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THE CHOCOLATE SHOP

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cacao may be the #1 food source of magnesium.

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Round Hill Studio 280 St George St Annapolis Royal Nova Scotia 902-955-0365

Rug Hooking is making such a comeback. The ability to use wool or yarn in an abundance of colours makes it a diverse medium. This piece is hooked by Debbie Doiron which is inspired by the simple lines of a Picasso sketch. Whether you're an art lover or dog lover, you gotta find it adorable. See more of Debbie's work at www.roundhillstudio.com/shop

Gary Mullen

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Carlene Parker Porter Parks-Visionary

Not a professional business owner or entrepreneur, but none the less a valued member of the Bear River community. In her career as a musician she has played more Church services, weddings and funerals than anyone I know. Her piano playing, with her cousin Barb Morgan at the electric organ has provided the Bear River Baptist Church with lively gospel music for over 60 years. She is hoping to write a book of her life soon, so stay tuned for all the details. I guess this write up goes under the Unsung Heroes category. One story about Carlene is her vision one night that the old bank should be a medical centre. It was only days later that a community meeting was held and that very issue was brought up. The powers that be decided her idea (vision) was a good one and it's certain that the Bear River Medical centre owes its existence to her. She has always been a strong believer in Miracles and the way this came about. from dream in the night to reality in such a short time is good enough for me to say Miracles do happen. She is still playing the piano and does a good job of keeping in touch with her friends, many of whom are in hospitals and nursing homes. You won't want to miss the rest of her inspiring story when the book comes out.





Volume 1 Issue 6 December 2017



Peace by Piece Glass Art Tammy Lewis www.glassartists.org/tammylewis Facebook Tammy Lewis Artist peacexpiece@live.ca 902-682-3026 902-514-2527

If you haven't visited us 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 box on the page to add one of your email addresses to insure you get the latest copy of the flyer. Also, access to past issues you might have missed or things you want to look up again.



"Cooper" The K-Pal of The Month from Clementsport NS

See Issue 5, page 2 at digbycafe.ca for the inside scoop on what K-Pal is all about.

Good Coffee Deserves Good News

A xmas proposal

For the sake of peace, I say let the world have the term "Merry Christmas". I have felt a lot better since I stopped trying to own Christmas. As Christians we should find other days and ways to Celebrate Immanuel. For a few weeks in December lets go with the paper, the tree, the spending, the party's and the general expression of good will to one another. Continuing on in a jazz frame of mind here at Digby Café, there is a musical way to look at this too. We all have different sounds in our head at Christmas time. Everything from pianos, cymbals and saxophones, to djembe's harps and Carols. Lets make a joyful noise and enjoy the magical harmony of all the many different sounds of the season.

Merry Christmas Everybody.



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Contest: win \$5.00 Tim card for guessing the number of fish in the Tammy Lewis Glass Art picture above. Send your answer to digbycafe@gmail.com