

THE PARTICIPAPER

AN INVERNESS COUNTY PERIODICAL



The entrance to the Inverness County Centre for the Arts looks beautifully inviting thanks to endless hours of work spent installing and tending to the gardens; many thanks Charlotte Blackman, of West Lake Ainslie.

Vol 27, No.4

Aug/Sep/Oct 2006

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



RECREATION & CONTINUING EDUCATION PROGRAMS:

We'd like to welcome Adrienne Dermody and Amanda Ross to our staff of school and community programmers.

Adrienne will be the programmer for the Whycocomagh area, with courses and programs offered at Whycocomagh Education Centre and Amanda Ross will be the community programmer for Margaree Centre/Margaree Valley. Be sure to give them a call with your suggestions for programs you'd like to see offered.

Are you looking for a fitness program, cooking classes, adult upgrading or something for your children? Once again, Inverness County residents have the opportunity to sign up for a variety of programs being offered this Fall through our school and community programmers. **REGISTRATION WEEK IS SEPTEMBER 18 - 22.**

Program details begin on page 9 of this issue. Register early! You may risk the chance of a course being cancelled if you wait until the last minute to register, as the courses are dependent on a minimum number of registrants applying!

INVERNESS COUNTY ON THE MOVE...

Our school and community recreation programs provide residents with a great opportunity to keep active. Mother Nature tries her best too! Be sure to take advantage of the cooler weather and Inverness County's natural resources this fall. Get outdoors and be active...walking, hiking, beachcombing, birdwatching, fishing, splitting wood, gardening, kayaking, or canoeing, it all counts!

**INVERNESS COUNTY RECREATION CHALLENGES YOU
TO BE ACTIVE YOUR WAY, EVERY DAY, FOR LIFE!**

WINTER/SPRING EVENTS BROCHURE REMINDER:

We are currently collecting information to be included in our annual Winter/Spring events brochure. This brochure will promote activities between January 2007 and June 2007. If your non-profit organization has activities or events you would like to promote to **FREE OF CHARGE** just contact our office with the details. Contact Marie Cameron at 787-2274, Fax: 787-3110 or email: mcameron@invernessco.com.

The Participaper

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(for subscription requests see below)

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

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For more information, contact (902) 787-2274.

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

While every effort is made to ensure the accuracy of information that appears in this publication, neither the publisher, editor nor staff can accept responsibility for errors or omissions contained therein.

DEADLINE FOR THE NEXT ISSUE OF
THE PARTICIPAPER
IS NOVEMBER 3, 2006



ANCESTORS UNLIMITED

HELPING TO FIND YOUR INVERNESS COUNTY ROOTS

By Dr. Jim St. Clair

1. WHICH DUNCAN CAMERON OF RIVER INHABITANTS IS WHICH?

In the listing of land grants in the River Denys area, two Duncan Camerons are noted as having been granted land. The question has been asked as to which is which or are they the same person with two grants, one in the second range of lots and the other with lands in the third range.

Cape Breton Land Papers, in RG 20, Book B, provides the answer:

a) In July of 1820, in land applications, number 2314, one Duncan Cameron states that, "the petitioner is a native of Ireland, is 21 years of age, is unmarried, has lived 8 years on this island, has taken the oath of allegiance, in December last petitioned for a lot of land at the River Inhabitants but it is claimed by a man named Lacy." He requests a lot of land in the third range of lot on the East side of River Inhabitants in the rear, a parcel of land which is unclaimed and unoccupied. Cameron agrees not to sell the lot but to settle on it and cultivate it immediately. He signs the petition with an "x" in Sydney before a justice of the peace. The Council of the Colony of Cape Breton approved the petition on the 4th of August in 1820.

b) In land applications, number 2315, the other Duncan Cameron states that, "he is a native of Scotland, was born in Argyllshire, that he is twenty-one years of age, that he has lived with his father on the River Inhabitants, was nine when he came to the island which is about twelve years." He further notes that he has not taken the oath of allegiance but is willing to do so and that he has not had a grant or crown lease of any kind. He further states that so far as he knows nobody has any claim to it. In contrast to the other Duncan Cameron, this Duncan Cameron signed his name. In addition, it is noted on the petition that he wishes the name of the property to be "Sunart."

A morsel of genuine history is a thing so rare as to be always valuable.

—Thomas Jefferson

On the bottom of the petition - which was granted - it is confirmed that Cameron took the oath of allegiance on the same day that he went to Sydney to apply for the land.

A comparison of the two documents reveals that they both came to Canada as children, one from Ireland and the other from Scotland, the first in 1813, the second in 1811. Reference to such land papers often assists researchers to sort out uncertainties.

2. PUBLICATIONS:

a) Patricia West Crowdis and Thomas Richard Crowdis, Jr., of Margaree and Acton, Massachusetts, have prepared a supplement to their *Genealogy of the Mark Crowdis Family of Cape Breton, 1752-2000*, with thirty-six pages of updates and corrections.

In addition, the Crowdises have included many photographs of people and places. As an insert as well, is information from the Colonial Office Records of Colony of Cape Breton, in which Mark Crodice(sic) states he arrived on the Island of Cape Breton in 1784 and wishes to have land on "Great George Street" in Sydney as well as land on S.W. Arm of Sydney River. This continuing research concerning a pioneer family of Inverness County is much welcomed by researchers and local historians.

b) A genealogy of the descendants of John Browner of Ireland and Cape Breton has been published by Catherine Anne Godwin of Dominion. The address of the author is 373 Kings Road, Dominion, N.S. B1G 1J8 and her email: cgodwin@seascape.ns.ca. With a full index of names and a large number of pictures, the book is easy to read and contains many anecdotes that bring the people of the family more to life. An examination of the possible origins of Browner in Ireland is very informative. A useful bibliography is also included as well as useful maps. The

Continued next page...ANCESTORS

question remains (as is true for many Irish families researching their ancestors), did Browner come directly from Ireland or by way of Newfoundland? The title of the book is *His Land Was His Gold*, a title which perhaps allows an insight into the author's interpretation of this immigrant's life. With many connections throughout Cape Breton, the account of this family is a welcome addition to books about Cape Breton.

c) In order to gain insight into the historical background of ancestors prior to their emigration, the *Historical Atlas of the Medieval World* by Jay Haywood, is a very useful reference tool. Published by Barnes and Noble in 1998, the book - with its many maps, clear text and useful index - is available from Barnes and Noble or from some local outlets.

d) For people interested in the small communities of Cape Breton, *A History of Fourchu*, by Beverly MacGillivray, Annabel MacLeod and Marie Jaarsma is a treasure trove of information, complete with pictures and a recent census and references to earlier documents as well. Published by City Printers, the paper back publication is often found now in second-hand book stores but might also be obtained through the compilers or the Fourchu-Framboise Fire Department.



Pictured in the buggy are Phil Smith and Will MacDonald saying goodbye to their cousin Louise Marsh. They were photographed by their aunt.

[MacFarlane Collection photo]

e) *Physicians, Pestilence and the Poor: A History of Medicine and Social Conditions in Nova Scotia, 1800-1867*, by Dr. Allan Everett Marble has been published by Trafford Publishing. Priced at \$37.32 in Canada, it may be ordered through Trafford's website bookstore: www.trafford.com. It is also available through local bookstores.

The result of twenty-five years of careful research by this distinguished Nova Scotian, the book is an important addition to our knowledge of medicine and social conditions in Nova Scotia. Wide-ranging in its topics, this history deals with items such as small pox epidemics, medical practitioners in Nova Scotia during this period, patent medicines, the training and practices of physicians and surgeons, and the efforts to establish a General Hospital in Halifax. For people interested in life in Nova Scotia in the years prior to Confederation, this book is an important addition to any library, public or private.

3. USEFUL SOURCES:

a) The *Am Baile* Newspaper index is a searchable database of stories and articles found in news papers of the Highlands and Islands of Scotland, from sources such as the Inverness Journal and the Inverness Advertiser. With material from 1807 through 1901, the items may be found on the

following website: www.ambaile.org.uk/newspapers/index.jsp.

b) An index of Irish Wills from 1484 to 1858, on CD-Rom may be ordered from Eneclann Ltd, Trinity College Enterprise Centre, Pearse St., Dublin, 2, Ireland. For further information consult the website: www.eneclann.ie.

c) Some useful message boards catering to a wide-ranging clientele are:

1. boards.ancestry.com
2. www.cyndlist.com
3. www.rootsweb.com
4. www.GenForum.genealogy.com

It is important when posting items on message boards to be brief, specific, and provide variant spellings of names. Most boards request that an email contact be supplied for replies. Anyone who is not comfortable with posting their personal

Continued next page...ANCESTORS

email address should use a "hotmail" or other separate email account for this purpose.

d) MacFarlane Descendants: a quarterly publication by the International Clan MacFarlane Society contains queries, history of individual families, notice of clan gatherings in many places, and other items of interest to people descended from the MacFarlanes. The publication is titled, MacFarlanes' Lantern, and the editors may be contacted through the following: macfarlane.org or at 4916 Laurel Canyon Blvd., Valley Village, California, USA, 91607.

4. 1871 Census - the 1871 Federal census is now available on line. But it is important to know that the other schedules surviving from that census must be examined on microfilm at one of the archives, the Beaton or the Highland Village or the public Archives in Halifax. Those schedules help to flesh out the individuals mentioned in the "every name" section. For example, how many cows, sheep, pigs and bushels of potatoes on each farm? The numbers are in reference to the every name schedule, page and line which must be used for reference.

At this season of the year, it is interesting to note the agricultural returns on the 1871 census which identify what was produced in the year 1870. For instance, in the Northeast of Margaree, in the year 1870, 93 bushels of spring wheat were harvested; 193 bushels of barley; 5,334 bushels of oats; 2 bushels of corn; 511 bushels of buckwheat; 12,227 bushels of potatoes; and 847 tons of hay from just over a thousand acres of hay land.

The census permits the researcher to look at each property in terms of its productivity in these areas, as well as in the amount of butter churned, cheese made, cloth woven etc. And, in fishing areas, the number of boats and the amount of fish caught and processed are recorded. These statistics, not available on the later census records, help to give a fuller picture of ancestors' work. It is hoped that somebody some day will do a full study of this census for the County of Inverness in some detail for individual communities.

4. QUERIES

a) Bernie Hanlon - currently working in China - is



Pictured above are four MacFarlane sisters. Left to right are Sarah, Jane, Annie, Susan. The sisters dressed up in their white dresses in the summertime, before and after their chores of barn work and milking. [MacFarlane Collection photo]

seeking information about Forest Glen (by way of pictures, stories, news clippings, etc.) to help with his Campbell Family History. Please send information about possible photos or stories relevant to this query to the Editor.

b) At some point between the 1881 census (when it was known as Whitehaven) and the 1891 census (when it was known as White Head), the Guysborough County community just south of Canso changed its name. Does anyone know why...or more accurately when? This question was posed by Jay Underwood of Elmsdale, NS.

c) I'm looking for the parents and siblings of Richard Hynes b.1847, Margaree, Inverness County, Nova Scotia. He married Margaret Philomene Cormier, February 02, 1852, Searston, Codroy, Nfld. I have their children and some other information down to the present but have been at a standstill on Richard's parents for years now. Any help would be greatly appreciated.

Thanks, A.J. Jenkins

[Contact the Editor if you have any information to share on any of the above queries. Refer to page 2 for contact information.] ■

**INVERNESS COUNTY RECREATION
CHALLENGES YOU TO BE ACTIVE
YOUR WAY, EVERY DAY, FOR LIFE!**

You are cordially invited to the opening of the
**NEW MACKENZIE WEBSITE -
FROM SCOTLAND TO NOVA SCOTIA
AND BEYOND**

www.mackenziefamilytree.com.

This MACKENZIE Website would not have been completed without extensive assistance from many sources. They know who they are and they know my sincere thanks and heartfelt appreciation.

The project has been ten years in the making. During this time I have contacted many near and distant family members who were more than willing to share and exchange information by e-mail, snail-mail or telephone. Some even invited me into their homes for an extended stay involving research, visiting disappearing homesteads, lurking about in time-worn cemeteries. Everyone extended the ancient art of hospitality. I have truly been touched and blest by their graciousness.

Genealogy is always for the benefit of future generations. Now is the time to share the results of this project. Family history is a dynamic enterprise ... it is always a work in progress ... a living story ... and all good stories deserve to be told and re-told.

It is the telling and re-telling of that story that makes the ancestors "alive and accessible" ... and future generations "marvel and wonder". The story makes us all feel connected to one another and to our shared heritage.

You will find many interesting stories along with the usual names, dates, and places. And you may even uncover some glaring mistakes, inaccuracies, oversights, and misprints. A project of this size will always contain errors. I hope that after you review the sections of this project that pertain to your family or that interest you the most, you will take the time to notify me of any errors, so that I can immediately correct them. You can do this by simply signing my Guestbook with your comments and email address or by emailing me personally.

The information in this Website is gleaned from various public and private sources. The public sources are readily available to anyone who knows how to perform the research using public archives. The private sources are not readily available to anyone who knows how to perform the research: This repository of information consists of privileged information now willingly disclosed by its possessor. There is nothing on this Website which can be construed to embarrass, harm or disparage the living or the dead.

I have one request: If you decided to use the information contained in this Website in any public written or digital format, please cite this Website as the source: www.mackenziefamilytree.com. Genealogy is a fallible undertaking ... this is the way I tell my family's story. Enjoy. Bill Dorgan

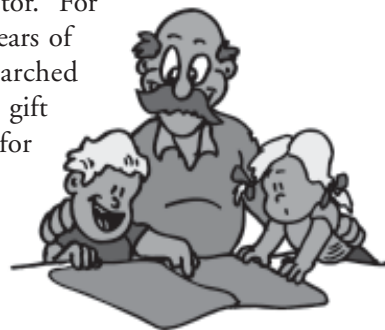
USING THE ROOTSWEB WEBSITE

TO PRESERVE OUR GENEALOGICAL RESEARCH

If there is one fact genealogists are acutely aware of it is that no one is immortal. We progress from child to parent to grandparent and, eventually, to the status of ancestor. For many of us, our years of painstakingly researched family history is a gift we'd like to leave for those who follow us, to learn from and build upon.

If we are lucky, someone in our family will be there to pick up where we leave off with our research; but quite often no immediate family member shows any interest.

Have you given any thought as to what you would like to have happen to your files when you are no longer capable of managing them yourself? Genealogical research papers, webpages, GEDCOMs on WorldConnect, are all a part of our estate, just like any other possession. They should be taken into consideration when making plans for the disposition of our property by our heirs.



Continued next page...ROOTSWEB

GEDCOM is an acronym for GENEalogical Data COMMunications. It is a file format developed by the Family History Department of The Church of Jesus Christ of Latter-day Saints (LDS). It provides a flexible and uniform format for exchanging computerized genealogical data, and allows you to share files with other researchers who may not use the same genealogy program (Family Tree Maker, PAF, etc.) that you do.

You will need to convert the file in your genealogy program into GEDCOM format before it can be added to the WorldConnect Project (<http://worldconnect.rootsweb.com/>).

The WorldConnect Project allows you to download family trees in a GEDCOM format (provided the submitter chose that option when submitting the file.) Most genealogy programs will allow you to import GEDCOM files.

*Continued from previous page...*ROOTSWEB

Specific instructions may be shared with your family members along with your passwords and usercodes for any Internet files you wish to be preserved when you can no longer manage them yourself. If you have hard copies of papers and have them organized, check with a local historical or genealogical society that might be interested in having your papers for their files.

Also, if you have records on the RootsWeb site, provide your family members with the address of the RootsWeb HelpDesk at: <http://helpdesk.rootsweb.com/form1.html> so that they may contact the HelpDesk. Providing your e-mail address to the HelpDesk will allow them to remove your address from mailing lists to which you might be subscribed. (Messages you have posted to RootsWeb mailing lists and message boards remain on file as a rule and often serve to benefit other researchers who read them in the future.)

Of course, what to do about GEDCOMs on file at WorldConnect is a personal decision and RootsWeb will honor the request of your heirs should it be determined that files are to be removed, but most genealogists prefer (and often specifically request) that their files remain as static files for others to build upon in the future. Files can be annotated to show that the submitter is deceased and contact is no longer possible. Although contact information for the submitter can be removed from these files, "Post-em Notes" can be used by future researchers to add corrections and additions so that the file remains viable and useful.

RootsWeb guidelines for WorldConnect files of deceased submitters can be found at: <http://helpdesk.rootsweb.com/help/wc6.html>

Previously published in RootsWeb

Review: 23 August 2006, Vol. 9, No. 34

CELTIC COLOURS INTERNATIONAL MUSIC FESTIVAL

The Celtic Colours International Music Festival takes place October 6 - 14, throughout Cape Breton Island. Tickets are selling quickly. This year many venues in Inverness County will be hosting Celtic Colours performances. These include performances in Chéticamp, Glendale, Inverness, Judique, Mabou, Orangedale, Whycocomagh.



For information on any of the Celtic Colours concerts, ceilidhs or workshops anywhere on Cape Breton island visit their website at: www.celtic-colours.com or call: 1-902-562-6700 or toll free 1-877-285-2321.



**Schedule is subject to change. Please check the website for latest updates.*

WHERE TO FIND CEMETERY TRANSCRIPTIONS ON THE INTERNET?

A great resource for viewing Inverness County cemetery listings is at: <http://www.rootsweb.com/~nscpbret/cemindx.html>

Nancy MacDonnell has been responsible for voluntarily uploading many of the cemetery transcriptions for Inverness County on the Roots Web site so far.



SHARING OPPORTUNITY

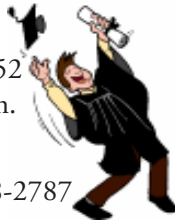
Does your alma mater, old military unit, church, parish, province, county or state have material available that you think would be of interest to genealogists and historians? Do you have any compiled lists of names or databases (other than your personal genealogy) that you would like to share and that you think would be of value and interest to others? In most cases, RootsWeb would be proud to host such material. <http://userdb.rootsweb.com/submit/>

**INVERNESS COUNTY LITERACY NETWORK
ADULT UPGRADING CLASSES 2006**

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

Chéticamp:

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



Margaree Forks:

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



Inverness:

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

Port Hood

Instructor: Susan Campbell,
Day & Time: Tue & Thu 6 - 9 p.m.

CONTACT INFORMATION:

THE INVERNESS COUNTY LITERACY COUNCIL

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

NEW LEARNERS ARE
ALWAYS WELCOME
COURSES RUN CONTINUOUSLY
OCTOBER TO MAY -
JOIN US ANYTIME!

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

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

New for 2006!!!! Pathways to Employment

The Inverness County Literacy Council is pleased to offer a new service that supports adults preparing for employment. This service will help adults identify those skills that they already possess, plus the work specific skills required to enter a particular field. This will be accomplished in a classroom setting in addition to job-shadowing in a workplace environment. Upon completion, participants will have gleaned the knowledge and experience necessary to help them choose a suitable career based on their own particular skills and interests.

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.

ALL PROGRAMS AND SERVICES ARE FREE AND CONFIDENTIAL

**INVERNESS COUNTY RECREATION/TOURISM DEPARTMENT
FALL 2006 RECREATION & CONTINUING EDUCATION COURSES**

REGISTRATION WEEK: SEPTEMBER 18 – 22

The Inverness County Recreation/Tourism Department is pleased to present its Fall “On the Move” schedule, offering a wide variety of classes, workshops and programs for children, youth and adults. Whether your interest is in crafts, sports, health, fitness or music, there is sure to be a class for you. So if you want to learn something new, improve a skill, develop a hobby, meet new people, enjoy friendly competition or get into shape, sign up early and stay active and healthy your way every day.

Registration and Payment of Courses:

You may register at the designated location in your community or mail your fees and registration information to your local programmer. **On-site registration week is September 18 – 22; mail-in registration will be accepted until Friday, September 29. All mail-in registration will be considered after walk-in registration has been completed.** All courses begin the first week in October, unless otherwise stated, and will run for a maximum of 10 weeks. We encourage you to register early, as all courses must meet a minimum enrollment. **Your registration may determine whether the course will be delivered.**

Registration Policy and Course Cancellation:

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

New Courses:

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

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

MAIL-IN REGISTRATION FORM

NAME: _____

ADDRESS: _____

POSTAL CODE: _____ PHONE: (H) _____ (W) _____

COURSE NAME: _____

LOCATION: _____ COURSE FEE: _____

INVERNESS COUNTY RECREATION COURSES - FALL 2006

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

BELLE CÔTE AND AREA

REGISTRATION:

Cape Breton Highlands Academy
Cabot Trail
Tuesday, September 19
Thursday, September 21
7:00 - 8:00 pm

CONTACT:

Julia Tompkins
PO Box 651
Margaree Forks
BOE 1A0

PHONE: (902) 224-1744

All courses begin the first week in October, unless otherwise stated.

CHILDREN & YOUTH:

STEP DANCING: TBA

VOLLEYBALL: Instructional co-ed volleyball for grades 5 & 6. Begins Oct. 13, Fridays 3 - 5 pm, 10 weeks; Instructor: Stacy Murphy; Fee: \$20.

FITNESS, HEALTH & SPORT:

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

SOCCER: Adult, non-instructional. 10 weeks; Thursdays, 8:00 - 9:30 pm; Fee: \$10.

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

WALKING INDOORS: Walking is an aerobic activity that can improve your fitness level, health and well-being. If you need the motivation of a group to get out walking, come and join the group at the Cape Breton Highlands Academy and walk

in the comfort of the indoors. Wed. & Fri. 8 - 9:30 pm; No Fee required to participate, but advance registration is necessary to book gym time.

YOGA: Would you like a life that is more relaxed, peaceful, in control, balanced, healthier and coordinated? If you answered YES, then Yoga may be just what you are looking for. Instructor: Lucille Aucoin, Yoga Therapist/Practitioner. Beginners, Tuesdays 7 - 8 pm/Intermediate, Wednesdays, 7 - 8 pm; 8 weeks; Fee: \$40. (Bring a small cushion and blanket /yoga mat.)

PERSONAL INTEREST:

JEWELLERY MAKING: In this two-hour workshop you can complete your very own set of drop earrings and necklace. Saturday, Oct. 14, 2 - 4 pm. Margaree Valley Baptist Church basement. Instructor: Amanda Ross; Fee: \$5.

PHOTOGRAPHY: An introductory level course for the recreational photographer. In this 6-week course you will be introduced to a fascinating hobby where you will learn how to produce better travel and family photos. Bring your camera (digital or film), along with the instruction manual if possible. Thursdays, 7 - 9 pm. Instructor: Russell Daigle; Fee: \$40.

QUILTING: Strippy quilt. Mondays, 6 weeks, beginning Oct. 16, 6 - 9 pm. Material list available at registration. Instructor: Margie MacIsaac; Fee: \$55.

STEP DANCING: TBA

CONTINUING EDUCATION:

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

Belle Côte Courses continue next page...

INVERNESS COUNTY RECREATION COURSES - FALL 2006

CHÉTICAMP

REGISTRATION:

ÉCOLE NDA, Chéticamp

Register early as some courses have an early start.

PROGRAMMER:

Clifford Maillet

PO Box 900

Chéticamp, NS B0E 1H0

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

All courses begin the first week in October, unless otherwise stated.

CHILDREN & YOUTH:

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

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

FITNESS, HEALTH & SPORT:

AEROBICS: A conditioning class focusing on the larger muscle groups - For those who want to tone and shape up. Beginners and Advanced. 7 - 8 pm, Mon / Wed or Tues /Thurs; Instructor: Pamela Deveau; Fee: \$3/session.

FLOOR HOCKEY: Recreational floor hockey players wanted, Tuesdays, 9 players/team; Fee: \$20/person.

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

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

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

ADULT PERSONAL INTEREST:

DANCE POPULAIRE EUROPÉENNE: Learn more about these unique energizing dances. Proven to be fun, invigorating and stress relieving. Tango, Waltz, Marche and Samba. 6-8 weeks. Instructors: Michel & Marguerite Paturel; Night to be determined by participant request. Fee: \$30.

CREATIVE MEMORIES SCRAPBOOKING: For more information contact instructor Gail Bourgeois at 224-3551

OIL PAINTING: Beginners to advanced artists will be provided with suggestions and feedback in a relaxing comfortable atmosphere as they complete their painting project. Instructor: Gilles Deveau; 8 weeks; Fee: \$40 + materials.



PHOTOGRAPHY: An introductory level course for the recreational photographer. In this 6-week course you will be introduced to a fascinating hobby where you will learn how to produce better travel and family photos. Bring your camera (digital or film), along with the instruction manual if possible. Tuesdays, 7 - 9 pm; Instructor: Russell Daigle; Fee: \$40.

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

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

Chéticamp Courses continue next page...

INVERNESS COUNTY RECREATION COURSES - FALL 2006

Chéticamp Courses continued from previous page...

CONTINUING EDUCATION:

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

GLENDALE

REGISTRATION:

Glendale Parish Hall
Monday, September 18
7:00 - 8:00 pm

PROGRAMMER:

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

Phone:(902) 625-2357

All courses begin the first week in October, unless otherwise stated.

CHILDREN & YOUTH:

CHILDREN'S HALLOWEEN CRAFTS:

Sunday, Oct. 29th, 1:00 - 3:00 pm; Instructor: Trisha Boyd; Fee: \$2, (includes supplies). Pre-registration a must to allow for the purchase materials.

CHILDREN'S CHRISTMAS CRAFTS:

Saturday, December 6th, 1:00 - 2:30 pm; Instructor: Trisha Boyd; Fee: \$2, (includes supplies). Pre-registration a must to allow for the purchase materials.

CHILDREN'S STEP DANCING: Saturdays. 8 weeks beginning September 30; Instructor: Claire MacDonald. Fee; \$35 (plus \$7 for addition family members.) Beginners: 9:30 - 10:15 am/Intermediate: 10:15 - 11:00 am.

PHYSICAL ACTIVITY & HEALTH:

EXERCISE PROGRAM: A great way to maintain your weight and learn new ways to make healthier living choices. This is a weekly gathering to discuss current health issues and nutritious recipes. Activities include walking, dancing and following an exercise video. Starting Monday, October 2 at 7 pm. Instructor Jonna MacDonald. Fee: \$2/night.

ADULT STEP DANCING: Saturdays 11 am - noon, 8 weeks, beginning September 30; Instructor: Clair MacDonald; Fee: \$38.

ADULT PERSONAL INTEREST:

COOKIE & BROWNIE EXCHANGE: Come and enjoy an evening that will provide a variety of cookies, brownies and cakes for Christmas. There will be music and a surprise visitor (depending on snow). Everyone takes home one plate of each sweet. Organizer: Marion Gillis. (Maximum 8 participants). No fee.

WOODWORKING: Learn to make your choice of small table, garbage bin, doll house, bookcase, TV stand, wall tree, etc. Tuesdays, 6 weeks; 2 - 4 pm or 7 - 9 pm. Location: Home of Josephine Smith; Instructor: Josephine Smith; Fee: \$25 plus materials.

SPRING CRAFTS: Mondays 7 - 9 pm, 6 weeks; Instructor: Dolores Casey; Fee: \$10.

WEAVING: Saturdays, starting September 30, 1 - 4 pm. 6 weeks. Instructor: Dolores Casey; Fee: \$10.

ADULT CHRISTMAS CRAFTS: Mondays, starting September 25, 7 - 9 pm. 6 weeks. Instructor: Dolores Casey. Fee: \$10



*Glendale courses
continued next page...*

INVERNESS COUNTY RECREATION COURSES - FALL 2006

Glendale courses continued from previous page...

WREATH MAKING WORKSHOP: Learn how to make your own balsam fir Christmas wreath. November 18. Saturday 1pm. All materials will be provided. Instructor: Harriet Petrie. Fee: \$10.

SCRAP BOOKING WORKSHOP: Come out and enjoy an evening with Bonni learning how to arrange your photos. No previous experience necessary. Beginners will be supplied with all necessary materials and instructions to complete one page. There will be materials and tools at the workshop for you to use. Experienced scrap bookers can bring their own choice of materials. Saturday October 28, from 7 to 9 pm. Instructor: Bonni Kuchta. Fee: \$15.

QUILTING WORKSHOP: Quilt pattern is called "Take 5". Choose 5 fabrics, and in a day you can make the top of this fantastic quilt. Bring a lunch. Material list and demo will be at registration. October 18 from 10 to 4 pm. Instructor: Catherine MacColl. Fee: \$20.



QUILTED TABLE TOPPER: A table topper called "Moonless Star". This hexagon shaped table topper will look great using Christmas fabrics or colors to suit your décor. Thursday, October 26th, 10 am to 4 pm. Fee \$20.

CALCULATE THE NUMBER OF CALORIES BURNED WHEN EXERCISING

There is a handy little online resource that calculates the number of calories burned in a workout - be it biking, running or a host of other activities. You enter your age, weight, height and the time you spent doing a particular exercise and it tells you how many calories you expended. Go to http://www.caloriesperhour.com/index_burn.html. Note that 3500 calories equals 1 pound of body fat. Go to http://www.caloriesperhour.com/tutorial_pound.html, for more information.

[Thanks to Velo Cape Breton for the above information]

INVERNESS

REGISTRATION:

Inverness Academy
Monday, September 18
Thursday, September 21
7:00 - 8:00 pm

PROGRAMMER:

Anna Lee MacEachern
PO Box 546, Inverness, NS
BOE 1NO

Phone: (902) 258-2089

All courses begin the first week in October, unless otherwise stated.

CHILDREN & YOUTH:

CRAFTS & CRAFTS MANIA: Spend an enjoyable fun hour with your friends making seasonal projects including Halloween, Thanksgiving and Christmas crafts as well as embossing, card making, fridge magnets, bookmarks, napkin folding and much more. Grades 3 - 7. Thursdays, 2:30 - 4:00 pm. 10 weeks, a limit of ten per class. Instructor: Anne Poirier; Fee: \$20 to cover materials.

CHANTER: Learn to play the chanter and then move on to the Great Highland Bagpipe. Lessons are private one-on-one. Teacher will supply all sheet music and lessons. Student must provide his/her own chanter; Instructor: Sandra Watson; Time: TBA; Fee \$50 for 10 half-hour lessons.

GIRLS ON THE MOVE: A fun-filled activity class for girls only! Grades 7 - 9. Great music, loads of fun with a touch of aerobics, muscle conditioning and flexibility. Thursdays, 7:30 - 8:30 pm; 6 weeks; Instructor: Clara Doucet; Fee: \$15.

Inverness Courses continue next page...

INVERNESS COUNTY ON THE MOVE...
ACTIVE YOUR WAY EVERY DAY...FOR LIFE

INVERNESS COUNTY RECREATION COURSES - FALL 2006

Inverness Courses continued from previous page...

JUMP-START GYMNASTICS: This is a modified gymnastics program for children ages 4 - 6. Children will hop, skip, dance and move to fun music at the same time improving balance and coordination. Fridays, 2:45 - 3:30 pm; 6 weeks; Instructor: Clara Doucet; Fee: \$15. (Maximum 10 participants.)

RECREATION NIGHT: Come out for an evening of recreation and fun activities: dodge ball, pickle ball, obstacle courses and more. Ages 10 - 12. Tuesdays, 7:30 - 8:30 pm; 6 weeks; Instructor: AR Fraser; Fee; \$15.

STEP DANCE: Learn traditional Cape Breton step dancing. Children ages 5 & up. Mon. 6 - 6:45 pm, Instructor: Cheryl MacQuarrie; 8 weeks; Fee: \$50.



PLAYGROUP: A fun-filled program designed for pre-schoolers, consisting of crafts, songs, active games, stories, and making friends. Thursdays, 9:30 - 11:30 am, 10 weeks; Fee: \$90/ session.

FITNESS, HEALTH & SPORT:

AEROBICS: You choose your intensity level as the instructor demonstrates low to high impact. Includes warm-up and cool-down. Multi-level, beginner to advanced. Mon./Wed. 7:30 - 8:30 pm. 10 weeks beginning Sept 18th; Instructor: Vikki MacEachern; Fee: \$20 - one night/wk; \$30 - two nights/wk.

ADULT BOOT CAMP: A co-ed fitness class that includes strength-training, aerobic exercises, muscle toning, agility drills, flexibility improvement, and even some fun games. Some of the core exercises include calisthenics (push-ups, crunches, etc.), circuit training to music, strength training (shoulder press, arm curls, etc.), PRE (Partner Resistance Exercise), and various cardio exercises to include obstacle course, stairs, and running. 10 weeks; Tuesdays and Thursdays 7:30 - 8:30 pm. Instructors: James Gillis & Maureen Donnelly; Fee: \$20-one night/wk, \$30-two nights/wk.

ADULT BADMINTON: Non-instructional co-ed adult program. Mondays/Wednesdays. 7:30 - 9 pm. 10 weeks. Organizer: Paula Doucet; Fee: \$20.

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

YOGA: Would you like a life that is more relaxed, peaceful, in control, balanced, healthier and coordinated? If you answered YES, then Yoga may be just what you are looking for. Instructor: Lucille Aucoin, Yoga Therapist/Practitioner; Eight-weeks, Intermediate, Thursday 6 - 7 pm; Beginners, 7:15 -8:15 pm; Fee: \$40. (Bring a small cushion and blanket /yoga mat).

ADULT PERSONAL INTEREST:

CHANTER ADULTS: Learn to play the chanter and then move on to the Great Highland Bagpipes. Lessons are private one-on-one. Teacher will supply all sheet music and lessons. Student must provide his/her own chanter. Instructor: Sandra Watson; Time: TBA; Fee \$50 for 10 half-hour lessons.

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

GUITAR: Ages 16-adult. This course is designed to provide individual instruction within an informal small group setting. You will learn the fret board, basic music theory, chord structures and rhythm. Tuesdays, 7:00 - 8:00 pm. Four weeks. Instructor: Glenn MacEachern; Fee: \$20.



Inverness Courses continue next page...

INVERNESS COUNTY RECREATION COURSES - FALL 2006

Inverness Courses continued previous page...

PAINTING IN ACRYLIC & OILS: Have you always wanted to learn to paint but didn't know where to start? Explore the basics of acrylic and oil painting in this easy going class and discover your inner artist. Beginner and intermediate students welcome. Tuesdays, 7 - 9 pm; 8 weeks beginning October 17; Instructor: Tom Ryan; Fee: \$20.

PHOTOGRAPHY: An introductory level course for the recreational photographer. In this 6-week course you will be introduced to a fascinating hobby where you will learn how to produce better travel and family photos. Bring your camera (digital or film), along with the instruction manual if possible. Wednesdays, 7 - 9 pm; Instructor: Russell Daigle; Fee: \$50. (Minimum 7 participants required for this course to go ahead.)



with the instruction manual if possible. Wednesdays, 7 - 9 pm; Instructor: Russell Daigle; Fee: \$50. (Minimum 7 participants required for this course to go ahead.)

QUILTING: Strippy quilt. As you learn this fun and creative technique, you'll see basic strip piecing in a whole new light. The partnering of simple strips of fabric sewn to quilted blocks, result in stunning, wonderful quilts with lots of color and movement. Wednesdays, 6 weeks, beginning Oct. 11, 6 - 9 pm; Material list available at registration. Instructor: Margie MacIsaac; Fee: \$55. (Minimum 8 participants required for this course to go ahead.)

STEP DANCE (ADULT): Learn traditional Cape Breton style step dancing. Monday, 7 - 8 pm, 8 weeks; Instructor: Cheryl MacQuarrie; Fee: \$50.

SCRAPBOOK THEMED ALBUM COURSE
Tuesdays, 6:30 - 8:30 pm. 6 weeks. Complete a 20-page Themed scrapbook. The themes to choose from are Baby Boy, Baby Girl, Wedding, Heritage, Birthday, or School. The course includes the 12 x 12 themed album, 12x12 Themed

Paper Pack, specialty adhesives, Embellishments. Items not included are scissors, adhesive (available for purchase), Writing Tools, and Photos (Approx. 35-50 needed). Instructor: Stephanie Burgoyne; Fee: \$120.

CHRISTMAS CARD WORKSHOP

Tuesday, November 28th 6:30 - 8:30 pm
In this class you will learn how to make 10 different styles of Christmas Cards using scrapbooking supplies. The class includes all materials to make the cards except scissors, adhesive (available for purchase) and Writing Tools. Instructor: Stephanie Burgoyne; Fee: \$20.

NEW YEAR'S CALENDAR WORKSHOP

Tuesday, December 5th 6:30 - 8:30 pm
This would make the perfect Christmas Gift. A personalized calendar for the New Year. The class includes all materials to make the calendar except scissors, adhesive (available for purchase), Writing Tools and photos (Approx. 40-50 needed). Instructor: Stephanie Burgoyne; Fee: \$40.

CONTINUING EDUCATION:

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



WHMIS: This workshop provides the attendee with the understanding of the elements of WHMIS regulations, chemical hazards and the control of these hazards. Focus is placed on the practical management of a WHMIS program in the workplace. Wednesday, Oct. 11th, 6 - 9:00 pm; Instructor: Norman MacDougall; Fee: \$15.

Course listings continue on page 18...

TEXTILE FESTIVAL 2006



Insert from Dorothy's quilt shows the family tree.

Dorothy Aucoin's "Memory Quilt".

The Inverness County Centre for the Arts hosted a wonderful textile exhibit August 11th through September 4th this year. Hopefully, everyone had a chance to get out and enjoy the exhibit and marvel at the talent and creativity of the artists. Not only were the items on exhibit exquisitely crafted, they were also beautifully hung and presented thanks to the dedication and hard work of Lindsay MacIsaac Ryan, Margie MacIsaac and Anne Morrell Robinson.



Cloth Dolls fashioned from Cotton Polyester and wool. Entitled, "The Princess and the Frog" they were made by Ann Morrell Robinson.



"Gypsy Rose" soft sculpture doll by Dorinda McCully



Above, acrylic on fabric entitled "Windy Day", by Nancy Winternight

Below, "Tiger" rag rug cotton knit by Gisèle Leblanc.



Above, fur teddy bears by Melinda Peters.



Tunic, bead weaving and wool, by Virginia McCoy

TEXTILE FESTIVAL 2006



Above, "Out of the Chaos", a quilt by Margie MacIsaac.



Above, "Away", silk fabric hand-dyed, by Hilary Rice.



Above right, "Crow in Golden Lake" felting work by Justine Kerr.



Above and below the exhibit was masterfully hung.

Right, "Owed to Momma" by Elaine Panuska, who cleverly played with words when naming this woven acrylic wool work.



Below, "Plates and Saucers" quilt by Anne Morrell Robinson.



The Participaper



INVERNESS COUNTY RECREATION COURSES - FALL 2006

Course listings continued from page 15...

JUDIQUÉ

REGISTRATION:

Judique Community Centre
Tuesday, September 19
Wednesday, September 20
7:00 - 8:00 pm

PROGRAMMER:

Eileen Smith
Judique, NS
BOE 1PO

Phone: 787-2358

All courses begin the first week in October, unless otherwise stated.

CHILDREN:

STEP DANCING: For children ages 5 and up. Learn to dance to jigs, strathspeys and reels. Wednesdays beginning October 4, 6:00 - 6:45 pm; 6 weeks. Instructor: Mary Ann MacIntyre. Fee: \$30.

PERSONAL INTEREST:

FIDDLE LESSONS: All ages. Beginner/Intermediate classes with instructor Wednesdays beginning October 4, 7 - 8 pm, 8 weeks. Instructor Kolten MacDonell. Fee: \$40. (max 6 students/class).

PHYSICAL ACTIVITY & HEALTH:



YOGA: Beginner level class. Wear non-restrictive clothing and bring a small cushion, blanket or yoga mat. Promotes relaxation, stress management and toning through yoga. Certified Kripalu Instructor,

Jenny Kennedy, Tuesdays, from 7 - 8:30 pm, 8 wks. Minimum 15 participants. Fee: \$56 (Minimum of 15 required for class to run).

MABOU

REGISTRATION:

Dalbrae Academy
Monday, September 18
Wednesday, September 20
6:30 - 7:30 pm

PROGRAMMER:

Eddie MacNeil
P.O. Box 68, Mabou, NS
B0E 1X0

PHONE: (902) 945-2493

All courses begin the first week in October, unless otherwise stated.

CHILDREN & YOUTH:

STEP DANCE: Step dance instruction provided by Instructor: Cheryl MacQuarrie. Open to children ages 5 & up. Thursdays, 6:00 - 6:45 pm; 8 weeks; Fee: \$40.

PERSONAL INTEREST:

QUILTING PAPER PIECING: Full day workshop, 10 am - 4 pm, Saturday Oct. 28, held at Fiddles & Stitches; Instructor: Jeanie MacDonald; Fee: \$35.

QUILTING LOG CABIN/JACOB'S LADDER: Wednesdays 7 - 9 pm, held at Fiddles & Stitches; beginning Oct. 11- Nov 15; Instructor: Jeanie MacDonald; Fee: \$35.

RAG QUILTING: 3-week session, Sept 20, 27 & Oct. 4, Wednesdays, 7 - 9 pm; held at Fiddles & Stitches; Instructor: Jeanie MacDonald; Fee: \$35.

TABLE TOPPER: Full day workshop, 10 am - 4 pm, Saturday Oct. 7, held at Fiddles & Stitches; Instructor: Jeanie MacDonald; Fee: \$35.

Mabou Courses continue next page...

ENJOY YOURSELF THIS FALL
REGISTER FOR A COURSE OR ACTIVITY!

INVERNESS COUNTY RECREATION COURSES - FALL 2006

Mabou Courses continued from previous page...

WATERCOLOR & DRAWING: Step-by-step instruction, including drawing techniques, mixing colours, and art history. 8 weeks, 7 - 9:00 pm; Instructor: Barrie Fraser; Fee: \$45 plus materials.

PHYSICAL ACTIVITY & HEALTH:

STEP DANCE: Step dance instruction provided by Cheryl MacQuarrie. For beginner and intermediate dancers. Thursdays, 7:00 - 8:00 pm; 8 weeks; Fee: \$40.

YOGA: This class emphasizes safe and proper alignment during yoga postures. Explores breathing techniques and deep relaxation to calm the mind, soften the heart, and strengthen your body. Appropriate for new students, and all those looking for a class reviewing the basics. Wednesdays, 8 weeks; Instructor: Jenny Kennedy; 6 - 7:15 pm; Fee \$56.

MARGAREE CENTRE/ MARGAREE VALLEY

PROGRAMMER:

Amanda Ross
Margaree Centre
BOE 1ZO

PHONE: (902) 248- 2146

**** Please check the September 13th issue of the *Inverness Oran*, as well as the September 15th issue of the *Reporter* for a listing of classes and programs offered in this area. If you have any ideas or suggestions for courses you would like to see offered in this community, or if you would like to teach a course, please contact Amanda Ross at 248-2146.

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

PORT HOOD

REGISTRATION:

Bayview Education Centre
Tuesday, September 19
Thursday, September 21
6:00 - 7:00 pm

PROGRAMMER:

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

Phone: (902) 787-2669

All courses begin the first week in October, unless otherwise stated.

CHILDREN & YOUTH:

FIDDLE: Beginner/Intermediate classes with instructor, Kolton MacDonnell. Thursdays, 7 - 8 pm; 8 weeks. Fee: \$40 (maximum 6 students/class).

HIGHLAND DANCE: Scottish Highland dance lessons for children ages 4 - 12. Ages 4 - 7, Thursdays 4 - 4:30 pm/Ages 8 - 12, 4:30 - 5:00 pm. Instructor: Alexandra McLennan; 8 weeks; Fee: \$40.

STEP DANCE: Learn traditional Cape Breton step dancing with Instructor: Cheryl MacQuarrie. Children ages 5 & up. Tuesdays, Beginners, 6:00 - 6:45 pm. Intermediate & advanced, 7 - 7:45 pm; 8 weeks; Fee: \$50.

FITNESS, HEALTH & SPORT:

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

Port Hood Courses continue next page...

INVERNESS COUNTY RECREATION COURSES - FALL 2006

Port Hood Courses continued from previous page...

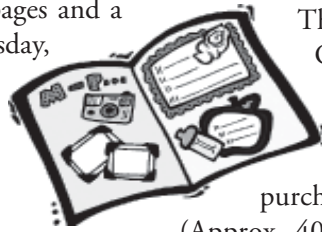
WALKING: Need the motivation of a group to get out walking? Join the walking group in the Bayview Gym. Mondays & Wednesdays, 8 - 9 pm. No Fee, but you must register to confirm numbers.

ADULT PERSONAL INTEREST:

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

SCRAPBOOK THEMED ALBUM COURSE

Mondays, 6:30 - 8:30 pm. 6 weeks. Complete a 20-page Themed scrapbook. The themes to choose from are Baby Boy, Baby Girl, Wedding, Heritage, Birthday, or School. The course includes the 12 x 12 themed album, 12x12 Themed Paper Pack, specialty adhesives, Embellishments. Items not included are scissors, adhesive (available for purchase), Writing Tools, and Photos (Approx. 35-50 needed). Instructor: Stephanie Burgoyne; Fee: \$120.



CHRISTMAS CARD WORKSHOP

Monday, November 27th 6:30 - 8:30 pm
In this class you will learn how to make 10 different styles of Christmas Cards using scrapbooking supplies. The class includes all materials to make the cards except scissors, adhesive (available for purchase) and Writing Tools. Instructor: Stephanie Burgoyne; Fee: \$20.

NEW YEAR'S CALENDAR WORKSHOP

Monday, December 4th 6:30 - 8:30 pm
This would make the perfect Christmas Gift. A personalized calendar for the New Year. The class includes all materials to make the calendar except scissors, adhesive (available for purchase), Writing Tools and photos (Approx. 40-50 needed). Instructor: Stephanie Burgoyne; Fee: \$40.

CONTINUING EDUCATION:

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

Courses listings continue next page...

Across the country, bicycle and pedestrian tourists are making significant contributions to local economies. In some areas, the contribution made by these non-motorized tourists can be as much as tourists using motor vehicles. Studies show that where bicycle and pedestrian tourism is fostered and promoted, and where investments are made in bicycle and pedestrian facilities, the economic impact may be even greater. A thriving tourist industry, in turn, can attract and revitalize businesses, create jobs, and increase public revenue. [Read more at: http://www.bikewalk.org/assets/Reports/economic_impact.htm]

An example of the financial impact that bicycle tourism can have on an area can be gleaned from the following excerpt from the Summary of Université du Québec à Montréal Chair of Tourism study:

- In 2000, "Route verte/Green Road" cyclists spent a total of \$95.4 million (\$64.6 million USD). This corresponds to approximately 2,000 jobs (person years), revenues of \$15.1 million (\$10.2 million USD) for the Government of Québec and \$11.9 million (\$8.1 million USD) for the Government of Canada.

- Québec's athletic cyclotourists spend 57% of the money associated with the use of the "Route verte", or a total of \$54.6 million (\$37 million USD). People who live near the "Route verte" also spend a considerable amount of money on Route-related activities (over \$24.5 million (\$24 million USD)).

- Based on a reasonable growth scenario, we estimate that following the inauguration of the "Route verte" in 2006, the amount spent annually by users will increase to \$134 million (\$91 million USD). This spending will generate over \$38 million (\$25.7 million USD) in government revenues and help support 2,861 jobs (person years).

[From Velo Cape Breton]

INVERNESS COUNTY RECREATION COURSES - FALL 2006

SCOTSVILLE SCHOOL OF CRAFTS

REGISTRATION:

Scotsville School of Crafts
Tuesday, September 19
Wednesday, September 20
7:00 - 8:00 pm

PROGRAMMER:

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

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

All courses begin the first week in October, unless otherwise stated.

SUNDAYS

* **Violin** - this is a Beginners Cape Breton Violin course for all ages, beginning October 22, 2:00 - 3:00 pm; Instructor: Chrissy Crowley; Fee \$8 per session.

TUESDAYS

* **Aero-tone Low Impact Aerobics and Full Body Toning**, Starting October 3, 2006, at Lake Ainslie Fire hall, 8 weeks, (resistance bands will be incorporated.) 9:30 - 10:30 AM or T.B.A. to fill participants needs; Instructor: Maggie Herbert; Fee \$20 or \$3 drop in, plus materials.

WEDNESDAYS

* **Internet & email for Beginners**, 4 weeks beginning October 18, 2006. Learn the basics, hints for browsing, how to find what you want, get your own email address, sending and receiving email, downloading, copying or printing information from the net, question and answer, and more. 7:00 - 9:00 pm; Instructor: Verna MacMillan; Fee \$15.

* **Knitting**, 8 weeks, beginning October 4, 2006, 7 - 9:00 pm; Instructor: Dorothy Saunders; Fee \$30 plus materials, bring your own pattern.

THURSDAYS

* **Aero-tone Low Impact Aerobics and Full Body Toning**, Starting October 5, 2006, at Lake Ainslie Fire Hall, 8 weeks, (resistance bands will be incorporated.) 9:30 - 10:30 am or T.B.A. to fill participants needs; Instructor: Maggie Herbert; Fee \$20 or \$3 drop in, plus materials.

* **Watercolour and Drawing**, 8 weeks, beginning October 5, 2006. Step-by-step instruction, including drawing techniques, mixing colours, and art history. 7 - 9:00 pm; Instructor: Barrie Fraser; Fee \$40 plus materials.

ONE DAY WORKSHOPS AND PROGRAMS:

Wednesday, October 4, 2006 * **"Let's play Scrabble"** - bring your board if possible. 2:00 pm; Organizer: Verna MacMillan.

Friday, October 6, 2006 * **Weaving workshop — "Journey to Design Confidence"**. Pre-registration is required. 9:00 am - 5:00 pm. Instructor: Nadine Saunders, "The Singing Weaver". Fee \$60 includes lunch, materials and a manual.

Friday, October 6, 2006 * **"Lakeside Impressions Gallery Opening"** and **"Wine and Cheese"** with local entertainment and a chance to meet our guest lecturer, Nadine Sanders. No Fee. Donations accepted. ("Lakeside Impressions" will be open 10:00 am - 5:00 pm up to and including Sunday October 15, 2006); 7:00 pm; Organizer: Lake Ainslie Weavers & craft Guild, Scotsville School of Crafts, Scotsville, NS, B0E 3E0

Saturday, October 7, 2006

* **Weaving seminar — "Theme and Variation"**; pre-registration is suggested, but drop-ins will be accepted on a space available basis. 9:00 am - 12:00 pm; Instructor: Nadine Saunders, "The Singing Weaver" Fee \$25 includes lunch.



Scotsville Courses Continue next page...

INVERNESS COUNTY RECREATION COURSES - FALL 2006

Scotsville Courses continued from previous page...

Saturday, October 7, 2006 * Weaving seminar — “A Rumpelstiltskin Delight”; pre-registration is suggested, but drop-ins will be accepted on a space available basis. 1:00 - 4:00 pm; Instructor: Nadine Saunders, “The Singing Weaver”; Fee \$25 includes lunch.

Monday, October 9, 2006 * “Gathering the Gaelic Songs of Cape Breton” and *”Ordinary Women - Keepers of the Songs” 9:30 am– 12:00 pm; Instructor: Anne Landin; Fee \$10 covers both workshops by this presenter.

Monday, October 9, 2006 * “Geocaching” Using a GPS (geopositioning system), and geocaching. At the conclusion of the workshop, participants will create a time capsule and a new cache for others to find. 1:00 pm; Instructor: Bob Hartman-Berrier; No Fee. [Refer to page 27 to learn more about geocaching.]

Tuesday, October 10, 2006 * “Highland History — A Gaelic Perspective” 1:30 pm; Instructor: Geoffrey May; Fee \$10.

Tuesday, October 10, 2006 * “A Celebration of Gaelic Song” — participatory singing; recording is encouraged; 3:30 PM; Instructor: Geoffrey and Rebecca-Lynne MacDonald-May; Fee \$10.

Wednesday, October 11, 2006 * “The Lords of The Isles - the Golden Age of Scottish Gaeldom” 1:30 pm; Instructor: Geoffrey May; Fee \$10.

Wednesday, October 11, 2006 * “A Celebration of Gaelic Song” — participatory singing; recording is encouraged. 3:30 pm; Instructor: Geoffrey and Rebecca-Lynne MacDonald-May; Fee \$10.

Thursday, October 12, 2006 * “Weaving” This is a one-day workshop where you will learn the art of weaving beautiful, yet simple and practical belts which can be used in many ways. Inkle looms are designed to weave several yards of narrow fabric for articles such as belts, sashes, ties, bookmarks,

hair bands, guitar straps, etc. 10:00 am – 4:00 pm; Instructor: Elaine Panuska; Fee \$25 includes materials. (Minimum of 5 participants).

Thursday, October 12, 2006, * “Ancient Celts and the Modern World”. 1:30 pm. Instructor: Geoffrey May; Fee \$10.

Thursday, October 12, 2006 * “A Celebration of Gaelic Song” — participatory singing; recording is encouraged, 3:30 pm; Instructor: Geoffrey and Rebecca-Lynne MacDonald-May. Fee \$10.

Friday, October 13, 2006 * “Gaelic Language Crash Course” — learn handy phrases! Recording is encouraged. 1:30 pm; Instructor: Geoffrey May; Fee \$10.

Friday, October 13, 2006 * “A Celebration of Gaelic Song” — participatory singing; recording is encouraged. 3:30 pm; Instructor: Geoffrey and Rebecca-Lynne MacDonald-May. Fee \$10.

Saturday, October 14, 2006 * “Swedish Weaving” - Portable weaving created using needle and monk's cloth. 9:30 AM. Instructor: Jay Hartman-Berrier. Fee \$15 plus materials.

Sunday, October 15, 2006 * “Milling Frolic and Tea & Ceilidh” with local musicians. 2:00 pm. Organizer: Lake Ainslie Weavers & Craft Guild, Scotsville School of Crafts, Fee \$6.

Friday, October 20, 2006 * “Let’s play Euchre”, 7:00 pm. Organizer: Verna MacMillan.

Saturday, Oct. 21, 2006 * “Natural Dyes”, 1:00 - 3:00 pm. Instructor: Judy Lincoln; Fee: \$20 includes materials.

Saturday, November 4th, 2006 * “Basket Weaving” - Market Basket – Learn to make a small tote for gathering vegetables, flowers, lunch, knitting, etc. Great for beginners! This is a simple basket using several different weaving techniques. Minimum 4/Maximum 8. Materials - spray bottle, bucket, sharp scissors, towel and tape measure. 9:00 am -5:00 pm; Instructor: Diane Langdon-Dann; Fee: \$35 plus \$15.00 for materials.

Scotsville courses continue next page...



INVERNESS COUNTY RECREATION COURSES - FALL 2006

Scotsville courses continued from previous page...

Tuesday, November 7, 2006 * "Natural Fir Wreath Making", 7:00 – 9:00 pm; Instructor: Michael Gillis; Fee \$12 includes materials.

WEST BAY/WEST BAY ROAD

REGISTRATION:

West Bay Community Hall
Thursday, September 21
6:30 - 8:00 pm

PROGRAMMER:

Tricia MacColl
RR 1 West Bay Road
NS B0E 310

Phone: (902) 625-5133

All courses begin the first week in October, unless otherwise stated.

CHILDREN & YOUTH:

ARTS AND CRAFTS FOR KIDS: Come for an evening full of creativity and fun with your friends. Each week you will make a unique craft for you to take home with you. All materials will be supplied. Ages: 7 - 12, 6 weeks, Tuesdays, October 3 to November 7, 5:45 - 6:45 pm; Instructor: Tricia MacColl; Fee: \$25.

CHRISTMAS CRAFT FOR KIDS: Ages: 3 - 7; Saturday, December 16th, 1 - 2:30 pm. Instructor: Tricia MacColl; Fee: \$6.

HALLOWEEN CRAFT FOR KIDS: Ages: 3 - 7; Sunday, October 29th, 1 - 2:30 pm. Instructor: Tricia MacColl; Fee: \$6.

KIDS' BEGINNER SCRAPBOOKING: Learn how to make your pictures fun and exciting to share with family and friends. All materials necessary will be supplied. Saturday, October 28th, 10 am -12:30 pm; Instructor: Bonni Kuchta, 295-2527; Fee: \$15.

STEP DANCING: Ages 4 & up. Saturdays. 8 weeks beginning September 30th; Instructor: Krista MacKinnon. Fee; \$35 (plus \$7 for addition family members.)

FITNESS, HEALTH & SPORT:

KRIPALU YOGA CLASSES WITH ADDED CARDIO BENEFITS: This class will offer the benefits of having a cardio component (15-20 min.) of NO BOUNCE AEROBICS along with the benefits of a gentle KRIPALU YOGA class to follow. In this class you receive the benefits of raising your heart-rate and burning calories in the no bounce aerobic class, followed by the gentle Kripalu yoga style class which will give you a chance to stretch, reduce stress and relax. Kripalu yoga is a gentle style of yoga that puts emphasis on proper breathing, alignment and coordinating breath and movement. Kripalu Yoga works on the muscular-skeletal systems as well as the respiratory, circulatory, digestive, immune and nervous systems. The regular practice of yoga has been shown to produce physical benefits including reduced anxiety, stress and blood pressure levels, and increased relaxation, flexibility, strength, endurance, and energy levels. The students work according to their own limits of individual flexibility and strength. 8 weeks, Fridays, October 6th to November 24th; 9:15 - 10:30a m; Instructor: Tanya Kehoe; Fee: \$60 (Min of 10 needed for classes to run).



OPEN MIXED DART: Tuesday evening, contact Caulder MacInnis @ 345-2753 for registration information.

PERSONAL INTEREST:

ADULT SCRAPBOOKING WORKSHOP: This workshop is for all scrapbookers experienced or not. Beginners will be supplied with all necessary materials and instruction to complete a page. Please bring along any scrapbook supplies you

West Bay Courses continue on page 26...



Velo Cape Breton's Across the Highlands Cycling Challenge (ACH '06) Took Place in August

Bicycling the Cabot Trail is a World Wide recognized challenge. Cycling across the Highland Plateau by mountain bike from North River to Grand Étang is a different, specifically tailored event for its potential for mental and physical challenges. Forty-nine hardy cyclists took on the challenge of ACH '06 this year for three days.

The signature event was the crossing of the plateau of the Highlands between North River bridge at St. Anns Bay and St. Joseph du Moine on the shores of the Gulf of St. Lawrence. A grueling 65 kilometres of fire roads and rocky trails marked by long strenuous uphill and major thrilling descents challenged the physical abilities, riding skills and psychological preparation of participants from as far away as British Columbia and the Northwest Territories. All 49 challengers completed the ride in times between five-and-a-half and eight-and-a-half hours.

At the end of the day, a reception was held for the participants and volunteers at the Community Centre of St. Joseph du Moine. Many experienced for the first time, the local Acadian meal of fricot and other delicacies patiently prepared by chef Véronique Leblanc and her crew of skilled assistants.

Rides Captain of Velo Cape Breton, Jacques Cote said, "The event was a stunning success. Thanks to all volunteers who marked the route, staffed the pit stops, cheered and helped put this event together. Thanks to Sobeys, SuperStore and Island Mist for their valuable contribution to the provisioning at the five pit stops. Congratulations to each and everyone who completed it! It was a real accomplishment that all the participants who entered finished, with no major injuries and no major mechanical breakdowns." Sponsored in part by a grant from the Festivals and Events Program of Entreprise Cape Breton Corporation, the third edition of Across the Highlands has reached national recognition.

Another AHC in 2007 is a decision that will be made later by the volunteer organizers. Judging by the enthusiasm of all after the ride, AHC '06 was a winner. There is no doubt that Cape Breton Island has a great potential for these type of sporting events. Sustainable EcoTourism events of this type are too often overlooked - hopefully 'though, not for much longer. ■

Do you have an idea for a course or workshop you'd like to see offered in Inverness County? Is there something that you yourself would like to teach? How about Highland dancing, for example? Sculpture perhaps? A craft? Low-fat, heart-healthy cooking? Juggling? Clowning? Magic? Balloon animals? Software programs? Photography? Creative writing? You are limited only by your imagination!! Call or email the Recreation Department with your ideas. recreation@invernessco.com or 787-3508.



**INVERNESS COUNTY
CENTRE FOR THE ARTS
Upcoming Exhibits**

**September Exhibit
F. Scott MacLeod's Work
September 8 - October 1**

Rich, juicy colour, defining moody sea and landscapes by Lunenburg artist F. Scott MacLeod will fill the walls at the Art Centre during the month of September. "Re-Inventions" will open Friday, September 8 at 6 pm in the Main Gallery and will run until October 1.



**October Exhibit
Fenn Martin's Work
October 6 - 31, 2006**

"Through my exhibition I intend to revitalize an interest in the idea of the narrative frieze. I sculpt large-scale architectural tiles to



create a relief depiction of various journeys and events. Using a ceramic vocabulary, it is my intent to make epic friezes celebrating the contemporary, humble hero among the local struggles and triumphs." This large and

impressive exhibit by Port Hood native Fenn Martin will fill the gallery for the month of October. This show was previously exhibited at The Anna Leonowens gallery in Halifax in 2005. Gallery hours are 9 am - 5 pm, Monday through Friday. You can also visit the Centre on the web at www.invernessarts.ca.

HARVEST MOON CRAFT FAIR

Each year the Regional Occupational Centre Society hosts a craft market to raise funds for the centre. This is a community based, not-for-profit organization dedicated to the development of people with disabilities.

Come check us out at our new location at the Port Hawkesbury Civic Centre. Craft Fair dates are October 28th from 10 am to 5 pm/ October 29th from 11 am to 4 pm.

Admission is \$2.00 for adults (children under 12 free). Door prizes and canteen services will be available. We look forward to seeing you there!!

For more information call (902) 625 0132, Mon - Fri/8am - 4 pm.

[Sponsored by the Regional Occupational Centre.]



INVERNESS COUNTY RECREATION COURSES - FALL 2006

West Bay Courses continued from page 23...

might have. There will be materials and tools at the workshop for you to use. Call Bonni with any questions you may have regarding the workshop. Saturday, October 28, 1:30 -4:30 pm; Instructor: Bonni Kuchta, 295-2527; Fee: \$15.

MAGIC PILLOW CASES: Create a colorful pillowcase to match your child's room or use a seasonal theme. 10 to 12:30 pm. Thursday, October 19. List of supplies available at registration. Must have your own sewing machine. Instructor: Catherine MacColl; Fee: \$10.

AROUND THE TOWN BAG: This versatile denim or cotton bag has many uses from shopping to travel. 1 - 4 pm, Thursday October 19. List of materials required will be provided at registration. Must have your own sewing machine. Instructor: Catherine MacColl; Fee: \$10.

WHYCOCOMAGH

REGISTRATION:

Whycomagh Education Centre
Tuesday, September 19
Thursday, September 21
6:00 - 8:00 pm

PROGRAMMER:

Adrienne Dermody
Whycomagh, NS
BOE 3MO

Phone: (902) 756-3579

All courses begin the first week in October, unless otherwise stated.

CHILDREN & YOUTH:

CHILDRENS GYMNASTICS: A fun evening and exercise too! Register your children to participate in a supervised environment to socialize and learn new skills on mats and various pieces of equipment. Ages 4 - 6 years. Date, time and fee, available at registration. Instructor: Wanda Chandler.

COOKIE MAKING EXTRAVAGANZA: Learn the secrets of baking and decorating cookies at this fun and festive class. For 2 evenings we will be busy baking cookies using Halloween and Christmas themes. All things necessary to make a batch of cookies supplied. From 5:30 - 7:00 p.m., plus some extra treats! Friday, October 27 and Friday December 8. Instructor: TBA. Fee: \$5 /child per class,

RECREATION NIGHT: (Grades 4-6) will be offered based upon numbers at registration and availability of instructors.

HEALTH & FITNESS:

YOGA: Beginner level class, continuing students welcome. Wear non-restrictive clothing and bring a small cushion, blanket or yoga mat. Promote relaxation, stress management and toning through yoga. Certified Kripalu Instructor Jenny Kennedy, beginning Monday, October 2. 6 - 7:15 p.m. 8 wks. Fee: \$56. (Minimum of 15 required for class to run).

ADULT BADMINTON & VOLLEYBALL: Non - instructional sports nights will be offered based upon numbers at registration. Fee: \$10.

PERSONAL INTEREST:

CRAFT CLASS: If you love being creative this is the class for you. No experience necessary. Bring home a new craft each night. We will be making Halloween crafts, Christmas crafts plus much more. It's a perfect class for you and a friend. Thursday nights beginning October 5, 7 - 9 p.m. Pre-registration a must in order to purchase materials. 8 wks. Instructor Shannon MacDonald; Fee: \$80. (Projects will be displayed at registration).

CHRISTMAS FIR WREATH: Come and enjoy an evening of fun and bring home a beautiful fir wreath. Grab your gloves and a pair of wire snips and learn to make a holiday wreath with a pretty

Whycomagh Courses continued next page...

INVERNESS COUNTY RECREATION COURSES - FALL 2006

Whycocomagh Courses continued from previous page...
bow. Bring a friend and register early as this class fills quickly. Instructor Michael Gillis; Thursday, November 16, 7 – 9 p.m.; Fee: \$12.

ONE NIGHT COOKING CLASS: This will be a dinner you won't soon forget! Learn cooking tips from a seasoned chef and have fun too. We eat what we cook, so come hungry. All necessary items supplied by Chef Leonard. Bring a friend and a hearty appetite. Date, time and fee available at registration. Instructor: Chef Leonard MacLeod.

SALSA SCARF IN A NIGHT: Calling all potential knitters! If you've never knit before then this is the class for you. You will learn the very basics of knitting and knit a pretty salsa scarf as well. Lots of help along the way. All necessary material will be purchased by instructor, therefore registration is a must. One night only Thursday, November 30, 7 - 9 p.m. Fee: \$15.

SCRAPBOOK THEMED ALBUM COURSE
Wednesdays, 6:30 - 8:30 pm. 6 weeks. Complete a 20-page Themed scrapbook. The themes to choose from are Baby Boy, Baby Girl, Wedding, Heritage, Birthday, or School. The course includes the 12 x 12 themed album, 12x12 Themed Paper Pack, specialty adhesives, Embellishments. Items not included are scissors, adhesive (available for

purchase), Writing Tools, and Photos (Approx. 35-50 needed). Instructor: Stephanie Burgoyne; Fee: \$120.

CHRISTMAS CARD WORKSHOP

Wednesday, November 29th 6:30 - 8:30 pm

In this class you will learn how to make 10 different styles of Christmas Cards using scrapbooking supplies. The class includes all materials to make the cards except scissors, adhesive (available for purchase) and Writing Tools. Instructor: Stephanie Burgoyne; Fee: \$20.

NEW YEAR'S CALENDAR WORKSHOP

Wednesday, December 6th 6:30 - 8:30 pm

This would make the perfect Christmas Gift. A personalized calendar for the New Year. The class includes all materials to make the calendar except scissors, adhesive (available for purchase), Writing Tools and photos (Approx. 40-50 needed). Instructor: Stephanie Burgoyne; Fee: \$40.

WILL & ESTATE PLANNING: Experienced estate-planning lawyer Patrick Lamey, offers a free information session on "Wills & Estate Planning". Topics covered include Wills, Living Trusts and Avoiding Probate, Medical Powers of Attorney & Living Wills and Estate Taxes. Question and answer session to follow. November 15, 7 – 9 pm. No fee, but advance registration is necessary. ■

WHAT IS GEOCACHING?

The sport of geocaching requires a GPS (Global Positioning System), access to a computer, powers of deduction, and generally, a love of the outdoors. Participants visit websites on the internet (such as <http://www.geocaching.com/>) and search for the coordinates of caches located in geographic areas of interest to them. These coordinates are then input into a GPS.

The cache containers are usually hidden behind a rock or next to a tree - they are never buried. The containers hold a variety of different objects, [including a logbook for those who find the cache so that geocachers can record when they found the cache, whether they took something from it or left something inside, and perhaps some details about their geocaching experience (those who go out on a cache search should always bring along a pen for making notes in these logbooks.)]

Those who find a cache can either refill the container with new items, or replace the found items back in the container before leaving it for the next person to find.

Geocaching is a great activity for kids because it offers a chance to enjoy a local hiking trail, get some exercise, learn practical map skills — and have fun with the family. Sharing their stories with others is also part of the fun involved in the experience of geocaching for kids.

Geocachers must get permission before hiding a cache on private or public property. Before 2000, only people who were working for the government could use satellite technology to pinpoint small areas. But when government ended "selective availability," allowing people more access to the satellite signals, geocaching began almost immediately.

Today you can search at <http://www.geocaching.com/> for just about anywhere in the world and be able to walk, bike, or drive to a nearby hidden cache. As of Aug 27, 2006 there were 305211 active caches in 222 countries.

Some Useful Information for young Babysitters

Before the parent(s) of the children you are about to babysit leave the house, obtain the following information from them:

- The address and telephone number where they can be reached;
- an alternate telephone number for a neighbour or good friend who can be called upon in case you can't reach the parents;
- the time the parents expect to return;
- make sure the parents have left emergency phone numbers (911, Poison Control Centre) in a prominent place and that they have included their home address, telephone number, and the cross street or description of your house location beside these numbers.
- before they leave, ask the parents to take you on a house tour to discuss things such as: how to lock the doors and windows; how the burglar alarms work and what could set them off (if they have them); the fire plan they have in place in the event of a fire in the house;
- the location of and how to use the fire extinguisher and first aid kit and the location of the smoke detectors and flash lights.

If someone calls while you are babysitting, offer to take a message. Do not tell the caller that you are alone. Hang up if the caller becomes a nuisance and call the police if you feel threatened.

If someone comes to the door: Use the peephole, or talk through the door, to see who is there. Never open the door and

Continued on page 31...BABYSITTER

PROGRAMMERS - INVERNESS COUNTY



Belle Côte/
St. Joseph Du Moine
Julia Tompkins
PO Box 651, Margaree Forks
NS, BOE 1A0
Phone: (902) 224-1744

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

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

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

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

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

The Margarees
(NE Margaree, Margaree Centre,
Margaree Valley)
Amanda Ross
Margaree Centre
BOE 1Z0
Phone: (902) 248-2146

Pleasant Bay
Cheryl Timmons
214 Pleasant Bay Rd.
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
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West Bay/ West Bay Road
Tricia MacColl
RR 1 West Bay Road
NS B0E 3I0
Phone: (902) 625-5133

Whycocomagh
Adrienne Dermody
Whycocomagh, NS
BOE 3M0
Phone: (902) 756-3579

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

Meet the Winners of the Inverness County on the Move...

Active Your Way Contest

In our last issue - June/July 2006 - we printed the winning entries in the Active Your Way contest. Due to technical difficulties we were unable to print the photos of the winners with their entries. Pictured here (and hopefully "better late than never") are the winners.



Above: Mary McC Calder, a Grade 6 student who lives in Orangedale, won in the Youth category. Here she is pictured receiving her prize (snowshoes) from Caroline Cameron, Coordinator of the Inverness County on the Move...project.

Pictured right is Frank Schmidt. Frank was very happy to receive his prize - a scooter - and immediately took it for a spin! Frank, a winner in the Grade Primary to 4 category, is a 9 yr old student who attends Bayview.



At left, Tina Bernard, (accompanied by her husband and four children) received a \$100 gift certificate from Sears for writing the winning essay in the adult category. Caroline Cameron made the presentation while the area Field Workers (Carole Aucoin Inverness North; Wanda Chandler, Inverness Southeast; and Ardi MacEachern, Inverness Southwest) looked on.



REGIONAL LIBRARY NEWS



EASTERN COUNTIES REGIONAL LIBRARY NEWS New Libr@ry Link Site for Chéticamp!

Beginning Wednesday, November 1, the Eastern Counties Regional Library will host a bilingual Libr@ry Link site at the NDA school library in Chéticamp on a trial basis.

The site is scheduled to operate every 4th Wednesday from 3:00 - 5:30 pm, and 6:00 - 7:30 pm.

Come to the library November 1st and 29th. Our staff will provide bilingual services, with something for everyone - adults and children alike. There will be materials such as books, magazines, and a "Large Print" collection, as well as audio books, DVDs and CDs on hand.

Note: The Judique schedule changes from Wednesdays to Tuesdays effective Oct 10 (see below).



Too busy to browse through our shelves? Order materials online at eclr.library.ns.ca and arrange to pick them up at the library branch or link site of your choice!

FALL AUTHOR TOUR

Author/Illustrator Geoff Butler, known for both his literary and art works for adults and children, will be visiting our library region in late October. Dates and venues: Tuesday, October 24, Canso Library; Wednesday, October 25, Bras D'Or Lakes Inn in St. Peter's; and, Thursday, October 26, Port Hawkesbury Civic Centre. Call 747-2597 for more information.

SHARE A BOOK - BUILD A COMMUNITY FUNDRAISER 2006

From October 15- November 30, Eastern Counties Regional Library will be holding its annual fundraising campaign. Show your support by making a donation to the library. All proceeds will be used to purchase books and materials to enhance the library's collection.

BOOKS BY MAIL

Live too far from a library? Arrange for books to be mailed out to you free of charge, or call us to see if you qualify for free delivery to your home.

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

BRANCHES: WINTER HOURS: SEPTEMBER 11 - DEC. 31, 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 Saturday 1:00 - 4:00	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: SEPTEMBER 11 - DEC. 31, 2006

INVERNESS ACADEMY (every 2 weeks) Thursday 2:00 - 5:30 & 6:00 - 8:00 Sept. 21 Oct. 5, 19 Nov. 2, 16, 30 Dec. 14	JUDIQUE COMMUNITY CENTRE (every 4 weeks) Tuesday 4:30 - 5:30 & 6:00 - 7:30 Oct. 10 Nov. 7 Dec. 5	PORT HOOD RESOURCE CENTRE (every 4 weeks) Tuesday 3:30 - 5:30 & 6:00 - 7:30 Sept. 26 Oct. 24 Nov. 21
MABOU, DALBRAE ACADEMY (every 2 weeks) Wednesday 3:45 - 5:30 & 6:00 - 8:00 Sept. 13, 27 Oct. 11, 25 Nov. 8, 22 Dec. 6	ST. JOSEPH DU MOINE/ CENTRE SAINT-JOSEPH (every 2 weeks) Thursday 12:00 - 5:15 & 6:00 - 8:00 Sept. 13, 27 Oct. 11, 25 Nov. 8, 22 Dec. 6	WHYCOCOMAGH EDUCATION CTR (every 4 weeks) Wednesday 3:30 - 5:30 & 6:00 - 8:00 Sept. 20 Oct. 18 Nov. 15 Dec. 13

**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
RECREATION AND TOURISM	
Director, Recreation & Tourism	
Community Development & Culture	787-3506
Assistant /Recreation & Tourism	787-3507
Adult Education & School Program Coordinator	787-3508
Tourism Toll-Free	1-800-567-2400
INVERNESS COUNTY HOME CARE	
Municipal Homes:	
Foyer Père Fiset	224-2087
Inverary Manor	258-2842
RURAL CAPE BRETON DISTRICT PLANNING COMMISSION:	
Main Office	625-5361
Building Inspector:	
Port Hawkesbury	625-5361
Building Inspector:	
Port Hood	787-2900
COMMUNITY SERVICES	
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.

Continued from page 28...BABYSITTER

never tell anyone you are babysitting. Speak through the door. Say the parents are busy and offer to take a message. If the person will not leave, call 9-1-1.

If there is a fire, never attempt to put it out. Remain calm and leave the house immediately. Call 9-1-1 from a neighbour's house.

Parents should also have a checklist of their own and have the babysitter tick off each task as it is completed. The checklist could include tasks such as:

- Locking the windows and doors;
- turning the outside lights on after dark;
- placing the emergency contact information by the telephone, and closing the blinds and drawing the shades.

It is also important to discuss or role-play specific situations to ensure that your babysitter knows what to do and is confident dealing with situations that may arise.

When hiring a babysitter, in addition to experience caring for children, parents may want to find someone who has completed a babysitting-training program. These courses teach skills such as how to play with children and how to care for infants. Courses also teach basic first aid, how to keep children safe and how to react in an emergency. ■

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

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



October is
Canadian
Library
Month

Libraries:
The world
at your
fingertips

DON'T FORGET TO REGISTER FOR A COURSE THIS FALL!



Anne Morrell Robinson's "Cow Pie" quilt was part of the Textile Festival exhibition held at the Inverness County Centre for the Arts this summer. [See inside for more pictures of the exhibit.]