

# FRIDAY APRIL 24 STAGE SCHEDULE

## Yardscapes Stage



## Cottage, Home & DIY Stage



## Living Healthy in Atlantic Canada Stage



## Culinary Stage



## Entertainment Stage



12:00			<b>Nia - Getting Fit the Body's Way</b> Nancy Hanlon <i>Nia Now</i>		<b>Roland Gauvin</b> NB Tourism	12:45
12:30			<b>The Best of Blueberries and More</b> Anna Leiper <i>Capital Health Nutritionist</i>			
1:00	<b>Frugal Gardener</b> Jodi DeLong <i>Saltscapes</i>	<b>Stained Glass Solutions</b> Lori Nason <i>Cranberry Stained Glass</i>	<b>Help Your Heart - Know Your Risks</b> Michael Vallis, Norma Campbell, Danielle Aldous, Wanda Firth, Sarah Manley <i>Capital Health</i>	<b>John Bill</b> The Oyster Guy, PEI	<b>Ardyth &amp; Jennifer</b> NS Musicians	1:45
1:30		<b>From Tree to Table - Solid Wood Furniture Production</b> Garnet Wheaton <i>Wheatons</i>	<b>Volunteer - it's vital to your community and it's great for you!</b> Berni Duda <i>Capital Health</i>	<b>Chef Eric King</b> College of the North Atlantic, Stephenville, NL	<b>Keith Hallett</b> NB Tourism	2:30
2:00	<b>Summer Drinks</b> Winery Association of Nova Scotia <i>Winery Association of Nova Scotia</i>	<b>Introduction &amp; Everyday Life</b> Aaron Everett <i>Modern Navigation</i>	<b>Food, Cancer and the Atlantic PATH</b> Dr. Louise Parker <i>Capital Health</i>	<b>Nova Scotia Wine Tasting,</b> Winery Association of Nova Scotia	<b>Ardyth &amp; Jennifer</b> NS Musicians	3:30
2:30		<b>The Wheaton Story - A Nova Scotian Entrepreneur's Success Story</b> Kay & Garnet Wheaton <i>Wheatons</i>	<b>The 7 Virtues of a Philosopher Queen - A woman's guide to living &amp; leading in an illogical world</b> Barb Stegemann <i>Joanne David Accessories</i>	<b>Helen Buchan,</b> Mrs. McGregor's Tea Room, Pictou, NS	<b>Ryan LeBlanc</b> NB Tourism	4:15
3:00	<b>Gardening Q &amp; A</b> Jodi DeLong <i>Saltscapes</i>	<b>Floral Design</b> Apple Blossom Shops <i>Penny Taylor</i>	<b>Hearing Health Care</b> Dr. David Lyon <i>Audiology Associates</i>	<b>Chef Shaun Zwarun,</b> DesBarres Manor Inn, Guysborough, NS	<b>Roland Gauvin</b> NB Tourism	5:15
3:30		<b>Current Trends in Colour and Style</b> Kay Wheaton <i>Wheatons</i>	<b>Teeing it up for a healthier you ... Golf into Great Shape</b> Sean Joyce <i>The Canadian Golf Academy</i>	<b>TBA</b>	<b>Ardyth &amp; Jennifer</b> NS Musicians	6:15
4:00	<b>Deck Maintenance</b> Maurice Meagher <i>Archadeck of Nova Scotia</i>	<b>The Fine Art of Wood Turning</b> David Wilkins <i>A well known local wood turner and instructor</i>	<b>The "How To's" of Menu Planning</b> Monica Rodriguez <i>Dairy Farmers of Canada</i>	<b>The Cutting Edge Culinary Competition</b> Chef Shawn Zwarun, DesBarres Manor Inn, Guysborough, NS Chef Michael Howell, Tempest Restaurant, Wolfville, NS	<b>Ryan LeBlanc</b> NB Tourism	7:00
4:30		<b>Stone Trends 2009</b> Angela Hickey <i>Celtic Marble</i>	<b>Detox - What does it mean to detox?</b> NS Assoc. of Naturopathic Doctors Carolyn Hannaford-Sterchi	<b>John Bill</b> The Oyster Guy, PEI	<b>Keith Hallett</b> NB Tourism	8:00
5:00	<b>Forest Values &amp; Products</b> Jeff Amos <i>Logs to Lumber</i>			<b>Nova Scotia Wine Tasting,</b> Winery Association of Nova Scotia		
5:30						
6:00	<b>Herb Gardening</b> Jodi DeLong <i>Saltscapes</i>					
6:30						
7:00	<b>Summer Drinks</b> Winery Association of Nova Scotia <i>Winery Association of Nova Scotia</i>					
7:30						
8:00	<b>Gardening Q &amp; A</b> Jodi DeLong <i>Saltscapes</i>					