Ace is Back! The Chase the Ace Draw on behalf of the Annapolis Royal Community Centre will be held each week at 8pm. All members and guests are welcome!

Sat. March 9, 8-10:00am The next **monthly community breakfast** at Holy Trinity Anglican Church, Middleton. FREEWILL OFFERING. Known as the "Buy Local-Buy Fresh" breakfast 'cause when you buy the best you serve the best! Best eggs east of TOFINO!

Sat. March 9, 9am-12:00pm Annapolis Royal Winter Farmers and Traders Market is indoors at the Annapolis Royal Legion, 66 Victoria Street, Saturdays until Spring.

Sat. Mar. 9 10am-4:30pm WORKSHOP: The Art of the Mobile with Andrew Maize. A hands-on crash course in the basics of how to design, build and balance mobiles. Explore elements of movement, balance, and light. Create your own dynamic structure to hang at home. \$75 (\$70 for ARCAC members) Upstairs at ARTSPACE Studio. Learn more and register at www.arcac.ca/the-art-of-the-mobile.html

Sat. March 9, 2:00pm IS EMF Making You Sick: Find out how to make your home safe. Join Johane Andrews, Wellness Coach for a free workshop at MareGold Bookstore, 212 St. George Street. Annapolis Royal. (Across the street from the King's Theatre). Space is limited.

Mad Hatter Bookstore
Presents

Book LAUNCH

WITH BRENDA J THOMPSON

Enslavers of the Maritimes

SATURDAY, 9th March
2PM - 4PM

AT 213, St. George Street
CONTACT INFO: 902.532.2070

Sat. March 9, 7:00pm Jam Sessions, every Saturday night at the Litchfield Hall. Come out for an evening of music, fun and refreshments and support the hall.

Sat. Mar. 9, 7-10:00pm Old Time Music & Country Dance at the Round Hill Hall, 1689 Hwy. 201. \$10. Live fiddle music by the North Mountain Islanders. Instruction in 2 Steps and waltzes, maybe a contra or two. Polkas by Request. Fund raiser for Save Our Old Forests. soof@saveourolforests.ca.

Sun. March 10, 4:00pm Classical Second Sunday Series at St. Luke's Anglican Church. Come and hear some beautiful music by concert pianist Devin Huang. Doors will open at 3:30 PM, 340 St. George St, Annapolis Royal. Admission by donation, all welcome!

Sun. March 10, 7:00pm Second Sunday Games Night at Lower Granville Hall in Port Royal. Everyone is welcome! Coffee and tea provided, along with games and cards. Other games welcome too, so you can bring something you'd like to play. \$2/person donation for the Hall. Lower Granville Hall is at 3551 Granville Road, in Port Royal. We look forward to seeing you there! LowerGranvilleHall@gmail.com, [Facebook.com/lowergranvillehall](https://www.facebook.com/lowergranvillehall), LowerGranvilleHall.com

Sun. March 10, 8:00pm Evans & Doherty at Evergreen Theatre. Our first show of 2024 is going to be a fun one! Evans & Doherty are an accomplished musical duo. They can start toes tapping with a rousing drinking song or bring a tear to the eye with a lament on the futility of war. Adults \$35, Members \$25, Military \$30, Students \$20. Available at www.evergreentheatre.ca or 902-825-6834. 1941 Stronach Mountain Rd., Margaretsville.

Mon. March 11, 1-4 pm Monday Life Drawing Sessions at ARTSPACE. Mondays, Feb. 5-Mar. 25, \$14 per session. Block pricing available for ARCAC Members: \$96 for 8 sessions. applecart61@aim.com 396 St. George Street, Annapolis Royal.

Mon. March 11, 1:30 pm Lawrencetown and Area Seniors Assoc is inviting all Seniors to its **General Meeting**. Special guest speaker will be Belinda Tupper, Community Links Regional Coordinator. Belinda will be speaking about Preventing Falls and Staying Connected, including fall risks, how to fall-proof your home and yourself and why staying on your feet and staying connected is so important for a longer and healthier life. Light refreshments will be served. Location: Lawrencetown Legion, 490 Main Street, parking lot entrance.

Mon. March 11, 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

Tues. March 12, 10am Yoga For All Ages and Levels every Tuesday at Clarence Community Hall, 3337 Clarence Road, 10 to 11am. There will be a free will offering to cover heating costs for the hall. Bring your mat or if you are a chair yoga person they will be available. Also, if you are able a few items for the food pantry that Annapolis Valley Folk School runs in Lawrencetown would be greatly appreciated. Email avfolkschool@gmail.com or call Maureen at 902-825-3070.

Tues. March 12, 1-3:30pm Seniors' Cards at the Farm Café at NSCC, Middleton, every Tuesday. All seniors welcome.

Tues. March 12, 7:15-10:15 Middleton Legion Bingo Tuesdays at 205 Marshall Street, Middleton.

G.R.D. Custom Designs 902-532-8332
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GRD Custom Designs on Facebook

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Upcoming Exhibitions

Diane Clapp and Grace Butland
Dec 1 - Jan 14 in BR Jan 15 - Feb 29 in AR

Bear River Artworks

Feb 1 - Feb 29 in BR Mar 1 - Apr 14 in AR

Lorna Mulligan

Mar 1 - Apr 14 in BR Apr 15 - May 31 in AR

Ray Mackie Pottery

Apr 15 - May 31 in BR Jun 1 - Jul 15 in AR

Bear River
1890 Clementsvale Rd

Annapolis Royal
262 St George St

FREE!
March Break PUBLIC SKATE
Bridgetown Arena

Monday, March 11 th	4:00 - 5:00 pm
Tuesday, March 12 th	3:00 - 4:00 pm
Wednesday, March 13 th	4:00 - 5:00 pm
Thursday, March 14 th	3:00 - 4:00 pm
Friday, March 15 th	3:00 - 4:00 pm
Saturday, March 16 th	10:00 - 11:00 am

Wed. March 13, 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.

Wed. March 13, 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. March 13, 10:00am CMHA NS Peer Support Group - Circle of Friends

Connections are important for overall mood enhancement and can help us through 'blue' periods as well as during times of isolation. If you'd like to improve your communication skills and improve your ability to connect or just broaden your circle, join Circle of Friends! This virtual peer support group is a safe, confidential place for peers to connect and share their journeys as they offer peer support to one another. Sessions are held each Wednesdays via Zoom. Newcomers are welcome! To register, visit www.novascotia.cmha.ca *

Wed. March 13 and Fri. March 15, 2-4:00pm March Break Board Game Days at Nova Scotia Works, 298 Marshall Street, Middleton. For youth 14-17. Come and play some fun board games while learning about some upcoming summer employment opportunities in the community. For more inf or to register etownsend@peopleworx.ca

Urgent Treatment Centre (UTC)

ANNAPOLIS COMMUNITY HEALTH CENTRE



What is an Urgent Treatment Centre?

The Annapolis Urgent Treatment Centre provides access to care for those with unexpected, but non-life-threatening health concerns with appointments offered within one to two days. **Patients will be seen by appointment only.** The Urgent Treatment Centre is for patients with, or without a primary care provider.

Call 911 if you are experiencing a life-threatening concern.

TO BOOK AN APPOINTMENT
call 902-532-4011 or visit in person.
Monday, Wednesday & Friday
9:00 a.m. – 4:00 p.m.

What We Heard: Annapolis Community Check-In Update

We are pleased to share with you some feedback we gathered during our Community Check-In sessions held in Annapolis Royal on November 8, 2023. The check-in sessions were a chance for people to ask questions and provide feedback on their experience with the Urgent Treatment Centre.

We appreciate all those who took the time to talk with us about the Urgent Treatment Centre's first year of operations. Please take some time to read *What We Heard* online: <https://www.engage4healthnsh.ca/utc/>

Find us at Annapolis Community Health Centre, 821 St. George St. Annapolis Royal, NS



Wed. March 13, 3-5:00pm Farmers and Crafters Market, every Wednesday at the Lions Club at 948 Hwy 1, Deep Brook. Local vendors and farmers. New vendors always welcome.

Wed. March 13, 7-9:00pm Crafting Evening at Round Hill Hall every 2nd Wednesday. Bring what you enjoy crafting and show everyone what you know. Drop a donation in our can to help with heating and electric. For more information call Geri 902-532-2948

Wed. March 13, 7:00pm Brickton Community Hall Jam Sessions-Every Wednesday @ 7. Free will offering. All welcome.

Wed. March 13, 7:00pm CMHA NS Men's Peer Support Group Unrealistic expectations based on gender and a lack of suitable mental health options can prevent those who identify as men from honouring their mental health and reaching out for support when they need it. CMHA NS Division's virtual Men's Peer Support group provides a safe, confidential space for those who identify as male to connect without judgement. Sessions are held each Wednesday via Zoom. Newcomers are welcome! To register, visit www.novascotia.cmha.ca Questions? Contact Keith Anderson, Provincial Lead - Peer Support and Community Suicide Prevention at keith.anderson@novascotia.cmha.ca

Wed. March 13, 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.

Thurs. March 14 11:30am-1:30pm Best Years Fellowship for Seniors at Hillsburn Baptist Church, 3686 Shore Rd West, Hillsburn. St Patrick's Day Pot-Luck Luncheon and Irish Sing-along with Teresa Porter Bring a little and we can feed many.

Thur. March 14, 12 4:00pm Greenwood Mall Farmers Market. Every Thursday. Our mission is to promote healthy living by eating, drinking and shopping local! Greenwood Mall, Greenwood.

Thur. March 14, 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

Thur. March 14, 7:00pm Lower Granville Hall Association will hold its Annual General Meeting at the Community Hall located at 3551 Granville Road, Port Royal. Everyone living on Granville Road is an automatic member of the Association and welcome to attend the meeting.
[LowerGranvilleHall.com /](http://LowerGranvilleHall.com/)
Facebook.com/lowergranvillehall
[/LowerGranvilleRoad@gmail.com](mailto:LowerGranvilleRoad@gmail.com)



340 St. George St.
Annapolis Royal

Sunday, March 10th, 10:00am

Holy Eucharist Service

Fourth Sunday in Lent
Celebrant & Preacher

Rev. Julia Ford
All Welcome

Sunday, March 10th, 4:00pm

Classical Second Sunday Series

at St. Luke's Anglican Church.

You are cordially invited to come and hear award-winning seventeen-year-old pianist Devin Huang perform works by Beethoven, Chopin, Ravel, and Prokofiev.
Doors will open at 3:30pm.
Admission by donation, all welcome!

Is EMF Making You Sick?

Find out how to make your home safe



FREE

(Limited seating - Reservations needed)

Saturday, 9 March, 2024, at 2:00 pm

MareGold Bookstore

212 St. George Street

Annapolis Royal

709-689-2794

Sat. Mar. 16, 1-3:30pm WORKSHOP: Draw Your Fears:

An exploration of fear through art with Amanda Suutari and Nika Peters. An experiential art and craft workshop inviting participants to explore their fears in a safe and playful environment. \$35. Upstairs at ARTSPACE Studio, 396 St. George St., Annapolis Royal. Learn more and register at www.arcac.ca/draw-your-fears-workshop.html

Sat. March 16, 2-3:30pm Come spend the afternoon with **Ken Maher** and discover the quirks and queries of the Annapolis Royal Sinclair Inn. Part of the 2024 Speaker series by the Friends of the Annapolis Royal Library in the Dugua Room at the Annapolis Royal Library, 143 Ritchie Street. All sessions are free. Free will gratefully accepted.

Sat. March 16, 2-5:00pm All ages **St. Paddy's Kitchen Party** at Granville Ferry Community Hall. Come celebrate St. Paddy's with traditional Irish music! Treats and refreshments served but you're very welcome to bring more. It's an open jam session so if you know Irish songs or tunes, you're invited to come play! Sláinte

Sat. March 16, 7-9:00pm House Concert at Dawn Oman Gallery. Treat yourself to an evening of great easy listening music with the sound of local group Permanent Resonance - Lisa Huyer, Amanda Sosnowski and Mike Phillips. Tickets available at the door for \$10 each. For reserve seating for groups of 4 or more please call 902-588-2002. Permanent Resonance began as a duo of Lisa Huyer and Mike Phillips in the spring of 2022. The two had discovered their complementary musical abilities while singing and playing regularly at the Oman Gallery jam sessions, and eventually decided to look for a place to perform. In need of a name for their first gig (Blackfly Festival in Annapolis) Lisa suggested "Permanent Resonance" - a play on the term permanent residents - since both had come from Ontario to settle here in the valley.

Then, in the summer of 2023, Mike's daughter Amanda Sosnowski also became a permanent N.S. resident and was quickly recruited to add a harmonious third dimension to the duet. The trio began building a repertoire of songs, from a range of genres and decades, choosing songs that highlight their close three-part harmony, with Mike backing the vocals instrumentally with smooth, clean acoustic guitar. Currently they are performing regularly at various small venues in the Annapolis Royal area.

Sat. March 16, 8:00pm Campbell & Johnston at Evergreen Theatre. Halifax Blues-Rock power duo, Christine Campbell & Blake Johnston have been building a name for themselves, entertaining audiences with their soulful tone, 60's and 70s rock style guitar riffs and bewitching vocal harmonies; and opening up for some big names, like Burton Cummings, Steve Earle & Bob Seger. Tickets: Adults \$35, Members \$25, Military \$30, Students \$20. Available at www.evergreentheatre.ca or 902-825-6834. 1941 Stronach Mountain Rd., Margaretsville.

Sun. March 17, 12-2:30pm SOOF Soup Sunday Join the Save Our Old Forests on St. Patrick's Day at Centrelea Community Hall for a free lunch of delicious soup and bread and a conversation about old forests! Free will donation to the Hall appreciated. Please email soof@saveourolforests.ca to let us know you are coming so we can make enough for everyone.

Mon. March 18, 1:30-3pm Care Givers Support Group (for people who care for loved ones with dementia) The group meets the 3rd Monday of the month, except July and August, from 1:30 - 3:00pm, at St George & St Andrew United Church, 393 St George St, Annapolis Royal, (at the lights), Office Door, side entry. Contacts: Art Jones - 902-532-0784; Lou Fletcher - 902-532-2377

Mon. Mar. 18, 7:00pm FILM: Westfront 1918 / G.W. Pabst (1930, 96 min). Banned by the Nazis and the director's first "talkie," this is a mercilessly realistic depiction of the nightmare which scarred a generation in Germany and beyond. Digging into the trenches with four infantrymen stationed in France in the final months of World War I. With intro and discussion led by Christopher Ward, graduate of Mel Hoppenheim School of



There Will Be Lots to SEE At The Spring Annapolis Valley Premiere Antique/Vintage/Collectible Sale


This multi-vendor sale has become a well established Valley Spring tradition... Something for everyone!

Saturday March 16th from 9 AM to 3 PM

At the Louis Millet Community Complex (Civic Banquet Hall) - located at 9489 Commercial Street, New Minas, NS
For more info contact Kim at 1-902-385-2238

Cinema | Admission by donation (suggested \$10). Upstairs at ARTSPPLACE, 396 St. George St., Annapolis Royal.

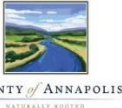
Mon. March 18, 7:00pm Moschelle Community Hall will be holding their **Annual General Meeting** at the hall. All welcome to join us.



Dustin Enslow
Councillor
District 3

PO Box 100, 752 St. George St.
Annapolis Royal, NS B0S 1A0
AnnapolisCounty.ca

(902) 824-0171
denslow@annapoliscounty.ca



Men's Clothing

Casual & Formal Suit Rental
Quality Menswear at Great Prices - New & New to You.
Clothing Alterations & Repair

& Vintage Gift Shop

955 Clarence Rd.
Corner of Hampton Mtn. Rd & Clarence Rd
Facebook /The Keeping Room


"Growing Older" Cryptoquote
Answer: After a certain age, time just drizzles down upon your head like rain in the month of March - Elizabeth Gilbert

What if we worked on ailments *differently*?

- So you may regain mobility and vitality.
- Resume your daily activities with greater ease.
- Lessen your pain and discomfort.
- Rejoice in life, mentally and physically.

I can help with Anxiety, Stress, Headaches, Migraines, Emotional Difficulties, Chronic Fatigue, Neck, Back, & Hip Pain, Scoliosis, Fibromyalgia, Immune Disorders, Gastrointestinal Disorders, Concussions, Vertigo, PTSD, TMJ...And many others

Intuitive Energy LightWorker - Registered Massage Therapist
Holistic Approach. Visit isabelledicaire.com for more info.



FITNESS CLASSES
Granville Ferry Hall
(Please come in the back door of Hall)

4 WEEK TERM
Starting Mon. March 11th to Thur. April 4th.

MONDAY:
Zumba Gold (Beginners) 5:30pm - 6:15pm
Pilates 6:30pm-7:30pm

TUESDAY:
BodyBlast Express 11:30am-12:00pm
Pilates 12:10pm-1:10pm

WEDNESDAY
Zumba Gold (Beginners) 10:00am-10:45am
Pilates 11:00am-12:00pm

THURSDAY
Bodyblast 10:00am-10:45am
Pilates 11:00am-12:00pm

Pilates
1 class for 4 weeks - \$52

Zumba Gold
1 class for 4 weeks - \$32

BodyBlast
1 class for 4 weeks - \$32

BodyBlast Express
1 class for 4 weeks - \$24
(If you do two or more classes you receive an additional \$4 off)

I supply mats and any other equipment we may use so just bring yourself a water bottle and your indoor sneakers. Pilates is done barefoot or sock foot.

If you have any questions please feel free to send me an email. I will be happy to answer.

TO BOOK YOUR SPOT please send me an email to susanthefitnessroom@gmail.com

HOPE TO SEE YOU THERE! LET'S HAVE FUN & GREAT FIT TOGETHER! 😊

Public Health Immunization & Testing Clinic

Bridgetown Fire Hall
31 Bay Rd., Bridgetown, NS
Thursday, March 14 from 11 a.m. - 4 p.m.

Services Available:


COVID-19 Moderna & influenza vaccines for people ages 6 months and older.
COVID-19 and influenza PCR tests and COVID-19 rapid tests to take home.

Book Appointments:
Booked appointments encouraged; limited drop-in appointments available.
Book a vaccine: novascotia.ca/vaccination
Book a test: covidbooking.nshealth.ca
Book by phone: 1-833-797-7772

Eligibility Criteria:
COVID-19 Vaccine: www.nshealth.ca/coronavirusvaccine
COVID-19 and Influenza PCR Test: www.nshealth.ca/coronavirustesting
Please bring your health card number and ID if you have it.

Public Health clinics are healthcare environments. Masks are required.

There are now more ways to access care with **YourHealthNS**. Download the app or visit YourHealthNS.ca.





Welcome to CORAH!

- A Community Hub for older adults 55+
- Located at NSCC's Middleton campus
- Programs focused on healthy living & well-being
- Fitness classes for all abilities & interests
- Offers FREE presentations on many topics
- Presentations live-streamed to 6 satellite sites*

Information: corah-avc@nssc.ca OR 902-825-5215

*Satellite Sites
Berwick Canning
Centrelea Centreville
Cornwallis Gaspereau

Look for CORAH on Facebook
[Facebook.com/corah](https://www.facebook.com/corah)

In-person Tax Clinics for 55+

A qualified Community Volunteer Income Tax Program (CVITP) volunteer will file your taxes and help you to get your benefits & credits!

- You have a modest income and are 55+
- You want support & have questions about taxes
- Confidential one-on-one appointments

MONDAYS 9:15am - 2:15pm on the following days:
March 11 / March 18 / March 25
April 08 / April 15 / April 22

Location: CORAH at NSCC Middleton Campus
Book an Appointment: murielwoodmfw@gmail.com
 OR 902-825-4291



TAG IT! Gift Card Holders

Join Cathy MacDonald to make personalized gift/cash card holders:

- Choose from 3 gift card/cash holder designs
- Create and personalize hand-made card holders to share with your loved ones
- Have fun and be creative!

WEDNESDAY March 13 *10:00am - 11:30am*
 Location: CORAH at NSCC Middleton Campus
 Register: corah-avc@nssc.ca OR 902-825-5215

FREE Class Size Limited



ElderDog Canada

Join Nancy Armstrong, Kings County Pawd Leader, to learn about ElderDog Canada, a charitable organization helping aging people and aging dogs.

ElderDog Canada:

- 'Helps keep the Love in the Home' by assisting with routine dog care
- Helps to rehome, if and when is necessary
- Helps you to find a canine companion

WEDNESDAY March 20 *10:00am - 11:00am*
 Location: CORAH at NSCC Middleton Campus
 Register: corah-avc@nssc.ca OR 902-825-5215






Understanding Dementia

Join Claire Jimmison of the Alzheimer Society Nova Scotia to learn about:

- Signs, symptoms, & types of dementia
- Understanding risk factors
- Actions for healthier brains
- What resources & services are available?

THURSDAY March 21 *10:00am - 11:15am*
 Location: CORAH at NSCC Middleton Campus
 Register: corah-avc@nssc.ca OR 902-825-5215

Flighty Birds!

Join Jane White to learn about the flight and fun of birds:

- The wonder of flight - how do birds fly?
- Bird migration
- Why bird banding?
- Bird trivia and fun facts!

WEDNESDAY March 27 *10:00am - 11:30am*
 Location: CORAH at NSCC Middleton Campus
 Register: corah-avc@nssc.ca OR 902-825-5215



Wed. March 20, 6-8:00pm Join Anne of Awkward Acres at Junction Sixteen Kitchen & Bar in Bridgetown to make your own **Spring Button Posy!** Enjoy time with friends while flexing your creative muscles. This easy-peasy Button Posy explores colour and texture in a 6" bamboo embroidery hoop using a variety of fabrics, yarn, ribbon, and interesting buttons! Crafters not only take home the ready to display or gift super cute craft, but learn 3 versatile mending stitches. **Early Bird Ticket: \$28** (register before March). Tickets \$32. or Group Ticket (4 crafters): \$112. To register, contact awkwardacres@gmail.com

Includes all materials and take-home stitch instructions. All ages, all people welcome. Food and beverage sold separately. For further information and to register contact awkwardacres@gmail.com

Thu. Mar. 21, 1-3pm Creative Connections: Wayne Boucher, Virtual Exhibitions. A new initiative for local artists to gather and share ideas, and perhaps spark fresh inspirations and opportunities. This first edition will include a talk by Wayne Boucher sharing his knowledge and experiences creating virtual exhibitions. | For practicing artists of any level and practice. Please bring one image or small example of current studies or work to share with the circle. Free admission (Donations welcome, to be shared with the presenter.) Upstairs at ARTSPACE, 396 St. George St., Annapolis Royal.

Fri. March 22, 1:30pm Craft Connections: Junk Art Jewellery- A perfect way to upcycle- using scraps of fabric and found objects, we'll make wearable art! All materials supplied, but if you have a few bits and bobs you want to add, bring them along. Hand-sewing is required, all experience levels welcome. For ages 18+. No experience necessary. Registration is required. This event is sponsored by the Bridgetown & Area Friends of the Library. Visit <https://annapolisvalley.librarycalendar.com/event/crafty-connections-junk-art-jewellery-10061> to register.

Sat. March 23, 1:30pm The Good Samaritan Circle will be hosting an Easter-themed time of fellowship and fun. There will be games, puzzles, refreshments, and lots of fellowship. Bring a friend, make some new ones. Everyone is welcome. You can call 902-698-9467 for more information. Wilmot Baptist Christian Fellowship Centre, 208 Dodge Road.

Sun. March 24, 6:30pm Easter Hymn Sing at Wilmot Baptist Christian Fellowship Centre, 208 Dodge Road, Wilmot. Everyone welcome. Call 782-492-0265 for more information.

Thur. March 28 Easter Bake Sale at Middleton Home Hardware, 47 Commercial St., beginning at 9:00am. Baked items include: Various loaves, Cookies, Squares, Cakes, Bread, and other home-made baked goods. There will also be some craft items for sale. Proceeds in aid of Soldiers Memorial Health Auxiliary.

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MARKET UPDATE!

2023 was a "correction" year in Nova Scotia's real estate market. Volume (number of homes sold) dropped by 17.2% versus 2022; however, prices rose by an average of 2.9%.

The Annapolis Valley market saw an average price increase of 2.6% in 2023 versus 2022.

Assuming this trend continues, home Sellers will continue to benefit from improved equity, whereas home buyers may find it more difficult to achieve the same bang-for-their-buck.

Our analysis and constant attention to market trends goes much deeper than this broad-spectrum view. It is more important than ever to have a knowledgeable agent in your corner.

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STATS AT A GLANCE	
Annapolis Valley, 2023	
Residential Sales	1,441
Year-Over-Year % Change	-23.3%
Residential Average Price	\$347,610
Year-Over-Year % Change	2.6%
Nova Scotia, 2023	
Residential Sales	10,333
Year-Over-Year % Change	-17.2%
Residential Average Price	\$423,804
Year-Over-Year % Change	2.9%

DATA SUPPLIED BY THE CANADIAN REAL ESTATE ASSOCIATION FOR THE PERIOD JANUARY 1, 2023 to DECEMBER 31, 2023 NOT INTENDED TO SOLICIT PROPERTIES CURRENTLY UNDER CONTRACT



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Thur. March 28, 7:00pm Phil Williams presents...Behold, a hope-filled musical presentation and dramatic recitation of the Gospel Story. At Annapolis Royal Baptist Church, 762 St. George Street. Refreshments to follow. Free will offering.

Thurs. March 28, 7:00pm Annual General Meeting - West Dalhousie Community Hall, 4868 West Dalhousie Rd. All welcome to attend.

Tues. April 2, 7-8:30pm You're Invited to the **Centrelea Community Hall's AGM** at Centrelea Community Hall, 3495 Hwy 201. All welcome. Mingling and Refreshments after meeting "Like" our Facebook Page (Centrelea Community Hall) to Learn More About this Mighty Little Hall. See You at the Hall!

Sun. April 7, 10am-2:00pm Bear River Jumble Sale: Community Yard Sale, at 1913 Clementsvale Road, Bear River. Find a wide variety of collectables, antiques, functional, and novelty items. Contact BearRiverEvents@gmail.com

Sat. April 20, 2-3:30pm Speaker **Claire Jimmison** provides an opportunity to learn about dementia and how to reduce your risk of vascular dementia by reducing your risk of stroke. Part of the 2024 Speaker series by the Friends of the Annapolis Royal Library in the Dugua Room at the Annapolis Royal Library, 143 Ritchie Street. All sessions are free. Free will gratefully accepted.

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ARE YOU A YOUNG ARTIST WHO WANTS TO BREAK INTO ANIMATION?

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Sat. April 27, 10am-3:00pm Craft Supply De-Stash Sale and Tea at Paradise Community Hall, 10300 Hwy 1, Paradise. Calling all Crafters! Looking to reduce your surplus craft supplies? Book a very reasonably priced table (\$7.50, \$10, or \$15 depending on size) to sell your extras! Quilting fabric and supplies, buttons, card making, scrapbooking, rug hooking, knitting and crochet yarn, stamping, Cricut, and more!

Please note: This is a cash event and intended for supplies, not finished items. Tables for selling must be reserved and paid in advance and are first come first served. For table rental & more information, email Carrie at paradisevillagequilters@gmail.com

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SNAPPING TURTLE

(CHELYDRA SERPENTINA)


Appearance

- The carapace (back of the turtle) is a large brown/grey shell that is saw toothed at the back and often covered in green algae
- Wide head, pointy nose and beak, and spiky tail
- Hatchlings are dark dark grey with a bumpy shell
- Full grown adults can be up to 60cm and weigh up to 10kg.
- The plastron (belly of the turtle) is whitish, smooth and much smaller than the carapace.




Threats to Survival

- Deaths from vehicles, sport fishing, and deliberate persecution.
- Legal and illegal harvesting of adults and hatchlings.
- Environmental contamination (Chemical pollutants)
- Unnaturally high nest predation (raccoons eating turtle eggs) especially high in areas of dense human population



Habitat

- Found in freshwater lakes, streams, rivers, and wetlands (marshes, swamps, bogs, coves).
- The snapping turtle favours areas with muddy bottoms, slow moving water and dense aquatic vegetation, including moss, lily pads, shrubs, and weeds.
- Females lay their eggs in June in exposed, gravelly or sandy areas, including road shoulders and lake and river shores.




How can you help?

Learn to identify if a turtle is a snapping turtle and give the appropriate space needed to ensure safety of oneself as well as the turtles safety.

Drive carefully and keep your eyes out for turtles on the road, especially in June!

Remember to observe and appreciate but do not disturb!



7Arts Creativity and Events

Until the end March, email info@7arts.ca to register or for further information. 619 Central Avenue, Kingston. www.7arts.ca

Sat. Mar. 9, 12:30-3:30pm Foam Weaponry at Markers Space, gear up for adventure with this hands-on workshop, whether you are a seasoned Cosplay or a beginner create your own foam sword ,spears, and shield \$20. Pre-register at info@7arts.ca.

Mon. Mar. 11, 7-9pm Tie Dye Custom Silk Scarf, join Jane of JB Paints to create a professional quality white 100% silk scarf (8'x54"), all supplies included with a dozen different colours to choose from. \$30 to register and payment at info@7arts.ca.

Tue. Mar. 19, 4:30-5:30pm Youth Art Lessons, YAL. Artful Adventures Edition with Sara is for kids ages 7-12 year. New projects each week, artistic techniques and try different tools. 10 seats available, four sessions at \$25 each or 4 for \$80.

Wed. Mar. 16, 12:30-3:30pm Makers Space drop-in, bring your own project or purchase a pre-made kit for \$5. Drop in fee is \$5.

Wed. Mar. 13, 6:30-8:30 Fibre Crafting Group, drop-in for female identifying, 25+ years old. Calling all fibre crafters each Wednesday evening to share your love of fibre and to chat. Beverages included. Bring your own material and project or purchase a kit from 7Arts. Suggested donation of \$5.

Tue. Mar. 26, 4:30-5:30pm Youth Art Lessons, YAL. Artful Adventures Edition with Sara is for kids ages 7-12 year. New projects each week, artistic techniques and try different tools. 10 seats available, four sessions at \$25 each or 4 for \$80.

Wed. Mar. 23, 12:30-3:30pm Makers Space drop-in, bring your own project or purchase a pre-made kit for \$5. Drop in fee is \$5.

Sat. Mar. 23, 4-6pm ArtBeat Lounge for Teens, an ultimate playground for artistic expression. Whether you are interested in visual arts, music, dance or poetry this is your space for teen artists to share and create, ages 13-18 years. Entry cost by donation.

Mon. Mar. 25, 7-9pm Spring Gnomes & Garden drawing Class, come out for a fun evening with Little Bluenose Illustration and learn to draw gnomes, no experience necessary, laughter, learning and chips included, \$25. Tickets at email info@7arts.ca.

Wed. Mar. 27 (Apr 3, 10 & 17) 1-3pm Introduction to Watercolour 4 week program, create 2-3 amazing artworks with Luanne, (Art By Luanne), pre registration and payment at info@7arts.ca, \$140 includes all supplies.

Wed. Mar. 30, 12:30-3:30pm Makers Space drop-in, bring your own project or purchase a pre-made kit for \$5. Drop in fee is \$5.

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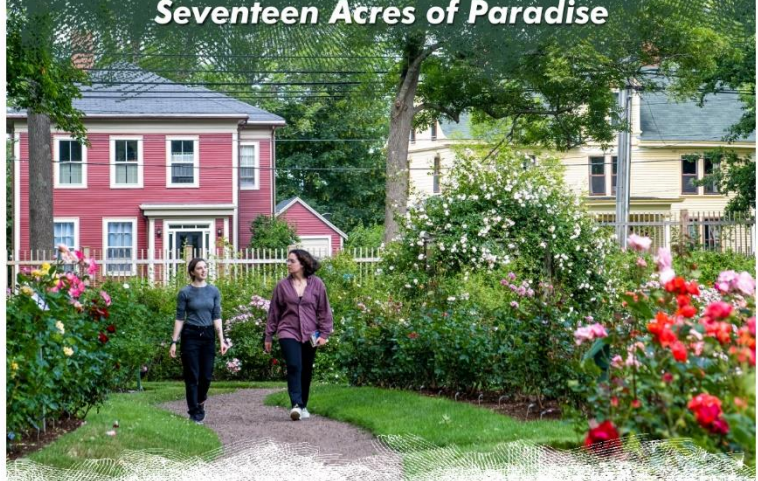
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Youth Improv Workshop Series

At King's Theatre, Annapolis Royal. Join George Clairmont - actor, writer, director, and improviser - for a fun series of after school workshops to learn how to improvise and have fun! Workshops on Tuesdays from 4-6pm, March 19-April 9 with show Sunday April 14 at 3pm (Show title: "The Instant Soup Opera"). Participants cost for 4 workshops plus a show: \$80+hst. Ages: 10-15. www.kingstheatre.ca

No script? No problem! Improv is a form of theatre that relies on the actor's imagination to play along with scenarios made up on the spot! Through a series of fun games and thought exercises, George Clairmont will lead participants to create their own characters and then improvise dialogue and play through a whole universe of situations that revolve around one theme: "soap opera".

We will explore drama, silliness, deep emotions, wacky decisions and questionable choices! Good and evil, cats and dogs, ladies and gentlemen, thieves, and robber barons... you can play all of these, just for a start!

Wanted: St. James Anglican Church, Bridgetown, is looking for an **organist and/or pianist**, paid, full-time or part-time position, to assume duties ASAP. Contact: Thane Bent: 902 665-3044

Spring means....a **Beginners Rug Hooking workshop** at the Paradise Heritage Centre! Four talented instructors will be available to give you personal attention: many thanks to Monica Bailey, Linda Hankinson, Jackie Holborn, and Stephanie Duggan-Haggan.

Date: Sat. April 6

Time: 10am-3:00pm

Address: 10307 Highway 1

Cost: \$55 fee includes materials as well as instruction. Learn either yarn or wool hooking. Bring your lunch. Pre-payment required. Spots are limited so check your calendars and register to reserve one of the 12 spots. For registration and payment information contact Barbara Bishop at 902-825-9198 or barbarabishop84@gmail.com

The **Paradise Heritage Centre is looking for someone** to work for a few hours each month to help with light cleaning tasks, taking our garbage, clearing snow at entrance. Pay would be around \$80.00 each month. If you are interested please contact at barbarabishop84@gmail.com

The Aroma Mocha Café is featuring artwork from a collective of Bridgetown and area artists. This display of art for sale will be ongoing and new works will be added frequently.

Scottish Country Dance classes will start on March 18 and run for 9 weeks in the Wilmot Community Centre, 13972 Hwy # 1. Classes from 7 - 9:00pm. No partner or experience is required just an interest in dance and making new friends. Night fee of ~ \$8 depending on attendance. For more information call 902-765-0906 or 902-825-4600

The **Middleton Sports Heritage Wall of Fame** is accepting nominations for this year's Induction. Nominations must be in by March 31, 2024. Forms can be downloaded from our website but must be emailed to brent_davis@bellaliant.net (as our site has been hacked for sending them.) Thanks for helping us honor deserving Individuals.

Did you Know? **Comeau Refrigeration**, just outside Bridgetown at 9347 Hwy 1, recently installed **2 level two EV chargers** at the shop that are available to the public at no cost.

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Annapolis Valley Folk School Events

The following is a barter-based event. If this is your first time attending a barter-based skills-trade class, note that attendees are encouraged to bring an item(s) to offer in exchange for the knowledge shared in addition to any supplies required for the class. Preferred items are noted for each session. Registration and a ticket are required. For more info and link to Eventbrite find Annapolis Valley Folk School on Facebook. There is no fee associated with this ticket but please do not just indicate "coming" on the event - we've found this is not an accurate capture of attendees. If you have any difficulty registering, you can send us an email to avfolkschool@gmail.com or Annapolis Valley Folk School on Facebook.

Sat. March 16, 10am Paper Piecing at 1963 Clarence Road. Come out & learn all about English Paper Piecing, a wonderful, portable craft which uses small fabric pieces & is done by hand. Participants will learn: 1) How to prepare the pieces 2) How to join pieces together 3) How to use their pieces creatively. Please bring sharp scissors, scraps of cotton fabric (minimum 3"x3"). All other supplies will be provided by the instructor & there will be extra fabric for those who need it. Tickets available here on March 6th <https://www.eventbrite.ca/e/barter-based-session-introduction-to-english-paper-piecing-epp-tickets-831222407597>

Sun. March 17, 2:00pm Homesteading 101: Should We Get A Dairy Cow? at 1963 Clarence Road, Bridgetown. Wondering about getting a cow? Learn about feeding, housing, fencing, breeding, calving, and handling cows and how to get the milk out of the cow and into the house. We will also explain how to manage the milk in the kitchen to make and use the many dairy products -- milk, cheese, butter, whey and so much more. Get your tickets here: <https://www.eventbrite.ca/e/homesteading-101-should-we-get-a-dairy-cow-tickets-840940364267?aff=>

Our facilitator's preferred items are: Local foods, natural fibres products, new, used or for repurposing, outdoor plants, and seeds.

ANNAPOLIS HERITAGE SOCIETY
ANNAPOLIS ROYAL • NOVA SCOTIA • CANADA

Seasonal Job Opportunities - Training Provided!

The Annapolis Heritage Society (AHS) seeks up to 4 individuals to work as Interpreter/Archive Assistants. Positions have variable start dates between May 13th and July 2nd 2024, and are contingent on program funding.

These positions are perfect for graduating high school students, responsible senior high students, students returning to full time post secondary studies in the Fall and non-students between the ages of 15-30. AHS supports equity, diversity and inclusion in the recruitment and staffing for these positions and encourages applications from all interested individuals.

Job Types: Seasonal, full time; 35 hours weekly
Language Required: English (French is an asset)
Fee: \$15.20 hourly

Duration: Various start dates between May 13th and July 2nd, 2024. Positions run from 8-16 weeks (funding dependant), to be completed by Aug. 31st, 2024.

Locations: The O'Dell House Museum, Archive and Research Centre, 136 St. George Street, Annapolis Royal; the Sinclair Inn, 230 St. George Street, Annapolis Royal.

Application Deadline: No deadline to apply. Positions will be filled as suitable candidates are appointed to the roles available. Role availability and duration to be determined by available funding.

Job Description

Interpreter/ Archive Assistants

Duration: Up to 16 weeks, finishing by Aug. 31st, 2024

These positions represent a deep dive into the operations of a small museum in a rural setting. The main tasks and responsibilities for the positions include: historic interpretation of permanent exhibition rooms; customer service; care of collections; processing of archival materials; exhibition and event support; and records management. AHS has many archival items that have been accepted into the collection and are ready for accessioning, arrangement and description, basic conservation, digitization and uploading of records to MemoryNS and Nova Muse databases. No experience necessary. All training provided. All you require is a positive attitude and a willingness to share what you learn with interested visitors to our museums and archive.

If you are interested in these positions, please email a resume and cover letter explaining your interest and suitability for the role:

rmbuchanan2@gmail.com

Annapolis Heritage Society (AHS)
<https://annapolisheritagesociety.com/>

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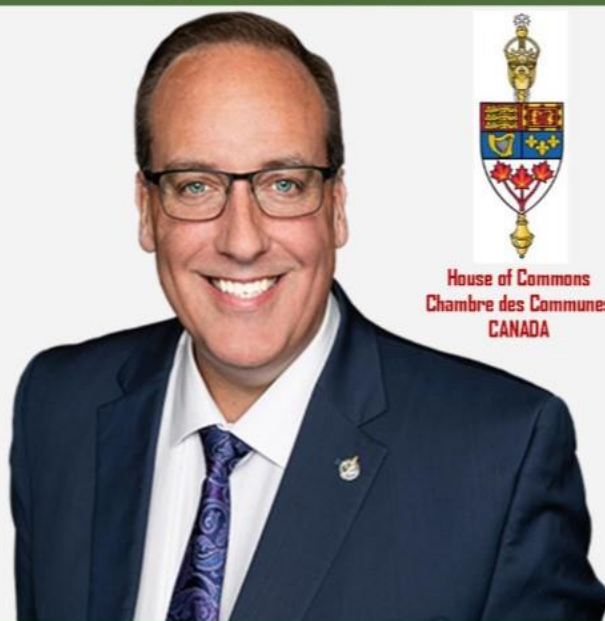
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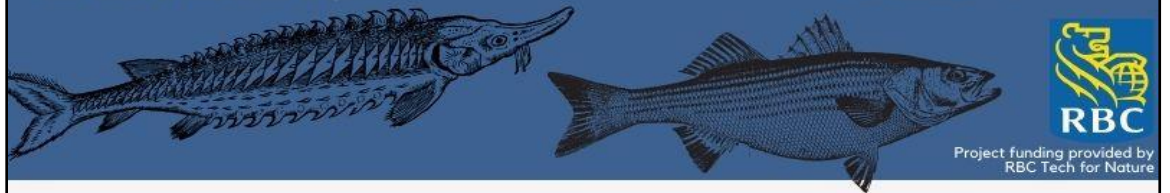
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ANADROMOUS FISH OF THE ANNAPOLIS RIVER

Anadromous: fish born in freshwater that spend most of their life in saltwater, and return to freshwater to spawn



Project funding provided by RBC Tech for Nature

ATLANTIC SALMON

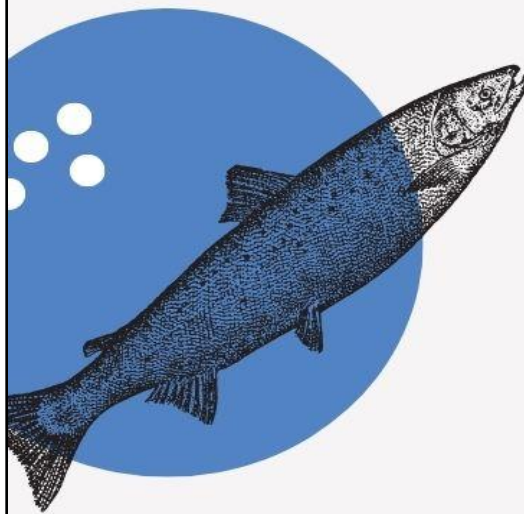
(*Salmo salar*)

Status: Endangered (COSEWIC 2010)

Atlantic Salmon are a medium-sized salmonid with a pointed head and long streamlined body shape. Their coloration changes throughout their life cycle, depending on age and spawning status.

Spawning and early life stages take place in well-oxygenated freshwater streams. At the smolt stage, they migrate to the ocean to mature for 1-4 years before returning to their natal rivers to spawn.

Following habitat restoration efforts, salmon parr have been observed in freshwater tributaries of the Annapolis River.



ATLANTIC STURGEON

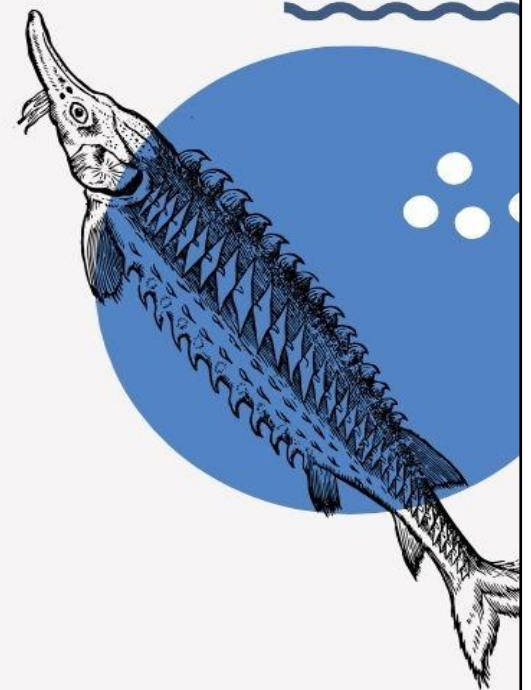
(*Acipenser oxyrinchus oxyrinchus*)

Status: Threatened (COSEWIC 2011)

Atlantic Sturgeon have an ancestry dating back over 200 million years, and are the largest anadromous species in the Northwest Atlantic. Females, the larger of the sexes, can reach up to 3m in length and 200kg.

Spawning occurs in rocky substrates of shallow freshwater, and young fish spend up to 6 years in fresh and brackish water before migrating to the ocean. Once matured, they may return to natal upstream sites in the spring to spawn, and often overwinter in the deep estuarine channels downstream of these spawning sites.

Between 1985 and 2018, 21 Atlantic sturgeon mortalities were observed downstream of the Annapolis Tidal Generating Station, which were thought to comprise a native population. A small population is still thought to persist in the Annapolis River.



STRIPED BASS

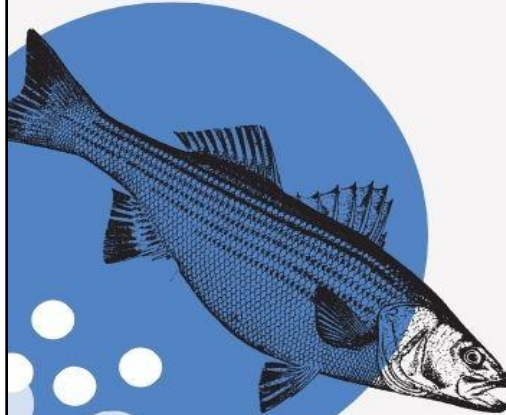
(*Morone saxatilis*)

Status: Endangered (COSEWIC 2012)

Striped bass have a dark olive green back, sides that fade to silver, and a white belly. Adults are characterized by the seven to eight dark horizontal stripes along their sides.

Spawning, incubation and early larval stages occur in fresh or brackish water. At the juvenile stage, striped bass migrate downstream and spend several years maturing in marine environments. Adults make use of estuarine and saltwater habitats, and often overwinter in the warmer waters of estuaries or freshwater habitats.

There has been no evidence of successful spawning in the Annapolis River since 1976, but adults are still present.



Sources:
Committee on the Status of Endangered Wildlife in Canada (COSEWIC)
Assessment and Status Reports

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Coming to King's Theatre

902-532-7704 | 209 St. George Street Annapolis Royal
| www.kingstheatre.ca

Fri. March 8, 7:30pm Amir Amiri Ensemble (live performance) The Amir Amiri ensemble is an ensemble of virtuoso musicians steeped in Persian tradition: Amir Amiri (santur), Abdul-Wahab Khayyali (oud), Reza Abaee (ghaychak), Omar Abu Afech (Viola), and Hamin Honari (percussion).

Inspired by the diversity and fluidity of the many musical influences of Iran, the Amir Amiri Quartet creates an engaging and distinctive sound fusing the refinement of traditional and spiritual Persian music with folkloric and modern elements.

While seeking to expand the boundaries of these musical traditions, balancing heritage and innovation, they find that the possibilities are limitless. In the eclectic musical universe of the Amir Amiri Ensemble, borders are abolished to make way for bewitching alchemy and a mystical conversation between these kindred-spirit musicians is had. Tickets: \$35 Adults, Youth Free.

Sat. March 9, 7:30pm Rumour Has It: the Songbook of Adele (live performance) Conceived and created by Kelly Holiff and Jeremy Webb with musical arrangements by Sarah Richardson. Bringing the songbook of Adele to life, renowned actor and singer, Kelly Holiff performs Adele's most iconic songs. With her powerful voice, huge heart and hilarious stories, Kelly brings her own interpretation of Adele's music to the stage. Backed by a world-class band led by musical director Sarah Richardson. Kelly Holiff is one of Canada's most dynamic performers. Local audiences will remember her outstanding and uproarious performance as Captain Hook in Neptune's Peter Pan. Sarah Richardson has been a performer, multi-instrumentalist, and musical director for over 20 years. Put these amazing artists together with the songbook of one of the best songwriters of the modern age and we hope you agree that we have a sublime evening of song. There is no doubt in our minds of the excellence of Adele's artistry and it's our plan to leave you rushing to the store to buy her entire album catalogue. Tickets: \$45 Adults, \$15 Youth.

Sun. March 10, 3:30pm Harry Potter and the Philosopher's Stone (film) Free March Break film. Dress up as your favourite character and get in the Hogwarts spirit! Harry Potter, a boy who learns on his eleventh birthday that he is the orphaned son of two powerful wizards and possesses unique magical powers of his own. his event is first-come-first-served general seating. Doors open 45 minutes before showtime. Please arrive early. Children under 12 must be accompanied by a guardian when attending a King's Theatre event.

Wed. March 13, 7:00pm Bob Marley: One Love (film, 14A) This biographical movie celebrates the life and music of an icon who inspired generations through his message of love and unity. On the big screen for the first time, discover Bob's powerful story of overcoming adversity and the journey behind his revolutionary music. With Kingsley Ben-Adir, Lashana Lynch, James Norton and directed by Reinaldo Marcus Green. Tickets: 10.95 adults, 6.95 youth.

Fri. March 15, 7:00pm The Taste of Things (film, PG, French) The relationship between Eugenie, an esteemed cook, and Dodin, the gourmet she has been working for over the last 20 years. Growing fonder of one another, their bond turns into a romance and gives rise to delicious dishes that impress even the world's most illustrious chefs. When Dodin is faced with Eugenie's reluctance to commit to him, he decides to start cooking for her. Starring Juliette Binoche, Benoît Magimel, Emmanuel Salinger with Director, Tran Anh Hung. Tickets: 10.95 adults, 6.95 youth.

Sat. March 16, 7:30pm The Amazing Raven (Live performance) He can seemingly predict and control human behavior. He knows your thoughts before you do. He has performed to sold out audiences and celebrities across the country. This is a powerful performance that will turn you, the audience, into the stars of the show. If you love the magic and mystery of Criss Angel & David Blaine, you will love the Amazing Raven! *Please note this show is not recommended for those under 10 years of age* Tickets: \$30 Adults, \$15 Youth.

Sun. March 17, 3:00pm Hundreds of Beavers (Film, PG) In this 19th century, supernatural winter epic, a drunken applejack salesman must go from zero to hero and become North America's greatest fur trapper by defeating hundreds of beavers. Cast: Ryland Brickson Cole Tews, Olivia Graves, Wes Tank. Director: Mike Cheslik. Tickets: 10.95 adults, 6.95 youth.



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Registration for Spring Conference is now open!

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You can also call 825 9198 or email info@paradisehistoricalsociety.ca

Date: Friday, May 24, (evening) and May 25.
Place: Paradise Heritage Centre (formerly Paradise School) 10307 Highway 1, Paradise
Cost: \$60, Early Bird by May 1, \$50.

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For Sale: Several pieces of art: 5 deGarthe, all framed, 1 signed plus a book about deGarthe; 3 Lincolns; 1 Frank Carson; plus other assorted pieces. Collector books, mostly military history. 1Royal Dalton figurine. Tempo Fold-away treadmill, hardly used, great machine. Several hand braided mats left. Handmade canes and walking sticks.
 Email w2maceachern@gmail.com

Looking For a short section of corrugated HDPE culvert - exact dimensions not required, but about 4'-6" long and between 24" and 36" in diameter. situationiste@gmail.com

For Sale: Savage Mod. 99, lever rifle with new scope. Excellent condition. \$495. Winchester pump, 12 ga. Shot gun with rifle sights. \$350. Browning Pat., Ranger, 12 ga. Pump. Good condition. \$225, as is. Hopkins & Allen Falling block rifle, 32 rim fire. Good condition. Pat. Date 1895. \$195. Hopkins & Allen 16 ga., Falling Block shot gun. Pat. Date 1888. Very good condition. \$195. Phone or text 902-824-1849

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For Sale: Savage rifle, mod. 99, Cal. 300 Sav. With new scope, \$495. Winchester pump 12 ga. Shot gun w/rifle sights, \$350. Phone or text 902-824-1849

For Sale: Three-tier grow lite plant stand with wheels. Size approx: 5.5' h x 4' w x 2' d. Takes 6 fluorescent tubes and 6 incandescent bulbs. \$90. 902-532-5129

For Sale: Self-propelled Toro lawnmower with Honda engine. Needs tune-up but works great. I am going electric I paid 800\$ 5 years ago. Asking 300\$. 902 765 1898 or joeben699@gmail.com. photo available. Pick up in PARADISE.

For Sale: 2011 Ram 1500 4x4. It has a new computer, new wipers and undercoated. Inspection good to May 2025. 169700 kms. Asking \$12,000. Phone 902-584-3554

For Sale: Set of summer tires, 205 55 R15. Good condition. \$100. 902-584-7296

For Sale: 30 Country Western vinyl record albums. Willie, Johnny, Merle, Dolly, Tammy, Hanks Sr & Jr, Wilf and more. All used and in good condition \$60.00 for all. 902-824-2771

For Sale: 32" RCA flat screen TV with remote. Works fine, just do not need anymore. Not a smart tv. \$65. 902.824.2771

For Sale: Collection of over 80 spoons, from all over. With racks. \$65. 902-584-3094




For Sale: Dresser, dark brown with mirror and 6 drawers. 30 inches H x 4 feet L x 16 inches W. \$100. 902-824-3440

For Sale: Old handmade wooden chest. 34 inches L x 14 inches W. With or without wheels. \$90. 902-824-3440

For Sale: Bushnell Banner Dusk & Dawn 1.5 x 4.5 x 32 scope. New, never mounted. \$150. Call or text 902-247-9193

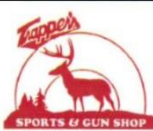
For Sale: GMC Sierra, dual cab, remote start. 902-825-7586

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Looking to Buy: Older Bolens walk-behind tractor. 902-825-3526

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The Parish of Bridgetown, Anglican Church Service Schedule

Sun. March 10, 9:30AM: "Mothering Sunday,"
Joint Parish Service of Holy Eucharist @ St. Mary's, BelleIsle. Fellowship to follow.

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Anglican Parish of Annapolis

Wed. March 13, 10am or 6:30pm: Not Your Average Lenten Bible Study! You are invited to join us on Wednesdays in Lent at St. Luke's Anglican Church (340 St. George St.) to discuss some Bible passages in a slightly different way. How would we all have felt if we had been there? We will have two times for this study available, 10am & 6:30pm. We will continue our sessions in the Rosette Room, which is located in the back hall of the church. We will meet at the same time on March 20th (the last week in the season of lent). All are welcome!

Sun. March 24, 10am – Palm Sunday at St. Luke's Anglican Church (340 St. George St) – We celebrate the triumphant entry of Jesus into Jerusalem as people laid palm branches on the road and shouted Hosanna!

Mon. March 25, 7pm – Choral Evensong at St. Luke's Anglican Church (340 St. George St) – A service of Evening Prayer from the Book of Common Prayer (1962)

Tues. March 26, 7pm – Stations of the Cross - at St. Luke's Anglican Church (340 St. George St). A chance to move from station to station in the church and pray at each as we re-trace the path Jesus walked from Pilate's house to Calvary and to death on the Cross.

Wed. March 27, 10am - Said Eucharist - at St. Luke's Anglican Church (340 St. George St).

Wed. March 27, 7pm– A Service of Tenebrae - at St. Luke's Anglican Church (340 St. George St). Tenebrae is Latin for "darkness". In this service we will gradually extinguish lights until only one remains. Even that light is hidden to symbolize the triumph of evil. Christ has died. We are not left with evil, however as the last symbol of the service is to remind us of the earthquake at the time of resurrection and then the re-appearance of the light that was hidden.

Thur. March 28, 7pm – Maundy Thursday - at St. Luke's Anglican Church (340 St. George St). We remember the institution of the Eucharist by our Lord Jesus on his last earthly Passover Meal and his subsequent betrayal.

Fri. March 28, 10am – Good Friday - at St. Luke's Anglican Church (340 St. George St) A somber service remembering the death of Jesus at Calvary.

Sat. March 30, 8pm – Easter Vigil - at St. Luke's Anglican Church (340 St. George St). We start in darkness. A fire is lit to remind us of how Christ has been present from the beginning of all creation. From that fire the paschal candle and then our own tapers are lit. We hear the stories of our redemption and celebrate Christ's Resurrection. A glorious wave of sound from bells to other instruments during the singing of the Gloria reminds of the joy of the resurrection. We end the evening with Eucharist.

Sun. March 31, 10am – Easter Sunday - at St. Luke's Anglican Church (340 St. George St) Alleluia, Christ is Risen!!!! Come, let us all rejoice in the resurrection of our Lord, Jesus Christ.



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Getting to Know: The Last ReSort ReUse Centre

The Last ReSort ReUse Centre is operated by Valley Waste Resource Management at their facility at 90 Donald Hiltz Connector in Kentville. The Centre adjoins the Eastern Management Centre which serves as the drop-off and transfer operation for VWRM in the eastern Annapolis Valley.

Opened in 2012, The Last ReSort ReUse Centre diverts 70 to 80 tonnes of waste items from the landfill annually, giving items a second chance at being reused, recycled or repaired. It is open Saturdays (except holidays) from 9:00 am - noon. Sales are currently cash only.

The store sales support a position, and covers the overhead to run the operation. Items are picked each week and then resold so inventory changes on a weekly basis. The store does not accept donations. The selection includes, furniture, toys, tools, wood, vintage and collectibles, housewares and much more!

Join the Facebook page @The Last Resort ReUse Centre for weekly updates!

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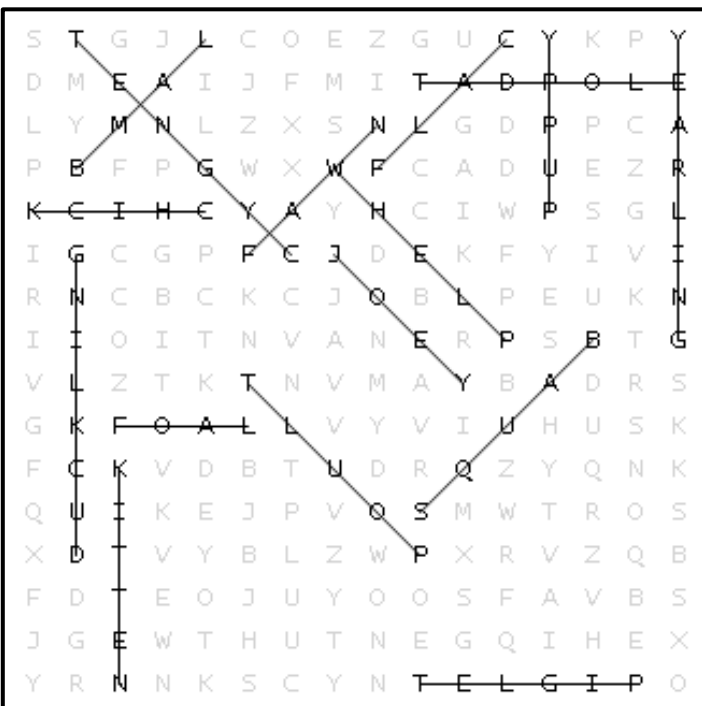
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"Young Animals"
Word Search Puzzle Answer



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- THU MAR 7**: WRITERS LOUNGE ALL WRITERS WELCOME 12 - 1PM
- WED MAR 13**: EXCLUSIVE BEER CLUB EVENT 6PM - 8PM
- THU MAR 14**: MUSICAL BINGO W/MAURICE RESERVATIONS RECOMMENDED 7PM - 9PM
- SAT MAR 16**: LUNN'S MILL 7TH BIRTHDAY ALL DAY CELEBRATIONS LIVE MUSIC W/ EXIT TWENTY ONE 8PM - 10PM
- SUN MAR 17**: BREWS & BOTTLES KIDS MOVIE & TOT TIME 3PM - 5PM
- THU MAR 21**: RESCUE PURRS DAY W/ CATS FOR KEEPS 6PM - 8PM
- SAT MAR 23**: LIVE MUSIC W/ FRIDAY NIGHTS WASTED & VANILLA WHISKY \$5 DONATION LAWRENCETOWN RINK 8PM - 11PM
- SUN MAR 24**: DUNGEONS, DRAGONS & DRAUGHTS NEW PLAYERS WELCOME 12PM - 5PM
- WED MAR 27**: OPEN MIC WITH JORDAN 7PM - 9PM
- SAT MAR 30**: KARAOKE WITH MAURICE 7 - 10PM

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Rotary Club of Middleton

Rotary Gold Mine 50/50

A weekly 50/50 draw where the proceeds support Rotary projects and local charities.

How it Works

Register at a Vendor. Play before noon Friday by:

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- Placing a cash bill (min. \$10) or a cheque in an envelope provided by the Vendor. Include your name and registration number on the envelope and place the completed envelope in the Rotary Box. Note: \$10 will cover you for the upcoming 5 draws (a "prepayment"). The weekly draw is made from the registered numbers.

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Constellations in the Northern Spring Sky
Word Search Puzzle

Antlia	Bootes
Cancer	Centaurus
Corvus	Crater
Crux	Hydra
Leo	Lupus
Lynx	Musca
Pyxis	Sextans
Ursa Major	Virgo

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

A D H L W A R R X N Y L L O K E Y E
D K N Y Y X E E D V G U R E C N A C
N Z K T D T C R U X P G F G B T Q Q
V J M P A R S J A U Q P X L G Z X Y
P S F R A N A T S C X V Y E D X M Y
T Z C U A E J H C A S Q L O D B O F
W I D T A Y S G J C Y U S Y E M J B
X S X J Q A U A D U I T M E R I O Y
D E U K W E V S N F N G G U A O N C
S R Q R T C R R W K Z S A X T P V M
H X F A U D O D W L M I L E J J J T
O P G R N A C V U J W X S G C O J K
X S A V B G T R I A X Y Q H H A C W
U F I X N D C N Y R T P F A V N Z P
W B O Y I Z S J E V G T C Y S T I I
U R S A M A J O R C V O M D I L X P
K K W A R Y M G Q M T D P W E I X Y
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16-20th June 2008

Did you drive a **RIDE THE LOBSTER** unicycle team? I want to talk to you for a forthcoming book: RIDE THE LOBSTER, the world's longest unicycle race. Held in Nova Scotia during June 2008. Email: contact@wmdckrll.com



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WEASY'S HAIR SALON

4730 HWY #1 GRANVILLE FERRY
LIKE, SHARE AND FOLLOW US ON FACEBOOK
902-532-2273

We cut men's, women's, & children's hair. We are open 2-3 evenings (by appt). Open @ 9 Mon - Sat, Closed on Sundays. Lots of selections of Hempz body lotion and lots of options of shampoo & conditioners.
FREE Pens and a little dish of candy, which is always handy.
We are asking to not send any E-transfers to our shop email. Since It was hacked I can't figure out if any are going to the hackers, I can't get any emails either for appointments.
Thank YOU for all the donations to the Litchfield Family. The kids are doing good.

Take a deep breath...cause these are not in order.
Have you seen the new AVON booklet? Get yours at our salon or call/text 902-526-4463
We spring forward 1 hour ahead on Sunday March 10 @ 2 am.
Mad Hatter Wine Bar is back open March 9 at 12noon. (Annapolis Royal)
Lions Radio Bingo- Tune in to AVR 97.7 FM 7 - 8 pm. Avrnetwork.com
Spanish Night- The Whiskey Teller, (@ the Golf Club) April 6th Annapolis Royal
Roman Empire- March 15th & 16th \$45, @ Rockin' Rogi Diner in Middleton, Gustalio, Mensae Primae, Nensae Secundae
Filipino Fiesta in the Valley Food Vendors & Music- Kentville Firehall- starts 10 am - 3 pm March 23rd. Cash Only.
St. Patrick's Karaoke- by Theresa Porter Sat March 16 Doors open @ 7pm, music from 8 - 11 pm. 5050- cash bar- burgers, fries, poutine & hot dogs, kitchen is also open. \$5 admission. Held @ Deep Brook/Waldec Lions Hall 948 Hwy #1 Deep Brook.
St. Patrick's Day Irish Stew TAKE OUT (bring your own bags): St. Louis Church Hall , 540 St. George St. Annapolis Royal Order in advance at 902-532-0746 or 526-0688. Pick-up is between 4:30 - 6:00pm. Irish Stew, rolls, Gingerbread with sauce/Gluten Free options.
The Annual General Meeting Lower Granville Hall - being held Thurs March 14 @ 7 pm.
Savory Emporium- 62 North Street Granville Ferry Open Thurs 10 - 6, Fri 10 - 6 & Sat 10 - 2 pm or by appt call 902-309-3160 Homestead Arts Workshops and Commercial Kitchen Rental.
Book Signing of 'Honest Animals Talk' & Art Exhibit- Sat March 16, @ 228 St. George St. Anna. Royal 12pm - 3 pm . Round Hill Studio Art & Books.
Vendors Needed!- vendors and crafters are needed for our upcoming Regional Farmers & Crafters Market on Small Business. This event is both indoor and outdoor. March 16 & 17th Venue is at King's Theatre, Time is 10 am - 5 pm \$40 vendor, space 12 x 12 per day.
Seedy Saturday- Being held @ Bear River Community Greenhouse & Waterfront Gardens 100 Wharf St. March 16th. Presented by Pascal Fernandes from Harvest Haven- Contact for Pascal- # 902-308-3211. email fedman123@hotmail.com 10am - 1pm.
Arch & Po Fans! - Reopening Wednesday March 27th
Annapolis Taproom St Patrick's Weekend March 16 & 17th, LIVE Music (Sat only). Also is a 'Paint and Pints' at the Taproom, Thurs. March 28th @ 6:30 Cost is \$45. With Connie LP
Save the Date for Hearts for Hospice Gala! Digby Pines Resort on April 27, an evening of Silent & Live Auctions. Atalanta Hospice Society
March Break Craft Camp, fun and creative learning 9 am - 12 pm Ages 7 - 12. Centrelea Community Hall. \$150 / week. Email: Olivia ... thehivebridgetown@gmail.com
Happy 1st Anniversary to Handcrafted Hair Salon in Paradise .
Want to help Cats For Keeps? Canadahelps is ADDING \$20 to your donation. www.canadahelps.org/en/dn/99732
It's Official! A NEW Flower shop in Annapolis Royal opening on Tuesday March 19. 'The Potting Shed' 17 St. James Street . Fresh cut flowers to beautiful plants. Call 902-532-1442 pottingshed@bellaliant.com On FB : The Potting Shed Flowers and Plants.
Congratulations & Grand Opening to 'Red Door Thrift Store' Opened March 2. @ 6321 Highway #1 Belleisle. Furniture, Clothing , Collectables
Annapolis Pool Fundraiser: Pancake Breakfast featuring 'Grand in the Hand' & Silent Auction. You need to book your spot at annapolispool.org/fundraisers. Granville Ferry Hall. \$12 adults \$8 (kiddos 10 & under)
Want craft supplies for a good price? Craft Supply De-stash Sale & Tea, Sat April 27, 10 - 3 pm. Paradise Community Hall, 10300 Hwy #201. Start de-cluttering & make room for more on the 27th
Want to take part in a Cabaret at King's Theatre? 'Mad about March' Sat March 23- a community Cabaret full of surprises! We're looking for anyone who wants to have a go on stage. No previous experience necessary. Sign up form for interested participants : <https://bit.ly/49xiRhC>
Bring your change to help support the Annapolis Blaze Volleyball Team age 12 - 18. They will be packing your groceries on March 8th, 9th & 10th @ The Annapolis Independent.
Heart & Stroke TV Bingo Booklets can be bought locally at the Annapolis Guardian Drugstore/Hutchins Pharmacy <https://www.heartandstrokenstvbingo.ca/>

Last but not least: This story is from a parent on the South Shore Lumberjacks Minor Hockey Association who wanted to do a shout out to a local Bridgetown Youth on the opposite team.
" I want to take a minute to talk about a player on another team we faced today. Now you've read that and are probably thinking it's a negative post. WRONG! If there was an award for a kid being everything thi sport should be...it would go to the player OPPOSITE to my son in this picture. #5 from U11C Western Valley Spartans Bridgetown. This boy not only made my day but Leightons too. Heck, it should make any and everyone's day even outside the competitive world called hockey. We played in a best of three division title against this team. With close games all season our Lumberjacks took the first game 8-2, and with a lead in our second today Leighton scored his third (and incredible) goal giving him a hat trick. Most players to then face off against him at centre ice wouldn't be smiling, but #5 fist bumped him in front of everyone. And when I later asked Leighton what he said, his reply was "the boy said that was a nice shot" Wow. Just. Wow.
But It doesn't stop there, after the game when Leighton came out of the locker room geared down, #5 was out there. Still in his gear. To say to Leighton as he walked by "you played a really good game today. You're a really good player" .We stopped dead in our tracks as L replied, "you too, see you on the ice again soon" and walked away. Like two kids who met on the playground, introduced themselves, played, and then bid their farewells. In a world that had become so comparative. A sport that has become so competitive. And a childhood that is now so criticized-these kids were just...kids. And that moment today was EVERYTHING this world needs to be. #5. You are hands down a champion in my books and I know without a doubt you will do great things in life. As Leighton said "see you again soon"

"Morning Motto" 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
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