

My Two Cents Worth (see yours here)

The human spirit (aka God) is always looking for a better mouse trap. Words on the page have sold, cajoled, inspired, promoted, and prophesied ever since the first child got their two front teeth for Christmas. I'm just following that path. Speaking up is easy when you ask or Pray and favourable results happen. Improving our lot in life is sometimes as simple as discovering the right tool for the job, or receiving a gift that is just what we had been hoping for. Why do we make it so hard then? Why do we go all around the bush with sticks and clubs and other sources of hurt to make sure the other guy is listening. Social Media, News-Casts, Movies, Documentaries, Award Shows, Moral self righteousness and high horse indignation are all the rage today. These are the modern weapons of war. The wars rage like they always have., and the better mousetrap continues to elude us. The big Duh!! in the sky goes unanswered. The simple solution, the right tool for the job, the gift, is always staring us in the face. The eternal question....Why can't the other guy get it right?... keeps us from looking within and we blunder on. Your two cents worthup to 200 words is always welcome on any subject.
digbycafe@gmail.com

On Line Gallery



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FOR SALE
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Clare Thorbes and Fibre Art from Kathryn deBree (opposite page)
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Flora Doehler Bear River Artist
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Ph 902 245 2421 digbycafe.ca issue 1 page 4

This news is Twenty Years Old

I started taking high quality antioxidant supplements twenty years ago. I found out I could wipe out aches and pains I assumed I must "put up with" just because I was getting older. I was 52 then. Don't believe IT....You CAN Feel Better. Many thousands have gone before you. They are the people you see, out walking, running playing golf and enjoying their kids and grand kids. People who get through the day with energy to spare. Some of them twice your age. Don't believe it can't happen for you. When you add high quality essential nutrients and antioxidants to your daily diet you can experience both an increase in vitality and an overall sense of well-being. No matter how well you eat and how hard you try there are always gaps in your nutrition that are unfulfilled. Basically; repair mechanisms in your body that are denied the tools they need to do the job. You invest in your house, your car, your clothes and your toys but what do those things matter if you don't invest in your health. By Investing in your daily nutrition you are choosing to build a foundation of exceptional health for a lifetime. Make a decision today to start doing something about it.
Aspire To Health...Happy Vitamin Quest.

RP Connects



Promotion Ideas That Fit

Not all painted by the same brush

rpconnects.com



Winter Digby Waterfront

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A Rock To Stand On

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Cindy Shipp
Artist
"Garden Buddies" from 1998
See her latest on FB at [CindyShipp](https://www.facebook.com/CindyShipp)



Kathryn deBree now doing her repairs, alterations and custom sewing at Basin Place in Digby. Ask to see her Fiber Art above.

Her # 902-955-0850

Revolution and Resistance

Art from the Russian Revolution, Vietnam, Germany, and the USA*

Opens Sat Jan 13, 2018, 1 – 3 pm

January – February 28,

Sissiboo Coffee Bar & Gallery,

Bear River NS 1890 Clementsvalle Rd
Artworks are from the private collections of writer Susan Friend and painter Flora Doehler, residents of Bear River.



Recardo's Convenience
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46 Flavours

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say hello to Leo
and his little K-Pal

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