

HANDMADE CHOCOLATES



The Chocolate Shop & Café

Books & Antiques
Coffee & Espresso
Chocolates & Truffles

Life's Too Short
For Ordinary Chocolate
Visit JoAnn in Annapolis Royal

165 Lower St. George Street
902-532-0120

Odd Day Meat Eating Plan

Trying to stay close to an "almost vegetarian" Lifestyle? This simple idea may help. The plan is; meat is ok on odd numbered days and not on even days. This will allow for meat on the major occasions like Christmas and New Years (odd days 1 and 25) Of course your birthday would be your choice. This plan B system is good because it gives some firm (followable) guidance to the "Almost Vegetarian" lifestyle, rather than swinging wildly back and forth between meat binging and extreme vegetarian that is bound to fail. See rest of the story at digbycafe.ca

Gary Mullen

Wood Piling Services
Raking Leaves Snow Shoveling
15.00\$ an hour Firm
902-837-5454 or 902-378-2036
Please leave address and phone number

LIGHT HOUSE CLEANING

Amanda Bertaux
HOMES
APARTMENTS
OFFICES
CONDOS

call for a Free Consultation
1-902-308-0703
mandybertain@hotmail.com



John Coltrane Praise Music

Contact with the otherworld, The Spirit world has always been an obsession with humans. Through music and art we are always seeking the door or window to the other side. Having one foot in each world has been the goal of mystics and artists through the ages. Music has been this medium for many of us. It's not that far out a concept, since music is known as the universal language, also, the language of the stars. We don't see the big bang we hear it. For a legend of jazz music, John Coltrane, there was no wall or barrier. He talked to God with his saxophone. He is the only musician to have a church where all worship and praise is done through the sound of a Saxophone, the music of John Coltrane. Hear his music and the story of this unique Church on youtube. A good intro album to his music is John Coltrane BlueTrain also A Love Supreme.

Nella Pidutti and Co.



Solas Integrated Health Centre
All things Health— Facial to Footcare
Unit 2 21 Warwick St. Digby at Queen
Nella Pidutti 902-245-6227
Therapeutic Massage Nutrition

Don't miss Alan Melanson's walking tours
in Annapolis Royal 902-532-3034

News and Event Flyer



Volume 1 Issue 5 November 2017 Good Coffee Deserves Good News



Painting by Lisa Wong from Digby
More info on Lisa Wong at digbycafe.ca
Other local Art Paintings at Digby Hospital

If you haven't visited the website at digbycafe.ca, try it out...at least you will be able to see all the beautiful artwork in colour. There will now be a place on the page to add one of your email addresses to be sure you get the latest copy of the flyer as well as access to past versions you might have missed. There are only a limited number of printed copies so this will be a way to get your own copy delivered in PDF format every month. You can read it on your computer or phone or simply print a copy for your self. and it's much more fun in colour.

"The Flight of Fancy" Fine Craft for Artful Living

Bear River (902)467-4171
www.theflight.ca

Digby Café Recipe of the month at
digbycafe.ca Oatmeal a la Patak's

That other weather has arrived, the cold season, the one with the possibility of snow. But also the holiday season, the Christmas tree season, the possibility of Peace and a kinder, gentler world. Nobody is really in charge of this change of heart for a little while. There are no rules as to how much or how little we must give, how changed we will be by the music and the festivities around us. Every year it's like a cloud of light passes over and all of a sudden there is plenty of good will to go around. The parent gives in to the wish list of a child, the family comes together and stirs and bakes, the brother calls, a donation made, a heart is broken, perhaps a wrong forgiven. Pretty well anything goes, there are surprises and the burden of a year is lifted, a brand new one in sight. What Hope stands in the wings waiting? What crazy, unthinkable love song is gathering it's voice to spring upon an unsuspecting world, to propel us once again across the starlit winter sky.



Helen Opie

Stone and
Sand and
Sea and Sky

Nov 2 - 30
Reception:
Nov 3, 7-9 PM

Round Hill Studio 280 St. George St.
Annapolis Royal 902-955-0365
www.roundhillstudio.com
info@roundhillstudio.com

Series inspired by artists' emotional response to Singer Songwriter [Rose Vaughan](http://www.rosevaughan.com) Song that is the Exhibit's namesake:

"Stone and Sand and Sea and Sky."