

# THE PARTICIPAPER

AN INVERNESS COUNTY PERIODICAL



*Proudly leading the parade across the Causeway accompanied by members of the RCMP were veterans, and members of the Royal Canadian Legion Branch #43, Port Hawkesbury. Left to right: Kevin Embree, Gary MacNeil, Joe Pelrine, and Morley MacNeil.*

Vol 26, No.4

Aug/Sep/Oct 2005

**FROM THE DIRECTOR'S DESK**  
**INVERNESS COUNTY RECREATION, TOURISM,**  
**CULTURE AND COMMUNITY DEVELOPMENT OFFICE**



**RECREATION & CONTINUING  
EDUCATION PROGRAMS:**

We'd like to welcome Julia Tompkins to our staff of school and community programmers. Julia will be the programmer for the Margarees/Belle Côte area, with courses and programs offered at Cape Breton Highlands Academy.

Are you looking for a fitness program, cooking classes, adult upgrading or something for your children - maybe a craft or a gymnastics class? Once again, Inverness County residents have the opportunity to sign up for a variety of programs being offered this Fall through our school and community programmers. **REGISTRATION WEEK IS SEPTEMBER 19th - 23rd.** Register early! There is a risk that a course could be cancelled if not enough people are registered; some courses require minimum numbers of participants. To avoid disappointment, don't wait until the last minute to register! For course listings see pages 10 - 15 and 18 - 23.

**INVERNESS COUNTY....ON THE MOVE:**

Our Department, Inverness County Recreation/Tourism, is heading up a campaign designed to get an important message out to Inverness County residents. Be active your way, every day, for life! We encourage all county residents to adopt and maintain a healthy, active lifestyle. Our partners in this project are: HRSDC; the Health Boards of Central and North Inverness; Public Health; and NS Sport & Recreation.

Our enthusiastic team of Leslie McDaniel and Ardie MacEachern will be working to increase public awareness of the benefits of physical activity and healthy lifestyle choices for all ages. They will also be meeting with organizations throughout the County to look at ways of enhancing or increasing recreational opportunities. If you have any ideas for your community or would like some information on how you and your family can benefit from being physically active and adopt healthy eating choices, call Leslie or Ardie at: 258-3110 or email: activeyourway@yahoo.ca.

Be sure to take advantage of the cooler weather and Inverness County's natural resources this Fall. Head outdoors and be active....walking, hiking, beachcombing, birdwatching, fishing, splitting wood, gardening, kayaking, or canoeing, it all counts!

**INVERNESS COUNTY RECREATION CHALLENGES YOU  
TO "BE ACTIVE YOUR WAY, EVERYDAY FOR LIFE!"**

**INVERNESS COUNTY TRANS CANADA TRAIL:**

Once completed, the Trans Canada Trail will be a shared-use recreational trail that will wind its way through every province and territory. It will be the longest trail of its kind in the

*Director's Desk continues on page 31*

*The Participaper*

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*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/yr in the US. Send subscription request, with payment, to the attention of:  
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Printed by: The Pictou Advocate  
Vol 26, No 4

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*The Participaper is in its twenty-sixth 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.*

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**DEADLINE FOR THE NEXT ISSUE OF  
THE PARTICIPAPER  
IS NOVEMBER 19, 2005**



# ANCESTORS UNLIMITED

## HELPING TO FIND YOUR INVERNESS COUNTY ROOTS

By Dr. Jim St. Clair

I. With the closing of the Mabou-Hillsborough United Church on the First of September, one hundred and eighty-four years of local and religious history concludes. Established as a Presbyterian Church in 1821, in an alliance with the people of Port Hood, the church in Hillsborough has been a part of the lives of many hundreds of people.

The congregation is the oldest of the duly organized Presbyterian -United congregations on the Island of Cape Breton. Organized under the auspices of the Pictou Presbyterian-United church of Scotland, it issued a "Call" to a minister in 1821.

The "Call" brought the newly ordained Reverend William Millar, recently arrived from Scotland, to the new congregation.

The document containing the call has survived and the names of the heads of households are printed in several places, including Murray's, *History of the Presbyterian Church in Cape Breton* and MacDougall's, *History of Inverness County*.

The names on the two lists vary a little bit. An amalgam of the two sets of names is printed here - it is a partial census really, of early Mabou and Port Hood. Some of the names are very familiar; others do not appear on any other document. For convenience sake, they are arranged alphabetically. Included among the people who signed their names to the "Call" were people who were Presbyterian; people who were Roman Catholic; Congregationalists; Church of England; Church of Ireland and those of other denominations.

The names of the heads of families are:

John Adams	Giles Corry
Francis Bowen(Bone)	William Crawford
David Brennan	William Crowell
Robert Brownlie (Brounley)	David Curtin
James Bull	William Dyer (Drier)
Christopher Bull	Alexander Fraser
Robert Bull	Hugh Fraser
William Bull	John B. Giles

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William Green	William McKeen
James Hawley	Samuel McKeen
David Hunter	James McKeen
John Keith	George McMalorey(Malloney)
Ebenezer Leadbetter	Alexander McQuarrie
Alexander McCallum	Andrew Moore
James McCallum	David O'Brien
Kenneth McCallum	John Parker
Ranald McDonald	William Pollock
	Richard Potter
	Peter Renouf
	John Roper
	Henry Shier
	Robert Sinclair
	Benjamin Smith
	David Smith

*People will not look forward to  
posterity, who never look  
backward to their ancestors.  
- Edmund Burke (1729-1797)*

Elizabeth Smith (may be Rebecca)	Joseph Worth
Isaac Smith	William Worth
John Smith	Reuben Young
Parker Smith	Elisha Young
Andrew Stevenson	William Watts
Benjamin Worth	James Wright
John Worth	William Wright

Since women and children were not included, the list represents about 250 people. Many of them - such as Andrew Moore, George Meloney, Eben Leadbetter, Robert Sinclair and Joseph Worth - moved away to other parts of Cape Breton, and indeed, Nova Scotia. But the document is remarkable for what it reveals about the variety of people interested in establishing a church, and in its sense of purpose of community development. Who has connections with any of these Individuals?

II. Deeds as recorded in the deed books at the Municipal Offices in Port Hood are sources of information about families and local history. The very first deed recorded in the first deed book, "A" in 1825, was a deed from James and Isabella Murphy to William McKeen, Nathaniel Clough and Isaac Smith "Commissioners" for the County. The Murphys deed parts of lot 15 and 16 for

*Continued next page...ANCESTORS*

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*Continued from previous page...*ANCESTORS

the sum of 20 shillings — a lot to be used for the location of the County “Gaol” or jail.

In Deed Book “B”, the following deeds (here abstracted) provide useful information:

A. Lot One - West Side of Margaree River

On the 24th of April in 1814, Miles McDaniel farmer of Margarie (sic), and his wife Rebecca, sold to Peter O’Quin (sic), Lot no. 1 on the west side of the river, 170 acres for one-hundred and ten pounds. The name given to the property was Baleria Hill. Witnesses were Patrick Delaney and Donald McWatt. (Is the name of the property a clue to the town in Ireland from which McDaniel came?)

B. Port Hood Island Building Lot

On the 6th of July in 1826, the McDaniels sold to John Smith (Rebecca’s brother) a building lot on Port Hood Island (known as “Smith’s Island”) for five pounds. The lot was sixty feet by one hundred feet and was located along the shore in front of John Smith’s house. Witness to this deed was William Watts J.P. (the deed provides the date for the building of John Smith’s house. Had Miles and Rebecca intended to build a house on Port Hood Island? - a question with no easy answer).

C. Land In Chéticamp

On the 16th of March in 1826 (for the sum of five shillings), Joseph Goodie and his wife Isabella of Chéticamp, sold to Mrs Madeline Ducate, also of Chéticamp, one-hundred and sixty-six acres located between settlement of Big Pond (Grand Étang certainly) and Chéticamp, part of a lot conveyed from Peter Briand and John LeLievre to Joseph Goodie. Witnesses to the deed were Regis Bace, Mrs Mary Ducate and Peter O’Quinn. The deed was signed by Joseph Goodie and wife Isabella and Simon White and Isabella White. (The question arises as to why the price was so small? Was Mrs Madaline Ducate a daughter to the Goodie couple? Why did the Whites sign the deed as well? The names of the people are certainly misspelled. For example, would not Goodie today be Gaudet?)

D. More Land in Chéticamp

On the same date, the same couple also sold two lots of land each, for a total of eighty-



*Some of the headstones at the pioneer cemetery located by the lighthouse at the Causeway Canal. The one in the left foreground reads “Charles J. Fox”. [M. Aucoin photo Aug 13/2005]*

three acres, to Mrs Mary Devoe of Chéticamp for five shillings. The first lot was between “Redman” and Chéticamp and the second between Big Pond and Big Brook. The same people witnessed and signed the deed. (Is this another daughter of Joseph and Isabella Goodie - why is her husband not mentioned?) (Women in Chéticamp were property owners in that early period, contrary to public opinion).

E. A road for Judique

On the 11th of May in 1826, Angus Walker, Archibald McDonald, Hugh McEachran, Alexander

*Continued next page...*ANCESTORS



*Rte 19 just east of the Causeway in August of 1955. The gentleman in the foreground (puffing on his pipe) may have been contemplating the impact the day’s events might have on his future. [Photo courtesy of the Port Hastings Historical Society]*





*At the end of the parade marking the opening of the Canso Causeway in 1955, a photographer on the Cape Breton side captured a shot of some of the (reportedly) 40,000 thousand people who had come out to witness the event.*

[Photo courtesy of the Port Hastings Historical Society]

*Continued from previous page...ANCESTORS*

McEachran, John McDonald, a second John McDonald and John McEachran conveyed to “the public for use and commitment of the Province of Nova Scotia for the privilege of a road of legal width from the shore at Walker’s Brook through the property of each of them through to the lot owned by Farquahar McDonald in the 5th range of lots back from the shore.” The road ran east-by-southeast. (For the interests of local historians as well as family researchers, the deed is of much interest. Is there any trace of this road today?)

#### F. One thousand acres at Gut of Canso

In 1826, “John McKinnon, Lt. at one half pay in his Majesty’s 104th Regiment of Foot”, sold to Niel(sic) McQuarry, one thousand and fifty acres at the northern entrance to the Gut of Canso, for fifty pounds. It begins at the shore of St. George’s Bay near “Point LeCroix” next to the property occupied by John Gwinn and extends to the rear. (Had this land been previously acquired by McKinnon - who

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seemed not to reside in the area - as land for speculation? Is this the reason why he sold such a large tract for so little? How did McQuarry divide it up? This is the land in the rear of Port Hastings. Gwinn eventually moved to Cape North.)

#### PUBLICATIONS:

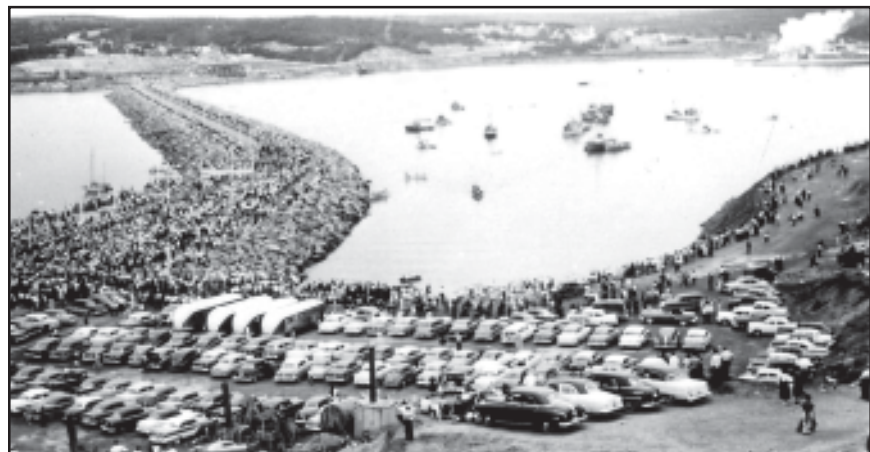
A. The summer issue of *The Nova Scotia Genealogist* contains a number of items of interest to residents of Inverness County:

1. In May of 2006, people with ancestry on the Island of Mull are invited to gather on the Hebridean Island for information sessions and tours and exchanges of information. The contact people are: Elaine Robinson, 34 Bairstow Crescent, Georgetown, Ontario, L7G 1LK or Ian Phillips, 10 Berry Way, Rickmansworth, Hertfordshire, U.K. WD3 7EY. The dates are May 14 to 21, 2006.

2. From May 21 to 25, 2006, a similar session will be held on the Island of Tiree for those people interested in their ancestors who came from that area. The contact person is Liz Lapsley. Her email address: [lizlapsley@aol.com](mailto:lizlapsley@aol.com)

3. Query from Morag Sinclair of Australia concerning the McMillan Family which operated the early ferry from Port Hasting (McMillan’s Point) to Auld’s Cove. Does this family have connections with other McMillans? Her address is RMB 1260, Ancona, Port Office Merton, Victoria, Australia 3715.

*Continued next page...ANCESTORS*



*August 1955, looking across the Causeway towards Cape Breton, as the parade marking the celebration of its opening prepares to get underway.*

[Photo courtesy of the Port Hastings Historical Society]

Continued from previous page...ANCESTORS - "PUBLICATIONS"

B. The Genealogical Association of Nova Scotia has published the Fourth Volume of *Cape Breton Obituaries from the Sydney Post-Record (1939-1944)*.

There are 8000 entries. It is available from the Society for \$30.00, plus shipping and handling. The address to order a copy is: Box 641, Station Central, Halifax, Nova Scotia, B3J 2T3. For people compiling family histories or searching for lost relatives, this collection is very helpful.

C. *The Way We Lived - Stories from East Lake Ainslie*, by the late Edward A. and Margaret Campbell, as edited by Rev. Janice Maclean of Sackville, N.B. The book is available at local outlets and from The MacDonald House Museum at East Lake Ainslie. The price is \$14.00 for this wonderful collection of the Campbells' writings about life in the mid-20th Century.

D. A very well researched and documented account of Gillis families of Gillisdale and the Rear of Judique is entitled, *Two Gillis Families. Lady Elizabeth Stewart and Kenneth MacKenzie of Kintail*. It includes many stories, photographs and an excellent index. It is available for \$40.00 from Martha J. Gillis, 24 Cooper Road, East Falmouth, Massachusetts 02536. The book has been researched and compiled by Robert Joseph Gillis. It is a



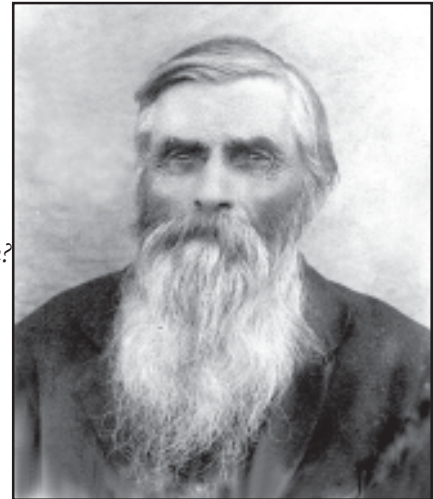
welcome addition to the growing number of well organized and researched histories of Inverness County families.

SOURCES:

A. For people interested in research in the counties of Somerset, Devon and Dorset, Bernard D. Welchman of: The Cottage, Manor Terrace, Paignton, Devon, England, TQ3 3RQ, offers specialized service in those districts. The Watts family of Port Hood came from that area.

B. From Heritage Creations in Salt Lake, Utah (425 N. 400 W., Suite 1A, North Salt Lake Utah, 84054), maps of German Parishes may be ordered. A toll free phone number for further information is 866-783-7899.

C. For people interested in the ever-changing world of Genealogical research through contemporary technology, the publication, *GC* offers up-to-date information. Phone number "1-800-Ancestry" to obtain more information.



*Can you identify any of the people in these three pictures? In the picture bottom right - where and when was the picture taken? Call the Editor at 224 - 1759 or email: [m.aucoin@ns.sympatico.ca](mailto:m.aucoin@ns.sympatico.ca) if you have information to share on these or anything that appears in this publication.*



## Update From County Community Development Organizations Part 2 of a 3 Part Series

*Our community development volunteers devote many hours to the goal of improving life for everyone in Inverness County. Representatives of the 17 development organizations met recently with Councillors and staff of the Municipality for an exchange of information.*

*Our previous issue contained reports from the Chéticamp, Glendale, Judique and Area, Inverness, and Lake Ainslie Development Associations. In this second of our three part series on community development across the County, we present reports from the LeMoine, Mabou and Marble Mountain organizations on their development activities from the previous year (2004) and plans in progress for 2005.*

The **LeMoine Development Association** serves the community of St Joseph du Moine which includes Grand Étang and Cap LeMoine.

The association has a long term lease with the LeMoine Volunteer Fire Department on the building that houses the Centre LeMoine. The lease is due to expire in 2011.

For the year 2004, the main priorities for LeMoine Development Association were to obtain funding for a sewer system for the community, improvements to the Centre de la Mi-Carême, and installation of hiking trails.

For the last ten years, the association has been working to address a serious problem with sewage in the community, in 2003 a sub-committee was formed to help address this problem, and, in 2004 it continued to work with the municipality, the provincial Department of the Environment, and CJ MacLellan (a private company), to develop a system to treat waste water.

A student was employed during the summer to assist with research and to promote the project in the community, a well-attended open house was held in the summer to explain the proposal, and was well received by those present.

A request for funding has been made to the Municipal Green Fund and the development Association is confident that it will be approved.

With funding from Heritage Canada and the Municipality of the County of Inverness, two people were hired to work with consultants to develop a Mi-Carême Interpretation Centre. The first phase of this project was completed in Spring 2004 and operated out of Centre LeMoine during the summer, it was very well

received by tourists.

The hiking trails project remains a priority of the association, however due to other, over-riding priorities, this project did not receive much attention in 2004.

St Joseph du Moine celebrated its 125th anniversary in 2004. With material from the research that was undertaken for the 125th anniversary, a history book of the community and a cook book were published. The sales from these books have become a source of fundraising for the association. The funds help to preserve the valuable artifacts that were donated for the event and a Memory Room to house the artifacts has been set up in Centre LeMoine.

Over the previous year, two rooms were renovated in the Centre in an effort to generate revenue from rental fees. The income resulting from this has allowed the Association to rely less on fundraising activities. This has freed up valuable time allowing us to devote more of it to the more important development initiatives.

The Association operates a CAP Site out of the LeMoine Centre; a summer student was employed to manage the site and was also responsible for guided

*Continued on page 26... COMMUNITY DEVELOPMENT*

**D**ue to space constraints, the story on the history of hockey in Inverness County has again been held over. It will appear in the next issue (due for delivery mid-December). We apologize for any inconvenience this might cause our readers.

In the interim, anyone with hockey photos, or local hockey stories from the period 1930 - 1955, is invited to contact the Editor by phone at 224-1759, email: [m.aucoin@ns.sympatico.ca](mailto:m.aucoin@ns.sympatico.ca) or by post: P.O. Box 43, 936 Chéticamp Back Road, Chéticamp, NS, B0E 1H0.





INVERNESS COUNTY LITERACY NETWORK  
ADULT UPGRADING CLASSES 2005

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:

**Chéticamp:**

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.

**Port Hood**

Instructor: Susan Campbell,  
Day & Time Tue & Thu 6 - 9 p.m.  
Contact: Leona Gillies, 787-2669 or  
Recreation/Tourism office: 787-3508

**Whycocomagh:**

Day & Time: Tue & Thu 6 - 9 p.m.  
Contact: Burton MacIntyre, 756-2769 or  
Recreation/Tourism office: 787-3508



NEW LEARNERS ARE  
WELCOME ANYTIME

COURSES RUN CONTINUOUSLY  
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 PROGRAMMER OR 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: September 19<sup>TH</sup> - 23<sup>RD</sup>

The Inverness County Recreation/Tourism Department is pleased to present its Fall 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 September 19th - 23rd; mail-in registration will be accepted until Friday, September 30<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 first week in October, **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.

### New Courses:

If you have any ideas or suggestions for other courses you would like to see offered in your community, give us a call. Also, if you would like to teach a course, please 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: \_\_\_\_\_

## INVERNESS COUNTY RECREATION COURSES - FALL 2005

*Please note: To facilitate use of this programming guide, the courses are listed in the alphabetical order of the communities where the courses are offered.*

### CHÉTICAMP

#### REGISTRATION:

ÉCOLE NDA, Chéticamp

Register early as some courses have an early start.

#### PROGRAMMER:

Clifford Maillet

PO Box 900

Chéticamp, NS B0E 1H0

(902) 224-5304 (w)/ (902) 224-3552 (h)

#### CHILDREN & YOUTH:

**BABYSITTING COURSE:** This course teaches the skills and knowledge needed to care for infants, toddlers, pre-schoolers, and school-aged children. Topics covered include the rights and responsibilities of the babysitter, first-aid, dealing with emergencies, childcare skills and ideas for fun. For children ages 12 and older. Course is offered on a Saturday from 9 am – 3:30 pm; Instructor: Heather Davis; Fee: \$25 ( includes book).

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

#### FITNESS, HEALTH & SPORT:

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

**YOGA:** This class consists of gentle yoga methods - relaxation techniques, breathing techniques, imagery and techniques to help maintain good health. You will leave the class feeling relaxed and full of energy. Levels 1 and 2. Mondays 7-8 pm; Instructor: Carol Le Blanc; Fee: \$20.

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

#### ADULT PERSONAL INTEREST:

##### DANCE POPULAIRE

**EUROPÉENNE:** Learn more about these unique energizing dances.

Proven to be fun, invigorating and stress relieving. Tango, Waltz, Marche and Samba. 6 - 8 weeks. Instructors: Michel & Marguerite Paturel; Night to be determined by participant request. Fee: \$30.



##### CREATIVE MEMORIES SCRAPBOOKING:

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 class and learn how to choose background, color, accessories and layering techniques to create a beautiful scrapbook. Wednesdays, 6-9 pm. Begins October 26th , 8 weeks; Instructor: Gail Bourgeois; Fee:\$100 covers all supplies and materials required to complete your choice of graduation, heritage, baby, wedding or travel album.

**OIL PAINTING:** Beginners to advanced artists will be provided with suggestions and feedback in a relaxing comfortable atmosphere as they complete their painting project. Instructor: Gilles Deveau; Eight weeks; Fee: \$40 + materials.

**QUILTING:** Learn quilting by hand. All materials supplied except needles. 8 weeks; Instructor: J. Doucet; Fee: \$40.

**STEP DANCING:** Beginners and advanced. 6 weeks. Fee: \$30.

#### CONTINUING EDUCATION:

**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. Monday & Tuesday, 6-9 pm. Instructor: Clifford Maillet.

*Courses...Continue next page*

## INVERNESS COUNTY RECREATION COURSES - FALL 2005

### GLENDALE

#### REGISTRATION:

Glendale Parish Hall  
Monday, September 19  
7:00 - 8:00 pm

#### PROGRAMMER:

Marion Gillis  
RR #1 West Bay Road, NS  
BOE 3LO

Phone:( 902) 625-2357

#### CHILDREN & YOUTH :

##### CHILDREN'S HALLOWEEN CRAFT

**WORKSHOP:** Saturday, Oct. 22nd; 1:00 - 2:30 pm; Instructor: Dolores Casey; Fee: \$2 (includes supplies).

##### CHILDREN'S CHRISTMAS CRAFT

**WORKSHOP:** Saturday, December 10th; 1:00 - 2:30pm; Instructor: Dolores Casey; Fee: \$2 (includes supplies).

**STEP DANCING:** Saturdays 10:00 - 10:45 am. Starts September 24. 6 weeks. Instructor: Claire MacDonald; Fee: \$20 plus \$5 for additional family members.

#### PHYSICAL ACTIVITY & HEALTH:

**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 beginning Sept. 26th, 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: Jonna MacDonald; 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, 8 - 9 pm. Beginning Sept 26th; No Fee.

**ADULT STEP DANCING:** Saturdays 11 am – noon. Starts September 24. 6 weeks. Instructor: Claire MacDonald; Fee: \$25.

#### ADULT PERSONAL INTEREST:

**QUILTING:** Complete a "Goose Chase" Christmas Tree Skirt. Bring all of your Christmas stash. Wednesday, November 2, 10 am - 4 pm. A list of material needed will be available on registration night. Instructor: Barb MacIntyre. Fee: \$15. Bring a lunch.

**WOODWORKING:** Learn to make small tables, potato bins, shelves, window boxes or your own project. Tuesdays, beginning October 4, 6 weeks; 2 - 4 pm OR 7- 9 pm. Location: Home of Josephine Smith; Instructor: Josephine Smith; Fee: \$25 plus materials.

**CRAFT/CHRISTMAS GIFTS:** Mondays 7- 9 pm, beginning Sept. 26th, 6 weeks; Instructor: Dolores Casey; Fee: \$20.

**WEAVING:** Saturdays, starting Sept 24th, 1- 4 pm. 6 weeks. Instructor: Dolores Casey. Fee: \$10. Plus \$10 membership fee.

*Courses continue next page...*

#### The Year of The Veteran - 2005

*In* cities such as Dieppe in France, people still cry when they think of Canadians. In Holland, a maple leaf on your car is a passport to incredible hospitality and gratitude. Holland was liberated by the Canadians in World War II, and today even the youth feel an intense sense of gratitude.

If you know where to look in Europe, you find other ugly reminders of war. On the beaches of Normandy, massive bunkers are in ruins. The modern faces of old cities tell of fierce bombing. But the most appalling reminder of all is in cemeteries ...where over 100,000 maple leaves are engraved on granite tombstones. Most of these soldiers were far too young to die - on the threshold of young adulthood...Lest We Forget!

More on pages 24 and 25 of this issue...



## INVERNESS COUNTY RECREATION COURSES - FALL 2005

### INVERNESS

#### REGISTRATION:

Inverness Academy

Monday, September 19

Thursday, September 22

7:00 - 8:00 pm

#### PROGRAMMER:

Anna Lee MacEachern

PO Box 546, Inverness, NS

BOE 1NO

Phone: (902) 258-2089

#### CHILDREN & YOUTH:

**ARTS & CRAFTS MANIA:** Spend an enjoyable fun hour with your friends making seasonal projects including Halloween, Thanksgiving and Christmas crafts as well as embossing, card making, fridge magnets, bookmarks, napkin folding and much more. Grades 3, 4 & 5, Wednesdays 3 - 4pm; Grades 6, 7, & 8, Thursdays, 3 - 4pm; 10 weeks, (limit of ten per class). Instructor: Anne Poirier; Fee: \$20 to cover materials.

**BABYSITTING TRAINING COURSE:** Sponsored by the Red Cross Safety Council. 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. Oct 4, 5, & 6, 6 - 9 pm, Ages 11 -16; Instructor: John Begin; Fee: \$15.

**BALLOON TWISTING:** Children's birthday parties, special events, parades ...are all places you will be able to use your balloon twisting skills acquired during this one session workshop. You will learn to make different animals and hats. All materials supplied. **IF YOU HAVE AN ALLERGY TO LATEX, PLEASE DO NOT TAKE THIS WORKSHOP.** Tuesday, Oct. 4th, 6 - 8 pm, Ages 13+; Fee: \$15 includes supplies.

**CHANTER:** 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; Instructor: Marie MacDonald. Time: TBA; Fee \$50 for 10 half-hour lessons.

**JUMP START GYMNASTICS:** This is a modified gymnastics program for children ages 4 - 6. Children will hop, skip, dance and move to fun music at the same time improving balance and coordination. Fridays 6 -7 pm; 6 weeks; Instructor: Vikki MacEachern; Fee: \$15.

**STEP DANCE (CHILDREN):** Learn traditional Cape Breton step-dancing. Children ages 5 & up. Mondays, 6 - 6:45 pm, Instructor: Cheryl MacQuarrie; 8 weeks; Fee: \$40.

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

#### FITNESS, HEALTH & SPORT:

**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. 7:30 - 8:30 pm. Ten weeks beginning Sept 19th; Instructor: Vikki MacEachern; 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 with emphasis on Butts & Guts -- Give that lower body a real workout with strength training moves focusing on legs, butt and thighs, with all body parts getting a great defining workout. This program is designed for all ages and levels of physical fitness. 10 weeks; Beginning Sept 20th, Tues. and Thurs. 7:30 - 8:30 pm. Instructor: Charlene O'Neil; Fee: \$20 - one night/wk, \$30 - two nights /wk.

*Inverness courses...continue next page*

## INVERNESS COUNTY RECREATION COURSES - FALL 2005

*Inverness courses...continued from previous page*

**ADULT BADMINTON:** Co-ed Adult program. Mon./Wed. Beginner / Intermediate 7:30 - 9 pm. Ten weeks. Instructor: Paula Doucet; Fee: \$20.

**ADULT BASKETBALL:** Come out for a night of fun and exercise. Play three-on-three, or full court games. Thursdays, 7:30 – 9:00 pm; 10 weeks; Fee: \$10.

**ADULT VOLLEYBALL:** For the recreational volleyball player. Non-instructional Co-ed; Sundays, 7 - 9 pm; Fee: \$10.

**TABLE TENNIS:** Ages 16 and over are welcome to participate, whether you are an experienced player or a beginner. You can develop your skill, strength, speed, stamina and strategy. Tuesdays, 7:30 - 9pm. Instructor: Bill MacLean; Fee: \$10/10 weeks.

**WALKING/RUNNING WORKSHOP:** So you want to start walking/ running? Come to the information session on Tuesday, Sept. 27 from 7 - 9 pm and learn some great tips from local marathon runner Charlie LeFort, on getting started right. Topics will include the basics of getting in shape; the proper way to stretch and keep your muscles healthy; getting the right shoes and clothes; proper nutrition; staying safe and beginning to cross train. Fee: \$5 for this one time workshop

**YOGA:** Would you like a life that is more relaxed, peaceful, in control, balanced, healthier and coordinated? If you answered YES, then Yoga may be just what you are looking for. Instructor: Lucille Aucoin, Yoga Therapist/Practitioner; Eight-weeks Beginning Thursday, Sept. 22, 6:30 - 7:30. Fee: \$40.

### ADULT PERSONAL INTEREST:

**BOOK CLUB:** Relaxed informal discussion of Ann Marie MacDonald's, *Fall On Your Knees* and *The Way the Crow Flies*, with emphasis on personal response to the novel. (Not at all a critical literary group). 6 weeks; Tuesdays, 7:15 - 8:45pm Facilitator: Donalda MacDonald; Fee: \$20.

**CHANTER 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. Instructor: Sandra Watson; Time: TBA; Fee: \$50 for 10/half hour lessons.

**CONVERSATIONAL GAELIC:** Using vocabulary, conversation and a little grammar, you will learn how to converse in "Gaelic". Wednesdays, 7 - 8 pm. 8 weeks. Instructor: A. MacKinnon. Fee: \$20.

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



**GUITAR INTERMEDIATE PLAYERS:** Learn theory fundamentals, reading guitar music and chord structure. 8 weeks. Thursdays, 7-9 pm; Instructor: Bill MacLean; Fee: \$60.

**INTERNATIONAL COOKING SERIES:** Prepare and sample traditional and exotic dishes from some of the great cuisines of the world. Participants will assist in the preparation of a multi-course meal; dine at a sit down dinner; learn how to prepare all dishes; receive a written recipe portfolio; and bring home samples for tasting. All materials will be provided but class members may wish to bring their own kitchen knife. Wine is optional. Wednesdays 7-10pm: This five-series course will be presented by

*Inverness Courses...continue next page*

**The Meat Cove Cranberry Fest Walkathon will be held October 6th.** Come take part in a beautiful walk. Afterwards enjoy the Cranberry Fest and help to raise funds for the Meat Cove Welcome Centre.

## INVERNESS COUNTY RECREATION COURSES - FALL 2005

*Inverness Courses...continued from previous page*

Jim Ryan. Fee: \$20 per session or \$75 for a package of all five sessions. The package is transferable so others can attend different sessions.

**Nov 2, *A Taste of Italy*** - Alfredo, Marinara, Bolognese, Pizza, Margherita, Bruschetta, Caesar, Eggplant Parmesan, Vino.

**Nov 9, *South of the Border*** - Fajitas, Quesadillas, Salsa, Cajun Jambalaya, Gumbo, Blackened Fish, Beans.

**Nov 16, *Asian Delights*** - Egg Rolls, Rice, Shrimp and Scallops, Chicken and Beef, Ribs and Satays.

**Nov 23, *Exotic India*** - Naan, Tandoori, Kebabs, Buttered Chicken, Pakoras, Vegetable Curry, Rice.

**Nov 30, *Greek Favorites*** - Greek Salad, Feta Pizza, Polpettes, Souvlaki, Tzatziki, Braised Green Beans, Greek Chicken.

**PHOTOGRAPHY:** An introductory level course for the recreational photographer. In this 6-week course you will be introduced to a fascinating hobby where you will learn how to produce better travel and family photos. Topics covered - Digital vs. Film – the strengths and weaknesses of both; light and light metering for proper exposure; lens, flash, filters, tripods; taking award winning photos- travel, flower, people and animal, evaluating photographs and much more. Bring your camera (digital or film), along with the instruction manual if possible. October 6. Thursdays, 7 - 9 pm; Instructor: Russell Daigle; Fee: \$40.

**SOY MILK & SOY BURGERS:** In this one session workshop, you will learn how to make your own soy milk and soy burgers through a demonstration. Handouts and samples will be available to take home (bring a 500 ml jar or container for samples). The cost of the finished product is approximately \$1.50/ 2 litres. Thursday, Oct. 6th, 6 - 8 pm; Instructor: Lynn Lapointe; Fee: \$20.

**STEP DANCE (ADULT):** Learn traditional Cape Breton step-dancing. Mon. 7 - 8 pm, 8 weeks ; Instructor: Cheryl MacQuarrie; Fee: \$40.

ENJOY WINTER -  
REGISTER FOR A COURSE OR ACTIVITY!

**SCRAPBOOKING:** 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 class and learn how to choose background, color, accessories and layering techniques to create a beautiful scrapbook. Tuesdays, 6 - 9 pm. Begins October 25th, 8 weeks; Instructor: Gail Bourgeois; Fee: \$100, covers all supplies and materials required to complete your choice of graduation, heritage, baby, wedding or travel album .

**SUPPORTING YOUR CHILD'S READING DEVELOPMENT:** A course for parents of children in grades primary to two. This 5 week program will explore ideas on how you can help your child learn to read, how your child develops as a reader, and how to monitor your child's reading progress. Wednesdays, 6:30 - 7:30 pm. Instructor: Marie Copley; Fee: \$25 (maximum 15 participants).

**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; Tuesday, October 11; Fee: \$5.

### CONTINUING EDUCATION:

**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.

**COMPUTER:** This course will allow the participant to gain confidence with computers while they learn the basics of Word Processing , E-mail,

*Inverness courses...continue next page*



## INVERNESS COUNTY RECREATION COURSES - FALL 2005

*Inverness courses...continued from previous page*

Internet, and basic computer maintenance. Wed . 7 - 9 pm; Instructor: Bill MacLean; Fee: \$70.

**FIRE ARM ACQUISITION:** This two-day course is the necessary first step to owning your own fire arm. Oct 1& 2; Instructor : John Begin; Fee: \$50.

**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 work-place. Thursday, Oct. 13th, 6 - 9:30 pm; Instructor: Norman MacDougall; Fee: \$15.

### JUDIQUE

**REGISTRATION:**

Judique Community Centre

Tuesday, September 20

Wednesday, September 21

7:00 - 8:00 pm

**PROGRAMMER:**

Eileen Smith

Judique, NS

BOE 1PO

Phone: 787-2358

### ***CHILDREN & YOUTH:***

**CHILDREN'S HALLOWEEN CRAFTS:** Ages 5 & up. Wednesday, October 26 , 6:30- 7:30 pm. Instructor: Marie Brideau. Maximum 10 per class; Fee: \$5.

**CHILDREN'S CHRISTMAS CRAFTS:** Ages 5 & up. Wednesday, December 14 , 6:30- 7:30 pm. Instructor: Marie Brideau. Maximum 10 per class; Fee: \$5.

**STEP DANCING:** For children ages 5 and up. Learn to dance to jigs. strathspeys and reels. Beginning Oct. 4, 6 - 6:45 pm; 6 weeks. Instructor: Mary Ann MacIntyre. Fee: \$30.

### **PERSONAL INTEREST:**

**30-MINUTE MEALS:** Would you believe you can make impressive and delectable meals at home in less time than it takes to get takeout? From comfort food to sophisticated fare for entertaining, these dazzling dishes will never take more than 30 minutes to make, from start to finish. Complete details available at registration. 3 weeks, Oct. 18, 25 and Nov. 1; Instructor: Winnie Rankin; Fee: \$45.

**FINANCIAL PLANNING:** Facilitator: Peter Long with Investors Group. Wed., October 19, 7 -9 pm. No fee, but advance registration is necessary.

**STEP DANCING:** Adult step-dancing. Learn the different steps to dance to jigs. strathspeys and reels. 6 weeks beginning Nov. 15, 6 - 6:45; Instructor: Mary Ann MacIntyre. Fee: \$30.

**QUILTING:** Tulip quilt. Details will be available at registration. 6 weeks beginning Oct 4 , 7:30 pm. Instructor: Jean MacDonald. Fee: \$30.

**WILL & ESTATE PLANNING:** Experienced estate-planning lawyer Patrick Lamey, offers a free information session on "Wills & Estate Planning". Topics covered include Wills, Living Trusts and Avoiding Probate, Medical Powers of Attorney & Living Wills and Estate Taxes. There will also be information on how the new laws regarding long term care affect estate planning and updates on other relevant laws. Wed. Nov. 2, 7:00 pm; No fee, but advance registration is necessary.

*Course listings continue page 18...*

*Whycomagh Course listings...continued from page 23*  
working toward your own personal goal, classes are available to you free of charge two evenings per week. Tues. & Thurs. 6:30 - 9:30 pm.

**COMPUTER CLASSES:** For beginner and intermediate users. Content includes getting to know basic functions, general maintenance, internet use, working with files, installing software/hardware, camera, printer, anti-virus programs and navigation. Tuesdays, 6:45 - 8:45 pm. 8 weeks. Instructor: Brian Shaw. Fee: \$50. ■

## Gaelic Council of Nova Scotia



## Comhairle Na Gaidhlig

Join, support, and participate in...Comhairle Na Gaidhlig/Gaelic Council of Nova Scotia. Make Nova Scotia a place where Gaelic Language, Culture And Communities thrive!

Gaelic language and culture holds the traditions of music, song, dance, literature, arts, and history. Gaelic language and culture is full of life, rhythm and expression. It is what our people valued the most, and tenderly preserved for the generations to come. Our Heritage has produced a wealth of artists within the province, all of whom have drawn on the amazing artistry of the Gaels who came before them and whom we enjoy today.

This deep-rooted culture is truly a great gift; it is what sculpts and forms character within individuals, families, communities and the province in areas of talent, hospitality, integrity, humor, and respect. This legacy is what truly holds us apart from all other cultures and what makes our people and province so unique. The diligence, pride, love and respect of our ancestry are obvious in their art and the legacy they have left.

We the people, need to continue to remember this. We need to cherish, respect and preserve our language and culture for generations to come, so they

too will experience the wealth of our people and us, Cuimhnichibh na Daoine bho'n d'thainig sinn - Think of the people we've come from! Comhairle na Gaidhlig/Gaelic Council of Nova Scotia, is opened to anyone who has the vision to see the Gaelic language and culture flourish in Nova Scotia. The Gaelic Council of Nova Scotia is comprised of organizations, societies, business representatives, educators, researchers, and members at large,

with the specific mandate to preserve, support and promote Gaelic language and culture in Nova Scotia.

Members do not need to speak Gaelic, they just need to have the

desire to see the language and culture fostered in the province. All memberships assist the website, newspaper ads, outreach programs, teacher education, Gaelic awareness initiatives, and the development of opportunities for those who wish to use Gaelic language and culture as part of their employment.

All members receive *Shunpiking* and *MacTalla*, notices of events, newsletters, and are welcome to Council meetings, including our Annual General Meeting. Membership fees are: \$10 per individual for one year; \$20 per family for 1 year; and, \$25 per society for 1 year.

*Gaelic is one of the original languages of Europe. It is the foundation of much that is revered in the realm of Western Art. It is the Corner Stone of thought and feeling for many Celtic peoples and its preservation is distinctively important.*

Alistair MacLeod - Author  
Dunvegan, Cape Breton, N.S.



*Comhairle na Gaidhlig - The Gaelic Council Banner, pictured left, was designed and created by Lisa Nishi and Stephanie Nishi-Chisholm, daughters of renowned artist Ken Nishi - Mabou Coal Mines. Lisa is a graduate of the Nova Scotia College of Art and Design and The Fashion Institute of New York. Stephanie is an Alumnae of Brooklyn College of Art with fine art and printmaking. The banner depicts the rich elements of the Gaelic language and culture in Nova Scotia.*

*To learn more contact Comhairle na Gaidhlig -  
The Gaelic Council,  
P.O. Box 123, Iona,  
Cape Breton, N.S., B2C 1N8  
or visit the website at:  
[www.gaelic.ca](http://www.gaelic.ca)*

## "INVERNESS COUNTY ON THE MOVE" NEWSLETTER

"*Inverness County on the Move*" is a new initiative sponsored by the Department of Recreation/Tourism of the Municipality of Inverness County in partnership with HRSDC; North and Central Inverness County Community Health Boards; Department of Public Health; and, Sports & Recreation Nova Scotia.

### **Objectives:**

- To assist in developing, organizing and promoting new recreation programs and a healthy lifestyle philosophy throughout the county of Inverness.
- To work with communities and organizations to build sustainable programs, with a commitment to health and physical activity.
- To recognize and recruit community leaders to help promote active and healthy living.
- To remind individuals of the health benefits of being physically active, their way, every day!
- To promote the concept that small lifestyle changes can make a big difference in the long run.
- To promote healthy eating and healthy choices.

Coordinators:  
Leslie McDaniel  
Ardi MacEachern



### **"Inverness County on the Move"**

will raise banners throughout the county to celebrate awareness of active living. We believe people in every community are "movin' and groovin'" and enjoying the benefits that come with making small, healthy changes in their lifestyles. Changes such as walking, taking the stairs instead of the elevator, getting up to dance, or planting a new flower bed.

Watch for our county-wide activities brochure. It will list physical activities and recreation programs in each community. If you see something that interests you, call the contact number provided with the information and join.

"*Inverness County on the Move*" is developing a poster depicting persons from all over the county who are active and loving it!

Contact us at: "*Inverness County on the Move*"  
16 Upper Railway Street  
Inverness, NS  
B0E 1N0

Phone: (902) 258-3110

Fax: (902) 258-3170  
activeyourway@yahoo.ca

*Be Active Your Way Every Day!*

**The *Inverness County...On the Move* project encourages residents, groups and organizations to get in touch with them. Share your suggestions on how to help get our communities involved in a healthy active lifestyle. Active living encompasses everything from golf, gardening, walking, taking the stairs, dancing, swimming, doing housework and more. What can you add to that list? Phone: (902) 258-3110, Fax: (902) 258-3170 or E-Mail: activeyourway@yahoo.ca**



## INVERNESS COUNTY RECREATION COURSES - FALL 2005

*Courses continued from page 15...*

### MABOU

**REGISTRATION:**

Dalbrae Academy

Monday, September 19

Wednesday, September 21

7:00 - 8:00 pm

**PROGRAMMER:**

Eddie MacNeil

P.O. Box 68, Mabou, NS

B0E 1X0

PHONE: (902) 945-2493

### CHILDREN & YOUTH:

**PLAYGROUP:** A fun-filled program designed for pre-schoolers, consisting of crafts, songs, active games, stories, and making friends. 9:00 - 12:00. Instructor: Arlene MaNeil. Eight Weeks; Fee: \$96.

**STEP DANCE:** Learn traditional Cape Breton step-dancing with Instructor: Kelly Warner MacLennan. Wed 7 -9 pm. 10 weeks; Fee:\$40 .

### PHYSICAL ACTIVITY & HEALTH :

**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; an exercise that is fun and effective. Instructor: TBA

**BASKETBALL:** Co-ed recreational basketball; 10 weeks; Fee: \$10.

**VOLLEYBALL:** Co-ed non-instructional; 10 weeks. Fee: \$10.

**Any changes or additions to the course listings will appear in the latest editions of *The Oran* and/or *The Reporter*.**

**WALKING INDOORS:** Walking is an aerobic activity that can improve your fitness level, health and well being. If you need motivation of a group to get out walking, come and join the group at Dalbrae Academy and walk in the comfort of the indoors. One evening/week; No Fee, but advance registration is necessary to book gym time.

### MARGAREE AND AREA

**REGISTRATION:**

Cape Breton Highlands Academy

Tuesday, September 20

Thursday, September 22

7:00 - 8:00 pm

**PROGRAMMER:**

Julia Tompkins

PO Box 651

Margaree Forks

BOE 1A0

PHONE: (902) 224-1744

### CHILDREN & YOUTH:

**BASKETBALL:** Have fun and learn the basics of this great game. The program will incorporate training drills, review of the rules and games. Boys, Ages 11 & 12. Beginning October 17th, Mondays, 6 - 7 pm. Boys ages 13 & 14, Mondays, 7- 8 pm, 6 weeks; Instructor: Joe Le Blanc; Fee: \$20.

**BALLOON TWISTING:** Children's birthday parties, special events, parades are all places you will be able to use your balloon twisting skills acquired during this one session workshop. You will learn to make different animals and hats. All materials supplied. **IF YOU HAVE AN ALLERGY TO LATEX, PLEASE DO NOT TAKE THIS WORKSHOP.** Wednesday, Oct 12th, 6 - 8 pm, Ages 13+; Fee: \$15 includes supplies.

**STEP DANCING:** Step-dancing lessons for ages 8 and up . 8 weeks, beginning Tuesday, Oct. 18,

*Margaree courses continue next page...*

## INVERNESS COUNTY RECREATION COURSES - FALL 2005

*Margaree courses continued from previous page...*



6 - 7 pm; Instructors; Sylvie Doucet and Stacy Timmons; Fee: \$25.

**VOLLEYBALL:** Instructional volleyball for girls ages 11-14. Fridays, 3 - 5 pm . 10 weeks; Instructor: Bob Wheeler; Fee: \$20.

### **FITNESS, HEALTH & SPORT:**

**AEROBICS:** Have some fun working up a sweat with this super aerobic workout. Use a variety of aerobic conditioning skills and drills to give you a complete body workout! A well-spent hour! 8 weeks, beginning Tuesday, Oct. 18th. Instructor: Paula Aucoin; Fee: \$25 (Minimum of 10 required to offer class).

**BASKETBALL:** Adult, non-instructional. 10 weeks; Mondays, 8:00 - 9:30 pm; Fee: \$10.

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

**CO-ED VOLLEYBALL:** Adult non-instructional. 10 weeks; Tues. 8 - 9:30 pm. Fee: \$10.

**WALKING INDOORS:** Walking is an aerobic activity that can improve your fitness level, health and well being. If you need motivation of a group to get out walking, come and join the group at the Cape Breton Highland Academy and walk in the comfort of the indoors. Wed. & Fri. 8 -9:30 pm; No Fee, but advance registration is necessary to book gym time.

**YOGA:** Would you like a life that is more relaxed, peaceful, in control, balanced, healthier and coordinated? If you answered YES, then Yoga may be just what you are looking for. Instructor: Lucille Aucoin, Yoga Therapist/Practitioner; Eight-weeks, Mondays 7- 8 pm .Fee: \$40.

### **PERSONAL INTEREST:**

**CREATIVE MEMORIES SCRAPBOOKING:** 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 class and learn how to choose background, color, accessories and layering techniques to create a beautiful scrapbook. Mondays, 6 - 9 pm. Begins October 24th, 8 weeks; Instructor: Gail Bourgeois; Fee: \$100, covers all supplies and materials required to complete your choice of graduation, heritage, baby, wedding or travel album.

**SOY MILK & SOY BURGERS:** In this one session workshop, you will learn how to make your own soy milk and soy burgers through a demonstration. Handouts and samples will be available to take home (bring a 500 ml jar or container for samples). The cost of the finished product is approximately \$1.50/ 2 litres . Thursday, Oct.13th, 6 - 8 pm; Instructor: Lynn Lapointe; Fee: \$20.

**STEP DANCING:** Step-dancing lessons for beginners - intermediate dancers. 8 weeks, beginning Tuesday, Oct. 18, 6 -7 pm; Instructors; Sylvie Doucet and Stacy Timmons; Fee: \$25.

**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; Tuesday, October 18; Fee: \$10.

### **CONTINUING EDUCATION:**

**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. Tues. & Thurs. 6 - 9 pm. Instructor: Shirley Miller. Phone 248- 2960.

*Margaree Courses continue next page...*

**CANADIAN LIBRARY WEEK IS OCTOBER 20 - 26. LIFELONG LIBRARIES: DISCOVER US!**

## INVERNESS COUNTY RECREATION COURSES - FALL 2005

*Margaree Courses continued from previous page...*

**EMERGENCY FIRST AID:** 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. 5 weeks, 7 - 9 pm, Date: TBA; Instructor: Aurel Lelievre; Fee TBA.

### MEAT COVE

**REGISTRATION:**  
Meat Cove CAP Site & Welcome Centre  
Tuesday, September 20  
1-4 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.



**CRANBERRY FEST WALKATHON:** Join in with the community of Meat Cove on October 6 for this beautiful walk and Cranberry Fest. All proceeds go to the Meat Cove Welcome Centre.

**MEDICAL FIRST RESPONSE COURSE:** Training in First Aid, WHMIS, and CPR will be provided by the Emergency Health Services of Nova Scotia. Sept. 26 - Sept. 30. Fee: \$95 (will be reimbursed upon completion of the course).

### PORT HOOD

**REGISTRATION:**  
Bayview Education Centre  
Tuesday, September 20  
Thursday, September 22  
6:00 - 7:00 pm

**PROGRAMMER:**  
Leona Gillies  
PO Box 8,  
Port Hood, NS  
BOE 2WO

**Phone:** (902) 787-2669

### CHILDREN & YOUTH:

**STUDENT BOOTCAMP:** Circuit style training - including cardio, core and resistance work (45 min), plus flexibility training. Monday & Wednesday, 6:00 - 7:00 pm, 6 weeks. Instructor: Jamie MacEachern; Fee: \$20. (Minimum 8 students) .

**CRAFT WORKSHOP:** A fun workshop, for kids ages 8 & up. Learn some neat ideas on how to create a card, birthday bag, gift tag or cool magnet. Instructor: Kathi Morrison; Fee: \$20 ( Min. 5 Max. 10).

**GUITAR:** Youth Beginner, ages 7-12. Experience level - never played to played a little. Learn notes, basic chords, strumming and picking using simple songs. 10 weeks, beginning Saturday, Sept 24, 10 - 10:50 am. Instructor: Nancy Hilton; Fee: \$75.

**GUITAR:** Youth Intermediate, ages 7-12. Experience level - Know most basic chords. Review basics, learn tab, more chords, strumming and picking using popular songs. 10 weeks, beginning Saturday, Sept 24, 11 - 11:50 am. Instructor: Nancy Hilton; Fee: \$75.

**GUITAR:** Teen Beginner, ages 13+. Experience level - never played to played a little. Learn basic chords, power chords, notes tab, strumming and

*Port Hood Courses...continue next page*

*The Participaper*



## INVERNESS COUNTY RECREATION COURSES - FALL 2005

*Port Hood Courses...continued from previous page*

**PICKING:** picking using popular songs. 10 weeks, beginning Tuesday, Sept 27, 7:30 - 8:20 pm. Instructor: Nancy Hilton; Fee: \$75.

**GUITAR:** Teen Intermediate, ages 13+. Experience level - Know most basic chords . Learn to create a lead sheet, form a tab, review basic and power chords, strumming, picking and bar chords using popular songs. 10 weeks, beginning Tuesday, Sept 27, 8:30 - 9:20 pm. Instructor: Nancy Hilton; Fee: \$75.

**STEP DANCE:** Learn traditional Cape Breton step-dancing with Instructor: Cheryl MacQuarrie. Children ages 5 & over. Tuesdays, Beginners, 2:45 - 3:30; Intermediate & advanced, 3:30 - 4:15 pm; 8 weeks; Fee: \$40.

### **FITNESS, HEALTH & SPORT:**

**INTRODUCTION TO RESISTANCE TRAINING:** A certified trainer will help you set up your personal weight training program with emphasis on safety and exercise techniques. 20 minutes of instruction, 40 minutes of workout time. Sunday, 7:00 - 8:00p m, 6 weeks, Instructor: Jamie MacEachern; Fee: \$20. (Al MacInnis Fitness Centre)

**AB-SOLUTION:** Complete abdominal training program incorporating yoga, stability ball and traditional abdominal training techniques. Thursday, 7:00 - 8:00pm, 6 weeks, Instructor: Jamie MacEachern; Fee: \$20. (Maximum 6 participants, more if you have your own ball).

### **BOOTCAMP FOR ADULTS:**

Circuit style training-including cardio, core and resistance work (45 min), plus flexibility training. Monday & Wednesday, 7:00 - 8:00 pm, 6 weeks; Instructor: Jamie MacEachern; Fee: \$20.



**WALKING:** Need motivation of a group to get out walking? Join the walking group in the Bayview Gym. Mon. & Wed, 8 - 9 pm. No Fee, but you must register to confirm numbers.

### **ADULT PERSONAL INTEREST:**

**SCRAPBOOKING FOR BEGINNERS WORKSHOP:** 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. Instructor: Kathi Morrison; Fee: \$20 ( Min. 6 Max. 10).

**ADVANCED SCRAPBOOKING WORKSHOP:** Learn how to use an exciting array of rubber stamps and accessories to create 4 fantastic scrapbook pages. All materials provided. Instructor: Kathi Morrison; Fee: \$25 ( Min. 5 Max. 10).

**SCRAPBOOKING EVENING:** Get together once a week with other scrap bookers to share ideas and work together. Bring a couple of pages and a number of photos to work on. Wed. 6 -9 pm; Leader: Leona Gillis; No fee, just come and have fun.

**ALL OCCASION CARD WORKSHOP:** Learn how to create your very own beautiful hand crafted card, (Birthday, Wedding, Get-well, Mother's Day...) All materials provided. Instructor: Kathi Morrison; Fee: \$20 ( Min. 5 Max. 10).

**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 emphasizes on listening and speaking. 10 weeks, Day and Time: TBA, Instructor: Elvi Kargoll; Fee \$30 (minimum 3 participants).

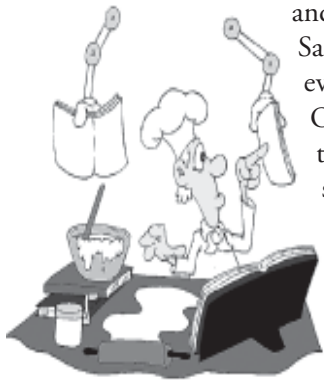
**CONVERSATIONAL GERMAN 2:** This course is designed for those who have completed level one or

*Port Hood Courses continue next page...*

*Port Hood Courses continued from previous page...*

have a basic understanding of the German language and are interested in improving their communication skills. 5 weeks, Wed. 10-12 am; Instructor: Elvi Kargoll; Fee \$30.

**SAUSAGE MAKING:** Explore the wonderful tastes and traditions of German Sausage. Introduction evening about ingredients. One full day for preparing the meat, making and smoking the sausage. Max 3 people. Oct 22, 6 - 9 pm and Oct 29, 9 - 4 pm. Instructor: Georg Kargoll; Fee: \$50.



**GUITAR:** Adult Beginner, Experience level - never played to played a little. Learn basic chords, strumming and picking using simple songs and Christmas Carols. 10 weeks, beginning Monday, Sept 26, 7:30 - 8:20 pm. Instructor: Nancy Hilton; Fee: \$75.

**GUITAR:** Adult Intermediate, Experience level - Know most basic chords. Learn more chords including basic bar chords, finger picking & rhythmic strumming using songs and Christmas Carols. 10 weeks, beginning Monday, Sept 26, 8:30 - 9:20 pm. Instructor: Nancy Hilton; Fee: \$75.

### CONTINUING EDUCATION:

**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. Tues. & Thurs. 6 - 9 pm. Instructor: Susan Campbell.

## RIVER DENYS

### Contact:

Arlene MacDonald  
(902) 756-2597

**FITNESS & NUTRITION CLASS:** Circuit workout using various pieces of equipment at the River Denys Friendship Hall. Mon., Tues., and Thurs., 6:30 - 8 pm. Beginning Oct.17th. Fee: \$10.

## SCOTSVILLE SCHOOL OF CRAFTS

### REGISTRATION:

Scotsville School of Crafts  
Wednesday, September 21,  
Thursday, September 22  
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](mailto:vernamac@ns.sympatico.ca)

### TUESDAYS

**\*Aero-tone Low Impact Aerobics and Full Body Toning:** Starting Oct. 18, 8 weeks. (Resistance bands will be incorporated.) 9:30 - 10:30 am or T.B.A. to fill participants needs. Instructor: Maggie Herbert. Fee: \$20 or \$3 drop in, plus materials.

**\*Beginner's Weaving.** 8 Weeks. Want to try your hand at weaving? In this beginner course you will be taught basic weaving skills. You will be introduced to looms and learn how they work. You will learn how to make a warp, dress a loom and you will weave a sampler and project of your choice. You will also be shown how to interpret weaving drafts and draw-downs. This course is challenging but no stress. Lots of fun!! 7:00 - 10:00 pm; Instructor: Eileen MacNeil. Fee: \$40 plus materials.

### WEDNESDAYS

**\*Internet & E-mail for Beginners:** 4 weeks beginning Oct. 5. 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. 7:00 - 9:00 pm. Instructor: Jack Tilsley. Fee: \$15.

### THURSDAYS

**\*Aero-tone Low Impact Aerobics and Full Body Toning:** Starting Oct 18. 8 weeks. (Resistance bands

*Scotsville Courses...continue next page*

Scotsville Courses...continued from previous page

will be incorporated.) 9:30 - 10:30 am or T.B.A. to fill participants needs. Instructor: Maggie Herbert. Fee \$20 or \$3 drop in, plus materials.

**\*Watercolour and Drawing:** 8 weeks. Beginning October 6. Step-by-step instruction, including drawing techniques, mixing colours, and art history. 7 - 9:00 pm; Instructor: Barrie Fraser; Fee: \$40 plus materials.

### SATURDAYS

**\*Let's Weave! Intermediate Weaving classes:** 8 Weeks, beginning Oct 1. This round of classes will focus on profile drafts, block design and overshot weaving. Projects will be overshot of your choice. Let's weave!! 9:00 am - 12:00 pm. Instructor: Eileen MacNeil. Fee: \$40 plus materials.

### THREE-DAY WORKSHOP

**\*Making Faces Fabric Workshop:** Inspired by Deirdre Scherer and using digital camera technology, we'll make photographic portraits in fabric. Bring stash of fabrics and threads, and zig-zag sewing machine. Camera and computers and Steam-a-seam are provided. Friday, Nov 4, 6 -9 PM, Saturday, Nov 5, 10 am -4 pm, and Sunday, Nov 6, 10 am - 2 pm. Instructor: Susan Tilsley Manley; Cost: \$100.

### ONE-DAY WORKSHOP AND PROGRAMS

Saturday, Oct. 1, **\*Needle Felting**, 1:00 - 3:00 pm. Instructor: Judy Lincoln Fee: \$25 includes materials.

Friday, October 7, **\*"Let's play Euchre"**, 7:00 pm; Organizer: Verna MacMillan.

Saturday, Oct. 8, **\*Making a Tote Bag**, 9:00 - 11:00 am; Instructor: Cynthia Sarka; Fee: \$15.00 includes materials for this easy sewing project.

Saturday, October 8, **\*"Let's play Scrabble"**, bring your board if possible. 2:00 pm. Organizer: Verna MacMillan.

Saturday, Oct. 15, **\*Drawing/Painting**, outdoors, interpreting what you see, 1- 4 pm  
Facilitator: Virginia McCoy. Fee: \$30, medium of

your choice, meet at Kenloch Presbyterian Church.

Saturday, Oct. 29, **\*Drawing/Painting**, indoors, interpreting what you see, medium of your choice, meet at home of Verna MacMillan , 1- 4 pm;  
Facilitator: Virginia McCoy. Fee: \$30.00,

Saturday, Nov. 5, **\*Simple Collage Christmas Cards**, 1:30 - 4:00 pm. Easy to make Christmas cards, design your own collage cards using paper provided or bring along scraps of birch bark or colourful paper if you wish. No experience necessary. Instructor: Polly Davis. Fee: \$5.00, materials supplied. Participants should bring scissors, glue and ruler.

Tuesday, Nov. 15, **\*Natural Fur Wreath Making**, 7:00 - 9:00 pm. Instructor: Michael Gillis. Fee: \$12.00 includes Materials.

## WHYCOCOMAGH

### REGISTRATION:

Whycocomagh Education Centre

Monday, September 19

Monday, September 26

7:00 - 8:00 pm

### PROGRAMMER:

Burton MacIntyre

131 Main Street

Whycocomagh, NS

B0E 3M0

Phone : (902) 756-2769

### HEALTH & FITNESS:

**ADULT VOLLEYBALL/BADMINTON:** If interested contact Burton MacIntyre @756-2769.

### PERSONAL INTEREST:

**STEP DANCE:** Traditional Cape Breton style dancing. Wednesday, 6:45 - 7:30 pm. 8 weeks; Instructor: Cheryl MacQuarrie; Fee: \$40.

### CONTINUING EDUCATION:

**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

*Whycocomagh Course listings...continue bottom of page 15*

## THE YEAR 2005 IS THE YEAR OF THE VETERAN

Each year, from the last Friday in October until Remembrance Day, we wear the poppy (the flower of Remembrance). Chosen as a symbol of remembrance for the war dead, the poppy had international origins.

During the Napoleonic wars of the early 19th century, a writer first made the connection between the poppy and battlefield deaths when he remarked that fields that had been barren before battle, exploded with the blood-red flowers after the fighting ended.

100 years later, when Lieutenant-Colonel John McCrae, a native of Guelph, Ontario, wrote the poem, *In Flanders Fields*, he made the same connection.

A Professor of Medicine at McGill University before World War One, LCol McCrae had served as a gunner in the Boer War, where he had been described as a person with "the eye of a gunner, the hand of a surgeon, and the soul of a poet".

During the First World War he was a surgeon attached to the 1st Brigade, Canadian Field Artillery, 1st Canadian Division. After undergoing a baptism by fire at Neuve Chapelle, France, in March 1915, the Canadians moved to Flanders in mid-April, taking up position in the salient around the Belgian town of Ypres.

On April 22-23, in their first major battle, they distinguished themselves by holding out against the first German gas attack of the war while others around them fled. John McCrae was the officer in charge of a medical aid post in a dugout cut into the bank of the Yser canal, a few miles to the northeast of Ypres. Here, on May 2, McCrae's good friend, 22-year old Lieutenant Alexis Helmer of Ottawa, was blown apart by enemy artillery fire. With the parts of Helmer's body collected in a blanket, McCrae himself read the funeral service.

The next day, McCrae, who had been publishing poetry for many years, completed *In Flanders Fields*. Eyewitness accounts vary in detail, but agree that he worked on the poem while sitting on the back step of an ambulance near his medical aid post. In the field around him crosses marked the graves of dead.

soldiers, including those of Helmer and other Canadians killed the previous day. Accounts also agree that poppies grew in the area at the time and McCrae's own notes refer to birds singing despite the noise of battle.

John McCrae set the poem aside to concentrate on caring for the wounded at Ypres. He took it up again that Fall after leaving the Ypres salient to serve in the relatively quieter circumstances of No. 3 Canadian General Hospital at Boulogne.

When at last he had worked it to a satisfactory state, he sent it to the British publication the *Spectator*, only to see his work rejected. He resubmitted it to *Punch* magazine, which published it anonymously, in its issue of December 8, 1915.

In *Flanders Fields* immediately gained popularity amongst the soldiers in the

trenches as an evocative summation of their view of the war. This feeling grew as the war continued until, in the words of one writer, its images became "an eternal motif, part of the collective memory of the war." Its author, whose identity soon became known, continued to serve as a medical officer until, overcome by fatigue and stress, he died of pneumonia at Wimereux, France on January 28, 1918.

After reading McCrae's powerful poem, an American, Moira Michael of Georgia, was inspired to write a poem in reply. Entitled, *We Shall Keep the Faith*, in the poem she promised to wear a poppy 'in honour of our dead'.

The idea was then taken up by Madame E. Guérin of France, who proposed selling handmade poppies around Armistice Day to raise money for poor children in the war-torn areas of Europe.

In 1921, Field-Marshal Earl Haig, the former Commander-in-Chief of the British Armies in France and Belgium and the principal founder of the British Legion, was so impressed by Madame Guérin's idea that he gave approval for the the Legion to start the British Poppy Day Appeal to raise money for poor and disabled veterans.

Today, the Poppy is a symbol of remembrance and



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the poppy campaign is one of the Legion's most important programs. The money raised from poppy sales provides direct assistance for ex-service people in financial distress, as well as funding for medical appliances and research, home services, care facilities, and numerous other purposes.

We lay wreaths of poppies on the 11th hour, of the 11th day, of the 11th month where services of Remembrance are held. This day was chosen to commemorate the date and time that World War One ended. These services allow each of us the opportunity, not only to pay tribute to those who lost their lives in service to their country, but to

show our gratitude to all retired and serving members of our Canadian military.

In this, the Year of the Veteran, let us pay special tribute to them. Those who were lost during the wars of the last century; on peacekeeping missions; or while providing humanitarian aid to those in need; and those thousands who take the same risks today to keep us safe. Wear the poppy and attend one of the many services scheduled to take place November 11th and take this opportunity to salute and give thanks to our Veterans.

[Sources: Veteran's Affairs; Canadian War Museum; Royal Canadian Legion]

### *In Flanders' Fields*

by John McCrae

*In Flanders' fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.*

*We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders' fields.*

*Take up our quarrel with the foe;  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders' fields.*

[The Poppy is worn on the left lapel of a garment or as close to the heart as possible.]

An excellent resource for teachers, students and other interested in learning more about our veterans and their history is available on the internet at the Veteran's Affairs site: <http://www.vac-acc.gc.ca/>

### *We Shall Keep the Faith*

Moira Michael

*Oh! You who sleep in Flanders' fields,  
Sleep sweet - to rise anew,  
We caught the torch you threw,  
And holding it high we kept  
The faith with those who died.*

*We cherish, too, the Poppy red  
That grows on fields where valour led.  
It seems to signal to the skies  
That blood of heroes never dies,  
But lends a lustre to the red  
Of the flower that blooms above the dead  
In Flanders' fields.*

*And now the torch and poppy red  
Wear in honour of our dead  
Fear not that ye have died for naught  
We've learned the lesson that ye taught  
In Flanders' fields.*

## **HARVEST MOON CRAFT FAIR**

Each year the Regional Occupational Center Society hosts a craft market to raise funds for the center, a community based, not-for-profit organization dedicated to the development of people with disabilities. Come join crafters from across the province at the Tamarac Education Center on October 29th from 10am - 5pm and on October 30th from 11am - 4pm. Admission is 2.00 for adults and children under 12 free. Door prizes and canteen services are available. For more information please call (902) 625 0132 or email [roc@sympatico.ca](mailto:roc@sympatico.ca)



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tours of the Interpretation Centre.

The Association continues with its lobbying efforts to bring high-speed internet to the community.

The annual spring clean-up took place along the Cabot Trail. And, also in 2004, three major fundraising events were held.

The main priority for 2005 is to continue working on the sewer project. With most of the planning now complete, the Association's involvement will be to coordinate between the different organizations and the community. The Association remains confident that the final planning for this project will begin this year. A summer student placement has been approved. The student will work with the engineers and the community to put the system in place.

Another major activity planned for 2005 is to further develop the Centre de la Mi-Carême. (In the Fall of 2004, \$250,000 was received from Enterprise Cape Breton Corporation; \$30,000 from the Department of Tourism; and \$5,000 from the municipality for the next phase of the project.) Plans include building more exhibits; developing a program of activities; new signage, etcetera.

The Association has been working closely with the Harbour Authority of Grand Étang on the Grand Étang Harbour Diversification Plan. Because the present lease on Centre Lemoine expires in 2011, and the Fire Department has indicated that the lease will not be renewed, the feasibility of moving the Mi-Carême Interpretation Centre to the harbour is being studied. Consultants have recommended the move, therefore a building for this purpose has been included in the diversification plan. In the interim, we will continue to operate the Centre de la Mi-Carême out of Centre LeMoine.

The Development Association finished their report by thanking the municipality for its support, and stated that it was because of that support that the Association has been in a position to accomplish so much.



## **Mabou & District Community Development Association**

The Association began its report by first thanking the Municipal councillors for the moral and financial support contributed by the Municipality for community development projects over the past several years. Representatives went on to outline what had been accomplished in 2004 and the plans for 2005.

They reported that one of their committees, the Mabou Harbour Coastal Management Planning Committee (MHCMPC), is working to develop an integrated management plan for Mabou Harbour and the surrounding area, including the watershed and outer coastal areas: The planning committee represents many interests and includes representatives from the following organizations and government departments: Tourist operators; Fishermen; Pulp & Lumber; Inverness Federation of Agriculture; Aquaculturists; The Nova Scotia Department of Agriculture & Fisheries (NSDA&F); DFO, Habitat & Oceans Divisions.

This committee, with the financial support of NSDAF & DFO, was able to employ three students over the summer months to carry out the following tasks:

- 1) Organize community members to participate in a Community Aquatic Monitoring Program. This Monitoring program was developed as one of the tools to determine the biological health of estuaries in the southern Gulf of St. Lawrence. Using a beach seine, students and members of MHCMPC monitor six locations in Mabou Harbour from May to October. The Program measures the abundance and diversity of fish and marine plants species that live in the estuary.
- 2) Collect Biological data related to temperature, salinity and dissolved oxygen levels in the Harbour. They also collect water samples to monitor chemical contamination levels at fixed stations around the Harbour.
- 3) Do research paper for the Community Use of Mabou Harbour. This paper will identify all of the user groups from early settlement to present day and includes, commercial fisheries, recreational boating, hunting, bird watching, and aquaculture.
- 4) Work with local aquaculturists and NSDAF to look at the potential for commercial oyster leases in

*Continued next page...DEVELOPMENT ORGANIZATIONS*

*Continued from previous page...*COMMUNITY DEVELOPMENT

Mabou Harbour by conducting oyster seed collection and site identification.

5) Do preliminary stream and water course assessment on the Mabou River for water quality and fish habitat.

On October 18, 2004, a community meeting was held at the Mabou Fire Hall to inform the community of the work that was carried out over the summer. The work carried out in 2004 will be continued into 2005 and until such time that sufficient biological, physical and chemical data can be collected to start remediation of point sources of contamination. One of the objectives of this project is to have the information to help in future planning and development in the watershed. The Project will continue all of its programs in 2005, if the funding from HRSDC, DFO and NSDAF continues. Partial funding will result in only the CAMP program and biological and chemical testing elements with a concurrent reduction in staff.

While the majority of the membership of the Inverness South Anglers Association comes from communities all across southern Inverness County, the administration of the funding programs and employees are done through Mabou and District Community Development Association.

The objective of the anglers association is to enhance, conserve and protect fish habitat in the watersheds in the area known as Inverness South. To achieve these objectives, habitat work was carried out in 2004 on the Broad Cove River, Fraser's Brook and Mull River by three employees under the supervision of Mabou and District Community Development Association and DFO. Several thousand trout, from fry to one-pound fish, were used to stock rivers and streams from Foot Cape to Judique South. The work carried out by in 2004 will continue in

2005, with habitat work being done on the Mull River, Shea's Brook, Glendyer Brook, and preliminary work on Captains River, Port Hood. The stocking program will also continue. Over 30,000 fish have been stocked in these areas over the last several years.

The Projects, identified under MHCMP & Inverness South Anglers, employed a total of six people (3 students and 3 crew) with a total payroll of \$31,513.73, and material and supplies expenditures of \$5658.30, all administered and accounted for by the development association.

The West Mabou Beach Committee employed one student through a 50/50 cost sharing program with the Municipality. The program was supplemented with another \$1000.00 from the community Development fund. The activities carried out by the student included trail maintenance, beach cleanup, plus organized interpretive trail walks. Research was also done on the History of the Park area for planned signage. This student carried out these task during the months of July and August.

The Association also supported other community organizations such as Mabou Athletics with their application for funding from the Municipal Community Development Fund to the sum of \$3,500+. They also support the Fire Department, and feel very fortunate to have First Responders who make themselves available for any special events as well as any everyday requirements. The Association requested financial support for the first responder training program but, they reported, to their dismay, they were unsuccessful.

The Association also initiated a meeting of several community groups to investigate ways the associations could work together on issues related to community planning, directors' liability and a community resource co-ordinator position.

*Continued next page...*DEVELOPMENT ORGANIZATIONS

### **Inverness County On the Move!**

Active living is a natural pleasure. Living an active and healthy lifestyle empowers individuals, families, and communities. In fact we have been meeting people all over this county who are kicking it up a notch! From plans for new ball fields to community beautification, we're making trails, raising sails, driving nails, lifting bales - we got it goin' on! We're setting the pace and we're loving it! Inverness County is thriving cause we're movin' and groovin' like never before. So let's do it...let's get busy and get healthy and active together!!



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Plans for 2005 include the following:

The above-mentioned programs will be continued in 2005, plus the following items will be undertaken:

- 1) Feasibility study and cost estimate for a sidewalk from Dalbrae Academy and Strathspey Place to connect to the existing sidewalk. This would allow students, tourists and residents to walk from the village to the school and performance centre.
- 2) Phase Two of the Mabou waterfront is also in the preliminary stages. This would see a Building with washrooms and food service on the waterfront and expanded berthage. This project is again preliminary and a business plan feasibility study will first be undertaken.

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### **Marble Mountain District**

Representatives from Marble Mountain extended thanks to the Municipality and other arms of government as well as the general public for their financial support. As a result they have been able to finance projects and activities without incurring debt in the process.

They went on to say that theirs is a rural area with a small population, many of whom are seniors, therefore, they harbour no great dreams of providing jobs, etc. However, their goal is to ensure that the communities in the district survive and, indeed thrive. With this in mind, they hope to preserve the past and move into the future by developing the beautiful natural surroundings they have been blessed with. To this end, four organizations in the Marble Mountain area cooperate and work together. Of the four organizations, the Marble Mountain Wharf Preservation Society is the most active. Therefore the report dealt mainly with the operations of that organization.

The Wharf Society took over the government wharf in 1999. Since that time they have made substantial improvements to the facility. In addition, the Society has also become the unofficial developer and caretaker of the nearby public beach. Due to the improvements that have been carried out at both of these sites, representatives reported that the wharf and beach have become very popular with the public and an average of about 4000 persons per season make use of the facilities. A figure which includes a good number of off-island tourists and boaters.

In 2004, the road leading to the wharf was wide-

ned and gravelled with donated crushed marble from the local quarry. As well, a number of wrecked cars were removed from the area, which has enhanced the appearance of the property. A water line was run from a nearby water source making fresh water available to beach-goers and boaters.

Negotiations were commenced to obtain a lease on a piece of land adjacent to the wharf and beach. While not yet legally documented, a verbal agreement was arrived at which will permit dismantling of an old building and preparation of a site for a new 24 foot x 30 foot utility building.

The area around Marble Mountain has, arguably, some of the best scenery on the Island. An excellent place to view it is from an undeveloped look-off on the mountain. In 2004, the Society made improvements to this site and provided picnic tables and garbage disposal facilities. The Society hopes to convince the provincial Departments of Tourism and Natural Resources to assist with further improvements.

Representatives said that in 2004 they had negotiated a better deal on their liability insurance.

Fund-raising activities include an annual Family Day and Poker Run. This event is well supported by the general public and provides the Society with an on-going source of funds. Another method of fund-raising has been made available through the extreme generosity of a local quarry operator who provides the Society with free crushed marble, which is then sold for driveways, etc. Approximately 200 loads of the crushed marble were sold in 2004. Although the arrangement expires this year, the Society hopes to obtain an extension.

From funds generated in 2004, they were able to subsidize three other organizations in the area for a total of \$1500. This was the second year that they have been in a position to do this.

In 2005 their efforts will be directed at finalizing the land lease and construction of the building by the beach. Financing is already in place for this. They also hope to improve access to the beach from the wharf road. They hope that the Municipality will have some unsightly premises in the area removed or improved. And finally, the local museum, which operates as a separate organization, is in need of substantial repairs and the Wharf Society is supporting them in their efforts to find the necessary funds. ■■■





# REGIONAL LIBRARY NEWS



## FALL - AUTHOR TOURS:

Children's author, Thelma Morris-Fogarty, will be reading from her latest picture book, *I Hate My Name*, on the following dates: Monday, September 26 at 10:30 a.m. at the Mulgrave Library; at 6:30 p.m., that same day, at the Port Hawkesbury Library; on Tuesday, September 27 at 6:00 p.m. at the Drs. Coady & Tompkins Library in Margaree Forks; and, at the Canso Library on Wednesday, September 28 at 6:30 pm.

East Coast Crime Wave Author Tour, with mystery writers Mary Jane Maffini and Barbara Fradkin, will take place on Monday, October 24 at the Port Hawkesbury Library; on Tuesday, October 25 at the Petit de Grat Library; and on Wednesday, October 26 at the Sherbrooke Library. All readings take place at 7:00 pm. For further information, call Library Headquarters at 747-2597.

## SHARE A BOOK - BUILD A COMMUNITY 2005

From October 22 - November 30, 2005, the Eastern Counties Regional Library will be holding its annual fundraising campaign. Show your support by making a donation to the library. Our sponsor, EnCana Corporation, will match your donation! All donations will be used to purchase books and materials to enhance the library's collection. This campaign is supported by 101.5 The Hawk.

## WE ARE UPGRADING OUR ON-LINE SYSTEM

From now through October a new online system is being put in place. On-line users may experience some minor delays during this transition period. The Library regrets any inconvenience this may cause. Materials currently in the Library catalogue are unaffected by these changes. We encourage the public to continue to place requests for existing and new materials at local library outlets, online at [ecrl.library.ns.ca](http://ecrl.library.ns.ca) or through our Headquarters at 747-2597.

## BOOKS BY MAIL AND VISITING LIBRARY SERVICE

We provide a free mail-out service for those who live in rural areas of the County: Just call or e-mail us your request. 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. Call us to register!

*For further information, 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: FALL/WINTER HOURS:		SEPTEMBER 1- DECEMBER 31, 2005	
MARGAREE FORKS Tel/Fax: 248-2821 Monday 1:30 - 4:30 & 6:30 - 8:30 Tuesday & Wednesday 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	MULGRAVE 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	PT HAWKESBURY Tel/Fax 625-2729 Monday - Friday 3:00 - 8:00 Saturday 11:00 - 2:00	
HOURS: LIBR@RY LINKS:		SEPTEMBER 1- DECEMBER 31, 2005	
INVERNESS EDUCATION CENTRE (every 2 weeks) Thursday 2:00 - 5:30 & 6:00 - 8:00 Sept. 8, 22 Oct. 6, 20 Nov. 3, 17 Dec. 1, 15	JUDIQUE COMMUNITY CENTRE (every 4 weeks) Wednesday 4:30 - 5:30 & 6:00 - 7:30 Sept. 21 Oct. 19 Nov. 16 Dec. 14	PORT HOOD RESOURCE CENTRE (every 4 weeks) Tuesday 3:30 - 5:30 & 6:00 - 7:30 Sept. 13 Oct. 11 Nov. 8 Dec. 6	
MABOU, DALBRAE ACADEMY (every 2 weeks) Wednesday 3:45 - 5:30 & 6:00 - 8:00 Sept. 14, 28 Oct. 12, 26 Nov. 9, 23 Dec. 7	ST. JOSEPH DU MOINE/ CENTRE SAINT-JOSEPH (every 2 weeks) Thursday 12:00 - 5:15 & 6:00 - 8:00 Sept. 1, 15, 29 Oct. 13, 27 Nov. 10, 24 Dec. 8	WHYCOCOMAGH EDUCATION CTR (every 4 weeks) Wednesday 3:30 - 5:30 & 6:00 - 8:00 Sept. 7 Oct. 5 Nov. 2, 30	

*Director's Desk...continued from page 2*

world, spanning approximately 17,250 kilometres.

The Nova Scotia portion of the trail currently spans 700 kms from North Sydney to Amherst, with a link to the provincial capital, Halifax Regional Municipality. Future phases, already under development, will allow trail users to circumnavigate Nova Scotia. The trail will accommodate five core activities where feasible: walking, cycling, horseback riding, cross-country skiing and snowmobiling. ATVs are also permitted where their use is supported by the community maintaining the trail.

In Inverness County, the Inverness County Trans Canada Advisory Committee is in the process of completing and managing 92 kilometres of rail-bed trail which is owned by the NS Department of Natural Resources. While sections of the trail from Port Hastings to Inverness are technically under construction it is, nevertheless, passable. Future plans for the Inverness County portion of the Trail include linking all of the trails.

The proposed sections (Phase 2 and 3) include Inverness to Scotsville, and then from Scotsville through the lake interior to Little Narrows and the Victoria

This trail belongs to the residents of Inverness County! Inverness County Council is committed to opening the Trans Canada Trail through the County under the direction of the Recreation/Tourism Department and Trans Canada Trail Advisory Committee.

Without the many volunteers who have come out to build and maintain these trails, there would be no Trans Canada Trail in Inverness County!

If you would like to volunteer to help with a section in or near your community, contact the Recreation/Tourism office at 787-3507 for more information. Visit: [www.novascotiatrials.com](http://www.novascotiatrials.com) and/or [www.trails.gov.ns.ca](http://www.trails.gov.ns.ca)

#### **WINTER/SPRING EVENTS BROCHURE REMINDER:**

We are currently collecting information to be included in our annual Winter/Spring events brochure. This brochure will promote activities between January 2006 and June 2006. If your non-profit organization has activities or events you would like to have advertised in the brochure, **FREE OF CHARGE**, just contact our office with the details. Contact Marie Cameron at: 787-2274, Fax: 787-3110 or email: [mcameron@invernessco.com](mailto:mcameron@invernessco.com).

#### **PROGRAMMERS - INVERNESS COUNTY:**

Chéticamp:  
Clifford Maillet  
PO Box 900, Chéticamp  
NS, B0E 1H0  
Phone: (902) 224-5304(w)/  
(902) 224-3552 (h)

Glendale:  
Marion Gillis  
RR1 West Bay Road  
NS, B0E 3L0  
Phone: (902) 625-2357

Inverness:  
Anna Lee MacEachern  
PO Box 546, Inverness  
NS, B0E 1N0  
Phone: (902) 258-2089

Judique:  
Eileen Smith  
Judique  
NS, B0E 1P0  
Phone: (902) 787-2358

Mabou:  
Eddie MacNeil  
PO Box 68, Mabou  
NS, B0E 1X0  
Phone: (902) 945-2493

Margaree and Area:  
Julia Tompkins  
PO Box 651  
Margaree Forks  
B0E 1A0  
Phone: (902) 224-1744

Meat Cove:  
Derrick MacLellan  
General Delivery  
Meat Cove  
NS, B0E 1E0  
Phone: (902) 383-2281

Port Hood:  
Leona Gillies  
PO Box 8, Port Hood  
NS, B0E 2W0  
Phone: (902) 787-2669

Scotsville:  
Verna MacMillan  
3054 Route #395  
East Lake Ainslie  
NS, B0E 3M0  
Phone: (902) 258-2278  
email:  
[vernamac@ns.sympatico.ca](mailto:vernamac@ns.sympatico.ca)



#### **CELTIC COLOURS INTERNATIONAL MUSIC FESTIVAL:**

The Celtic Colours International Music Festival takes place October 7 - 15 throughout Cape Breton Island. Tickets are selling quickly. This year a total of 11 venues in Inverness County will be hosting Celtic Colours performances. This includes a performance at the United Church in Orangedale. For information on any of the Celtic Colours concerts, ceilidhs or workshops anywhere on Cape Breton island visit their website at: [www.celtic-colours.com](http://www.celtic-colours.com) or call 1-902-562-6700 or toll free 1-877-285-2321. ■

#### **HOT OFF THE PRESS!! THE NOVA SCOTIA TRAILS 2006 CALENDAR IS NOW AVAILABLE FOR PURCHASE.**

The 16-month 2006 calendar has just been received and will be available in select retail establishments for \$11.95 plus tax. You may also buy direct from NS Trails or any of our participating member groups at \$10.00 (no tax). Once again the calendar features high quality photos of trail settings from across the province. They make a nice Christmas or birthday gift!

Thanks to our sponsors - Bower; Health Promotion (Province of Nova Scotia); Maritimes & Northeast Pipeline; and McCurdy and Reed Canoes. Without them the Nova Scotia Trails 2006 Calendar could not be a successful supporting project for recreational trail development.

### INSTRUCTORS WANTED

*The Inverness County Recreation/Tourism Department requires instructors for the following courses:*

**Fitness:** Aerobics, Strength-Training, Yoga, Martial Arts, etc.

**Dance:** Children's Hip-Hop/ Jazz, Social, Ballroom, etc.

**Crafts:** Jewellery Making, Bead Work, Painting, etc.

**Hobbies:** Photography, Wood-working, Cooking, Home Maintenance, etc.

**Music:** Guitar, Piano, Fiddle, Song (Group or individual lessons).

*Contact us if you have experience and/or talent in any of these areas (or in an area not listed above) and would like to instruct a workshop or a class. Information on rates of pay, hours and locations are available by calling our office at (902) 787-3508 or emailing: [amaceachern@invernessco.com](mailto:amaceachern@invernessco.com)*

**\* Any changes or additions to the courses listed in this issue will appear in the latest editions of *The Oran* and/or *The Reporter*.**

**\* Watch for more Community Development reports in the next issue.**

### MUNICIPALITY OF THE COUNTY OF INVERNESS DIRECTORY

MAIN SWITCHBOARD .....	787-2274
Fax - All Departments .....	787-3110
BUILDING INSPECTOR:	
Port Hawkesbury .....	625-1572
Port Hood .....	787-2900
ENGINEERING & PUBLIC WORKS DEPARTMENT:	
Administration .....	787-3502
.....	787-3503
Water Utilities .....	787-3503
Emergency Sewer & Water Maintenance 24 Hrs .....	258-3335
EXECUTIVE OFFICES:	
Warden .....	787-3514
Chief Administrative Clerk .....	787-3500
CAO Secretary .....	787-3501
FINANCE DEPARTMENT:	
Director .....	787-3511
Tax Collector .....	787-3510
Accounting .....	787-3505
Data Processing .....	787-3505
INVERNESS COUNTY HOME CARE .....	787-3449
Municipal Homes:	
Foyer Père Fiset .....	224-2087
Inverary Manor .....	258-2842
PLANNING AND DEVELOPMENT:	
Divisions:	
Building Inspector:	
Port Hawkesbury .....	625-1572
Building Inspector:	
Port Hood .....	787-2900
Development Control .....	625-1572
Policy: MDP Office .....	625-1572
RECREATION AND TOURISM	
Director, Recreation & Tourism .....	787-3506
Director, Community Development & Culture .....	787-3506
Assistant /Recreation & Tourism .....	787-3507
Adult Education & School Program Coordinator .....	787-3508
Tourism Toll-Free .....	1-800-567-2400
COMMUNITY 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.invernessco.com](http://www.invernessco.com)      email: [recreation@invernessco.com](mailto:recreation@invernessco.com)

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

It Was Cause for Celebration.  
The Causeway is now in its 51st Year!



*They came by the boatload to watch the parade across the Causeway!*

*"INVERNESS COUNTY ON THE MOVE"*  
CHALLENGES YOU TO BE ACTIVE AND HEALTHY YOUR WAY FOR LIFE!