

Nella Pidutti and Co.



Solas Integrated Health Centre

Digby Entrepreneur

When it comes to natural, alternate health issues in Digby, there is one person that got the ball rolling many years ago. Long before it was popular or trendy to take Echinacea and garlic supplements for your cold there was a Nella Pidutti. From her healthfood store, diagnostic clinic, massage parlour and office on Water street, downtown Digby, Nella began building her entrepreneurial empire. Behind the belief in alternate health remedies there was a strong business mind that could see a blossoming future in the growing self-care industry. It was a business model, built around and stoked by the Baby Boomers, who were darned if they were going to feel old, look old or even grow old like their parents did. Fast Forward...Today. From her office complex, Solas Integrated Health Centre at Unit 2 21 Warwick St. Digby, she provides professional care in more than 10 fields, including massage, reiki, nutritional supplements, bio energetic testing, immune therapy and skin care. If there's an ache, pain or wrinkle, Solas Health has a solution. (gramma) Nell has published a book, distributes a newsletter and recorded a CD of her own music; always a few large steps ahead of things, and like a root growing underground, you never know where or when she will spring up. Running for Premier or Prime Minister???? We'll see. But more than likely, you will wake up some day and she'll already be there.

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Betty Blue Refit

40 Years ago I bought a powder-blue Raleigh "Record" Bicycle. She has been a dependable travel mate over the years, through the streets of Halifax, Toronto, Sydney and New Orleans. Now, as I enjoy coasting along tree lined roads and getting some heart pumping cardio up Bear River hills I can only be thankful for this simple, inexpensive mode of transportation. The long story of how she was stolen twice and found again is too big for this little flyer. However, I must say, regarding my bike, I'm happy to have met the folks at **Tide Cycles**, the bicycle refurbishing shop in Bear River. They may not appreciate me calling them "salt of the earth" type people, but to me, they really are. Besides doing an awesome job getting my wobbly old bike running smooth and true again, their shop and the two of them, Dylan and Danielle, just give you a sense that everything is going to be OK. I'm glad they're here and know that I speak for many others in thanking them for picking our town to settle in. Their shop is at the Oakdene Centre, not hard to find. Hours of operation, Tuesday to Saturday, 10 to 5, but may change as seasons change.

On Line Gallery



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Oakdene Centre 1913 Clementsvalle Rd.
Show and Sale Gallery 10 am to 4 pm
Works by Arlene Dubo Sept 12-Oct 1
closed Monday

Sissiboo Organics

No work around? Make your own. That's what **Sissiboo Organics** owner and local entrepreneur Neil Ellis is doing. He's hard at work, building a Brand and growing lots of edible produce on his own land here in Bear River, some even in his Mom's yard. With his combination of green houses and raised beds he keeps a jump on the weather and the seasons. More and more people are appreciating and starting to understand the health benefits of local fresh grown produce. It tastes good too. You can get his assortment of vegetables and sprouts at Grandma's Place in Bear River and The Annapolis Farmers Market, in season. From what I understand, he will be gearing up to grow all year round, so don't worry about a winter supply. In this survival mode atmosphere that continues to build around the world, you can be sure that Neil and his Sissiboo Organics will be well ahead of the "grow yer own" curve.



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New Location for "Gotta Sew!"
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Her # 902-955-0850



Mismatch: Works by Ted Lind
September 2 – October 15, 2017
Sissiboo Coffee Bar and Gallery
1890 Clementsvalle Rd, Bear River, NS



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and his little dog

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