



AT THE ANNEX

Books•Events•News•Specials

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What is *The Annex*? *The Annex* is a friendly, laid back place, where you can trade, buy and discover all kinds of books. It is owned and operated by me, Carolyn Laurie. I have been living in and around St. Margaret's Bay since 1986 and have been very active in my community. I like to keep busy and have been involved in Boy Scouts as a Leader, Year of the Family, SMB Toy Library, St. Peters Parish Merrymakers, S.M.A.R.T., Band Volunteer, and more recently the SMB Chamber of Commerce and Celtica Highland Dancers. Our community is very special to me. I came here because I loved it as a child and wanted to come back. I did, got married and had two great kids, Alexandra and Coulson. I have always had a passion for books and helping people. With the start of *The Annex* I can do both. I have been open since June 26, 2009 and have enjoyed every minute!

The Annex mission statement:

To provide opportunities for personal, professional and community growth through books, music, seminars, friendship, meaningful interactions and ideas put into action...and fun!



Customers and authors having fun at The Annex

The Annex carries second hand, nearly new and new books. We accept books for credit, cash and donation. We do reserve the right to pick and choose what we need depending on condition, type of book and feasibility. But rest assured we are generous and we love books...old and new!

DON'T BE SICK OF WINTER ALREADY! GET INVOLVED! St. Margaret's Bay and area is a happening place. There are lots of events, classes and workshops going on at *The Annex* this winter. Coming up soon is our **Intro to Resistance Training and Stability Ball on January 31st at 1pm, get active, call to sign up...or just come down to browse and hang out and have a cuppa.** There's always someone to talk to at *The Annex*. And there are many other great venues with things happening in our area including **Paul's Hall in Glen Haven (acoustic night- Jan 30th)**, The Trellis café in Hubbards, Mariposa, **House Concerts sponsored by acousticroof.ca (Martyn Joseph, amazing Welsh performer from Wales, Feb 2)**. Hubbards has their Winter Carnival coming up at the beginning of February...and our local Chamber of Commerce is also planning a winter event. Check out the bulletin boards in your area. There's no need to hibernate in the winter anymore!!!!!!

CHECK OUT UPCOMING EVENTS, SEMINARS AND WORKSHOPS ON THE NEXT PAGES.

HOURS OF OPERATION

Monday	10-3
Tuesday	by appointment
Wednesday	by appointment
Thursday	10-9
Friday	10-6
Saturday	9-5
Sunday	11-4

LOCAL TALENT AT THE ANNEX!!!

Highland Rebel by local author **Judith James**. This book was voted one of Barnes and Nobles Fave Romances of 2009, rich in historical detail. See Judith's pic when she was at *The Annex* recently for a signing.

<http://bookclubs.barnesandnoble.com/t5/The-Best-of-2009/Fave-2009-Romance-Books-from-BN-s-Heart-to-Heart-Blog/idi-p/418075>

And is coming again February 13th, 1-4pm for **A Mid Winter's Afternoon Book Extravaganza...at The Annex**

A History of Hangings in Nova Scotia by author **Deanna Foster**, who hails from Upper Tantallon.

Manners Matter by **Donna Black**, a local business owner and former teacher in the area.

The Silver Trilogy by **Joan Cleveland**. A wonderful blend of local setting and delightful storytelling make this a great gift for the children in your life.

Wings to Fly by **Jeanne Ripley** and **Joanne Chilton**

Nova Scotia's Ethnic Roots by **Alfreda Withrow**

A Commando is Missing by **Jan Everett**. Jan is a British ex. pat, now resident in Nova Scotia and in this memoir she describes the attitudes and rectitudes that undoubtedly shaped a generation known as the "boomer".

Naturally You, A Guide to Natural Skin Care by **Angela Jeffreys**, Spiritual Healer and Teacher who believes in the body's natural ability to heal itself when given the proper support. Angela teaches workshop on Shamanism, Health and Wellness, Body/Mind/Spirit, and Spirituality.
<http://sites.google.com/site/divineconnectionsnl/>

www.yourspiritualhaven.com

Angela will be appearing at *The Annex* in March. See our list of events

Angels Carry Umbrellas by **Julie Lambert**. A personal story of love, betrayal, past lives and angelic connection.

Charged by **Carol Moreira**. Carol is a journalist who has worked in Canada, England and Asia. She is currently based in St. Margaret's Bay, Nova Scotia.

Backwater: The Decline of the Nova Scotian Economy by **Peter Moreira**.

Miss Gallant's Favourite Season by **Louise Christie**. This lovely children's book was inspired by the life of the late Paula Gallant who love art, the seasons and children.

The Sorrowing House by **Genevieve Lehr** of Upper Tantallon.

Montana, Mistletoe, Marriage by **Donna Alward**
www.donnaalward.com

COMMUNITY ANNOUNCEMENT BELOW

Pencil your calendar... Primary registration is fast approaching and 'Parents for ESM' are holding information sessions for interested parents in the wider Bay community to find out more about the many advantages of a small-school education at East St. Margaret's School in Indian Harbour. Information sessions will be held:
Tantallon Library, Sunday Feb 21st, 3-4pm
Tantallon Superstore (upstairs), Tuesday Feb 23rd, 7-8pm

DID YOU KNOW?

[Highland Dancing and Ballet lessons](#) taught at Wyvern Studio (also known as *The Annex*) for ages 3 and up. For more information contact Alexandra at:
wyvernstudio@gmail.com

Attention Kids! You can now use Canadian Tire money to pay for your used book purchases!!! Sweet.

AVAILABLE AT THE ANNEX

- GIFT CERTIFICATES FROM GABRIELA'S MIYOGA, a yoga business in operation for 7 years in our community
- Beautiful matted photos of nature's floral bounty by Cilla Dawson
- Cards for all occasions handmade by two local entrepreneurs, Kristy Hardy and Anita Morrissey
- Tea In The Sahara Teas, a wonderful line of therapeutic teas...not found locally anywhere else
- *My DIVINE DESIGNS*-fabulous Swarovski crystal rings to create yourself. **New!**
- Funky beaded book marks created by Paula Fredericks of Bead Pixies
- Book and all purpose bags from Old Rock Studio, Hubbards. Beautiful and functional art.
- Gift certificates for **The Annex**
- Shaklee Cleaning products are available to view and order. Get clean in a non-toxic way. **New!**

Music at The Annex

We love it! And we like to promote local musicians who we know and love to listen to. Currently we have available to purchase :

Ardyth and Jennifer-wonderful harpists and songstresses. One of my everyday playing favourites for calming my soul. We have 2 or 3 choices of albums.

Laura Merrimen -Love Letters for Lonely Hunters. "Laura is an old soul who easily warms a room with hersmoky voice and has a knack for cutting straight to listeners' hearts"

Deborah Gabinet- 5 original songs from her upcoming CD, Safe

Harbour. Deb reminds me of a funkyed up female Stan Rogers.

We have a space available for events, volunteer meetings, non profit meetings, classes. Please enquire to: theannex@eastlink.ca or wvvernstudio@gmail.com



New > Tim Dutch Elms' album Linden...Brilliant vocals and guitar. My new "at the end of the day chillin' music".

House Concert Announcement

Martyn Joseph will be appearing at Mike and Paula Fredericks house February 2nd at 7:30pm. Martyn Joseph is an amazing performer from Wales, is one of "Britain's best kept secrets...a challenging songwriter and compelling and courageous live performer" – Tom Robinson, BBC 6 www.martynjoseph.com Prebooking is required by emailing teamwork@hfx.eastlink.ca or calling 499-8744 during the day and tickets are \$20 each.

And...keep your eye out for announcements of The Annex hosting a couple of house concerts. What is the Energy for 2010?

“Feng Shui” (wind & water) is a metaphysical study of energy. By studying the patterns of energy through a scientific approach, there is a reliable data of information that is collected to predict possibilities for the coming year. This is how many determine the decision to invest, travel, and to calculate bad / good days. Ancient Feng Shui uses a number system to analyze the energy of the year in a square. This combined with the compass directions and the elements projects an idea of what is to come.

SE 7 (scandals)	S 3 (robbery)	SW 5 (bad)
E 6 (angels)	Center 8 (harmony)	W 1 (good)
NE 2 (sickness)	N 4 (writing)	NW 9 (fortunate)

Depending on the direction of the home, the energy will change with the people in it. The unfortunate directions for this year of the metal tiger is SE, S, SW, NE. The harmony areas are C, E, W, N, NW. There are secrets to be told at our **Feb 7th workshop at The Annex**. Come to find out your birth chart for the year. Your first secret, do not dig in the SW location of the property, leave it alone as the #5 brings disaster however, those who have flowing water in the SW will expect big money in 3 months. The NE is the #2 which brings earthquakes. Last year was the year for floods, this year earthquakes are frequent. **Please see attached Scheduled of Events** for more information.

SPECIALS SPECIALS SPECIALS

- ✓ ***buy four secondhand fict. Paperbacks and get one free***
- ✓ ***spend \$30 or more (cash, debit) and receive a comp. tea flower and 15% off any teas in store.***
- ✓ ***Bring a donation for the food bank or a minimum \$5 donation towards the Haitian cause and receive a \$5 dollar gift certificate.***
- ***New! Annex Bonus Card... Build up \$250 in purchases And get \$10 of free books!!!***

Upcoming events at The Annex

this is a brief outline of events happening at The Annex during the winter. For more information and to register please see attachment of event/workshop details.

- January 31-Fit to The Core, An Introduction to Resistance Training and Stability Ball.***
- February 7-Feng Shui...Energy of 2010!***
- February 13-A Mid Winter's Afternoon Book Extravaganza***
- February 19-Explore Your Voice***
- February 28-Meditation and Tea***
- March 7-Reiki I Course***
- March 27-Introduction to Crystals -Crystal Essence***
- March 27-Opening Our Self to Self Help and Self Healing...Special Book Lover's Social***
- April 11-Writing from the Heart, Poetry Workshop***

Don't know how to get to The Annex??

Click on this link and voila!

http://maps.google.ca/maps?f=q&source=s_q&hl=en&geocode=&q=196+Tantallon+Crescent,+Upper+Tantallon&sll=49.891235,-97.15369&sspn=28.452674,56.513672&ie=UTF8&hq=&hnear=196+Tantallon+Crescent,+Halifax,+Halifax+County,+Nova+Scotia&z=16

BOOKS JUST IN!

- The Road by Cormac McCarthy
- U is for Undertow by Sue Grafton
- On The Road by Jack Kerouac
- Life Mask by Emma Donoghue
- The Girl at the Lion d'Or by Sebastian Faulks
- Reading Lolita in Tehran by Azar Nafisi
- Elements of Italy by Lisa St. Aubin De Teran
- A Complicated Kindness by Miriam Toews
- Dearly Devoted Dexter by Jeff Lindsay
- Darkly Dreaming Dexter by Jeff Lindsay
- New Moon by Stephenie Meyer
- Floor Sample by Julia Cameron
- Her Fearful Symmetry by Audrey Niffenegger
- Eclipse by Stephenie Meyer
- Breaking Dawn by Stephenie Meyer
- Divine Justice by David Baldacci

A Random Sampling of Other Books Instore

Help Your Teenager Beat an Eating Disorder – James Lock MD PhD
7 Habits of Highly Effective Teens – Sean Covey
And No Birds Sang – Farley Mowat
The Success Principles – Jack Canfield
Deep Water Passage, a Spiritual Journey at Midlife – Ann Linnea
Astrology for Lovers – Liz Greene
Maximum Food Power for Women – Julia VanTine and Debra L. Gordon
History of Early Nova Scotia – Peter L. McCreath and John G. Leefe
MacDonald His Life and World – P.B. Waite
The Governor's Lady – Thomas Raddall (first edition)
You Staying Young – Michael F. Roizen MD and Mehmet Oz MD
20 Minute Garden – Gill Page
The Herb Bible – Peter McHoy
The Edible Flower Garden – Rosalind Creasey
Meet Mr. Mulliner – P.G.Wodehouse
You Must Know Everything – Isaac Babel
The Red Tent – Anita Diamant
Shoot Me - Lesley Crewe
Toujours Provence – Peter Mayle (first edition)
A Good Year – Peter Mayle (first edition)
Fall On Your Knees – Ann-Marie MacDonald
The Mists of Avalon – Marion Zimmer Bradley
Breath, Eyes, Memory – Edwidge Danticat
Three Day Road – Joseph Boyden
Runaway – Alice Munro
Your Child's Self-Esteem – Dorothy Corkille Briggs
The 7 Habits of Highly Effective Families – Stephen R. Covey
Chicken Soup for the Parent's Soul – Jack Canfield
Shake Hands with the Devil – Romeo Dallaire
Recapturing the Joy – Deborah Anthony
My Life in France – Julia Child
Vinyl Café Unplugged-Stuart MacLean
Giant Book of Optical Puzzles – a MainStreet Book
The Antiques Roadshow – a celebration of the first 21 years – Fiona Malcolm
Chef's Healthy Desserts – Fred Edrissi
Atonement – Ian McEwan
Pampering Your Pooch – Jason R. Rich
Prescription for Nutritional Healing – Phyllis A. Balch CNC

The ABCs of Getting Out of Debt – Garrett Sutton Esq.
Rich Dad's Guide to Financial Freedom
No Man is an Island – Thomas Merton
Priestesses – Norma Lorre Goodrich
Psychic – Syliva Browne
On Rue Tatin – Susan Herrmann Loomis
Ageless Body, Timeless Mind – Deepak Chopra MD
Around Theatres – Max Beerbohm
Travelers' Tales Tuscany – True Stories
The Magic of Provence – Yvone Lenard
Stolen Figs – Mark Rotella
The Lost Symbol – Dan Brown
Blink – Malcolm Gladwell
The Tipping Point-Malcolm Gladwell
Let's Clear the Air – reasons not to start smoking – Fay Smailes
The History of Needlework Tools and Accessories – Sylvia Groves
The Fire-Dwellers – Margaret Laurence
Leadership Wisdom from the Monk Who Sold His Ferrari – Robin Sharma
Healthy Quick Cook – Martha Stewart
Perfect Sushi – a collection of 100 essential recipes
Wok – a collection of 100 essential recipes

[The Annex Features...](#)

Chucky The Lonely Inukshuk by Judith McMurray.
This book is published by local publishing **house, Bryler Publications (www.brylerpublications.com) and 100% of proceeds go to the Juvenile Diabetes Research Foundation. This beautifully illustrated children's book is a perfect gift for any aged child. Available at The Annex.**



Christmas displays at The Annex



Celtica Highland Dancers perform at The Annex Christmas party.



In February's Newsletter stay tuned for book reviews, an article on romance and romance writers, an article on tea and updates on happenings at *The Annex*



Haha...we look so serious for a Christmas party!



Authors and customers engrossed in a reading