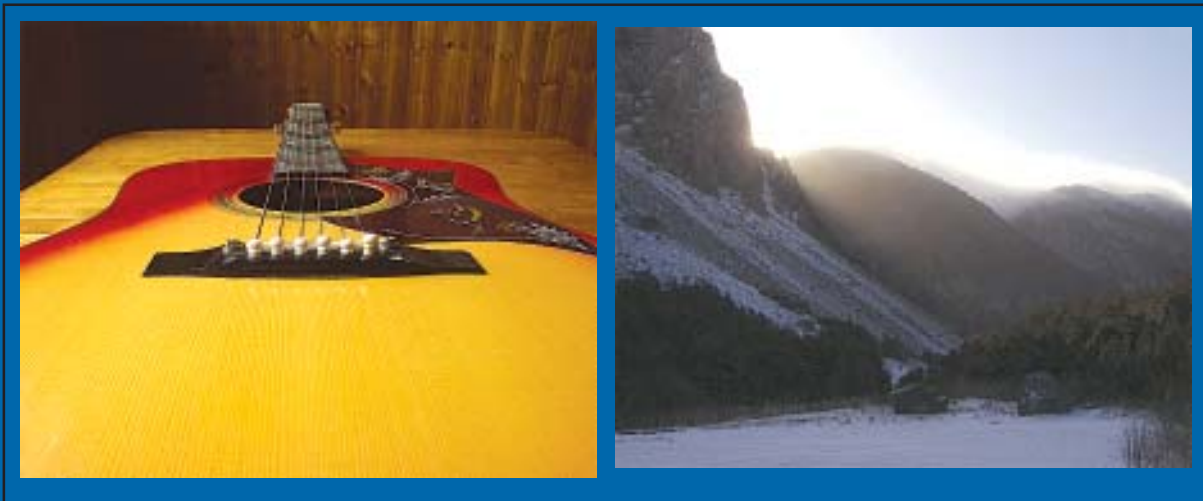


# THE PARTICIPAPER

AN INVERNESS COUNTY PERIODICAL



*The above photos were taken by two of the students from Russ Daigle's Creative Photography Course. The photos were taken with consumer type digital cameras. Above left, a photo by Arlie Fitzgerald of Pleasant Bay, and above right, one by Theresa Aucoin of Chéticamp. This is but one example of some of the courses available around the county this Fall. Check inside to find a course or workshop that suits your interests.*

## **IN THIS ISSUE: FALL 2007 RECREATION & CONTINUING EDUCATION COURSE LISTINGS**

Vol 28, No.4

Aug/Sep/Oct 2007

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



### RECREATION & CONTINUING EDUCATION PROGRAMS:

Are you looking for a fitness program, personal interest course, fun and interesting workshops, adult upgrading or something for your children? Once again, Inverness County residents have the opportunity to sign up for a variety of programs being offered this Fall through our school and community programmers. There are many interesting and fun courses and workshops to choose from, be sure to take advantage of this opportunity and. Register for a course. **REGISTRATION WEEK IS SEPTEMBER 17 - 21.** See details opposite page. Program listings begin on page 4. Register early! You may risk the chance of a course being cancelled if you wait until the last minute to register, as all courses require a minimum number to enroll!

### INVERNESS COUNTY ON THE MOVE...

Our school and community recreation programs provide residents with a great opportunity to keep active. Mother Nature tries her best too! Be sure to take advantage of the cooler weather and Inverness County's natural resources this Fall. Get outdoors and be active...walking, hiking, beachcombing, bird-watching, fishing, splitting wood, gardening, kayaking, or canoeing, it all counts! **INVERNESS COUNTY RECREATION CHALLENGES YOU TO BE ACTIVE YOUR WAY, EVERY DAY, FOR LIFE!**

### WINTER/SPRING EVENTS BROCHURE REMINDER:

We are currently collecting information to be included in our annual Winter/Spring events brochure. This brochure will promote activities between January 2008 and June 2008. If your non-profit organization has activities or events you would like to promote **FREE OF CHARGE**, please contact our office with the details. Contact Marie Cameron at 787-2274, Fax: 787-3110 or email: mcameron@invernessco.com.

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

### ANCESTORS UNLIMITED:

Due to circumstances beyond our control, Ancestors Unlimited is unavailable for this issue. We apologize to our readers for any inconvenience this may cause.

### NOTE RE COVER PHOTOS:

Russell Daigle's Creative Photography Course will run again in Spring 2008. In order to register for this course, students should have taken the Basic Course or be able to demonstrate a thorough working knowledge of their photographic equipment. If you plan to take advantage of this course in the Spring 2008 session, register this Fall for the Basic Course at either the Belle Côte location (see page 5 for registration information) or Inverness County Centre for the Arts location (see page 25 for registration information).

**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*.**

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**SUBMISSION DEADLINE FOR INCLUSION  
IN THE NEXT ISSUE  
(OUR CHRISTMAS 2007 ISSUE)  
IS NOVEMBER 2**

**INVERNESS COUNTY RECREATION/TOURISM DEPARTMENT  
RECREATION & CONTINUING EDUCATION COURSES - FALL 2007**

**REGISTRATION WEEK: SEPTEMBER 17 – 21**

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

**Registration and Payment of Courses:**

You may register at the community location offering the course, or mail your fees and registration information to the local programmer. **On-site registration week is September 17–21; mail-in registration will be accepted until Friday, September 28. All mail-in registration will be considered after walk-in registration has been completed.** All courses begin the first week in October, unless otherwise stated, and will run for a maximum of 10 weeks. **We encourage you to register early, as all courses must meet a minimum enrollment. Your registration may determine whether the course will be delivered.**

**Registration Policy and Course Cancellation:**

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

**New Courses:**

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

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

**MAIL-IN REGISTRATION FORM**

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

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

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

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

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

## INVERNESS COUNTY RECREATION COURSES - FALL 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, September 18

Thursday, September 20

7:00 - 8:00 pm

#### CONTACT:

Julia Tompkins

PO Box 651

Margaree Forks

BOE 1A0

PHONE: (902) 224-1744

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

#### YOUTH:

**BASKETBALL:** Instructional co-ed basketball for grades 5 - 8. The purpose of this class is to develop and improve fundamental skills including passing, dribbling, and shooting, and playing games. Time, date and fee: TBA.

**VOLLEYBALL:** Instructional co-ed volleyball for grades 5 & 6. The purpose of this class is to develop and improve fundamental volleyball skills including passing, setting, and digging, serving, spiking, and playing games. Fridays, 3 - 5 pm, 10 weeks; Instructor: Bob Wheeler; Fee: \$20.

#### FITNESS, HEALTH & SPORT:

**BADMINTON:** Co-ed, non-instructional. 10 weeks; Tuesday, 8:00- 9:30 pm; Fee: \$10.

**BASKETBALL:** This is a self-officiated, co-ed, non-instructional program. Players of all skill levels welcome. 10 weeks; Mondays, 8 - 9:30 pm; Fee: \$10.

**SOCCER:** Co-ed/non-instructional, for beginners right up to skilled players. 10 weeks; Thursdays, 8:00 - 9:30 pm; Fee: \$10.

**VOLLEYBALL:** Don't just watch the game, be part of the action. All levels are welcome. Co-ed/non-instructional. 10 weeks; Tuesdays, 8 - 9:30 pm. Fee: \$10.

**WALKING INDOORS:** Walking is an aerobic activity that can improve your fitness level, health and well being. If you need the motivation of a group to get out walking, come and join the group at the Cape Breton Highlands Academy and walk in the comfort of the indoors. Wednesdays & Fridays, 8 - 9:30 pm; 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. Beginners, Monday 6:30 - 7:30 pm; 8 weeks; Instructor: Ginette Aucoin; Fee: \$60. (Bring a small cushion and blanket / yoga mat).

**YOGA (INTERMEDIATE):** This class is for anyone who has taken a set of beginner classes or is practicing Yoga on his/her own and is familiar with the basic Yoga postures. Monday, 7:45 - 8:45 pm; 8 weeks; Instructor: Ginette Aucoin; Fee: \$60. (Bring a small cushion and blanket / yoga mat).

#### 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.



*Courses continue next page...*

## INVERNESS COUNTY RECREATION COURSES - FALL 2007

*Belle Côte and Area Courses continued...*

**BASIC PHOTOGRAPHY FOR THE PHOTO HOBBYIST:** Six 2-hour sessions with an optional field trip. This course is for the more serious photo hobbyist who is interested in getting the most out of their film and/or digital camera. The course covers a wide range of theoretical as well as practical aspects of photography and lays the ground work for those wishing to take Russell Daigle's popular "Creative Photography Courses". Instructor: Russell Daigle; Thursdays, 7 - 9 pm Starts October 4; Fee: \$50. (Minimum of six students 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, 8:15 - 9:15 pm, 8 weeks; Instructor: Stacia Evans; Fee: \$40.

**GETTING TO KNOW YOUR DIGITAL CAMERA:** Three 2-hour sessions. Sessions cover the terminology in your camera manual, the proper settings to use to get the best picture quality possible along with photo tips on general scenic, travel and general family pictures. This is a fun and informative course. Students must bring their cameras and operation manuals to all classes. Tuesdays 7 - 9 pm, starts October 2; Instructor: Russell Daigle; Fee: \$35. Minimum of six students required.



**QUILTING:** For intermediate level quilters. Kaleidoscope Blocks using the "Stack and Whack" method. Mondays. October 15, 22, 29 and November 5. 6:00 pm to 9:00 pm., at Cape Breton Highlands Academy. Materials list available at registration, or earlier by

phoning instructor: Margie MacIsaac, 258-2338. Fee: \$60.00.

### 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)

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

### CHILDREN & YOUTH:

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

*Chéticamp Courses continue next page...*

**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 - FALL 2007

*Chéticamp Courses continued from previous page...*

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

### FITNESS, HEALTH & SPORT:

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

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

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

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

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

### ADULT PERSONAL INTEREST:

#### **CREATIVE MEMORIES SCRAPBOOKING:**

For more information contact instructor Gail Bourgeois at 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.

**MORE CREATIVE PHOTOGRAPHY:** Six 2-hour sessions plus a field trip. In this course we push the envelope of creativity. The goal is to produce exciting, if somewhat controversial, pictures intended to hang in an exhibit. Subject matter will be decided on by the students. Students must have a camera that has manual settings. This is an advanced course and participants must have an understanding of the photo process and be able to demonstrate a thorough working knowledge of their equipment. Mondays, 7 - 9 pm, Starts October 1; Instructor: Russell Daigle; Fee \$60. Minimum of 5 students required.

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

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

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

### CONTINUING EDUCATION:

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

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

Or for more information contact:

THE PROGRAM COORDINATOR FOR 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

## INVERNESS COUNTY RECREATION COURSES - FALL 2007

### GLENDALE

#### REGISTRATION:

Glendale Parish Hall  
Monday, September 17  
7:00 - 8:00 pm

#### PROGRAMMER:

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

Phone: (902) 625-2357

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

#### CHILDREN & YOUTH:

**CHILDREN'S HALLOWEEN CRAFTS:** Come and make a craft for mom, dad or yourself. Sunday, October 21, 1:00 - 2:30 pm; Instructor: Andrea MacDonald; Fee: \$3 (includes supplies). Pre-registration is a must in order to purchase materials.

**CHILDREN'S CHRISTMAS CRAFTS:** Come and make a craft for mom, dad or yourself. Saturday, December 15, 1:00 - 2:30 pm; Instructor: Andrea MacDonald; Fee: \$3 (includes supplies). Pre-registration is a must in order to purchase materials.

**CHILDREN'S STEP DANCING:** Saturdays, 8 weeks beginning September 22; Instructor: Claire MacDonald. Beginners, 9:00 - 9:45 am; Intermediate, 10 - 10:45 am. Fee: \$35 (\$7 for any additional family members).



#### PHYSICAL ACTIVITY & HEALTH:

**ADULT STEP DANCING:** Saturdays 11 am - 11:45, 8 weeks, beginning September 22; Instructor: Claire MacDonald; Fee: \$38.

**"HAPPY LOSERS" WEIGHT LOSS & EXERCISE PROGRAM:** Each night will begin with a short meeting and a weigh-in followed by a video exercise program. There will be fun contests included each week to help and encourage each other to lose those unwanted pounds. Starts Monday, October 1 at 7 pm. Instructor Jonna MacDonald; Fee: \$2/night.

**INDOOR WALKING GROUP:** Come out and enjoy our indoor walking program, socialize with friends and have fun! Walking is an aerobic activity that has been proven to improve fitness levels, health and well being. Starting Monday, October 1, from 8 - 8:30 pm. Instructor Jonna MacDonald; Fee: \$2/night.

#### ADULT PERSONAL INTEREST:

**CHRISTMAS CRAFTS:** 7 - 9 pm, 6 weeks; Day TBA; Sample crafts on display the night of registration. Instructor: Dolores Casey; Fee: \$10.

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

**FESTIVE TALL TREE RUNNER:** This easy table runner can be completed in just one session. Great for your own home or as a Christmas present. October 29, 10 to 4 pm. Instructor: Catherine MacColl. Fee: \$20 (Bring a lunch).

**QUILTING WORKSHOP:** Make a 56 x 56 in Christmas tree skirt in just one day. Material list available at registration. October 22, 10 am - 4 pm; Instructor: Catherine MacColl. Fee: \$20 (Bring a lunch).

**WEAVING:** Saturdays, starting September 22, 10 - 4 pm. 6 weeks. Instructor: Delores Casey; Fee: \$20.

*Courses continue page 10...*

INVERNESS COUNTY LITERACY NETWORK  
ADULT UPGRADING CLASSES 2007/2008

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/Belle Côte and Area**

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



**Inverness:**

Instructor: Jesslyn Timmons, 258-2752  
Day: Tuesday & Thursday, 6 - 9 p.m.

**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

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

NEW LEARNERS ARE  
ALWAYS WELCOME

COURSES RUN CONTINUOUSLY  
OCTOBER TO MAY -  
JOIN US ANYTIME!

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

.....  
*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



## Favourite Teacher Contest Results

There are many teachers in our county schools who make learning fun for their students. In the Spring 2007 issue of *The Participaper* we had challenged county students to write about a teacher who had made this school year a fun, interesting and rewarding experience for them. From the letters received a draw was held and the winning teacher was Mrs. Colleen MacLeod of Bayview school in Port Hood. It is clear from the letters below that her students have been positively affected by her choice of career.

Mrs MacLeod received a certificate and a cheque for \$50, and her class received a cheque for \$50. Representatives of the Municipality made the presentations on Thursday, June 21 at the school. Coincidentally, this was the same day that Mrs MacLeod's class had prepared a surprise retirement party for their favourite teacher. We congratulate Mrs MacLeod and wish her a happy, healthy and productive retirement. She will be missed by her students and colleagues! [See page 19 for more on this award.]

Mrs. MacLeod by: Emily van den Hoogen

*I am nominating my teacher Mrs. MacLeod because she makes school a rewarding experience for me in many ways. She teaches my class and me at Bayview Education Centre in Port Hood. She is letting us raise salmon right now and I love raising animals. She is very nice to me and makes math easier too. She planned a trip to Big Cove YMCA Camp. We stayed there for 2 days and I had a great time. I think she is doing a great job teaching me all the subjects, especially math and that is why I nominate my teacher, Mrs. MacLeod.*



*Mrs Colleen MacLeod pictured with Emily van den Hoogen, Molly MacEachern, Shauna Beaton and Mary Frances Beaton, the students who nominated her.*

*going May 23 & 24 2007). And she tells us a lot of funny jokes.*

*Hello! My name is Shauna Beaton and I would like to nominate my 4A teacher, Mrs. MacLeod. The reason I want to nominate her is because she is the best teacher I ever had!!! She makes boring things fun!!! She loves doing science and math. Right now in science we are doing rocks and minerals. In math we are doing fractions and she makes fractions easy! I think she is a very nice teacher and not only that but she is a very nice person. She rarely gets mad at anybody. That is why I would like to nominate Mrs. MacLeod. Sincerely, Shauna Francine Beaton.*

*I nominate my teacher Mrs. MacLeod because she is the best teacher I ever had in my life. And if you have trouble with something she will make sure you understand it. The best part is she made my school year fun and exiting. She is taking us to Big Cove for our class trip we get to stay over night I think that will be fun. And for a little project she got a couple salmon eggs and they hatched a few days ago but they aren't swimming yet but they look really cool. I hope we get do more fun and exiting things in the future. That is why I nominate my teacher Mrs. MacLeod. By Molly MacEachern*

*Hi my name is Mary Frances Beaton and I am going to tell you a little about my teacher Mrs. Macleod. Mrs. Macleod is the funniest teacher in the whole wide world. She plays games with us and she is very nice. Everyone in our class likes her because she takes us on a lot of field trips like Big Cove (where we're*



*Deputy Warden Gloria LeBlanc presented Mrs Colleen MacLeod with a certificate declaring her, "A Teacher of Excellence".*

## INVERNESS COUNTY RECREATION COURSES - FALL 2007

### INVERNESS

#### REGISTRATION:

Inverness Academy  
Monday, September 17  
Thursday, September 20  
7:00 - 9:00 pm

#### PROGRAMMER:

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

Phone: (902) 258-2089

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

#### CHILDREN & YOUTH:

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

**CRAFTS & CRAFTS MANIA:** Spend an enjoyable fun hour with your friends making seasonal projects including Halloween, Thanksgiving and Christmas crafts as well as embossing, fridge magnets, bookmarks, napkin folding and much more. Grades 3 - 7. Thursdays, 2:30 - 4:00 pm. 8 weeks (limit of ten per class). Instructor: Anne Poirier; Fee: \$20 to cover materials.

**PLAYGROUP:** A fun-filled program designed for pre-schoolers, consisting of crafts, songs, active games, stories, and making friends. Thursdays, 9:30 - 11:30 am, 8 weeks; Fee: \$70/session.

**STEP DANCE:** Learn traditional Cape Breton step dancing. Children ages 5 & up. Beginning Monday, October 22, 6 - 6:45 pm, Instructor: Cheryl MacQuarrie; 8 weeks; Fee: \$50.

#### FITNESS, HEALTH & SPORT:

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

*Inverness Courses continue next page...*



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 **OCTOBER 1ST DEADLINE!**\*

So **ALL** Kids Can Play!

Call (902) 787-3507/08 for more details  
or visit:  
<http://www.sportnovascotia.ca/kidsport>

**\* If you have children who wish to participate in the upcoming season's sports programs, be sure to apply for funding by the October 1st deadline.**

## INVERNESS COUNTY RECREATION COURSES - FALL 2007

*Inverness Courses continued from previous page...*

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

**AEROBICS:** You choose your intensity level as the instructor demonstrates low to high impact. Includes warm-up and cool down. Multi-level, beginner to advanced. Mondays/Wednesdays 7:30 - 8:30 pm. 10 weeks beginning September 17; Instructor: Vikki MacEachern; Fee: \$20/one night per week.; \$30/two nights per week.

**SENIOR'S FITNESS:** This is a basic fitness program that will improve your general fitness, muscle condition and mobility. Classes are designed with special consideration for the senior population and include cardiovascular, flexibility, and strengthening segments that may be performed standing or in a seated position. 8 weeks, Wednesdays, 6:30 - 7:30; Instructor: Vikki MacEachern; Fee: \$20.

**TuBeFit -CARDIO AND STRENGTH CLASS:** A moderate to high intensity workout geared to all fitness levels using resistance tubing, hand weights and your body weight. This class works the heart, lungs and burns calories while increasing muscle strength and endurance. A workout for the entire body! Tuesdays & Thursdays, 7:30 - 8:30 pm; 8 weeks; Instructor: Maureen Donnelly; Fee: \$20/one night per week, \$30/two nights per week.

### **ADULT PERSONAL INTEREST:**

**CHANTER:** Learn to play the chanter and then move on to the Great Highland Bagpipes. Lessons

are private one-on-one. Teacher will supply all sheet music and lessons. Student must provide his/her own chanter. Instructor: Sandra Watson; Time: TBA; Fee \$50 for 10 half hour lessons.

**CHRISTMAS CENTERPIECE:** Enjoy the beauty and elegance of a Christmas centerpiece on your holiday table. This "Hurricane Lantern" centerpiece is easy to make, looks great and will stay fresh the entire Christmas season. Decorate it with pine boughs, frosted cones and silver holly berries, to make it your very own creation. Monday, November 29, 7 - 9 pm. Instructor: Terry MacDonald; Fee: \$25 (includes supplies).

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

**RECIPE CARD HOLDER "GINGERBREAD MAN":** Christmas time is baking time! Keep your favorite recipes within reach but out of the way with this gingerbread man wall hanging. He will lend a helping hand and will be a sweet addition to your Christmas decor. Tuesday, November 20, 7 - 9 pm. Instructors: Anne Poirier; Fee: \$5.

**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. Thursdays, 6:30 - 9 pm; 8 weeks; Instructor: Tom Ryan; Fee: \$20.

*Inverness Courses continue next page...*

### **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 hockey, ice-skating, soccer, baseball, 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.

## INVERNESS COUNTY RECREATION COURSES - FALL 2007

*Inverness courses continued from previous page...*

**QUILTING WORKSHOP:** Quilting workshop for beginners: Tablerunner. Inverness Academy, Thursday: October 18 and November 1, 6:00 pm to 9:00 pm. Instructor: Margie MacIsaac; Fee: \$30.00.

**STEP DANCE (ADULT):** Learn traditional Cape Breton style step dancing. Begins Monday, October 22, 7 - 8 pm, for 8 weeks; Instructor: Cheryl MacQuarrie; Fee: \$50.



### 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 towards your own personal goal, classes are available to you free of charge. Instructor: Jesslyn Timmons; Tuesday & Thursday, 6:00 - 9 pm. Fee: Materials only.

## JUDIQUÉ

### **REGISTRATION:**

Judique Community Centre  
Tuesday, September 18  
Wednesday, September 19  
7:00 - 9:00 pm

### **PROGRAMMER:**

Joyce Rankin  
PO Box 120, Judique  
NS BOE IPO

Phone: 787-2358

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

### CHILDREN:

**CHILDREN'S STEP DANCING:** (7 and up) Come and learn some traditional Cape Breton steps, spend time with your friends and have fun

too! Wednesday, 7 - 8 pm, beginning October 9; Instructor: Mary Anne MacIntyre, 6 weeks, Fee: \$30.

**HALLOWEEN CRAFTS FOR CHILDREN:** Monday, October 22, 6:30 - 8 pm; Instructor: Marie Brideau; Fee: \$5.

**CHRISTMAS CRAFTS FOR CHILDREN:** Monday, December 10, 6:30 - 8:00 pm; Instructor: Marie Brideau; Fee: \$5.

**SEWING FOR YOUNG PEOPLE:** Learn to make your own fashion statement. It's "sew" easy! Instructor: TBA, Wednesday, 7 - 9 pm, beginning October 10; 6 weeks, Fee: \$35.

**TIE-DYE YOUR T-SHIRT:** (8 and up) Create a variety of fancy, colorful patterns using different tying and dyeing techniques. Bring a clean white T-shirt and go home with a work of art. Saturday, October 27, 10 am - 1pm, Instructor: Charlotte Rankin; Fee: \$6.

### PERSONAL INTEREST:

**ADULT STEP DANCING:** Fun and fitness the old-fashioned way; Instructor: Mary Anne MacIntyre, Wednesday, 8 - 9 pm, beginning October 10, 6 weeks, Fee: \$30.

**MODERN KNITTING:** (Beginner/Intermediate). Knitting techniques, project ideas, weekly guidance. Specialty yarns available. Instructor: Judy Lincoln; Tuesdays, 7 - 9 pm, beginning Oct 2; 6 weeks, Fee: \$35.



**SNOWMAN WALL-HANGING:** Decorate for a holiday party with this wintry scene wall hanging. Instructor: Mary MacNamara, Date TBA ; 2 - 3 nights, Fee: \$20.

*Judique Courses continue next page...*

## INVERNESS COUNTY RECREATION COURSES - FALL 2007

*Judique Courses continued from previous page...*

### PHYSICAL ACTIVITY AND HEALTH:

**FALL INTO YOGA (Level One):** An hour of gentle stretching, yoga postures, and breathing. Wear non-restrictive clothing and bring a small cushion, blanket or mat. Instructor: Nancy Hilton, 8 weeks, Tuesday, 7 - 8 pm, beginning October 2; Fee: \$55.



### MABOU

#### **REGISTRATION:**

Monday, September 17  
Wednesday, September 19  
6:30 - 7:30 pm

#### **PROGRAMMER:**

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

PHONE: (902) 945-2493

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

### CHILDREN & YOUTH:

**PLAYGROUP:** A fun-filled program designed for pre-schoolers, consisting of crafts, songs, active games, stories, and making friends. Wednesdays, 9:00 am - noon, 6 week sessions; Instructor: Arlene MacNeil; Fee: \$90/session.

**STEP DANCE:** Step dance instruction provided by Instructor: Cheryl MacQuarrie. Open to children ages 5 & up. Beginning Thursday, October 25, 6:00 - 6:45; 8 weeks; Fee: \$40.

### PERSONAL INTEREST:

**QUILTING:** For intermediate level quilters. Kaleidoscope Blocks using the "Stack and Whack" method. Wednesdays; October 17, 24, 31, and November 7. Dalbrae Academy, 6 - 9 pm; Materials list available at registration or earlier, by phoning instructor: Margie MacIsaac, 258-2338 Fee: \$60.00.

**WATERCOLOR & DRAWING:** Step-by-step instruction, including drawing techniques, mixing colours, and art history. Tuesdays beginning October 9th, 8 weeks, 7 - 9:00 pm; Instructor: Barrie Fraser; Fee: \$50 plus materials.

### PHYSICAL ACTIVITY & HEALTH:

**STEP DANCE:** Step dance instruction provided by Cheryl MacQuarrie. For beginner and intermediate dancers. Beginning Thursday, October 25, 7:00 - 8:00 pm; 8 weeks; Fee: \$40.

*Course listings continue next page...*

#### **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.

For more information call:

Clifford Maillet, Chéticamp: 224-3552

Shirley Miller, Margaree Forks/Belle Côte and Area: 248-2960

Jesslyn Timmons, Inverness, 258-2752

Susan Campbell, Port Hood: 787-2842

or:

Anna Lee MacEachern, Inverness County Recreation/  
Tourism Department: 787-3508

Or Toll free: 1-877-258-5550

**Inverness County Literacy Council**



## INVERNESS COUNTY RECREATION COURSES - FALL 2007

### MARGAREE CENTRE AND AREA

#### REGISTRATION:

Cranton Crossroads Community Centre  
Monday September 17  
Wednesday September 19  
6:30 - 8:30 pm

#### PROGRAMMERS:

Melinda Ingraham  
PO Box 41, Margaree Centre  
NS BOE 1ZO  
Phone: 248-2261

Peggy Hannigan  
Margaree Centre  
NS BOE 1ZO  
Phone: 248-2538

*All Courses begin the first week of October unless otherwise stated.*

#### CHILDREN & YOUTH:

**CRAFT NIGHT:** For children between the ages of 7 and 14. Come out and enjoy making some different and unique crafts designed by you. Thanksgiving crafts, Christmas crafts & jewelry. 6 weeks. Instructors: Melinda Ingraham & Peggy Hannigan. Fee: \$25 (Maximum 10 children).

**CREATIVE MOVEMENT:** Children ages 5 & up can enjoy rhythm, movement and expressions through creative movement. Instructor: Amanda Myatt-Ross. Runs 6 weeks. Ages 5 - 7. Night and Fees TBA.

**HIP-HOP:** For children ages 8 and up. Instructor: Amanda Myatt-Ross; Runs 6 weeks. Night and Fees TBA.

**LITURGICAL DANCE (WORSHIP DANCE):** Children ages 5 and up can enjoy the physical expression of worship. Instructor: Amanda Myatt-Ross. Dance will run 6 weeks. Night and fees TBA.

**LYRICAL 1 & LYRICAL 2 DANCE:** For children ages 8 and up. Instructor: Amanda Myatt-Ross; Runs 6 weeks; Night and fees TBA.

**TAP CLASS:** For children ages 8 and up. Instructor: Amanda Myatt-Ross. Runs 6 weeks; Night and fees TBA.

**TUMBLE BUGS:** This class is perfect for children ages 3 & 4 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. Instructor: Amanda Myatt-Ross. Enrollment: Minimum 5/Maximum 10. Day and fees TBA.

#### FITNESS, HEALTH & SPORT:

*Certified Personal Trainer, Amanda Myatt-Ross is available for consultation to help you get started with your personal fitness program.*

**BADMINTON:** Co-ed/non-instructional, 10 weeks, Day TBA; Fee \$10.

**BASKETBALL:** Co-ed/non-instructional, 10 weeks, Day TBA; Fee \$10.

**FLOOR HOCKEY:** Co-ed/non-instructional, 10 weeks, more information TBA.

**TAE-BO & TURBO JAM:** This is a combination of kickboxing, punching, body-sculpting and low impact aerobics for 30 minutes, followed by stretching and abdominal work. Instructor: Darlene Ellis; Fee: \$25 for 6 weeks/one night per week (a minimum of 10 people required for class to run).

**VOLLEYBALL:** Co-ed/non-instructional, 10 weeks. Day: TBA. Fee \$10.

**WALKING INDOORS:** Get up and get active with Indoor walking. It won't matter what the weather is like outside, because you will be warm

*Course listings continue next page...*

## INVERNESS COUNTY RECREATION COURSES - FALL 2007

*Margaree Course listings continued from previous page...*

and dry inside. Gymnasium is available most mornings Monday to Friday at no cost to you. Check for availability by calling the centre or Melinda Ingraham @ 248-2261.

**YOGA & STRENGTH TRAINING:** For beginners or intermediate level. 30 minutes each of stretching and lifting light weights to strengthen your muscles. Instructor Darlene Ellis, \$25 for 6 weeks/one night per week. (A minimum of 10 required).

### ADULT PERSONAL INTEREST:

**BASIC MAP & COMPASS:** Just in time for hunting season, or if you want to start hiking, it's always good to know where you are. Instructor: John Hart, Minimum 5 people/Maximum 15; Night & fee TBA.

**BOOK NIGHT:** Have you read any exciting books lately? Let's share our adventures by getting together one evening a week with tea or coffee for some good conversation and sharing of the latest great novel or short story. If interested, please contact Melinda Ingraham. Fee \$10.



**CRAFT NIGHT:** Come out and enjoy an evening of fun and creativity. Learn new crafting techniques and share the old ones. An evening to get together to talk and create, have a cup of tea and relax. Bring your own craft specialty. 6 weeks; Fee \$10. If interested please contact Melinda Ingraham. Night & time TBA.

**CROCHET:** For all levels with Instructor: Rita O'Keefe, 1 night per week for 6 weeks; Night: TBA; Fee: \$20.

**FLY-TYING:** Make your own unique designs to catch the "Big One". Instructor: John Hart, Minimum 5 people/Maximum 15. Night & Fee TBA.

**HAND & FOOT CLASS:** Sit back, relax and let Annette MacKenzie, an Independent Consultant with Mary Kay, teach you important Hand & Foot care at no cost to you. Ladies of all ages welcome. Night: TBA.

**KNITTING:** For all levels with Rita O'Keefe, 1 night per week for 6 weeks. Night TBA; Fee: \$20.

**QUILTING WITH WORLD RENOWNED QUILTER ANNE MORRELL:** 1 day workshop suitable for quilters of all levels. Design is Snow Ball 9 patch, piecing and appliqué. Minimum of 10 people required. Fee \$30 (End of October time frame).

**SKETCHING/DRAWING:** Come show your creative side on paper, and learn sketching techniques with Len Burt, Minimum 10 people; Night & fee TBA.

**SKIN CARE:** You deserve to be pampered! Come and relax at no cost to you for a 1 day workshop with Annette MacKenzie an Independent Consultant with Mary Kay. She will be able to answer all your questions on skin care. Ladies of all ages welcome. Time & day TBA.

**STAMPING UP:** Design your own Christmas cards in this 6 week course. Instructor: Vivian Ross; Fee: \$10/night. Time & day TBA.

**TAX PLANNING & TIPS:** Everyone has questions about what they can claim, where should they invest, RRSP's or Mutual Funds, if you have questions come out for an evening and let the professionals answer your questions. Facilitator: Chartered Accountant Daniel Paturel. Minimum of 10 people required. Fee: \$10. Time & day TBA.

*Course listings continue page 18...*

**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*.**



*Pictured above, representing project donors, the Kinsmen Club's Cal Martel and NS Power's Arthur Deveau with members of the restoration team.*

## **Restoration Work Underway on Rivers and Streams in Northern Inverness County**

The Atlantic salmon is very important to the sportfishery and economy of this region. Our rivers, including the Margaree, Chéticamp, Middle, Baddeck and North, are all well known for their excellent fly-fishing opportunities for Atlantic salmon.

For some years now, studies by the Department of Fisheries and Oceans (DFO), the Nova Scotia Salmon Association (NSSA), and the Atlantic Salmon Federation (ASF), have noted a marked decrease in populations of Atlantic salmon in North America. In Nova Scotia the decline is attributable to acid rain (most rivers along the Atlantic coast are affected by acid rains), higher offshore mortality, destruction of habitat and domestic farming for salmon. Studies are ongoing, but it is suspected that farming for Atlantic salmon in the Bay of Fundy is responsible for the decline of some 40,000 salmon down to a few hundred survivors.

However, it would seem that several rivers on Cape Breton Island are not affected by these acid rains - a result of the island's favourable geology, where the acid is neutralized by limestone, gypsum and other buffering

minerals. Therefore, the rivers of Cape Breton Island are still in relatively good health and can support the Atlantic salmon. The Chéticamp River is one of those rivers and is recognized for its early run of bright salmon. In working to enhance the salmon experience, the Chéticamp River Salmon Association has introduced a restoration program for streams and tributaries feeding the Chéticamp hoping to restore lost habitat.

Founded in 1981, the Chéticamp River Salmon Association is a non-profit organization. The principal mandate of the organization is to enhance the fishing experience and protect the salmon (and trout) in and around the Chéticamp area. Over many years, the Association has collaborated on several brook restoration projects in partnership with Parks Canada, DFO, NSSA and ASF.

The principal objective for the restoration project this year is to improve the quality of the habitats in the rivers and brooks in order to maintain or increase the salmon populations.

"The Chéticamp area brooks have a good potential for fish habitat. However, the watercourses have been destroyed or damaged by past human activity. This project is to recreate lost habitat for the young Atlantic salmon and Brook trout. The stream management process should account for an increase in the populations of salmonids (trout and salmon parr) in several area streams," said Andrée-Anne Vézina, biologist for the Chéticamp River Salmon Association.



*Digger log on Aucoin's Brook.*

*Continued next page...*



*Continued from previous page...*

Thanks to Service Canada's "Adopt a Stream" provincial program (plus funding from Shell Canada, Nova Scotia Power, la Caisse Populaire Acadienne de Cheticamp, and the Cheticamp Kinsmen Club), the Cheticamp River Salmon Association has obtained materials and human resources for the river restoration project.

For the second consecutive year, the program "Career-Focus" (sponsored by the Federal Government) has allowed for the recruitment of a newly graduating biologist. This expertise has made it possible to begin restoration work on the Aucoin, Fiset and Farm brooks and to undertake further research on these brooks.

The Cheticamp River Salmon Association also offers a local work program called the "Top-Up Project". Sponsored by Service Canada, this program gives participants the opportunity to gain meaningful work and fisheries experience.

Moreover, volunteers also assist the restoration team. "The volunteers are active members of the Association or community members who wish to work for the benefit of the environment," said Andree-Anne Vézina, Biologist and supervisor of the project.

### **Work prevents flooding of properties**

The work done on the river helps to prevent any annual flooding experienced on surrounding properties. More importantly, all restoration work on the brooks focuses on maintaining their integrity, while reducing any environmental impact. Through this project the association is also looking to improve infrastructure by fixing several bridges and culverts crossing the brooks.

### **Trout stocking**

In addition to the work on the watercourses, the Association undertakes stocking campaigns of juvenile speckled trout in the Aucoin's, Fiset and Farm brooks. These campaigns will, over the long term, repopulate the brooks and enhance the quality of the fish populations. Moreover, in fall 2007, an inventory project will be undertaken in the Fiset, Farm and Aucoin brooks, to count the numbers of young fish in each brook and locate their spawning areas.



*Stocking trout with the collaboration of NDA school students.*



*Crib on Fiset Brook.*

The Cheticamp River Salmon Association also has an educational aspect to its mandate. As such, several interpretive activities were carried out last year throughout the community. These were open to students as well as residents. The most popular projects from 2006 that will continue again this year are the salmon expositions; (walks along the brooks, designed to allow visits to the installations

*Continues page 24...RESTORATION*

## INVERNESS COUNTY RECREATION COURSES - FALL 2007

*Courses continued from page 15...*

### PLEASANT BAY

**REGISTRATION:**

Pleasant Bay Library &  
Family Resource Centre  
Thursday, September 20  
7:00 - 8:00 pm

**PROGRAMMER:**

Cheryl Timmons  
214 Pleasant Bay Rd.  
Pleasant Bay, NS  
B0E 2P0

Phone: (902) 224-1311 (h)

*All Courses begin the first week of October unless otherwise stated.*

**CHILDREN:**

**TUMBLEBUGS:** This class is for children ages 1-4 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. Instructor: Cheryl Timmons; Fee: \$15 (Family rates available).

**UP DOWN ALL AROUND GYMNASTICS:**

This is a modified gymnastics program with emphasis on building strong multi-sport foundation skills in a fun and safe environment. Children Grades 1 - 6. Fee: \$15 (Family rates available).

### PORT HOOD

**REGISTRATION:**

Bayview Education Centre  
Tuesday, September 18  
Thursday, September 20  
6:00 - 7:00 pm

**PROGRAMMER:**

Margie Beaton  
184 Little Mabou Rd.  
Port Hood, NS  
BOE 2W0

Phone: (902) 787-2845

*All Courses begin the first week of October unless otherwise stated.*

**CHILDREN & YOUTH:**

**HALLOWEEN CRAFT** - Supplies provided, ages 5 & up, Bayview Education Centre, Wednesday, October 24, 6:30 - 8 pm, Instructor: Marie Brideau, Fee: \$6.

**CHRISTMAS CRAFT** - Supplies provided, ages 5 & up, Bayview Education Centre, Wednesday, December 19, 6:30 - 8 pm, Instructor: Marie Brideau, Fee: \$6.

**STEP DANCE** - Learn traditional Cape Breton step dancing. Ages 5 and up. Bayview Education Centre. 8 weeks, Tuesdays starting, October 25, Beginners, 6 - 6:45 pm./Intermediate & advanced, 7 - 7:45 pm. Instructor: Cheryl MacQuarrie, Fee: \$50.

*Port Hood Courses continue next page...*

### September 14th to 23rd Hike the Highlands Festival

*The Hike the Highlands Festival is an excellent way to exercise while having fun and seeing nature. Other activities are scheduled to take place after each day's hike. For more information or to register go to: <http://www.hikethehighlandsfestival.com>*

## INVERNESS COUNTY RECREATION COURSES - FALL 2007

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

### **HEALTH & FITNESS:**

**AEROBICS:** 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. Bayview Education Centre Gym, 6 weeks, Tuesdays and Thursdays 7:30 - 8:30 Instructor: Janet VanZutphen, Fee: \$20/once a week or \$35/twice a week.

### **BICYCLE INFORMATION WORKSHOP:**

Learn how to choose the right bicycle, bicycle anatomy, safety, comfort and fit, shifting and riding skills, minor maintenance and service. Intended for adults new to cycling or getting started again for fitness and recreation. Bayview Education Centre, Thursday, October 4th, 6:30 - 8:30 pm, Instructor: Alex MacNeil; Fee: \$10.

**FALL INTO YOGA:** Relax and renew with deep breathing, gentle stretching and simple vocal exercises. Bring yoga mat or blanket and wear non-restrictive clothing. Male/female welcome. Bayview Education Centre Gym, Wednesdays 7 - 8 pm, 8wks, Instructor: Nancy Hilton, Fee: \$55.

**INDOOR WALKING:** Improve your fitness level, health and well being. Get motivated with a friend while walking indoors. All ages welcome. Bayview Education Centre Gym, 6 wks. Wednesdays, 6 - 7pm. No fee, but advance registration is required.

### **PERSONAL INTEREST:**

**COMPUTER BASICS:** Computer basics will

cover everything from computer terminology to buying/selling on eBay, protecting your computer against viruses, using Google and MSN Messenger. Classes tailored to teach you what you have always wanted to know about basic computer skills, but were too shy to ask. Great for anyone who has never had an introduction to computers. There will be 10 set classes but additional information can be added along the way if interest is expressed in a particular topic. Bayview Education Centre, 10 weeks, Mondays, 7 - 9 pm. Instructor Crystal Burke; Fee: \$200.

**QUILTING:** For Beginners: Card Tricks Pattern, Twin Quilt 62 X 90. 6 wks, Tuesdays 6:30 - 8:30 pm; Instructor: Jean MacDonald; Fee: \$35.

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

### **CONTINUING EDUCATION:**

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

*Courses listings continue next page...*

### **Favourite Teacher - Our Challenge to Students**

There are many teachers in our county schools who make learning fun for their students. Again this year, we plan to challenge Inverness County students (individually or as a class) to write about a teacher who makes this school year a fun, interesting and rewarding experience for them. A draw will be held from the letters received. The winning class and the winning teacher will each receive a cheque for \$50 and have their letters/photos published in the Fall 2008 issue. This is a "heads-up" about the contest which will run from May 4 to June 6, 2008. Look for the official launch of the Challenge in the "Volunteers" issue (Vol 29, No. 2) Spring 2008.

*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)

## INVERNESS COUNTY RECREATION COURSES - FALL 2007

*Course listings continued...*

### SCOTSVILLE SCHOOL OF CRAFTS

#### REGISTRATION:

Scotsville School of Crafts  
Monday, September 17  
Friday, September 21  
7:00 - 8:00 PM

#### PROGRAMMER:

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

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

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

#### MONDAYS

**\*Aero-tone Low Impact Aerobics and Full Body Toning**, at Lake Ainslie Fire hall, starting the week of October 22, resistance bands will be incorporated. 9:30 - 10:45 am.  
Instructor: Maggie Herbert, Fee \$20 for 8 classes or \$3 drop in, plus materials.

#### WEDNESDAYS

**\*Internet & email for Beginners**, 4 weeks.  
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 - 9 pm; Instructor: Verna MacMillan; Fee \$15.



**\*Aero-tone Low Impact Aerobics and Full Body Toning**, at Lake Ainslie Fire hall, starting the

week of October 22, resistance bands will be incorporated. 9:30 - 10:45 am; Instructor: Maggie Herbert; Fee \$20 for 8 classes or \$3 drop in, plus materials.

**\*Senior's Fitness Class**, at Lake Ainslie Fire hall. Beginners and 60+, starting the week of October 22, 11am - 12 noon; Instructor: Maggie Herbert; Fee \$20 for 8 classes or \$3 drop in.

#### THURSDAYS

**\*Oil Painting**, 6 weeks, beginning October 4, 2007, Step-by-step instruction. Some classes will be outdoors on Saturdays. 7 - 9 pm; Instructor: Barrie Fraser; Fee: \$45 plus materials.

#### 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. Let's weave!! 9 am - 1:00 pm; Instructor: Eileen MacNeil; Fee: \$45.00 plus materials.

#### SUNDAYS

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

#### ONE DAY WORKSHOPS AND PROGRAMS:

**Friday, October 5**

**Grand opening of "LAKESIDE IMPRESSIONS 2007"**, "Wine & Cheese Party" - this year's show features paintings and unique arts & crafts including a large display of antique woven coverlets by local weavers and antique weaving patterns; 7 - 9 pm.

**Saturday, October 6**

**\*"WEAVERS & SPINNERS WEEKEND"** with MARILYN RAND and PIA SKAARER NIELSEN. Marilyn Rand will teach "NOVELTY SPINNING". This course is available to students

*Courses listings continue next page...*

## INVERNESS COUNTY RECREATION COURSES - FALL 2007

*Scotsville Courses continued from previous page...*

at any level of spinning, as long as you can spin wool onto your wheel. Beginners often do as well here as experienced spinners. Learn to do Thick and Thin, Spiral Twist, Bouclé, Bobbles, Blends, Twisted in Loops, Elastic, Navaho Plying to save colour changes and other plies. She will teach about boucle's, bobbles, tweeds, threads and beads and throughout the course she will discuss fibre qualities and functions, to choose the best projects for your completed yarns. 9am – 5 pm; Fee: \$60.00 for one day/\$100.00 for the weekend.

**Sunday, October 7**

**\*“WEAVERS & SPINNERS WEEKEND”** with MARILYN RAND and PIA SKAARER NIELSEN. Pia Skaarer Nielsen will teach a Course in Beginner's “TAPESTRY WEAVING” You will learn how to warp a simple wooden frame loom and play with colour and shapes on your loom. You will be taught different tapestry techniques, tension and spacing of warp threads and then participants will be having lots of hands-on time to enjoy and discover the bliss and fun of weaving/painting and playing with yarn/wool/fibre on a tapestry loom. Tapestry loom and yarns are included in fee. 9 am – 5 pm; Fee: \$60.00 for one day/\$100.00 for the weekend.

**Monday, October 8**

**\*“CELTIC WALK”** In 1939, in Glasgow, Scotland, a book of Gaelic songs was published. *Smeorach Nan Cnoc 's Nan Glean*, contained the songs of 11 Gaelic Bards, all from St. Joseph's Parish in South West Margaree. The greatest volume of material came from Calum MacGill-Iosa, Malcolm Gillis. Join local residents Geoffrey May, Rebecca-Lynne MacDonald-May and Eileen Rickard for a stroll along the banks of the South West Margaree River, where nature and culture come together and they will share with you stories and songs of this area. 10 am – 12 Noon.

**Monday, October 8**

**\*Gallery Show “LAKESIDE IMPRESSIONS 2007”** open to public. Paintings and unique arts & crafts including a large display of antique woven

coverlets by local weavers and antique weaving patterns. 1 – 5 pm.

**Tuesday October 9**

**\*“ART IN THE BEGINNING”**, a workshop led by Virginia McCoy. This workshop looks at art in human history and invites the participant to explore the impulse to create a work of art. Your hands and intellect will be directed in the crafting of:

- An embellishment to an everyday object,
- A toy, entertainment or teaching aid,
- Communication in the form of visual art,
- A decorative object.

Time: 9:30 am - 12 noon. The fee of \$45 per individual includes materials.

**\*Gallery Show “LAKESIDE IMPRESSIONS 2007”** open to the public. Paintings and unique arts & crafts including a large display of antique woven coverlets by local weavers and antique weaving patterns. 1 – 5 pm.

**Wednesday, October 10**

**\*Barrie Fraser will lead a workshop in “ENGLISH ROUND HAND & CELTIC CALLIGRAPHY”** 10 am – 12 noon; Fee \$20 includes materials (pen, ink and paper to take home). Minimum 4 participants.

**Geoffrey May will lead a class in “HIGHLAND HISTORY, A GAELIC PERSPECTIVE”.**

Wisdom acknowledges that to victor writes the history. Despite hundreds of years of propaganda and lies, the Gaelic vision of our history is still available, if one looks hard enough to find it. Geoffrey May has spent years studying the History of the Highlands, trying to find who his ancestors were, not just their names, but their view of the world and life. 1– 3 pm; Fee: \$5.

**\*Gallery Show “LAKESIDE IMPRESSIONS 2007”** open to the public. Paintings and unique arts & crafts including a large display of antique woven coverlets by local weavers and antique weaving patterns. 1 – 5 pm.

*Courses continue next page...*

## INVERNESS COUNTY RECREATION COURSES - FALL 2007

*Scotsville Courses continued from previous page...*

### Thursday, October 11

\***"ART IN THE BEGINNING"**, a workshop led by Virginia McCoy. This workshop looks at art in human history and invites the participant to explore the impulse to create a work of art. Your hands and intellect will be directed in the crafting of:

- a) An embellishment to an everyday object,
- b) A toy, entertainment or teaching aid,
- c) Communication in the form of visual art,
- d) A decorative object.

Time: 9:30 am – 12 noon; The fee of \$45 per individual includes materials.

\***Gallery Show "LAKESIDE IMPRESSIONS 2007"**, open to public. Paintings and unique arts & crafts including a large display of antique woven coverlets by local weavers and antique weaving patterns. 1 – 5 pm.

### Friday, October 12

#### \***"GAELIC SONG WORKSHOP"**

The Highlanders celebrated their culture, not in huge buildings or sculptures, but in their songs. For well over a decade, local Broadcasters, Geoffrey May and Rebecca-Lynne MacDonald-May have been conducting song workshops, teaching songs and explaining their content to the modern world. In the songs and stories, the history and the people of the highlands come alive. 10 am – 12 noon. Fee: \$5.

\***Gallery Show "LAKESIDE IMPRESSIONS 2007"**, open to public. Paintings and unique arts & crafts including a large display of antique woven coverlets by local weavers and antique weaving patterns. 1 – 5 pm.

### Saturday, October 13

\***Gallery Show "LAKESIDE IMPRESSIONS 2007"**, open to public. Paintings and unique arts & crafts including a large display of antique woven coverlets by local weavers and antique weaving patterns. 1 – 5 pm.

\***"CEILIDH-AT-THE-LAKE"**, featuring a

**"MILLING FROLIC"**. Come and join us for a fine tea, music, songs, stories, and good company. 3 - 5 pm; Fee \$6.

### Friday, October 19

\* **"LET'S PLAY EUCHRE"**, 7 pm; Organizer: Verna MacMillan.

### Saturday, October 20

\* **Eileen MacNeil** will teach an interesting workshop for weavers - **"WARPING WITH A PADDLE"**, is a fun and fast way to make multicoloured warps. Each participant should bring warping fibre in 4 – 6 different colours and/or textures. Fee: \$10.

### Sunday, October 21

\***"LET'S PLAY SCRABBLE"**, 2 pm; Organizer: Verna MacMillan.

## WEST BAY/WEST BAY ROAD

### REGISTRATION:

West Bay Hall

Monday, September 17

7:00 - 8:30 pm

### PROGRAMMER:

Tricia MacColl

RR 1 West Bay Road

NS, B0E 3L0

Phone: (902) 625-5133

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

### CHILDREN & YOUTH:

#### **HALLOWEEN CRAFTS FOR KIDS**

**WORKSHOP:** Come and show off your Halloween costumes on this fun filled afternoon while we do some crafts and play games with our friends. Must have 6 participants registered for program to run. Ages: 4 - 8; Sunday, October 21, 1 - 2:30 pm; Instructor: Tricia MacColl; Fee: \$6.

*Courses continue next page...*

## INVERNESS COUNTY RECREATION COURSES - FALL 2007

*West Bay courses continued from previous page...*

### CHRISTMAS CRAFTS FOR KIDS

**WORKSHOP:** Come spend the afternoon with your friends making a special craft for Christmas. There will also be games and snacks for everyone to share. Must have 6 participants registered for program to run. Ages: 4 - 8; Sunday, December 16, 1 - 2:30 pm; Instructor: Tricia MacColl; Fee: \$6.

### INTERMEDIATE HIP-HOP/JAZZ DANCE

**CLASSES:** Ages: 7-13. 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 new hip-hop routine for your friends and family. Should have some dance experience. Must have 6 participants registered for program to run. 5 - 5:45 pm; Tuesdays, October 2 - November 20; Instructor: Ashley Ryan; Fee: \$35 (\$15 for additional child in same family).

**NATURE HIKE AND PICNIC:** Dolores MacDonald (Forest Technician, DNR) will take us on a nature hike starting from the home of Iris & Glen MacLean. Dolores will teach us about all sorts of things such as animal tracks, nests, and what they eat. She will also teach us about the types of trees and flowers we may see along the way. After the hike we will all have a picnic together (weather permitting) so please bring a lunch. Iris will also introduce us to all of her barnyard friends. Must have 6 participants registered for program to run. Saturday, October 20, 10 am -12 noon; Ages: 5+ (unless accompanied by an adult). Fee: \$2.

### FITNESS, HEALTH AND SPORT:

**KRIPALU YOGA:** This 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 and blanket. Must have 6 participants registered for program to run. Instructor: Marion Sauer (certified yoga instructor) Fee: \$48 (8 wks). Day/ Time TBA.

**OPEN MIXED DARTS:** No experience needed. Tuesday evenings at the West Bay Community Centre starting October 2 and running through until June. Contact Caulder MacInnis @ 345-2753 for registration information.

### PERSONAL INTEREST:

**LOG CABIN RUNNER:** This runner can be made from seasonal fabric or any color to suit your décor. Supply list available at registration. Must have 6 participants registered for program to run. Monday, November 5, West Bay Community Centre; 10 am - 4 pm; Instructor: Catherine MacColl; Fee: \$20.

**RAG TIME LAP QUILT:** This cozy flannel or brushed cotton quilt (48 x 64) is easy to make and great for those cool days ahead. Supply list available at registration. Must have 6 participants registered for program to run. Friday, October 26 at the West Bay Community Centre, 10 am - 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 light snack will be provided. We must have 6 people registered for each night in order to play. Organizer: Tricia MacColl; Every second Monday October 1 to December 10, 7 - 9 pm; Fee: \$2 per night.

*Courses continue next page...*

To obtain the latest Snowmobile Trail Map for the Cape Breton Highlands, contact Cape Breton Island Pathways Association.

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: <http://www.pathwayscb.ca/trailsmaps/snowmobilemap.gif> to view the map.



## INVERNESS COUNTY RECREATION COURSES - FALL 2007

### WHYCOCOMAGH

#### REGISTRATION:

Whycocomagh Education Centre  
Tuesday, September 18  
Wednesday, September 19  
6:00 – 7:30 pm

#### PROGRAMMER:

Marguerite MacRitchie  
Whycocomagh, NS  
BOE 3MO  
Phone: (902) 756-2385

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

#### CHILDREN & YOUTH:

**BABYSITTING COURSE:** Learn 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. September 29, 9 am – 3:30 pm; Instructor: John Begin; Fee: \$25 (includes book).

**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 an entire hip-hop routine for your friends and family. Must have 6 participants registered for program to run. Ages: 8 - 12; Wednesdays, 5:30 - 6:15 pm; Instructor: Ashley Ryan; Fee: \$35.

#### HEALTH & FITNESS:

**TuBEfit-Cardio and Strength Class:** A moderate to high intensity workout geared to all fitness levels using resistance tubing, hand weights and your body weight. This class works the heart, lungs and burns calories while increasing muscle strength and endurance. A workout for the entire body! Mondays & Wednesdays, 7 - 8 pm; 8 weeks; Instructor: Maureen Donnelly; Fee: \$25/

one night per week, \$40/two nights per week.

#### PERSONAL INTEREST:

**CHRISTMAS BAKING TIPS:** Don't you just love good tips? Come and learn some secrets that will make the Christmas holiday baking a breeze. November 4, 1:00 - 4:00 pm. Instructors: Julia Landry & Danielle MacLeod; Fee: \$10.

**CHRISTMAS FIR WREATH:** Come and enjoy an evening of fun and bring home a beautiful fir wreath. Grab your gloves and a pair of wire snips and learn to make a holiday wreath with a pretty bow. Bring a friend and register early as this class fills quickly. Instructor Michael Gillis; November 27, 7:30 - 9 p.m; Fee: \$15 plus additional \$2 for hall rental.

**EMERGENCY/STANDARD FIRST AID:** 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. October 20 & 21, 8 - 4:30 pm. Instructor: Lee Norman; Fee: \$60/1 day; \$90/2 days. ❖

*Continued from page 17...RESTORATION*

and teach about salmon biology; and 'evening talks' which inform people about the project); and stocking projects which are undertaken in collaboration with NDA school.

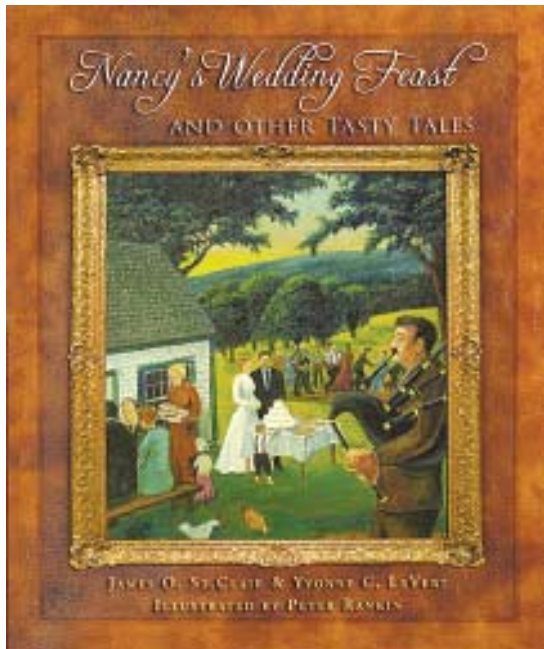
Anyone interested in learning more about the Chéticamp River Salmon Association or the work that they do, please contact: Andrée-Anne Vezina Biologist in wildlife management, Chéticamp River Salmon Association

Telephone: (902) 224-0784/224-5302  
Email: aavezina@scolaire.ednet.ns.ca  
Or

Réné Aucoin  
President, Chéticamp River Salmon Association  
Telephone: (902) 224-3701 (home)

*A French translation of the above article will be published in the Christmas issue of The Participaper.*





## *Nancy's Wedding Feast and Other Tasty Tales*

By James O. St. Clair and Yvonne C. LeVert

Illustrated by Peter Rankin

**Food and memory are the recipes of shared experience. Together they conjure the richness of oral tradition evoking the time and place where stories are told – the smells of kitchens, the sense of remembering what brings us together, what is preserved and what remains to be made.**

*We are what we eat. In the act of cooking and eating we fashion the past inside the kitchens of the present. Food and the stories it evokes reveal the state of a place, the ethics of caring, the distribution of wealth, the sense of possibility, the ingredients of stories – of hardship, class, ingenuity, diversity, nature, invention, celebration, the elite and everyday.*

Jim St. Clair is a historian from Inverness County. Yvonne LeVert, of Margaree Forks and Sydney, is a Cordon Bleu chef. Both are long-time CBC Cape Breton columnists.

Within the covers of this new book are 14 of Jim St. Clair's tastiest historical narratives, each accompanied by recipes that complete the tales – expertly researched and

selected by Chef Yvonne LeVert to give us the full flavour of Cape Breton's rich and varied cultural palate. The book is exquisitely illustrated by Peter Rankin of Mabou Mines who also designed the book's cover.

A brief radio launch of the book will be held on CBC's Information Morning, Wednesday 26th of September. The official book launch and reception will follow that same evening at the Lyceum in Sydney from 5 to 7 pm. On Thursday, September 27, from 7 pm to 9 pm, another launch will be held here in Inverness County at the Inverness County Centre for the Arts in Inverness. Members of the public are invited to attend the launch at the Lyceum and Inverness County Centre for the Arts venues.

A great idea for a Christmas gift, the book will be available for purchase at the Highland Village in Iona, the Bearpaw in Inverness, and Volume One in Port Hawkesbury.

## **FALL COURSES AND WORKSHOP SCHEDULE - INVERNESS COUNTY CENTRE FOR THE ARTS**

### **Courses:**

**Basic Photography** with Russ Daigle. Wednesdays, October 3 - November 7, 7 - 9 pm. This course consists of six 2-hour sessions with an optional field trip. For the more serious photo hobbyist who is interested in getting the most out of their film and/or digital camera. The course covers a wide range of theoretical as well as practical aspects of photography and lays the ground work for those wishing to take Russell Daigle's popular "Creative Photography Courses". Fee \$50. (Minimum of six students required for this course to be held.)

### **Yoga with Laine**

All levels welcome.

Instructor: Laine Panuska

When: Saturdays ~ September 8, 15, 22, 29, October 6, 13

Time: 10 am - 11:30 am Admission: \$5

[Some mats are available, however, if you have your own please bring it along.]

Drop in or register by calling 258-2533



### **Workshop**

**Wood Carving Folk Art Style** with Joe McKinnon, Wednesday October 10th, 10 am - 4 pm. Fee: \$25.

(A Celtic Colours Education Program) New this year! Joe McKinnon will lead an entertaining and informative workshop using his unique method of carving wood and finishing his hilarious folk art pieces.

### **Ballet Classes**

Mondays, begins September 17th 2:30 pm - 5:30 pm Fee: \$5 per 1/2 hr/\$10 per hr.

To register for classes/workshops, or for more information call 258-2533 or email: [icca@invernessarts.ca](mailto:icca@invernessarts.ca)

The Inverness County Centre for the Arts is located at 16080 Highway 19, in Inverness

## Cranton Crossroads Community Centre

Community Markets, held Saturdays every 2 weeks at Cranton Crossroads Community Centre. Table rentals are available by calling Charles Hart 248-2980 or Melinda Ingraham evenings 248-2261, crafts, homebaking, garage sale items, canteen services available. (Note time change for December 14 and 15.)

Sept 1/07 - 9:30 to 12:30	Oct 13/07 - 9:30 to 12:30	Nov 24/07 - 9:30 to 12:30
Sept 15/07 - 9:30 to 12:30	Oct 27/07 - 9:30 to 12:30	Dec 14/07 - 6 pm to 9 pm
Sept 29/07 - 9:30 to 12:30	Nov 10/07 - 9:30 to 12:30	Dec 15/07 - 12 pm to 3 pm

### December 13th – December 15th - Christmas Bazaar:

#### **December 13th**

Tree Decorating Gymnasium. Decorators to provide their own decorations. Call by Nov 30/07 to book a Tree. All groups/organizations and individuals are welcome to decorate a tree. Phone Melinda Ingraham 248-2261 or Peggy Hannigan 248-2538.

#### **December 14th**

##### Craft Market 6pm - 9pm

Ginger bread houses competition for children. (Children should register by November 30/07 to decorate Ginger bread house. Fee TBA. Phone Melinda Ingraham 248-2261 or Peggy Hannigan 248-2538)

Ballot Box for best tree (\$1.00 per vote)

Local Entertainment from 6 - 9 p.m.

Canteen open for refreshments

#### **December 15th**

##### Craft Market 12 pm - 3pm

Demonstration of Christmas candy making

Demonstration of Craft making (table centre piece)

Display of decorating table for Christmas

Ginger Bread Houses & Best Tree voting boxes set up



#### **December 15th**

Christmas Square Dance 8pm -1pm. Admission \$7:00 per person (children are welcome until 10 pm). [During the dance the winners will be drawn for the 50/50 proceeds from the ballot boxes for best tree & best gingerbread house.]

## *Inverness County Centre for the Arts Fall 2007 Exhibition Schedule at a Glance*

### MAIN GALLERY

SEPTEMBER Tony MacKinnon Exhibit *The Empire of Desire* Opens September 9th, 2 - 4 pm

OCTOBER Calum Colvin's *Ossian:Fragments of Ancient Poetry* opens October 7th, 2 pm



## Strathspey Place Fall 2007 Calendar of Events

**Friday, September 14** - The Cape Breton Fiddlers in concert  
The Cape Breton Fiddlers Association with special guest,  
Natalie MacMaster.  
Time: 7:30 pm/Price: \$25.00



**Thursday, October 4** - Piper's Ceilidh  
Featuring: John MacLean, Paul K MacNeil, Barry Shears, Kenneth MacKenzie, Ryan J. MacNeil, Tracey Dares MacNeil (piano), Patrick Gillis (guitar).  
Time: 7:30 pm/Price: \$20.00

**Tuesday, October 9** - Celtic Colours Festival: Close To The Floor  
**SOLD OUT!**

Close to the Floor: A Tribute to Willie Fraser Featuring: Wendy MacIsaac, Warner Sisters, Buddy MacMaster, Bill & John Pellerin, Jackie Dunn MacIsaac, Patrick Gillis. Harvey MacKinnon and the Celtic Touch Dancers.  
Time: 7:30 pm/Price: Sold Out

**Wednesday, October 10** - Celtic Colours Festival: The Tune Makers  
The New Tunemakers Featuring: Lau, Ryan J. MacNeil, Colin Grant, Andrea Beaton, Patricia Murray, Troy MacGillivray, Sierra Noble, Glenn Graham  
Time: 7:30 pm/Price: \$30.00/\$25.00

**Saturday, October 13** - Celtic Colours Festival: Celtic Mass For The Sea  
Celtic Mass for the Sea: Encore Featuring: Mary Jane Lamond, Chris Stout & Catriona McKay, Aurelie Cormier, Ed Woodsworth, Shawn MacDonald, Allie Bennett, Brian Doyle, Inverness County Singers, Members of the Cape Breton Chorale, Scott Macmillan, Glenn Coolen, Geoffrey Lee-Dadswell, Yvonne de Roller, Chris Lorway, Greg Finney, Paula Jane Francis.  
Time: 2:00 pm/Price: \$40.00/\$35.00

### FALL 2007 CALENDAR - INVERNESS COUNTY CENTRE FOR THE ARTS

#### Entertainment

September 8th	<b>Cabaret</b> with Dave Carmichael & Melissa Trottoir	\$8	9:30 pm
September 27th	<b>CBU Book Launch</b> <i>Nancy's Wedding Feast &amp; Other Tasty Tales</i> by Jim St. Clair and Yvonne LeVert		7 pm
October 27th	<b>Masquerade Dance</b>	\$6	9:30 pm - 1am
November 3rd	<b>Film Premiere</b> of Tom Ryan's <i>A Cape Breton Ghost Story</i>	Free Admission	2 pm
November 17th	Annual <b>Garden Club Dinner</b>		Call: 258-2903
November 24th	<b>Elves' Fair</b>		<b>TBA</b>

For more information call 258-2533 or email: [icca@invernessarts.ca](mailto:icca@invernessarts.ca)  
The Inverness County Centre for the Arts is located at 16080 Highway 19, in Inverness

## Celtic Music Interpretive Centre - Judique

### Fall Calendar of Events

www.celticmusicssite.com

#### Pub Night

Friday August 24, 2007

9:30 pm - 1:00 am

Gordie and Mitchell MacDonald

Price: \$6.00

#### Ceilidh

Sunday August 26, 2007

3:00 pm - 7:00 pm

Andrea Beaton and Allan Dewar

Price: \$6.00

#### Ceilidh

Sunday September 2, 2007

3:00 pm - 7:00 pm

Shelly Campbell and guest

Price: \$6.00

#### Ceilidh

Sunday September 9, 2007

3:00 pm - 7:00 pm

Kinnon and Betty Beaton

Price: \$6.00

#### Pub Night

Friday September 14, 2007

9:30 pm - 1:00 am

Robert Bouchard

Price: \$6.00

#### Ceilidh

Sunday September 16, 2007

3:00 pm - 7:00 pm

Andrea Beaton and guest

Price: \$6.00

#### Ceilidh

Sunday September 23, 2007

3:00 pm - 7:00 pm

Howie MacDonald

Price: \$6.00

#### Pub Night

Friday September 28, 2007

9:30 pm - 1:00 am

tba

Price: \$6.00



#### Ceilidh

Sunday September 30, 2007

3:00 pm - 7:00 pm

Glenn Graham and guest

Price: \$6.00

#### Ceilidh

Sunday October 7

3:00 pm - 7:00 pm

Kinnon and Betty Beaton

Price: \$6.00

#### Ceilidh

Sunday October 14, 2007

3:00 pm - 7:00 pm

Wendy MacIsaac and guest

Price: \$6.00

#### Ceilidh

Sunday October 21, 2007

3:00 pm - 7:00 pm

Ian MacDougall and guest

Price: \$6.00

#### Ceilidh

Sunday October 28, 2007

3:00 pm - 7:00 pm

Shelly Campbell and guest

Price: \$6.00

#### Ceilidh

Sunday November 4, 2007

3:00 pm - 7:00 pm

Glenn Graham and guest

Price: \$6.00

#### Ceilidh

Sunday November 18, 2007

3:00 pm - 7:00 pm

Andrea Beaton and guest

Price: \$6.00

## Celtic Colours International Festival October 5 - 13 Calendar of Inverness County Events

### Friday, October 5th

#### The Chieftains:

The Cape Breton Connection

Port Hawkesbury Civic Centre,

Port Hawkesbury, 7:30 pm (\$60/50/40)

#### Wine and Cheese Party

Scotsville School of Crafts, Scotsville

7:00 pm to 9:00 pm (Free Admission)

#### Square Dance

The Barn: Normaway Inn, Margaree

10:30 pm to 1:00 am (\$6)

### Saturday, October 6th

Music: **Kinfolk** - SOLD OUT

St. Matthew's United Church, Inverness -

2:00 PM (\$20)

Celtic Colours **Ceilidh/**

#### Pancake Breakfast

St Andrews Presbyterian Church Hall,

Whycocomagh, 7:30 am to 9:00 am (\$6)

#### Pot Luck Supper with Entertainment

Cameron Hall, Whycocomagh - 4:30 pm

**Square Dance** for all ages

West Mabou Hall, West Mabou - 10:00 pm

to 1:00 am. \$6 (under 12 free)

### Sunday, October 7th

Music: **Whycocomagh Gathering**

Whycocomagh Education Centre,

Whycocomagh, 7:30 pm (\$20)

#### Visual Art Series:

Ossian - *Fragments on Ancient Poetry*

Inverness County Centre for the Arts,

Inverness, 1:00 pm to 5:00 pm

(\$5 family/\$3 per person)

#### Fiddle Jam

St Andrews Presbyterian Church Hall,

Whycocomagh - 1:30 pm to 4:00 pm (Free)

**Ceilidh** with Kinnon and Betty Beaton

Celtic Music Interpretive Centre, Judique,

3:00 pm to 7:00 pm (\$6.00)

#### Tea and Ceilidh

Keltic Quay, Whycocomagh - 1:30 pm to

4:00 pm (Admission by Donation)

#### Family Square Dance

Glencoe Mills Hall, Glencoe Mills - 10:00 pm

to 1:00 am (\$6 (under 12 free).

### Monday, October 8th

Music: **Wendy's World** - SOLD OUT

Judique Community Centre, Judique

7:30 pm(\$25/20/15)

*Calendar continues next page...*

The next issue of *The Participaper* will be our Christmas issue. We invite readers to send us their favourite Christmas recipes; instructions for fun and easy crafts; your Christmas poetry; or, a real-life Christmas story and/or photos to share with our readers. Remember - this is **your** publication, have some fun with it. The deadline for submissions to the Editor (by regular mail or email) is November 2 (see page 31 for contact information).

*Celtic Colours Calendar continued from previous page...*

**Visual Art Series:**

Ossian - Fragments of Ancient Poetry  
Inverness County Centre for the Arts, Inverness  
9:00 am to 5:00 pm (\$5 family/\$3 per person)

**Visual Art Series:**

Gallery Show  
Scotsville School of Crafts, Scotsville  
1:00 pm to 3:00 pm (Free)

**The Young Gaels**

St. Mary's Parish Hall, Mabou, Mabou  
2:00 to 4:00 pm (Free Admission)

**Celtic Music Centre Daily Session**

Celtic Music Interpretive Centre, Judique  
3:30 to 4:30 pm (Free Admission)

**Adult Square Dance**

Brook Village Parish Hall, Brook Village  
10:00 pm to 1:00 am (\$6)

**Tuesday, October 9th**

Music: **Close to the Floor: A Tribute to Willie Fraser** -  
Strathspey Place, Mabou - 7:30 PM (\$30/25) [Sold out]

**The French Connection** [Entertainment]

NDA School, Cheticamp - 7:30 pm (\$20)

**Visual Art Series:**

Ossian - Fragments of Ancient Poetry  
Inverness County Centre for the Arts, Inverness  
9:00 am to 5:00 pm (\$5 family/\$3 per person)

**Visual Art Series:**

Gallery Show Scotsville School of Crafts, Scotsville - 1:00 to  
3:00 pm (Free Admission)

**Celtic Music Daily Session**

Celtic Music Interpretive Centre, Judique  
3:30 pm to 4:30 pm (Free Admission)

**Hot Roast Beef Dinner**

St. Peter's Parish Hall, Port Hood - 4:30 to 6:30 pm  
(\$12 (eat-in)/\$13 (take out))

**Wednesday, October 10th**

Music: **The New Tunemakers**

Strathspey Place, Mabou - 7:30 pm (\$30/25)

Music: **Ceol a' Bharain: The Music of the Barrens**

Glendale Parish Hall (St. Mary's) - 7:30 pm(\$20)

Music: **The Guitar Summit**

Judique Community Centre, Judique  
7:30 pm (\$25/20/15)

Music: **Archie Neil's Cape Breton**

Cape Breton Highlands Academy, Terre Noire  
7:30 pm (\$20)

**Visual Art Series:**

Ossian - Fragments of Ancient Poetry  
Inverness County Centre for the Arts, Inverness  
9:00 am to 5:00 pm (\$5 family/\$3 per person)

**Visual Art Series:**

Gallery Show  
Scotsville School of Crafts, Scotsville - 1:00 to 3:00 pm  
(Free Admission)

**Celtic Music Daily Session**

Celtic Music Interpretive Centre, Judique  
3:30 to 4:30 pm (Free Admission)

**Thursday, October 11th**

**Visual Art Series:**

Ossian - Fragments of Ancient Poetry  
Inverness County Centre for the Arts, Inverness  
9:00 am to 5:00 pm (\$5 family/\$3 per person)

**Visual Art Series:**

Gallery Show, Scotsville School of Crafts, Scotsville - 1:00  
PM to 3:00 pm (FREE)

**Celtic Music Centre Daily Session**

Celtic Music Interpretive Centre, Judique  
3:30 PM to 4:30 pm (FREE)

**Family Square Dance**

Glencoe Mills Hall, Glencoe Mills - 10:00 pm to 1:00 am  
(\$6 (under 12 free))

**Adult Square Dance**

Belle Côte Community Centre, Belle Cote  
0:00 pm to midnight (\$10)

**Friday, October 12th**

Entertainment: **Orangedale Whistle**

Orangedale United Church, Orangedale - 7:30 pm (\$20)

**The Troubadours**

Inverness Academy, Inverness - 7:30 pm (\$25/20/15)

**Visual Art Series:** Ossian - Fragments of Ancient Poetry

Inverness County Centre for the Arts, Inverness  
9:00 am to 5:00 pm (\$5 family/\$3 per person)

**Visual Art Series:** Fruits from the Loom - Display of Weaving

John Angus Rankin Cultural Centre, Glendale  
10:00 am to 4:00 pm (FREE)

**Visual Art Series:** Gallery Show

Scotsville School of Crafts, Scotsville - 1:00 pm to 3:00 pm  
(FREE)

**Celtic Music Centre Daily Session**

Celtic Music Interpretive Centre, Judique  
3:30 pm to 4:30 PM (FREE)

**Adult Square Dance**

South West Margaree Parish Hall, South West Margaree -  
10:00 pm to 1:00 am (\$7)

**Square Dance**

The Barn: Normaway Inn, Margaree - 10:30 PM to 1:00 AM  
(\$6)

**Saturday, October 13th**

**Celtic Mass for the Sea:** Encore

Strathspey Place, Mabou - 2:00 pm (\$40/35)

**Visual Art Series:** Fruits from the Loom - Display of Weaving

John Angus Rankin Cultural Centre, Glendale  
10:00 am to 4:00 pm (FREE)

**Visual Art Series:** Ossian - Fragments of Ancient Poetry

Inverness County Centre for the Arts, Inverness  
1:00 pm to 5:00 pm (\$5 family/\$3 per person)

**Celtic Colours Guided Walks** - Trans Canada Trail

- 1:30 PM (FREE)

**Visual Art Series:** Gallery Show (FREE)

Scotsville School of Crafts, Scotsville - 1:30 pm to 3:00 pm

**Ceilidh-at-the-Lake, featuring a Milling Frolic.** Come and

join us for a fine tea, music, songs, stories, and good  
company. Scotsville School of Crafts, Scotsville. 3 - 5 pm;  
Fee \$6.

**Square Dance** for all ages West Mabou Hall, West Mabou -

10:00 pm to 1:00 am (\$6 (under 12 free)) ❖

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



**Bibliothèque Régionale  
Eastern Counties  
Regional Library**

**Win a Pajama Party with Sheree Fitch at your branch library!** Sheree Fitch, author of such favorites as *There Were Monkeys in my Kitchen*, *Mabel Murple*, *There's a Mouse in my House*, *Toes in my Nose*, and other poems, will be visiting our region in late October. Tell us why you'd like her to visit your branch in a letter, poem, song, picture, collage, or even a video and your library may win a Pajama Party with Sheree Fitch! One entry per person. Drop by your Branch for more information.

**SHARE A BOOK - BUILD A COMMUNITY FUNDRAISER 2007**

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

**ONLINE LIBRARY A CLICK AWAY!**

Browse our catalogue and order books and materials in the comfort of your home. All you need is the internet and a library card. Check out what's new at [eclr.library.ns.ca](http://eclr.library.ns.ca) and arrange to pick up your books and materials at the library branch or link site of your choice!

**CAN'T GET TO A LIBRARY OR LIVE TOO FAR AWAY?**


Arrange for books to be mailed out to you free of charge or call us to see if you qualify for free delivery to your home.

*For further information, please contact Eastern Counties Regional Library at 747-2597  
Website [eclr.library.ns.ca](http://eclr.library.ns.ca) Email: [info@nsme.library.ns.ca](mailto:info@nsme.library.ns.ca)*

**BRANCHES: SUMMER HOURS: SEPTEMBER 1- DECEMBER 31, 2007**

<p><b>MARGAREE FORKS</b> Tel/Fax: 248-2821 Monday 1:30 - 4:30 &amp; 6:30 - 8:30 Tuesday &amp; Wednesday 6:30 - 8:30 Thursday 10:00 - 12:00 1:30 - 4:30 &amp; 6:30 - 8:30 Friday 1:30 - 4:30 Saturday 1:30 - 4:00</p>	<p><b>MULGRAVE</b> Tel: 747-2597 Fax: 747-2500 Monday 10:30 - 12:30 &amp; 2:00 - 6:00 Tuesday &amp; Wednesday 2:30 - 7:30 Thursday 1:00 - 4:00 Friday CLOSED Saturday 1:00 - 4:00</p>	<p><b>PT HAWKESBURY</b> Tel/Fax 625-2729 Monday - Friday 3:00 - 8:00 p.m. . Saturday 11:00 a.m. - 2:00 p.m.</p>
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**HOURS: LIBR@RY LINKS: SEPTEMBER 1- DECEMBER 31, 2007**

<p><b>CHÉTICAMP, ÉCOLE NDA</b> (every 4 weeks) Wednesday 3:30 - 5:30; 6:00 - 7:30 September 19 October 17 November 14 December 12</p>	<p><b>INVERNESS ACADEMY</b> (every 2 weeks) Thursday 2:00 - 5:30 &amp; 6:00 - 8:00 September 6, 20 October 4, 18 November 1, 15, 29 December 13</p>	<p><b>JUDIQUE COMMUNITY CENTRE</b> (every 4 weeks) Tuesday 4:30 - 5:30 &amp; 6:00 - 7:30 September 25 October 23 November 20</p>
<p><b>MABOU, DALBRAE ACADEMY</b> (every 2 weeks) Wednesday 3:45 - 5:30 &amp; 6:00 - 8:00 September 12, 26 October 10, 24 November 7, 21 December 5</p>	<p><b>PORT HOOD RESOURCE CENTRE</b> (every 4 weeks) Tuesday 3:30 - 5:30 &amp; 6:00 - 7:30 September 11 October 9 November 6 December 4</p>	<p><b>ST. JOSEPH DU MOINE/ (every 2 weeks)</b> <b>CENTRE SAINT-JOSEPH</b> Thursday 12:00 - 5:15 &amp; 6:00 - 8:00 September 13, 27 October 11, 25 November 8, 22 December 6</p>
<p><b>WHYCOCOMAGH EDUCATION CTR</b> (every 4 weeks) Wednesday 3:30 - 5:30 &amp; 6:00 - 8:00 September 5 October 3, 31 November 28</p>	<div style="display: flex; align-items: center;">  <div> <p><b>October is Canadian Library Month</b> <b>Libraries: The World at your Fingertips</b></p> </div> </div>	

**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:**  
 Assistant /Recreation & Tourism ..... 787-3507  
 Adult Education & School Programs  
 Coordinator ..... 787-3508  
 Tourism Toll-Free ..... 1-800-567-2400  
  
 Community Services ..... 787-4000  
 Toll-Free ..... 1-800-252-2275  
 Inverness County Home Care ..... 787-3449  
**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  
  
**County Website & Email Addresses:**  
 www.invernesscounty.ca  
 email: recreation@invernessco.com

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**Corrections:**

**Vol 28, Number 2.** The violin which appeared on page 6 of the Odo family story was incorrectly identified as belonging to Placide Odo. In fact, this violin is on display at Les Trois Pignons and is an unfinished violin made by Jim Odo. Jim Odo was not only an excellent violin player - he was also an outstanding violin maker.

Information which should have been included with the story on Page 10 of **Vol 28, No 3:** Virginia MacIsaac, who contributed the story, is the archivist at the Celtic Music Centre.

On page 17 of **Vol 28, No 3,** Frances MacEachern was incorrectly identified in a photo as a representative of Féis Mhàbu. She was, in fact, representing the Office of Gaelic Affairs.

*[We apologize for these inadvertent errors and omissions.]*

## Favourite Teacher Contest Winner



*Mrs Colleen MacLeod, the winner of our Spring 2007 Favourite Teacher contest, is pictured above with her students, the Grade 4 (2006/07) class of Bayview school in Port Hood. [Read more on page 9]*

**Don't forget to Check out the  
Course Listings contained inside  
Sign up for a Fun-filled Fall!!**