

# THE PARTICIPAPER

AN INVERNESS COUNTY PERIODICAL



2004  
SPRING COURSES  
ISSUE

Vol 25, No. 1

Jan/Feb 2004

FROM  
THE DIRECTOR'S DESK



**RECREATION & CONTINUING  
EDUCATION PROGRAMS**

The Inverness County Recreation/  
Tourism Department continues to  
encourage a healthier, active living

lifestyle for residents of Inverness County. Opportunities are available through local school and community programs. Check this issue for programs offered in your community. Please note, if there is a program not currently offered in your community or if you are interested in instructing a class, be sure to contact your local programmer or contact us at the Recreation/  
Tourism office.

**VOLUNTEER RECOGNITION PROGRAM**

Provincial Volunteer Week is April 18 - 24<sup>th</sup>. The Municipality of Inverness County will recognize the contributions of individuals who volunteer their time and talents in Inverness County. Persons nominated on or before April 2 will be honoured by Municipal Council during Volunteer Week. Any nomination received by March 8 will be eligible to have their name chosen to represent all Inverness County volunteers at the Provincial Ceremonies in Halifax on April 13. This issue contains details on how you or your group can go about making a nomination. Please note, individuals that have been nominated in the previous 10 years (1994 - 2003), are not eligible to be nominated in 2004. For more information on the Municipal Volunteer Recognition program check page 30 of this issue or you can contact staff at the Recreation/  
Tourism office at 787-3507/3508 or 787-2274.

**UPCOMING EVENTS TO WATCH FOR:**

**February:**

- Whycomomagh Winterfest Activities
- Lake Ainslie Winter Carnival Activities
- Blues Mills Snowmobile Rally
- Margaree Highlanders Snowmobile Rally
- Inverness Capers Snowmobile Rally

*The Director's Desk continues on page 31*

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 • With the exception of the Christmas issue, which is printed with a red cover in celebration of that season, *The Participaper* cover pages are printed in the municipal colours of blue and yellow.  
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*The Participaper*

**THE PARTICIPAPER**

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(for subscription requests see below)

*The Participaper* is published five times a year by the Inverness County Department of Recreation and Tourism: John Cotton, Director. Contributions of information and articles, photos and artwork are welcome. We also welcome your letters and comments. This publication is a service for the residents of Inverness County. Others may subscribe at the following rates (postage included): \$8.00/yr in Canada or \$9.00 a year in the U.S. Send subscription request with payment to the attention of:

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*The Participaper is in its twenty-fifth year of publication and is distributed free of charge, as a service to residents of the Municipality of Inverness County. Non-commercial advertising is accepted for publication at no charge.*

**DEADLINE FOR THE NEXT ISSUE OF THE  
PARTICIPAPER IS APRIL 9, 2004**



# ANCESTORS UNLIMITED

## HELPING TO FIND YOUR INVERNESS COUNTY ROOTS

By Dr. Jim St. Clair

### PLACE NAMES

*Acadia* or *Arcadia*? - The coming celebrations of four hundred years of settlement in Nova Scotia, by immigrants from France, brings the word "Acadia" forward as a word from the distant past, and perhaps a hope for the future.

When Pierre du Gua sieur DeMonts, Samuel de Champlain and Jean de Poutrincourt, with approximately eighty others, took up residence on Île Sainte-Croix on the Bay of Fundy in 1604, the word "Arcadie" had been used on maps for a hundred and eighty years. (With an "r" between the "a" and "c" the name was applied on a 1524 map prepared by the explorer, Giovanni da Verrazzano, who, although Italian, sailed along the coastline of North America in the name of France).

"Arcadia" is an ancient Greek name from the days of Classical and Pre-Classical Greek literature. It referred to a region of Greece noted in legend for its fertility, abundant growth and great happiness.

In his 1973 publication, *Acadia: The Origin of the Name*, Alan Rayburn of the Department of Energy, Mines and Resources, states that Verrazano had taken the name from a popular book of the time entitled *Arcadia*.

As the name came to be L'Acadia the "r" dropped out. But the word carries with it a hope for a pleasant place to live, a land of prosperity and peace. Thus, the word found in many languages for more than twenty-five hundred years may still be new in its connotation.

### GENEALOGICAL UPDATE

Additional Information from primary sources concerning Pioneer Families of Inverness County:  
**Larraby and MacLeod**

Although some information about these two related families is found in MacDougall's *History of Inverness County*, and in both volumes of *Mabou Pioneers*, more data has come to light as people have dug deeper into records.

For example, in the Muster Roll of the Department of the Army and Navy, of people who came to Chedabucto (Guysborough) in 1784, are the names of five children between the ages of ten and eighteen:

Ann Laribe; Susannah Laribe; Beth Laribe; Asa Laribe; John Laribe. No disbanded soldier with the last name Laribe (or Larraby) is found in the list of Loyalists (and soldiers and sailors receiving land for their service in the American Revolution).

In the history of Saco (Maine), Valley Settlements and families, it is noted that John Laraby's father was killed in the American Revolution and, "John married Elizabeth Halley (Hawley, actually) and settled in Cape Breton."

This John Larraby is almost certainly the John Laribe listed as being a young person in Guysborough in 1784. The history of Saco further states that John Larraby and Elizabeth Hawley (daughter of Capt. Matthew Hawley) were the parents of ten children (many of them born in Port Hood and several born at Larraby's Island, Mabou (now Nicholson's Island): Elizabeth; Esau; John; Martha; Mary; Sarah; Thomas, William; Richard; and Matthew.

Of these, later history is known about only two:  
a. Richard Larraby b. about 1805 - lived Mull River (see *Mabou Pioneers*, Book II, page 240).  
b. Matthew - born about 1811; died in 1858 in Eldon, Belfast, Prince Edward Island, where he married and had descendants.

Of the other Laribe (Larraby) children on the Muster Roll of 1784, information is abundant about one of them Susannah (or Susan) and possibly about another - Beth or Bethany.

Susan Larraby (sister of John of Maine, Guysborough, Port Hood and Larraby's Island, Mabou) married twice - first to James Adams, a disbanded soldier who received land in Guysborough and who died about 1790 while

*Continues next page...Ancestors*

## ANCESTORS...

*Continued from previous page*

fishing - the son of James Adams and Susan Larraby, John lived in Hillsborough. His descendants are found in *Mabou Pioneer*, Book II, pages 1 through 5.

The second husband of Susan Larraby was Donald (not James, as stated in *Mabou Pioneer*, Book I) MacLeod, a native of the Island of Harris, Scotland. He too was a disbanded soldier.

The listing of the children of Donald MacLeod and Susan (Larraby) (Adams) MacLeod, has been incomplete, but the division of Donald MacLeod's property after his death in 1834 (at approximately 76 years of age), gives the names of all his living children and the names of their spouses. MacLeod, at the time of his death, owned and lived on lots 17 and 18 in Mabou, the location of the present village.

Following are the names of the children of Donald and Susan (Larraby) (Adams) MacLeod:

1. Donald MacLeod - referred to as "eldest son" in the estate settlement, as recorded in deeds on file in Inverness County Registry of Deeds. Born ca. 1798 per 1818 census - see *Mabou Pioneer* Books I and II.
2. John MacLeod called "merchant of River Inhabitants" on estate settlement.
3. Esaias MacLeod (Ace or Asa on some records) b. 1802 per tombstone in the Pioneer Cemetery in Hillsborough, d.1892. He lived on Rosedale Rd - see *Mabou Pioneer* II p, 544.
4. Bethany married John Nicholas - appear to have moved from area - sold their land on Mabou Ridge.
5. Susan MacLeod married David O'Brien of Brook Village.
6. Mary MacLeod (not Sara as stated in *Mabou Pioneer* books) married Joseph Basker.
7. Nancy MacLeod married John Brown - may have been originally of Guysborough - apparently moved away.
8. William MacLeod - married after 1834 death of father - lived on Rosedale Road. For descendants see page 545, *Mabou Pioneer*, Book II. More research needs to be done to determine what happened to several of the children of Donald MacLeod and

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Susan (Larraby) (Adams) MacLeod and to other members of Larraby family. It is suggested that Beth (Bethany) (of the Laribe children on the Muster Roll) was married to John Clarke and then to Capt. Benjamin Worth, as his second wife. Proof of this assumption is lacking as yet.

The data found on records illustrates the importance of continuing research into families, even when partial accounts are already in print. The question is also raised as to why all of the children (heirs) of



*In the "good old days" there were no snow plows.*

*Continued next page...Ancestors*



*Spinning wool was a necessity in earlier times, but the women turned it into a social event by getting together to do it.*



**ANCESTORS...***Continued from previous page*

Donald MacLeod sold their portion of his land holdings at what soon came to be the site of Mabou Village, and either moved away or went to live in other parts of the Mabou area. The name of the deceased father of the children on the Muster Roll also needs to be determined. The Larraby Family came to the New England States in early 1600's.

#### **BUILDINGS CARRY STORIES OF EARLIER RESIDENTS**

On the main Street of Chéticamp, a modest two storey wooden building contains a gallery and gift shop and residence.

Sometimes called "La Maison Onésime", the structure was built by Simeon LeBlanc who lived from 1844 to 1934. It is a bit over one-hundred years old. LeBlanc was married a total of three times. His wives were Marie Roach, Henriette Chiasson and Elizabeth LeBlanc.

Simeon LeBlanc was a descendant of Daniel LeBlanc who came to Nova Scotia in the 1640s - and is the ancestor of thousands of people, some of whom will be coming together this year in a family reunion. The LeBlancs came to Chéticamp in 1809.

The building was sold to Lubin Martin Muise, a descendant of Philippe and Madeline (Helie) Muise who came to Nova Scotia from France in 1651. The son of Lubin and Catherine Muise, Onésime owned the property for a time. The house, which now incorporates a gallery, gift shop and residence, is owned by the granddaughter of Onésime and his



*The wedding of Chester and Annie-Blanche Aucoin took place in Chéticamp in 1939.*

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*Undated photo of the Grand Etang harbour.*

wife Elizabeth.

The century-old structure carries much history of Chéticamp within it, and recalls the long story of Acadian families in Nova Scotia. For further information see *Pride of Place, The Life and Times of Cape Breton Heritage Houses* by Macleod and St.Clair [1994].

#### **QUERIES:**

1. Who knows about the origin of the form "Margariento" for Margaree? Simon Aucoin noted this word in an 1852 deed recorded in 1853, as property passed from a McKinnon to a Tompkins. Has anybody else ever seen this name for Margaree?
2. Who was Farquhar MacLellan of Port Hood in the 1895-1905 period?
3. A number of Inverness County people of the late 1800s, went to Leadville, Colorado searching for silver and gold. One of these, John C. MacPherson, (whose father was a merchant in Whycomagh and Port Hood) died in an accident at the mine in 1880. Does anyone have names of other Inverness County "tramp miners" who went to Leadville or other Colorado communities? Any letters surviving?
4. A brickyard was in existence in Orangedale as well as in Judique at one time. Were there other brickyards in Inverness County? Who knows where they were located?

**Tidbits** from the listings in *Presbyterian Witness* as printed by J. and S. McCormick in their publication *Vital Statistics*:

- a. In the 16 April, 1898 edition, it was recorded that two sons of Alex McDonald of Mull River, aged 7 and 3, died when their family home burned.

*Continued next page...Ancestors*

ANCESTORS...*Continued from previous page*

The mother and six other children escaped uninjured while the father and another girl were severely injured.

b. In the publication of 2 July 1859, the death of Angus McArthur of Mabou is recorded. His age is given as 125 years!

c. In the 26 March 1870 edition, the death (at age 59) of Donald McKinnon is noted. Living at New Canada, Inverness County, he is listed as a school teacher and native of the Isle of Monk, Inverness-shire Scotland, and the "first that ever taught school in that area."

d. In 1886, Mrs McKinnon, also of New Canada, is recorded as having reached the age of 105 years.

e. In 1874, Roderick MacLeod is reported as "lost at sea from the ship 'Trojon'". He was a missionary on his way here from Scotland. ■



*Workers take a lunch break on the grass behind the plant at Grand Etang harbour. [Undated photo]*

### **The Canadian Cancer Society**

#### **Contact Information:**

**Telephone: (902) 423-6183**

**Toll Free: 1-800-639-0222**

**website: [www.cancer.ca](http://www.cancer.ca)**

#### **Cancer Research**

As the largest charitable funder of cancer research in Canada, the Canadian Cancer Society is at the forefront in the understanding, treatment, detection and prevention of cancer. In 2003, the Society funded more than \$48 million in a broad spectrum of leading-edge research projects into all types of cancer.

In Nova Scotia, they have contributed up to \$1.3 million annually, funding cancer research Canada-wide and here in Nova Scotia. The knowledge gained is leading to very important discoveries such as the potential role of common viruses in fighting cancer, the early development of promising cancer vaccines, 'smart drugs' that target cancer cells but not normal ones, and effective prevention strategies and approaches that best support people living with cancer.

*For more on the Canadian Cancer Society's work, turn to pages 16 and 17 of this issue.*

### **BECOME PHYSICALLY ACTIVE!!**

Sitting around in front of the TV or the computer and using elevators instead of stairs or ramps, contribute to our inactivity. Physical inactivity is as dangerous to our health as smoking!

Consider adding physical activity to your day. If you are already regularly active, you can still benefit by adding more activity. Generally, the more active you are, the more benefits you receive. People need to be active to be healthy. Our modern lifestyle and all the conveniences we've become used to have made us sedentary - and that's dangerous for our health.

Improving your health through physical activity is easier than you think. You will gain significant health benefits just by adding some physical activity to your daily routine. Your benefits will increase as you add more activities to your day. The best news of all is that physical activity doesn't have to be very hard to improve your health! For example, put on some music and dance. Whatever activity you choose, just add it up in periods of at least ten minutes each throughout the day. After three months of regular physical activity, you will notice a difference - people often say getting started is the hardest part.

Add up your activities during the day in periods of at least ten minutes each. Start slowly...and build up! If you're already doing some light activities, move up to more moderate ones. A little is good, but more is better, if you want to achieve health benefits.

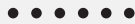
What's the goal? Scientists say the accumulation of sixty minutes of physical activity every day helps us to stay healthy or improve health. Time needed depends on effort - as you progress to moderate activities, you can cut down to thirty minutes, four days a week.



# REGIONAL LIBRARY NEWS



## MARCH IS LIBRARY CARD MONTH



We're rolling out our third annual Library Card Month. If you don't have a library card yet, now is the time to join. Call us for information or register for your card online!



**Brrrr!** It's time to get away from the cold at your public library! Drop by a one of our branches, or visit a Libr@ry Link site and browse our collections of books and other materials. Choose from a collection of CDs, videos, magazines, and audio books. Or surf our catalogue and on-line magazine and reference databases from the comfort of your home!

If you are unable to visit a Branch or Link, the following services may meet your needs:

### BOOKS BY MAIL

We provide a free mail-out library service for persons who live in the more rural areas of the County. Just call in or e-mail us your request.

### VISITING LIBRARY SERVICE

For persons who, because of a physical handicap or other reason, cannot easily leave their home, we will bring or mail to you a selection of reading materials chosen by our staff to reflect your preferences. Let us know your specific needs and tastes.

FREEDOM TO READ WEEK is February 22-28. For more information, check out [www.freedomtoread.ca](http://www.freedomtoread.ca)

For further information, please contact Eastern Counties Regional Library headquarters, by telephone:747-2597, E-mail: [info@nsme.library.ns.ca](mailto:info@nsme.library.ns.ca) or visit our Website [www.ecrl.library.ns.ca](http://www.ecrl.library.ns.ca)

BRANCHES: WINTER HOURS: FEBRUARY - APRIL, 2004		
<u>MARGAREE FORKS</u> Tel/Fax: 248-2821 Monday 1:30 - 4:30 & 6:30 - 8:30 Tue & Wed 6:30 - 8:30 Thursday 10:00 - 12:00 1:30 - 4:30 & 6:30 - 8:30 Friday 1:30 - 4:30 Saturday 1:30 - 4:00	<u>MULGRAVE</u> Tel: 747-2597 Fax: 747-2500 Monday 10:30 - 12:30 & 2:00 - 6:00 Tuesday & Wednesday 2:30 - 7:30 Thursday 1:00 - 4:00 Friday CLOSED Saturday 1:00 - 4:00	<u>PT HAWKESBURY</u> Tel/Fax 625-2729 Monday to Friday 3:00 - 8:00 Saturday 11:00 - 2:00
HOURS: LIBR@RY LINKS: FEBRUARY - APRIL, 2004		
<u>INVERNESS EDUCATION CENTRE</u> (every 2 weeks) Thursdays 12:00 - 5:30 & 6:00 - 8:00 Feb. 12, 26 Mar. 11, 25 Apr. 8, 22	<u>JUDIQUE COMMUNITY CENTRE</u> (every 4 weeks) Wednesdays 4:30 - 5:30 & 6:00 - 7:30 Feb.25 Mar.24 Apr. 21	<u>PORT HOOD RESOURCE CENTRE</u> (every 4 weeks) Tuesdays 3:30 - 5:30 & 6:00 - 7:30 Feb. 17 Mar. 16 Apr. 13
<u>MABOU, DALBRAE ACADEMY</u> (every 2 weeks) Wednesdays 3:45 - 5:30 & 6:00 - 8:00 Feb. 4, 18 Mar. 3, 17, 31 Apr. 14, 28	<u>ST. JOSEPH DU MOINE/CENTRE SAINT-JOSEPH</u> (every 2 weeks) Thursdays 12:00 - 5:15 & 6:00 - 8:00 Feb. 5, 19 Mar. 4, 18 Apr. 1, 15, 29	<u>WHYCOCOMAGH EDUCATION CENTRE</u> (every 4 weeks) Wednesdays 3:30 - 5:30 & 6:00 - 8:00 Feb.11 Mar. 10 Apr. 7

**INVERNESS COUNTY LITERACY NETWORK  
ADULT UPGRADING CLASSES 2004**

If you are 19 years of age or older, and interested in improving your reading, writing and/or math skills; **preparing for the GED**; or working toward your own personal goal, classes are available to you free of charge in the following communities:

**Cheticamp:**

Instructor: Clifford Maillet, 224-3552  
Day & Time: Mon & Tue 6 - 9 p.m.

**Inverness:**

Instructor: Charlotte Campbell, 258-2787  
Day & Time: Tue & Thu 6 - 9 p.m.

**Margaree Forks:**

Instructor: Shirley Miller, 248-2960  
Day & Time: Tue & Thu 6 - 9 p.m.

**Pleasant Bay:**

Instructor: Harry Habgood, 224-1947  
Day & Time: Tue & Thu 2 - 4 p.m.

**Meat Cove:**

Instructor: Amanda MacKinnon  
Day & Time: Tue & Thu 6 - 9 p.m.

**Port Hood & Whycocomagh:**

(If sufficient numbers of students register)  
Instructor, Day & Time: TBA



NEW LEARNERS ARE  
WELCOME ANYTIME  
—————  
COURSES RUN  
SEPTEMBER TO MAY



.....  
**CONTACT INFORMATION:**

**THE INVERNESS COUNTY LITERACY COUNCIL**

**COORDINATOR:** ANNA LEE MACEachern  
**LOCATION:** PORT HOOD MUNICIPAL BUILDING (COURT HOUSE)  
**PHONE:** 787-3508 **FAX:** 787-3110  
Email: amaceachern@invernessco.com

**IF YOU ARE INTERESTED IN ATTENDING CLASSES IN YOUR COMMUNITY, YOU MAY CONTACT THE INSTRUCTOR IN YOUR AREA OR THE INVERNESS COUNTY COORDINATOR.**



*Classes are made possible through the cooperation of the Department of Education,  
Adult Education Division; the Strait Regional School Board;  
and the Municipality of the County of Inverness.*



**INVERNESS COUNTY RECREATION/TOURISM DEPARTMENT  
RECREATION & CONTINUING EDUCATION COURSES**

**REGISTRATION WEEK: FEBRUARY 9TH – 13TH**

The Inverness County Recreation/Tourism Department is pleased to present its Spring Program Schedule, offering a wide variety of classes and workshops for children, youth, and adults. Whether your interest is in crafts, sports, health, fitness or music, there is sure to be a class for you.

**Registration and Payment of Courses:**

You may register at the designated location in your community or you may put your fees in the mail. On-site registration week is February 9<sup>th</sup> - 13<sup>th</sup>; **mail-in** registration will be accepted until **Friday, Feb 20<sup>th</sup>**. All **mail-in registration will be considered after walk-in** registration has been completed. Mail-in registration should be forwarded to the programmer in the community where the course is being offered. All courses begin the week of **February 23<sup>rd</sup>**, **unless otherwise stated**, and will run for a **maximum of 10 weeks**. We encourage you to register early, as all courses must meet a minimum enrollment. Your registration may determine whether the course will be delivered.

**Registration Policy and Course Cancellation:**

Course admission is on a first come, first served basis. Although every effort is made to guarantee the successful delivery of a course, it is sometimes necessary to cancel a course due to low enrollment. In such cases a full refund will be issued from the Department of Recreation/Tourism. Please note that courses taking place in schools will be canceled on holidays and school cancellation days. For courses in other facilities, check with the local Programmer.

If you have any ideas or suggestions for other courses you would like to see offered, or if you would like to teach a course, contact your local programmer. General inquiries may be directed to the Recreation/Tourism Office at 787-3508.

*Recreation & Adult Education courses are made available through the cooperation of the Strait Regional School Board; Department of Education, Adult Education Division; and, the Inverness County Recreation/Tourism Department.*

**MAIL-IN REGISTRATION FORM**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

POSTAL CODE: \_\_\_\_\_ PHONE: (H) \_\_\_\_\_ (W) \_\_\_\_\_

COURSE NAME: \_\_\_\_\_

LOCATION: \_\_\_\_\_ COURSE FEE: \_\_\_\_\_

Make all cheques and money orders payable to:  
Inverness County Recreation/Tourism Department  
If you are pre-registering by mail send your payment and this form to:  
Inverness County Recreation/Tourism Department  
P.O. Box 179, Municipal Building  
Port Hood, Nova Scotia, BOE 2W0

## INVERNESS COUNTY RECREATION COURSES - SPRING 2004

COURSE LOCATIONS ARE LISTED IN ALPHABETICAL ORDER

### CHÉTICAMP

**REGISTRATION:**  
**ÉCOLE NDA, Chéticamp**  
**Register early as some courses have an early start .**

**PROGRAMMER:**  
**Clifford Maillet**  
**PO Box 900**  
**Cheticamp, NS B0E 1H0**

**(902) 224-5300 (w)**  
**(902) 224-3552 (h)**

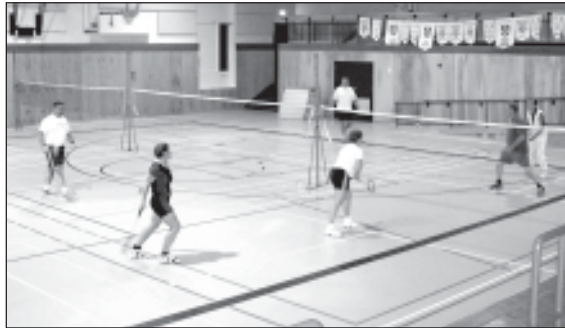
**ADULT UPGRADING:** If you are 19 yrs or older and interested in improving your reading, writing and/or math skills; preparing for the GED; or working toward your own personal goal, classes are available to you free of charge. Mon. & Tues. 6-9 pm. Instructor: Clifford Maillet.

**COMPUTER:** Sessions on DOS, WordPerfect, Internet, e-mail, etc. 10 weeks, 25 hour program. Instructor: Marcel LeBlanc. Fee: \$100.

**OIL PAINTING:** Beginner and advanced. Eight weeks. Instructor: Gilles Deveau. Fee: \$40 + materials.



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**PHYS ED:** Co-ed, non-instructional badminton. Monday & Thursday, 7-9 pm. Fee: \$2 per night.

**AEROBICS:** Beginner aerobics, Monday & Wednesday, 6:45 - 7:15 pm. Step aerobics, Tuesday & Thursday, 7-8 pm. Fee: \$27/10 sessions or \$3.25/session.

**GYMNASTICS:** Jump Start /Up Down All Around. This is a modified gymnastics program for Pre – schoolers and ages 5 and 6, with an emphasis on building strong multi-sport foundation skills in a fun and safe environment. Wednesdays, 2:45 – 3:30 and 3:30 – 4:15. Instructor: Kim Lemke. Fee: 20.



**YOGA:** Levels 1 and 2. Mondays 6:30 - 7:30 and 7:30 - 8:30 pm. Instructor: Carol Le Blanc. Fee: \$20.

**VOLLEYBALL:** Co-ed, non-instructional. Wednesdays, 7 - 9pm. Fee: \$10/ person.

**STEP DANCE:** Children (beginner & advanced).

Instructor: Jacynthe Aucoin. Fee: \$30/6 weeks.

**BABYSITTING COURSE:** For children ages 12 and older. Course is offered on a Saturday from 9:00 am - 3:00 pm. Instructor: Heather Davis. Fee: \$20 (includes book). Date: TBA.

**DANCE POPULAIRE ÉUROPEENNE:** Tango, Waltz, Marche and Samba. 6-8 weeks. Instructor: Michel & Marguerite Paturel. Fee: \$30.

**DEFENSIVE DRIVING COURSE:** For drivers waiting to opt out of **Graduated Licensing**. Date: TBA. Fee: \$75 - \$85.

**YOUNG DRIVER'S COURSE:** For beginning drivers. Instructed by: McKenna's Driving School. Fee: \$500.

**B.O.A.T. OPERATOR:** 8-hour course covering basic safe boating rules. Upon completion you will receive certification as a boat operator. Dates & time TBA. Instructor: Eric LeFort. Fee: \$50.

*Courses...Continued next page  
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## INVERNESS COUNTY RECREATION COURSES - SPRING 2004

Courses...Continued

### GLENDALE

**REGISTRATION:**  
**Glendale Parish Hall**  
**Friday, February 13**  
**6:30 - 7:30 pm**

**PROGRAMMER:**  
**Marion Gillis**  
**RR #1 West Bay Road, NS**  
**BOE 3LO**  
**Phone: ( 902 ) 625-2357**

**EXERCISE CLASSES:** "The Happy Losers" are inviting individuals who are interested in participating in a support group that focuses on healthier living choices to come to the Glendale hall on Monday evenings from 7-8 pm. Each week there is a short meeting and a weigh-in followed by a video exercise class. Fun contests are included to encourage each other to lose weight. Leader: Marion Gillis. Classes begin March 15<sup>th</sup>. Fee: \$2/night.

**INDOOR WALKING:** Walking is an aerobic activity that can improve your fitness level, health and well being. If you need the motivation of a group to get out walking, come and join the Glendale Walking Club, and walk in the comfort of the indoors, while listening to some great music. 8 weeks, Mondays and Wednesdays, 8-9 pm, beginning March 15<sup>th</sup>. Fee: \$8 for 8wks(2 nights /wk) or \$5 for 8 wks – one night/wk.

**WOODWORKING:** Learn to make small tables, potato bins, shelves, window boxes or your own project.

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April 6<sup>th</sup> – May 11<sup>th</sup>, 2 - 4pm or 7 - 9 pm. Location: Home of Josephine Smith. Instructor: Josephine Smith. Fee: \$25, plus materials.

**BABYSITTER TRAINING COURSE:** Learn the skills of babysitting creatively and safely. Topics to be covered will be



emergency first aid, how to feed, change and nurture a child, what to do in emergency situations, the rights and responsibilities of babysitters and the essential information to gather from guardians before you are left in charge. Boys and Girls ages 11 - 16. Saturday, March 13<sup>th</sup>, 10am to 4pm. Handbook and certificate upon completion. Minimum of six must register or course will be cancelled. Instructor: John Begin. Fee: \$20. ( Bring a lunch).

**QUILTING:** Finish the project you started last year or begin a new one this winter. Classes begin the last week in April and run for 6 weeks. Instructor: Dolores Casey. Fee: \$10 for

members of the Glendale Quilting Guild, \$20 for non-members.

**CRAFTS:** Do you need help with a craft you started but didn't finish, or would you like to begin a new project? Craft classes begin Monday, Feb. 23<sup>rd</sup>, 7 - 9 pm and run for 6 weeks. Instructor: Dolores Casey. Fee: \$10 for members of the Glendale Quilting Guild, \$20 for non-members.

**CHILDREN'S STEP DANCE:** Beginners, Saturdays, 10:00 - 10:45 am/advanced, 11:00 am - 12 noon. Beginning February 21 – April 3<sup>rd</sup>, (No classes on March 13) .

6 weeks. Instructor: Clair MacDonald. Fee: \$20, plus \$5 for any additional family members.

**CHILDREN'S VALENTINE CRAFTS:** Saturday, Feb. 7<sup>th</sup>, 1:00 - 2:30 pm; Instructor: Dolores Casey. Fee: \$2 (includes supplies).

**CHILDREN'S EASTER CRAFTS-** Saturday, Feb. 7<sup>th</sup>, 1:00 - 2:30pm. Instructor: Dolores Casey. Fee: \$2 (includes supplies).

**QUILTING WORKSHOP:** "Quilting Stars". This project can be a lap quilt, table topper or a runner. Wednesday, April 21<sup>st</sup>, 10 am - 4 pm. A list of material needed will be available on regis-

*Glendale Courses...Continue next page*  
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## INVERNESS COUNTY RECREATION COURSES - SPRING 2004

*Glendale Courses...*  
Continued from previous page

tration night. Instructor: Barb MacIntyre. Fee: \$15. Bring a lunch.

**WILDLIFE WORKSHOP:** Come and see Nova Scotia's wildlife display presented by Donnie Anderson, Dept. of Natural Resources. The children will enjoy seeing the variety of birds and animals indigenous to NS as well as examine several plastic casts of animal tracks that will be on display. A short video presentation is also included. Saturday, April 10<sup>th</sup>, 10:30 am – noon.

### INVERNESS

**REGISTRATION:**  
**Inverness Academy**  
**Cabot Street , Inverness**  
**Tuesday, February 10**  
**Thursday, February 12**  
**7:00 - 8:00 pm**

**PROGRAMMER:**  
**Anna Lee MacEachern**  
**PO Box 546 Inverness, NS**  
**BOE 1NO**  
**Phone: (902) 258-2089**

**ADULT UPGRADING:** If you are 19 yrs or older and interested in improving your reading, writing and/or math skills; preparing for the GED, or working toward your own personal goal, classes are available to you free of charge. Instructor: Charlotte Campbell. Tues. & Thurs. 6:00 - 9 pm. Fee: Materials only.

*The Participaper*



**CONVERSATIONAL GAELIC:** Learn everyday phrases. Wednesdays, 7 - 8 pm. 8 weeks. Instructor: A. MacKinnon. Fee: \$20. Beginning March 24<sup>th</sup> (the first Wednesday after March break).

**YOUTH BASKETBALL LEAGUE:** The objective of this program is to develop basketball skills of players ages 5 and up. The program will incorporate training drills, review of the rules and games. Sundays 1:00 to 4:00 pm. Instructor: David MacLellan. Fee: \$20 per player (\$10 for additional family members).

**GYMNASTICS:** Jump Start / Up Down All Around. This is a modified gymnastics program for children ages 4-6 and 7-10, with emphasis on building strong multi-sport foundation skills in a fun and safe environment. Thurs. 6 - 7 pm (ages 4-7) Instructor: Vikki MacEachern. Fee: \$20.

**PLAYGROUP:** A fun-filled program designed for pre-schoolers, consisting of crafts, songs, active games, stories, and making friends. Tues. & Thurs. 9:30 - 11:30 am or 12:30 - 2:30 pm. 10 weeks. Instructor: Angie Campbell. Fee: \$70/ session.

**GUITAR:** Ages 16 - adult. This course is designed to provide individual instruction within an informal small group setting. You will learn the fret board, basic music theory, chord structures and rhythm. Tuesdays,

6:30 - 7:30 pm. Eight weeks. Instructor: Glenn MacEachern. Fee: \$30.

**BOOK CLUB:** Relaxed informal discussion of some of your favorite books. (Not a literary critique). 6 weeks. Facilitator: Donalda MacDonald. Fee: \$20.



**CHANTER CHILDREN & ADULTS:** Learn to play the chanter and then move on to the Great Highland Bagpipe. Lessons are private one on one. Teacher will supply all sheet music and lessons. Student must provide his/her own chanter. Adult instructor: Sandra Watson. Children's instructor: Marie MacDonald. Time: TBA. Fee \$50/10 half-hour lessons.

**COMPUTER:** This course will allow the participant to gain confidence with computers while

*Inverness Courses...Continued next page*

## INVERNESS COUNTY RECREATION COURSES - SPRING 2004

*Inverness Courses...*

*Continued from previous page*

they learn the basics of Word-Perfect, E-mail, & Internet. 8 weeks. Tues. 7:30 -9 pm. Instructor: Glen MacEachern. Fee \$60.

**AEROBICS:** You choose your intensity level as the instructor demonstrates low to high impact. Includes warm-up and cool down, multi-level, beginner to advanced. Mon./Wed. 6 - 7 pm. Instructor: Vikki Mac Eachern. Ten weeks. Fee: \$20- one night/wk. \$30 - two nights/wk.

**ADULT BOOT CAMP TRAINING:** A co-ed fitness workout that includes 30 min. of cardiovascular exercises and 30 min. of strength training and stretching. This program is designed for all ages and levels of physical fitness. Tues. and Thurs. 7:00 - 8:00 pm. Instructor: Charlene O'Neil. 10 weeks. Fee: \$20 one night/wk OR \$30 two nights/wk.

**PILATES/YOGA BY VIDEO:** This exercise class focuses on slow and controlled movements that will strengthen and tone muscles; improve posture, flexibility and balance; increase bone density and improve the mind/body connection. Ten weeks, led by Charlene O'Neill, Sundays, 6-7pm. Fee: \$10.

**ADULT BADMINTON:** Beginner Co-ed Adult program. Tuesdays, 7 - 9 pm. Ten weeks. Facilitators: Abby MacNeil & Linda Bradley. Fee: \$10.

**ADULT VOLLEYBALL:** Non-instructional co-ed. Sunday, 7 - 9 pm. Fee: \$10.

**B.O.A.T. OPERATOR :** 8-hour course covering basic safe boating rules. Upon completion you will receive certification as a boat operator. Dates & time TBA. Instructor: Eric LeFort. Fee: \$50.

**EMERGENCY FIRST AID:** 8-hour course, minimum requirement by OHS. Course provides the basic skills necessary to deal with "time priority" emergency situations. Information includes Emergency Medical Systems and Principles and Cardiovascular Emergencies. Time & Date TBA. Instructor: John Begin; Fee \$45.

**STANDARD FIRST AID:** 16-hour course, covers all topics in the Emergency First aid, plus Injuries to the Head & Spine, Musculoskeletal Injuries, Sudden Medical Conditions, Poisons & Substance Abuse and Misuse. Time & Date TBA. Instructor: John Begin. Fee: \$75.

**WHMIS:** This workshop provides the attendee with the understanding of the elements of WHMIS regulations, chemical hazards and the control of these hazards. Focus is placed on the practical management of a WHMIS program in the workplace. **Thursday March 11,** 6-9:30 pm. Instructor: Norman MacDougall. Fee: \$15.



**WINE MAKING:** If you've been thinking of making your own wine from a kit or fresh fruits and vegetables, this workshop is for you. Topics covered will include an overview of the equipment you will need, the different types of commercial kits available, sterilization of equipment, racking procedures, no fail recipes plus many more helpful tips. Instructor: Gordon Gillis. Thursday, March 4, 7-9 pm. Fee: \$5.

**FOOD SAFETY COURSE/ FOOD HANDLERS COURSE**  
All welcome. Those individuals who work in the food industry, volunteer for special functions or those interested in learning up to date Food Safety Information will benefit from this course. This is a six-hour Nova Scotia Department of Agriculture and Fisheries certificate granting course, presented by a Food Safety Specialist. The certificate is recognized nation wide. This course will be offered over two separate days unless otherwise requested. Location: Inverness. Dates: April 19, 2004 6:00 p.m. to 9:00 p.m. April 26, 2004,

*Inverness Courses...continued next page*

## INVERNESS COUNTY RECREATION COURSES - SPRING 2004

*Inverness Courses...*

*Continued from previous page*

6:00 p.m. to 9:00 p.m. Cost:  
\$20.00/person (includes book and  
hand outs).

### JUDIQUÉ

**REGISTRATION:**

**Judique Community Centre**  
**Tuesday, February 10**  
**Thursday, February 12**  
**6:30 – 7:30 pm**

**PROGRAMMER:**

**Eileen Smith**  
**Judique, NS**  
**BOE IPO**  
**Phone: 787-2358**

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**YOUTH WOOD-WORKING CLASS:** Ages 12 & up. Participants will learn the basics of woodworking and proper use of hand tools (no power tools). Each participant will take home a completed project. Instructor: Jackie Brideau: 787-2892. Location: instructor's workshop, Hillsdale. Date and time TBA. Fee: TBA.

**WINE MAKING WORK-**

**SHOP:** Wednesday, March 3. This one evening workshop will provide you with information on buying kits as well as making wine using fresh fruit and vegetables. Equipment and storage tips will also be discussed. Instructor: Gordon Gillis. Fee: \$10.

**QUILTING & CRAFT NIGHT:**

6 weeks. Wednesdays 7 - 9 pm. Need help with a craft(s) you

*The Participaper*

have started and didn't finish or are you looking to start something new? It's your choice. Instructor: Mary McNamara 625-0892. Fee: \$20.

**READING NUTRITIONAL LABELS:** Dietician Mary Beth Walker will help take the mystery out of reading food labels. Lots of practical examples and opportunity for questions. Handouts available. Wednesday, March 10th, 6-7:30 pm. No fee, but registration is necessary, minimum of 10 people required.

**STRESS BUSTER WORKSHOP:** Learn to listen to your body's signals and manage the stress in your life. Learn how food and exercise can reduce stress levels. Workshop includes gentle exercise/yoga session with guided relaxation and breath awareness to take you to blissful state of tranquility. Teach yourself to relax and melt away stress. Three hour workshop. Saturday, February 28/ 9 am to 12 noon. Instructor: Christine MacDonald, RYT, Body Basics. 625 - 3703. Minimum number of participants required 15. Fee: \$30.

**START YOUR OWN FITNESS PROGRAM:** This workshop teaches you how to start your own personal fitness program. Includes a Body Basics exercise routine to strengthen, increase flexibility, reduce body fat and feel great. Reduce arthritis and osteoporosis and train your body to burn more calories with regular exercise. You'll learn to overcome obstacles, challenges and find the

motivation to reach your goals. Instructor will demonstrate tubing and use of hand weights. Handouts to take home. Three hour workshop, Saturday, March 5/ 9 am to 12 noon. Instructor: Christine MacDonald, RYT, Body Basics. 625 -3703. Minimum number of participants required 15. Fee: \$30.

**CHILDREN'S STEP DANCING:** Ages 5 and up. 6 weeks. Tuesdays 6 - 7. Start date to be announced. Pre-payment only. Instructor Mary Ann MacIntyre 787-2306. Fee: \$30.



**ADULT STEP DANCING:** Wednesday 6 - 6:45pm. 6 weeks. Start date to be announced. Pre-payment only. Instructor: Mary Ann MacIntyre 787-2306. Fee: \$30. *Courses Continue next page...*

Throughout the Course listings are photos which were taken during last Fall's classes. It's easy to see that the individuals who participated in the courses appear to have thoroughly enjoyed themselves. This Spring why not sign up for a course and have fun while you learn.

## INVERNESS COUNTY RECREATION COURSES - SPRING 2004

*Courses...Continued from previous page*

### MABOU

**REGISTRATION:**  
**Dalbrae Academy**  
**Tuesday, February 10**  
**Wednesday, February 11**  
**6:30 - 7:30 pm**

**PROGRAMMER:**  
**Eddie MacNeil**  
**P.O. Box 68, Mabou, NS**  
**BOE 1XO**  
**PHONE: (902) 945-2493**

**INTRODUCTION TO COMPUTERS:** Introduction to Windows 98: e-mail, internet, word-processing & spread sheets. Tues. 7:00 - 9:00 pm. Instructor: Stanley Cameron. Fee: \$50/10 wks.

**SWISS BALL / STABILITY BALL:** More & more personal trainers, physiotherapists and fitness professionals use this piece of equipment for strength training, increasing balance, agility & coordination. Classes are tailored for all fitness levels; this is an exercise that is fun and effective. Tues., 7- 9pm. Fee: \$20.

**CHECK THE INVERNESS**  
**ORAN FOR**  
**UPDATES TO SPRING**  
**COURSES 2004**  
**INFORMATION**

*The Participaper*

### MARGAREE/ BELLE COTE

**Registration:**  
**Cape Breton Highlands Academy**  
**Monday, February 9**  
**Tuesday, February 10**  
**6:30 - 7:30 pm**

**Contact:**  
**Jeanette Cameron**  
**Belle Cote, NS**  
**BOE 1C0**  
**Phone: (902) 235-2857**

**ADULT UPGRADING:** If you are 19yrs or older and interested in improving your reading, writing and/or math skills; preparing for the **GED**; or working toward your own personal goal, classes are available to you free of charge. Tues. & Thurs 6-9pm. Instructor: Shirley Miller. Phone 248- 2960.

**CREATIVE MEMORIES SCRAP BOOKING WORKSHOP:** Learn to create beautiful and photo-safe scrapbooks. Topics include cropping photos, journaling information, page lay-out ideas, and page enhancement.

Two sessions to complete project. Bring 12 recent photos, all other materials are provided. Instructor: Gail Bourgeois. Monday, Feb. 23 and March 1<sup>st</sup>. **Students grades 5-12/ 3-5 pm.** Fee: \$20. **Adults/6-8 pm.** Fee: \$30 (Dates are negotiable. For more info call Gail @ 224-3551).



**SEWING:** Tuesdays, 6:00 - 9:30 pm. 6 weeks. Maximum 8 people. Instructor: Claudia Fortune. Fee: \$30.

**CO-ED VOLLEYBALL:** Adult non-instructional. Tuesdays, 8-9:30 pm. Fee: \$10.

**BADMINTON:** Adult co-ed, non-instructional. Thursdays, 8-9:30 pm. Fee: \$10.

**VOLLEYBALL:** Co-ed, non-instructional. Wednesdays, 7 - 9pm. Fee: \$10/person.

**TABLE TENNIS:** Adult/Student co-ed, non-instructional. Thursdays, 8-9:30 pm. Fee: \$10.

*Courses continue on page 18..*



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## Local Group Hopes to Organize a Canadian Cancer Society *Relay For Life* Event In Inverness County

by Marie Aucoin



Several local area residents got together recently to discuss the Canadian Cancer Society's *Relay For Life*. They are now in the process of attempting to ascertain if there is enough interest on the west side of Cape Breton Island to host a *Relay For Life* event.

The Canadian Cancer Society *Relay For Life* is a unique community event that is a celebration of survival, a tribute to the lives of loved ones, and a night of fun, friendship and fundraising to beat cancer. The *Relay For Life* is the largest fund raising event in the world and takes place in communities all across Canada between April and September. This year more than 75,000 participants are expected to participate at *Relay For Life* locations across the country.

Last year, volunteers across Nova Scotia raised over half a million dollars through five *Relay For Life* events. In 2004, *Relay For Life* organizers in Nova Scotia are looking forward to hosting ten *Relay* events, and hope to raise over \$800,000. The monies raised through this event help fund important cancer research, help Nova Scotians reduce their cancer risk, support families affected by cancer and support advocacy efforts.

The *Relay For Life* involves teams of ten people. Participants take turns walking, running, or strolling around the track. The teams consist of friends, families, relatives, communities, co-workers and corporations.

The relay is a 12-hour non-competitive event. Cancer survivors are invited to walk the first lap of the *Relay* – this is the Survivors' Victory Lap. A special Luminary Ceremony is held after sunset. (Luminaries are candles placed in paper bags that surround the *Relay For Life* track. Each bears the name of a loved one who is either battling cancer, has survived cancer or lost their life to the disease. At dusk the candles are lit in a moving ceremony, providing light and inspiration as participants walk through the night. Luminaries can be purchased in advance or at the event (those who purchase the luminaries are not required to be in attendance at the event)).

Room on site for a tent village allows teams to relax and socialize, and activities and entertainment are all part of the event. It is hoped that local musicians and performers will volunteer to provide entertainment for the participants. A Cancer Smart Shop with information on Canadian Cancer Society programs is also usually located on site.

I asked Lester Woods, one of the locals hoping to engage residents of the community in organizing this event, what prompted him to become involved. He told me that he thinks the relay event would provide an opportunity to residents on this side of the island to come together to support the Cancer Society. He was contacted by the *Relay for Life* coordinator and was asked to make a few contacts in the community. He said the response so far has been very positive and that a meeting has been planned for February 2 to help find the volunteers required to help organize the event.

### Volunteers at the heart of the Canadian Cancer Society

Nationally, more than 350,000 volunteers enable us to achieve our mission. In Nova Scotia, more than 7,500 people volunteer with us annually. In addition to helping us deliver programs and services, volunteers play a primary role in raising nearly 70% of all fundraising revenues.

Lots of volunteers will be required if this event is to go ahead. A core group of about ten to twelve leadership volunteers, drawn from all communities across Inverness County, plus lots of support volunteers to spread the workload. It is also hoped that local businesses throughout the county will support the cause and the steering group is hoping that representatives of local businesses will attend the meeting.

For those unable to attend the meeting, don't despair, just contact the following people to find out how you can become a volunteer or participate in the relay: Lester Wood at 248-2059 or by email at [lwood1@auracom.com](mailto:lwood1@auracom.com) or Noreen Rowe in Sydney at the Canadian Cancer Society Office at 564-8263 or by email [noreen.rowe@ns.cancer.ca](mailto:noreen.rowe@ns.cancer.ca).

**For more information on the Cancer Society and the services they provide see next page.**





## The Canadian Cancer Society

### The impact of cancer in Nova Scotia

Cancer is the number one health issue for Canadians. In Nova Scotia, an estimated 5,000 people will be diagnosed with cancer this coming year – giving our province one of the highest rates of new cancer cases and cancer deaths in the country. Over the next decade, cancer incidence rates in Nova Scotia are expected to increase by 46 per cent in males and 38 per cent in females. Lung, prostate, breast, colorectal and non-hodgkin's lymphoma are the most frequently diagnosed cancers in Nova Scotia. Cancer costs the Nova Scotia health care system \$91.3 million annually in hospital, physician and drugs costs alone. Other costs, such

as home care, raise the total to more than \$140 million. In addition, productivity losses due to premature death and disability associated with cancer costs the provincial economy more than \$441 million annually.

### Our Mission

The Canadian Cancer Society is a national, community-based organization of volunteers whose mission is the eradication of cancer and the enhancement of the quality of life of people living with cancer. We achieve our mission by • Promoting healthy lifestyles and strategies for reducing cancer risk • Advocating for healthy public policy and cancer control • Providing comprehensive information about cancer care and treatment • Supporting people living with cancer. The following services are offered through the Canadian Cancer Society. Readers are invited to avail themselves of any of these services.

**Cancer Information Service:** 1-888-939-3333. Cancer information specialists with our bilingual, toll-free Cancer Information Service provide Nova Scotians with current and reliable information on all aspects of cancer, including prevention, diagnosis, treatment, supportive care and community-based services.

**www.cancer.ca** Visit one of Canada's most comprehensive and easy to use resources on all aspects of cancer. Our web site, [www.cancer.ca](http://www.cancer.ca) provides information on reducing cancer risk, our research efforts, supportive care, clarification on emerging issues, volunteer opportunities and much more.

**Resources:** 1-800-639-0222 Nova Scotians can access cancer information through Canadian Cancer Society print materials, videos and presentations held in communities across Nova Scotia. Call us to receive free print materials, to borrow videos on a wide array of cancer topics or arrange for a presentation.

### Quality of life

**The Lodge That Gives** 1-800-639-0222

Located in Halifax, our 34-bed facility for people living with cancer and their families offers a warm, home-like environment where adults and children can stay while undergoing cancer tests or treatments.

**Camp Goodtime** 1-800-639-0222

Our one-week summer camp for children aged 7-15 years living with cancer, bleeding disorders or brain tumours is a time of fun and friendship in a supportive camp setting.

**Linking Cancer Patients** 1-800-639-0222

Volunteers and staff link cancer patients and their families with various sources of support, including government and community agencies.

**Cancer Connection** 1-800-263-6750

This telephone-based service matches people living with cancer and/or their family members with skilled volunteers who have had a similar cancer experience.

**Reach to Recovery** 1-800-639-0222

This one-to-one support program matches women who have been diagnosed with breast cancer with a skilled volunteer who has also experienced breast cancer visits can happen at home, in the hospital or by telephone).

**CanSurmount** 1-800-639-0222

This program matches people living with cancer (other than breast cancer) and their families and caregivers

*Continued on page 28...Cancer*

## INVERNESS COUNTY RECREATION COURSES - SPRING 2004

Courses...Continued from page 15

### MEAT COVE

**REGISTRATION:**

**Meat Cove C@pSite and  
Welcome Centre  
Tuesday, February 10  
Wednesday, February 11  
1:00 - 2:00 pm**

**Programmer:**

**Derrick MacLellan  
General Delivery  
Meat Cove  
BOE 1E0  
PHONE: (902) 383-2281**

**ADULT UPGRADING:** If you are 19 yrs or older and interested in improving your reading, writing and/or math skills; preparing for the GED; or working toward your own personal goal. Classes are available to you free of charge two days/3 hrs per day. Instructor: Amanda MacKinnon

### PLEASANT BAY

**REGISTRATION:**

**Pleasant Bay Family Centre  
and Library  
Tuesday, February 10,  
1:00 - 4:00 pm  
Thursday, February 13,  
6-8pm**

**PROGRAMMER:**

**Cheryl Timmons  
214 Pleasant Bay Rd.  
Pleasant Bay, NS  
BOE 2P0  
PHONE: (902) 224-1348 ( h)  
(902) 224- 1947 (library)**

**ADULT UPGRADING:** If you are 19 yrs or older and interested in improving your reading, writing and/or math skills; preparing for the GED; or working toward your own personal goal, classes are available to you free of charge. 12 weeks (twice a week); Facilitator: Harry Habgood. No fee.

**QUILTING:** Make a Rag or Crazy Quilt. Mondays 1 pm for 8 weeks, beginning Feb. 16th. Instructor: Brenda Fitzgerald. Fee: \$15 plus supplies.

**TAE BO:** Take some time out of your busy schedule for some high-energy aerobics. This trendy sport is based on kickboxing and gives a terrific overall work-out. Starts Feb.16th, Mondays & Wednesdays, 7 pm. 10 weeks. Instructor: Joanie MacIntosh. Fee: \$20.

**SILLY SATURDAYS:** This fun-filled afternoon is for all elementary children. Enjoy art, acting and games on Saturdays from 1-3 pm. No fee. Instructor: Sue Timmons.

**PRE-SCHOOL GYMNASTICS:**

Jump Start / Up Down All Around. This is a modified gymnastics program for children ages 2-5, with emphasis on building strong multi-sport foundation skills in a fun and safe environment. Thursday,

10:30 - 11:30 am. Instructors: Stephanie Timmons & Cheryl Timmons. No fee for returning students. \$10 for new students.

**READY TO LEARN & PRE-SCHOOL CLASS:** A fun-filled program designed for pre-schoolers, consisting of crafts, songs, active games, stories, and making friends. Mondays 10:20 - 12:00. Instructors: Stephanie Timmons & Cheryl Timmons. No fee for returning students; \$10 for new students.

*Courses Continue next page...*

*Recreation & Adult  
Education courses are made  
available through the  
cooperation of  
the Strait Regional School  
Board; Department of  
Education, Adult Education  
Division; and,  
the Inverness County  
Recreation/Tourism  
Department.*



## INVERNESS COUNTY RECREATION COURSES - SPRING 2004

*Courses...Continued from previous page*

### PORT HOOD

**REGISTRATION:**

**Bayview Education Centre  
Tuesday, February 10  
Thursday, February 12  
6:00 - 7:00 pm**

**PROGRAMMER:**

**Leona Gillies  
PO Box 8,  
Port Hood, NS  
BOE 2WO  
PHONE: (902) 787-2669**

**ADULT UPGRADING:** If you are 19 yrs or older and interested in improving your reading, writing and/or math skills; preparing for the GED; or working toward your own personal goal, classes are available to you free of charge.

**GYMNASTICS:** Jump Start/Up Down All Around. This is a modified gymnastics program for children ages 4-7, with emphasis on building strong multi-sport foundation skills in a fun and safe environment. Instructor: Mondays 5:00 - 5:45 pm. Instructor: Jessica Rankin. Fee: \$25.



*The Participaper*

**AEROBICS:** This "cardio" class will give you a total body workout. There will be a variety of exercises using skipping ropes, weights, floor work, stretching & toning that will get your heart pumping. All ages and fitness levels welcome. Work at your own pace. Wed. 8 - 9 pm, 12weeks. Instructor: Janet VanZutphen. Fee: \$50. (Minimum 10 participants or class will be cancelled).

**INDOOR WALKING:** Get out of the snow and cold temperatures and walk inside with friends and family. Mondays, 7pm. No fee.



**YOUTH COOKING CLASS:** Ages 12 & up. 5 weeks. Wednesdays, starting March 3. First class will be from 7 to 8 pm, remainder of classes will run from 7 to 9 pm. (No class during March Break).

Maximum of 8 participants. Instructor: Marie Brideau (787-2892). Fee: \$10.

**BEGINNER STEP DANCE:** Children ages 5 & up come and learn traditional Cape - Breton step dancing.

Instructor: Megan Rankin. Mondays, 6:00-6:45 pm, 8 weeks. Fee: \$25.

**SCRAPBOOKING FOR BEGINNERS:** Would you like to do something with all those boxes of pictures you have, but don't know where to start? Sign up for this workshop! Learn how to choose background, color, accessories and layering techniques to create a beautiful scrapbook. Bring 8 birthday and 8 Christmas photos; all other materials supplied. Monday, February 23, 6 - 9 pm. Instructors: Kathi Morrison & Tracy MacMillan. Fee: \$20 (Min. 5, Max. 10).

**ADVANCED SCRAPBOOKING:** Learn how to use an exciting array of rubber stamps and accessories to create 4 fantastic scrapbook pages. All materials provided. Monday March 1<sup>st</sup>,

6 - 9 pm. Instructors: Kathi Morrison & Tracy MacMillan. Fee: \$25 (Min. 5 Max. 10).

**ALL OCCASION CARD WORKSHOP:** Learn how to create your very own beautiful hand-crafted card (Birthday, Wedding, Get Well, Mother's Day, etc.). All materials provided. Monday March 8<sup>th</sup>, 6 - 9 pm. Instructors: Kathi Morrison & Tracy MacMillan. Fee: \$20 (Min. 5 Max. 10).

*Port Hood Courses...continued next page*

**INVERNESS COUNTY RECREATION COURSES - SPRING 2004**

*Courses continued from previous page...*

**Port Hood**

**KIDS WORKSHOP:** A fun workshop, for kids ages 8 & up, to learn neat ideas on how to create a card, birthday bag, gift tag or cool magnet. Monday, March 22<sup>nd</sup>, 6 - 9 pm. Instructors: Kathi Morrison & Tracy MacMillan. Fee: \$20 (Min. 5 Max. 10).

**VOLLEYBALL:** Co-ed, non-instructional. Tuesdays, 7 - 9pm. Fee: \$10/person.

**CONVERSATIONAL**

**GERMAN 1:** This course is designed for those interested in learning how to communicate in German. You will learn basic conversational skills and phrases with emphasis on listening and speaking. Tuesdays, beginning March 16<sup>th</sup>, 7- 8 pm, 10 weeks. Instructor: Elvi Kargoll. Fee \$30 (minimum 6 participants).

**CONVERSATIONAL**

**GERMAN 2:** This course is designed for those who have completed level one or have a basic understanding of the German language and are interested in improving their communication skills. Time & Date: TBA. Instructor: Elvi Kargoll. Fee \$30.

**B.O.A.T. OPERATOR:** 8-hour course covering basic safe boating rules. Upon completion you will receive certification as a boat operator. Dates & time TBA. Instructor: Eric LeFort. Fee: \$50.

**WHYCOCOMAGH**

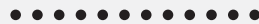
**REGISTRATION:**  
**Whycocomagh Education Centre**  
**Tuesday, February 10**  
**7:00 - 8:00 pm**

**PROGRAMMER:**  
**Burton MacIntyre**  
**131 Main Street**  
**Whycocomagh, NS**  
**B0E 3M0**  
**PHONE: (902) 756-2769**

**ADULT UPGRADING:** If you are 19yrs or older and interested in improving your reading, writing and/or math skills; preparing for the **GED**; or working toward your own personal goal, classes are available to you free of charge two evenings per week.

**B.O.A.T. OPERATOR:** 8-hour course covering basic safe boating rules. Upon completion you will receive certification as a boat operator. Dates & time TBA. Instructor: Eric LeFort. Fee: \$50.

**REGISTRATION WEEK:**  
**FEBRUARY 9 - 13, 2004**



ALL COURSES BEGIN THE  
**WEEK OF FEBRUARY**  
**23RD, AND WILL RUN**  
**FOR A MAXIMUM OF 10**  
**WEEKS, UNLESS**  
OTHERWISE STATED.

**SCOTSVILLE**  
**SCHOOL OF CRAFTS**

**REGISTRATION:**  
**Scotsville School of Crafts**  
**Tuesday, February 10**  
**Wednesday, February 11**  
**7:00 - 8:00 pm**

**PROGRAMMER:**  
**Verna MacMillan**  
**3054 Route #395,**  
**East Lake Ainslie**  
**B0E 3M0**

**PHONE: (902) 258-2278**  
**e-mail:**  
**vernamac@ns.sympatico.ca**

**MONDAYS**

\* **Yoga:** 9:00 - 10:30 AM.  
Instructor: Elaine Panuska. Fee \$5.00 per person, per session. Starting date to be announced later.

\* **Internet & email for Beginners:** Learn the basics, hints for browsing, how to find what you want, get your own email address, sending and receiving email, downloading, copying or printing information from the net, question and answer, and more.  
Instructor: Rob Smith. Fee: \$15.00, 4 weeks beginning March 1, 7-9 pm.

**TUESDAYS**

\* **Ball Room Dancing:** 7:00 - 9:00 pm. Instructors: Elaine and Robert Panuska.



*Courses continue next page...*

## INVERNESS COUNTY RECREATION COURSES - SPRING 2004

*Scotsville Courses continued...*

### **Ballroom...**

Fee \$5.00 per person, per session. starting date to be announced later.

### **WEDNESDAYS**

\***Yoga**, starting date to be announced later. 7:00 - 9:00 pm. Instructor: Elaine Panuska. Fee \$5.00 per person per session.

\***Digital Camera**, by appointment, beginning Feb. 25, 2004. 7:00 - 9:00 pm. Instructor: Jack Tilsley. Fee: \$10.00 per session.

### **THURSDAYS**

\***Watercolour Painting**, beginning March 4, 2004, 8 weeks. Step-by-step instruction, including drawing techniques and mixing colours. 7 - 9:00 pm. Instructor: Barrie Fraser. Fee: \$35.00 plus materials.

### **FRIDAYS**

\***Yoga**, starting date to be announced later. 9:00 - 10:30 am. Instructor: Elaine Panuska. Fee: \$5.00 per person, per session.

### **SATURDAYS**

\***Lets Weave!! Beginner and Intermediate Weaving** classes, 8 Weeks, beginning Feb. 28, 2004. Beginners will learn how to make a warp, dress a loom, how to interpret weaving drafts and drawdowns and will weave a sampler and project of their choice. More advanced will be guided in more complex projects of their choice. Challenging but no stress. Lots of fun!! Let's weave!! 9:00 am - 12:00 pm. Eileen MacNeil. Fee: \$35.00 plus materials.

### **ONE DAY WORKSHOPS AND PROGRAMS:**

Friday, March 12, 2004 \*  
**"Euchre Game Night"**, come and play, just for fun! 7:00 pm.  
 Organizer: Verna MacMillan.

Saturday, March 20, 2004 \*  
**"Scrabble Game Night"**, come and play, just for fun! 7:00 pm.  
 Organizer: Verna MacMillan.

Friday, March 26, 2004 \*  
**"Tarabish" Game Night**, come

and play, just for fun! 7:00 pm.  
 Organizer: Barbara MacLean.

Saturday, June 5, 2004 \***Paper Making**, in this workshop, students will learn the basics of papermaking using materials which can be found at home. We will use molds to create sheets of paper in various sizes, and embellish them with plant materials, layering, and other playful methods. We will explore the use of recycled materials, high quality fibers, and local plants which can be cooked into paper pulp. A list of simple supplies to bring will be given to students when they register. 10 :00AM - 4:00 pm. Instructor: Madeline Liebling. Fee \$50.00 (includes material). *[Madeline Liebling is an artist, Art Therapist and teacher living and working in Halifax. She has taught art for many years including photography, silk screening and crafts. She teaches Papermaking at the Nova Scotia Centre for Craft and Design in Halifax.]*

### INVERNESS COUNTY LITERACY NETWORK ADULT UPGRADING CLASSES

Application forms for the Inverness County Literacy Network Adult Upgrading Classes, are available at the Recreation/Tourism Office at the Municipal Building in Port Hood.

On-going instruction is planned to begin in January and run until June. There is no registration fee for these courses, but there is a fee for the materials used. For further information contact the course instructor for your area as listed on page 8 of this issue.



Service Canada Access Centres provide in-person access to information on Government of Canada programs and services. This column will appear on these pages from time-to-time and will provide answers to some questions on more than 1,000 federal government programs and services.

## Where can I find a wide range of disability-related information?

“Bridging the Gap” is a guide to Government of Canada programs and services of interest to Canadians with disabilities. The booklet, a collaborative effort of several federal government departments, offers a description for each program and service, followed by thorough contact information. For quick reference to any of these listings, the content of the guide is divided into nine categories:



**Accessibility** - lists a number of services accommodating special needs like Braille publications, transportation directorates and toolkits.

**Customs, Excise and Tax Programs** - names and explains the types of programs Canadians with disabilities could be eligible for, and the necessary steps to claim these.

**Education** - catalogs both a selection of grants available to Canadians with disabilities and resources for anyone interested in the education of students with special needs.

**Employment and Income Supports** - offers resources that help train, find work and maintain equality in the work environment. This section also lists some social support services.

**Health** - names services that answer some of Canadians' leading health questions.

**Housing and Residential Services** - displays services that help Canadians with disabilities find housing, modify dwellings to make them more accessible and find funding to move.

**Rights** - tells Canadians with disabilities where they can read about their rights and how to defend them.

**Transportation** - not only helps those searching for adapted transportation, but also maps destination routes under various formats.

**Miscellaneous** - sums up other services and programs of interest to Canadians with disabilities.

This 70-page booklet offers all this information in a large, easy-to-read print. It is also offered on audio cassette, in Braille and on computer diskette.

For more information on services and programs for Canadians with disabilities, or to obtain a print copy of “Bridging the Gap”, visit any Service Canada Access Centre. A copy may also be obtained by visiting the internet site at <http://www.pwd-online.ca>, or calling 1 800 0-Canada.

If you require information about any of our programs, answers to questions, or a referral to specific services, please visit a Service Canada Access Centre near you. These are located in the following areas: Chéticamp (Les Trois Pignons), Inverness (Human Resource Centre of Canada); Pétit de Grat (Centre La Picasse); Port Hawkesbury (Human Resource Centre of Canada); Port Hood (Port Hood Resource Centre-Library); St. Peters (East Richmond Education Centre); and, Whycomomagh (Whycomomagh Education Centre).

*[Ed Note: Articles from Service Canada will appear in this publication from time-to-time. These articles are provided to us by Service Canada, and are offered as a source of information for the community. We hope that our readers will find the articles both informative and useful.]*

### DON'T FORGET:

Deadline for volunteer nomination submissions for the municipal recognition ceremonies is April 2nd.

Deadline from submissions for the draw to select a “Volunteer of the Year”, who will represent all

Inverness County volunteers at ceremonies in Halifax, is March 8th.



## Nova Scotia Co-operative Council opens two new offices in Cape Breton to support and develop co-op business

The Nova Scotia Co-operative Council is pleased to announce the opening of two new branch offices to support and grow the co-operative sector in Cape Breton.

A meeting of Cape Breton Co-operatives and Credit Unions held last December saw a renewed interest by the co-op sector for uniting and promoting new business co-operatives as a way of aiding the island's economy.

Many new initiatives such as community investment funds, marketing co-ops, seniors equity housing, services co-ops and credit union commercial activity, are emerging to meet the challenges of today's world here on Cape Breton Island.

In support of the ongoing partnership with the Office of Economic Development, an office in Sydney (located at the NS office of Economic Development, 338 Charlotte Street, Sydney), and an office in Arichat (located at the Arichat Courthouse, 2575 Highway 206, Arichat) have been opened.

John Aylward, will staff the Sydney office. He brings development and management experience with both the Co-operative and private business sector in Canada and the United States.

In partnership with development Isle Madame and St. Joseph's Credit Union, Brenda Martell, will staff the Arichat office. She brings experience in small business development and community economic development. "My goal is to provide support to and help develop the co-operative sector in Inverness and Richmond counties, and to search for opportunities for potential new growth, development and job creation," said Martell.

The Nova Scotia Co-operative Council is the provincial development arm of the co-operative and credit union system for the province. The council is governed by a board of directors, representing Co-operative businesses and credit unions from Cape Breton to Yarmouth.

Residents of Inverness County may contact the local office of the Nova Scotia Co-operative Council by contacting Brenda Martell at PO Box 57, Arichat, B0E 1A0 or by phone: 226-1918, or Fax: 226-1919.

### What are Co-operatives?

Co-operatives are an important business structure in our economy with familiar names like Sunkist, Farmers, and Scotsburn. Simply put, Co-operatives are businesses with at least 3 owners.

Some familiar Richmond County Co-ops include Village Grocery Workers Co-operative Limited, Charles Forest Co-op, Rags to Riches Recycling Co-op, Cape Breton Extreme Sports Co-op, Destination Richmond Tourism Co-op, etc.

There are many benefits to the co-operative model that should be considered when starting any business venture. For further information contact Brenda Martell, Nova Scotia Co-operative Council Development Officer.

### Did you Know?

- That over 300,000 Nova Scotians are now members/owners of co-operative businesses.
- That co-operatives employ more than 7000 Nova Scotians.
- That non-financial co-operatives had record sales of \$663 million last year.
- That there is an \$8 million dollar small business financing /loan guarantee program for new and existing businesses.
- Twenty four new co-operatives were incorporated last year.

# Update on preparations for Congrès mondial acadien 2004

by Daniel Aucoin



This summer, Acadians will welcome their cousins from around the world to Nova Scotia, the cradle of Acadie. The third Congrès mondial acadien will be held in Nova Scotia from July 31 to August 15. During this time, the province expects to welcome some 250,000 visitors to the largest cultural event it has ever hosted.

This, the third Congrès mondial acadien, will stand head and shoulders above the previous two congrès'. Besides being a world-wide assembly of Acadians, it will, for Canadians in particular, mark a date with history. The year 2004 is the 400<sup>th</sup> anniversary of French colonization in Canada, and, most significantly for Acadians, the beginning of l'Acadie.

Of all of the celebrations planned for the 400<sup>th</sup> anniversary of Acadie, Congrès mondial acadien 2004 will, without a doubt, be the highlight. The American Bus Association has named Congrès mondial acadien as the top event in Canada for the year 2004. This, from amongst hundreds of nominations for events across North America.



*Members of La Swing du Suête of Chéticamp will, no doubt, entertain audiences during the Congrès.*

Organizers say it is the tenacity of Acadians, their spirit and their will to survive that will be the focus of the celebrations this summer, celebrations that will involve people from across North America and Europe.

The programming offered, whether for major events or community activities, will present the best of Acadie. Families will renew ties with cousins from all over the world and trace their common roots. The event programming is expected to be completed over the next few months, with the final program being officially announced in May, when tickets to the events will also be made available.

The basic mission of the Congrès mondial acadien 2004 is to develop stronger ties between Acadians all over the world. As such, the following objectives have been identified:



*The Participaper*

1. To encourage the growth of Nova Scotia Acadian communities.
2. To reinforce Nova Scotian Acadians' sense of belonging to their people.
3. To promote the vitality of Nova Scotia's Acadian communities around the world.
4. To increase the number of tourists to Nova Scotia's Acadian communities.
5. To reach the goal of at least 250,000 participants for the duration of the entire celebration.
6. To provide an opportunity for Nova Scotia's

*Continued next page... Congrès*



*Continued from previous page...*

CONGRÈS

- Acadians to display their creativity and trend-setting abilities.
7. To demonstrate Acadie's openness to the world and to other cultures.
  8. To ensure Acadian youth are significantly represented in the programming.
  9. To bring Nova Scotia's Acadians and Francophones to the forefront internationally.

The Congrès mondial events include musical festivals, religious ceremonies, conferences, art fairs, protocol ceremonies, twinnings and others.

There are four cornerstone events of Congrès mondial acadien 2004 that will anchor the 16 day celebration, showcasing the vitality and vibrancy of Nova Scotia's Acadie to the world. First, on July 31, the opening ceremonies will be held in the Acadian region of Clare in South West Nova Scotia. Historically, Samuel de Champlain and Sieur De Monts as well as other French explorers, landed on the beautiful shores of la Baie Saint Marie in 1604. This event will commemorate the beginnings of Acadie.

The Academic Conferences of Congrès mondial acadien will take place August 1-5 at Université Sainte-Anne/Collège de l'Acadie in Church Point, N.S. A series of community talks relating to a range of complementary subjects will also take place in various areas of the province.

Finally, all participants will congregate for a pilgrimage to the Grand-Pré National Historic site on August 15. Later that same day, to celebrate 400 years of the founding of Acadie as well as the start of French colonization of the Americas, Acadians will also take over Citadel Hill in Halifax for a musical happening of international calibre, ringing with pride and praise for a people with such a rich background. This event is equally significant to all as this date is the anniversary of an important event in Canadian history.

During the two week period of the Congrès, the Chéticamp area will host one of the three major events of Congrès mondial acadien. On August 7 and 8, Acadians and their friends from around the world will experience Acadian culture and art in all its form in the region of Chéticamp. Recognized world-wide for its music and crafts, Chéticamp will welcome Acadian artists from across the province for splendid showcases of modern as well as traditional creations. (Coincidentally, St-Joseph-du-Moine's 125<sup>th</sup> anniversary also occurs in 2004.)

In the Acadian region of Chéticamp, St-Joseph-Du-Moine and Margaree, the following families plan to host family reunions during the Congrès mondial acadien:

Aucoin, Chiasson, Deveau and Poirier. The first and second Congrès have proven that family reunions form the highlight of the Congrès. Genealogical, social and interactive activities will be part of the family reunions.

From July 31 to August 15, more than 50,000 Nova Scotia Acadians will welcome the world into their homes and communities, and more importantly into their families and hearts. Visitors will learn that Acadie has not only survived but has flourished to become a modern presence with a youthful heart and a keen readiness to meet the challenges of the new millennium. Nova Scotia's Acadie

*Continued next page... Congrès*



*Jacynthe Aucoin, a talented young musician from Chéticamp, is bound to be on the entertainment program.*



*Entertainment at the Fortress of Louisbourg will appeal to our Acadian visitors.*

*Continued from previous page...*

CONGRÈS

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bears witness to a people firmly rooted in a noble past, open to the world and new ideas, fully conscious of its beginnings, growth and evolution.

It is hoped that the various events and initiatives planned for Congrès mondial acadien will breathe new life into Acadie and will bring a positive and sustainable impact on the growth and optimism of this remarkable community. For many years, cultural tourism and interest in Acadian heritage has been growing. Atlantic Canada, the cradle of Acadian culture, is a great vacation destination for visitors interested in experiencing "the real thing".

The Acadian people who now live in the Maritimes filtered back to the region following the expulsions by the British in the mid-1700s. Here they resettled and began new lives once again. Somehow the Acadians survived the many hardships they went through and have endured as a distinct community.

In the sixteen and seventeen-hundreds, it was the spirit of the Acadian people that kept them going. Yes, that spirit may have been broken by the Grand Dérangement (expulsion) of 1755, but Acadians have proven to be a resilient people. Having re-grouped, they relied on their strength, faith and abilities to bring them back to their homeland. This spirit of l'Acadie was evident in 1994 at the first Congrès mondial acadien in New Brunswick and again in Louisiana in 1999.

Congrès mondial Acadian 2004 will, once again, rekindle that spirit, the common thread that unites Acadians from around the world. We will embrace the rich diversity of the Acadian people as they gather here for yet another retrouvaille.

We invite you to join us this summer on this historical journey, celebrating the 400<sup>th</sup> anniversary of the founding of Acadie, as we welcome thousands of Acadians to their homeland...Nova Scotia. The Chéticamp area has been quite successful in preserving its rich traditions and language. Inverness County Acadians are known for their community spirit and solidarity. Today the Acadians of Chéticamp and area form a vibrant hospitable community for the many visitors who flock here during the tourist season every year.

The Congrès mondial Acadien celebration is not exclusively for Acadians. Whatever your roots, you won't want to miss the unforgettable events planned in the Chéticamp area from July 31 to August 15.

The celebrations have been given a boost by the fact that Ottawa recently endorsed a royal proclamation recognizing the expulsion. The proclamation acknowledges the historical facts and the trials and sufferings of the thousands of Acadians who were forced by the British to leave the Maritimes almost 250 years ago. While the document is deemed a declaration by the Canadian Crown, the Queen may also be prepared to read out the proclamation when she pays a royal visit to Canada in 2005.

For more information on the Congrès mondial events in the Chéticamp area, call Les Trois Pignons at (902) 224-2642. Check out the Congrès website for the most up-to-date info at [www.cma2004.com](http://www.cma2004.com)

**The Inverness County Council of the Arts** will hold a Silent Auction from February 26 - 28th at the Centre for the Arts. Donations of items for the auction would be appreciated (minimum bids will be assigned to valuable items). If you wish to donate an item, please contact Georgi McNab-deVries, at 258-3305 to arrange for pick-up.

Bidding and viewing of items will open to the public February 26 and bids will close February 27. Times TBA. Successful bidders will be able to pick up their items Saturday, February 28th at noon. That same afternoon the arts council is hosting a party at the centre, "Beat the Blues" will include musical performances - all welcome!. (More details on this will be available the week of February 5th - contact Lindsay at the centre, 258-2533).

The opening of Barrie Fraser's large retrospective AND new works exhibit is planned for early February. Watch for more information.

## Proposed Schedule of Events 125<sup>th</sup> Anniversary of St. Joseph du Moine August 1 to August 8, 2004



*Undated photo of the founders of St. Joseph du Moine.*

Sunday, August 1<sup>st</sup>, 2004

- Mass 11am St. Joseph Church
- Activities on the grounds of Centre LeMoine
- Official launching of the book "125<sup>th</sup> anniversary of St. Joseph du Moine"
- Musical concert with "AMEC" (L'Association Musicale Acadienne de Chéticamp) at 2 pm. Admission: \$2.00
- Anniversary Supper at the St. Joseph du Moine Parish Hall
  - o 4 pm
  - o 8 pm \$20.00 (by reservation)

Monday, August 2<sup>nd</sup>, 2004

- Activities at Centre LeMoine
- Art Exposition with local artist at 2 pm. Admission: \$2.00
- "Causerie sur la Mi-Carême" / 7:30 pm St. Joseph du Moine Hall

Wednesday, August 3<sup>rd</sup> 2004

- Activities at Centre LeMoine
- Sapristie (theater production) at St. Joseph du Moine Hall 8pm. Admission: \$8.00

Thursday, August 4<sup>th</sup> 2004

- Activities at Centre LeMoine
- Special mass for the reunion of the Aucoin Reunion at 2 pm at St. Joseph Church
- Anniversary Supper for the Aucoin Reunion at the St. Joseph Church Hall
  - o 4pm
  - o 8pm \$18.00 (by reservation)
- Concert for the Aucoin Reunion on the Centre LeMoine property at 8pm. Admission to be determined.

Friday, August 5<sup>th</sup> 2004

- Activities at Centre LeMoine
- Sapristie (theater production) at the St. Joseph Hall at 8pm. Admission: \$8.00

Saturday, August 6<sup>th</sup>, 2004

- Activities at Centre LeMoine
- Art Exposition with local artist at 2pm. Admission: \$2.00
- Dance at St. Joseph Church sponsored by The New Horizon Club 9pm. Admission: \$5.00

Sunday, August 8<sup>th</sup>. 2004

- Activities at Centre LeMoine
- Art Exposition with local artist at 2pm. Admission: \$2.00
- Scottish Concert on Centre LeMoine grounds at St. Joseph du Moine at 2pm Admission: \$8.00

*[Ed Note: This is a preliminary listing of events, a final schedule of events will be made available in the upcoming months]*

*Continued from Page 17...*

#### **CANCER SOCIETY SERVICES**

with a skilled volunteer who has had a similar cancer experience (visits can happen at home, in the hospital or by telephone).

#### **Living with Cancer 1-800-639-0222**

Support groups are offered across Nova Scotia. Participants receive information and mutual support in a caring group environment.

#### **Risk reduction**

Prevention 1-800-639-0222

Our health promotion initiatives encourage Nova Scotians to get involved and take action in decisions that affect their health. Our initiatives focus on tobacco control, healthy eating, physical activity and sun protection.

#### **ACT 1-800-639-0222**

ACT (Action in Your Community Against Tobacco) is a partnership initiative that is helping communities across Nova Scotia reduce tobacco use.

#### **One Step at a Time 1-800-639-0222**

A self-help smoking cessation program that helps smokers quit, supports smokers who are not ready to quit and assists family and friends who want to help a loved one quit.

#### **Smokers' Helpline 1-877-513-5333**

Our Smokers' Helpline is a telephone-based information and support service for smokers and those who care about them. Quit Specialists help people develop a "quit plan". They also answer questions, provide resources and referrals to services in their communities.

#### **Advocacy**

Tobacco control: 1-800-639-0222

Our tobacco control advocacy efforts at the national, provincial and municipal level have resulted in significant tobacco use reduction advances, including health warnings on tobacco packages, increases in tobacco taxes and legislation creating smoke-free places. All of these advances have contributed to a drop in smoking rates in Nova Scotia. As leaders in tobacco control, we continue to lobby the government of Nova Scotia to fully fund and implement the Provincial Comprehensive Tobacco Control Strategy.

#### **Access to medications & treatments**

We continue to press government on issues around equitable access to medications and treatments - not just for cancer patients but for other chronic diseases as well.

#### **Chronic disease prevention**

As a leader and partner with other health organizations, we are focusing on policy analysis and lobbying the provincial government in support of chronic disease prevention initiatives. ■

#### ***2004 Festivals and Events...Continued from facing page***

##### ***CABOT TRAIL AREA:***

3 Fiddler Concert, Ceilidh & Dances, "The Barn", Margaree Valley	July & August /Wednesdays month of June, and September to mid-October/Fridays
Canada Day Celebrations, Pleasant Bay	July 1
Fête du Canada, Chéticamp	July 1
Firefighters Fun Days, NE Margaree	July 2 to 4
Belle Cote Days, Belle Cote	July 22 to 25
Bay of Whales Festival, Pleasant Bay	July 30 - August 2
Festival de l'Escaouette, Chéticamp	July 31 - August 15
Congrès Mondial Acadien, Chéticamp	July 31 - August 15
St. Joseph du Moine 125 <sup>th</sup> Anniversary, St. Joseph du Moine	August 1 to 8
28 <sup>th</sup> Annual St. Joseph du Moine Scottish Concert, St. Joseph du Moine	Sunday, August 8
Margaree Summer Festival, Margaree Forks	August 7 & 8
Celtic Colours International Music Festival, Island-wide	October 10 to 18

## 2004 INVERNESS COUNTY FESTIVALS & EVENTS SCHEDULE



### *CEILIDH TRAIL AREA:*

West Mabou Family Square Dances, West Mabou Hall, West Mabou

Lobster Dinner Take Out, St. Matthew's United Church, Inverness  
Lobster & Steak Dinner, Judique Community Centre, Judique  
Gaelic Concert, Inverness  
Harness Racing, Inverness Raceway, Forest Street, Inverness

Brook Village Adult Square Dances, Brook Village Hall, Brook Village

Tuesday Night Ceilidhs, Mabou Comm. Hall, Mabou

Scotsville Square Dances, Lake Ainslie Fire Hall, Scotsville

Wednesday Night Ceilidhs, Judique Comm. Centre, Judique  
Kitchen Ceilidhs, Fr. J.A. Rankin Cultural Centre, Glendale

Thursday Night Ceilidhs, Inverness Fire Hall, Inverness

Glencoe Mills Family Square Dances, Glencoe Mills Hall, Glencoe Mills

South West Margaree Adult Square Dances, SW Margaree  
Mabou Ceilidh Festival, Mabou  
Firemens' Ceilidh Days, Scotsville  
Judique On the Floor, Judique  
Hands Dancing: Artists Showcase, Centre for the Arts, Inverness  
Inverness Crab Festival, Inverness  
Inverness Centennial Celebrations, Inverness  
48<sup>th</sup> Annual Broad Cove Outdoor Scottish Concert, Broad Cove  
Kids of Steel Jr Triathlon and Port Hood Triathlon, Port Hood  
Chestico Days Summer Festival, Port Hood  
Chestico Step Dancing Festival, Port Hood  
Annual Ceilidh On the Wharf, Mabou Coal Mines  
Creignish Ceilidh By the Sea, Creignish  
Kintyre Farm Annual Outdoor Scottish Concert, Judique  
Summer Fun Days, MacKinnon's Campgrounds, East Lake Ainslie  
Lake Ainslie Marathon, Half Marathon & Relay, Lake Ainslie  
Celtic Colours International Music Festival Cape Breton, Island-wide

Saturday Nights, 10 pm - 1am, Year-Round  
Saturday, May 22  
Sunday, May 23  
Saturday, June 5  
Sundays - June to October  
Wednesdays - June to August  
Mondays, 10 pm - 1 am  
June 7 to August 30  
Tuesdays, 7:30 - 9pm  
June 15 to Sept 14  
Tuesdays, 10 pm - 1 am  
July & August  
Wednesdays, July 7 to August 25  
Every 2<sup>nd</sup> Wednesday, 7:30pm  
June 23 to October 16  
Thursdays, June 17  
September 2  
Thursdays, July and August  
(Also May 23 and October 10)  
Fridays, June 25 to August 27  
June 30 - July 4  
July 5 to 10  
July 9 to 11  
July 11 to August 8  
July 14  
July 14 to 27  
July 25  
July 24 and 25  
July 26 to August 1  
Saturday, July 31  
Sunday, August 8  
August 13 to 14  
Sunday, August 15  
September 3 & 4  
Sunday, September 12  
October 8 to 16

### *BRAS D'OR LAKES SCENIC DRIVE AREA:*

Model Railway Day, Smith Community Centre, Orangedale  
Whycocomagh Summer Festival, Whycocomagh  
Orangedale Railway Station Open House, Orangedale  
West Bay Road Fall Fair, West Bay Rd  
Celtic Colours International Music Festival, Island-wide

June 26  
July 16 to 18  
September 19  
September 17 to 19  
October 8 to 16

*Continued on facing page ...2004*

## GUIDELINES FOR VOLUNTEER RECOGNITION CEREMONIES

1. Any organization or individual may nominate one (1) volunteer.
2. Choose only those nominees who have never before been recognized by the Municipality through this program, or those who have not been recognized in the previous 10 years, 1994-2003. (If you are unsure if a volunteer has been recognized during this ten-year period, contact the Recreation/Tourism office.)
3. The volunteer must either reside in or perform volunteer work in the Municipality of Inverness County.
4. Nominations must be accompanied by a clearly written or typed description (100-150 words) of the nominee's present and past volunteer involvement. (If you are nominating a volunteer who was also recognized prior to 1994, please highlight the individual's most recent contributions.)
5. A photo is optional. Please send only recent high quality colour photographs. If you wish to have the photo returned, attach a return address to the back of it.
6. All volunteer articles and photos will be featured in the May issue of *The Participaper*.
7. Deadline for receipt of all nominations is **April 2, 2004**. Any nominations after that date will be placed on a list for recognition in 2005.
8. A draw will be held, from all of those nominations received by **March 8**, to choose the volunteer who will represent all Inverness County volunteers at the Provincial Ceremonies in Halifax on April 13.
9. An invitation to the Municipal Ceremonies will be mailed to each nominated volunteer in early April. The nominating group/individual will also receive an invitation for one member to accompany the volunteer to the ceremonies. That invitation may be given to the volunteer's family member, friend, etc., if the nominating group wishes to do so.

Volunteer's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone (h) \_\_\_\_\_ Phone (w) \_\_\_\_\_

Name of nominating Organization or Individual: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone (h) \_\_\_\_\_ Phone (w) \_\_\_\_\_

Please forward this form with the volunteer's write-up/biography to:

**VOLUNTEER RECOGNITION  
INVERNESS COUNTY RECREATION/TOURISM DEPT  
PO BOX 179, PORT HOOD, NS B0E 2W0**

**MUNICIPALITY OF THE COUNTY OF INVERNESS  
TELEPHONE DIRECTORY**

MAIN SWITCHBOARD .....	787-2274
Fax - All Departments .....	787-3110
<b>BUILDING INSPECTOR:</b>	
Port Hawkesbury .....	625-1572
Port Hood .....	787-2900
<b>ENGINEERING &amp; PUBLIC WORKS DEPARTMENT:</b>	
Administration .....	787-3502
.....	787-3503
Water Utilities .....	787-3503
Emergency Sewer & Water Maintenance 24 Hrs .....	258-3335
<b>EXECUTIVE OFFICES:</b>	
Warden .....	787-3514
Chief Administrative Clerk .....	787-3500
CAO Secretary .....	787-3501
<b>FINANCE DEPARTMENT:</b>	
Director .....	787-3511
Tax Collector .....	787-3510
Accounting .....	787-3505
Data Processing .....	787-3505
Industrial Development .....	625-3929
INVERNESS COUNTY HOME CARE .....	787-3449
Municipal Homes:	
Foyer Père Fiset .....	224-2087
Inverary Manor .....	258-2842
<b>PLANNING AND DEVELOPMENT:</b>	
Divisions:	
Building Inspector:	
Port Hawkesbury .....	625-1572
Building Inspector:	
Port Hood .....	787-2900
Development Control .....	625-1572
Policy: MDP Office .....	625-1572
<b>RECREATION AND TOURISM</b>	
Director .....	787-3506
Assistant /Recreation & Tourism .....	787-3507
School Program Coord .....	787-3508
Tourism Toll-Free .....	1-800-567-2400
SOCIAL SERVICES .....	787-4000
Toll-Free .....	1-800-252-2275
Strait Highlands Regional Development Agency (SH-RDA)	
Port Hawkesbury .....	625-3929

**OUR WEBSITE & EMAIL ADDRESSES ARE:**

www.invernessmunicipality.com or www.invernessco.com  
email: recreation@invernessco.com.



*Director's Desk...Continued*

**Events Continued...**

**March**

- Port Hood Alpine Snowmobile Rally

- Cross Country Ski Poke Rally

**April**

- County Cribbage Tournament (local tournaments held to qualify for County Tournament)

- Volunteer Recognition Ceremonies

**May**

- "Summer-Active" Kick-Off

**June**

- Senior Games

- Mabou Ceilidh kicks off Inverness County's Summer of Festivals & Events.

**WEEKLY RADIO REPORT:**

Every Thursday afternoon the Municipality of Inverness' Tourism/Recreation Department airs a Rec-reation Report on 1015 The Hawk and CJFX radio stations.

If your organization has any upcoming events (non-profit) you would like to have promoted, please contact us by any of the following methods: Tel: 787-3507, Fax: 787-3110, email: dmacdonald@invernessco.com, or mail: Recreation/Tourism Dept., PO Box 179, Port Hood, NS, B0E 1P0. Information should reach our office by Wednesdays at 3:30 p.m.

**Don't forget to check the February 4, 2004 issue of the *Oran*, for any changes or additions to our Courses and workshops schedule.**

HAPPY VALENTINE'S DAY



*Although it's cold outside our scenery is beautiful,  
no matter the season.*

DON'T FORGET TO REGISTER FOR A COURSE OR WORKSHOP