

THE PARTICIPAPER

AN INVERNESS COUNTY PERIODICAL



John Cotton, the Director of Recreation Tourism for the Municipality, is retiring after more than 30 years of dedicated service to the residents of the County.

**IN THIS ISSUE:
SPRING 2007 RECREATION & CONTINUING EDUCATION COURSES**

Vol 28, No.1

Jan/Feb/Mar 2007

FROM THE INVERNESS COUNTY RECREATION, TOURISM,
CULTURE AND COMMUNITY DEVELOPMENT OFFICE



REGISTRATION FOR COURSES & WORKSHOPS

Registration for programs sponsored by the Recreation Department will take place during the week of February 12th. This issue features all of the details on programs available in County communities.

SKI & SNOWSHOE RENTAL SERVICE

The Recreation/Tourism Department provides a rental service for cross-country skis and snowshoes. Various sizes are available. Rental is on a first-come, first-served basis. Cost for rental of a pair of snowshoes or ski set (poles, boots, skis) is \$3/daily and \$5/weekend. A damage deposit is required at time of pick-up. For more information contact the Recreation/Tourism office at 787-3507 or 787-3508.

KIDSPORT AND CANADIAN TIRE JUMPSTART FUNDING PROGRAMS

Is lack of money stopping you from registering your child in one of the many recreation activities and organized sport programs offered in the county? If so, the above programs may be able to help. See pages 14 and 15 of this issue for more information on these programs and how to access them.

ICCNS - INVERNESS COUNTY CAP NETWORK SOCIETY

www.iccns.ca

C@p sites offer IT skills development and experience through our C@p Youth Initiative. For more information, contact a C@p site near you. C@p sites are Public internet Access sites providing E-mail, internet usage, word-processing, printers, scanners, tutoring and workshops for an affordable fee. Contact: Darlene Cameron, Coordinator 945-2292 (work) or 787-2424 (home).

PROVINCIAL VOLUNTEER WEEK

Provincial Volunteer Week is April 15-21, 2007. Recognition Ceremonies will be hosted by Inverness County Municipal Council during that week.

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 continues on page 31

The Participaper

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The Participaper is published five times a year by the Inverness County Department of Recreation and Tourism: John Cotton, Director. Contributions of information and articles, photos and artwork are welcome. We also welcome your letters and comments. This publication is a service for the residents of Inverness County. Others may subscribe at the following rates (postage included): \$8.00/yr in Canada or \$9:00/yr in the US. Send subscription request, with payment, to the attention of:

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For more information, contact (902) 224-1759

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The Participaper is in its twenty-eighth 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 APRIL 6, 2007



ANCESTORS UNLIMITED

HELPING TO FIND YOUR INVERNESS COUNTY ROOTS

By Dr. Jim St. Clair

NOTE OF APPRECIATION:

For a quarter of a century, as I have shared my enthusiasm for research and family history with readers, I have known that John Cotton has been encouraging the work that has gone into this column and into this publication. To him, I am grateful. Through his quiet guidance, many initiatives in this county have brought new opportunities to people of all ages and backgrounds.

It was helpful to us all that John Cotton early realized that economic growth and cultural development went hand-in-hand for the benefit of the residents. With a self-effacing attitude, he was responsive to the suggestions brought to him and always wished the credit for success to go to the people involved in the activity.

It has been a tribute to both he and his staff, and to the members of the Inverness County Council that *The Participaper* has arrived in the mail boxes of all residents for more than twenty-five years and is much envied by people living in other counties.

As a bit of background into family history and the variety of surnames, the following may be useful:

THE COTTONS: One of the oldest surnames found in the British Isles, the name has nothing to do with the plant or fabric but comes from the people who lived in the countryside or in villages in dwellings known as cottages. While the name of the plant has its origin in the Arabic language and comes to us through Spanish and French, the surname Cotton is very old in the British Isles

where the houses of the common people were small and the people were often called cotters or cottars or cottagers.

As surnames began to be formed in the late 1100s and 1200s, many people were called after the places near where they lived, for example - the Hills, Lakes, Rivers or Church families.

As early as 1212, a Ralf Cothaner or Cottoner is found on record, a person who lived in or near a cottage. Ralf resided in the northern section of England, but the name Cotton came to be found in many areas of England and Ireland during the next centuries.

Among the early immigrants to North America were John and Sarah Cotton who came to Boston, Massachusetts in 1633. They were ancestors of a family of distin-

guished preachers and writers. Richard Cotton arrived in Virginia in 1635 and Henry in Newfoundland in 1875.

Among noted golfers (in addition to Inverness County members of the family) is the noted John Henry Cotton; while many will recall the well known Joseph Cotton, the actor, who was outstanding in his field.

While some surnames come from topographical features, others come from the name of a very remote ancestor, such as MacFarlanes who take their name from an early Parlan who lived near Loch Lomond so his descendants are the sons of Parlan. As well, the MacDonalds take their name from a Donald of very ancient times as do many of

Continued next page...ANCESTORS

"Johnny has always had a knack of identifying individual local resources in our communities to develop infrastructure and programs that fostered active living. His support of county recreation and tourism initiatives, as well as community development associations, have both ignited and united our communities. His visionary support of initiatives such as, The Participaper, Senior Games, and the Inverness County Trans Canada Trail Project, has given our county stronger communities, a healthier population and increased economic opportunities."

...Blaise MacEachern,
Inverness County Trans Canada Trail Project

the people who carry a similar name:

The MACDONNELLS: While many members of this extended Scottish family may spell the name with only one 'n' or one 'l' and the name is sometimes found as McDonall, all are members of the extended family of descendants of the original MacDonald family. Those who chose the alternate spelling believed it to be closer to the original Gaelic MacDhomhnuill.

The MacDonnells who arrived as immigrants in Inverness County in the early 1800s were from two major families - the MacDonnells of Keppoch and the MacDonnells of Glengarry. These two family groups lived on either side of the great glen which divides the Highlands of Scotland in half. They both were strong supporters of the Stuart cause.

Many surnames used today are very much changed through the years so that they are barely recognizable today. One such name is LIVINGSTONE. The ancestors of the current Livingstones of Inverness County were known as MacLeay - or in Gaelic, MacDunsleibhe - a very ancient family which probably came from Ireland with the first MacNeils and MacDonalds in the 500 A.D. era. Through some association with a Lowland Scottish family of Livingstone (named from a shadowy figure name Livingus who lived south of Edinburgh in the 1100s), the Highland Livingstone family slowly adapted the form of their name which is now used. They were known as Livingstons or Livingstones or Levistons (as the name was often pronounced in the 1800s in Inverness County).

Many of the Livingstones of this area had their origins on the Isle of Mull or its smaller neighbor island of Ulva. Some came directly from Mull while others, such as the Livingstones of Little Judique, came via mainland Nova Scotia. But all claimed a relationship - those of Judique and those of Skye Mountain and those of Mull River.

While the current name is an adaptation from a different name, the Livingstones bear a very ancient lineage which their surname somewhat obscures.

Therefore, in one family with a variety of last names in their connections, we may see many

traditions and a small sampling of the interesting story of the growth of last names through the centuries.

QUERIES:

1. Gasper: John Gasper, born 1887, died in France in 1918. He was awarded the Meritorious Service Medal. He was a member of the 85 Battalion. His next of kin is listed as Mrs Agnes Gasper of Brook Village. Was he a brother to the late Jimmy Gasper? Who knows where the medal is now? A book is being prepared, to be titled The Honour Roll of the Nova Scotia Highland Brigade.

2. MacIntosh - Rebecca of Pleasant Bay died of the influenza at an army hospital in Wales in 1919. Her father was Peter O. MacIntosh and her mother Christy. Who has pictures of her or of her parents or of their home in Pleasant Bay?

RESPONSE TO KENNETH MOORE QUERY RE: NAMES (Christmas 2006 issue, page 10, query #1):

1. Janet MacQuarrie, married to Andrew Moore, would very possibly be known in her lifetime as Jessie or Jenny - all of these are variants of the Gaelic name "Seonaid", by which she would have been known among Gaelic speaking people.

USEFUL SOURCES FOR RESEARCH:

The 1901 and 1911 census are easily found now on the internet. Go to www.AutomatedGenealogy.com and follow the easy directions. The 1891 census may be found as well on the internet - search out Canada Census 1891.

RECENT PUBLICATIONS:

1. *A Walk Through the Past*, by Don Boudrot and Lorenzo Boudreau. A fascinating collection of pictures and maps and text presenting the families, houses and other buildings of Arichat, Lochside, Pondville, Robins, Cap Auguet and Barrachois in the year 1935. It provides an interesting prototype which other locations might follow in presenting a view of the history of their communities. Privately printed, it may be ordered from either compiler in Arichat.

2. *Tokens of Grace*, by Laurie Stanley-Blackwell is a well illustrated, carefully referenced account of

Continued next page...ANCESTORS

Cape Breton Presbyterian open-air communion services.

While this is a scholarly book, it may be read by anybody interested in the religious and social history of Cape Breton Island. These times of "sacrament" were major events in the lives of Presbyterians, as thousands from all around the Island of Cape Breton came together for nearly a week of singing in Gaelic, prayer, study, preaching in two languages and some socializing.

Dr. Stanley-Blackwell, a Professor of History at St. F.X., shows great enthusiasm for her subject and provides fascinating information in her foot-notes as well as a fine bibliography. Although the Index is not complete, it is a help in finding major topics and people involved. Dr. Stanley-Blackwell also opens up the subject of the importance of these Gaelic services in the survival of Gaelic and suggests that the decline of these services contributed to the diminishing of the use of Gaelic. This book is a welcome addition to the growing number of books about Cape Breton published by Cape Breton University. The very attractive cover is designed by Cathy MacLean of Pleasant Bay.

3. The *Material Culture Review* is published by Cape Breton University and will appeal to all who are interested in material culture, not only in Cape Breton but in Canada. Under the direction of Managing Editor, Dr. Richard MacKinnon, whose roots are on Cape Mabou and in Margaree, the publication was formerly known as *Material History Review*. Published twice a year, the Review may be ordered from Cape Breton University Press, Box 5300, Sydney B1P 6L2. Phone 902-563-1990.

4. Under the subtitle "A Genealogy of the Gillis Family of River Denys Road", a major work in Inverness County family history was gathered by Margaret Ann (Gillies) Gillis and Allan James Gillis. Its primary title in Gaelic, *Sìol na Fear Fearail* (the Breed of Manly Men), does not describe fully the quality of the research nor the amount of supplementary material found in the

Appendices such as a list of Gillises in Inverness County on the 1871 Census, list of squatters and surveyors from 1854, maps and mail routes, Gaelic songs, fiddle tunes and notes on a number of families other than the Gillises. This publication is a treasure trove of information.

5. *The Cape Breton Fiddle, Making and Maintaining Tradition*, by Glenn Graham of Judique, is issued by Cape Breton University Press. With a fine cover by Cathy MacLean of Pleasant Bay, the book comes with a very well

prepared CD with good notes. Also a fine bibliography and useful additional material are of much interest to the person who is interested in background material on tunes, composers and dancing.

With an excellent historical survey of fiddle tradition here and in Scotland, the book challenges some traditional views about the necessity of performers being capable in the Gaelic language and the musical ancestry of fiddle music as found in Cape Breton. This is an important and interesting book. It is another fine book about Cape Breton, joining the works of Effie Rankin, Laurie Stanley and others as issued by our Cape Breton University Press under the direction of Mike Hunter.

6. The December 2006, *Newsletter of the Native Council of Nova Scotia* titled, "Taliaqmi'kma'ki", contains an interesting article on ancient fishing weirs as uncovered by archeologists. This quarterly publication is available without cost to anyone who wishes to receive it. To be added to the mailing list write to: Box 1320 Truro, NS, B2N 5N2 - great for libraries!

Appreciation to the co-editors of the last Ancestors Unlimited column (Charlie-Dan Roach, Edmond Burns and Jean-Doris LeBlanc), I welcome them and am grateful for their interesting and carefully prepared material. ■

We are the children of many sires, and every drop of blood in us in its turn ... betrays its ancestor.

— Ralph Waldo Emerson

Enjoy Life While Learning Something New
- Sign Up for a Course or Workshop!!

Re: Query #2 on p.10 of the Christmas 2006 issue:

These MacEacherns did not stay long in the Glendale area, as they do not appear on the 1861 census for that place. The 1901 census for West Tatamagouche shows a total of 30 MacEacherns. Besides the 2 sons born in Glendale, there is a Katie (Catherine), b. Scotland, 10 Aug. 1834, unmarried; Charles, b. Scotland, 23 July, 1843 (should read "Born at sea"?). Both of these came to Nova Scotia in 1843.

Also, Charles has a son named "Seaman". This odd name perplexed me until I thought of the Gaelic nickname "Seuman" (little James). Charles must have followed the old custom of naming his first son after his own father, James.

There is also a widow Jane McEachern, b. NS, March 1841. She is probably the widow of another older brother of the above.

So it would seem that James MacEachern and Catherine MacMillan had at least 5 children: Catherine (Katie), Unknown son, Charles, John and Alexander.

[Ed: Thank you to Allan J. Gillis, of Ottawa, who generously shared this information with us.]

La Revue de la culture matérielle (autrefois *revue d'histoire de la culture matérielle*) présente des articles et des travaux de recherche ayant fait l'objet de rapports critiques, qui proposent différentes façons d'aborder l'étude et l'interprétation du passé par l'analyse des rapports qu'entretiennent les Canadiens avec leur monde matériel. Les critiques de livres, d'expositions et de lieux historiques, les études d'objets et les articles sur les grandes collections canadiennes privilégient l'utilisation de témoins matériels dans l'interprétation du changement et de la continuité historiques.

La Revue est envoyée à plus de 250 universités, instituts de recherche, musées et bibliothèques dans 30 pays. Elle est répertoriée dans *America: History and Life*, *Journal of American History*, dans la "Current Bibliography in the History of Technology" publiée dans *Technology and Culture*, et dans *Annual Bibliography of Ontario History*. Elle figure également dans la base de données CHIP, accessible par l'entremise du Réseau canadien d'information sur le patrimoine (RCIP).

Material Culture Review

Revue de la culture matérielle

Cape Breton University

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Sydney, Nova Scotia

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A GOLDEN OPPORTUNITY FOR YOUTH AGES 15 TO 30!!!

The Third International Conference on Gross National Happiness will take place in **Thailand** November 22-28, 2007. Genuine Progress Index (GPI) Atlantic hosted the Second International Conference, called Rethinking Development: Local Pathways to Global Wellbeing, which was held in Antigonish, Nova Scotia, Canada in June 2005.

In November 2005 we hosted a follow-up workshop aimed at developing projects we could pursue here in Atlantic Canada. We are now working on two specific projects: one to bring The Natural Step framework into greater use in Atlantic communities and governments as a sustainability planning tool; and the other to introduce the Ecological Footprint concept to students and schools, first in Nova Scotia, and then in the rest of Atlantic Canada.

Other events and sustainability projects involving youth are also a direct result of the 2005 Conference. In support of this ongoing youth engagement, GPI Atlantic plans to organize an international youth delegation to attend the upcoming conference in Thailand. Youth age 15 to 30 are invited to apply. Please contact Gwen Colman at gwen@gpiatlantic.org if you are interested in joining us. Conference details (including a draft program) are also posted on the GPI Atlantic website at http://www.gpiatlantic.org/conference/followup_thirdconference.htm.

Young people in Nova Scotia are already raising funds themselves through sales of incredibly delicious Just Us! Fair Trade organic chocolate. If you are interested in purchasing some chocolate in support of the youth delegation, please contact Derek Gillis at dmgillis29@hotmail.com.

HEMOCARE SERVICES NOW AVAILABLE IN NS

For more than 70 years, the Canadian Red Cross has been providing in-home community services to help individuals in Ontario live as independently as possible. The services, now expanded to Atlantic Canada, enhance people's well-being and dignity, be they frail or elderly, children at risk, people with disabilities or palliative patients.

Home care services have taken on a more significant role in Canada's health care system in recent years. Major hospital restructuring has meant shorter hospital stays for many Canadians, resulting in increased health care at home. Home support - such as meals and general assistance for seniors, medical equipment rentals and transportation - is offered, depending on the needs of a particular community, by many Red Cross branches and regions across Canada.

Red Cross medical equipment loans, for example, are available through most of Canada. However, it is only in Ontario and the Maritimes that a comprehensive and separate home support program exists.

Home Support Services

Red Cross understands the importance of staying in your own home and the difficulties which this presents on a daily basis. Home Support Services were developed to assist individuals or families regain and/or maintain independence in their own home. Home Support Services provide a comprehensive program of in-home services that gives you the assistance you need in the comfort of your home.

Red Cross Home Support Workers are trained professionals, committed to providing the care and support needed by you and your family. Home Support Workers can offer appropriate assistance in the areas of Personal Care, Light Housekeeping, Laundry, Meal Planning and Preparation and other specialized functions as required.

Red Cross Home Support Workers can assist in the home for a few hours daily, a few hours weekly or even full time. If you have any questions about this service, please call 902-496-0103.

H.E.L.P. Healthcare Equipment Loan Program

"The HELP you need when you need it most."

Red Cross can assist you with your activities of daily living. Red Cross loans standard and specialized equipment such as: Canes; crutches; wheelchairs; bath seats; commodes; With a health care professional's recommendation, the equipment is loaned on a short term basis, free of charge. If required, hospital beds can be provided for an extended period of time.

Other programs under the HomePartners umbrella continue to flourish. They include Meals to Seniors, Telephone Reassurance, Transportation, Friendly Visiting, Respite Care, Link to Health and Health Equipment Loan Program (HELP). The Canadian Red Cross provided over 50,000 pieces of equipment to people in the Atlantic provinces and over 100,000 Meals to Seniors in New Brunswick during the past year. ■

CALL FOR YOUTH

APPLICATIONS FOR THE 2007 YOUTH EXCHANGE

The Active Living Alliance for Canadians with a Disability (ALACD) is looking to bring 50 young people from across Canada to Ottawa for the experience of a lifetime. This program is administered through the YMCA Youth Exchanges Canada program which is funded, in part by the Department of Canadian Heritage. The seventh annual ALA Youth Exchange will be held in Ottawa at Carleton University from June 27th to July 3rd, 2007.

The Youth Exchange is a celebration of the diversity of disability and Canadian culture. It exposes participants to a wide variety of active living opportunities, provides a cultural experience through interaction with people from across Canada, and inspires and enhances personal leadership qualities. Participants of the Exchange will have the opportunity to learn about community involvement and the advocacy process.

ALACD encourages young Canadians between the ages of 14 and 17 as of June 1st, 2007, to sign up before the March 1st, 2007 deadline. Space is limited!

PLEASE NOTE: Though they are pending funding, they are actively searching for potential participants. For more information on the 2007 Youth Exchange or the Active Living Alliance for Canadians with a Disability please visit our website www.ala.ca or contact Nadia Smith at 1-800-771-0663 ext. 23, Toll free at: 1-866-771-0663, or email at: nadia@ala.ca

**INVERNESS COUNTY LITERACY NETWORK
ADULT UPGRADING CLASSES 2007**

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:
Monday & Tuesday 6 - 9 p.m.



Margaree Forks:

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



Inverness:

Instructor: Charlotte Campbell, 258-2787
Day: Tuesday & Thursday

Port Hood

Instructor: Susan Campbell, 787-2842
Day & Time: Tuesday & Thursday 6 - 9 p.m.

THE INVERNESS COUNTY LITERACY COUNCIL

COORDINATED BY THE INVERNESS COUNTY RECREATION/
TOURISM DEPARTMENT

CONTACT: ANNA LEE MACEachern, PROGRAM COORDINATOR
LOCATION: PORT HOOD MUNICIPAL BUILDING (COURT HOUSE)
PHONE: 787-3508 FAX: 787-3110
or toll free: 1-877-258-5550
Email: annalee.maceachern@invernesscounty.ca

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.

NEW LEARNERS ARE
ALWAYS WELCOME

COURSES RUN CONTINUOUSLY
OCTOBER TO MAY -
JOIN US ANYTIME!

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

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
RECREATION & CONTINUING EDUCATION COURSES - SPRING 2007**

REGISTRATION WEEK: FEBRUARY 12 – 16

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

Registration and Payment of Courses:

You may register at the designated location in your community or you may put your fees in the mail. **On-site registration week is February 12 - 16; mail-in registration will be accepted until Friday, February 23. All mail-in registration will be considered after walk-in registration has been completed.** Mail-in registration should be forwarded to the programmer in the community where the course is being offered. All courses begin the week of February 26 - March 2, 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.**

Refund Policy and Course Cancellation:

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. A refund will also be issued to anyone who is unable to attend a program due to a change in the date, day or time of the advertised class. A refund will also be issued upon request if a participant has to withdraw for medical reasons. The amount of the refund will be pro-rated from the date of notification. 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 - SPRING 2007

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, February 13

Thursday, February 15

7:00 - 8:00 pm

CONTACT:

Julia Tompkins

PO Box 651

Margaree Forks

BOE 1A0

PHONE: (902) 224-1744

CHILDREN & YOUTH:

BASKETBALL: Have fun and learn the basics of this great game. The program will incorporate training drills, review of the rules and games. **Grades 5 - 6, Wednesdays, 3 - 4 pm;** 8 weeks; Instructor: Julia Tompkins; Fee: \$20.

VOLLEYBALL: Instructional co-ed volleyball for grades 5 & 6, Fridays, beginning March 9, 3-5 pm, 6 weeks; Instructor: Stacy Murphy; Fee: \$20.

FITNESS, HEALTH & SPORT:

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

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

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

VOLLEYBALL: Adult 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 motivation of a group to get out walking, come to Cape Breton Highland Academy and walk in the comfort of the indoors. Wednesdays and Fridays, 8-9:30pm; No Fee, but advance registration is necessary to book gym time.

YOGA for BEGINNERS: 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; Beginning **March 20**, 8 weeks, Tuesdays 7-8 pm; Fee: \$40. Please bring a cushion and mat to class.

YOGA SESSION 2: This class is for anyone who has taken the first set of beginner classes or is practicing Yoga on his/her own and is familiar with the basic Yoga postures. Instructor: Lucille Aucoin, Yoga Therapist/Practitioner; Beginning **March 21**, 8 weeks, Wednesdays, 7-8 pm. Fee: \$40. Please bring a cushion and mat to class.

PERSONAL INTEREST:

BASIC COMPUTER: This course is designed to provide adult learners with a basic introduction to computers including keyboarding, word-processing, e-mail and the Internet. Mondays 7-8 pm, 8 weeks; Instructor: Stacia Evans; Fee: \$40.

INTRODUCTION TO DIGITAL CAMERAS: Get to know the ins and outs of your digital camera. **3-week course beginning March 26** (the first Monday after March Break) 7 - 9 pm; Fee: \$35; Instructor: Russell Daigle (minimum of 4 participants required.)

DESKTOP PUBLISHING COURSE: This course is designed primarily for adults with basic computer skills. Topics may include introduction to the basics of operating the word-processing program Microsoft Word 2003; the spreadsheet Excel; and the Internet. Learn to make cards, mail merges, flyers, brochures, business cards, charts, invitations and much more. Mondays, 8 - 9 pm, 8 weeks; Instructor: Stacia Evans; Fee: \$40.

Courses continue next page...

INVERNESS COUNTY RECREATION COURSES - SPRING 2007

GUITAR: Beginners ages 6 - 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
Instructor: Brendan Peters; 8 weeks, Wednesday 3- 4 pm (Group 1); 4- 5, (Group 2); 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. Tuesdays & Thursdays 6 - 9 pm. Instructor: Shirley Miller. Phone: 248- 2960.

CHÉTICAMP

REGISTRATION:

ÉCOLE NDA, Chéticamp

Register early as some courses have an early start.

PROGRAMMER:

Clifford Maillet

PO Box 900

Chéticamp, NS B0E 1H0

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

CHILDREN & YOUTH:

BABYSITTING COURSE: This course teaches the skills and knowledge needed to care for infants, toddlers, pre-schoolers, and school-aged children. Topics covered include the rights and responsibilities of the babysitter, first aid, dealing with emergencies, child care skills and ideas for fun. For children ages 12 and older. This course is

offered on a Saturday from 9am – 3:30; Instructor: Heather Davis; Fee: \$15, including book.

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

FITNESS, HEALTH & SPORT:

AEROBICS: Beginner and Advanced, Tuesday and Thursday, 7 pm; Instructor: Pamela Deveau; Fee: \$3/ session.

FLOOR HOCKEY: Tuesdays, 9 players/team; Fee: \$20/player.

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

VOLLEYBALL: Co-ed, non-instructional, Wednesdays, 7 - 9 pm. Fee: \$2/night.

YOGA: This class consists of gentle yoga methods and 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: \$3/session.

ADULT PERSONAL INTEREST:

CREATIVE MEMORIES SCRAPBOOKING: Instructor: Gail Bourgeois; For more information call 224-3551.

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.



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.

Chéticamp Courses continue next page...

INVERNESS COUNTY RECREATION COURSES - SPRING 2007

Chéticamp Courses continued from previous page...

PHOTOGRAPHY: How to use a digital camera. 6 weeks, beginning, Tuesday, March 20, 7-9 pm; Instructor: Russell Daigle; Fee: \$40.



CREATIVE PHOTOGRAPHY: 6 weeks, beginning, Thursday, March 22, 7-9 pm; Instructor: Russell Daigle; Fee: \$50.

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

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

CONTINUING EDUCATION:

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

GLENDALE

REGISTRATION:

Glendale Parish Hall
Friday, February 16
7:00 - 8:00 pm

PROGRAMMER:

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

Phone: (902) 625-2357

CHILDREN & YOUTH:

CHILDREN'S EASTER CRAFTS - Saturday, March 31, 1:00 - 2:30 pm; Instructor: Trisha Boyd; Fee: \$2 (includes supplies).

CHILDREN'S MOTHER'S DAY CRAFT: Saturday, May 5, 1:00 - 2:30 pm; Instructor: Trisha Boyd; Fee: \$2 (includes supplies).

CHILDREN'S FATHER'S DAY CRAFT: Saturday, June 9, 1:00 - 2:30 pm; Instructor: Tricia Boyd; Fee: \$2 (includes supplies).

CHILDREN'S STEP DANCING: Saturdays. Beginners, 9:30 - 10:15 am; Intermediate, 10:15 - 11:00. 8 weeks. Instructor: Claire MacDonald. Fee: \$35, plus \$7 for each additional child.

PHYSICAL ACTIVITY & HEALTH:

EXERCISE CLASSES: The "Happy Losers" are inviting individuals who are interested in participating in a support group that focuses on healthier living choices to come to the Glendale hall on Monday evenings from 7:00 - 8:00 pm, starting on March 19 and running for 8 weeks. Each week there is a short meeting and a weigh-in followed by an exercise class. Fun contests are included to encourage each other to lose weight. Leader: Jonna MacDonald with helper Marion Gillis; Fee: \$2/night.

INDOOR WALKING: Walking is an aerobic activity that can improve your fitness level, health and well being. If you need motivation of a group to get out walking, come and join the Glendale Walking Club, and walk in the comfort of the indoors, while listening to some great music. 8 weeks. Mondays, 8:00 - 8:30 pm, beginning March 19; Leader: Jonna MacDonald with helper Marion Gillis; Fee: \$2/night.

ADULT STEP DANCING: Saturdays 11:00 - 12:00 am, 8 weeks, beginning Mar. 10. Instructor: Claire MacDonald. Fee: \$38.

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

INVERNESS COUNTY RECREATION COURSES - SPRING 2007

ADULT PERSONAL INTEREST:

AROUND THE TOWN BAG WORKSHOP: Make this versatile denim or cotton bag that can be used for travel, shopping or at the beach. April 26, 10 - 4 pm. List of materials will be provided at registration. Instructor: Catherine MacColl; Fee: \$20 (Please bring a lunch).

THE STARBURST TABLE TOPPER: Using 3 colors you can make this attractive table topper to dress up your table for spring or any season. April 19, 10 - 4 pm. Instructor: Catherine MacColl; Fee: \$20 (Please bring a lunch).

WEAVING: Saturdays, 1- 4 pm; Instructor: Dolores Casey. Fee: \$10.

WOODWORKING: Learn to make small tables, potato bins, shelves, window boxes or your own project. Tuesdays, starting April 3, six weeks; 2 -4 pm OR 7 - 9 pm. Location: Home of Josephine Smith; Instructor: Josephine Smith; Fee: \$25 plus materials.

INVERNESS

REGISTRATION:

Inverness Academy
Monday, February 12
Thursday, February 15
6:30 - 7:30 pm

PROGRAMMER:

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

Phone: (902) 258-2089

CHILDREN & YOUTH:

ARTS& CRAFTS MANIA: Spend an enjoyable fun hour with your friends making seasonal projects. You will learn embossing techniques while creating fridge magnets, bookmarks, all occasion cards and much more. Grades 3 - 8,

Thursdays, 2:30 - 4:00 pm, 8 weeks. Instructor: Anne Poirier; Fee: \$20 to cover materials (maximum 10 participants in a class).

BOOTCAMP: A co-ed fun fitness workout that includes 30 minutes of cardiovascular exercises and 30 minutes of strength training. This program is designed for ages 9 - 12. 10 weeks. Beginning after March Break. Day TBA. Instructor: Lyndsy Watson; Fee: \$20.

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

STEP DANCE

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



YOGA FOR YOUTH: Mondays, 4:30 - 5:15; 8 weeks; Instructor: Lucille Aucoin, Fee: \$40.

YOUNG YOGA: Yoga at a young age fosters self-esteem and body awareness. Learning techniques for self-health, relaxation and inner fulfillment in a non-competitive way, can help children navigate life's challenges with a little more ease. The physical benefits of yoga include enhanced flexibility, increased strength, & coordination, improved concentration and a sense of calmness. Ages 10 - 14; Mondays, Beginning March 19; Time TBA; 8 weeks; please bring a mat, cushion and an empty stomach. Instructor: Lucille Aucoin, Fee: \$40.

FAMILY YOGA: This will be a five-week introductory session for Mom/Dad & children under 10; a playful approach to yoga with partner work. Yes, even a 4 year old can benefit from yoga!

Inverness Courses continued next page...

INVERNESS COUNTY RECREATION COURSES - SPRING 2007

Inverness Courses continued from previous page...

This is truly a beautiful way to bond with your child while having fun. Children and adults who practice yoga regularly have better posture and child and \$5 for a third). strong core muscles in their backs and bellies. This class also improves breathing, increases relaxation and fosters sleep. Wear comfy stretchy clothes and bring a mat, cushion and blanket for relaxation. Beginning Monday, March 19; Time TBA; Instructor: Lucille Aucoin. Fee: \$40 (one adult plus one child - an additional \$10 for second child).

FITNESS, HEALTH & SPORT:

AEROBICS: You choose your intensity level as the instructor demonstrates low to high impact movements. Includes warm - up and cool down. Multi-level, beginner to advanced. Monday/Wednesday, 7:30 - 8:30 pm. 10 weeks beginning March 19; Instructor: Vikki MacEachern; Fee: \$20 - one night/wk or \$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, PRE (Partner Resistance Exercise), and various cardio exercises. 10 weeks; Tuesdays and Thursdays, 7:30 - 8:30 pm. Instructors: James Gillis & Maureen Donnelly. Fee: \$20 - one night/ wk or \$30 - two nights/wk.

ADULT BADMINTON: Co-ed Adult non-instructional program. Monday/ Wednesday 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 for BEGINNERS: This is an excellent means of exercising, stretching, and freeing the body so it can be a healthy, long-lived, and vital instrument of the mind and soul. The physical benefits of yoga practice include loosening of muscles that have been

Inverness Courses continued next page...



KidSport™

So ALL Kids Can Play!

KidSport™ is a national children's charitable program that helps kids in need overcome the barriers preventing or limiting their participation in organized sport.

KidSport™ Nova Scotia provides funding of up to \$300/year/child for sport registration and/or equipment.

Contact the Municipal Recreation/Tourism office to find out how you can apply by the **APRIL 1ST DEADLINE!***

Call (902) 787-3507/08 for more details or visit:

<http://www.sportnovascotia.ca/kidsport>

*** If you have children who wish to participate in upcoming summer sports programs (soccer, baseball, etc.), apply for funding by the April 1st deadline.**

INVERNESS COUNTY RECREATION COURSES - SPRING 2007

Inverness Courses continued from previous page...

tightened by inactivity, tension, and stress, increasing the range of motion of joints, enhancing flexibility, and helping correct postural problems. Instructor: Lucille Aucoin, Yoga Therapist/Practitioner; Eight-weeks Beginning Thursday, **March 22**, 6:00 -7:00 Fee: \$40. Please bring a cushion and mat to class.

YOGA SESSION 2: This class is for anyone who has taken the first set of beginner classes or is practicing Yoga on his/her



own and is familiar with the basic Yoga postures. Instructor: Lucille Aucoin, Yoga Therapist/Practitioner; 8 weeks, Beginning Thursday, **March 22**, 7:15 - 8:15 pm. Fee: \$40. Please bring a cushion and mat to class.

ADULT PERSONAL INTEREST:

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

CONVERSATIONAL GAELIC: Using vocabulary, conversation and a little grammar, you will learn how to converse in "Gaelic". Beginning **March 21**, Wednesdays, 7 - 8 pm. 8 weeks. Instructor: TBA Fee: \$20.

MEDITATION: Preparing your mind and body: Meditation is simply a practice of bringing your body and mind into a state of deep calm. This class will explore the technique of "Pranayama" (deep breathing) where you will begin to observe breathing patterns and learn to switch from one that produces tension to one that produces calmness. Using visualization techniques you will access layers of stillness within the mind and body on your journey towards meditation. All are welcome although a regular practice of meditation is helpful. Please bring a mat/blanket cushion and shawl or cover up. 8 classes beginning Monday after March Break. Instructor: Lucille Aucoin; Fee: \$48.



STEP DANCE (ADULT): Learn traditional Cape Breton step dancing. Monday, 7 - 8 pm, 6 weeks; Instructor: Cheryl MacQuarrie; Fee: \$40.

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. Thursday 6:30 -9 pm; 10 weeks, **beginning March 1**; Instructor: Tom Ryan; Fee: \$20.

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; Fee: Materials only.

Course listings continue on page 18...

CANADIAN TIRE JUMPSTART FUNDING PROGRAM

Canadian Tire believes that all kids should have the chance to run, play, and grow. That's why they created Canadian Tire JumpStart, a community-based charitable program for families, that helps kids in need participate in organized sports and recreational activities such as soccer, baseball, swimming, and much more. If you can't afford to enrol your child in one of the many recreation and sport programs in Inverness County, because it's hard to make ends meet, we can help. Contact the Inverness County Recreation/Tourism Department Program for an application form for the JumpStart program, or call 787-3508/3507 for more information.

JOHN COTTON THE DIRECTOR OF RECREATION/ TOURISM IS RETIRING

by Marie Aucoin

There are people in this world who are “doers” and others who are dreamers. Luckily for us, there are also those who are “doers AND dreamers”; John Cotton is a “doer AND dreamer”!

I first met John just over a decade ago, when I became involved with the Inverness County Council for the Arts. When the Arts Council was lobbying for money to build the Inverness County Centre for the Arts, John was one of our staunchest supporters. He, Kate Beaton, and the Warden and Councillors of the day, believed in what we could achieve; especially if an Arts Centre was constructed here. It was through their generosity and good will, and especially John’s unflinching encouragement, that our Board Members found the fortitude required to keep going when the going got tough.

This is just one example of how John has quietly worked behind the scenes through the years. He has always been there, with his cheerful disposition and



It came as no surprise that John was awarded the highest honour that Recreation Nova Scotia bestows, the Honorary Life Membership Award, last Fall.

self-effacing attitude encouraging and helping community organizations. He has tirelessly promoted healthy and active living for all ages and been an advocate for the community. He has continually promoted sports, culture, infrastructure development, economic and community development and school and community partnerships (the latter established in the 1980’s and still going strong today).

In January, I sat down with him hoping to chat about his accomplishments and impending retirement. As usual, when I tried to discuss his accomplishments with him, he immediately deflected the conversation from himself and gave full credit to the people that he has been involved with over the years. He talked about the volunteers who have selflessly dedicated themselves, performing countless hours of hard work in the community, and of the municipal staff and councillors whom he has worked with over the years. All were given credit for working hard to make this a better place to live to the benefit of all residents. He said that the volunteers, municipal staff and councillors are still working hard to make this a place

where everyone can prosper and live a comfortable, healthy and fulfilling life. John insists that without each and every one of them (especially the volunteers), nothing would be accomplished.

Despite his protestations that others take credit for all that has been achieved in the past three

Continued next page...



John Cotton with staff members. From left to right: Marie Cameron, Anna Lee MacEachern and Donna MacDonald.

Continued from previous page...

decades, I believe John will be sorely missed - more than he can imagine. I hope that he will look back with a great deal of satisfaction on his years of service to the county, for during his tenure he has been responsible for much that has benefitted our county.

And so John, as you take leave of your position, we thank you for all that you have contributed. May your retirement be as fulfilling to you as your work has been for us.

One only has to read what others have to say about John to understand what he has meant to this county. I invited comments from some of the people who know John and here is what they had to say:

"John's vision for our Municipality to become a place of energy, enthusiasm, and committed communities has enabled us to be recognized as leaders in the field of recreation, tourism development, and community spirit. His leadership, dedication and guidance to Council on behalf of our citizens has strengthened the profile of the Municipality of the County of Inverness for today and for many generations to come. We thank John for the role he has played in the life of the people of Inverness County and for the partnerships he has created for continued program delivery. We wish John a happy and healthy retirement."

...Kate Beaton, CFA, Municipality of Inverness County

"John Cotton is responsive, ethical, self-effacing, aware of cautious process, energetic, and respected."

...Jim St Clair

"I have always admired Johnnie for his approach in working with community volunteer organizations. He has always respected the grassroots organizations and their efforts to make their communities a better place to live and has shown them respect and earned their respect in return. I know he is looking forward to retirement and I wish him good health, happiness and lots of birdies and eagles on the golf course!"

...Donna MacDonald, Assistant /Recreation & Tourism

"The Lake Ainslie Weavers & Craft Guild would like to pay tribute to John Cotton for being there with assistance and encouragement to enable us to achieve our goals over the last 16 years. Congratulations! on your retirement John and thank you also for 31 years of service to Inverness County."

...Verna MacMillan

"Over thirty years ago I was on a hiring committee to choose a Recreation Director for the County and John Cotton was our choice. Since that time John's title has evolved so much that, as I type this, I'm not sure what it is today! Tourism and Development have been part of his "handle" and in all areas he has given 110%. I have had the pleasure of working with John on many projects over the years and his goal was always to make Inverness County a better place for all of us. Congratulations on your retirement, John, and in the future. As the rest of us go to bed counting sheep, he will be counting how many more ski hills he can ski or how many more golf courses he can golf. "FORE" "EXCELLENT" SUAS"

...Burton MacIntyre

As Executive Director of La Société Saint-Pierre (Les Trois Pignons) I have had the pleasure of working with Johnnie on many community initiatives. He has always been there to listen to our concerns, learn more about our projects and assist us in our development as a community. His wisdom and good humour will be what I'll remember most. Congratulations and happy retirement!!

...Lisette Aucoin-Bourgeois, Executive Director, La Société Saint Pierre

John always concerned himself with helping to improve the lives of people in Inverness County. All the best in your retirement John.

...Perry Chandler, CEO - InRich

INVERNESS COUNTY RECREATION COURSES - SPRING 2007

Course listings continued from page 15...

JUDIQUE

REGISTRATION:

Judique Community Centre
Tuesday, February 13
Thursday, February 14
7:00 - 8:00 pm

PROGRAMMER:

Eileen Smith & Joyce Rankin
Judique, NS
BOE 1PO

Phone: 787-2358 or 787-2228

HEALTH & FITNESS

YOGA: Promote relaxation, stress management, and toning through yoga. Certified Kripalu Instructor, Jenny Kennedy. Maximum enrollment is 20, so register early. Wear non-restrictive clothing and bring a small mat or cushion. Tuesday, March 6 to April 10, 6 - 7:15 pm; Judique Community Centre; Fee: \$42.

PERSONAL INTEREST:

BUYING ON EBAY: Find anything you want on eBay. Learn the rules of bidding and buying, and how to get the best value for your money. Be aware of the pitfalls and opportunities. Wednesday, March 21 or 28, Judique Community Centre; Instructor: Joyce Rankin. Fee: \$10.

DIGITAL AND FILM PHOTOGRAPHY: The Art of Photography. Learn the principles of composition, light, and timing. Learn how your camera works, and how to work with digital photos (cropping, adjusting brightness, contrast, etc.). Wednesdays, six lessons beginning March 7; Instructor: Wally Ellison. Fee: \$50.

QUILTED TABLE RUNNER: (For confident beginners). Square meal pattern, size is 17 ½ x 50 inches. 2 - 3 weeks. Tuesday, March 20 & 27, 7 - 9 pm; Judique Community Centre; Instructor: Jean MacDonald; Fee: \$30.

SCRAP-BOOKING: Free Beginner's Scrapbook Class. In this class you will be introduced to the basics of organizing, storing, and scrapbooking your photos and memories so that they will last for many, many generations to come. You will also get to create your very own scrapbook page which you will be able to keep! You will also be provided with an opportunity to shop and invest in the best products, services, and support for preserving your photos. Come alone or bring some friends and get started on your way to cherishing your memories so that they will last lifetimes! Wednesday, February 28, 7 - 9 pm. **You need to bring 4 - 5 photos of a similar theme.** Instructor: Stephanie Burgoyne. **You must register for the Free Beginner's Scrapbook Class with your local programmer, or call Stephanie Burgoyne 787-2400. Registration is due one week prior to class.**

DROP-IN SCRAPBOOK CLUB: Finally a club with no registration, commitments or sign up! If you would like to get together with others to scrapbook your photos and memories, then meet with us at our weekly Creative Memories Crop Club! You do not have to have Creative Memories products to attend. Bring your photos and supplies, I supply all the tools needed, and give you helpful tips and ideas for Organizing, Storing, and Scrapbooking your photos and memories. Materials will also be available for purchase should you need some. Instructor: Stephanie Burgoyne; Wednesdays, 7-9 pm, March 7 - May 16. **Cost: \$5/session. No registration required.**

Courses continued next page...

C@P Site Computer Courses available in Chéticamp and St. Joseph du Moine. Please contact Yvette McPhee at 224-4207 or yvettemcphee@hotmail.com in Chéticamp, or Allison at 224-1016 in St. Joseph du Moine.



INVERNESS COUNTY RECREATION COURSES - SPRING 2007

MABOU

REGISTRATION:

Dalbrae Academy
Tuesday, February 13
Wednesday, February 14
7:00 - 8:00 pm

PROGRAMMER:

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

PHONE: (902) 945-2493

CHILDREN & YOUTH:

STEP DANCE: Step dance instruction provided by Instructor, Cheryl MacQuarrie. Open to children ages 5 & up. Thursdays, 6 - 6:45 pm; 6 weeks; Fee: \$35.

PLAYGROUP: A fun-filled program designed for pre-schoolers, consisting of crafts, songs, active games, stories, and making friends. Wednesdays, 9:00 – 12:00, 6 week sessions; Instructor: Arlene MacNeil; Fee: \$84/ session.

PERSONAL INTEREST:

CPR & EMERGENCY FIRST AID LEVEL A CPR: CPR can save the life of someone you love. This course will provide you with the basic knowledge and skills necessary **to respond quickly with confidence** to a variety of life-threatening breathing and heart-related emergencies in **ADULTS**. March 17, 8 hrs; Instructor: John Frank; Fee: \$60.

STANDARD FIRST AID & LEVEL C CPR:

This two-day course covers the skills needed to prepare you for an emergency with the most current First Aid Program Standards. Training includes such first aid skills as control of bleeding, bone, muscle, joint injuries, temperature emergencies, and sudden medical emergencies. April 14 & 15, (16 hrs); Instructor: John Frank; Fee: \$90 (maximum 18 participants).

DRAWING: Step-by-step instruction, including drawing techniques, mixing colours, and art history. **Starting March 27, 7 - 9:00 PM; 8 weeks.** Instructor: Barrie Fraser; Fee: \$45 plus materials.

STEP DANCE: Step dance instruction provided by Cheryl MacQuarrie. For beginner and intermediate dancers. Thursdays, 7 – 8 pm; 6 weeks; Fee: \$35.

PHYSICAL ACTIVITY & HEALTH:

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 Dalbrae Academy and walk in the comforts of the indoors. One evening/week; No Fee, **but advance registration is necessary to book gym time.**

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, 6 weeks; Instructor: Jenny Kennedy; 6 - 7:15; Fee \$42.

Courses continued next page...

A new Snowmobile Trail Map has been released for the Cape Breton Highlands. Contact Cape Breton Island Pathways Association for a copy of the map. By mail: PO Box 41, North East Margaree, NS, B0E 2H0, by Phone: 902.295.3177, Fax. 902.295.1582 or visit their website at: www.pathwayscb.ca.

The Margaree Highlander Snowmobile Club is hosting its annual Poker Run, (followed by supper, prizes!!!) on Saturday, February 10, 2007. For more information, please contact Laurie Cranton at 248-2726.

Other Events to mark on your calendar:

Alpine Snowmobile Rally - March 3rd 2007 Mass on the Mountain - March 4th 2007



INVERNESS COUNTY RECREATION COURSES - SPRING 2007

MARGAREE CENTRE/ MARGAREE VALLEY

REGISTRATION:

Margaree Valley
Baptist Church Basement
Tuesday, February 13
6:30 – 8:00 pm
and

Home of Amanda Ross
Saturday, February 17
1:00 – 3:00 pm

PROGRAMMER:

Amanda Ross
Margaree Centre
BOE 1ZO

PHONE: (902) 248- 2146

CHILDREN:

DRAMA TOTS: Storytelling, theatre games and activities in movement and mime. Ages 3 - 6 (children must be toilet trained). 5 sessions, starting **Saturday, March 3 - March 31, 10 am – 12 noon.** Location: Baptist Church Hall Margaree Valley; Instructor: Rachel Maginley; Fee: \$50.

EASTER CRAFTS: **Saturday, March 24, 3:30 – 4:30 pm;** Location: Baptist Church Hall, Margaree Valley; Instructor: Amanda Ross; Fee: \$5. (Minimum 5 – maximum 10).

YOUTH & ADULTS:

FLY-TYING DEMONSTRATION: Saturday, March 3, 1 - 3 pm. Instructor: Gregory Ingraham; Fee: \$5 (Minimum 5 participants required).

SCRAPBOOKING INSPIRED CRAFT: Embellish a 5 x 7 photo mat and make an Easter card to accompany it. Ages 12 & up. Saturday, March 17, 2 - 4 pm. Instructor: Bernice Curley; Fee: \$15 (Minimum 5 – Maximum 10 participants).

TOLE PAINTING: (Beginners) This is a class designed to introduce students to the basics of tole painting. They will learn the basic strokes involved in decorative painting as they complete a Spring/ Easter project. Saturday, March 24 & March 31, 1 - 3 pm. Instructor: Vivian Ross; Fee: \$5/session. (Minimum 5 – Maximum 10 participants).

PLEASANT BAY

REGISTRATION:

Pleasant Bay Library
& Family Resource Centre
Monday, February 12, 5:00 - 7:00 pm
Thursday, February 15, 1:30 – 3:30 pm

PROGRAMMER:

Cheryl Timmons
214 Pleasant Bay Rd.
Pleasant Bay, NS
BOE 2P0

Phone: (902) 224-1311 (h)
(902) 224- 1947 (library)

CHILDREN:

PRE-SCHOOLGYMNASTICS: This class is perfect for children from 1-5 who love to wiggle and jiggle to music. Running, jumping, balancing, rolling, throwing & catching balls, playing games and laughing, will all be part of this movement program. Movement activities, creative play and songs will be featured in a friendly and stimulating atmosphere. Beginning Saturdays, 10 - 10:45 am; 6 weeks; Instructor: Cheryl Timmons; No Fee.

UP DOWN ALL AROUND GYMNASTICS: This is a modified gymnastics program for children ages 6 - 9, with emphasis on building strong multi-sport foundation skills in a fun and safe environment. Children Grades 1-6. Saturdays, 11:00- 11:45 am. No Fee.

Pleasant Bay Courses continue next page...

INVERNESS COUNTY RECREATION COURSES - SPRING 2007

Pleasant Bay Courses continued from previous page...

FAMILY

MOTHER AND DAUGHTER CRAFTS: Enjoy some quality time with your daughter making crafts or maybe even a quilt! Saturdays, 1 pm, 6 weeks. Instructor: Brenda Fitzgerald; Fee: TBA

PARENTS & TOTS: Sing songs, play and have fun socializing in a relaxed atmosphere. For children up to age 5. Day/Time: TBA, Instructor: Stephanie Timmons; No fee.

PORT HOOD

REGISTRATION:

Register by mail, fax or in person
at the Municipal Offices
Recreation/Tourism Department
375 Main Street
Port Hood

[Walk-in registration 9 am - 4 pm
Monday, February 12 through
Friday, February 16]

For more information call:
(902) 787-2274
Fax: (902) 787-3110

CHILDREN & YOUTH:

STEP DANCE: Learn traditional Cape Breton step dancing with Instructor, Cheryl MacQuarrie. Children ages 5 & up. Tuesday, Beginners, 6 - 6:45 pm. Intermediate & advanced, 7 - 7:45 pm; 8 weeks; Fee: \$40.

FITNESS, HEALTH & SPORT:

GET FIT FOR SPRING: This program will provide a full-bodied cardio workout with emphasis on stretching, toning and strengthening. Classes are tailored for all fitness levels and ages. 6 weeks, Tuesdays, 7:30 - 8:30 pm, Instructor: Janet VanZutphen; Fee: \$20.

ADULT PERSONAL INTEREST:

SCRAP-BOOKING: Free Beginner's Scrapbook Class. In this class you will be introduced to the basics of organizing, storing, and scrapbooking your photos and memories so that they will last for many, many generations to come. You will also get to create your very own scrapbook page which you will be able to keep! You will also be provided with an opportunity to shop and invest in the best products, services, and support for preserving your photos. Come alone or bring some friends and get started on your way to cherishing your memories so that they will last lifetimes! Tuesday, February 27, 7 - 9 pm. **You need to bring 4 - 5 photos of a similar theme.** Instructor: Stephanie Burgoyne. **You must register for the Free Beginner's Scrapbook Class or call Stephanie Burgoyne 787-2400. Registration is due one week prior to class.**

DROP-IN SCRAPBOOK CLUB: Finally a club with no registration, commitments or sign up! If you would like to get together with others to scrapbook your photos and memories then meet with us at our weekly Creative Memories Crop Club! You do not have to have Creative Memories products to attend. Bring your photos and supplies, I supply all the tools needed, and give you helpful tips and ideas for Organizing, Storing, and Scrapbooking your photos and memories. Materials will also be available for purchase should you need them. Instructor: Stephanie Burgoyne; Tuesdays, 7 - 9 pm, March 6 - May 15. **Cost: \$5/session. No Registration Required.**



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.

Course listings continue next page...

INVERNESS COUNTY RECREATION COURSES - SPRING 2007

SCOTSVILLE SCHOOL OF CRAFTS

REGISTRATION:

Scotsville School of Crafts
Wednesday, February 14
Thursday, February 15
7:00- 8:00 PM

PROGRAMMER:

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

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

Mondays

***Aero-tone Low Impact Aerobics and Full Body Toning:** At Lake Ainslie Firehall, resistance bands will be incorporated. 9:30 - 10:45 am; Instructor: Maggie Herbert; Fee \$20.00 for 8 classes or \$3.00 drop in, plus materials.

Tuesdays

***Beginner Weaving,** 8-weeks, Starts March 6th, a fun way to express your creative side while learning one of the oldest art forms known to man. Learn how to turn your favorite fibers into cloth by making a warp, dressing a loom, and weaving an heirloom for yourself or a friend. Beginners will start on



table looms and portable warping boards so you can work on your project at home as well as at the school. 6:30 to 9:30 pm; Instructor: Eileen McNeil; Fee: Fee \$45.00 + materials.

Wednesdays

***Aero-tone Low Impact Aerobics and Full Body Toning:** At Lake Ainslie Firehall, resistance bands will be incorporated. 9:30 - 10:45 am; Instructor: Maggie Herbert; Fee \$20.00 for 8 classes or \$3.00 drop in, plus materials.

***Internet & E-mail for Beginners:** 4 weeks beginning February 28. 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 - 9pm; Instructor: Verna MacMillan, Fee \$15.

Thursdays

***Drawing:** 8 weeks, beginning March 29, 7 - 9:00 pm; Step-by-step instruction, in drawing techniques with charcoal pencil, pen and ink; Instructor: Barrie Fraser, Fee \$40.00 plus materials. Fridays



***Step Dancing:** 6 weeks, 7:00 - 8:00 pm; Instructor: Katie MacLeod; Fee \$60.00.

Saturdays

*** Intermediate Weaving classes:** 8 Weeks. This class is set up to analyze different weave structures and techniques. We will be studying more on drafting and we will be exploring some new and exciting fibers. You will make a project of your choice on a 4 or 8 shaft floor loom. Our objective will be to make something beautiful and have fun doing it. Lets weave!! 9:00 am - 1:00 pm; Instructor: Eileen MacNeil; Fee: \$45 plus materials.

Sundays

Violin: This is a **Beginners "Cape Breton Violin"** course for all ages, beginning March 4, 2007. 2:00 - 3:00 pm; Instructor: Chrissy Crowley; Fee \$8.00 per session.

ONE DAY WORKSHOPS AND PROGRAMS

Sunday, March 4, 2007 *Let's play Scrabble: 2:00 pm; Organizer: Verna MacMillan.

Tuesday, March 20, 2007 *Making Greeting Cards: 1:00 - 4:00 PM; Instructor: Bonnie Kuchta; Fee \$20.00 (includes materials for these 12 cards.)

Friday, March 30, 2007 *Let's play Euchre: 7:00 pm; Organizer: Verna MacMillan.

Courses continue next page...

INVERNESS COUNTY RECREATION COURSES - SPRING 2007

ONE DAY WORKSHOPS AND PROGRAMS - *Continued*

Saturday, March 31, 2007 *Scrap Booking: 1:00 – 4:00 pm; Instructor: Bonnie Kuchta, Fee \$15.00 includes material. Please bring 5 to 10 pictures.

Saturday, May 5th, 2007 *Basket Weaving –Flower Vase: This vase will be woven around a glass container so that it can be used for real flowers. Great for beginners! This is a simple basket using several different weaving techniques. Minimum 8, Max 10. Bring - spray bottle, bucket, sharp scissors, towel and tape measure and a lunch. 10:00 am - 5:00 pm; Instructor: Diane Langdon-Dann; Fee: \$50.00 (includes materials).

Saturday, May 12, 2007 *Natural Dyes: 1:00 - 3:00 pm; Instructor: Judy Lincoln; Fee: \$20.00 includes materials.

WEST BAY/WEST BAY ROAD

REGISTRATION:

West Bay Community Hall
Thursday, February 15
6:30 – 8:00

Phone in registration will take place for the rest of the week.

PROGRAMMER:

Tricia MacColl
RR 1 West Bay Road
NS, B0E 3L0

Phone: (902) 625-5133
tricia_maccoll@hotmail.com

CHILDREN & YOUTH

EASTER CRAFT AND EGG HUNT: Come and have a fun afternoon making crafts with your friends and searching for all the treats the Easter Bunny left for us. Parents may be asked to bring something along for the group to share. Sunday, April 8, 2 - 4 pm; Instructor: Tricia MacColl; Fee: \$5.

EASTER SCRAPBOOKING WORKSHOP FOR

KIDS: Come and enjoy a fun morning of scrapbooking, where you get to make your very own storybook of your life. You will need several pictures and a scrapbook, (scrapbooks will be available to purchase if you need one). You will also make a small Easter project to go in your scrapbook. 5 participants needed to run this workshop. **Saturday, March 24, 10 - 12:30pm;** Instructor: Bonni Kuchta, 295-2527; Fee: \$15.

HIP HOP/JAZZ DANCE CLASSES: Come learn the latest dance moves with your friends and get a great workout too. By the end of the 8 weeks you will be able to perform a whole hip-hop routine for your friends and family. **Must have 6 participants registered for program to run.** Ages: 7-11; **Fridays, March 2 to April 20:** 5 - 5:45 pm; Instructor: Ashley Ryan; Fee: \$35 (\$10 for additional child).

FITNESS AND HEALTH:

KRIPALU YOGA: Kripalu Yoga is a gentle style of yoga that is designed to help you with flexibility, reduce stress and relax your mind as well as your body. This class is great for beginners as well as practiced yoga goers. Please bring your own mat. **Must have 6 participants registered for program to run. April 3 to May 22,** 5:15 – 6:30 pm; Instructor: Marion Sauer (certified yoga instructor); Fee: \$48 (8 wks).



INTERIOR DECORATING: Does your Home need a fresh start? Learn simple Interior Decorating Secrets on how to create the room you want, with the use of color, furniture placement, and layering techniques. Bring your questions, room size, color samples etc, of a room you'd like help with. Please bring a lunch. **Saturday, March 3,** 10 - 2 pm; Instructor: Carolyn Langley; Fee: \$20 (**minimum of 6 participants required**).

Course listings continue on page 26...

Mamie MacDonald A Gracious Lady of Inverness County is 108

By Virginia MacIsaac

Mary Rebecca MacDougall, a young teacher from Troy, who taught school in Glencoe, Troy, and places in-between, became Mrs. Duncan Francis MacDonald on September 12, 1922 in Creignish parish. Many details of her wedding day are tucked away in her own memory. She remembers that Fr. Rankin (Peter) performed the marriage.

Asked about the music played at her wedding she says, "Well, maybe we played our own music." Some things are difficult to remember when, in fact, they happened almost eighty-five years ago.

In their eight years together, Francis and Mamie (the name she's best known by) MacDonald lived on their land in Troy and had six children: Lawrence, Harold, Marie, Howard, Evelyn and Wilfred. Although her husband died in a railway accident in 1930 at the young age of 33, Mamie quietly raised her family and over the years she's had the pleasure of watching her extended family grow. She's now 108 years of age, living comfortably at home with her youngest son Wilfred and has over thirty grand-children, well over fifty-five great-grand-children, and at least one great-great-grand-child; the count grows quickly.

On January 19, 2007, Mamie sits cosily by the wood stove in her kitchen on the wooden rocking chair. Her homecare attendant Theresa MacRae has helped her get ready for visitors and Councillor Ed MacDonald has stopped in as well. He congratulates Mamie on her good health and longevity and she quietly and pleasantly agrees to have her picture taken.

Mamie tells us her father was John D. MacDougall from Troy and her mother was Mary MacMaster from Queensville. The colourful shawl she's wearing is of MacDougall tartan made by weavers in Glendale, a past birthday gift. She says she remembers making many trips over Creignish Mountain to her grandparents place. Councillor MacDonald explains that Mamie's grandmother's place was only three miles from the crossroads on the mountain, so it wasn't too long a trip, even by horse and wagon. Mamie's only sister Annie was married to Ambrose MacNeil and they lived near-by in Troy.



Councillor Ed MacDonald dropped in for a visit with Mamie MacDonald.



Mamie enjoys listening to her son Wilfred play the fiddle.

Her parents went to Boston to work and she mentions that they may even have been married there. She didn't follow that trail south; although education was hard to come by years ago, she attended Normal College in Truro and became a teacher. Quite a few of her grandchildren followed the same occupation. She adds that many of them are also good musicians. "My father played the fiddle. There was always a fiddle in

Continued next page...

Continued from previous page...

the house.” She laughs when she says, “We used to pick it up and try it. But just for fun.” Her son Wilfred is coaxed to play a tune, and he does. “That was the Glencoe March, a tune of Dan Rory’s.” he says. Wilfred, the youngest of the family is 76 years young.

Besides son Wilfred, a daughter Evelyn lives in California, and son Howard in the Sydney area. Mamie has survived the rest of her children, Marie, Harold, and Lawrence. Howard is the father of Cape Breton musician-entertainer Howie MacDonald, and there’s a long list of other grandchildren well known in the music world including Harvey Beaton, a step dancer, and Brian MacDonald, fiddler. A lot of the family history was compiled in a booklet in 1988 by grand-daughter Florence MacDonald.

As Mamie and Theresa take out a school picture of Wilfred and Evelyn to look at, anyone watching them would think that 108 years of age really isn’t very old. Mamie points out people in the picture, and, when asked about cooking biscuits she quickly replies, “I could make them.” She enjoys a wonderful view of the Strait from her kitchen window and says the beach below was a good place for swimming.

Her personality - charming, relaxed and full of fun - seems forever youthful. Her grand-daughter Lauren (Beaton) Murphy describes her as the ultimate grandmother. “While we were growing up she was always kind, never judgmental, and you always felt welcome. She always took time, always loved people.”

This youthful spirit, welcoming nature, and her strong faith, continue to be shared with neighbours, friends, and family. At the age of 108 - whatever the secret ingredient of a good and long life - Mamie MacDonald surely knows it as she graciously entertains her visitors on this snowy, blowy day in Inverness County. ■



The view from Mamie's house.

www.TakeTheRoofOffWinter.ca

Contest for Children ages 5 to 12

Take The Roof Off Winter Creative Expressions Contest

An opportunity for children ages 5 to 12 to be creative! All you have to do is draw or sketch a picture about playing and being active outdoors in the winter means to you! A random draw will take place on **March 30th, 2007**. **The winner receives a Take The Roof Off Winter gift bag valued at \$150!!!!** Plus, Everyone who enters will receive a Take the Roof Off Winter certificate. Visit: <http://www.taketheroofoffwinter.ca/kidszone.php>



Being active doesn't take a lot of time, money or equipment... all you need are warm clothes and the great outdoors. Take the roof off winter and be active for your health!

Some winter activities that you can do on your own or as a family:

- Sled • Ski • Build your own outdoor rink • Snowshoe (call 787-3508) • Walk • Build a snowman.

For more wonderful Winter Active ideas, visit the www.TakeTheRoofOffWinter.ca website.

INVERNESS COUNTY RECREATION COURSES - SPRING 2007

Course listings continued from page 23...

PERSONAL INTEREST:

OHIO STAR PLACEMATS: Using "square over square" method to make the Ohio Star, you can create a set of placemats or a runner in one day. Material list will be available at registration. You must have your own sewing machine. Saturday, April 28, 10 - 4 pm Instructor: Catherine MacColl; Fee: \$20.

SCRABBLE NIGHT: Calling all Scrabble fanatics!! Do you love scrabble but can't find anyone to play with? Let's make a night of it. We'll play just for fun so no skill required. A small snack will be provided. **We must have 6 people registered for each night in order to play.** Mon-days, March 12, April 9, & May 7; 6:30 - 8 pm; Instructor: Donelda Rooyakkers; Fee: 2\$ per night.

SCRAPBOOKING WORKSHOP/

ADULT BEGINNER CLASS: 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 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, March 24, 1:30 - 4:30 pm. Instructor: Bonni Kuchta, (295-2527); Fee: \$15.

TODDLER BORDERS SCRAPBOOKING CLASS: Capturing the precious moments of your child will be easier with these 15 really cute borders

and 10 journaling boxes to go with them. It is a great way to pre-decorate an album, which makes scrapbooking easier and fun. Price includes your sticker pack and all the paper you need to do these. You will enjoy an afternoon of putting these together with all the tools needed to do it! No pictures needed. **Thursday, March 1, 7 - 9:30 pm.** Instructor: Bonni Kuchta, (295-2527) Fee: \$20 (includes all supplies).

SPRING AND SUMMER BORDER SCRAPBOOK CLASS: Spring is here, and these borders will inspire you as you take pictures or scrapbook years past! We will use a sticker pack to create 12 borders and 12 journaling boxes that are fun to make and really cute. You can then use these to help enhance your pages when you scrapbook, making great pages easily. Just bring yourself and a friend if you like. Everything else you need is included in the price! **Saturday, March 24, 6 - 8:30 pm;** Instructor: Bonni Kuchta, (295-2527); Fee: \$23 (includes all supplies).

TAKE 5 QUILT: Choose five different fabrics you like that complement each other, and in one day you can complete a quilt top. Material list will be available at registration. You must have your own sewing machine. **Saturday, March 10, 10 - 4 pm** Instructor: Catherine MacColl; Fee: \$20. ■

The secret of joy in work is contained in one word - excellence. To know how to do something well is to enjoy it.

...Pearl Buck (1892 - 1973)

The Joy of Children, 1964



Basic Marine Safety - A3 Course

(Transport Canada designation)

Date: February 27 - 28th

Location: NSCC Nautical Institute, Port Hawkesbury, Nova Scotia

Description: For crewmembers of non-pleasure vessels under 150 tons and within 20 nautical miles offshore

Cost: \$220.00

Contact: Emily Hartley at (902) 625-4228

OCEAN CONNECTIONS CONFERENCE 2007

“Sustainable Oceans & Coastal Communities - Striking the Balance”

When: March 20/21, 2007

Where: Nova Scotia Community College – Strait Campus –
Nautical Institute

What: A 1.5 day conference focusing on “Striking A Balance”
between Ocean Economy and Environmental Sustainability in
North Eastern Nova Scotia

Why:

- To Recognize, Acknowledge and Appreciate the significance, value and contribution of the Ocean Industries and resources in the region.
- Provide a targeted opportunity to collect, present, and disseminate Ocean Industry Sector data, history, trends, challenges and opportunities.

Who: Fishing, Oil & Gas, and Shipping Industries, all levels of Government, Private Business, Planning Commissions, Harbour Authorities, Recreational Boaters and Community Activists.

Contact: Strait – Highlands RDA, Ocean Connections Conference Coordinator, Richard McIntosh. 625-3939 ext.229 or richard.mcintosh@strait-highlandsrda.ns.ca.



ICCNS - INVERNESS COUNTY C@P NETWORK SOCIETY

www.iccns.ca

C@p sites offer IT skills development and experience through our C@p youth initiative. For more information contact a C@p site near you. C@p sites are Public Internet Access sites providing E-mail, internet usage, word processing printers, scanners, tutoring and workshops for an affordable fee. Contact Darlene Cameron, Coordinator at (902) 945-2292 for more information. Or visit one of the Inverness County C@p sites.

First Steps for Adults...Fit at 50+

Want to exercise but don't know how to begin? Do you consider yourself a new exerciser? Do you have difficulty sticking to an exercise program? Do you want exercise to be a regular part of your lifestyle? Do you suffer from a disability that restricts your exercise capacity? Has your doctor told you that you need to start exercising?

If you would like to add exercise to your daily schedule...we invite you to contact us. We are in the process of attempting to gauge the level of interest of adults 50+ for a new type of exercise program targeting seniors and/or previously inactive adults (or those who have previously exercised but found it difficult to continue either through lack of motivation or health concerns.)



The classes will include such things as low impact cardiovascular and strength training exercises, with modifications for participants with conditions such as arthritis, limited mobility, etcetera.



For more information or to express your interest in participating in such a program contact: (902) 787-3508, (902) 258-3625, (902) 258-3320, or Toll-free: 1-877-258-5550.

STAY ACTIVE THIS WINTER...GET YOUR 60 MINUTES OF DAILY ACTIVITY!

SNOWSHOEING – Snowshoeing is safe, low impact sport that uses every major muscle group and really burns calories. Replacing running with snowshoeing as your training this winter will improve your strength, build leg muscles and improve endurance. By adding poles while snowshoeing will also condition your arms, shoulders and back muscles.

WALKING – Bundle up in winter layers, get family members or friend to join you and set out for a winter walk! In just sixty minutes of walking you can burn about 360 calories – an excellent way to get your daily dose of physical activity and be on your way to good health!

SKATING – Just an hour of skating burns about 500 calories – an excellent way to get your 60 minutes of daily physical activity! So check out your local arena schedule for family and recreational skating times and skate away those winter blues!

**Application Deadline is February 28, 2007
to Apply for Funding for Celebrate Canada Activities**

Financial assistance is provided to support “Celebrate Canada!” activities during the “Celebrate Canada!” period from June 21 to July 1, (including National Aboriginal Day, on June 21, Saint-Jean-Baptiste Day on June 24, Canadian Multiculturalism Day on June 27 and culminating with Canada Day on July 1). Priority may be given to activities held on the specific four dates of “Celebrate Canada!”. Funding is not guaranteed. **Important notice:** Funding application forms postmarked or delivered to your provincial/territorial Celebrate Canada Committee after February 28, 2007 will not be considered

For further information, please contact the Celebrate Canada Committee in your province or territory or visit the website at: http://www.canadianheritage.gc.ca/special/canada/invitation/funding_e.cfm. The Nova Scotia office is in Halifax: Celebrate Canada Committee for Nova Scotia, c/o Canadian Heritage, Old Red Store, 2nd Floor, Suite 200, Historic Properties, 1869 Upper Water Street, Halifax, Nova Scotia, B3J 1S9, (902) 426-2945 or 1-800-996-3995.

Have You Made Your New Year's Resolutions Yet?

How About:

- Brushing up on your math or reading skills?
- Passing the GED exam?
- Helping your children with their homework?
- Free adult upgrading classes are provided throughout the county.
- As well, volunteer tutors are available in most communities to work one-on-one with learners to improve reading skills.

For more information call:
Clifford Maillet: 224-3552
Shirley Miller: 248-2960
Charlotte Campbell: 258-2787
Anna Lee MacEachern: 787-3508
Susan Campbell: 787-2842
or toll free: 1-877-258-5550

Inverness County Literacy Council



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



Or for more information contact:
PROGRAM COORDINATOR
INVERNESS COUNTY
Anna Lee MacEachern
Recreation/Tourism
Department
PO Box 179
Port Hood, NS
BOE 2WO,
Tel: (902) 787-3508
Fax:(902) 787-3110
Email:
annalee.maceachern
@invernesscounty.ca

GUIDELINES FOR THIS YEAR'S VOLUNTEER NOMINATIONS

The 2007 Provincial Volunteer Week is April 15 - 21, and the Municipality of Inverness County will once again recognize the contribution of individuals who volunteer their time and talents in Inverness County during this time period. The following are the guidelines for nominations:

1. Any organization or individual may nominate one (1) volunteer.
2. Choose only those nominees who have never before been recognized by the Municipality through this program, or, those who have not been recognized in the previous 10 years, 1997-2006. (If you are unsure if a volunteer has been recognized during this ten-year period, contact the Recreation/Tourism office at 787-2274 for verification.)
3. The volunteer must either reside in or perform volunteer work in the Municipality of Inverness County.
4. Nominations must be accompanied by a clearly written or typed description (100-150 words) of the nominee's present and past volunteer activities. (If you are nominating a volunteer who was also recognized prior to 1997, please highlight the individual's most recent contributions.) Information of a highly personal nature should not be included (for example, references to children or grandchildren or other information of that nature.)
5. A photo is desirable. Please send only recent high quality head and shoulders photographs (in the case of digital photographs, please ensure that they have been taken at the highest possible resolution the camera will allow and that they are copied to a CD readable to any computer). If you wish to have a photo returned, please supply a self-addressed stamped envelope. [Alternatively, if a photograph of sufficient quality for printing is unavailable and the volunteer plans to attend the awards ceremony, the Editor of *The Participaper* will be on hand to take a photograph of the volunteer at that time.]
6. All volunteer biographies and photos will be featured in the May issue of *The Participaper*.
7. Deadline for receipt of all nominations is March 30, 2007. Any nominations received after that date will be placed on a list for recognition in 2008.
8. A draw will be held, from all of those nominations received by February 28, to choose a volunteer to represent all of the Inverness County volunteers at the Provincial Volunteer Awards Ceremonies scheduled to be held in Halifax April 10.
9. An invitation to attend the Municipal Volunteer Award Ceremonies, to be held April 18 during provincial Volunteer Week, will be mailed to each nominated volunteer in early April. The nominating group/individual will also receive a second invitation for one member to accompany the volunteer to the ceremonies. That invitation may be allocated to the volunteer's family member, friend, etc., at the discretion of the nominating group.



VOLUNTEERS - SO MUCH TO OFFER! OUR COMMUNITIES - SO MUCH TO GAIN!



REGIONAL LIBRARY NEWS



EASTERN COUNTIES REGIONAL LIBRARY NEWS

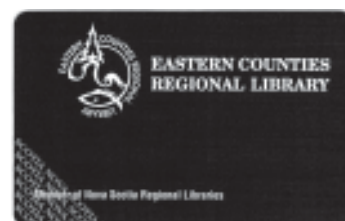
Winter has finally arrived and there's nothing better than curling up with a good book or your favorite DVD! Check us out at ecrl.library.ns.ca, or visit a Library or Libr@ry Link site near you.

Can't get to one of our locations? Give us a call. We can put the books in the mail at no charge to you, or we can arrange for delivery to your door if you qualify. Call us at 747-2597.

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 for this service!

MARCH IS LIBRARY CARD MONTH! If you don't already have a library card, visit us during March to register for your free card and qualify to win some great prizes!



BRANCHES: WINTER HOURS:

FEBRUARY 15, 2007 - MAY 31, 2007

MARGAREE FORKS Tel/Fax: 248-2821
Monday 1:30 - 4:30 & 6:30 - 8:30
Tuesday & Wednesday 6:30 - 8:30
Thursday 10:00 - 12:00
1:30 - 4:30 & 6:30 - 8:30
Friday 1:30 - 4:30
Saturday 1:30 - 4:00

MULGRAVE Tel: 747-2597 Fax: 747-2500
Monday 10:30 - 12:30 & 2:00 - 6:00
Tuesday & Wednesday 2:30 - 7:30
Thursday 1:00 - 4:00
Friday CLOSED
Saturday 1:00 - 4:00

PT HAWKESBURY
Tel/Fax 625-2729
Monday - Friday
3:00 - 8:00
Saturday
11:00 - 2:00

HOURS: LIBR@RY LINKS: FEBRUARY 15, 2007 - MAY 31, 2007

CHÉTICAMP, ÉCOLE NDA
(every 4 weeks) Wednesday
3:00 - 5:30; 6:00 - 7:30
February 7 March 7
April 4 May 2, 30

MABOU, DALBRAE ACADEMY
(every 2 weeks) Wednesday
3:45 - 5:30 & 6:00 - 8:00
February 14, 28 March 14, 28
April 11, 25 May 9, 23

ST. JOSEPH DU MOINE/ (every 2 weeks)
CENTRE SAINT-JOSEPH Thursday
12:00 - 5:15 & 6:00 - 8:00
February 1, 15 March 1, 15, 29
April 12, 26 May 10, 24

INVERNESS ACADEMY
(every 2 weeks) Thursday
2:00 - 5:30 & 6:00 - 8:00
February 8, 22 March 8, 22
April 5, 19 May 3, 17, 31

PORT HOOD RESOURCE CENTRE
(every 4 weeks) Tuesday
3:30 - 5:30 & 6:00 - 7:30
February 27 March 27
April 24 May 22

WHYCOCOMAGH EDUCATION CTR
(every 4 weeks) Wednesday
3:30 - 5:30 & 6:00 - 8:00
February 21 March 21
April 18 May 16

JUDIQUE COMMUNITY CENTRE
(every 4 weeks) Wednesday
4:30 - 5:30 & 6:00 - 7:30
February 13 March 13
April 10 May 8



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

**MUNICIPALITY OF THE COUNTY OF INVERNESS
DIRECTORY**

MAIN SWITCHBOARD	787-2274
Fax - All Departments	787-3110
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
BUILDING AND FIRE INSPECTORS:	
Port Hawkesbury	625-5362
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
PLANNING AND DEVELOPMENT DIVISIONS:	
General Inquiries	625-5361
Toll Free	1-888-625-5361
E-911 Civic Addressing	625-5366
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
COMMUNITY SERVICES	
Toll-Free	1-800-252-2275
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
STRAIT HIGHLANDS REGIONAL DEVELOPMENT AGENCY (SH-RDA)	
Port Hawkesbury	625-3929
OUR WEBSITE & EMAIL ADDRESSES ARE:	
www.invernesscounty.ca	email: recreation@invernessco.com

Continued from page 2 - Director's Desk...

Nominations for volunteer recognition will be accepted from individuals or community organizations beginning in January. Deadline to receive nominations is March 30, 2007. See page 29 for more details.

ANNUAL INVERNESS COUNTY CRIBBAGE TOURNAMENT

Watch for announcements on the annual County Cribbage Tournament which will take place in late March or early April. Two teams from each of the fifteen areas of the County will be eligible to compete by winning the right at a local qualifying tournament.

FUNDING FOR CANADA DAY CELEBRATIONS:

The Department of Canadian Heritage provides some financial incentive for community groups interested in organizing activities during the "Celebrate Canada Campaign" which extends from June 21 to July 1st. The deadline to submit an application for funding is March 31, 2006. Check page 28 of this issue for more information.

Correction:

In the previous issue (Christmas 2006, page 22) there was a misprint in Councillor Daniel Boudreau's email address. His correct email address is: Daniel.Boudreau@invernesscounty.ca, we apologize for any inconvenience this may have caused.

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

Happy Valentine's Day



Valentine from early 1900's courtesy of the MacFarlane Collection.