

# THE PARTICIPAPER

AN INVERNESS COUNTY PERIODICAL



*The above photos were taken by Marie Denise Aucoin, a student who attended Russ Daigle's Creative Photography Course last Fall. The topic for this student assignment was "hands" and the photos were taken with a consumer type digital camera. Many excellent courses are available around the county this Winter/Spring. Check inside for a course or workshop that suits your interests. [See more photos from this course on pages 16/17]*

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**Vol 29, No.1**

**Jan/Feb/Mar 2008**



## RECREATION & CONTINUING EDUCATION PROGRAMS:

### REGISTRATION FOR COURSES AND WORKSHOPS

This issue features all of the details on programs available in Inverness County communities. You will find something for every age in these pages. On-site registration for the Spring session is the week of February 11 – 15; mail-in registrations will be accepted until February 22nd. Course listings begin on page 10.

### INDOOR WALKING - "HALL WALKING"!

Is the cold weather or are slippery conditions keeping you away from your walking exercise? Enjoy staying fit while walking with friends and neighbours in a warm and safe environment. Indoor walking programs have been organized in some schools and community centres in Inverness County. For an indoor walking program near you, check our program listings inside. Remember, our programmers are always interested in hearing from you about potential instructors and new course offerings in your community. See page 27 for Programmers' contact information.

### RENTAL SERVICE FOR SKIS, SNOWSHOES AND NORDIC WALKING POLES:

Various sizes of skis and snowshoes are available to rent as well as adjustable walking poles. Rental is on a "first-come-first-served" basis. Cost for the rental of a pair of snowshoes or a ski set (poles, skis and boots) is \$3/day or \$5/weekend. A damage deposit is required at time of pick-up. For more information contact the Recreation/Tourism office at 787 – 3507, 3508 or 2274.

### INVERNESS COUNTY ON THE MOVE...

Our school and community recreation programs provide residents with a great opportunity to be active. Check out the course listings inside. **INVERNESS COUNTY RECREATION CHALLENGES YOU TO BE ACTIVE YOUR WAY, EVERY DAY, FOR LIFE!**

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

### FUNDING TO HELP KIDS PARTICIPATE - KIDSPORT AND CANADIAN TIRE JUMPSTART PROGRAM - THE NEXT

**DEADLINE IS APRIL 1, 2008:** Is a lack of money keeping you from registering your child in organized sports or one of the many recreation activities offered in the county? Is so, the above programs may be able to help. See pages 15 and 18 of this issue for more information on how to access these programs.

### 2008 FESTIVAL & EVENTS INFORMATION -

#### Important Information:

Festival and event organizers are reminded that this year - in order to ensure brochures are distributed by the May long weekend - the deadline to submit your information for the County's summer event brochure will be 2 weeks earlier than usual. **The new deadline is April 14, 2008.** You are also reminded that the NS Tourism, Culture & Heritage website [www.novascotia.com](http://www.novascotia.com) will publish your event information on their website free of charge. For more information please contact our office at 787 – 3507 or 2274.

### PROVINCIAL VOLUNTEER WEEK:

Provincial Volunteer Week is April 27 to May 3, 2008. The Municipal Council will host the county ceremony on Wednesday, April 30. Volunteer Nominations will be accepted from individuals or community organizations until April 7. See pages 24 and 25 for nomination information.

### ANNUAL CRIBBAGE TOURNAMENT:

Watch for an announcement for details of the annual Cribbage Tournament which will take place in early April. Two teams from each of the 16 areas of the County will be eligible to compete by winning the right to do so at a local qualifying tournament.

SUBMISSION DEADLINE FOR  
INCLUSION IN THE NEXT ISSUE IS APRIL 4

# ANCESTORS UNLIMITED

## INVERNESS COUNTY ROOTS

*Dr Jim St. Clair, our dedicated Ancestors Unlimited columnist for the past twenty-nine years, has asked that we encourage other Inverness County historians and/or genealogists to contribute to this column. In recent issues we have published information compiled by Cheticamp genealogists Edmond Burns, Charlie Dan Roach and Jean Doris LeBlanc; the information that they shared with our readers was very well received and we hope to publish more from them in future issues.*

*In this issue we are happy to share some excerpts from the Chestico Museum and Historical Society Newsletter, The Chestico News [Fall 2007 edition]. Many thanks to the editor of the newsletter, John Gillies, for permitting us to reprint these items.*

*We extend an invitation to the members of other historical societies or genealogical organizations in the county to share information with our readers through these pages. For more information on how to do this or to discuss the possibilities, please contact the Editor of The Participaper. [See page 31 of this issue for contact information.]*

### MCALPINE'S DIRECTORY

This article is taken from the 1868 - 69 *McAlpine's Nova Scotia Directory* which can be accessed online at the following website:  
[www.cdlectionscanada.gc.ca/canadiandirectories/022009-119](http://www.cdlectionscanada.gc.ca/canadiandirectories/022009-119)

It gives us a brief account of activity in the Shiretown, as well as of a number of male residents:

#### 738 PORT HOOD

Port Hood - Shire Town

28 miles to Plaister Cove. Population about 500.  
 County of Inverness

Port Hood, situated on the East side of the harbor of same name, on undulating ground, carries on considerable business with the fishermen and farmers in the vicinity. The harbor is a great resort for the north bay mackerel fleet in bad weather; 300 sail, chiefly American, sometimes gathering there at once, and the beauty and excitement of their simultaneous departure on the return of fine weather, with their clouds of canvas and clicking patents, beggars description.

The recent opening of a coal mine there, and the building of a Government wharf, from which a steamer now plies to Pictou Railway Depot, places the inhabitants in easy communication with the capital, and has given life and impetus to its trade. Farming is the principal occupation of the people of the county, who are chiefly of Scotch descent, though fishing is carried on to some extent. The discovery of coal deposits in

several places, gives hopes of its future rapid advancement.

Beaton, Alexander, farmer  
 Beaton, Finlay, farmer  
 Buckley -, M.D.  
 Cameron, Abe, farmer  
 Cameron, Archibald  
 Cameron, Hugh, farmer  
 Cameron, Mrs. A., hotel  
 Campbell, Alexander, farmer  
 Campbell, Angus, farmer  
 Campbell, Donald, farmer  
 Campbell, James, farmer  
 Campbell, John, farmer  
 Campbell, Samuel, farmer  
 Chisholm, James, shoemaker  
 D'Arcy, Richard, J.P.  
 Delhanty, Edward, merchant  
 Delhanty, Walter, farmer  
 Doyle, Dennis, farmer  
 Fraser, James, farmer  
 Fraser, Robert, farmer  
 Gillies, lauchlin, farmer  
 Lawrence, G.C., sheriff  
 Lawrence, G.J., notary public  
 McDonald, Angus, merchant  
 McDonald, Charles, farmer  
 McDonald, Donald, J.P.  
 McDonald, Finlay, farmer  
 McDonald, Hugh, farmer

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McDonald, John, carpenter  
McDonald, Neil, farmer  
McDonald, Robert, farmer  
McDonald, Roderic, farmer  
McDonnell, James, prothonotary  
McDonnell, Samuel, barrister  
McDougall, John, farmer  
McDougall, Robert, registrar probate  
McEachen, Angus, farmer  
McLean, John, farmer  
McLean, Roland, farmer  
McMullen, John, cooper  
McMullen, Roderic, blacksmith  
McPhee, Angus, farmer  
McPherson, Angus, farmer  
McPherson, John, farmer  
McQuarry, Lauchlin, farmer  
Murphy, Angus, saddler  
Murphy, Brian, farmer  
Murphy, James, saddler  
Murphy, John, surveyor  
Murphy, Nicholas, hotel  
O'Conner, Edward, carpenter  
Power, Thomas, light keeper  
Shea, James, farmer  
Smith, Edward, farmer  
Smith, John, farmer  
Smith, John, merchant  
Smith, Peter, M.L.C.  
Smith, Thomas, farmer  
Smith, W.D., merchant  
Sutherland, Robert, farmer  
Tremain, Edward D., barrister



Tremain, John D., post master  
Tremain, John L., judge probate  
Watts, W.E., farmer

#### GAELIC ROAD SIGNS

If you have been traveling in the Port hood area recently, you will have noticed many new "bilingual" road signs appearing. Traditional Gaelic names for many Inverness County places have popped up all along the roads and byways of our area.

Port Hood, while named after Viscount Samuel Hood, Lord of the British Admiralty in the 1780's, was originally called "Justaucorps" by the French who preceded the English here. When Highland Scots emigrants arrived in the Judique area in the late 1770's, they mis-pronounced the French name as "Seastico" (Shess-ti-co). This was the name by which Port Hood was called by the Gaelic-speaking, Scottish settlers. This name even appears in a number of Gaelic songs and poems. Some other communities in Cape Breton have retained older Gaelic names which may differ from the more recent "English" names. Hence - the village of Inverness is "An Sithean" (the fairy hill), and Mabou is "An Drochaid" (the bridge) - older names given by the earlier Highland Scots.

While "Inbhirnis" (Inverness) is a Gaelic name, this was not the original name of the community. Local heritage groups in Cape Breton are trying to revive the older names in order to link us with our past in a more visible way. Hopefully, after a bit of education on the subject, residents and visitors will not be scratching their heads too long!!

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Above, a picture of North-Central Port Hood circa 1905.

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**PUBLICATION:**

The third printing of the genealogy, *Fair is the Place* [3rd edition] is now available. This is an account of two MacDonald families at Judique, Cape Breton, Nova Scotia, Canada. The first family were the Bogainn MacDonalds, a group consisting of four married brothers and their sister who emigrated to Pictou, Nova Scotia in the closing years of the 18th century from Scotland. The second family is the Clan Sheumais of Judique, Cape Breton, who are descended from James Baillie of Eilean Shona, Moidart, Scotland. For more information visit [www.fairistheplace.com](http://www.fairistheplace.com) Or contact Colleen MacDonald MacLeod, 119 Lower Shore Road, Judique, NS, BOE IPO, (902) 787-2251, [bay1@ns.sympatico.ca](mailto:bay1@ns.sympatico.ca).

**WANTED: OLD PORT HOOD PHOTOS**

The Chestico Museum archives is looking for any old photographs depicting Port Hood and area including local events, activities, businesses, people or buildings. If you would like to donate any photos to us, they would be gratefully received into our archives. If not, would you consider lending them to us for a short period? We have the equipment to scan them and add them to our database. Any information you might provide us about the photos would be very helpful.

**HERITAGE AND ARCHIVES CENTRE UPDATE**

Members of the building committee have been meeting regularly with architect Geoff Nishi of Mabou to come up with a design for a new Chestico Heritage Centre and Inverness County Archives. Mr. Nishi expressed great interest in our request for a design proposal and was very enthusiastic in terms of Port Hood's long-term development plan which was undertaken a few years back.

The Chestico Museum and Historical Society is now the owner of 1.25 acres of the old Port Hood Consolidated school property overlooking the arena and new Sunset Sands RV park. We hope to build a two-level building which will be very energy efficient with a heritage centre, gift shop and tea room on the upper level and a county archives with climate-controlled vault on the lower level. The design of this building will add to Port

Hood's central core and will be an attractive draw for local visitors and tourists alike.

We would like to acknowledge the contribution of \$5000 from the Port Hood Development Society towards the

design of this building. We are still meeting with other levels of government for further financial assistance. *Cathy Gillies, Archival Coordinator*

**REPORT ON THE CHESTICO MUSEUM GRANT PROJECT**

Five months have passed since a grant project began at the Chestico Museum this year. In early June, Donelda MacDonell, Nora Sargent, and Joanne Watts, under the supervision of archival coordinator, Cathy Gillies, started a year long project to digitize the museum's collection and to work on the backlog of archival records. In September, this group was joined by a fourth worker, Glenda Campbell, who is working off-site to compile and transcribe more information for our archives.

All small museums in Nova Scotia have been

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*Above and below photos from the MacFarlane Collection.*



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asked to participate in the "Passage Program" which is a province-wide project to digitize everything in museum collections. This means that information regarding each item must be entered into a computer database and each artifact photographed. All this information will eventually be uploaded to a national database through the Canadian Heritage Information Network.

Anyone, anywhere, will be able to see what is in the collections of any museum which is part of this network. While most of the artifacts have been photographed, there is still more work to be done researching the items. We have also been asked to collect information on Nova Scotia made artifacts to be uploaded to the national system. Two of our workers have been dedicated to this part of the project. Another worker has compiled a database on all our historical and genealogical resources and begun the task of scanning old photographs. Look for our link on Port Hood's new website: [www.porthood.ca](http://www.porthood.ca).

Over the summer months, Cathy, Nora, Donelda, and Joanne have visited a number of local museums and archives in the Cape Breton area (including a few on the mainland). The purpose of these visits has been to research how other archives are functioning and to see how best to plan for a new Inverness County Archives. We have received much support and encouragement from other archives in the area. Other researchers have given us data they have collected over the last



few year's - including Urban MacDonald of Windsor, Ontario, and Allan Gillis of Ottawa.

We now have photographs of all the cemetery stones in St. Peter's churchyard and these are being transcribed by Glenda Campbell. She is also compiling data on Inverness County veterans. Most of these contributions have added to our extensive genealogical resources.

Workers have also attended training workshops in archival management and two are continuing on in the certificate part of this program. Training is a crucial part of any museum or archives' development and these workshops have been very helpful.

The Sutherland letters, which were a bequest from Father Bede MacEachen in 2004, are being accessioned and described for the archives. These are a very valuable addition to the Chestico Museum.

Another project for the winter months will be re-housing and accessioning the large collection of legal papers belonging to Port Hood lawyer Daniel MacLennan who died in 1940. The archives will always be open to receiving any old records or documents that are connected to Port Hood

and its history.

[The *Chestico News* is published by the Chestico Historical Society (Port Hood). Enquiries and submissions may be sent to John Gillies, Editor, Chestico Museum & Historical Society, PO Box 37, Port Hood, Nova Scotia, B0E 2W0, or email the museum at [chesticomuseum@ns.aliantzinc.ca](mailto:chesticomuseum@ns.aliantzinc.ca)]

**REQUEST FOR INFORMATION:** I am doing genealogy of the Frasers on my grandmother Jane Rose Fraser's side of the family. She was the daughter of Duncan Fraser and Christy MacKenzie of Fishing Cove and Pleasant Bay, Inv. Co., N.S. She had a brother, Kenneth D. Fraser, born between 1867 and 1869 at Boularderie, Victoria County, N.S. He was married to Jessie MacKinnon of Meat Cove, Inv. Co. N.S. His obituary was published in the *Sydney Post Record* on Monday, June 7, 1943. He died in 1943, at the age of 76, in Scotchtown, New Waterford, Cape Breton County, N.S. They had two sons and five daughters: Bella (Mrs. William Brewer), Christine (Mrs. Sindy Tucker), Mary (Mrs Robert Shaw), Sadie (Mrs. Vital Culeller), and Cassie (Mrs. Lauchie MacLean, Inverness, and sons: D.S. Fraser and Austin Fraser, plus an adopted son, Leo. There were also two step-daughters: Mrs Jacob Milley and Mrs John Roberts and three step-sons, Edward Garland, Glace Bay; John and Joseph Garland, New Waterford. I would like to obtain more information on the descendants of Kenneth D. Fraser and Jessie MacKinnon to add to my Fraser Genealogy link. My mailing address is: 27 Lamey Lane, Pleasant Bay, Nova Scotia, B0E 2P0; e-mail: [kennethhector@hotmail.com](mailto:kennethhector@hotmail.com); or phone 1-902-224-2289. Would appreciation any information on any of my grandmother's brothers, sisters or their families. Thank you. Kenneth H. Moore.

## **The Volunteer Spirit at RootsWeb - Sharing with Others** *By Joan Young*

I'm on a health kick of late and I've discovered the benefits of walking at least three miles daily. Each morning I drive to a local park that has a walking/jogging track and playground equipment for children -slides and swings, and a basketball court. This morning as I walked, I got to thinking about all the people who were using the equipment. I thought about the park and the resources and how they would all be worthless if people didn't use them. That park is a lot like RootsWeb.

RootsWeb provides the technology, resources, and bandwidth for mailing lists, message boards, family trees, and websites - the facilities that are needed to carry out our research. However, without the human element, the people who volunteer their time and effort to provide content, ask and answer questions, and share with others, they would serve no purpose. The genealogical community makes RootsWeb what it is. Here are some ways you can give back to RootsWeb:

### **MESSAGE BOARDS AND MAILING LISTS**

Take the time to answer someone's query on a mailing list or message board. Type up and post a piece of information - such as an obituary or marriage record - that would be useful to fellow list or board members. Or, try volunteering as an administrator of a mailing list or message board. I wrote an article about this in July, which you can read here: <http://ftp.rootsweb.com/pub/review/2007/0711.txt>

Mailing Lists: <http://lists.rootsweb.com>      Message Boards: <http://boards.rootsweb.com>

### **USER-CONTRIBUTED DATABASES**

What if you have catalogued more data than you feel would be appropriate to post all at one time on a single list or board? Perhaps you have walked a cemetery and created a record of all of the tombstone inscriptions. Maybe you have recorded the genealogical data about everyone listed in your grandmother's old high school yearbook, or you have compiled a list of the soldiers who served during World War II in your father's company. Share these by submitting your data to RootsWeb's user-contributed database program: <http://userdb.rootsweb.com/submit/>

### **FAMILY TREES**

Most of us have a genealogy software program on our computer in which we have entered family history information. Whether we have entered many names or very few, we can always upload our family tree in GEDCOM (GEnealogical Data COMmunication) format to WorldConnect. Family trees are never completed and in most cases are later found to contain errors. Don't let this stop you from uploading a family tree today because you can always upload a corrected or updated tree in the future. In fact, sharing your data via WorldConnect is often the means by which new "cousins" who have additional information find you and share. Sharing is a two-way street. <http://wc.rootsweb.com/>

### **WHAT IF YOU ARE ONLY STARTING OUT?**

Even researchers who are the rankest "Newbies" know the surnames, dates, and locations for their most recent ancestors. Start off by submitting that basic information to the RSL (RootsWeb Surname List).

<http://rsl.rootsweb.com/> Or maybe all you have to share is a link to your favorite genealogy-related website that isn't located at RootsWeb. RootsLink allows you to share that link at:

<http://resources.rootsweb.com/~rootlink/addlink.html>

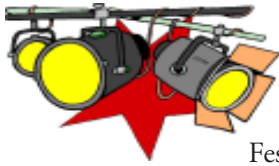
### **POST-EM NOTES**

RootsWeb offers a wonderful feature that allows even the newest user to add a personal comment to a record he or she has found in a database. When you find an entry someone else has posted for which you have additional information or a correction, you can add a "Post-em Note". "Post-em Notes" can be applied to WorldConnect entries, Social Security Death Index listings, or user-contributed databases.

### **GET INVOLVED WITH INDEPENDENT VOLUNTEER PROJECTS**

There are many independent volunteer projects to which you can offer your time and labor. The projects are always seeking volunteers to transcribe data or host websites. Some of these projects are wholly or partially hosted on RootsWeb servers. A few of the projects you may wish to join or offer assistance to are Books We Own, Free BMD (England and Wales), Free Reg (UK), the Obituary Daily Times, the USGenWeb Project, the American Local History Network, the American History and Genealogy Project, and the WorldGenWeb Project. Look for links on the main RootsWeb page. Be a giver and not just a taker by volunteering. <http://www.rootsweb.com/>

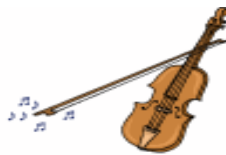
*[Previously published in RootsWeb Review: 21 November 2007, Vol. 10, No. 47]*



## IMPORTANT INFORMATION FOR 2008 FESTIVAL & EVENTS ORGANIZERS



Festival and event organizers are reminded that this year - in order to ensure brochures are distributed by the May long weekend - the deadline to submit your information for the County's summer event brochure will be 2 weeks earlier than usual. **The new deadline is April 14, 2008.** You are also reminded that the NS Tourism, Culture & Heritage website [www.novascotia.com](http://www.novascotia.com) will publish your event information on their website free of charge. For more information please contact our office at 787-3507 or 787-2274.



### INVERNESS COUNTY LITERACY NETWORK ADULT UPGRADING CLASSES 2008

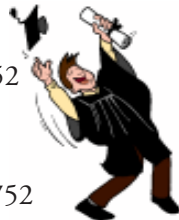
If you are 19 years of age or older, and interested in improving your reading, writing and/or math skills; **preparing for the GED**; or working toward your own personal goal, classes are available to you free of charge in the following communities:

#### Chéticamp:

Instructor: Clifford Maillet, 224-3552  
Monday & Tuesday, 6 - 9 p.m.

#### Inverness:

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



#### Margaree Forks/Belle Côte and Area

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

#### Port Hood

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



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#### 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

Email: [AnnaLee.MacEachern@invernesscounty.ca](mailto:AnnaLee.MacEachern@invernesscounty.ca)  
or toll free: 1-877-258-5550

NEW LEARNERS ARE  
ALWAYS WELCOME  
COURSES RUN CONTINUOUSLY  
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.*



INVERNESS COUNTY RECREATION/TOURISM DEPARTMENT  
RECREATION & CONTINUING EDUCATION COURSES - WINTER/SPRING 2008

REGISTRATION WEEK: FEBRUARY 11 - 15

The Inverness County Recreation/Tourism Department is pleased to present its Winter/Spring "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. If you want to learn something new, improve a skill, develop a hobby, meet new people, enjoy friendly competition or get into shape...sign up early and stay active and healthy your way every day!

**Registration and Payment of Courses:**

You may register at the designated location in your community or you may register by mail. On-site registration week is February 11 – 15; mail-in registration will be accepted until Friday, February 22. 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 25 - 29, **unless otherwise stated**, and will run for a **maximum** of 10 weeks. Course admission is on a first come, first served basis. **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. If a participant has to withdraw for medical reasons, the amount refunded will be pro-rated from the date of notification. Please note that courses taking place in schools will be canceled on holidays and school cancellation days. For courses held 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 2008

*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, Belle Côte  
Tuesday, February 12  
Thursday, February 14  
7:00 - 8:00 pm

#### CONTACT:

Julia Tompkins  
PO Box 651, Margaree Forks  
BOE 1A0

PHONE: (902) 224-1744

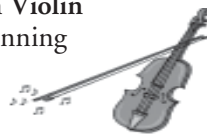
*All courses begin the week of February 25-29, unless otherwise stated, and will run for a maximum of 10 weeks.*

#### CHILDREN & YOUTH:

**BABYSITTING COURSE:** This course covers 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. This course is for children ages 12 and older. The course is offered on a Saturday from 9 am – 3:30 pm; Instructor: Heather Davis; Fee: \$15 (includes book).

**BASKETBALL:** Have fun and learn the basics of this great game. The program will incorporate training drills, review of the rules and games. **Grades 4 & 5 co-ed, beginning first week in April.** Day & Time TBA; 6 weeks; Instructor: Julia Tompkins; Fee: \$20.

**VIOLIN: Beginners** Cape Breton Violin lessons for all ages 5 and up, beginning Tuesday March 18<sup>th</sup>, 3 - 4 pm; **8 weeks.** Instructor: Chrissy Crowley; Fee \$40.



**VOLLEYBALL:** Instructional co-ed volleyball for grades 5 & 6. Fridays, **beginning Friday, February 29<sup>th</sup>**, 3 - 5 pm, for 10 weeks; Instructor: Bob Wheeler; Fee: \$20.

**VOLLEYBALL:** Girls instructional volleyball for grades 7 - 9. Fridays, **beginning Friday January 18<sup>th</sup>**, 5 - 7pm, 10 weeks; Instructor: Sean Murphy; Fee: \$20.

**VOLLEYBALL:** Competitive co-ed, grades 9 - 12, 10 weeks; Tuesdays 8 - 9:30 pm., Fee: \$10.

#### FITNESS, HEALTH & SPORT:

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

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

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

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

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

**YOGA for BEGINNERS:** Would you like a life that is more relaxed, peaceful, in control, balanced, healthier and coordinated? If your answer is *YES*, then Yoga may be just what you are looking for. Instructor: Ginette Aucoin. Course **begins Monday, March 17<sup>th</sup>**, **8 weeks**, 6:30 - 7:30 pm; Fee: \$60. 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: Ginette Aucoin. Course **begins Monday, March 17<sup>th</sup>**, **8 weeks**, 7:45 - 8:45 pm; Fee: \$60. Please bring a cushion and mat to class.

*Belle Côte and area courses continue next page...*

## INVERNESS COUNTY RECREATION COURSES - SPRING 2008

*Belle Côte and Area Courses continued...*

**“MAKING THE MOST OF YOU”:** This wellness session offers information on nutrition, physical activity, stress relief and more. All important factors for a healthy lifestyle. An information/resource package is provided for each participant. This nutrition education program is presented by a Registered Dietitian of Dairy Farmers of Canada. **Tuesday, March 4, 7 - 8:30 pm; No Fee, but registration is required to meet minimum numbers.**

### 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, at the Cranton Crossroads Community Centre. 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 week of February 25 - 29, unless otherwise stated, and will run for a maximum of 10 weeks.*

### 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. **This course is for children ages 12 and older. Course is offered on a Saturday from 9 am – 3:30 pm; Instructor: Heather Davis; Fee: \$15 (includes book).**

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

### FITNESS, HEALTH & SPORT:

**FLOOR HOCKEY:** Wednesdays, 5:30 – 7 pm; Fee: TBA.

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

**WALKING:** Keep your walking routine alive in the NDA school corridors. Available Monday – Thursday, 6:30 – 8 pm. No fee.

**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. Beginners, Mondays, 6:30 – 7:30 pm; Experienced, Mondays, 7:30 – 8:30 pm. **8 weeks; Instructor: Carol LeBlanc; Fee: \$45.**

### 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.**

*Chéticamp Courses continue next page...*

## INVERNESS COUNTY RECREATION COURSES - SPRING 2008

*Chéticamp Courses continued from previous page...*

**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; Wednesdays, 7 - 9 pm, **8 weeks**; Fee: \$40 + materials.

**QUILTING:** Learn quilting by hand. All materials supplied except needles. **8 weeks**; Instructor: J. Doucette; 7 - 9 pm, Day TBA; Fee: \$40.

**STEP DANCING:** Beginners and advanced, **6 weeks**; Instructors: Ashley A. and Jeremie P; Date and Time: TBA; Fee: \$30.

**INTRODUCTION TO YOUR DIGITAL CAMERA:** This course is intended for anyone who has recently acquired a digital camera and is having trouble figuring out all the jargon. These are fun informal sessions. Bring camera and instruction manuals to all classes. **3 sessions**, Thursdays, 7 - 9 pm at NDA - Cheticamp. Fee: \$35.

### 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 & Tuesdays, 6 - 9 pm. Instructor: Clifford Maillet.

There are still a few Chestico Museum and Historical Society 2008 calendars available for sale. These calendars contain photographs of approximately 100 World War 11 veterans and war brides from Port Hood and Districts. The price is \$12 (plus postage) per calendar. Order them from the Chestico Museum & Historical Society, PO Box 144, Port Hood, NS, B0E 2W0.

## GLENDALE

### REGISTRATION:

Glendale Parish Hall  
Monday, February 11  
7:00 - 8:00 pm

### PROGRAMMER:

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

Phone: (902) 625-2357

*All courses begin the week of February 25 - 29, unless otherwise stated, and will run for a maximum of 10 weeks.*

### CHILDREN & YOUTH:

#### **CHILDREN'S VALENTINE DAY CRAFT:**

**Sunday, February 10, 1:00 - 2:30 pm**; Instructor: Andrea MacDonald; Fee: \$3 (includes supplies).

**CHILDREN'S EASTER CRAFTS:** **Sunday, March 16, 1:00 - 2:30 pm**; Instructor: Andrea MacDonald; Fee: \$3 (includes supplies).

#### **CHILDREN'S MOTHER'S DAY CRAFT:**

**Sunday, May 4, 1:00 - 2:30 pm**; Instructor: Andrea MacDonald; Fee: \$3 (includes supplies).

**CHILDREN'S FATHER'S DAY CRAFT:** **Sunday, June 8, 1:00 - 2:30 pm**; Instructor: Tricia MacColl; Fee: \$3 (includes supplies).

#### **CHILDREN'S STEP DANCING:** **Saturdays.**

**Beginner 1, 9:30 - 10:15 am; Beginner 2, 10:30 - 11:15; Intermediate, 11:30 - 12:15; 8 weeks, beginning March 22<sup>nd</sup>;** Instructor: Claire MacDonald. Fee; \$35, plus \$7 for each additional child.

**SKATING PARTY:** To be held at "The Pit" in Glendale on **February 23<sup>rd</sup> OR 24<sup>th</sup> (weather permitting).** 1- 3 pm. Leader: Andrea MacDonald (treats will be supplied). No fee, but you must register to be notified of the date.

*Glendale Courses continue next page...*

## INVERNESS COUNTY RECREATION COURSES - SPRING 2008

*Glendale Courses continue from previous page...*

### 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 Tuesdays, 10 -11 am. **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: Marion Gillis; Fee: \$1/wk.

**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, Tuesdays, 11- 11:30 am.** Leader: Marion Gillis; Fee: \$1/wk.

**STANDING UP FOR YOUR BONES:** Our bones should not be overlooked in our busy lives. This bone health session offers valuable information on calcium functions and sources, osteoporosis prevention and building and maintaining bone health. This nutrition education program is presented by a Registered Dietitian of Dairy Farmers of Canada. **Wednesday, February 27<sup>th</sup>, 7 - 8:30 pm; No Fee, but registration is required to meet minimum numbers.**

### ADULT PERSONAL INTEREST:

**WEAVING:** Saturdays, beginning **March 1<sup>st</sup>, 10 am - 4 pm; 6 weeks;** Instructor: Dolores Casey. Fee: \$20.

**QUILTING/SEWING WORKSHOP:** Complete two projects in one day. "Around the Town Bag" - Make this versatile bag in your favorite color, that can be used for travel, shopping or at the beach. Then complete a set of "Magic Pillow Cases" which make a great gift or can decorate your own bedroom. **Thursday, April 24<sup>th</sup>, 10 - 4 pm.** List of materials will be provided at registration. Instructor: Catherine MacColl; Fee: \$20 (Please bring a lunch).

**HOMESTEAD TABLE RUNNER:** Using 4 colors you can make this attractive runner to dress up your table for spring or any season. List of materials will be provided at registration.

**Wednesday April 16<sup>th</sup>, 10 - 4pm.;** Instructor: Catherine MacColl; Fee: \$20 (Please bring a lunch.)

**WOODWORKING:** Learn to make small tables, potato bins, shelves, window boxes or your own project. **Tuesdays, starting April 1, six weeks; 2 -4 pm OR 7 - 9 pm.** Location: Home of Josephine Smith (Instructor); Fee: \$30 plus materials.

## INVERNESS

### **REGISTRATION:**

**Inverness Academy  
Monday, February 11  
Tuesday, February 12  
6:30 - 7:30 pm**

### **PROGRAMMER:**

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

**Phone: (902) 258-2089**

*All courses begin the week of February 25 - 29, unless otherwise stated, and will run for a maximum of 10 weeks.*

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

**INDOOR SOCCER/FLOOR HOCKEY:** A co-ed class for **ages 9 - 13.** Tuesdays, 4:45 - 5:30 pm; Instructor: Kyle MacQuarrie; **8 weeks.** Fee: \$25.

*Inverness Courses continue next page...*

## INVERNESS COUNTY RECREATION COURSES - SPRING 2008

*Inverness Courses continued from previous page...*

**TUMBLE BUGS:** This class is perfect for children ages 3- 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. Tuesdays, 4-4:45; Instructor: Kyle MacQuarrie. 8 weeks, Fee: \$25.

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

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

**INDOOR WALKING:** You have heard of "Mall Walking", well now you can go "Hall Walking"! If the cold weather and slippery conditions are keeping you away from your walking exercise then sign up for indoor walking at Inverness Academy/ Education Centre. Available Monday - Friday, 3 - 6 pm. No Fee, but please register if you are planning on walking. Bring indoor walking shoes.

**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, Mondays, 6:30 - 7:30 pm; 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! Starting **March 18<sup>th</sup>**, Tuesdays & Thursdays, 7:30-8:30 pm; 8 weeks; Instructor: Maureen Donnelly; Fee: \$20/ one night per week, \$30/two nights per week.

**VOLLEYBALL (ADULT):** For the recreational volleyball player. Non-instructional Co-ed; Thursdays, 7:30 - 9 pm; Fee: \$10.

**WELLNESS WORKSHOP:** "Making the most of you". This wellness session offers information on nutrition, physical activity, stress relief and more. There will be a demonstration of some simple recipes for one or two people with an emphasis on dairy products and Canada's Food Guide. An information/resource package is provided for each participant. This nutrition education program is presented by a Registered Dietitian of Dairy Farmers of Canada. Monday, March 3, 7 - 8:30 pm; No Fee, but registration is required to meet minimum numbers.

**YOGA:** This yoga class is designed for individuals of all ages and abilities who want to experience a slow, relaxing and rejuvenating yoga style that will loosen joints and strengthen muscles. You will safely build strength, mobility and balance while calming your mind and body. Instructor: Kate Wilson, 8 weeks beginning **Thursday, March 20**, 6:00 - 7:00 pm. Fee: \$40. Please bring a cushion and mat to class.



### **ADULT PERSONAL INTEREST:**

**CREATIVE PHOTOGRAPHY:** This is a challenging course where the students explore various subjects with the goal of producing a photo exhibit by the end of the course. Attendees should be thoroughly familiar with the operation of their respective cameras. Russell Daigle's basic photography course is not an absolute prerequisite for this course but it is recommended. Bring cameras, instruction manuals and writing materials to all classes. 6 classes, Tuesdays, 7 - 9 pm; Instructor: Russell Daigle; Fee \$80.

*Inverness Course listings continue next page...*

## INVERNESS COUNTY RECREATION COURSES - SPRING 2008

*Inverness Courses continued from previous page...*

**COMPUTER BASICS:** A foundation of basics including email and internet in a social and relaxed environment. Participants will also have input in other topics to be covered, ie: Downloading ,developing and renaming digital photos, Tuesdays 6 - 7 pm, **8 weeks**. Instructor: Kyle MacQuarrie. Fee: \$40.

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

**PAINTING IN ACRYLIC & OILS:** Have you always wanted to learn to paint but didn't know where to start? Explore the basics of acrylic and oil painting in this easy going class and discover your inner artist. Beginner and intermediate students welcome. Tuesdays, 6:30 -9 pm; **10 weeks**; 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: Jesslyn Timmons; Tuesdays & Thursdays, 6 - 9 pm. Fee: Materials only.

### **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.

## JUDIQUÉ

### **REGISTRATION:**

Judique Community Centre  
Tuesday, February 12  
7:00 - 8:00 pm

### **PROGRAMMER:**

Joyce Rankin  
PO Box 120, Judique  
NS BOE 1PO

Phone: 787-2228

email: rankincj@hotmail.com

*All courses begin the week of February 25 - 29, unless otherwise stated, and will run for a maximum of 10 weeks.*

### **CHILDREN & YOUTH:**

#### **EASTER CRAFT FOR CHILDREN:**

**Limit of 10 for this class/5 years old and up.**  
Instructor: Marie Brideau; Tuesday, March 18,  
6:30 - 8:00 pm; Fee: \$5.

#### **TIE-DYE YOUR T-SHIRT (8 AND UP):**

Bring a clean white T-shirt and go home with a unique work of art. Instructor: Charlotte Rankin  
Saturday, March 29, 10 am -1 pm; Fee: \$6.

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

#### **ADULT STEP DANCING:**

Fun and fitness the old-fashioned way  
Instructor: Mary Anne MacIntyre, Tuesdays,  
7 - 8 pm, begins  
February 26. **6 weeks**;  
Fee: \$35.



*Judique Course listings  
continue on page 18...*

*On these two pages are photos taken by students of Russ Daigle's Fall 2007 Creative Photography class. The assignment the students were given was to photograph hands.*



*Above and upper right photos by Marie Denise Aucoin.*



*Above photo by Theresa Aucoin.*



*Above photo by Carmen Leblanc.*



*Above photo by Marie Denise Aucoin.*





*Above two photographs by Marie Denise Aucoin.*



*Above photo by Theresa Aucoin.*



*Above photo by Theresa Aucoin.*

The Creative Photography course is a challenging course where the students explore various subjects with the goal of producing a photo exhibit by the end of the course. The course is being offered in Inverness for the Winter/Spring 2008 session.



*Above photo by Marie Denise Aucoin.*

## INVERNESS COUNTY RECREATION COURSES - SPRING 2008

*Judique Course listings continued from page 15...*

### ADULT PERSONAL INTEREST:

#### QUILTING PROJECT -

"COURTHOUSE STEPS ": Instructor: Jean MacDonald; Tuesdays 7 - 9 pm, begins February 26. 6 weeks; Fee: \$35.

#### SOUP, SOUP, SOUP:

Ranging from the elegant to the exotic to the hearty traditional, everyone loves homemade soup. Learn how to make creamy soups, clear soups, and pureed soups, and sample some you haven't tried before. Instructor: Winnie Rankin; Tuesdays, 7 - 9 pm; begins February 26; Three weeks; Fee: \$30.



#### COOK AND CARVE THE PERFECT TURKEY:

How to pick a turkey, use a meat thermometer, make delicious gravy and stuffing, carve and serve, plus, what to do with leftovers. Just in time for Easter! Instructor: Winnie Rankin; Tuesday, March 18, 7 - 9 pm; Fee: \$15.

## MABOU

#### REGISTRATION:

Dalbrae Academy  
Tuesday, February 12  
Wednesday, February 13  
7:00 - 8:00 pm

#### PROGRAMMER:

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

PHONE: (902) 945-2493

*All courses begin the week of February 25 - 29, unless otherwise stated, and will run for a maximum of 10 weeks.*

#### CHILDREN & YOUTH:

**INDOOR SOCCER/HOCKEY:** Boys and girls ages 9 - 13. Each session will have a warm-up followed by games. Mondays, 6:15 - 7 pm. **8weeks.** Instructor: Kyle MacQuarrie. Fee: \$25.

*Mabou Course listings continue next page...*



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 the upcoming season's sports programs, be sure to apply for funding by the April 1st deadline.**

## INVERNESS COUNTY RECREATION COURSES - SPRING 2008

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

### **FÉIS MHÀBU BEGINNER FIDDLE CLASSES:**

This **8 week** program for ages 8 and up will introduce the students to Cape Breton fiddling. Féis Mhàbu will be making arrangements for fiddle rentals (fiddle, bow, rosin and case) during registration. This is a great opportunity to test your talent before you buy your own instrument.

Instructor: Margie Beaton. One hour/wk; Fee: \$60/or \$75 if you are renting the fiddle.

**PLAYGROUPE:** A fun-filled program designed for pre-schoolers, consisting of crafts, songs, active games, stories, and making friends. Wednesdays, 9 am – 12 noon, beginning **February 13<sup>th</sup>**, **6 week sessions**; Instructor: Arlene MacNeil; Fee: \$90/session.

**TUMBLE BUGS:** This class is perfect for children ages 3-5 who love running, jumping, balancing, rolling, throwing & catching balls and playing games. Children will have lots of fun while improving their balance and coordination. **8 weeks**; Mondays, 5:30 - 6:15 pm, Instructor: Kyle MacQuarrie.; Fee \$25

### **PERSONAL INTEREST:**

**COMPUTER BASICS:** A foundation of basics including email and internet in a social and relaxed environment. Participants will also have input into other topics to be covered, ie: Downloading, developing and renaming digital photos.

Mondays, 7:15 - 8:15 pm; **8 weeks**.

Instructor: Kyle MacQuarrie. Fee: \$40.

### **PHYSICAL ACTIVITY & HEALTH:**

**CORE STABILITY CLASS:** Core muscle conditioning class incorporating Pilates, yoga and physiotherapy exercise techniques. The focus of this class is to promote strength, flexibility, muscle balance and posture. **8 weeks**; Wednesdays, 7 - 8 pm; Instructor: Alison Beaton; Fee: \$48. Must bring your own mat.

**STANDING UP FOR YOUR BONES:** Our bones should not be overlooked in our busy lives. This bone health session offers valuable information on calcium functions and sources, osteoporosis prevention and building and maintaining bone health. This nutrition education program is presented by a Registered Dietitian of Dairy Farmers of Canada. **Tuesday, February 26<sup>th</sup>**, 7 - **8:30 pm**; No Fee, but registration is required to meet minimum numbers.

**NORDIC WALKING WORKSHOP:** Nordic Walking is an efficient, low-stress exercise technique that involves the use of walking poles to engage the legs and upper body in a total body workout using up to 40% more energy than regular walking. It has clinically demonstrated physical and psychological benefits not to mention the fact that it's just plain fun! Come try it out and have some fun! **March 27, 6 - 7:30 pm**; Instructor: Nadine Hunt; Fee: \$5

**WALKING INDOORS:** Walking is an aerobic

*Mabou Course listings continued 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 has made 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.

**Note that 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 2008

*Mabou Course listings continued...*

activity that can improve your fitness level, health and well being. If you need motivation of a group to get out walking, come and join the group at Dalbrae Academy and walk in the comforts of the indoors. Mondays 7 - 9 pm; **No Fee, but advance registration is necessary to book gym time.**

### MARGAREE CENTRE AND AREA

#### REGISTRATION:

Cranton Crossroads Community Centre  
Margaree Centre

Phone: 902-248-2261

Tuesday, February 12, 6 - 8 pm

Thursday, February 14, 6 - 8 pm

#### PROGRAMMERS:

Melinda Ingraham

PO Box 41

Margaree Centre

NS, BOE 1A0

*All courses begin the week of February 25 - 29, unless otherwise stated, and will run for a maximum of 10 weeks.*

#### CHILDREN & YOUTH

**BASKETBALL: Non-Instructional,** Ages 12 - 18, Adult Supervision will be required. 10 weeks, Mondays, 7:30 - 9 pm (players are responsible for arranging to have adult supervision organized for each week); Fee: \$10.

**FLOOR HOCKEY: Non-Instructional,** Ages 12 - 18, Adult Supervision will be required. 10 weeks, Mondays, 6 - 7:30pm; (players are responsible for arranging to have adult supervision organized for each week); Fee: \$20.

#### FITNESS, HEALTH & SPORT:

**AEROBICS:** It is better to exercise with a group for motivation, so drop in Thursdays, 6 - 7 pm for a workout with exercise videos in the Fitness Room; 6 weeks; Fee: \$10.

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

**FLOOR HOCKEY:** Ages 18 & Over, Non-Instructional, 10 weeks; Tuesdays, 8:15 - 9:30 pm; Fee \$20.

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

**WALKING INDOORS:** Don't let winter keep you from being active, Walk Indoors in the comfort of the Community Centre Gymnasium. **Mondays - Fridays, mornings and afternoons; No Fee.** Please register with Peggy at 248-2538 to confirm availability.

#### ADULT PERSONAL INTEREST:

**BASIC PHOTOGRAPHY:** This is a comprehensive introduction to the fascinating subject of photography for the photo hobbyist. Although film cameras are covered, **this course is mainly aimed at the digital user.** Students should bring their cameras and instruction manuals to all classes.

**6 sessions,** Wednesday evenings 7 - 9 pm at Cranton Crossroads Community Centre, Margaree Centre. Instructor: Russell Daigle; Fee: \$55.



#### 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. Classes will be held at Cranton Crossroads Community Centre. Instructor: Shirley Miller. Phone: 248 - 2960.

*Course listings continue next page...*

## INVERNESS COUNTY RECREATION COURSES - SPRING 2008

### PORT HOOD

#### REGISTRATION:

Bayview Education Centre  
Tuesday, February 12  
Thursday, February 14  
6:00 - 7:00 pm

#### PROGRAMMER:

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

Phone: (902) 787-2845

*All courses begin the week of February 25 - 29, unless otherwise stated, and will run for a maximum of 10 weeks.*

#### CHILDREN & YOUTH:

**EASTER CRAFT:** Make your very own Easter craft. Supplies will be provided. Bayview Education Centre, Monday, March 10<sup>th</sup>, 6:30 - 8 pm. Ages 5 and up. Instructor: Marie Brideau, **Maximum of 10 participants.** Fee: \$6.

#### **FÉIS MHÀBU BEGINNER FIDDLE CLASSES:**

This 8 week program for ages 8 and up will introduce the students to Cape Breton fiddling. Féis Mhàbu will be making arrangements for fiddle rentals (fiddle, bow, rosin and case) during registration. This is a great opportunity to test your talent before you buy your own instrument. Instructor: Margie Beaton, One hour /wk; Fee: \$60/\$75 if you rent the fiddle. **(Please register at the Mabou registration site for this class: Dalbrae Academy, Tuesday, February 12 or Wednesday, February 13, 7:00 - 8:00 pm).**

**INDOOR SOCCER/FLOOR HOCKEY:** Boys and girls ages 9 - 13. Each session will have a warm-up followed by games. Bayview Education Centre Gym, Wednesdays 6:45 - 7:30 pm; **8weeks;** Instructor: Kyle MacQuarrie. Fee: \$25.

**TUMBLE BUGS:** This class is perfect for children ages 3 - 5 who love running, jumping, balancing, rolling, throwing & catching balls and playing games. Children will have lots of fun while improving their balance and coordination. Bayview Education Centre Gym, **8 weeks;** Wednesdays, 6 - 6:45 pm; Instructor: Kyle MacQuarrie; Fee \$25.

#### FITNESS, HEALTH & SPORT:

**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, Tuesdays and Thursdays, 7:30 - 8:30 pm, **8 weeks;** Instructor: Janet VanZutphen. **Begins March 4<sup>th</sup>;** Fee: \$20/once a week; \$35/twice a week.



**INDOOR WALKING:** You have heard of "Mall Walking", well now you can go "Hall Walking"! If the cold weather and slippery conditions are keeping you away from your walking exercise then sign up for indoor walking at Bayview Education Centre. **Available Monday - Friday, 4 - 6 pm. No Fee, but you must register if you are planning on walking.** Bring indoor walking shoes.

**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 7:30 - 8:30 pm; **6 weeks;** Instructor: Nancy Hilton. Minimum 8 participants. Fee: \$40.

#### ADULT PERSONAL INTEREST:

**BRAIDING MATS:** Learn the old fashioned art of braiding mats. This is a great way to recycle clothing that once belonged to a loved one and can

*Port Hood Courses continue next page...*

## INVERNESS COUNTY RECREATION COURSES - SPRING 2008

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

be sewn together to make a memorial item. “Frenchy’s” stores have very inexpensive used clothing especially for braiders. **Free demonstration class offered February 12<sup>th</sup> at 6 pm at Bayview Education Centre.** A list of supplies needed for classes will be available at registration. Bayview Education Centre, Tuesdays 6:30 - 8:30 pm; 10 weeks; Instructor: Donelda MacDonnell; Fee: \$45.

**COMPUTER BASICS:** A foundation of basics including email and internet in a social and relaxed environment. Participants will also have input in other topics to be covered, ie:

Downloading, developing and renaming digital photos; Bayview

Education Centre computer room, Wednesdays 7:45 - 8:45 pm; **8 weeks.** Instructor: Kyle MacQuarrie. Fee: \$40.



**QUILTING WORKSHOP:** Make a pair of pillows or a table topper (with quilted top to match your decor). List of supplies available at registration or at Fiddle Stitches in Mabou. **Bayview Education Centre, Saturday, March 1 9:30 - 3:30 pm.** Instructor: Jean MacDonald; Fee: \$30.

**READING MUSIC WORKSHOP:** Build your confidence using simple rhythms and melodies. No experience necessary. Great workshop for singers!! **Bayview Education Centre Music Room, Saturday, March 1<sup>st</sup> 10 - 11:30 am;** Instructor: Nancy Hilton; **Minimum of 5 participants;** Fee: \$10.

**SPOTLIGHT ON FOOD & NUTRITION:** March is nutrition month across Canada. Let's put healthy eating in the spotlight. Make at least one positive change for yourself or make a change that helps the whole family. Learn the importance of nutrition, food portions, color your world with veggies and fruits, nutrition facts on foods from the

label, make meal time a family affair, etc. **Bayview Education Centre, Tuesday, February 26<sup>th</sup> 6:30 - 8:30pm.** Instructor: Janice Langille -Nutritionist; Fee: \$10.

### CONTINUING EDUCATION:

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

### SCOTSVILLE SCHOOL OF CRAFTS

#### **REGISTRATION:**

Scotsville School of Crafts

Thursday, February 14

Friday February 15

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

*All courses begin the week of February 25 - 29, unless otherwise stated, and will run for a maximum of 10 weeks.*

### FAMILY & YOUTH:

**LET'S PLAY EUCHRE:** Friday, February 29, 7:00 pm; Organizer: Verna MacMillan.

**LET'S PLAY SCRABBLE:** Sunday, March 2, 2:00 pm; Organizer: Verna MacMillan.

*Scotsville 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 - SPRING 2008

Scotsville Courses continued from previous page...

### FITNESS & HEALTH

**AERO-TONE: Low Impact Aerobics and Full Body Toning**, at Lake Ainslie Fire Hall, resistance bands will be incorporated. Mondays and Wednesdays, 9:30 - 10:45 am; Instructor: Maggie Herbert; Fee \$20/8 Monday classes; \$20/8 Wednesday classes/ or \$3 drop-in, plus materials.

### ADULT PERSONAL INTEREST:

**BASKET WEAVING:** One day workshop; **Time and Date TBA.**

**BEGINNER WEAVING: 8 weeks.** 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. Tuesdays, 6:30 to 9:30 pm; Instructor: Eileen McNeil; Fee: Fee \$45 + materials.

**CONVERSATIONAL SPANISH:** Whether you are planning a vacation, traveling for work or just brushing up on your skills for fun, this program brings your goals within reach. **Sundays, 6 sessions beginning March 2;** Instructors: Veronica and Gary Shields; Fee: \$20.

**INTERMEDIATE WEAVING: 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!! **Saturdays, 9 am - Noon;** Instructor: Eileen MacNeil. Fee: \$45 plus materials.



**INTERNET & E-MAIL 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. Wednesdays 7 - 8:30 pm; Instructor: Verna MacMillan, Fee \$15.

**OIL PAINTING: 2 Saturday sessions (six hours in total).** Step-by-step instruction. 1 - 4 pm; Instructor: Barrie Fraser; Fee: \$30 plus materials.

**VIOLIN:** This is a Beginners Cape Breton Violin course for all ages, **Sundays 2 - 3 pm;** Instructor: Chrissie Crowley; **Start date: TBA;** Fee \$8 per session.



### WEST BAY/WEST BAY ROAD

**REGISTRATION:**  
West Bay Community Hall

Wednesday, February 13  
6:30 - 7:30

**PROGRAMMER:**  
Alesia MacDonald  
RR 1 West Bay Road  
BOE 3L0

Phone (902) 625-5551

*All courses begin the week of February 25 - 29, unless otherwise stated, and will run for a maximum of 10 weeks.*

### CHILDREN & YOUTH

**HIP HOP DANCE CLASSES:** Come learn the latest dance moves with your friends and get a great workout too. By the end of the 12 weeks you will be able to perform a whole hip hop routine for your friends and family. **Must have 5 participants**

*West Bay Courses continue on page 26...*

## GUIDELINES FOR YEAR 2008 VOLUNTEER NOMINATIONS

The 2008 Provincial Volunteer Week is April 27 - May 3 and the Municipality of Inverness County will once again recognize, during this time period, the contribution of individuals who volunteer their time and talents in Inverness County. 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, 1998-2007. (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 1998, please highlight the individual's most recent contributions.) Please keep personal information, such as number of children, grandchildren, etc., to a minimum and focus more on the nominee's present and past volunteer involvement.
5. A photo is optional. 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 made readable on 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 the ceremony.
6. All volunteer biographies and photos will be featured in the April/May issue of *The Participaper*.
7. Deadline for receipt of all nominations is April 7. Any nominations received after that date will be placed on a list for recognition in 2009.



8. Volunteer nominations received on or before March 5th will be eligible for a draw to choose one volunteer to represent Inverness County volunteers at the Provincial Ceremonies scheduled to take place in Halifax on April 24th, 2008.
9. An invitation to attend the Municipal Volunteer Award Ceremonies, to be held April 30 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!**



**VOLUNTEER RECOGNITION 2008 - NOMINATION FORM**

Volunteer's Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

\_\_\_\_\_

Phone # (h) \_\_\_\_\_ Phone # (w) \_\_\_\_\_

\*\*\*\*\*

Name of Organization or Individual Nominating a Volunteer:  
\_\_\_\_\_

Contact Person: \_\_\_\_\_

Mailing Address: \_\_\_\_\_  
\_\_\_\_\_

Email: \_\_\_\_\_

Phone # (h) \_\_\_\_\_ Phone # (w) \_\_\_\_\_

Please forward this form, with the volunteer's biography attached, to:

Volunteer Recognition  
Inverness County Recreation/Tourism Dept.  
PO Box 179, 375 Main Street, Port Hood, NS B0E 2W0

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

**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. 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!



## INVERNESS COUNTY RECREATION COURSES - SPRING 2008

*West Bay courses continued from page 23...*

**registered for program to run.** Mondays, February 25<sup>th</sup> - May 12<sup>th</sup>, 6 - 7 pm; Ages: 8 - 12.  
Instructor: Ashley Ryan; Fee: \$50 (\$25 for additional child).

### FITNESS AND HEALTH:

**BEGINNER/INTERMEDIATE YOGA:** This course is designed for the continuing yoga student or anyone wishing to try yoga for the first time. Please bring your own mat. **Must have 8 participants registered for program to run.** 8 weeks, Tuesdays, (April 1 to May 20), 5:15 - 6:30 pm, Instructor: Marion Sauer; Fee: \$48.



**WINTERFEST COMING TOGETHER:** A winter gathering for young and old; come join us for a day of fun! There will be outdoor activities, senior card games, darts, scrabble and more. There will also be a BBQ lunch and refreshments. **Saturday, February 16<sup>th</sup>, starting at 1 pm at the West Bay Community Centre.**

### PERSONAL INTEREST:

**PLACEMATS:** "Stack the Deck ". Enjoy making a set of 4 placemats with this quick and easy technique using four coordinating fat quarters. Materials list will be available at registration. **Saturday, 10 - 4 pm (Date TBA);** ( bring your lunch); Instructor: Catherine MacColl; Fee: \$20. **(Minimum of 5 needed to run class).**

**TABLE RUNNER:** This attractive table runner made with three fat quarters is easy and fun to make. You can plan to complete 2 in this class. Material list and sample will be available at registration. **Saturday, April 26, 10 - 4 pm;** (Bring your lunch); Instructor: Catherine MacColl; Fee: \$20. **(Minimum of 5 needed to run class).**

## WHYCOCOMAGH

### **REGISTRATION:**

Whycocomagh Education Centre  
Tuesday, February 12  
Thursday, February 14  
6:00 - 7:30 pm

### **PROGRAMMER:**

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

*All courses begin the week of February 25 - 29, unless otherwise stated, and will run for a maximum of 10 weeks.*

### CHILDREN & YOUTH:

**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: 13 and up; Date, Time and Fee TBA.

**INDOOR SOCCER/HOCKEY:** Boys and girls ages 9 - 13. Each session will have a warm-up followed by games. Thursdays, 6:15 - 7 pm, **8 weeks;** Instructor: Kyle MacQuarrie. Fee: \$25.

**TUMBLE BUGS:** This class is perfect for children ages 3-5 who love running, jumping, balancing, rolling, throwing & catching balls and playing games. Children will have lots of fun while improving their balance and coordination., **8 weeks;** Thursdays, 5:30 - 6:15 pm, Instructor: Kyle MacQuarrie.; Fee \$25.

*Whycocomagh Course listings continue next page...*

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

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

## INVERNESS COUNTY RECREATION COURSES - SPRING 2008

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

### 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.

**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**).

**MAKING THE MOST OF YOU:** This wellness session offers information on nutrition, physical activity, stress relief and more. All important factors for a healthy lifestyle. An information/resource package is provided for each participant. This nutrition education program is presented by a Registered Dietitian of Dairy Farmers of Canada. **Monday, February 25<sup>th</sup>, 7 - 8:30 pm**; No Fee, but registration is required to meet minimum numbers.

### PERSONAL INTEREST:

**COMPUTER BASICS:** A foundation of basics including email and internet in a social and relaxed environment. Participants will also have input in other topics to be covered, ie: Downloading, developing and renaming digital photos. Thursdays, 7:45 - 8:45 pm, 8 weeks; Instructor: Kyle MacQuarrie. Fee: \$40.

### PROGRAMMERS - INVERNESS COUNTY

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

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

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

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

Judique:  
Joyce Rankin  
Judique Community Centre  
or  
Phone: (902) 787-2228  
email rankincj@hotmail.com

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

The Margarees  
(Margaree Centre,  
Margaree Valley)  
Melinda Ingraham  
PO Box 41  
Margaree Centre  
Nova Scotia  
BOE 1A  
Phone: (902) 248-2261

Anna Lee MacEachern  
Program Coordinator, Inverness County  
Recreation/Tourism Department  
PO Box 179, Port Hood, NS, BOE 2W0  
Tel: (902) 787-3508, Fax:(902) 787-3110  
Email: amaceachern@invernessco.com

Port Hood:  
Margie Beaton  
184 Little Mabou Rd.  
Port Hood, NS  
BOE 2W0  
Phone: (902) 787-2845

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

West Bay/ West Bay Road  
Tricia MacColl  
RR 1 West Bay Road  
NS B0E 3I0  
Phone: (902) 625-5133

Whycocomagh  
Alesia MacDonald  
RR 1 West Bay Road  
BOE 3L0  
Phone (902) 625-5551



## SOMETHING TO BRIGHTEN YOUR DAY

A group of 4 to 8 year-olds were asked, "What does love mean?" Some of the answers they gave were much deeper than anyone could have imagined. What do you think?

"When my grandmother got arthritis, she couldn't bend over and paint her toenails anymore. So my grandfather does it for her all the time, even when his hands got arthritis too. That's love."

Rebecca - age 8

"When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth." Billy - age 4 (*Wow, this kid is deep!!*)

"Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs." Chrissie - age 6

"Love is what makes you smile when you're tired." Terri - age 4

"Love is when my mommy makes coffee for my daddy and she takes a sip before giving it to him, to make sure the taste is OK." Danny - age 7

"Love is when you kiss all the time. Then when you get tired of kissing, you still want to be together and you talk more. My Mommy and Daddy are like that. They look gross when they kiss"

Emily - age 8

"Love is what's in the room with you at Christmas if you stop opening presents and listen."

Bobby - age 7 (*Wow and DOUBLE Wow! This kid must be related to Billy.*)

"If you want to learn to love better, you should start with a friend who you hate."

Nikka - age 6 (*we need a few million more Nikka's on this planet*)

"Love is when you tell a guy you like his shirt, then he wears it everyday." Noelle - age 7

"Love is like a little old woman and a little old man who are still friends even after they know each other so well." Tommy - age 6

"During my piano recital, I was on a stage and I was scared. I looked at all the people watching me and saw my daddy waving and smiling. He was the only one doing that. I wasn't scared anymore."

Cindy - age 8

"My mommy loves me more than anybody. You don't see anyone else kissing me to sleep at night."

Clare - age 6

"Love is when Mommy gives Daddy the best piece of chicken." Elaine - age 5

"Love is when Mommy sees Daddy smelly and sweaty and still says he is handsomer than Robert Redford." Chris - age 7

"Love is when your puppy licks your face even after you left him alone all day." Mary Ann - age 4

"I know my older sister loves me because she gives me all her old clothes and has to go out and buy new ones." Lauren - age 4

"When you love somebody, your eyelashes go up and down and little stars come out of you."

Karen - age 7 (*What an image!*)

"You really shouldn't say 'I love you' unless you mean it. But if you mean it, you should say it a lot. People forget." Jessica - age 8

And the final one - Author and lecturer Leo Buscaglia once talked about a contest he was asked to judge. The purpose of the contest was to find the most caring child. The winner was a four year-old child whose next door neighbor was an elderly gentleman who had recently lost his wife. Upon seeing the man cry, the little boy went into the old gentleman's yard, climbed onto his lap, and just sat there. When his Mother asked what he had said to the neighbor, the little boy said, "Nothing, I just helped him cry." When there is nothing left but love, that is when you find out that love is all you need.

Inverness County *On The Move...Active Your Way Every Day for Life*



### KUDOS FOR THE CEILIDH COASTAL TRAIL ASSOCIATION FROM PATHWAYS

The Ceilidh Coastal Trail Association has elected its Board of Directors for the 2007-2008 year. An active Inverness County organization well-known for its dedicated volunteers who have devoted countless hours of time, equipment and expertise to trails development on Cape Breton Island, members of the Ceilidh Coastal Trail Association continue to be instrumental in the development of the Trans Canada Trail in Inverness County.

Congratulations to Hughie MacEachern, President; Gerard Graham, Vice-President; Wilson Cameron, Secretary-Treasurer; and Directors, Lillian Berry, Peggy Burke, Alexander Chisholm, Alexina Gillis-Cameron, Iain MacDonald, Joe MacDonald and Donnie MacInnis on your recent election. The Cape Breton Island Pathways Association looks forward to continuing the work begun as we move into 2008.

For more information about The Inverness County Trans Canada Trail, please contact any of our community volunteers or John Austin, Inverness Trails Federation: 945-2588, skyriver@ns.sympatico.ca; Darrell Taylor, Pathways Coordinator: 902-295-3177, pathwayscb@yahoo.ca; or Blaise MacEachern, Inverness County TCT Project Chair: bmaceachern@ns.sympatico.ca.

The Trans Canada Trail will be a legacy for Island residents, visitors and future generations to use and enjoy.

### MARGAREE HIGHLANDERS TO HOST POKER RUN

Margaree Highlanders Snowmobile Club is hosting a Poker Run on **Saturday, February 9th**

**Registration:** Cranton Crossroads Community Centre, Margaree Centre 10 a.m. – 12 noon

**Rally start time – 12 noon. Awards, buffet dinner – 5:00 p.m. Dance – 9 p.m. – 1:00 a.m.**

**Cost:** \$20.00 per person. For more information please contact Laurie Cranton at 248-2726.

**Prizes and Awards**

### ALPINE SNOWMOBILERS CLUB

Given all the wonderful snow already on the ground, 2008 promises to be a BIG winter for outdoor enthusiasts. Whether you prefer to make angels in the snow or jump onto your snowmobile and head to the hills, there is sure to be something to do that will appeal to everyone! Below is a schedule of upcoming events hosted by the Alpine Snowmobilers' Club:

#### Saturday March 1st

Apline Snowmobiler's Weekend  
Snowmobiler Rally  
Glencoe Station Hall – leave at noon  
Registration: 10 a.m. to 12 noon  
Cost: \$20.00  
Meal and prizes to follow

#### Sunday March 2nd

Mass on the Mountain  
2:pm. at St. Margaret's of Scotland  
Church  
River Denys



*Let's show our support for all the trail volunteers who groom the miles of snowmobile trails for our use and enjoyment and get out there and support the Club!*

Pathways has Nova Scotia Trails Federation 2008 calendars for sale! They are \$15.00 each, and are of the highest quality.

This is a great way to dress up a wall, to give as a late Christmas gift or just to treat yourself to a really nice calendar.

The funds realized from calendar sales will help Nova Scotia Trails Federation and also Cape Breton Island Pathways Association in their continuing efforts to push the trails agenda forward.

Cape Breton Island Pathways Association  
PO Box 41, North East Margaree, NS B0E 2H0  
Ph. 902.295.3177 IFax. 902.295.1582 | www.pathwayscb.ca

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/trailmaps/snowmobilemap.gif> to view the map.





**Bibliothèque Régionale  
Eastern Counties  
Regional Library**

Want to get inspired and motivated for a new you in this new year? Check out our latest collection of Health and Wellness DVDs recently added to the collection thanks to a grant from the GASHA Community Health Board. Topics include pilates, yoga, fitness for seniors, baby care, pre and post natal fitness, health & wellbeing and much more. Check it out at [eclrl.library.ns.ca](http://eclrl.library.ns.ca) or visit a Library or Libr@ry Link site near you.

**CHILDREN'S AUTHOR COMING IN THE SPRING!** Award-winning children's author, Trudee Romanek, will be visiting our region in late April. Her "book talk" will include science demos and readings from her latest nominated book, *Squirt, The Most Interesting Book You'll Ever Read About Blood*.

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

Unable to 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. Call us to find out if you qualify: 747-2597.

**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 [eclrl.library.ns.ca](http://eclrl.library.ns.ca) and arrange to pick up your books and materials at the library branch or link site of your choice!

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

**BRANCHES: WINTER/SPRING HOURS: FEBRUARY 1 - MAY 31, 2008**

<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: FEBRUARY 1 - MAY 31, 2008**

<p><b>CHÉTICAMP, ÉCOLE NDA</b> (every 4 weeks) Wednesday 3:00 - 5:30; 6:00 - 7:30 February 20 March 19 April 16 May 14</p>	<p><b>INVERNESS ACADEMY</b> (every 2 weeks) Thursday 2:00 - 5:30 &amp; 6:00 - 8:00 February 7, 21 March 6, 20 April 3, 17 May 1, 15, 29</p>	<p><b>JUDIQUE COMMUNITY CENTRE</b> (every 4 weeks) Tuesday 4:30 - 5:30 &amp; 6:00 - 7:30 February 26 March 25 April 22 May 20</p>
<p><b>MABOU, DALBRAE ACADEMY</b> (every 2 weeks) Wednesday 3:45 - 5:30 &amp; 6:00 - 8:00 February 13, 27 March 12, 26 April 9, 23 May 7, 21</p>	<p><b>PORT HOOD RESOURCE CENTRE</b> (every 4 weeks) Tuesday 3:30 - 5:30 &amp; 6:00 - 7:30 February 12 March 11 April 8 May 6</p>	<p><b>ST. JOSEPH DU MOINE/ (every 2 weeks) CENTRE SAINT-JOSEPH</b> Thursday 12:00 - 5:15 &amp; 6:00 - 8:00 February 14, 28 March 13, 27 April 10, 24 May 8, 22</p>
<p><b>WHYCOCOMAGH EDUCATION CTR</b> (every 4 weeks) Wednesday 3:30 - 5:30 &amp; 6:00 - 8:00 February 6 March 5 April 2, 30 May 28</p>	<p>For further information, please contact Eastern Counties Regional Library headquarters at 747-2597. Website: <a href="http://eclrl.library.ns.ca">eclrl.library.ns.ca</a> E-mail: <a href="mailto:info@nsme.library.ns.ca">info@nsme.library.ns.ca</a></p> 	

**MUNICIPALITY OF THE COUNTY OF INVERNESS  
DIRECTORY**

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Fax - All Departments .....	787-3110
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CAO Secretary .....	787-3501
<b>FINANCE DEPARTMENT:</b>	
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Tax Collector .....	787-3510
Accounting .....	787-3505
Data Processing .....	787-3505
<b>BUILDING AND FIRE INSPECTORS:</b>	
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Port Hood .....	787-2900
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.....	787-3503
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Emergency Sewer &	
Water Maintenance 24 Hrs .....	258-3335
<b>PLANNING AND DEVELOPMENT DIVISIONS:</b>	
General Inquiries .....	625-5361
Toll Free .....	1-888-625-5361
E-911 Civic Addressing .....	625-5366
<b>RECREATION AND TOURISM:</b>	
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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
<b>Municipal Homes:</b>	
Foyer Père Fiset .....	224-2087
Inverary Manor .....	258-2842
<b>Rural Cape Breton District Planning Commission:</b>	
Main Office .....	625-5361
Building Inspector:	
Port Hawkesbury .....	625-5361
Building Inspector:	
Port Hood .....	787-2900
<b>Strait Highlands Regional Development Agency (SH-RDA)</b>	
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# Happy Valentine's Day!



*Pictured above, a circa 1910 era postcard.*  
[Courtesy of the MacFarlane Collection]

Don't forget to check out the Courses listed inside.  
Sign up for one or two!