



Get all your supplies in downtown Bear River. NSLC, Cut Meats, ATM, Lottery tickets, Grocery, Friendly Service, Cigs, and all the Latest News. Artwork for sign above by Janelle Weir Paint on Rustic Slab Wood. See other pieces in store. Her # 902-308-1226

Bear River Handy Man
Starsha McCue
902-467-4198

NEED AN EXTRA HAND ???
Willing To Help For Reasonable Rate
Yard, Snow, Wood, Any Task

A Winter's Afternoon of Yoga:

Heal, Restore & Balance Sun. Feb 25th 12-5 pm (almost full) at Arts Place Annapolis Royal, 396 St. George St. \$50.

Please pre-register your experience
Open to All Levels (some yoga experience is helpful)

Vinyasa Flow with Amanda Peck
Breathing & Yin-Restore with Julie Palmer
Healing Meditation/Guided Visualization with Jen Moore

Tea Break & Gourmet Healthy Snacks from Kevin Wagner from Eating with Wisdom

Round Hill Studio 280 St George St
Annapolis Royal Nova Scotia
902-955-036 roundhillstudio.com

Gary Mullen

Snow Shoveling
Cleaning Wood Piling Services
20.00\$ an hour Firm
902-837-5454 or 902-378-2036
Please leave address and phone #



Introducing Tim Wilson

(in his own words) "My job is as a producer of documentaries for radio and television. Most of my programs have to do with psychology and spirituality. But somehow or other, they almost always end up coming back to Sound and Listening. Because for me, sound and spirit are intimately connected. And I'm fascinated by what the sounds we make say about us at the deepest level." Tim and Simone Wilson came to us from Toronto with their young boys. He believed tranquil, small town life would provide a hearable backdrop for their upbringing and a respite for him and Simone from the brash overwhelming scrape and grind of the streetcar. Sound is important to Tim, and although it hasn't turned out to be the quiet life he expected, he has made-do with what Bear River provided. He continues on, in his quest for "the sound of spirit". I'm not the door keeper, but I'm sure he wouldn't mind if you dropped in to say hello at his Pleasant St. digs. He could tell you about the funeral pyres in the mountains of Nepal with the ever present clang of bells and cymbals through the smoke of burning limbs. Or you could visit his website and discover the goings on of the life and work of this fascinating man, film maker, broadcaster, father. A spirit filled man, boiling over with the enthusiasm of a young boy, in search of expression, for the meaning of the sounds and stories of life. Oh ya, and PS "His film work is astonishing, at once visually lush and scripturally poetic"— The Globe and Mail
Website personamedia.com

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Good Coffee Deserves Good News



"Field Of Flowers" at Kentville Hsptl
Artwork by Ruth Ross
From Hantsport NS

Visit us at www.digbycafe.ca See beautiful artwork in colour. Add one of your email addresses to insure you get the latest copy of the flyer. Also, access to past issues.

"King" The K-Pal of The Month



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

This weeks recipe at digbycafe.ca is How to make your own [Spicy Hummus](#)

Editorial for Issue 8

For a little flyer like Digby Cafe there is always the question of perspective. We aren't here to take on the world but we do try to be relevant and up to date. The news seems to be in an never ending nose dive these days. At one time a good story of a man biting a dog was sufficient. Now, things are tested on social media. They (modern news hounds, CNN etc.) put out a teaser and if enough people bite, it's turned into an issue. From there, back up material is searched out to build it into a full fledged, money making story. When the story or issue cools, it's on to the next, ever breaking news. These social media car wrecks, fires, flash floods and other natural disasters have a very short shelf life while the ongoing crimes of humanity against humanity, like famine and refugees are ignored completely. Our format of one dog pic, a local artist photo plus a human interest or business profile and maybe a recipe or health tip keeps our feet on the ground here in the Digby, Bear River, Annapolis triangle. Your two cents worth is always welcome.

Send to digbycafe@gmail.com



Being a mister Fix It sometimes requires more than the desire to stop a leak with some gorilla tape, a can of Flex seal and the standard kitchen drawer of tools. It takes a long time to get your plumbers papers through trial and error. I think I would get stopped at the wall if I was trying to get into Mister T's country with these papers.