

THE PARTICIPAPER

AN INVERNESS COUNTY PERIODICAL



*View from the Editor's living room window March 2005.
Will we have a white Christmas this year?*

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



INVERNESS COUNTY ON THE MOVE... BE WINTER-ACTIVE!

In conjunction with the "Inverness County On the Move" Program, the Inverness County Recreation/Tourism Department will again assist communities by offering Winter Active or Winter Carnival activities - giving County residents a chance to participate in indoor and outdoor recreational events. This 50/50 grant is available to any community in the county to help offset the costs involved.

The idea is to encourage individuals and entire families to participate, to be physically active and most of all to have fun!! For more information on how to get involved, give the Recreation office a call. Donna or Anna Lee can be reached at 787-3507 or 3508.

CROSS COUNTRY SKIS & SNOWSHOE RENTAL PROGRAM

The Recreation/Tourism Department provides a rental service for cross-country skis and snowshoes. Various sizes are available. Rental is on first come, first served basis. Cost to rent a set (skis, poles, & boots) is \$3/day or \$5/weekend. A damage deposit is required at time of pick-up and will be returned when equipment is returned in satisfactory condition. Equipment is stored at the Municipal Building in Port Hood. For more information call 787-3507/3508 or 2274.

WINTER/SPRING BROCHURE

Watch for our 2006 Winter/Spring events brochure due to be distributed early in the new year to mailboxes throughout the County. The brochure includes listings for suppers, dances, card games, bingo, ceilidhs, arena contacts, outdoor events, and hockey schedules. Everyone is encouraged to get up, get out and support these activities sponsored by our local organizations.

If your non-profit organization would like to know more about how we can help you promote your events and activities throughout the year, please give our office a call at 787-3506, 3507 or 3508.

REMINDER TO FESTIVAL AND EVENT ORGANIZERS

The 2006 issue of *The Sunset Side of Cape Breton*, Inverness County's own Visitor's Guide, will be going to print in early 2006 and we are updating our listings for our website: www.invernessco.com.

These are free promotional opportunities - don't miss out! If you haven't sent in your festival and events dates for 2006 please call Donna MacDonald at 787-3507 or email her at dmacdonald@invernessco.com as soon as possible.

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The Participaper

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DEADLINE FOR THE NEXT
 ISSUE OF *THE PARTICIPAPER*
 IS JANUARY 6, 2006



ANCESTORS UNLIMITED

HELPING TO FIND YOUR INVERNESS COUNTY ROOTS

By Dr. Jim St. Clair

I. PUBLICATIONS:

a) A number of Inverness County families have claimed descent from people who came to North America on the ship the "Mayflower" in 1620, or the next vessel the "Speedwell." A recent publication will assist people in confirming their connection with these early immigrants. Published by the New England Historic Genealogical Society, *The Pilgrim Migration*, by Robert Clarke Anderson, is available for \$49.95(US), plus shipping charges, from the Society through their website at NewEnglandAncestors.org. Or, by mail: 101 Newbury St., Boston, Massachusetts 02116-3007. Other residents of Plymouth in that early period are included in this well-researched and documented publication.

b) The *Nova Scotia Genealogist* fall 2005 edition, published by the Genealogical Association of Nova Scotia in Halifax, contains a number of items of interest to people in Inverness County.

1. Notice of records at the Nova Scotia Archives and Records Management (Public Archives) concerning the Acadians on line www.gov.ns.ca/nsarm/virtual/deportation - Records of the Deportation and Le Grand Dérangement, 1714-1768.
2. Records of *Nova Scotia Strays*, from a number of places in Canada, as compiled by Ken Young of Ontario.
3. "Recent Genealogical and Local History Acquisitions at the Reference Department of the Spring Garden Road Memorial Public Library." This collection of materials, publications and periodicals is in a very useful location, particularly when the public Archives(NSARM) is not open.
4. Marriages and Deaths of Nova Scotians Residing in the Magdalen Islands/Gaspé Areas of Quebec, by Byron Clark, includes notice of the marriage of John David Buck of Port Hastings to Ada Maud Turnbull of Grindstone Island on 14 April 1881.

c) *Historical Atlas of the Maritime Provinces, 1878*. With an introduction by Joan Dawson, published by Nimbus. Cost is \$29.95. The publication is available at a number of local outlets. This is a reprint of the atlas of 1878 in colour and contains a fine map of Inverness County with representation of many roads not now in use. A treat for local historians and map buffs.

II. The Federation of Nova Scotian Heritage will hold a workshop on 17 February 2006 at the Aikens Auditorium at NSARM to assist local museum people to improve their skills in cataloguing collections according to the standards required by Nova Scotia Museum. The process of accessioning items into a museum collection and of identifying objects and documents will be the main focus of this one-day workshop. Contact the

Federation via its website: www.fnsh@hfx.andara.com or e-mail: fnsh@hfx.andara.com or by

phone 1-800-355-6783.

III. QUERIES:

- a) Descendants are searching for information regarding the descendants of Henry Williams, whose children are recorded on the 1831 School Register for Whycomagh. Their names are given as John Williams, age 10; George Williams age 8; Tabe(?) Williams age 6; Isabel Williams, age 5. Williams a native of Antigonish was of Loyalist descent. One of the descendants is said to have been a well-known policeman in New York City in the late 1800s.
- b) Who was John MacIntyre, "the blind piper" of PEI and Cape Mabou? He is said to have had a sister Susan who married a Donald MacKinnon.
- c) Who has information regarding Roderick MacKeigan of Whycomagh Mountain (near Lewis Mtn.)? According to his death certificate of 1870, he was born in North Uist about 1809.
- d) Descendants are looking for information about

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Daniel MacDonald born about 1846, possibly in Whycocomagh or Little Narrows, a son of James MacDonald and Christine MacAskill. He was married in 1879 to Kathleen LeGrandais of Newfoundland. He may have been a ship captain.

IV. MACKINNON BROOK

In preparation of material concerning the residents of MacKinnon Brook, letters, photographs or descriptions of the houses and store that formerly stood in that community, are being requested.

Please send these to Pauline MacLean at Nova Scotia Highland Village, 4119 Highway 223, Iona, NS, B2C 1A3 or to me, Jim St.

Clair, c/o *The Participaper*, P. O. Box 179, Port Hood, NS, B0E 2W0.

According to the 1871 census, the names of the resident farm families that extended from Cape Mabou to the Beinn Bhiorach, were MacPhees, Beatons, and MacKinnons.

V. REMINDER: Membership in the Nova Scotia Genealogical Society should be renewed as of the 1st of January 2006. Dues are \$25.00 per year and may be sent to: GANS, Box 641, Station Central, Halifax, Nova Scotia B3J 2T3. Membership brings the quarterly publication of the society and a procedure for connecting with other people interested in research in specific families, possibly through electronic means or by means of a publication put out every two years.

VI. RESEARCH RESOURCE: a collection of Inverness County School Papers may be found at the



NSARM (Public Archives). Many names of early 1800s teachers are on documents from the Inverness County School Board as well as recordings of the names of students, their ages and their parents in a number of school districts.

The documents are far from complete, but are very valuable in giving an insight into a number of communities. For example, the report of the School district no. 29, "Whykokomah," lists the names of thirty-one students who attended school that year. Their fathers' names are given as well, plus the amount that each household contributed to the salary of the teacher, Archibald

Campbell. The names of the families represented on this document are: McPhadden, Campbell, Carmichael, McLean, McDonald, Matheson, and Williams.

The students ranged in age from five-years-old to nineteen. The salary of the teacher is shown as 40 pounds in British currency plus an additional 10 pounds for boarding expense. Also, the report states that 10 pounds was raised to pay the expense of maintaining the school house and providing firewood. The names of the trustees are given as Henry Williams, Donald Campbell and Alexander Campbell, who state they find the work of the teacher satisfactory and his conduct without fault.

This collection is of great interest. It would be excellent if somebody would undertake to list all of the documents and provide an index of the names and locations to assist researchers. *

JINGLE BELL WALK

In whatever way communities come together to greet the holiday season, Inverness County On the Move... wants to be there – with bells on! Some communities across Inverness County are planning a short fifteen-minute walk on a special holiday evening, with bells of all shapes and sizes in hand. Some will have caroling, some will have cider, and still others will be keeping the kids moving around and warm until Santa arrives to light the tree. But ALL will be jingling! Watch local media for details on community celebrations, and BYOB – Bring Your Own BELLS that is... Of course we'll have a few extra to share, if yours are still packed away from last year.

Inverness County On the Move... thinks that a good plan is one that accomplishes a number of objectives – the Jingle Bell Walk will help us get a bit of exercise plus it will get people out and bring them together for a bit of fun and foolishness.

For the next six months we will be here for people who just need a little encouragement, or have questions about how to turn a good idea for healthy living into reality. If you are interested in getting a Jingle Bell Walk going in your community this year give us a call, we'll be happy to hear from you!

Inverness Southwest

Ardi MacEachern, Judique: 787-2913 / 625-2016

Inverness Southeast

Wanda Chandler, Stewartdale: 756-3320

Inverness North

Carole Aucoin, Chéticamp: 224-2035

Inverness Central

Caroline Cameron, Strathlorne: 258-3110 / 2616

And the Silent Shall Speak

A Christmas Story by Jim St. Clair

In those days, no social services were available. Nor were there RCMP in our area. No telephone service, with an operator to find the telephone numbers of officials who could help in a crisis. In those days, we lived in isolation with only the telegraph and the mail service for long-distance communication.

In those days, communities found ways to meet the needs of individuals and families. Help in times of loss or need could only be gathered through the awareness of all that no other solutions were present.

Thus, when a nearly unconscious woman, lashed to a large homemade raft, washed up on the rocky beach below our house, we knew we had to care for her as best we could. The doctor was summoned from Mary's Cove. But as there was no hospital within two hundred miles, the care of this unknown stranger so mysteriously arrived on our beach, now came to us and to our neighbours.

The doctor suggested that she had been involved in some terrible event, perhaps a shiwwreck. A survivor, perhaps lashed to the raft as a way of saving her life when someone with her could hold on no longer. But, although the woman returned to consciousness after several weeks of bed rest and of placing water in her mouth by dropper, she did not seem capable of speaking. The doctor could find no other disability or injury. There was no institution to bring her to, nor any hospital that could help her - it seemed that we, as a family, were to become her caregivers.



We called her "Peregrina" - from the word for wanderer. Her eyes indicated that she heard us as we tried to communicate with her in several languages - English, Gaelic, French, and Danish. She made no response, but stroked our arms as we brought her food and helped her to begin to stand up.

Our youngest sister, Rachel Amelia, seemed to have the closest communication with Peregrina. She sat with her and sang to her in her high four-year-old voice. She even brought her toys. Peregrina gradually came to sit in a chair and welcomed Rachel Amelia to sit with her. She stroked her hair and eventually began to comb the young child's tangled curls.

In those days our lives were very busy, as we lived in the newly built railway station on the main line between Sydney and the Strait of Canso. At least six trains a day arrived here with much freight to be loaded and unloaded. Our living quarters were located on the second and third stories of the large building so we were always present when the trains came from either direction. Often, we had to help passengers with their luggage or even provide meals as people waited for relatives to come from a distance to meet them.

Although we had learned to use the telegraph to communicate with other stations on the railway line, and with offices in Moncton, Sydney and Halifax, we had no access to any government departments. However, we sent messages about the stranger who had arrived in such a curious way. But, we received no response or information about ships lost at sea or any other shipping disasters. So gradually, Peregrina came to be part of our daily lives. Our neighbours brought her clothes and food and even took her for rides in their buggies. But she seemed nervous when away from us so she always returned

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fairly quickly. She always wished to sit with Rachel and to stroke her arm. Once there were seven of us in the family, and now with Peregrina there were eight.

We always made certain that Rachel Amelia and Peregrina were far from the tracks when the trains were coming in - Rachel because she had little fear and Peregrina because we weren't quite sure that she understood about the danger.

Summer passed into fall and fall into early winter. Gradually, Peregrina began to do small tasks - she even learned to knit. And, eventually the preparations for Christmas began with fruitcakes being baked and parcels arriving from far away places. We planned our Christmas evening dinner to take place after the arrival and departure of the evening train from Halifax to Sydney. The telegraph told us that it was a long train with a number of passengers who were going to get off the train at Pleasantdale, our station.

In those days, kerosene lanterns hung on the outside walls of the station and also stood near the edge of the platform to light the way for people as they alighted from the train.



We also had several lanterns that we took with us in the evening when we went to the barn to see to our milk cows and horses and chickens. The barn was about a hundred feet from the station. This night we put those lanterns on the platform as well so that there was plenty of light in those days before electricity.

On Christmas Eve, our mother and our aunt had prepared a large meal to be served in the dining room on the second floor of the building, over the baggage room of the station. Our bedrooms were on the third floor and people were coming and going looking for dishes and setting more places than were required for our own family; as we expected visitors off the train, who were waiting for their friends and relatives to come from distances out in the country.

Although we had taken Peregrina to the barn with us several times and were teaching her to milk the cows and feed the horses, she never went on her own. Rachel Amelia, as the youngest family member, had been cautioned to never go to the barn alone. And she was a good child who wanted to please.

That Christmas Eve was a busy evening with many people arriving with their buggies and sleighs, for there had been a bit of snow earlier in the day. They were passing the time as they waited for the train with the telling of old stories. Our great-uncle Simon who lived way out in the country had lots of old tales and was present as he waited for his daughter to arrive from New York with her new husband.

Uncle Simon was a favourite of Rachel's so she sat in his lap as he told her a story about how the animals spoke to one another each Christmas Eve at the stroke of midnight. "C'est vrai," he said, as if by confirming the story in French, Rachel would believe him. She asked how he knew and he said his father had told him. As he finished his story, Papa came into the room and Rachel announced to him, "Papa, the animals speak so we can hear them at midnight as they did when the baby Jesus was born." And she smiled at him and repeated her statement to Peregrina who came into the room at the same time.

Papa smiled at Rachel and stroked her hair and said, "Uncle Simon knows lots of stories that seem true. But I am not sure this one is exactly true. "Yes, it is," said Rachel, "Uncle Simon told me in French and I believe him." People smiled, and Peregrina's mouth seemed to turn up at the corners just a little bit, for the first time since we found her on the shore. But the noise of the telegraph key interrupted

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any further comments from Papa who went to receive the message and respond to it.

The train was late coming from the Strait of Canso and it was well after 11:30 p.m. before it arrived. It was a good twenty minutes before it departed again with great gusts of steam from the engine. There were greetings of “Merry Christmas” and “Noël” between the departing passengers and the people on the platform, including our Papa who was a genial station-master indeed, and people thanked our mother and aunt for the tea and cold meat and cookies that had been set out for them in long trays on the dining room table.

In those days, we could hear the noise as the trains announced their arrival at Smith’s crossing two miles away - and it was a long whistle indeed which echoed over the countryside. But finally, the sound passed away and all we could hear was our sisters and our aunt singing Christmas carols as they gathered around the parlour pump organ, which our aunt played with great gusto.

Our mother announced the feast was ready and we should all come to the dining room. It was then that we noticed, all at once, that neither Rachel Amelia nor Peregrina was anywhere to be seen. Where could they be? It was not like either one of them to be away from the main activity. Had they gotten on the train by mistake? Could they be asleep?

We looked but there was no sign of either of them upstairs or downstairs, in the baggage room, or in the passenger waiting room. People called but there was no response. Where were Rachel Amelia and Peregrina - the child and the stranger without the power of speech?

Our brother Aaron came in breathless and said that he had noticed that one of the lanterns, which should have been on the edge of the station platform, was missing. And then he said from the doorway as he looked outside, “Look at the footprints - they go toward the barn.” As we heard the great clock on the landing of the stairs begin to announce the hour of twelve midnight on Christmas Eve, we hastened out the back door toward the home of the animals.

Papa swung open the great door of the barn. There, seated on the hay looking toward the cow stalls and the horse stable were Rachel Amelia and Peregrina. They were both smiling. Rachel, the little girl of faith said, “It is vrai, it is true. Peregrina and I heard them speak, Papa. They said Noël, Noël!” And, before anyone could answer - from the long silent lips of the mute stranger - came a sound, “Noël, Noël,” as from the depths of her inner self.

On that evening of those days so long ago, we went back to the house, knowing that a little child had led us, and that a silent person could indeed speak - on that Christmas Evening at midnight - a time of faith and hope and miracles.



Community Access Program in Inverness County - Real Community, Real Access

By Virginia MacIsaac

CAP - or C@P - stands for Community Access Program; the key component in the federal government's initiative "Connecting Canadians", which began in 1995. This year we celebrate the 10th year of CAP, and our Inverness County CAP groups have a lot to be proud of what they have accomplished during the time they've existed.

The goal of Industry Canada, the department that supports CAP sites, was to have public Internet access sites in 10,000 rural, remote, and urban communities across Canada. In 2003 the initiative was directly focused on addressing the so-called 'digital divide', a term which described those who faced challenges in understanding and using Internet Technology (IT)

In Inverness County there are 16 points of access for users. Fourteen of these are run by independent community societies or organizations, and two are operated by the Eastern Counties Regional Library. That's a total of fifteen groups in the county, working to provide you with an affordable place to get basic computer instruction including word-processing, access to the Internet, and printing.

"Working" is the operative word here, because the theory behind the Community Access Program is that volunteers do the work. The Eastern Counties Regional Library, as a partner in CAP, volunteers its staff and equipment to assist users.

Three of the community groups - located in Port Hood, Chéticamp, and Whycomogagh - are part of Service Canada. Therefore, a paid employee at each of these CAP sites provides technical assistance to users to retrieve government forms and/or information on federal services such as Employment Insurance.

For the remainder of the work, the CAP sites rely heavily on volunteers to keep them open. These volunteers undertake many different tasks from learning the technology; caring for the equipment; writing proposals; doing paperwork; paying bills; instructing; promoting community projects; coordinating and working on specific CAP projects; attending meetings; and, being active members of the Inverness County CAP Network Society (ICCNS). The volunteers at all of the independent sites take on these responsibilities.

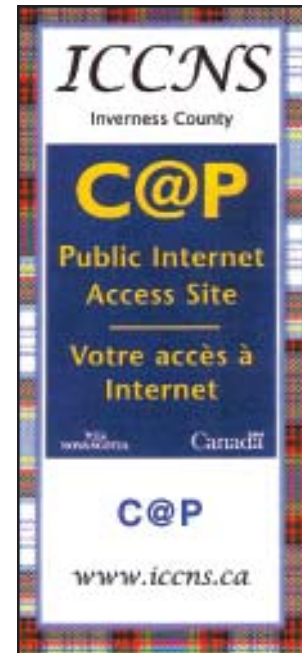
To assist in the operation of CAP sites, Industry Canada, through the Office of Economic Development in Halifax, offers sustainability funding. Sites in Inverness County received from \$0 direct dollars some years to \$4200 in others. The funding reaches the sites through the Inverness County CAP Network Society.

According to the agreement with the Office of Economic Development, sites may use the funding in three areas: Overhead - which includes rent, power, phone, internet, snow removal, janitorial, and heat; Equipment and software related to Internet Technology; and Human Resources. Several years ago, Jack Tilsley and the committee at the Scotsville /Lake Ainslie site used this funding to purchase a satellite system to bring high-speed service to the site; something which would otherwise have been a long time coming to the small communities in the area.

The Inverness County CAP Network Society also coordinates the Youth Internship Funding that comes to the region from Industry Canada. The CAP site groups are expected to apply for federal and provincial summer student funding programs and, if unsuccessful, may apply for the Regional funding. Many high school students in Inverness County have volunteered at CAP sites, some of them are subsequently hired for summer work after graduation, and some come back to use the facilities as university students over the holidays.

The Judique and Port Hood sites were studied by a former student worker as primary source of

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information for an honours thesis on how people adapt to, learn, and use Information Systems.

An interesting fact was uncovered during this process. That is, that the more successful a CAP site is - such as, when a client learns how to use a computer and access the Internet they usually move on to purchase their own system - the sites quickly lose their users.

This is where the “Digital Divide” kicks in and CAPs retain their value for those who are least likely to purchase a computer system or don’t have access to high speed service.

Challenges due to of lack of education, low employment opportunities, geography, language, or physical disabilities can often be overcome with partnerships and the use of CAP sites.

Some site managers are interested in new technology, and this also helps keep users of the CAP sites interested. Some sites partner with organizations that have ongoing technical projects, for example, the SAERC community cable TV station led by teacher John Stub.

Many students who have been associated with CAP learn early on about careers and opportunities in the IT sector and go on to pursue a career in that field. Adult volunteers get basic training and can continue to teach themselves about many aspects of computers while at the sites. Many self-taught people learn about the inner components of a computer; networking computers; special software features of photo-editing or video-editing; data-basing; or web design. It depends on what appeals to them.

Fortunately, learning these things doesn’t have to be a lonely pursuit. The Inverness County CAP Network Society is offering free workshops at local CAP sites. The project, named, “Run with I.T.”, is coordinated by Bernadette MacDonald and sponsored by Service Canada (formerly HRSDC). Workshops on MS Excel 2003 Basics, MS Word 2003 Basics, Downloading Music Legally, and Setting up PC Home Networks are being offered. Most workshops are two or three hours long. You can sign-up for them by visiting your local CAP site to add your name to the list, call Bernadette at 787-2435, or e-mail iccns_runwithit@yahoo.ca.

Where in Inverness County can you find a CAP site? Chéticamp offers two separate locales. Lisette Cormier, who knows the CAP program well says, “Our CAP site is located in our cultural centre, Les



The CAP site at St-Joseph-du-Moine is located in the Centre de la Mi-Carême. Several of the CAP sites are located in multi-use facilities such as this one.

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Left and right photos: Young people using the computers at the CAP site in Glendale.



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Trois Pignons. We have split the numbers of machines we have between our visitor information bureau and the community area of the centre. We are very fortunate to have an employee at our Service Canada site who helps out with the CAP site. We also have a satellite site at LePortage Golf Course.”

“Being an Acadian community, we have to ensure that all of our information is in both official languages and that any staff we hire is bilingual. As well as working closely with our RWG, we also get some assistance from the provincial RWG [Réseau PAC], working specifically with the Acadian communities across the province. With their assistance, we will be able to hire a person for a 12-week period (January to March 2006). This will help us offer more programming to the community.”

(The Inverness County CAP Network Society is the Regional Working Group (RWG). Every CAP site in the county is a member with one representative on the board, who is usually the chair of the community organization, or a representative of the chair.)

The Glendale CAP is located in the Fr. John Angus Rankin Cultural Centre. Glendale’s representative is the ICCNS president, Marina MacIntyre. Glendale CAP has several computers for users, and has just received high-speed internet connectivity through a satellite system as part of the “Run with I.T.” project. Marina says, “Use of the Glendale CAP site’s computers and software made it possible for the Glendale Gaelic & Historical Society to publish a genealogy book, *Cuis is Buain: A Genealogical History of Glendale and Neighbouring Communities*, in 2001. This project employed two people and ran for one year. Now a part of our cultural and family history is preserved in an eight-hundred and forty-five-page book for generations to come.”

The Inverness CAP site has had a few homes, but right now it is located in the brand new Visitor Information Centre on the main street. Francis MacDonald is the ICCNS representative for this site. He was also one of the technicians who worked on creating an informative website last year for the ICCNS and its CAP members.

Judique’s CAP site is downstairs in the Judique Community Centre where it is easy to get to. During the daytime, Monday through Friday, the site is usually open, plus two evenings a week on Monday and Thursday, during Bingo and during Cadet night the centre is open. Students without access to a computer or the Internet can work on school projects, do research, scan, and print.



The Glendale CAP site is located in the Fr. John Angus Rankin Cultural Centre.



Roxane Haché, Project Youth Coordinator for North Inverness

The community of Judique was added to the Aliant-ALIN broadband project, and the local group recently purchased a high-speed account. Several video and audio projects have been done here. DVDs have been made at the CAP site, video school projects, and a web site with lots of Judique information is always being worked on.

Mabou has two computers available to the public in the lobby of Mabou Communications on the main street. Calum MacDonell is the new Youth Liason (South) for ICCNS and will be working here for the next few months. If you’re new to computers, but want to learn, a lesson can be set up for you at the

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Margaree has two groups looking after CAP sites and, although both are located in the Drs. Coady & Tompkins Library, one is located in the library upstairs and the other is downstairs. The Eastern Counties Regional Library operates the one in the library location and the Margaree Development Association runs the other. Northern I.T. Technician, Jeff Burke, will be working out of here at times, and will also be of service to the CAP sites in the northern half of the county.

The Meat Cove CAP site is in the very capable hands of Derrick MacLellan. Meat Cove CAP was reborn after a fire two years ago ruined their computers. "We're up and running now," Derrick says. "Although, we're still doing construction on our building." Meat Cove has one of the busiest centres in the county during the visitor season. They have also recently hooked up to high-speed through a satellite system, part of ICCNS's latest project, and he finds it great. "It's been working really well for us," he told me.

The CAP site at Pleasant Bay is located in the Family Resource Centre and Library. Anna Moore, President of the association, mentions a recent working-bee, "Many people in the community came out to help us expand our library to an adjoining room in order to be able to house our CAP computers more effectively and provide a better overall experience. Several of the computers were located in a resource area outside of the library, making it quite inconvenient for the workers and users. The Pleasant Bay Volunteer Fire Department will also benefit from this move because they will have more room in their area as well. We have to thank George Fraser, the manager of the Whale Interpretive Centre, for offering his office to us in order to be able to do the renovation in the first place." The library and Fire Department are located in the lower level of the Whale Interpretive Centre. Having the CAP site does help give residents access to the Internet. Unfortunately, high-speed has not reached this area yet, but computer technology still serves the community and individuals in many other ways.



The Pleasant Bay CAP site is located in the lower level of the Whale Interpretive Centre.

Port Hawkesbury has two CAP locations to serve the public and students of the area. One is in the SAERC/Eastern Counties Regional Library and is open after school and in the evening. In summertime, the CAP site is open mainly in the SAERC -TV space.

The Port Hood CAP site is situated conveniently in the middle of the community beside the Post Office. They have a ramp installed at the rear for accessibility and have several computers for the public's use. Port Hood's CAP site is also a Service Canada site, therefore, has a full-time employee - Diana Hawley. Lots of community partnerships are undertaken in this building, including JUMP Cable TV and a digital video project - a documentary on Angus L. MacDonald.

Scotsville /Lake Ainslie's site is located inside the former school building now operated by the Scotsville School of Crafts and the Lake Ainslie Weavers Association. Jack Tilsley and Verna MacMillan actively volunteer here and the centre has become a linchpin in this community. Jack was voted the ICCNS volunteer for the region and attended the 10-Year Anniversary Celebration of CAP in Halifax this year.

The St. Joseph du Moine CAP site is at Centre Lemoine. Projects here have included *Saint-Joseph-du-Moine: 125 years*, a book compiled and written by Rosie Aucoin- Grace, and, *1879-2004, A Recipe Book*,

Continued next page...CAP



The CAP site in Judique is easy to access. It is located downstairs in the Community Centre.

Continued from previous page...CAP described on the website as “Une merveilleuse collection de repas traditionnels ainsi que de nouvelles surprises. Un outil essentiel dans la cuisine!/A wonderful collection of traditional dishes and new favourites. A must for any kitchen!” This book was compiled by Rosie Aucoin-Grace and Valerie LeBlanc.

And the Whycomomagh CAP site is located in the Whycomomagh Education Centre and it is also a Service Canada site. Merryl Bustin is the ICCNS representative for the site and Melinda MacPhail works in the Service Canada position.

Each site also has web-cams and the ability to set up conferencing audio. Using these means meetings could be held by going to your local CAP site, thus reducing time and energy wasted on travel, especially on cold winter nights. *[Ed note: This could be an excellent resource for county Community Development organizations to keep in touch with one another.]*

Thanks to the Labour Market development project carried out by ICCNS last year, and coordinated by Susan Brooks Frank, there's a very informative and useful website at <http://www.iccns.ca>. A resource CD is also available. It is full of information, technical tips, and community links. A screen saver of beautiful sights in Inverness County, and a business directory database at <http://www.iccns.ca/businessdir/main.php> are also part of this intensive project that had team members sharing skills and knowledge with each other, with the public, and with the CAP volunteers. As the website says “...All CAP sites provide basic word-processing, printing, access to the Internet, and basic computer lessons. Many CAP sites offer much more!”

If you are interested in ways Internet Technology can help you communicate better, start a business, take on-line courses, learn computer skills, or learn more about your community, the CAP sites are a good place to start. For more information, contact ICCNS coordinator Brenda Beaton at iccnscoordinator@yahoo.ca or 787-2658. There are also brochures with local CAP information available at the sites. ■

Plan For Fun During the Holidays – Be Active!

Planning the holidays

- Be active, get your family and/or friends involved in the chores and decorating.
- Give active gifts this Christmas: skis, toboggans, sports, gift certificates for gyms or other activities.
- Support all age dances, activities and social events in your community.
- Find new walking routes for all ages to share.
- Plan physical activities to include ALL ages – from children to seniors.

Enjoying the holidays

- Have Fun...Be Active!
- Take walks by moonlight, do some skiing and then end a fun day with a potluck supper.
- Try a sledding party followed by a Christmas dance.
- For landowners - get a Christmas tree the old-fashioned way, find one in your woods!
- Plan an outdoor Christmas scavenger hunt.
- Go caroling around the neighbourhood. This will be a special treat for those neighbours who are housebound.
- Tour the Christmas Lights on foot with friends and family.

For the New Year

- Reclaim Sunday afternoon for outings with family or friends, choose something active such as a walk, invite someone special to come along.
- Plan a new family physical activity: snow shoeing, skiing, skating, hiking.
- Turn off the TV, computer and video games, get physical - rediscover fun activities while enjoying your family and friends.
- Teach by example - nurture a positive attitude about physical activity by setting an example.



No Need to Deprive Yourself at Christmas!!!

by Caroline Cameron, Inverness County on the Move...Coordinator

If you've decided to adopt a healthy and active lifestyle, one way to help you stick with it is to allow yourself to splurge once in a while. If you do, just remember - everything in moderation, INCLUDING moderation! So, if you plan to go ahead and really enjoy getting into the treats at Christmas, it will help to go at it with a basic strategy! Here are some ideas to help you get through Christmas without overindulging.

To begin, I feel I have to debunk a favourite eating myth - that is, that eating healthy is not really indulgent. I say indulge in the good things. Since this is the time to put a little extra thought into special foods, you can put a little extra thought into Christmas treats that you can eat with bravado. I had a revelation last Christmas – not of the religious sort, but a culinary one. I showed up at a gathering with a fruit tray and it was the FIRST plate to be emptied.

We love to get together and indulge, but the Christmas scene is so loaded with sugar that we soon get turned off by a big spread of sweets and squares - especially when we think of how it's going to take effect when the sugar hits the children's blood systems. I wouldn't think of suggesting a sugar-free holiday, but there are a lot of ways to tip the sugar balance to the healthy side without sacrificing taste.

Strategy #1 - Go for fruit-based desserts and add a simple seasonal touch. For example, try these for dessert - A baked apple with a bit of candied fruit, raisins and nuts. How about fried bananas (just slice and fry in a tiny bit of butter) sprinkle with cinnamon before serving. Stewed dried fruits such as apricots, or try canned fruits warmed up with a bit of spice (cinnamon, nutmeg, cloves) luxurious! Jello in festive colours with any combination of canned or fresh fruit (but remember, pineapple is a no-no - for some reason Jello will not gel with pineapple added). Jello is really easy and refreshing – maybe add a dash of whipped cream or ice cream to make it holiday special.

For party treats try putting lots of fruit out with the cheese tray. Here's a knock-out combination - splurge a bit - use fresh pineapple, grapes, orange slices, try different types of apples and pears (sprinkle them well with lemon juice so they don't brown). All of these go unbelievably well with a whole assortment of cheeses (go easy on the cheeses, or serve more of the low-fat than full-fat types). Try this simple recipe: Baked Brie with fruit – bake a piece of brie cheese for 10 – 15 minutes @ 350 degrees, remove from oven and sprinkle almond slivers over it and serve with fruit. Yummy!

For a healthy fruit dip try a cup of plain yogurt seasoned with an eighth of a teaspoon each of cinnamon and nutmeg and approximately a teaspoon of maple syrup. Make up your own trail mix by using all of your favourite nuts and seeds such as, sunflower seeds, brazil nuts, walnuts, pecans, almonds, pumpkin seeds, and hazelnuts (only add peanuts if you are sure those who will be eating the mix has no allergies. Some people are also allergic to almonds.) For dried fruits add banana chips, cranberries, raisins, currants, dates, apricots, apple.

Strategy # 2 - Go for substance and go easy on the sugar – don't forget how much people love the old standards. For example, in the desserts category apple crisp always comes up a winner. For the topping add some quick rolled oats and dress it up with a bit of fruit, nuts and spice. Instead of apple crisp, try pear and cranberry crisp... and add some slivered almonds to the topping with the quick oats. How about trying Cranberry squares – just substitute the filling for date squares with cranberry sauce, apple slices, canned fruit, add raisins and/or nuts. Dress rice pudding up in holiday style – add raisins or cranberries!



For Savoury snacks – Get fancy with veggies! The standard veggie tray is always welcome – a small amount of low-fat cream cheese will thicken up plain yogurt to dipping consistency – just add dill, garlic, or a dry herb mix. Use sliced cucumber or celery stalk as a base for a piece of rich blue cheese, or top with a

Continued next page...DEPRIVE

piece of avocado, a yogourt-dill dip, a sardine slice, or a smoked oyster. Cherry tomato halves sit nicely on a piece of cheddar cheese. Be creative! Bear in mind that nuts are fatty, but they are goood for you – better snacks than chips! Strategy #3 Be merciful! Don't keep food right under people's noses all day. Let people build up a healthy appetite for a good meal, do your part to help your friends and family stay healthy! Have a good mix of foods, lots of healthy stuff, small portions of the rich stuff. This lets people really enjoy a range of treats. Don't put enormous amounts of food out – it doesn't have to be a feeding frenzy!

As for drinks, don't forget about warm spicy ciders, eggnog, smoothies, fruit punches and try adding a sprinkle of cinnamon to the coffee grounds before brewing.

Some recipes to help you get through the holiday season while still sticking to a healthy lifestyle.

Recipes

Baked Apple:

Core and peel four apples, place them in a baking pan with a half cup of water in the bottom. Fill centres with a mixture of nuts, raisins and brown sugar. Bake at 375 for 30 minutes.

Lemon Snow:

1 tablespoon gelatin, unflavored, granulated
1/2 cup water, cold
1 tablespoon lemon zest, grated
1/4 cup lemon juice, fresh
1 1/4 cups water, boiling
1/2 cup sugar
2 egg whites (medium)
1/4 teaspoon vanilla extract
1/4 teaspoon lemon extract
Lemon zest, grated, for garnish
Soak gelatin in cold water. Meanwhile, combine lemon zest, juice, and boiling water in a bowl. Add softened gelatin and sugar; mix well. Chill until it is the consistency of unbeaten egg whites. Next, add unbeaten egg whites, vanilla extract, and lemon extract. Beat with a rotary beater until it is very fluffy and holds its shape. Pile into 6 parfait glasses. Top with a little extra grated lemon zest.

Yogurt Fruit Dip:

Take 175g of yogurt (any flavour) and mix it with 1 small container of Light Cool Whip. This can be served with fresh fruit. Delicious!

Veggie Dips

Curry Veggie Dip

1/2 cup plain yogurt
1 tsp curry powder
1 tsp sugar
a dash of black pepper

Mexican Veggie Dip

3/4 cup plain yogurt
1/2 tsp lemon/lime juice
2 tbsp. mild salsa.

Cranberry Pear Crisp

Cranberries have been rated as one of the top-notch antioxidant containing fruits. And in this dessert, it's doubly good with both fresh or frozen and dried ones included. Together with the heart healthy perks of oats, it's a fibre-packed tasty dessert. Serves 6

Topping:

3/4 cup quick-cooking rolled oats
2 tablespoons whole-wheat flour
1/4 cup brown sugar
2 tablespoons chopped, toasted nuts,
1 teaspoon cinnamon
pinch salt
2 tablespoons soft non-hydrogenated margarine

Filling:

3 fresh or canned pears peeled, cored and thinly sliced
1 1/2 cups fresh or frozen cranberries (if using frozen, do not defrost)
1/2 cup chopped dried cranberries
1/2 cup brown sugar
1 tbsp all-purpose flour
Preheat oven to 375°F /190°C.

Grease an 8 x 8-inch pan
Combine oatmeal, whole-wheat flour, brown sugar, nuts and cinnamon in a bowl and mix well. With a fork or fingertips, work in margarine until the dry ingredients are moistened. Set aside. In prepared baking dish, combine pears and cranberries; toss with brown sugar and flour to coat fruit evenly.

Sprinkle oatmeal mixture evenly over fruit. Bake for about 40 minutes, or until fruit is soft and the topping is golden brown.

Easy Cranberry-Chocolate Cookies

2 1/3 cup margarine
1 cup brown sugar
1 egg, slightly beaten
1 tbsp water
1 cup whole-wheat flour
1 cup oat bran
1 1/4 cup wheat germ
1 tsp baking soda
1 tsp baking powder
1 cup chopped dried cranberries, raisins, or chopped dates

1 1/2 cup chocolate chips or chopped nuts
In large bowl, cream margarine, brown sugar, egg, and water together thoroughly. Add flour, oat bran, wheat germ, baking soda, and baking powder; mix well. Stir in dried cranberries and chocolate chips. Drop batter by spoonfuls onto lightly greased baking sheets; flatten slightly with floured fork.

Bake in 350°F/180°C oven for 10-12 minutes or until light golden.

Makes about 3 dozen cookies.



Smoothies - blender fruit drinks

You can use a base of bananas for a creamy consistency, or yogourt, if you're not a banana fan. Ice cubes give it an extra chill. From here on in, it's up to you to choose whatever fruit you like - frozen, canned, jammed or fresh - strawberries, pineapple, oranges, cranberries, raspberries, mango, peaches, pears. Then thin a bit with water or juice. Use approximate measures to taste: for two servings start with 1 banana, 6 ice cubes, about a half-cup of fruit and a half cup water or juice.

Citrus Sangria Drink (An Elegant Christmas drink)

1 lime * * *
1 lemon * * *
1 orange * * *
1 bottle white grape juice * * *
1 bottle soda water * * *

Crushed ice cubes

Cut lime, lemon, and orange in half. Squeeze juice from one half of each; cut remaining halves into thin slices. In large pitcher, combine grape juice, soda water, citrus slices and juice. Fill wineglasses one-quarter full with crushed ice. Pour in sangria and a slice of citrus. Makes 8 - 1 cup servings.

Cold Pizza

Take one Pillsbury Pizza dough and stretch it out on a slightly greased cookie sheet and cook for 8-10 minutes according to package. Let Cool!

While pizza is cooking, mix 1/2 cup of Light Miracle Whip with 4 oz. of room softened Light cream cheese. Add 1/2 a package of Hidden Valley Ranch Dressing (This is dry and other flavors in the series can be substituted for Ranch). Once the pizza crust is cooled spread the mix on top. Top with whatever chopped vegetables your household likes - onions, fresh mushrooms, peppers (red and green are nice for the holidays) and tomatoes. Grate some cheddar and mozza cheese. Cut up into bite size pieces and serve cold.

Apple Cider

Heat Apple cider and add a sprinkle of cinnamon.

Eggnog

Beat well together (per person):

1 egg 1/4 tsp vanilla *
1 cup milk 1 pinch nutmeg *
1 tsp sugar *

Raspberry Punch from the *Whycocomagh & Area Volunteer Fire Department Ladies Auxiliary 2004 Cookbook*.

3 cans of frozen raspberry juice *
1 cup peach slices *
1 lime, thinly sliced *
1 pkg of frozen raspberries * *
1 can of frozen lemonade * *
3 cups of Sprite or 7-Up
1 750ml bottle of champagne
Mix all together and enjoy. You can also use vodka or rum or just omit the alcohol.

Crisp or Chewy Cookies. Which do you prefer? For a very crisp cookie, use butter; for slightly less crisp, use soft margarine. Using a reduced-fat spread will produce a soft, chewy cookie.

DEADLINE FOR THE NEXT ISSUE OF
THE PARTICIPAPER IS JANUARY 6, 2006

Inverness County on the Move... Meet the Team!

by Caroline Cameron, Project Coordinator

The Inverness County on the Move... project now consists of a team of four, each one dedicated to a region of the County. Carole Aucoin of Chéticamp looks after Inverness North and Caroline Cameron of Strathlorne, the Project Coordinator, also covers Inverness Central. The contact for Inverness Southwest is Ardi MacEachern of Judique and has been with the project since its inception. Our newest addition is Wanda Chandler of Stewartdale, who will be taking care of Inverness Southeast.



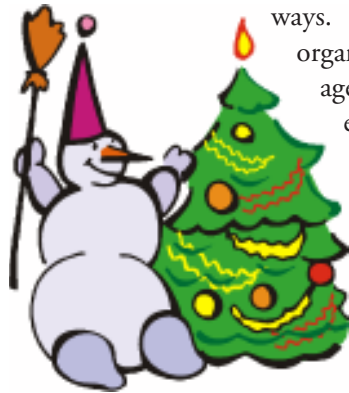
Pictured l - r: Carole Aucoin, Ardi MacEachern, Wanda Chandler, Caroline Cameron

We owe a debt of gratitude to Leslie McDaniel, Donna LeBlanc and Ardi MacEachern, who initially got the project up and running. They were also responsible for the creation of those beautiful “Inverness County On The Move...” posters hanging throughout our communities.

Our group brings many different experiences and perspectives to the project. We are active in various ways, and just like so many other Inverness County residents, we too face challenges in being active. Therefore, we are always on the lookout for activities that will work, not only for our fellow residents, but also for us. We are looking forward to the future of this project and the ensuing results with excitement and energy. Here’s to getting everyone in Inverness County “On The Move...”

“Most of us know what we should be doing to lead a healthy lifestyle, but much too often we allow other things to become a priority. Between hectic schedules, social gatherings, frozen foods, and fast-food restaurants, it requires major focus and self-control to lead a healthy lifestyle. Of course, it should be a top priority for all of us at all times.

I’m one of those people who tend to be active in spurts. I’ll make a major effort to eat healthily and include physical activities on a daily basis, and then slowly, I return to my not-so-healthy ways. I really like the fact that Inverness County on the Move... is promoting organized family activities such as monthly walks. It encourages people of all ages to do things together, from small children to seniors. I’m hoping these efforts will encourage some of us to participate and get in the habit of doing so regularly.” - Carole Aucoin – Field Worker, Inverness County North



“What’s most important to me about being physically active is that every time I am, I feel like I’m ‘doing the right thing’ – it feels good - physically and mentally. I don’t have a regular schedule of physical activity, and often won’t take the time to enjoy activity because I’m ‘too busy’. I need to be reminded that it is a really valuable way to spend my time, and that it benefits me.

Continued next page...MEET

Free Tutoring for Adults

The Inverness County Literacy Council has volunteer tutors in your area who are available and willing to assist adults to become better readers. If you, or someone you know needs help, call 1-877-258-5550.

Adult Upgrading Classes

Adult upgrading classes (including preparation for writing the G.E.D. exam) are being offered throughout Inverness County. Classes are free. If you would like more information, please call 1-877-258-5550.

Continued next page...MEET

Inverness County on the Move... brings this message to the community level. We have to look after ourselves, we have to make sure our children and seniors have every opportunity to be active and healthy. I don't think it takes a lot of money to keep our communities well. I think it takes a lot of what we already have plenty of - community-mindedness and compassion, so I really look forward to seeing what we can accomplish." - Caroline Cameron - Project Coordinator and Field Worker, Inverness Central

"I feel that there are so many physical, mental and social benefits to being active, and this program makes us more aware about being active and eating healthily. Moving back to Cape Breton two years ago has made me appreciate even more the beautiful natural resources we have for physical activities. But our rural areas have very few financial resources to work with, and as a result, if we want something in our area we become very creative and do a lot of fundraising. From what I read in the last *Participaper* special edition, Inverness County On The Move..., there are a lot of great people out there with great ideas. Hats off to all of those who help groups and individuals get going. Just seeing what other communities are doing is a great resource in itself. Sharing those ideas with others is a great way to get motivated." - Wanda Chandler, Field Worker, Inverness Southeast

"We have all heard about diets and exercise routines that are hard to live with and may or may not work. The thing I like about Inverness County On The Move... is that you are encouraged to be active - your way. Whether it's taking a walk, getting your winter's wood, or going for a skate with the kids, it's all good. It makes sense to do things you enjoy and make them part of your routine." - Ardi MacEachern, Field Worker, Inverness Southwest.

[Ed note: Take advantage of the opportunities being offered through the Inverness County on the Move... program over the next few months. Contact the field worker in your area for help getting started if your goal is living a healthier lifestyle.]



CONTEST *Inverness County On The Move...*

Active Your Way, Every Day

- Enter individually or as a family or group
- Tell us in 500 words or less how you are active your way on a daily basis
- Be creative, have fun and think Win!
- The winner will be notified and selected stories will be published in an issue of *The Participaper*
- Deadline for entries is February 1, 2006
- Send your story to activeyourway@yahoo.ca or fax it to 258-3170 or mail it to

Categories: Adult, Youth, French and English

The winners will have a choice of prizes valued at approximately \$100. In the youth category there is a choice of a Bike, Bear Paw Snowshoes or snowboard. In the adult category there is a choice of Snowshoes, Sports outfit or two rounds of golf at Le Portage Golf Course in Chéticamp



OIDHICHE CHALUINN ANNS A'BHRÀGH!

GLENDALE'S OLD-FASHIONED NEW YEAR'S EVE DANCE AND CEILIDH

December 31st, 2005 10 pm - 2 am

\$20 per person / Government I.D. required

Sponsored by: Glendale Area Community Co- Operative Ltd

Update From County Community Development Organizations

Part 3 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 this past spring with Councilors and staff of the Municipality for an exchange of information.

Our previous issues contained reports from the Chéticamp, Glendale, Judique, Inverness, Lake Ainslie, St. Joseph du Moine, Mabou and Marble Mountain Development Associations. In this the third of our three part series on community development associations across the County, we present reports from the remaining organizations on their development activities from the previous year (2004) and plans in progress for 2005.

The Margaree Area Development Association is very involved in making improvements to their area and reported the following disbursements made by them in the year 2004:

\$1000.00 to South West Margaree Recreation Association; \$500.00 to Belle Côte Community Centre (Sign); \$1500.00 for MADA Tourism Committee for Signs; \$2000.00 for Park Development at Margaree Forks (this included fencing and a machine for building a Maze), Spring playground installation, and plantings at the Library grounds; \$5000.00 North East Margaree Firemen and \$500.00 Communities-in-Bloom
For a total of \$10,500.00.

The medical building is well used and there were expenses incurred in 2004 with the provision of the following services to the community:

1. Doctors Clinic
2. Blood Lab Clinic
3. Well Baby Clinic
4. Margaree Summer Festival
5. Terry Fox Run
6. Nova Scotia Clean Up Program
7. Election Polling Station
8. Christmas Light Up
9. Dr. Dunn, Chiropractic Clinic
10. GED Program

MADA plans for 2005 include the following: Continued improvements to "Welcome to Margaree" signage and the park area. \$3000.00 will be spent to assist with the Community Centre Project plus another \$1000.00 will be allocated to assist the Belle Côte Community Centre. \$500.00 will go to the South West Recreation Association for July 1 fireworks show. And finally, funding will be sought for ongoing maintenance

and construction of the area Trails system.

The Meat Cove Development Association presented a summary of Projects completed in 2004 and proposed projects for 2005.

Representatives reported that, in 2004, the Welcome Centre increased its capacity in order to accommodate the increasing numbers of visitors they receive each year. A Tearoom was opened within the Centre. It served an all day breakfast which proved to be a huge success with the tourists, campers and residents of Meat Cove.

The Centre is also home to a public access internet site, a service which was greatly appreciated by the more than 4500 people who signed the guest book last summer. This large number of visitors exceeded the Association's wildest expectations. And, although pleased with the obvious success their efforts at increasing tourism to the area have had, it did put some strains on the Centre's water system. This is something which will have to be addressed before next summer's tourist season begins.

Due in large part to the high cost of insurance, heat, lights, snow removal, telephone and Internet, the Welcome Centre cannot be opened full time in the off-season.

An outdoor stage was built adjacent to the Welcome Centre to accommodate the people who come to the tearoom. Here they can sit outdoors and have tea/coffee, and read a newspaper while listening to the babbling brook and birds before setting off a on a daily trek over the excellent trail system around the Meat Cove area.

One of the last projects worked on in 2004 was the construction of an outdoor storage building. This building now houses some of the emergency

Continued next page...DEVELOPMENT ASSOCIATIONS

equipment required for the area.

The Development Association's proposed plans for 2005-2006 include the following:

1. Finish the walkway from the Centre to the beach. This will allow access to the hiking trails, campground, fishing areas and beach.
2. Construction of a second washroom at the Centre to accommodate the increasing number of visitors.
4. Improvements to the water system.
5. Installation of two large doors at the back of the of the Centre to make the deck and stage wheel-chair accessible.
6. Installation of signage around the Cabot Trail promoting the Welcome Centre, Tearoom and Internet Site.
7. Increased parking area for the Centre to establish it as the beginning and ending point for hiking, exploration, and beach access at Meat Cove.
8. Maintenance of trails, including clearing away debris, installation of new signs and building a change house along the trail system.

The Meat Cove representative stated that they hoped to continue working closely with the Municipality and members of the community to make Meat Cove a place of interest and a place where people from all over the world can come to experience and enjoy the scenery and lifestyle.



Representatives of local Development Associations met with municipal councillors in Judique last Spring

The Orangedale Improvement Association (OIA) reported on their year 2004 and plans for 2005.

Their representative reported that the Association had received funding approvals to engage a consultant to complete a Feasibility Study/ Business Plan for the establishment of an Atlantic Priority Youth Centre (proposed location Stoney Point, Inverness County.) The study was completed December 14, 2004.

They stated that the Youth Centre is an innovative project that would address the rehabilitation of youth at risk in the 16 to 18 age group in the Atlantic Region. Many are young people from small, rural communities and geographically remote First Nations who have left their home areas and have not coped well with life in large cities. Others have remained in their home communities far away from major urban centres but have fallen into unproductive and dysfunctional lifestyles. The objective of the proposed Atlantic Priority Youth Centre is to redirect these young people and help them achieve growth through development by way of the following program components: Education; occupational skills; community living skills; life skills.

From the research it is clear that the Centre is required; the prospective client numbers are, unfortunately, much larger than we would wish.

The justice and social safety net systems increasingly favor treatment of priority youth in the manner proposed by the Atlantic Youth Priority Centre option.

The opportunity exists here to provide for a strong program which will help troubled youth get back on track to a productive and healthy lifestyle.

The obvious benefit to the target clientele is well-recognized, however, the Centre would also



bring with it a substantial level of investment and employment. For example:

- Employment: In a facility servicing 48 clients, approximately 26 to 30 staff members would be required to staff it.

- Population impact: staff would be permanent and some of them

would relocate to the immediate area. This would help stabilize and enhance population numbers in the area.

- Purchase of goods and services: the facility would purchase goods and services at a level of about one million dollars annually, in addition to payroll. This is a substantial sum which would help stabilize the the economy of the area.

- Construction value: buildings and equipment would cost in the order of seven million dollars, for a capacity of 48 clients, living in 8 houses. That figure includes common areas, classrooms, administration space and infrastructure. This would bring a substantial construction project to the area; ongoing maintenance of the physical plant will also require local services for building upkeep and repair.

The proposal is to operate the Centre as a not-for-profit entity complete with a Board of Directors. The Board of Directors would include representation from (but not be limited to) Orangedale, First Nations, University College of Cape Breton (UCCB), YMCA, business, and other influential sectors and partners interested in the facility. Some of the foregoing organizations could develop a partnership in other respects with the Centre. For example, UCCB could develop a cooperative program from which their social sciences students would benefit.

The next steps are to seek out support and funding for the Centre and to establish its identity. This initiative will require explaining the program concept and establishing a legal entity to provide structure. Start up funding will be required to provide for professional staff personnel, supported by specialist expertise and clerical help, to pursue funding and further the development of

the Centre.

Research has been conducted to identify a broad range of potential funding opportunities to support the development of the Priority Youth Centre.

The OIA representative thanked the Steering Committee involved with this project and said that "Over the past two years the Steering Committee has performed an excellent role in guiding the project to becoming a meaningful and potentially doable opportunity for the benefit of our "youth at risk"". The active members of the Steering Committee were named as: Dr. Elizabeth Beaton, CBU; Blaine Gillis, SHRDA; John Meagher, YMCA; Rev. Aaron Billard; Beatrice Buckland, NS Community Services; Randy MacDonald, OIA; Donnie Deveaux, Port Hawkesbury RCMP.

The OIA representative continued the presentation by outlining the Association's plans for 2005. He said that Phase Two of the Atlantic Priority Youth Development project will require funding for two key positions. The individuals hired for these positions will take the lead role in promoting and fostering the proposed Atlantic Priority Youth Development to communities in Atlantic Canada and will also be required to meet with all potential funding partners - Government, Foundations, Corporate Canada, and the Public Sector to solicit financial and other support.

Also in 2005, the OIA will be providing much needed renovations and repair to the Smith Community Centre and Orangedale Wharf. The entire sum of \$5,000 from the Municipality County of Inverness will be required for these activities with OIA also investing in excess of \$5,000.

The **Pleasant Bay Community Development Association** representative reported on the activities of that group for the year 2004 and plans for 2005.

His opening statement was, "With a population of less than 300, our operations pale in comparison with other larger communities." However, by the time he finished reporting the activities of the Association to those at the meeting, it was clear that they are a very busy and hardworking group

Continued next page...DEVELOPMENT ASSOCIATIONS

who have accomplished much over the years.

He did caution that over the past couple of years the organization had seen its share of volunteer burnout, and as a result, a slow down in activity. Nevertheless, they somehow managed to carry on with a number of projects in 2004. He reported the following projects were undertaken:

- Repair and installation of a new water system to supply the Professional centre and local United Church.
- Petitioned the provincial government on the deplorable conditions of local roads and Cabot Trail. Also the lack of highway directional signage in the community.
- Organized the annual Canada Day family celebrations, which has become very popular over the years, and attracts families from different communities in northern Cape Breton.
- Supported the various community groups hosting the Bay of Whales Festival in August.
- Held our annual community Christmas party, an event well received by the entire community.
- The largest project the association was involved with in 2004, was the enhancement of the lower level of the Whale Centre. This area is now used by the local fire department as a community centre and club, and also contains our library and C@P site.
- The Association invested \$2500.00 to top up the County's donation of \$5000.00. The \$7500.00 was used to install a new drop ceiling and make other repairs at the Centre.
- The organization also worked with other groups in the community assisting them wherever possible.

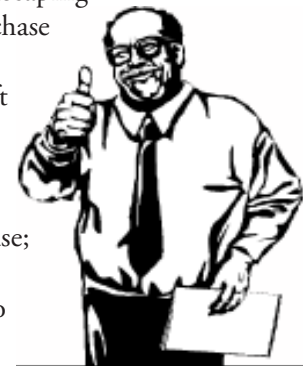
The Association representative stated that they see 2005 as a period of renewal and have identified a number of projects that they want to carry out during that period. He said there has been renewed co-operation with the various community groups and all are agreed in the direction they want development to take. He listed a number of projects being considered, one of which would mean a major investment in the community:

- Installation of a fence along a dangerous cliff and possible construction of a foot bridge at the Pioneer cemetery to link it with the new cemetery.

- Annual Canada Day family celebrations
- More involvement in the Bay of Whales Festival
- Work with the Pleasant Bay Library and Whale Centre to expand the community's Celtic Colours program in October.
- Create a community brochure to help visitors better understand the community and all it has to offer.
- Continue to lobbying the government to do something about the roads!
- Form a Working Committee with representation from each community group. This group would meet regularly to discuss ideas or problems that may arise at any given time.
- Whale Interpretive Centre Enhancement Project.

The **Port Hastings Development Association** representatives reported their activities for 2004 included work at the Port Hastings Community Club. This consisted of removal and clean-up of the existing outfield fence and plotting of new fence and baseline dimensions for softball and minor league Baseball fields. Also, in order to increase the depth of right field from 190 feet to 230 feet, they excavated, trucked and purchased landscape materials plus removed the existing backstop and fencing which was replaced by a regulation size backstop, complete with cement footer. Costs associated with the general upkeep and maintenance of the Club, included electricity, propane for the furnace, and liability insurance. They also installed signage for the Gut of Canso Museum.

Planned projects for 2005 were outlined. These include work to be undertaken at the Port Hastings Community Club: Completion of fencing on backstop; landscaping of the backstop area; purchase and replacement of the outfield fence, right to left complete with gates; topsoil and sodding of field extensions; shingles and paint on the clubhouse; Liability Insurance. And, for the Gut of Canso



Continued next page...
DEVELOPMENT ASSOCIATIONS

Museum: Roof and gutter repairs; sealing and painting of windows; interior/exterior paint; parking lot extension; improvements to hiking trails; improvements to lawn and garden area; fence repairs; and, signage.

The **Port Hood Area Development Society (PHADS)** representative stated that, "PHADS is a non-profit, economic development organization established in 1979, which is committed to working for the betterment of the community.

Our goal is to develop our community so the residents are proud of our history, culture and heritage and also the beautiful area in which we live.

We continuously work to improve our community and support various organizations in their efforts. Our \$5000 Community Development Funding helped support arena restoration and other upgrades that have enhanced our community.

The Board of Port Hood and Area Development Society is made up of approximately 15 members drawn from local business owners, members of other non-profit organizations, retirees, and an accountant, just to name a few.

The Executive Board consists of our President, Susan Mallette, a community activist; Vice-President, Charles MacDonald, business owner; Secretary, Darlene Watts, business owner; and Treasurer, Diana Hawley, a Service Canada employee. All of the board members bring with them a wealth of support and expertise in different fields."

PHADS accomplishments over the years have included the following: Establishment of the local community cable TV Station, JUMP TV; Provincial Day Park and Boardwalk; Weekly Tuesday Night Bingos; new Street Lights; Entrance to Port Hood Signage; Interpretative Signage Project for the Day park; Communities-in-Bloom; Volunteer Recognition Night; Christmas Tree Lighting; Fraser Street Park Cleanup.

The Society also supports the following: The Al MacInnis Sports Centre; the Port Hood Harbour Authority; The Funeral Home Committee; the RV Campground Idea, (Currently held by the Al MacInnis Sport Centre: Campground Committee); High Speed Connectivity initiative.

Accomplishments in 2004:

- Beautification Street Light Project Phase 1 -

This phase employed local business and provided enhanced lighting on Main Street and made the area more secure and attractive to both residents and visitors.

- Interpretative Sign Project -

On Coordinator was employed by this project which allowed the employee to gain new skills to add to her portfolio when seeking further employment.

- Provincial Day Park Boardwalk -

This project created job opportunities for local students and has provided skills development for them over the past several years.

- JUMP TV, community cable station, manager -

This initiative provides businesses, in both local and surrounding areas, a venue for advertising. Also, the popular Tuesday Night Bingos generate revenues to help fund community improvement initiatives undertaken by PHADS.

Projects planned for 2005:

- Beautification Street Light Project Phase 2 - Proposal to be submitted to ECBC, Province of NS, and Municipality for the Second Phase of this ongoing project. Plans for the second phase include installation and restoration of sidewalks and installation of fifty-eight street lights.

- Angus L. MacDonald Video Documentary - Creation of a professional Video Documentary local historical figure Angus L. MacDonald. Production of a brochure and post cards featuring Angus L. MacDonald and the Port Hood Area.

This project would employ three local residents who would gain new skills in video production, video equipment, and various computer software programs, such as iMovie, Photoshop, etc.

- Day Park/Boardwalk Projects - PHADS received funding for an upgrade of water and sewer at the Boardwalk. This Project will employ local residents and entrepreneurs.

- Boardwalk Restoration and repairs -



A Proposal has been submitted for funding through HRSDC for Job Creation for the Boardwalk Restoration and repairs.

- Old School Board Building - Ongoing project to decide future uses for this historical building. Possible employment opportunities and restoration are being considered.

Representatives from **West Bay** reported that, during 2004, residents of the community volunteered their time and donated money to carry out extensive renovation work to the Community Hall. The kitchen was moved from the basement to the main floor. This involved altering the old floor plan and existing bathrooms to accommodate kitchen space. The project included new framing, dry walling, wiring, plumbing, new doors and fixtures, etc. The renovations also included making the site wheelchair accessible. A new water pump was installed and broken windows were replaced where required.

For 2005, they hope to make the following improvements to the Centre -

- Reshingle Roof
- Replace 5 Windows
- Replace Wheelchair Ramp & Decking
- Paint Exterior of Building
- Install Vinyl fascia vents, Eavestroughing & Downspouts
- Replace Furnace, oil line and Tank
- Install two Street Lights
- Landscape building grounds
- Pave Community Hall Parking Lot

The Centre is very important to the community and is used on a recurring basis for many activities including the following -

- Church meetings
- Seniors' club meetings
- Community club meetings
- Wedding showers
- Wedding receptions and dances
- Baby showers
- Birthday Parties
- Retirement parties and banquets
- Fellowship (following funerals)
- Sunday School
- Canada Day Party
- Children's Halloween party
- Children's Christmas party

- Weekly family resource centre for children (ages 0-6 yrs old)
- Annual Remembrance Day ceremony and tea
- Official polling station for Municipal, Provincial and Federal elections
- Weekly card plays
- Senior card plays
- Weekly dart league
- Yoga/Massage

The **West Bay Road Community Group** reported that the Fire Department and Ladies Auxiliary hold auctions, a weekend-long Fall fair, suppers, Remembrance Day function, and other events at the community Fire hall and that the Catholic and United Churches also hold events there.

They said that keeping the hall going in a rural community is very challenging considering the competition and pressure faced by having Port Hawkesbury just down the road. They said that it is difficult to attract young people to stay in the community when schools and other recreational events are all centered in the town. However, the group continues to work hard to make their rural area thrive.

Plans for 2005 include encouraging younger people to become more involved in their community. They also hope to work with surrounding communities to improve rural life for all residents of the the area. They feel that it important to form strategic alliances with neighbouring organizations and groups, that everyone would benefit and more could be achieved by working together. They said that there are too few people doing too much work and many of them are feeling burned-out. By forming alliances with other groups, they could also share their pool of volunteers, relieving those who are overworked.



The **Whycocomagh Development Commission** meets monthly at the Whycocomagh Education Centre. In 2004 they had a total of 38 members, which included 24 businesses, 11 individuals and 3 organizations. During 2004 they worked on the following initiatives:

Continued page 26...DEVELOPMENT ASSOCIATIONS

Healthy Eating During the Christmas Holidays!

By Norma Campbell, P.Dt.

Christmas is a time of joy, fun, relaxation and celebration. For many however, it is also a time of excuses, overindulgence, and abandonment of any effort at healthy eating! While no one wants to miss out on all of the delicious foods of the holiday season, by keeping a few tips in mind and making conscious choices, you can enjoy all the great tastes the season has to offer and hopefully avoid any unwanted weight gain or other health concerns come the New Year. The following are some easy tips to keep you on track during Christmas parties, Christmas day, and even at the turkey dinner! Give them a try; you'll thank yourself January 1st!



Cheese and fruit tray. Go easy on the cheese and fill up on fruits!

When attending a Christmas party (or several) this holiday season, remember there is no need to overindulge on high calorie foods to have a good time. Take this opportunity to mingle and catch up with family and friends, just don't do it next to the food table! When we stand next to a buffet and chat, we tend to pick at the trays of appetizers and sweets without realizing how much we have been consuming. Your best bet is to fill your plate once. Taste what you like, just don't over do it. If there are fruit and vegetable trays, fill up your plate with choices from these. Try to limit your intake of anything wrapped in bacon or pastry, or swimming in a rich and creamy sauce.

Your best defense to avoid overeating at holiday parties is to have a healthy meal before you go. This way, you won't be starving when you arrive. If you are the host or hostess of the party, you have the final say regarding what is being served! Your health-conscious guests will thank you for offering lighter choices, and everyone else won't even notice a difference! Fresh fruit and vegetable trays with lower fat dips are a popular option.

If you plan to serve baked goods, try adjusting recipes to make them lower in fat and/or sugar. If you do this, be sure to try the recipes in advance to make sure they taste all right. Otherwise, search out low fat/low sugar recipes from proven sources. Once the party is over, put away any leftovers promptly so that you are not thoughtlessly munching while cleaning up!

Holiday parties are only a part of the Christmas season. For many people, the main event comes on

Christmas Day...the turkey dinner! Again, keeping a few things in mind can allow you to enjoy the wonderful tastes of Christmas while keeping calorie intake in check. Try to start the day with a good, healthy breakfast. If you aren't starving throughout the day, you will be less tempted to pick at chocolate, shortbreads and other snacks while waiting for your turkey dinner. If you do get hungry before your big dinner, snack on a piece of fresh fruit. Clementines, grapes, and other fresh fruit are plentiful during the holidays. If you are preparing the turkey dinner, adjust some of the recipes to make them healthier. If you make your bread stuffing with a non-hydrogenated, soft-tub margarine instead of butter you can save yourself lots of unnecessary saturated fat. You can even cut down on the amount of margarine you use. Mix a little margarine with chicken stock, this way the stuffing will be moist but healthy, it doesn't have to be dripping with fat! Try making your mashed potatoes with skim milk and margarine. This makes for a nice, creamy, and healthier mashed potato.



When serving vegetables, why not serve them fresh cooked and plain? Guests can add margarine or gravy at the table. Speaking of gravy, when preparing it, put the pan drippings from the turkey in the fridge to allow them to harden for a few minutes. Take it out, scrape the fat layer off and throw it away. Use the remaining juice to thicken and season your gravy. You will still get lots of flavor with a lot less fat! After indulging in a delicious feast, it's not really necessary to

Continued next page...HEALTHY

The Participaper

Continued from previous page... **HEALTHY** serve a high-calorie, high-fat dessert. Why not try something lighter like a fresh fruit salad with angel food cake and light whipped topping?

If you are going out for your turkey dinner at the home of friends or family, eat a healthy snack prior to leaving, and remember, you only have to eat what you are comfortable eating. Don't be forced into eating second and third helpings, especially if you are not that hungry!

Don't forget — the holidays can also be a wonderful time to get in some extra physical activity. After dinner bundle up and head out for a brisk walk to enjoy the fresh snowfall and beautiful lights.

These are just a few suggestions to help you keep happy and healthy over the holidays. Everything can fit into a healthy eating plan but moderation is the key. Will your Christmas be any more enjoyable if you have 3 pork pies instead of just 1? I don't think so!

[Many thanks to Norma who wrote this article for us and provided the recipes on this page. Norma is the Dietician, at the Inverness Consolidated Memorial Hospital.]



The recipe for the Cranberry Pear Crisp pictured above appears on page 14 of this issue



FUDGY BROWNIES

Makes 12 - 16 brownies

- 1/3 cup (75 mL) semi-sweet chocolate chips
- 3 tablespoons (45 mL) soft non-hydrogenated margarine (such as Becel)
- 1 cup (250 mL) all-purpose whole wheat flour
- 3/4 teaspoon (4 mL) baking powder
- 1/3 cup (75 mL) cocoa
- Pinch salt
- 1/2 cup (125 mL) granulated sugar
- 1 large egg plus 2 egg whites 1/2cup (125 mL) unsweetened applesauce
- 1 teaspoon (5 mL) vanilla extract

Preparation

Preheat oven to 350°F/180°C.

Prepare an 8 inch/20 cm square baking dish by spraying with nonstick vegetable oil spray. Set aside. Melt chocolate chips and margarine in a small saucepan over low heat; allow to cool. Set aside. Sift together flour, sugar, cocoa, baking powder and salt in a medium bowl. In a large bowl, mix together egg, egg white, applesauce, vanilla and melted chocolate mixture. Add dry ingredients and stir until well combined. Pour batter into prepared pan and sprinkle nuts on top of batter; bake on the middle rack of the oven for 20 to 25 minutes, depending on the moistness desired. Bake 20 minutes for fudgier brownies and 25 minutes for more cake-like ones. Remove from oven and allow to cool.

Nutritional Information

Nutritional information per brownie:

Calories: 109

Protein: 2 g

Fat: 4 g

Saturated Fat: 1 g

Cholesterol: 13 mg

Carbohydrate: 16 g

Dietary Fibre: 1 g

Sodium: 54 mg

CHRISTMAS PUNCH

Combine equal parts light cranberry juice with soda water. Throw in some sliced orange or lime on top of bowl.

Inverness County On the Move...Coordinators

Inverness North - Carole Aucoin, Cheticamp 224-2035

Inverness Central - Caroline Cameron, Strathlorne 258-3110 / 2616

Inverness Southwest - Ardi MacEachern, Judique 787-2913 / 625-2016

Inverness Southeast - Wanda Chandler, Stewartdale 756-3320

- Environmental School - In February 2004 members of the board met with the School Board



Superintendent; representatives of the Department of Education, St. F.X. University; and Rodney MacDonald MLA, to determine a future for this project. They felt fortunate to have Barry Waldman attend as well. He did the initial work on the project when he was with the development association from 2000-2001.

At his own expense he did some further work this year, but due to time constraints was unable to complete a written proposal for funding. Since the School Board will not provide funding for required personnel, other funding sources had to be identified and approached.

- Seniors Housing - They continue to explore possibilities for apartment units in the village of Whycomagh. Options being investigated include cooperative housing or the construction and operation of a building by a private contractor.
- S.S. Sailing Society - In December 2004 the Society received a grant from Enterprise Cape Breton Corporation for Phase One of the work planned for the Whycomagh wharf. The Development Commission used the five thousand-dollar capital grant from the Municipality toward this project.
- Whycomagh and Area Consolidated Recreation Association - The Development Commission worked with the Recreation Association to obtain a grant of \$124,000 from the Strategic Community Investment Fund of Enterprise Cape Breton for

renovations to the arena. The Development Commission is administering the funding and they hope that upgrades to the facility will allow it to be used to a greater extent throughout the year thus increasing its contribution to the economy of the area.

- Whycomagh Provincial Park - Opportunities for enhancements to the Park that would increase use by both locals and tourists were discussed with Park staff. The Commission wrote to the Minister of Natural Resources suggesting improvements such as interpretative signage for the Salt Mountain Trails and the installation of laundry facilities. Although we did receive a reply from the Minister there was no commitment made regarding the implementation of our suggestions.

- Community Beautification - With the assistance of the Inverness County Tourism and Recreation Department's program Communities-in-Bloom plus a 50/50 grant, we hired a worker who did an excellent job cutting grass along the roadways in the village. Flowers were also planted at the intersection of Highway 105 and the village road and at both churches.

- Sidewalk Construction - Rodney MacDonald MLA, arranged to have the Department of Transportation fund the land survey for sidewalk construction on the Village Road. The survey was completed in the early summer and we reviewed it at our fall meeting.

- Winter Active - The Development Commission and the Whycomagh Lions Club organized winter activities during one weekend in March. The activities were well attended and included sleigh rides, snowshoeing and cross-country skiing at the Provincial Park. Funds to assist with this project were provided by the Recreation and

Continued next page...DEVELOPMENT ASSOCIATIONS

Inverness County On the Move!

Active living provides many health benefits both physical and mental. Living an active and healthy lifestyle benefits individuals, families, and communities. People around the county are "kicking it up a notch!" From plans for new ball fields to community beautification, making trails, raising sails, driving nails, lifting bales! They are stepping up the pace and loving it! Inverness County residents living an active life can thrive (think of how our ancestors did it). Let's do it...let's get busy and get healthy and active together!!



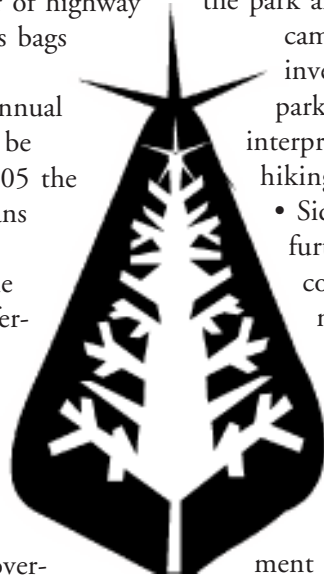
Tourism department of the Municipality.

- Spring Clean Up - With assistance from the Department of Transportation and the Resource Recovery Board, in May we organized a volunteer highway clean up for Aberdeen, Blues Mills, Skye Glen and Whycocomagh. Local businesses donated prizes, which were used as an incentive, and over 60 people participated and gathered tons of garbage! On less than one kilometer of highway through the village there were over tens bags of garbage and two bags of recyclables gathered. They hope to make this an annual event and that more young people can be encouraged to participate. For 2005 the Association has indicated that their plans include:

- Community Beautification - With the addition of Keltic Quay, the new Conference Center/Resort, in the village of Whycocomagh, they anticipate an increased number of visitors to the area. In order to make the village as esthetically pleasing as possible they plan to do a major cleanup. This will include tree cutting and trimming in overgrown areas, cleanup of the brook behind the firehall and installation of a small bridge over it to open up the area for walking. They also hope to put picnic tables in strategic locations and provide signage at the corner of the village road and highway 105 that would indicate the services that are available on the village road. With the 50/50 Grant and the Communities-in-bloom program they will continue to plant flowers in strategic locations and to have the grass cut along the roadways and public areas in the village. They plan to continue with the following initiatives in 2005:

- Environmental School - In partnership with the Whycocomagh Education Center they will continue to work on the plans for an environmental center at the school. They had received a very positive reception for the concept from MLA Rodney MacDonald. A proposal for funding has been submitted to the appropriate government departments/agencies for consideration.

- Whycocomagh Provincial Park - In February members of the Commission met with Richard



Hurlburt, Minister of Natural Resources, and Rodney MacDonald MLA and Minister of Tourism, to discuss improvements for the Provincial Park. They discussed the need for laundry facilities, tree cutting and trimming to improve viewsapes, trail signage and the construction of a walkway along the water. Their hope is that this year will see the addition of laundry facilities at the park and next year some fully serviced camping sites. They will continue to investigate the possibility of assisting the park in the installation of directional and interpretative signage for the Salt Mountain hiking trails.

- Sidewalk Construction - They await further information regarding the cost of construction and the funding arrangement for a sidewalk along the village road. Once they have this information in hand they plan to consult the homeowners for their input.
- Seniors Housing - The Development Commission stated that they were pleased that the announcement of shared Federal-Provincial funding for affordable housing has created interest from the private sector, with respect to construction of Seniors' housing in the village of Whycocomagh. In the interim they plan to continue to explore options and assist those interested in such a project in whatever way they can.

The Development Commission thanked the Municipality for their support and stated that the Communities-in-Bloom and 50/50 grant programs have helped them keep their area looking attractive during the

Continued next page...
DEVELOPMENT ASSOCIATIONS

THE PARTICIPAPER ACCEPTS (IN FACT ENCOURAGES) READERS TO SUBMIT UNSOLICITED ARTICLES AND PHOTOGRAPHS RELATED TO INVERNESS COUNTY. WE ARE ALSO INTERESTED IN THE ARTWORK, POETRY AND SHORT FICTION OF OUR LOCAL CREATIVE ARTISTS. OTHER WORK DEEMED TO BE OF A NON-COMMERCIAL NATURE AND OF PARTICULAR INTEREST TO INVERNESS COUNTY RESIDENTS WILL ALSO BE CONSIDERED FOR PUBLICATION. CONTACT THE EDITOR FOR MORE INFORMATION.



Continued from previous page...DEVELOPMENT ASSOCIATIONS
 tourist season. They also said that the use of the \$5000 grant as seed funding has meant that a number of community groups have been able to obtain additional funding from other levels of government for projects that have benefitted their communities both economically and socially.

This is the last of what has been a three-part series of Community Development Association reports that have appeared in this and two previous issues. During the meetings of this past spring, many of the association representatives expressed a desire for more opportunities to meet with one another and/or exchange information. We hope that, by publishing these reports, we have helped in some small way to fulfill at least part of that request. We hope that our readers have also found the reports informative.

In future issues we hope to bring our readers interesting articles on community development. We encourage our development organizations to use the pages of this publication to keep in touch with each other and our readers. We also encourage readers who have innovative or creative ideas on community development to drop us a note. The address is: Editor, The Participaper, 936 Chéticamp Back Road, PO Box 43, Chéticamp, NS, B0E 1H0. ■



HOT OFF THE PRESS!!

**THE NOVA SCOTIA TRAILS 2006 CALENDAR
 IS NOW AVAILABLE FOR PURCHASE**

The 16-month Nova Scotia Trails 2006 calendar is available in select retail establishments for just \$11.95 plus tax. It may also be purchased directly from the NS Trails Association, 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. Making these calendars a nice Christmas or birthday gift!

Many thanks to sponsors - Bowater; Health Promotion (Province of Nova Scotia); Maritimes & Northeast Pipeline; and McCurdy and Reed Canoes. Without them, the Nova Scotia Trails 2006 Calendar would not be the successful fundraising project for recreational trail development that it has been.

INVERNESS COUNTY TRAIL CONTACTS:

- Inverness County Trails Federation - John Austin 945 - 2588
- Ceilidh Coastal Trails Association - Allan MacDonald 787 - 2725
- Maple Ridge Runners - ATV - Bernie MacNeil - Creignish 625 - 3675
- Judique Flyer Trails Association - Blaise MacEachern 787 - 3251
- West Mabou Trails - Nadine Hunt 945 - 2408
- Cape Mabou Trail System - Ian Sherman 258 - 2848
- Whycocomagh Development Assn Office 756 - 3277
- Margaree & Area Development Assoc. Gordon Laurence 235 - 2658
- Margaree Lifestyles Association - Brooks Hart 248 - 2511
- Cape Breton Highlands National Park 224 - 2306
- Meat Cove Trails - Derrick MacLellan 383 - 3381



SNOWMOBILE CLUBS:

- Alpine Snowmobile Club - Leonard Tobey 787 - 2233
- Margaree Highlanders Snowmobile Club - Laurie Cranton 248 - 2726
- Highland Snowmobile Club, Cheticamp - Marcel Levert 224 - 3843
- Inverness Capers Snowmobile Club - Jerome MacEachern 258 - 2572
- Cape Clear Snowmobile Club - John Austin 945 - 2588



H O L I D A Y S



If you want to make dietary changes to improve your health and need help getting started, an excellent resource available to all residents of Inverness County are the dieticians based in our communities. Contact them Monday through Friday at the following numbers:

Heather Murphy

Chéticamp hospital, call: 224-4014

Norma Campbell

Inverness hospital, call: 258-1933

Mary Jessome, Whycomomagh - Her contact numbers:

Tuesday & Wednesday, 9 am to 4 pm at the Wagmatcook Health Centre (902) 295-2755

Thursday, 9 am to 4 pm at the Waycobah Health Centre (902) 756-2156

Want to change your lifestyle but need some help getting started? Contact the *Inverness County on the Move...* personnel in your local area:

Caroline Cameron - Project Coordinator

Inverness Central - 258-3110/2616

Carol Aucoin - Field Worker

Inverness North - 224-2035



Wanda Chandler - Field Worker

Inverness Southeast - 756-3320

Ardi MacEachern - Field Worker

Inverness Southwest - 787-2913/625-2016

PROGRAMMERS - INVERNESS COUNTY

Chéticamp:

Clifford Maillet

PO Box 900, Chéticamp

NS, B0E 1H0

Phone: (902) 224-5304(w)/

(902) 224-3552 (h)

Belle Cote/

St. Joseph Du Moine

Julia Tompkins

PO Box 651, Margaree Forks

NS, BOE 1A0

Phone: (902) 224-1744

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

The Margarees

(NE Margaree, Margaree Centre,

Margaree Valley)

Rachel Maginley

PO Box 118, Margaree Centre

NS, B0E 1Z0

Phone: (902) 248-2704

Meat Cove:

Derrick MacLellan

General Delivery

Meat Cove

NS, B0E 1E0

Phone: (902) 383-2281

Pleasant Bay:

Cheryl Timmons

214 Pleasant Bay Road

Pleasant Bay

NS, B0E 2P0

Phone: (902) 224-1348 (h)/ (902)

224-1947 (library)

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

Valley Mills/ River Denys

Arlene MacDonald

RR 2, River Denys

NS, B0E 2Y0

Phone: (902) 756- 2597

West Bay/ West Bay Road

Alesia MacDonald

PO Box 128, Cleveland

NS, B0E 1J0

Phone: (902) 625-5551

Your local programmer is also an excellent resource for information on health and/or fitness courses in your area.



Anna Lee MacEachern, Program Coordinator, Inverness County Recreation/Tourism Department

PO Box 179, Port Hood, NS, BOE 2W0, Tel: (902) 787-3508, Fax:(902) 787-3110

Email: amaceachern@invernessco.com



REGIONAL LIBRARY NEWS



BOOKS BY MAIL AND VISITING LIBRARY SERVICE:

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

Also, for persons who 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!

WHAT'S NEW AT THE LIBRARY?

Check out our website at eclr.library.ns.ca for our new and improved online catalogue and start your wish list!

Complete with listings of recommended books and best sellers, book cover graphics, excerpts, and book reviews for many books, our new virtual catalogue is sure to please!

Also new to our website is the *Chilton Do It Yourself Auto Repair Guide*, for many older car models (2000 and previous). Plus, our newest "What Do I Read Next?" is a useful addition to the site. This on-line guide will help you choose your next book!

We've got plenty of new books, DVDs and audio books arriving daily so visit us soon or order online and arrange for pick up at a Branch or Libr@ry Link site near you.

Staff are now using our new catalogue system and thank you for your patience as they learn the new routines associated with the system.



INVERNESS PATRONS NOTE: Inverness Patrons Note: The Inverness Libr@ry Link site is now located at the Inverness Academy. Visits are every second Thursday from 2:00 - 5:30 pm; 6:00 - 8:00 pm. See schedule below for upcoming dates.

For further information, please contact Eastern Counties Regional Library headquarters, by telephone: 747-2597, E-mail: info@nsme.library.ns.ca or visit our Website www.eclr.library.ns.ca

BRANCHES: SUMMER HOURS: DECEMBER 1, 2005 - FEBRUARY 28, 2006

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	PT HAWKESBURY Tel/Fax 625-2729 Monday-Friday 3:00 - 8:00 Saturday 11:00 - 2:00
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HOURS: LIBR@RY LINKS: DECEMBER 1, 2005 - FEBRUARY 28, 2006

INVERNESS ACADEMY (every 2 weeks) Thursday 2:00 - 5:30 & 6:00 - 8:00 December 1, 15 January 12, 26 February 9, 23	JUDIQUE COMMUNITY CENTRE (every 4 weeks) Wednesday 4:30 - 5:30 & 6:00 - 7:30 December 14 January 25 February 22	PORT HOOD RESOURCE CENTRE (every 4 weeks) Tuesday 3:30 - 5:30 & 6:00 - 7:30 December 6 January 17 February 14
MABOU, DALBRAE ACADEMY (every 2 weeks) Wednesday 3:45 - 5:30 & 6:00 - 8:00 December 7 January 4, 18 February 1, 15	ST. JOSEPH DU MOINE/ CENTRE SAINT-JOSEPH (every 2 weeks) Thursday 12:00 - 5:15 & 6:00 - 8:00 December 8 January 5, 19 February 2, 16	WHYCOCOMAGH EDUCATION CTR (every 4 weeks) Wednesday 3:30 - 5:30 & 6:00 - 8:00 January 11 February 8

**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 email: 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.

Director's Desk continued from page 2...

FREE ADULT UPGRADING AND TUTORING AVAILABLE

Inverness County Literacy Council, under the direction of the Recreation/Tourism Department, is available to help adults with upgrading classes or one-on-one tutoring. For more information you can contact us toll-free 1-877-258-5550.

SPRING RECREATION & CONTINUING EDUCATION PROGRAMS 2006

Registration week is scheduled for February. February 13 –17 is walk-in registration and mail-in registration is February 20-25. Community and school programmers are preparing now for the upcoming spring session. New instructors are always welcome as are new ideas for courses and workshops.

CALL YOUR LOCAL PROGRAMMER TODAY WITH YOUR SUGGESTIONS FOR NEW COURSES AND PROGRAMS! (See

page 29 for list of programmers.) For more information call Anna Lee MacEachern at 787-3508.

**LOOKING AHEAD TO YEAR 2006
ACTIVITIES IN INVERNESS COUNTY**

WinterActive: **January to April**
 Registration for Recreation
 & Adult Upgrading Programs: **February**
 Inverness County High School
 Drama Festival: **April**
 Inverness County Volunteer
 Recognition Ceremony: **April**
 Inverness County Senior Games: **June**
 2006 Summer & Fall
 Events Brochure Deadline: **May**
 2006 Summer & Fall Events Brochure
 delivered to County Mailboxes: **June**

Ed Note: On page 24 of the Jun/Jul 2005 issue, I incorrectly identified the Mi'Kmaq maritime nation as "the Mi'kma'ki", this should have read "Mi'kma'ki" sans the article. My apologies.

From the Warden, Councillors and Staff of the Municipality Merry Christmas and Happy New Year!



Pictured above: Front row l - r: Alice MacKay, Helen Campbell, Adrian Dermody, Annalee MacEachern, Heather Perry. Back row l - r: Phyllis Matheson, Louise Delisle, Francene Hawley, Beverly Ehler, Audrey Burke, Michael Gillis.

This past November 15th, at the Scotsville School of Crafts, Michael Gillis (ably assisted by his wife Karen) held a workshop on wreath-making. As you can see (above) it was a well-attended event and those who participated went home with a beautiful creation.

This is the third time that this popular workshop has been offered.

Although the workshop is not normally put on every year, a few people have already made inquiries about participating in the next one. If there is to be one, it will be advertised in the August/September 2006 issue of The Participaper, watch for it then!

Joyeux Noël et Heureuse Année!