

# THE PARTICIPAPER

AN INVERNESS COUNTY PERIODICAL



**In this issue:**  
**Ancestors Unlimited**  
**Spring Programming Schedule**  
**Registration Week is February 15 - 19**  
**...and much more**

**EDITOR'S NOTEBOOK**  
**INVERNESS COUNTY RECREATION, TOURISM, CULTURE AND COMMUNITY DEVELOPMENT OFFICE**

The days are lengthening and - at least so far - winter has been good to us. There have been some "picture postcard" perfect days to enjoy in this beautifully scenic and peaceful corner of the world. We are blessed to live in a place such as this: A place far away from the horrors of war, a place where we don't have to fear for our lives or the lives of our families. A place where people never fail to open their hearts to others in need. The generosity of spirit here continues to inspire me. Right now, across Inverness County, individuals, groups and organizations are preparing to welcome families fleeing horrors that most of us can't even begin to imagine. On page 23 of this publication you can read an update on what some of the groups have been doing to help ensure that the refugee families that they bring here will find refuge and solace in a welcoming environment.



*Marie Aucoin*  
 Editor

Our pages also contain even more evidence of the kindness and generosity that resides in the hearts of the people of Inverness County. There is a group of local residents who meet on a monthly basis to advocate and raise financial support for children who live in a small centre in Nairobi, Kenya. Turn to page 24 to learn more about what they have been doing.

With the spring season on the horizon, check out what is on offer through the Recreation Department's Spring 2016 Programming courses and workshops. Pages 9 through 21 are filled with information on what is available this season. In all likelihood you'll find something to interest you. And remember, you don't have to live in a particular community to participate in any of the courses available there. Simply register with the local programmer in the community where the course is offered, or mail your registration payment and completed form (page 9) to the Municipal Recreation Department.

There is fantastic news for lovers of the great outdoors! A new event is in the planning stages: the 3 Peaks Challenge will take place on the Cape Mabou Highlands trails in August. The Recreation Department is working with the Cape Mabou Trails Club and others to organize what should be an unforgettable event. Watch for more information on this in the coming weeks and months.

Another event for those who enjoy the outdoors is Winterfest. On Page 7 you'll find a listing of Winterfest events scheduled to be held in communities throughout the county. Plus, page 8 has information on a county-wide ice-sculpture contest. Why not get a team together and enter the contest! Also, for outdoor enthusiasts there is some information on page 25 about snowshoeing opportunities available through Hike NS. If you don't have the equipment, don't despair - the Recreation/Tourism Department provides a rental service for cross-country skis and snowshoes at different locations around the county. Contact them at 902-787-2274 for more information on cost, etc.

Check out page 17 for the "Spring into Self Care" event planned for April 2. It runs from 3 - 7PM and offers an excellent opportunity to discover some of the practitioners in the county who offer alternative therapies. In an upcoming issue of this publication we hope to list an inventory of practitioners in complementary, alternative, holistic and natural adjunctive medicine. If you are a credentialed practitioner in this field (or know of one), live in the county and would like to be included in the inventory, please contact the Recreation/Tourism Department at 902-787-2274 and submit your information.

This year, Dalbrae Academy has been involved with the Junior Achievement Program. Congratulations to the ten young entrepreneurial students who have been enjoying success with a business that they developed through the Program. Read all about it on page 22.

There will be an Annual General Meeting of the Community Committee for all residents of the Acadian Region on February 11th. To learn more about this turn to page 26. On page 27 check out the events that are on the calendar for Strathspey Place. There is an up-to-date version of the Municipal FAQs on pages 28 & 28. I apologize to anyone who was inconvenienced by the out-of-date information that was accidentally published in the Christmas issue of *The Participaper*. ☹

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**THE NEXT ISSUE OF *THE PARTICIPAPER***  
**IS THE VOLUNTEERS' ISSUE**  
**IT WILL BE DELIVERED TO RESIDENTS**  
**EARLY-MAY 2016**

**THE DEADLINE DATE FOR SUBMISSIONS FOR**  
**THE ISSUE IS APRIL 8TH**



# ANCESTORS UNLIMITED

## FINDING YOUR INVERNESS COUNTY ROOTS

by Dr Jim St. Clair

### I. NEW BOOK

Late in 2015 Deja Vu Press issued a reprint of Charles Dudley Warner's travelogue *Baddeck and That Sort of Thing*. The book is available from Deja Vu Press at the *Victoria Standard* office and the Blue Heron Gift Shop in Baddeck, plus the Cape Breton Curiosity Shop in Sydney. Originally published in 1874, the book came to be a best seller in its time and was the inspiration which brought the Bell Family to Baddeck. This reprint contains the original plus new photographs, illustrations, reviews and a foreword by Hugh Muller, Alexander Graham Bell's great grandson. Not only does Warner humorously describe Baddeck and vicinity in the early 1870s, but it also contains an account of Warner's stagecoach journey from Antigonish to Baddeck (including a stop in Port Hastings) plus observations about Whycocomagh and the scenery of parts of Inverness County. For people with an interest in the history of Cape Breton and the development of the tourist trade, it is a fine addition to a library. The price is \$20.00.

*To forget one's ancestors is to be a brook without a source, a tree without a root.*

– Chinese Proverb

### II. RESPONSE TO A QUERY

Several people have been interested in the identity of the writer, Bartimaeus, whose account of his family's journey to Cape Breton on the ship "Polly" in 1820, was printed in Gaelic in *Mactalla*. The same publication, in its October 22nd 1899 edition, provided a short obituary: "Neil MacDonald, 84, born on the Isle of Coll; came in the Polly in 1820. Died at River Dennis(sic) 11 October 1899. Wrote under the pen name Bartimaeus." [Editor's note: *Bartimaeus was the name of the blind man healed by Jesus – Neil MacDonald developed blindness, hence his use of that nom-de-plume.*]

### III. NEW RESOURCE FOR GENEALOGICAL SEARCHERS AND HISTORY BUFFS

*Pastor's Congregational Record for Strathlorne Presbyterian Church* by Donald MacDonald, Pastor, Transcribed by Eugene Quigley.

When Reverend Dr. Donald MacDonald arrived in 1894 from his former pastorate in Port Hastings he found records of births, baptisms, marriages and deaths for the people of the congregation, as kept by previous ministers. As required by policy (and by law for marriages), he continued to keep such accounts for the nearly two hundred families of St. John's Congregation; a congregation that comprised an extensive community of mostly Gaelic-speaking people from Scotsville to North and South Cape Mabou, from Mount Young to North Ainslie and Foot Cape as well as

Strathlorne itself – plus many places in between.

Much to the dismay and sadness of MacDonald and his parishioners, the manse burned in 1899, on a day when the MacDonalds were not at home. All of the well-kept records were lost. Not only did MacDonald encourage his people to build a new manse (which is still standing, although no longer owned by the pastoral charge) but he proceeded to try to reconstitute the records of the people which had been destroyed. As he went from house to house on his pastoral calls, he also tried to gather again the dates of births and marriages and deaths. In addition, he often included details of the lives of the people, such as their connection with others in the area, and also the location of those younger people who had moved away to the United States and others parts of Canada.

His record book has survived and has been an asset to many family

historians and to those looking for information about local history. Now, Eugene Quigley, a descendant of early members of St. John's Presbyterian Church and a meticulous searcher of details in deeds, wills, censuses, and newspaper accounts, has amplified the accounts of the lives of the people recorded by MacDonald. In most cases, he has been able to provide researchers with two or three generations of descendants as well as their places of residence. Since many of these families, particularly those on South and North Cape Mabou and on Mount Young, were not included in *MacDougall's History of Inverness County and Mabou Pioneers Books One and Two*, Eugene Quigley's research through several decades and his generosity in making his work available, have greatly added to the resources sought by genealogy buffs and local history enthusiasts. Examples of material contained in this work of transcription and amplification are:

a) Family of Donald and Mary (McKay) McKay of North Cape, Mabou, as listed by Rev. Donald MacDonald, shows both of them born in the area and having two children, John A., born March 20, 1884 and Allie Ann, born March 16, 1882. In Eugene Quigley's amplification, he notes that Donald McKay was born March 5, 1838, on Cape Mabou, the son of Donald MacKay and Annie MacKay, and that he died on North Cape on December 21, 1930. His wife is identified as the daughter of Allan 'Ban' MacKay and Isabella MacLean, born May 1845 and married to Donald

*Continued on page 4...ANCESTORS*

MacKay at Lake Ainslie on 18 Feb. 1882. In addition, Quigley adds that Allie was actually named Ann with "Allie" as a nickname.

b) The family of Charles and Rachel (McKay) Fraser, of South Cape Mabou, is recorded by Rev. MacDonald. This information is amplified by Mr Quigley with the names of the parents of both Charles and Rachel and a full account of the life of their son Alex Dan and his two marriages, his residence at "The Corner", Inverness and his occupation as Chief of Police for Inverness for many years.

With much appreciation to Eugene Quigley for his years of dedicated work, this work of more than two hundred pages is now available online at several archives: Mabou Gaelic and Historical Society; the Miner's Museum in Inverness; Nova Scotia Highland Village in Iona; the Beaton Institute at Cape Breton University; the Public Archives of Nova Scotia, and several other locations.

### III. ITEMS FROM NEWSPAPERS

Many of the Cape Breton newspapers of the 1800s and early 1900s contained hundreds of items relating to the people of Inverness County and their activities. The following are garnered from the collection of items abstracted by Mildred Howard and published by the Cape Breton Genealogical Society.

a) *North Sydney Herald*, February 1895:

i) Officers holding office in Inverness County government:

Registrar of Deeds: J.A. McDonald

Registrar of Probate: Donald J. McDonald

Prothonotary (chief clerk) J.A. McDonnell

Judge of Probate: E.D. Tremaine

Clerk of County Court: John McKay

High Sheriff: Hugh McDonald

ii) Social Notes from Margaree Forks:

1) Mrs James J. Coady is recovering from a recent severe illness.

2) Mr and Mrs J. D. Campbell of Ingonish visited at the former's old home. Mr Campbell has established a mercantile business at Ingonish.

3) The 'Social and Fancy Hop' at Mrs. Thomas MacDonald's, Golden Grove Farm, was a brilliant affair. Musicians were: Messrs. J.W. Ross, M. A. Murphy and the LeBlanc Brothers.

[*Editor's question: What was 'Social and Fancy Hop'?*]

b) *North Sydney Herald*, 1891

i) Students attending Dalhousie College(sic), both the Law and Medical and Art Courses, included: John McIntosh, Malagawatch; Patrick Coady, Margaree Forks; John A. McIsaac, Strathlorne; and John Cameron, Port Hood.

ii) A notice signed by George Hawley, N. E. Mabou, on 24 September 1872 states: "I hereby caution the public against giving credit to my wife Flora Cummins(sic), as I will not be responsible for any debts, credited to her, as she has left my bed and board without cause."

c) The *Eastern Journal* newspaper, Port Hawkesbury, Nova Scotia, 1890:

i) Notice that the Boston, Halifax and P.E. Island Steamship Line leaves Port Hawkesbury for Boston every Friday at 9 o'clock. Tickets can be obtained from several sources including the Agent of Archibald Stage Coach Line at Whycocomagh, Port Hood and Mabou, dated 9 July 1890.

ii) Notice that Archibald's Daily Stage Coach leaves Port Hawkesbury on the arrival of the mail from the west for Port Hood, Margaree, Cheticamp, Whycocomagh, Orangedale, Grand Narrows and North Sydney. Signed by H.A. Archibald, Proprietor, Port Hastings.

iii) Notice that "Collin's Block, S.W. Margaree, is 'headquarters for Goods for ready cash', signed by Collins Brothers.

iv) Notice that Inverness Drugstore(sic) is located next door to American House Hotel and is headquarters for Cable, the favourite 5 cent cigar. [Ed: This notice also states that picture framing is in stock and prescriptions are accurately prepared.]

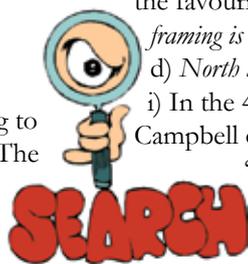
d) *North Sydney Herald*, 1887:

i) In the 4th of April edition, an obituary for Neil Campbell of The Boom, Inverness County was published: "Age 84, born on the Isle of Mull, emigrated and took up residence at The Boom in 1830. In his younger days, he was considered the greatest Highland Piper in Cape Breton. A brother-in-law of Alexander McEachern, Postmaster at Boom." Leaves an aged widow.

### IV. TIDBITS

The newsletter of the Association of Nova Scotia Museums, *The Beacon* is available online and contains many items of general interest to people with an enthusiasm for museums, both locally and provincially and nationally. The current issue contains information about:

- The Museum Fund for Nova Scotia – individuals and museums are invited to contribute towards the establishment of a major foundation for the support and growth of museums in Nova Scotia.
- The format of the new Evaluation of Museums which receive grants from the Province, to be administered by ANSM.
- Request for volunteers to serve as evaluators of museums seeking funding. Training required.
- Opportunities for funding for special projects and growth. Two special grants are available for the year 2017 celebrations.
- New sharing of programs and information between the Department of Tourism and Museums.
- Information regarding the Canadian Museum Association Conference to be held in Nova Scotia in 2016.
- Training programs for museum workers and volunteers. - and much more. The newsletter can be accessed online at [www.ansm.ns.ca/news/beacon](http://www.ansm.ns.ca/news/beacon).



## 10 Tips to Support Sustainable Changes for your Well-Being *by Glenna Calder, ND*

Happy 2016! January is a great time to reflect back on the past year, appreciate what we are thankful for and perhaps make a plan to see what we could improve upon in the upcoming year. Flipping to the 2016 calendar, gives us an opportunity to set goals and visualize what we want our next year to look like. To help you along, here are ten tips to help guide, encourage and motivate you during these long winter months. Hopefully, making these changes may just become as much a part of your daily routine as brushing your teeth before bed.



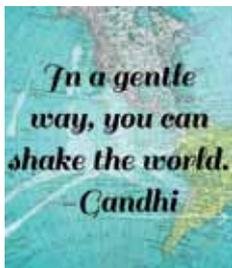
**Tip #1: Choose Wisely!** It is important to choose your resources wisely when looking for direction on “how to” make healthy, sustainable changes. To position yourself for success, be sure to choose suggestions and hints that are in alignment with your values and the life you want to lead. For example, if you love exercising in a group and feel that you need more down time, then gentle, restorative-based Yoga classes would be more beneficial than an intense cardiovascular workout at the gym.

**Tip #2: Be gentle with yourself!** Choose a goal that will support your body and mind. If you incorporate something new into your lifestyle and find that you aren't enjoying it, then don't worry about modifying it. If you make adjustments, you are more likely to stick with it throughout the year. For example, if your goal is to have a salad everyday but after three weeks you are getting sick of salads, then change your goal to have a soup **or** salad instead. A good mantra for 2016 might be: “Strive to make both healthy and conscious choices while being flexible”.

**Tip #3: Be careful not to overwhelm yourself.** Picking just one or two goals can help sustain your desired change/changes. If you have more than one or two goals in mind and can't choose, try writing them down and include the reason why each one is important to you. This will help provide some clarity for you.

**Tip # 4: Mind your mood!** January, February and March can be tough months when the sun isn't shining as much, the temperature drops and it is harder to get outside. This is also the time of year when the symptoms of depression such as low energy, over-eating, fatigue, lack of focus, negative thinking, loneliness (to name just a few), may appear or increase. Sometimes these symptoms stem from lack of exercise and poor meal planning or a combination of both. Remind yourself that the best thing you can do to increase your energy and mood is to exercise and eat a healthy diet. Do yourself a favour and get active! Even just 15 minutes per day of continuous movement will make a difference with your mood and energy level.

**Tip #5: Eat a healthy diet.** This will help you stay on track in many other areas of your life. If you are completely confused about what a “healthy diet” is, it might be time to get some direction from a professional. But, if you want to start as soon as you finish this article, don't let me stand in your way! Start by trying to have no more than three servings of carbohydrates per day (breads, pasta, sweets for example); be sure to have at least three servings of food that contain essential fatty acids (olive oil, coconut oil, flax seed oil, avocado oil for example); two servings of nuts and/or legumes, such as hummus, walnuts, pumpkin seeds; and three servings of healthy proteins per day (tofu, chicken or eggs for example). Unlimited vegetables are good of course, but be careful to have no more than three fruits per day. A diet like this will help to stabilize your blood sugar. By keeping blood sugar stable, the fatigue that seems to roll in around 11am and 3pm should come more gradually around a more normal 8pm timeframe. These are just guidelines. Talk to your Medical Doctor, Naturopathic Doctor, Dietitian, or other health care professional that you trust for a more individualized plan.



**Tip #6: Be proactive!** If you are struggling with taking care of your own health, reach out for support. This is one of the smartest things that you can do for yourself. The most well-balanced people I know are the ones who are open to help; they utilize the services that are available to them and connect with individuals who are specialists in health, or friends who are supportive and positive!

**Tip #7: Don't forget the basics!** There is no one magic “bullet” that can fix it all. It truly is about integration, wholeness and balance. We continuously need to be tweaking our lifestyle to support our health and well-being. Although ensuring you have eight hours per night of sleep may not be your main goal for 2016, neglecting basic health habits such as adequate sleep can decrease the likelihood that you will stay on track with the goal you choose. For example, being well rested helps with sugar cravings by increasing the amount of a hormone called leptin that tells our brain we are full. If we sleep less, we have less leptin. There are many more examples of how healthy sleep hygiene can affect the goals you choose. However, this should give you an idea of the far reaching benefits of sleep. I can't tell you the number of patients that I have worked with who lost five pounds after we improved the quantity and quality of their sleep.

**Tip #8: It is the journey that counts!** Taking an approach that health is a journey, and that there is always something to learn about how to take better care of ourselves, can help us focus on changes that will last rather than changes that are short-

*Continued on page 6...WELL-BEING*

## We welcome these new instructors - their classes are available to all County residents



### Fitness & Yoga with Jenny MacKenzie

Jenny MacKenzie is bringing fitness and yoga to you so that you can accomplish your fitness and nutrition goals, increase your physical activity and ease in to a healthier lifestyle.

Jenny will be offering yoga classes at the Mabou Renewal Centre, Inverness Inverary Manor, plus Fitness and Yoga classes at Inverness Chiropractic.

- Vinyasa Flow Yoga (Beginner/ Level 1, Level 1-2 and Level 2)
- Fit Body Blast
- Stability Ball
- Core Strengthening



One-on-one Yoga and Personal Training (personalized fitness plan and nutrition guidance) is also available in the comfort of your own home! For more information check the website at [www.dannsairwellness.com](http://www.dannsairwellness.com), email Jenny at [dannsairfitness@gmail.com](mailto:dannsairfitness@gmail.com) or call/text her at 902-318-3892. Like us on Facebook. Dannsair Fitness and Wellness.



### Art Classes - more than meets the eye!

We welcome Jen Vivian to Inverness County. Jen is an artist and art therapist who is originally from Newfoundland and has Inuit ancestry. After having studied studio art at Concordia University in Montreal, she travelled and eventually returned to Montreal to pursue a Masters degree in Art Therapy. Jen recently relocated to West Lake Ainslie with her husband. Jen is passionate about art making and community building. She has experience creating art with people of all ages, from toddlers through to seniors. Jen works from a collaborative perspective and deeply believes that all people are artists in their own right. With a passion for

lifelong learning, Jen likes to explore new media and learn from others. Her first artistic love was drawing but she also likes to explore painting, fabric work, video and collage. This season, Jen will be hosting classes in Inverness (page 12) and Whycocomagh (page 16). See Jen's course listings for those communities to learn about what she has on offer.

### Active Start Program - Sponsored by the Special Olympics These classes are open to all families in Inverness County

For all ages 2-6 years. Saturdays, 10:15 am – 11:00 am at the Mabou Firehall. April 2, 9, 16, 23, 30, May 7, 14, 21, 28 and June 4. This is a parent and tot class intended to teach basic active skills such as throwing, catching, jumping, kicking and balancing through games, songs and free play with a variety of sports equipment.

There is no cost to register, however only eight children (with their parents) can be accommodated in this special program.. As Special Olympics is sponsoring this program, priority will be given to children with intellectual disabilities. Register early as space is limited. For more information or to register, please contact the instructor, Lynette Rankin by phone: 902-945-2826 or email: [Lynette.rankin@srsb.ca](mailto:Lynette.rankin@srsb.ca) to register.

Mrs. Lynette Babin Rankin, BSc (Dal), BEd (Acadia), MEd (Acadia), MEd (StFX). [Note: This program is open to **all** families in Inverness County and is provided on a space available basis.]

*"...when children receive early instruction in basic motor skills and have the opportunity to experience 'play,' there is improvement in their physical, social and cognitive abilities." - [www.specialolympics.ca](http://www.specialolympics.ca)*

*Continued from page 5...WELL-BEING*

lived. For example, deciding to walk fifteen minutes three days per week for the entire year would be a more realistic goal than deciding to work out forty-five minutes five days per week for the entire year. You can always add more time to your activity, but at least when you aren't feeling well or when you are travelling you can still attain your goal for the week and will feel good about it. This alone might inspire you to make and keep more commitments to yourself and others.

Tip #9: Focus on building a healthy foundation for your life first. Imagine building a house without a foundation; you would waste your time, money and would endure a lot of structural casualties along the way. Don't expect the miracle tea or food that you read about online to change your life when you aren't sleeping enough or drinking more than two glasses of water per day and you start your day with four cups of coffee. Many things can be effective when added into your diet or routine, but only when you are practicing the basics of health.

I will leave you with Tip #10: The best ingredients in the store are the ones that don't have an ingredient list. Yes, these are the ones that don't make claims, they don't come in bright packaging or need commercials or famous cartoon characters to get your kids to beg you to buy them. They are the ones that have little or no packaging.

Cheers to making sustainable healthy choices that support mind, body and spirit. I am optimistic that by following the ten tips that I have shared, you will be building on a healthy foundation by this time next year! 



# WINTER FEST 2016 ACTIVITIES PLANNED FOR INVERNESS COUNTY

The Inverness County Recreation/Tourism Department is partnering with community groups and organizations throughout the county to sponsor "Winter Fest 2016". This celebration will provide opportunities for children, youth and adults to participate in fun outdoor recreational activities that encourage a healthier, active living lifestyle. Weather permitting, some of the activities that are being planned are: Outdoor skating; snowshoe hike; tobogganing; snowman contest; snowshoe races for the children; bonfire; snow-sculpturing; tug-of-war; scavenger hunt; outdoor photography contests; and more. As we go to print, the following communities have something planned:

### Cheticamp

La Societé Saint Pierre  
TBA (Will be advertised)  
Contact: yvettessp@gmail.com

### Creignish District Recreation Assn

February 13, 1:00 pm -4:00 pm  
Contact: John "Smokey" MacNeil  
902-625-0007

### Inverness

Inverness Cottage Workshop  
March 17, 10:00 am - 1:30 pm  
Contact: Contact: 902 258-3316

### Inverness County

L'Arche Cape Breton  
January 28/29  
Contact:  
larchepr@larchecapebreton.org

### Judique

Judique Flyer Trails Association  
TBA  
(Will be advertised)



### Lake Ainslie

Lake Ainslie Development Association  
Coasting Party at Scotsville Firehall  
February 13, 1:00 pm - 3:00 pm  
Contact: coraliecameron@hotmail.com

### Margaree Centre

Cranton Crossroads Community Centre  
February 27, 2:30 pm - 6:15 pm  
Contact: 902-248-2261

### Meat Cove

Meat Cove Community Centre  
TBA (Will be advertised)  
Contact:  
meatcovecentre@gmail.com

### Port Hood-Port Hood Fire Department

TBA (Will be advertised)  
Contact: 902-787-2845

### West Bay

West Bay Community Association  
February 13, 1:00pm - 5:00 pm  
Contact: 902-345-2988

### West Mabou

West Mabou Winter Carnival  
TBA (Will be advertised)  
Contact:  
emaceachern@yahoo.com

### West Bay Road

Volunteer Fire Dept Ladies Auxiliary  
February 20, 2:00 pm -5:00 pm  
Contact: irenec@bellaliant.net

### Whycocomagh

Whycocomagh Waterfront Society  
February 20  
Contact:  
terry.gillis@live.com

Tune in to the Municipal Recreation Department's report on CJFX FM and 101.5 The Hawk, or check the latest editions of the *Oran* and/or the *Reporter* for up-to-date information on all of the Winter Fest fun coming your way this winter!



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/per year/per child for sport registration and/or equipment.

Application deadlines are the first day of every second month. The next deadline is March 1. Future deadlines are: January 1, May 1, July 1, September 1, November 1.

Call the Municipal Recreation/Tourism office at 902-787-3508 or toll-free 1-800-567-2400 for more details, OR visit: <http://www.sportnovascotia.ca/kidsport>

\* \* \* \* \*

# Join the Fun!

## Winterfest Snow Sculpture

### Contest February & March

Don't let winter keep you stuck inside...get together with your family and friends, groups or business colleagues and build a snow sculpture to celebrate Winter Fest 2016. Take a photo with your sculpture and send it to the Inverness County Recreation Department.

Families, groups of friends, businesses, and area organizations are invited to get creative and have some fun outdoors building a snow sculpture. You can build your sculpture either on your own property or at a central location in your community (with permission from the landowner). **The Contest will run from February 8 to March 25, 2016.**

**How to Enter:**

Send in a photo of the sculpture with the individual, family, group, organization, business, that built it, complete with name, address and date when picture was taken.

Submit the information above to Inverness County Recreation/Tourism Department either by \*email at: [info@invernesscounty.ca](mailto:info@invernesscounty.ca) with 'Snow Sculpture Contest' in the subject line and your return email address in the body of the email.

\* Please follow up your email with a phone call to 902-787-2274 to confirm that you have sent it in. Or, send the information and photo by regular mail to: Recreation/Tourism Department, Municipal Building, 375 Main Street, PO Box 179, Port Hood, NS, B0E 2W0.

Photos will be judged and prizes awarded. **The deadline date for the contest is March 25, 2016.**

**Guidelines:**

1. Open to all residents.
2. Props allowed, but 75% of creation must be visible snow. (Prop examples: brooms, carrots, scarves, colored snow, lights etc.)
3. Photo must include the sculptor(s).
4. No limit to sculpture design, it can be a traditional snowman or any other type of inventive snow sculpture.

**Prizes:**

1. Gift cards awarded for family and friends category.
2. Trophy to be awarded for winner in the organization or business group category.
3. Everyone who enters and submits a photo will be entered into a draw to receive free snowshoe or ski rentals for a week.

All entries will be showcased online in a photo gallery and selected images will be printed in May issue of *The Participaper*. If you have any questions please call 902-787-2274.

*Be creative! Your cool creation could win you a cool prize!*



**Inverness County  
Cribbage Championship  
April 23**

The Scotsville Firehall will be the place to be on April 23. This is where the winners and runners-up teams from local community tournament playdowns will compete against each other for the ultimate title of county champions!

For more information contact the municipal Recreation/Tourism Department at 902-787-2274.

INVERNESS COUNTY RECREATION/TOURISM DEPARTMENT  
RECREATION & CONTINUING EDUCATION COURSES - SPRING 2016

**REGISTRATION WEEK: FEBRUARY 15 - 19**

The Inverness County Recreation/Tourism Department invites you to get “On the Move” by participating in healthy lifestyle programs and activities this Spring. Check out our schedule which offers a wide variety of classes and workshops for children, youth, adults and seniors. Whether your interest is in the crafts, sports, health, fitness, dance or music, there is sure to be a class to suit you.

**Registration and Payment of Courses:**

The Inverness County Recreation/Tourism Department has implemented a new policy for the registration process. Since it is difficult for instructors to plan their courses if there are too many late registrations, a **\$10 LATE CHARGE** will be added for those registering after **February 26** (the deadline date for mail-in registration.) If you would prefer not to pay this late charge, make sure you register before the deadline date. You may register at the designated location in the community offering the course/workshop you want to take, or you can mail your fees and registration information to the local programmer. **On-site registration week is February 15 - 19. Mail-in registration will be accepted until Friday, February 26. All courses begin the week of February 29, unless otherwise stated. We encourage you to register early, as all courses must meet a minimum enrollment and 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. Refunds may also be issued if the day of the course changes or if there is a medical reason for withdrawal. 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. Please note, fees for all adult recreation classes include HST.

**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 902-787-3508.

*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: \_\_\_\_\_

Mail form and payment to the Municipal Recreation/Tourism Department  
375 Main Street, PO Box 179, Port Hood, NS, B0E 2W0  
For more information email: [annalee.maceachern@invernesscounty.ca](mailto:annalee.maceachern@invernesscounty.ca)

## SPRING PROGRAMMING SCHEDULE - 2016

*Courses in all communities are open to any Inverness County resident, regardless of geographic location; please register with the local programmer where the course/workshop is offered or mail-in your registration to the Recreation/Tourism Department.*

### **BELLE CÔTE AND AREA**

#### **REGISTRATION:**

Cape Breton Highlands Academy

Tuesday, February 16

Thursday, February 18

7:00 pm – 8:00 pm

#### **PROGRAMMER:**

Julia Tompkins

PO Box 651, Margaree Forks

BOE 1A0

PHONE: (902) 224-1744

*Note: All classes take place at Cape Breton Highlands Academy unless otherwise stated. For classes offered by Michelle Greenwell that take place at the Belle Côte Community Centre check pages 17, 19, 20 & 21.*

### **CHILDREN & YOUTH**

**BASKETBALL for Grades 4-5:** Date & Time: TBA. Instructor: Julia Tompkins. Fee: \$25/5 weeks.

**DANCE CLUB 1:** 6-8 yrs. Mondays, 2:45 - 4:15pm. Instructor: Michelle Greenwell. Fee: \$100.

**DANCE CLUB 2:** 9 years and older, Mondays, 3:45 - 5:45pm. Instructor: Michelle Greenwell. Fee: \$100.

**DANCE WITH SYDNEY:** Includes Ballet, Contemporary, Jazz, and Lyrical Hip Hop. Recital at end of session. Thursdays. Starts March 3. Ages three to five, 3 - 3:30pm: Fee: \$30/8 wks. Ages six to eight, 3:30 - 4:30pm: Fee: \$45/8 wks. Ages nine to twelve, 4:30 - 6:00pm: Fee: \$60/8 wks. Instructor: Sydney Courtemanche.



**MUSIC IN MOTION:** Ages 4-6. Instructor: Michelle Greenwell. Fee: \$75.

**RUNNING CLUB:** Grades 5 and up. Instructor: Andrew Clarey. Fee/Time/Date: TBA.

**VOLLEYBALL:** Grades 4-6. Volleyball Instructor: Ashley Murphy. Fee: \$25/5Weeks. Time/Day TBA.

### **HEALTH & FITNESS**

**ADULT CO-ED SOCCER:** Wednesdays, 8-9:30 pm. Fee: \$15/10 weeks.

**CADDY INFORMATION SESSION:** Cape Breton Highlands Academy. Thursday, Feb 25th, 6:00-7:00 pm. No Fee. See full details on page 18.

**CADDY TRAINING PROGRAM:** Starts Tuesday, March 29th, 6:00 pm . Class Dates: Tuesday's & Thursday's March 29, 31, April 5, 7, 12, 14. Class Times: 6:00 pm – 8:00 pm. Fee: \$20. See page 18 for full details.

**MULTI-LEVEL YOGA:** A 12-week adult multi-level Vinyasa Flow Yoga class. This class delivers fundamental poses that build strength, balance, flexibility and focus. With a focus on continuous movement matched with the breath, and sun salutation sequencing this class will provide a whole body and breath yoga experience. You will be offered modifications or props when necessary to avoid strain or stress, allowing everyone to experience the benefits of a yoga practice. The class is suitable for students with some previous yoga experience but new yogis are also welcome. All props, including mats, can be provided to all students. Wednesdays, 7:00 pm. Instructor: Pauline LeLievre. Fee: \$30.00/4 classes, \$60.00/8 classes, \$90.00/12 classes.

### **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. Cranton Crossroads Community Centre. Instructor: Shirley Miller. Phone: 902-248-2960.

### **CHETICAMP**

#### **REGISTRATION:**

Contact Programmer, Shelly Merry-Aucoin, as each program has a different start date.

#### **PROGRAMMER:**

Shelly Merry-Aucoin

PO 100

Cheticamp, NS BOE 1H0

Phone: 902- 224-3701 (h) 902-224-5300 (w)

### **CHILDREN & YOUTH:**

#### **BABYSITTING COURSE:**

Red-Cross Babysitting course. Topics covered include: The basic skills required to care for babies, toddlers,

*Continued on page 11...CHETICAMP COURSES*

## SPRING PROGRAMMING SCHEDULE - 2016

Continued from page 10...CHETICAMP COURSES

preschoolers and school-age children; how to care for himself/herself and siblings when home alone; how to create a safe environment and deal with phone calls and unexpected visitors; how to react confidently in case of emergency, such as choking, bleeding, poisoning, or burns; how to cope with common problems, such as tantrums and crying; games and activities to keep kids of all ages entertained. The language of instruction of the course will be FRENCH because of instructor availability. Date: TBA, but course will be given on a Saturday in March from 8:30 am to 4:30 pm. Instructor: Josée Dumoulin. Fee: \$35, includes manual and small first aid kit. Participants must be 11 years old or older to take this course.



**OIL PAINTING:** Beginners to advanced artists will be provided with suggestions and feedback in a relaxing comfortable atmosphere as they complete their painting project. Wednesdays, 8 weeks. Instructor: Gilles Deveau. Time: TBA. Fee: \$48 + materials.

**PHOTOGRAPHY FOR BEGINNERS/INTERMEDIATE:** Understanding your camera's functions, getting away from photographing in automatic modes & taking control of your camera, understanding flash, tips on portraits & landscape photography, going into the field with the instructor— practicing what you learned. Maximum of 8 people per group. Four 2-hour evening courses with dates and times to be determined by participant availability. \$80.50 per person. Instructor Roman Buchhofer. Contact at 902-224-5255 or email: [info@romanbuchhofer.com](mailto:info@romanbuchhofer.com) . Instructor's website: [www.romanbuchhofer.com](http://www.romanbuchhofer.com) .

### **HEALTH & FITNESS**

**VOLLEYBALL:** Adult non-instruction. Wednesdays, 6:30pm at École NDA. \$2 per session. Contact Ashley Roach-Poirier 902-224-1157/5035. Starting immediately.

**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. 8 weeks. Mondays, 6:45pm - 8:00pm. Instructor: Carol Le Blanc. Fee: \$50 or \$8/session.

**BADMINTON:** Co-ed, non-instructional activity. Mondays & Thursdays, 6:30 - 8:30 pm. Fee: \$2 per night. A secondary contact for this course is Gaston Chiasson.

### **ADULT PERSONAL INTEREST**

#### **EMOTIONAL FREEDOM TECHNIQUE OR TAPPING:**

It's described as a combination of emotional awareness and acupuncture without the needles. This technique does not replace modern medicine but it can help your body do what it's supposed to do - HEAL. Come and hear how you can deal better with physical ailments, grief, sadness, anxiety, phobias and much more. Tuesday, March 1, 7pm, at École NDA. Presentation given by: Gilberte Cormier, BEd, Eft-adv, Eft levels 1 and 2. Fee: \$10. If there is enough interest, more regular sessions will be offered.

Check the latest issues of the *Oran* or *Reporter* for any changes or corrections relevant to the Courses/Workshops listed in these pages.

### **GLENDALE**

#### **REGISTRATION:**

Glendale Parish Hall  
Saturday, March 19  
Prior to each class

#### **PROGRAMMER:**

Grace MacDonald  
4213 Hwy 105, Glendale  
RR#1 West Bay Rd, Nova Scotia  
BOE 3L0  
PHONE: (902) 625-0298

### **CHILDREN & YOUTH**

**CAPE BRETON STEP DANCE:** All participants **must be 5 years of age or older**. Eight weeks of lessons in total. Due to work and personal commitments some classes will be required to be rescheduled. A full class schedule will be available on the first day of class. Saturdays: Beginners/9:30 - 10:15 am; Intermediate/10:20 - 11:20 am; Advanced/11:25 am - 12:25 pm. Cost - \$40.00 per dancer plus \$8.00 for each additional sibling in a family. Instructor: Claire Sampson MacDonald. Fee: \$40 per dancer (\$8 for each additional sibling.) Classes will be held at the Glendale Parish Hall.

Note: *The Annual Youth Ceilidh will be held on Sunday, May 15th in St. Mary of the Angels Parish Hall.*

Continued on page 12...COURSES

## SPRING PROGRAMMING SCHEDULE - 2016

Continued from page 11...COURSES

### INVERNESS

#### REGISTRATION:

Inverness Academy  
Tuesday, February 16  
Thursday, February 18  
7:00 pm - 8:00 pm

#### PROGRAMMER:

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

Phone: (902) 258-2089

Email: [annalee.maceachern@invernesscounty.ca](mailto:annalee.maceachern@invernesscounty.ca)

*Please check pages 17,19, 20 & 21 for more of Michelle Greenwell's classes and class descriptions.*

### CHILDREN & YOUTH

**ART CLASSES:** This five week, 2-hour class is for children ages 9 - 12. The kids will experience different techniques of art making such as: drawing, painting, working with clay, comic strip, doll-making, journaling. One hour of instructed art-making techniques will be taught, followed by an open studio for one hour. Wednesday, 6 - 8 pm. Instructor: Jen Vivian. Fee: \$40 includes supplies (maximum 10 students).

**DANCE CLUB 1:** (6-8 yrs) Fridays, 2:45 pm - 3:45 pm.  
Instructor: Michelle Greenwell: Fee: \$75.

**GUITAR LESSONS:** Individual half-hour lessons for beginner or intermediate players. Wednesdays, beginning March 2nd. Book your half-hour spot between 6 pm & 8 pm. Instructor: Jesse Fraser: Fee: \$48/6 weeks. Must bring your own tuned guitar.

**HIGHLAND DANCE:** Highland dance classes for ages 5-7 and 8-10 (Grades Primary to five.) This class will introduce students to the basics of highland dancing including: Basic steps; basic arm and foot positions; basic movements including hop, spring, high cuts, spring points, and toe heel. Students will strengthen and stretch muscles through various activities and learn to follow instructions from the teacher in a structured environment. Come and celebrate your Scottish roots! Starts Wednesday, March 2, Grades Primary to Two, 3-3:45pm/Grades Three to Five, 4-4:45pm. Instructors: Emily and Laura Walker. Fee: \$40/8 weeks. Maximum 10 students for each class/class size is 5 students per instructor.

**MUSIC IN MOTION:** (3 -5 yrs) Fridays, 3:45 pm - 4:30 pm.  
Instructor: Michelle Greenwell. Fee: \$60.

**Tae Kwon Do:** A fun and challenging class where you will increase your strength, fitness and flexibility levels while receiving a great workout! Program is suitable for all fitness levels. Beginner class and Belted classes. Ages 7 and up. Tuesdays, starts February 16th, 7-8 pm. Instructor: Neil MacQuarrie. Fee: \$40/8 weeks.

**TAE KWON DO:** Grades primary and one. A fun beginner class, Thursdays, starts February 18th, 4:30-5:15 pm.  
Instructor: Neil MacQuarrie: Fee: \$30/8 wks.

**YOUNG COUNTY SINGERS:** This class will take place at the Inverness Manor Community Room. This program is open to all youth who wish to try singing in an organized, yet fun and energizing setting. Good singing habits; part-singing; music reading; singing for each other; and choosing music, are just some of the elements that will be offered in the above programs. Starts Monday, March 7th, 4:30 - 5:30pm; Instructor: Laurel Browne. Fee: \$80/8 wks.

### HEALTH & FITNESS

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

**BASKETBALL:** Co-ed adult non-instructional basketball. Wednesdays, 7:30-9:00 pm. Organizers: Joey Burke. No fee, but you must register with organizers before class begins.

**CADDY INFORMATION:** Cabot Links Clubhouse, Wednesday Feb 24th, 6:00-7:00 pm. Free. See page 18 for more details.

**CADDY TRAINING PROGRAM:** Starts Tuesday, April 19th, Inverness Education Centre/Academy: Class Dates: Tuesday's & Thursday's, April 19, 21, 26, 28, May 3, 5. Class Times: 6:00 pm - 8:00 pm. Fee: \$20 See page 18 for full details.

**CARDIO CIRCUIT BURN:** This is a cardiovascular and strength workout designed to burn fat and sculpt a leaner longer YOU! With intense bursts at each cardiovascular and strength exercise station and short active recovery exercises in between, you will get your full body workout safely and effectively in only 40 minutes. We end the class with 15 minutes of flexibility and a 5 minute relaxation. This class is designed to burn fat, increase energy, improve range of

*Continued on page 13...INVERNESS COURSES*

## SPRING PROGRAMMING SCHEDULE - 2016

*Continued from page 12...* INVERNESS COURSES

motion and increase cardiovascular and muscular endurance. You will leave the class with a feeling of accomplishment and rejuvenation. This class is suitable for all levels and students are encouraged to work at their own pace. Thursdays, 7:30 - 8:30 pm beginning March 3. Instructor: Jenny MacKenzie. Fee: \$73.60/8 wks. (\$64 plus HST).

**QI YINTEGRATION™:** Friday, 12:15 - 1:45 pm, beginning April 8 at the Inverary Manor community room. This 8 week session is devoted to utilizing the exercises learned in Set 1-3, including the expansion of the 5 Element Tai Chi Set with Sound. Beginners are welcome and alternatives are offered for any movement challenges. Instructor: Michelle Greenwell. Fee: \$85.

**WALKING INDOORS:** Stay dry and warm walking at Inverness Education Centre/Academy. Hall walking is available Monday - Friday, 3 - 6pm. No fee. Bring indoor walking shoes.

**VOLLEYBALL:** Co-ed adult, non-instructional volleyball. Fridays 7:00 - 9:00 pm. Organizer: Archi Sofan. No fee, but you must register before class begins.

**CLASSICAL, ASHTANGA YOGA:** This eight week course will introduce you to a Flow of 38 easy postures that takes about one hour and twenty minutes from start to finish. Starts Thursday, March 3 to April 21, 5:00 pm - 6:30 pm. Instructor: Pat (McMaster) MacNeil, Certified Yoga Teacher. Fee: \$46/8 wks.

**AFTER WORK YOGA - RELEASE THE DAY'S STRESS AND RE-ENERGIZE FOR THE EVENING:** The practice of yoga increases strength, flexibility and balance, tones the body and relaxes the mind. Beginners welcome. Thursdays, 4:30 - 6:00 pm at the Inverary Manor community room. Starts, April 28th. Instructor: Anne Lévesque. Fee: \$46/8 weeks.

**INTRODUCTION TO YOGA:** This 6 week program is being offered FREE to those who have NEVER, EVER set foot in a yoga class. If you have never taken a yoga class before because you were intimidated by your age, ability, agility or mobility then this class is for you! The program will run once a week, every Thursday from 10 am to 11 am. Starts March 3rd. It will be held at the Inverary Manor community room. The exercises will be adjusted to meet the needs of the students. You are never too young or too old to improve your health from what it is presently. Teacher is Pat MacNeil. What to wear? It really doesn't matter what you wear to yoga as long as it isn't too tight or too loose. Equipment: You may

want to bring water, cushion and a yoga mat. (Yoga mats may be provided if needed.) Come out and give it a try. Maximum number of participants 10.

### ADULT PERSONAL INTEREST

**PAINTING IN ACRYLIC & OILS:** Explore the basics of acrylic and oil painting in this easy going class and discover your inner artist. Beginner and intermediate students welcome. Beginning March 1, Tuesdays, 6:30-9 pm. 10 weeks. Instructor: Terry MacDonald. Fee: \$25.

### 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. Contact the Inverness literacy office 902-258-3110 for more information.

### JUDIQUÉ

#### **REGISTRATION:**

Judique Community Centre  
Monday, February 15  
5:30 pm - 7:00 pm

#### **PROGRAMMER:**

Mala Webb  
905 River Denys Rd.  
Judique, NS  
BOE 1PO  
**PHONE:** (902) 623-2534  
**EMAIL:** nirmalawebb@hotmail.com

*Please check pages 17, 19, 20 & 21 for more of Michelle Greenwell's classes and class descriptions.*

### HEALTH & FITNESS

**TAI CHI:** Tuesdays, 6:30 pm - 8:00 pm. At Judique Community Hall. Instructor: Michelle Greenwell. Fee: Adults \$23 per month/Students and seniors 55 yrs and older \$12 per month.

#### **TAI CHI & WORKSHOPS:**

Judique Community Hall. For full details on these workshops and the workshops below see pages 17, 19, 20 & 21.

#### **SOUND ESSENCE BATH WITH SINGING BOWLS AND HAPI**

**DRUM:** Instructor: Michelle Greenwell. Saturday, February 13th, 4:30 pm - 5:30 pm and Saturday, April 9th, 4:30 pm - 5:30 pm Fee: \$23/session.

*Continued on page 14...* JUDIQUÉ COURSES

## SPRING PROGRAMMING SCHEDULE - 2016

*Continued from page 13...JUDIQUÉ COURSES*

**INTRODUCTION TO STEP DANCE:** Saturday, March 12th, 4:30 - 5:45 pm. Instructor: Michelle Greenwell. Fee: \$12.

**INTRODUCTION TO TAP DANCE:** Saturday, April 16th, 4:30 - 5:45 pm. Instructor: Michelle Greenwell. Fee: \$12.

**PUTTING YOUR BEST FOOT FORWARD:** Saturday, May 14, 4:30 - 5:30 pm. Instructor: Michelle Greenwell. Fee: \$12.

### **MABOU**

#### **REGISTRATION:**

Dalbrae Academy  
Tuesday, February 16  
Wednesday, February 17  
6:30 - 7:30 pm

#### **PROGRAMMER:**

Eddie MacNeil  
RR 1 Port Hood  
BOE 2WO  
PHONE: (902) 945-2493

*Workshops and Classes by Michelle Greenwell are held at the Old Manse in Mabou. Please see page 17, 19, 20 & 21 for full details.*

### **CHILDREN & YOUTH**

**ACTIVE START:** Ages 2-6. Saturdays, 10:15 – 11:00 am at the Mabou Firehall, April 2, 9, 16, 23, 30, May 7, 14, 21, 28 and June 4. Please contact Lynnette Rankin, 902-945-2826 or Lynnette.rankin@srsb.ca to register. For more information about this program please check page 6.

**STEP DANCE:** Ages 5+. Starts February 17th. Time: 3:15 pm - 4:15 pm. Instructor: Amanda MacDonald. Fee: \$40/8 weeks.

**YOUNG COUNTY SINGERS:** This class will take place at the Music Studio at Laurel's Bed and Breakfast, 4596 Hwy 252, Hillsborough. This program is open to all youth who wish to try singing in an organized, yet fun and energizing setting. Good singing habits; part-singing; music reading; singing for each other; and choosing music, are just some of the elements that will be offered in the above programs. Thursdays, 4:30 pm - 5:30 pm. Starts March 10. Instructor: Laurel Browne. Fee: \$80/8 wks.

### **HEALTH & FITNESS**

**TABLE TENNIS:** The "Dragons Table Tennis Club" will be starting up a 12 week Recreational Table Tennis program at Dalbrae Academy on February 17th. Wednesdays, at 7:00

pm. This is open to everyone 15 years and older. We welcome beginners; those people who want to play for fun; as well as competitors. There will be some instruction and potential tournament play. Instructor: John MacInnis; Fee: \$20.

**TAI CHI CAPE BRETON:** Thursdays, 7 pm – 8:30 pm. Class is held at St. Joseph's Renewal Centre. Fee: Seniors and students, \$12/month/Adults, \$23/month. See full write up on page 21.

**ZUMBA/PILATES:** The Dance Fitness and Core Strength Workout! Come out and enjoy this energizing total-body workout. We will begin with a one-hour Zumba class, the exhilarating dance fitness workout that is fun, effective and promotes weight loss. We will follow with a 30-minute Pilates workout, a popular exercise program aimed at increasing core strength, improving posture and streamlining the body. This 8-week session starts Tuesday, February 16th at 7:30pm at the Dalbrae School. Fee: \$70 (or \$50 for just the Zumba.) Instructor: Jane Gesner, 902-945-2108  
Facebook.com/zumbacapebreton .

### **PORT HOOD**

#### **REGISTRATION:**

Bayview Education Centre  
Tuesday, February 16  
Thursday, February 18  
6:30 - 7:30 pm

#### **PROGRAMMER:**

Marion Anstey  
PO Box 239  
Port Hood, NS  
BOE 2WO  
Phone: (902) 323-0255

*Please check pages 17, 19, 20 & 21 for more of Michelle Greenwell's classes and class descriptions.*

### **CHILDREN & YOUTH**

**DANCE CLUB 1:** Ages 7 - 9 yrs. Wednesdays, 2:45 - 4:15 pm  
Instructor: Michelle Greenwell. Fee: \$100.

**DANCE CLUB 2:** Ages 10 years and older. Wednesdays, 4:15 - 5:45 pm. Instructor: Michelle Greenwell. Fee: \$100.

**MUSIC IN MOTION:** Ages 4-6. Wednesdays, 5:45 - 6:45 pm.  
Instructor: Michelle Greenwell. Fee: \$75.

*Continued on page 15...PORT HOOD COURSES*

## SPRING PROGRAMMING SCHEDULE - 2016

Continued from page 14...PORT HOOD COURSES

**SKIPPING WORKSHOP:** Learn how to skip or simply add new tricks to a fun activity. This workshop will offer an opportunity to learn the simpler tricks like cross-overs to the more difficult like double-unders and double-dutch. This is not only a great opportunity to have fun, but also to stay active. Boys and girls welcome, grades primary – grade 5. February 22 to 26th. 2:45 pm - 4:00 pm. Instructor: Joanna Clark. Fee \$25.



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

**CADDY INFORMATION SESSIONS:** Bayview Education Centre. Tuesday, February 23rd, 6:00 pm -7:00 pm. FREE. See page 18 for full details.

**CADDY TRAINING PROGRAM:** Starts Monday, April 4 at Port Hood's Bayview Education Centre. Monday's & Wednesday's, April 4, 6, 11, 13, 18, 20, 6-8 pm. Fee: \$20 – See full details on page 18.

**QI YINTEGRATION™ Review:** Beginning April 5 for 8 weeks. Instructor: Michelle Greenwell. Fee \$75. See page 20 for details.

**WALKING INDOORS:** Stay warm and dry while you improve your fitness level, health and well being. Get motivated with a friend while walking indoors through corridors and up and down stairs All ages welcome. Monday to Friday, 4:00 - 7:00 pm. No fee but advance registration is necessary. Bring indoor walking shoes.

### **SCOTSVILLE**

#### **REGISTRATION:**

Scotsville School of Crafts

Monday, February 15

3:00 - 4:00 pm

Wednesday, February 17

6:00 - 7:00 pm

#### **PROGRAMMER:**

Verna MacMillan

3054 Route 395

East Lake Ainslie, RR #1 Whycocomagh

BOE 3M0

PHONE: (902) 258-2278

E-MAIL: vernamacm@gmail.com

*Note: All courses and workshops will be held at the Scotsville School of Crafts, 2234 Stratblorne-Scotsville Road, unless otherwise indicated.*

### **HEALTH & FITNESS**

**AERO-TONE LOW IMPACT AEROBICS AND FULL BODY TONING** at Lake Ainslie Fire Hall. Resistance bands are used. All ages, men and women welcome. Dates are subject to change. I'd like to remind you of our snow policy; when the schools are closed, so are we. This is a scent free class. Thank you for your consideration! Contact instructor for schedule & info, phone 902-258-3320. Instructor: Maggie Herbert. Fee \$23, plus materials for 8 classes.

### **ADULT PERSONAL INTEREST**

#### **TUESDAYS**

**Euchre:** Starts March 2016. A fun, fast card game, no fee, you can learn the game or play, everyone welcome! 7:00 pm. Organizer: Verna MacMillan

**Internet & email for Beginners:** Starts March, 2016, 7:00 – 8:30 pm. 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. Instructor: Peggy Gillis. Fee \$20/4 weeks.

**Sock Knitting:** Starts March, 2016. Learn how to knit your own socks with these easy instructions. Pattern included. 1:00 - 3:00 pm. Instructor: Dorothy Saunders. Fee: \$35/6 weeks.

#### **WEDNESDAYS**

**Tile Rummy:** Starts March, 2016. A fun game, easy to learn (8 to adult), no fee, everyone welcome! 2:00 pm. Organizer: Verna MacMillan

#### **THURSDAYS**

**Scrabble:** Starts March, 2016. Everyone welcome! 7:00 pm. No fee. Organizer: Verna MacMillan

#### **SATURDAYS**

**Intermediate Weaving Classes:** Eight weeks starting January 23, 2016. 9:00 am – 12:00 Noon. Instructor: Eileen McNeil. Fee: \$57.50 plus materials. Any interested beginners, please contact Eileen prior to classes beginning to arrange one-on-one time.

*Continued on page 16...COURSES*

## SPRING PROGRAMMING SCHEDULE - 2016

Continued from page 15...COURSES

### **WEST BAY**

**REGISTRATION:**

West Bay Community Hall  
Sunday, March 6  
3:00 pm - 4:00 pm

**PROGRAMMER:**

Annamarie Talbot  
92 Cameron Rd  
West Bay, NS B0E 3K0  
PHONE: (902) -631-0033 or 902-701-00788

### **CHILDREN & YOUTH**

**COUNTY LINE 4-H CLUB:** Meets the 1st Sunday of every month. Contact: Adrienne Smith@ 345-2247.

### **FITNESS, HEALTH AND SPORT**

**BOOT CAMP MONDAY:** Mondays, 6:45 - 7:30 pm, March 21 - April 25. Be inspired, not intimidated. A 45-minute circuit class for all fitness levels. This class is designed to work your entire body in a fun and motivating atmosphere while working at your own level. These six-week programs are aimed at improving your cardio, strength, flexibility, and balance. We use small equipment not limited to free-weight, stability balls, bands and traditional calisthenics. All equipment provided with a smile and enthusiasm is all that is required. Instructor: Hughina MacDougall. Fee: \$40 for six weeks.

**BOOT CAMP WEDNESDAY:** Wednesdays, 6:45 - 7:30 pm, March 23 - April 27. Be inspired not intimidated. A 45-minute circuit class for all fitness levels. This class is designed to work your entire body in a fun and motivating atmosphere while working at your own level. These six week programs are aimed at improving your cardio, strength, flexibility, and balance. We use small equipment not limited to free-weight, stability balls, bands and traditional calisthenics. All equipment provided with a smile and enthusiasm is all that is required. Instructor: Hughina MacDougall. Fee: \$40 for six weeks.

**CARDIO STRENGTH:** Thursdays, 6:45 - 7:30 pm, March 24 - April 28. This cardio class combines the benefits of strength training with a high intensity cardio workout to help you build muscle, increase power and get lean—all in just a few sessions. Instructor: Hughina MacDougall. Fee: \$40 for six weeks.

**YOGA:** Tuesdays, 5:30 - 6:30 p.m. March 22 - April 26. Yoga is a form of exercise that uses slow movements and stretching. It is good for increasing flexibility and balance. It is also good for relieving stress and increasing your ability to relax. Instructor: Marion Sauer. Fee: \$40 for six weeks.

### **PERSONAL INTEREST**

**45's CARD PLAY:** Join us for 45's card play every Wednesday at 7:30pm and on the last Saturday of each month at 7:30 pm. Sponsored by the Head of the Bay Seniors Club. Contact: Murray MacPhie at 902-345-2988.

### **WHYCOCOMAGH**

**REGISTRATION:**

Whycocomagh Education Centre  
Tuesday, February 16  
Thursday, February 18  
6:00 - 7:00 pm

**PROGRAMMER:**

Darlene Ellis  
23 Johnson Road  
PO Box 307, Whycocomagh, NS  
B0E 3M0

Phone: 902-227-0016  
darlene\_ellis@hotmail.com

### **CHILDREN & YOUTH**

**ART CLASSES:** This five week, 2-hour class is for children ages 9 - 12. The kids will experience different techniques of art making such as: drawing, painting, working with clay, comic strip, doll-making, journaling. One hour of instructed art-making techniques will be taught, followed by an open studio for one hour. Starts Thursday, March 3rd, 6 - 8 pm. Instructor: Jen Vivian. Fee: \$40 includes supplies (maximum 10 students).

**YOUNG COUNTY SINGERS:** This program is open to all youth who wish to try singing in an organized, yet fun and energizing setting. Good singing habits; part-singing; music reading; singing for each other; and choosing music, are just some of the elements that will be offered in the above programs. Wednesdays, 4:30 pm - 5:30 pm. Starts March 9. Instructor: Laurel Browne. Fee: \$80/8 wks.

### **HEALTH & FITNESS**

**ADULT CO-ED BADMINTON:** Non-instructional badminton.

Continued on page 17...WHYCOCOMAGH COURSES

## SPRING PROGRAMMING SCHEDULE - 2016

*Continued from page 16...*WHYCOCOMAGH COURSES

Thursdays, 6:30 - 8:30 pm. Fee: \$5 per person includes GST. For more information please contact Eldon MacLeod at 902-756-2624.

**NIA:** Nia is a form of fitness that combines dance, martial arts and healing arts into a routine that nurtures body, mind and spirit. It is a high energy, low impact workout that is designed for individuals of all fitness levels and ages. Please wear comfortable, light clothing and bring water. Nia is done barefoot, unless shoes are needed for health or comfort. Starts Wednesday March 2 for 6 weeks. Instructor: Eryn Sinclair. Cost \$40. If you have any questions please don't hesitate to call at 902-756-2329.

**ZUMBA®/PILATES:** The dance fitness and core strength workout! Come out and enjoy this energizing total-body workout! We will begin with a one-hour Zumba class, the exhilarating dance fitness workout that is fun, effective and promotes weight loss. We will follow with a 30-minute Pilates workout, a popular exercise program aimed at increasing core strength, improving posture and streamlining the body. 8-week session starts Monday, February 15th at 6:30 pm at the Whycomomagh Education Centre. Fee: \$70 (or \$50 for just the Zumba®). Instructor: Jane Gesner, 902-945-2108. Facebook.com/zumbacapebreton .

### Spring into Self Care - Special Offering

Have you ever thought about how Yoga could help you correct back pain, improve sleep, or even increase your mobility? Is it possible that Zumba® could put a spring in your step when hiking? Do you want to know how to sit and be fit while increasing circulation and improving your mobility? Are you curious about how rubbing your feet for 30 seconds can change the mobility of your spine and the coordination of your body? Join us April 2 for an evening of fun as we explore how some of Inverness County's resident fitness experts can help you be fitter and healthier than you thought possible.

There may have been many times when you thought that signing up for an exercise class would do you good. But, what is good? What is exceptional? What is pain free? What is high energy? What is fun and laughter with a few friends getting ready for the great outdoors? This is what our fitness programs can offer you on many levels.

Jenny MacKenzie and Michelle Greenwell have combined their passion for helping people be the best they can be; they have created an event that explores holistic healthcare available to residents in Inverness County. Explained Michelle, "We envisioned an event that would bring several instructors together, while also bringing new participants and seasoned participants to one place for fun and learning." Jenny added, "Together, at St Joseph's Renewal Centre in Mabou (a central location in the county), participants will learn some new techniques, get to know the instructors and will be encouraged to ask questions. We want to become more accessible to the community."

The event starts at 3 pm with a special Spring Meditation created by Tanya Levy (or "Heartlady" as she is fondly known by her Facebook followers) and Natascha Polomski, a sound and frequency specialist who delights audiences with her Singing Bowls, Gongs, Hapi Drum and Chimes; this is a truly relaxing experience which will help centre us before we continue with a special Yoga Instruction by Jenny MacKenzie. Jenny believes that it is important to take time and care to practice yoga year-round to nurture our physical, mental and emotional well-being for optimal health. She will offer a Vinyasa Flow Yoga practice of active and restorative poses, breath and meditation techniques to help ease, relax and leave you feeling rejuvenated. This mini-workshop is suitable for those who have never taken a yoga class, as well as seasoned practitioners of yoga.

Michelle Greenwell will share her Feet First System to assist with walking and relieving pain in the feet. Creator of Qi YINtegration™, she will also share her expertise with the Seated form for Tai Chi for increasing circulation, energy flow and mobility in the legs. She will follow this with some simple Tai Chi movements for finding more power in the body with ease.

Eryn Sinclair will bring insight into the Nia system which specializes in combining Tai Chi, Yoga and Dance in one modality. As the music lifts us up, so will the moves that generate energy and power.

Zumba™ will lift our spirits even more as Jane Gesner brings some new ideas about movement for our bodies. If you have never tried a dance class, this will be the way to get a taste of the energy generated with the music, a few great friends beside you, and an inspirational instructor at the lead.

This is just a taste of what is in store for you this spring. The event will have mini-sessions of each fitness style, a question and answer period with the instructors, snacks, and the Intend2RaeD8 Teas. This full package deal comes with friendship, fun and lots of learning for health and vitality. The cost for this all-inclusive event? A donation to the St Joseph's Renewal Centre for hosting us. Invite a friend, or two, or three, and come have some fun with us at Spring into Self Care Inverness County!

For a complete schedule, check out Jenny's website at: [www.dannairswellness.com](http://www.dannairswellness.com) or, Michelle's website at [www.dancedebut.com](http://www.dancedebut.com). They will continue to update the schedule as the event gets closer. If you plan on attending, please drop them a line on Facebook so they can count you in.

## Free Caddie Information Sessions

Have you heard of, or do you know someone who is a caddie? Are you interested in learning more about this occupation? Information sessions will be held to explain what a caddie does and how to become one. These sessions are open to all residents who fulfill the \*criteria for caddies. The sessions will be held on various dates at a number of locations in Inverness County. This county is home to two of the top 100 golf courses in the world - Cabot Links and Cabot Cliffs are "walking only" courses which utilize the services of caddies for their guests.

### Session Locations, Dates and Times:

Port Hood – Bayview Education Centre: Tuesday, February 23rd, 6:00 - 7:00 pm.

Inverness – Cabot Links Clubhouse: Wednesday, February 24th, 6:00 - 7:00 pm

Belle Côte – Cape Breton Highlands Academy: Thursday, February 25th, 6:00 - 7:00 pm

Registration: You may register with the community programmer in your area if you are planning to attend. Or, you may contact the Inverness County Recreation/Tourism Department at 902-787-3508.

\*Who is eligible to become a caddie? Anyone 14+ years of age (as of May 15th) who is physically capable of walking 18 holes of golf while carrying a set of golf clubs.

## Caddie Training Sessions

Inverness County is hosting a Caddie Training Program to help grow and develop individuals into outstanding caddies at golf courses in Inverness County. The Caddie Training Program will be offered in a number of locations with a choice of dates for those who wish to take the program. Only one of these six-week training programs is required to become certified to caddie at Cabot Links in 2016. This training program consists of the following:

- 12 hours of classroom instruction by PGA of Canada Professionals and Experienced Caddies
- Guest Speakers
- Caddie Training Manual

The training program will cover the following topics:

- The Role of a Caddie
- Duties on Course
- Understanding the Rules of Golf
- The Caddie in Relation to Guest Experience
- Golf and Caddie terminology
- Guest Speakers – Real life on course experiences
- Professional Standards
- Tour Caddies vs Resort Caddies
- Arrival and Departure Responsibilities
- Payment Process
- Introducing The Courses Cabot Links & Cabot Cliffs
- On Course Training

### Caddie Training Program - Class Dates/Times & Locations:

Belle Côte – Cape Breton Highlands Academy: Classes start Tuesday, March 29th, 6:00 pm. Class Dates: Tuesday's & Thursday's, March 29, 31, April 5, 7, 12, 14. Class Times: 6:00 pm – 8:00 pm

Port Hood – Bayview Education Centre: Classes start Monday, April 4th, 6:00 pm. Class Dates: Monday's & Wednesday's, April 4, 6, 11, 13, 18, 20. Class Times: 6:00 pm – 8:00 pm

Inverness – Inverness Education Centre/Academy. Starts Tuesday, April 19th, 6:00 pm. Class Dates: Tuesday's & Thursday's, April 19, 21, 26, 28, May 3, 5. Class Times: 6:00 pm – 8:00 pm. Registration Fee: \$20.

Register with your local programmer in any of the three communities where the training sessions will take place OR mail/drop off your registration to the Inverness County Recreation/Tourism Department, 375 Main Street, PO Box 179, Port Hood, NS, B0E 2W0. For more information, contact 902-787-3508.

*The Caddie Program Pre-Season Sessions Facilitator/Instructor is Ted Stonehouse, a member of the PGA Canada.*



*Pictured above, caddying at Cabot Links*

*Note: The caddie information sessions and caddie training sessions are sponsored by the Inverness County Recreation Department. These sessions are open to all county residents 14+ years of age (as of May 15th) who are physically capable of walking 18 holes of golf while carrying a set of golf clubs.*

New Cape Breton website aims to connect the island

goCapeBreton.com is a new local website that is dedicated to connecting people, events, news, and resources (such as job postings) around Cape Breton. It's free to sign up and post all of your events and promote what's going on throughout the island. You can sign up at: <https://capebreton.lokol.me/co/auth/register> .

For answers to questions about the sign-up process or posting to the site, contact Rory Andrews, goCapeBreton Content Coordinator, by email at: [rory.andrews@lokol.me](mailto:rory.andrews@lokol.me) or phone at: 902 304-9824.

## MICHELLE GREENWELL CLASSES AND WORKSHOPS

### MONDAYS

#### **Belle Côte Hall:**

9:00 -10:00 am - Touch for Health Level 4. Class begins April 4. Students will continue to practice their skills during this one hour as they work through the techniques and balance muscle techniques used at this advanced level. Cost: \$75, including HST, for 8 weeks.

10:00 - 11:30 am - Tai Chi Cape Breton. See description in general class listing. Class runs full year with beginners welcome at any time.

11:30 - 12:30 pm - Qi YINtegration Review. Class begins April 4. This 8 week session is devoted to utilizing the exercises learned in Set 1-3, including the expansion of the 5 Element Tai Chi Set with Sound. Beginners are welcome and alternatives are offered for anyone with movement challenges to consider. Cost: \$75 w HST.

12:30 – 1:15 pm - Preschool Dance. Class begins April 4. For ages 3-4 years. Join us for some dance and music fun as we explore movement, dance steps, special themes and the basics of music. Please wear something easy to move in, and ballet slippers on the feet or socks. Cost: \$55 for 8 weeks.

#### **Cape Breton Highlands Academy School Stage - Full Year Program.**

2:45 - 4:15 pm - Dance Club 1 (6-8 yrs) - Final payment now due for the full year class: \$100.

3:45 - 5:15 pm - Dance Club 2 (9 years plus) - as above.

5:15 – 5:45 pm - Performance Specialty (for dancers with previous experience 7 yrs and up.)

5:45 – 6:45 pm - Music in Motion (4-6 yrs) Final payment now due for the full year class: \$75.

### TUESDAYS

#### **Port Hood - Bayview School:**

2:45 - 4:15 pm - Dance Club 1 (7-9 yrs) - Final payment now due for the full year class: \$100.

4:15 - 5:45 pm - Dance Club 2 (10 years plus) - as above.

5:45 - 6:45 pm - Music in Motion (4-6 yrs) - Final payment now due for the full year class: \$75.

6:45 – 7:45 pm - Qi YINtegration Review. Class begins April 5. This 8 week session is devoted to utilizing the exercises learned in Set 1-3, including the expansion of the 5 Element Tai Chi Set with Sound. Beginners are welcome and alternatives are offered for anyone with movement challenges to consider. Cost: \$75 w HST.

### WEDNESDAYS

#### **Mabou - The Old Manse:**

4:30 - 5:30 pm - Music in Motion (4 -5 yrs). Final payment for full year program now due: \$75.

#### **Judique - Judique Community Hall:**

6:30 - 8:00 pm - Tai Chi Cape Breton. See description in general class listing, page 13. Class runs full year with beginners welcome at any time.

### THURSDAYS

#### **Mabou - The Old Manse:**

12:45 – 2:15 pm - Qi YINtegration Review. Class begins April 7. This 8 week session is devoted to utilizing the exercises learned in Set 1-3, including the expansion of the 5 Element Tai Chi Set with Sound. Beginners are welcome and alternatives are offered for those with movement challenges. Cost: \$75 w HST.

#### **St. Joseph's Renewal Centre:**

7:00 – 8:30 pm - Tai Chi Cape Breton. Please see description in general class listing. Class runs full year with beginners welcome at any time.

### FRIDAYS

#### **Inverness - Inverary Manor:**

12:15 - 1:45 pm - Qi YINtegration Review. Class begins April 8. This 8 week session is devoted to utilizing the exercises learned in Set 1-3, including the expansion of the 5 Element Tai Chi Set with Sound. Beginners are welcome, and alternatives are offered for any movement challenges. Cost: \$85 w HST.

#### **Inverness Education Centre/Academy:**

2:45 - 3:45 pm - Dance Club 1 (7-9 yrs). Final payment now due for full year program: \$75.

3:45 - 4:30 pm - Music in Motion (3 -5 yrs). Final payment now due for full year program: \$60.

*Dance Club and Music in Motion classes cover techniques from tap, jazz, hip hop, lyrical, musical theatre, highland and stepdance. Dancers require leggings, a t-shirt, tap shoes and a pair of flat running shoes. Classes run from September to May and dancers make a full year commitment to the group. Our Spring Show will be held Friday, May 13 at Strathspey Place Theatre in Mabou.*



## MICHELLE GREENWELL CLASSES AND WORKSHOPS

THE FOLLOWING WORKSHOPS ARE OPEN TO RESIDENTS OF ALL COMMUNITIES IN INVERNESS COUNTY AND BEYOND

### JUDIQUE COMMUNITY HALL:

#### Sound Essence Bath with Singing Bowls and Hapi Drum

Saturday, February 13th, 4:30 – 5:30 pm. \$23 including HST  
Saturday, April 9th, 4:30 – 5:30 pm. \$23 including HST  
Indulge yourself for an incredible hour as you relax and let the smells and sounds of the moment filter through your senses. Bring a towel or yoga mat, pillow and blanket to relax with, while Sound Essence mists with essential oils and Singing Bowls with relaxing tones bathe your body in an energizing experience for rejuvenation. You will awaken refreshed and ready for anything. Bring a friend and enjoy the experience together.

#### Introduction to Stepdance

Saturday, March 12th, 4:30 - 5:45 pm. \$12 per person  
If you have ever wanted to learn a few basic steps to be able to tap along to the music, shuffle along at a concert, or to put into your square set – then this is the class for you. Learn a few basics to the Jig, the Reels and to add to a square set. No experience is necessary, bring some flat shoes that slide easily on the floor, a water bottle and a smile! For those wanting to learn from a chair, alternatives will also be shared.

#### Introduction to Tap dance

Saturday, April 16th, 4:30 - 5:45 pm. \$12 per person  
For those people who want to put a little energy into their feet, a spring in their step and a song in their heart – this is the class for you! Michelle Greenwell excels at breaking down dance steps into their simplest part, and tap really is only three basic steps. Come and join us for some fun learning how to make music to your favorite music. Tap shoes are welcome, but hard soled shoes will be fine also. Please bring a water bottle and a smile as you enjoy some great music and some simple steps! No experience is necessary, but bringing a friend will increase the fun!

#### Putting your best foot forward

Saturday, May 14th, 4:30 - 5:30 pm. \$12 per person  
Tips and tools for getting the most out of your walk or hike this summer! This one hour workshop will assist people with ways to warm up the feet, coordinate walking patterns, choose proper footwear, and pace yourself on your walking and hiking routes! Michelle Greenwell has spent over a decade creating the best tools for pain free walking and getting the most from your activities. She will share some of her Feet First System protocol, as well as some Tai Chi exercises proven to wake up the body and bring energy in, and she will answer questions that may be specific to your personal needs on the trail.

### MABOU THE OLD MANSE:

#### Qi YINtegration Set 1 Introduction

Sunday, March 6, Noon – 4 pm. \$65. Includes Handbook, Videos and Power Points for all of the exercises.

#### Qi YINtegration Set 2

Sunday, April 10, Noon – 4 pm. \$65. Understanding the Energy Field and how to access the Energy you want through specific exercises! Includes Handouts specific to each new technique.

#### Qi YINtegration Set 3

Sunday, May 1, Noon – 4 pm. \$65. Learn the 5 Element Tai Chi set with Sound, shift the Assemblage Point and change the Shock Absorption of the joints with new exercises. Includes Handouts and Videos.

#### Qi YINtegration immersion

Sunday, May 15, Noon – 4 pm. \$65. Spend 4 hours devoted to energizing the body through movement, assessment and goal setting. Michelle will lead you through the assessment, assist with exercises and movement patterns, and then set your goals for leaving the old movement patterns behind. If you have learned some of the techniques, want to know more, or just want to pamper yourself with something new, this class will be a leap forward in possibilities! Limited to 8 registrations only for personal attention.

Qi YINtegration is an incredible new exercise awareness program, created by Michelle Greenwell. It introduces people to the power of their own energy, how to cultivate more energy and how to move the body easily, with fluidity and with strength. “Qi” is the energy that runs through everyone and creates the power to run, swim, walk, dance and more, as we find ways to move into health with energy and vitality. “YINtegration” is the balance of energy that is created in the body and that is expended. When everything is in balance we feel well, we move with ease, and we have the creativity, enthusiasm and good cheer to enjoy all the wonderful things that life has to offer.



Set 1 is an introduction to the most basic movement ideas that build our energy. We will be analyzing our sitting, standing, breathing, turning, walking and strength with movement. Sore knees, weak muscles, imbalanced muscles, tension, fear, physical limitations, and more, will be discussed. All are welcome and all abilities will find a place! If it is hard for you to get out, bring a friend and inspire each other together. Sitting exercises and specific health challenges will be addressed so don't think you "can't" - because you can! Please wear comfortable clothes and socks (or flat shoes if they are

*Continued on page 21...Qi YIN*

## MICHELLE GREENWELL CLASSES AND WORKSHOPS

Continued from page 20...Qi Yin

necessary), bring a water bottle, a notebook and a pen. Set 2 expands the initial learnings of Set 1 to understand how the body responds to exercise and movement. An Energy Assessment will be introduced as well as more movement exercises to build strength, flexibility and energy. Set 3 blends the learnings of Set 1 and 2 to introduce a mini Tai Chi set: The 5 Element Tai Chi set with Sound. As well, the Assemblage Point, Shock Absorbers in joints, and an in depth understanding of the Energy Assessment will be explored.

### Tai Chi Cape Breton

Join us as we exploring the exercises of the Tai Chi Foundations and 108 Moving Meditation of Master Moy Lin Shin. Tai Chi and Qi Gong are an easy, low impact, stretching and strengthening way to change the moving patterns of the body. Studies show that many of our ailments can be relieved by practicing this ancient art form, this can include blood pressure, diabetes, chronic pain, headaches, joint pain, energy levels, sleep patterns, breathing patterns, allergies, inflammation and more. Club fees are collected in a 4 month cycle, with classes running throughout the year. September to December, January to April, May to August. The fee for each cycle is \$45 for seniors and students, or \$90 for Adults under 55 yrs. Monthly rates are available at \$12 and \$23 respectively. Our Tai Chi students may attend as many classes as they wish throughout the week with their membership. *(This is a not-for-profit program and your instructor is a volunteer in honor of Master Moy's wishes that all teachings come from the heart and that Tai Chi be available to all.)*



**Tai Chi Cape Breton** will celebrate 5 years in Inverness County with a special workshop series starting April 22. Doug Waines of Wine Country Tai Chi in West Kelowna, BC who will be our guest instructor for three incredible days of learning. Following the teachings of Master Moy Lin Shin, Doug will be sharing his tips and tools to making the Moy Tai Chi set more fluid and open. Beginners are welcome to join our sessions to begin their journey with Tai Chi, and those who have studied Tai Chi before are welcome to fine tune their technique. Doug will also be increasing our expertise in Loh Kup, (another form of Tai Chi that enhances the internal aspects of the martial arts). Our classes are new to Loh Kup and will be enjoying some specialized instruction for these new moves. Lastly, Doug will be introducing the Sabre Set. For more information about the weekend, follow the updates at [www.dancedebut.com](http://www.dancedebut.com), or see our postings on Facebook at Tai Chi Cape Breton.



**April 30th - World Tai Chi and Qi Gong Day:** Tai Chi Cape Breton will celebrate the spirit of Tai Chi and Qigong with a special celebration at the Port Hawkesbury Civic Centre, Dance Studio from 12:30 – 3:30 pm. This is an open event for anyone who wishes to participate. Beginners are welcome. We will be celebrating the styles of Master Moy Lin Shin for the 108 Moving Meditation of Tai Chi, an introduction to Loh Kup, the Sitting Form, and Qigong. If you have always wanted to know a more about Tai Chi, now is the time to do it. This event is FREE and we look forward to seeing you there! Tai Chi Cape Breton from Belle Côte, Mabou, Judique and Port Hawkesbury will all be involved. For more about classes, visit [www.dancedebut.com](http://www.dancedebut.com) blog, or Facebook: Tai Chi Cape Breton.

★ JOIN THE FUN! ★  
**WINTERFEST SNOW SCULPTURE CONTEST**  
 ★ FEBRUARY & MARCH ★

Don't let winter keep you stuck inside...get out and have fun by participating in the Winterfest Snow Sculpture Contest! This is a photo contest and photos can be submitted anytime between February 8 and March 25.

For more information, check page 8 of this publication or contact the Inverness County Recreation Department at 902-787-2274 or email them at: [info@invernesscounty.ca](mailto:info@invernesscounty.ca).

Be creative!

Your cool creation could win you a cool prize!



*Pictured above, Tai Chi practitioners at the Judique Community Centre.*

*Michelle Greenwell's background includes over 3 decades of Dance, Tai Chi and Health Kinesiology. Qi YINtegration has been many years in creation, and has thousands of years behind its roots in Chinese Medicine, Tai Chi, Qi Gong, and of course, Dance!*

## Breton Bracelets - Dalbrae Academy 2015-2016 A Junior Achievement Company

The Municipality of Inverness County has embarked on an eighteen-week journey with ten committed business-minded students from Dalbrae Academy. Entitled “The Company Program” this endeavour, through Junior Achievement of Nova Scotia, is a youth focussed entrepreneurial program for interested students in Grades 9 through 12.

Advisors lead the students throughout the process. This year’s advisors are Amey Beaton (lead) and Melanie Beaton, Municipality of Inverness County. The group also receives support from business community advisors, Damian MacInnis, Economic Development Officer for Inverness County, Cape Breton Partnership, and business owner Patricia VanZutphen (Clove Hitch Bar & Bistro). Plus Dalbrae teacher, John MacInnis.



*Pictured above, Maggie Rankin, Siobhan MacDonald, Connie Campbell and Holly Bond working hard on the bracelets.*

The program started in late September 2015. After a couple of weeks spent brainstorming potential business ideas and conducting consumer research, the group settled on a product. Breton Bracelets was born and the official company was branded. The bracelets are made from recycled copper with a Cape Breton connection.

This group of young entrepreneurs measure their success via a triple bottom line: being financially profitable; environmentally friendly (using recycled product); and socially responsible (their partner is L’Arche Cape Breton, a place where men and women with developmental disabilities live and work together with those who choose to share life with them.)

On their website (yes, they do have a website - <http://www.bretonbracelets.ca/>) Breton Bracelets state that, “As Cape Bretoners, we know that the bond between Cape Breton Island and those whom it has touched is indescribable. Made in Cape Breton, a Breton Bracelet allows you to take a little bit of the island with you wherever you go.”

In early November 2015, select executives of Breton Bracelets took to the stage in Sydney to pitch their business and product idea to a panel of local business leaders. The show was broadcast live on CBC’s Mainstreet radio program and Breton Bracelets took home the 1st place prize in our region. The prize consisted of a pizza party plus \$150 to invest in their company.

This win gave the students and advisors even more motivation and made them very proud of their achievements. Their first line of production sold out very quickly and the demand for more bracelets quickly became apparent. Clearly, the task at hand had become to identify how and where to access a stable source of supply. With this now secured, these student entrepreneurs are now free to pursue their online marketing efforts and believe that they are ready to take their business to the next level.

The President of Breton Bracelets, Kati VanZutphen, spoke about the benefits of having access to programs such as this. She said, “Junior Achievement has enabled us to create and sell our own product. Plus, we have also learned some of the fundamental skills that are required to run a business.”

Amey Beaton, a member of the advisory group added, “We are very proud of our young entrepreneurs. Each individual brought their own unique perspective and skill set which greatly contributed to their ability to establish a successful company.” She added, “They have been very committed to this project and should be very proud of their accomplishments. I am sure this experience will benefit them greatly in whatever profession they decide to pursue in the future.”

If you wish to order one of these unique bracelets before they are all gone visit Breton Bracelets at their website <http://www.bretonbracelets.ca/>



*Brenton Sutherland hard at work on some bracelets.*



*Maggie Rankin pictured working on one of the bracelets.*

## Lifeline 224/St Andrew's United Church - Syrian refugee Sponsorship Update

It has now been confirmed that a refugee family from Syria will arrive in Cheticamp very soon under the Blended Visa Office-Referred Program (BVOR). The father and mother are in their thirties and have three children - a boy of 10 and two girls aged 9 and 5 years old. Public meetings have taken place to update the community and Committee members have been busy fundraising and laying the groundwork necessary to ensure that the family will have everything that they require to make their transition to life here peaceful, welcoming and comforting.

Residents of the area have responded in a spirit of generosity and goodwill to ensure that the family's needs will be met. A house has been donated rent-free for one year by local resident Paul Desveaux. Two tanks of heating oil are being donated (one from a local business and one from the Municipality). All necessary furniture and household items were donated by two local families. Lifeline Syria and other community groups will take care of clothing and other essentials and have also offered translation services. St. Andrew's United Church congregation and Gampo Abbey made very generous donations, as have residents, businesses and church groups in the local area. As of January 21, the balance held in the dedicated St. Andrews United Church account contained the minimum required by the Canadian Government's guidelines.

As a result of the generous response of the community, there is now a possibility of welcoming a second family to the area and this could lead to a family reunion: the Canadian Government Matching Centre has indicated that the Syrian family being sponsored by St. Andrew's United Church has been cross-referenced to another family. Therefore, Lifeline 224 is exploring the feasibility of reuniting the two families. If that happens, Lifeline 224 will be looking for a second house for them.

In the meantime fundraising continues. All monetary donations (cash, cheques or money orders) are deposited to a dedicated bank account. Cheques or money orders should be made payable to "St. Andrews United Church". Donations may be mailed to P.O. Box 969, Chéticamp, NS, B0E 1H0 or dropped off at the Co-operators Insurance office (across from the Harbour Restaurant on Main Street in Cheticamp) or at Alfred Arthur Poirier's office (behind Your Dollar Store). Also, both Paul Desveaux and Lenora Timmons will accept donations at their respective addresses as follows: 606 Chéticamp Back Rd., Chéticamp, NS and 1086 Chéticamp Back Rd., Chéticamp, NS. Anyone who wishes to use email to donate through their online banking may do so by using the following email address: Pbaychurch@outlook.com . All donations over \$10 are eligible for an official tax receipt.

Fundraising also includes in-kind contributions such as: household goods, children's toys, school supplies, etc. These should be dropped off at 15100 Cabot Trail Hwy., Main St. in Chéticamp. The points of contact for more information are: Lenora Timmons Accounting Office at 902-224-2709 or Paul Desveaux (landline): 902-224-1224, (cellular): 902-224-0897.

## Lifeline Syria Cape Breton - Margaree/Inverness Chapter

A group from the Margarees is planning to sponsor a Syrian refugee family and house them here. It will cost upwards of \$27,000.00 for a family of four for a year. Anyone interested in serving on a committee or making a donation please phone Roddie MacLennan at 902-235-2558 or e-mail him at r.maclennan@live.ca .

**Lifeline Syria Cape Breton – Inverness County Chapter** wishes to express their appreciation for the community's generosity in support of the new families arriving from Syria. At this time, over \$50,000 has been received and two completely furnished homes have been donated, allowing us to apply for three families to live in our communities. If you would like to make a donation, please mail to: c/o John Van Zutphen, PO Box 130, Port Hood, NS B0E 2W0. Tax receipts will be mailed for donations over \$30.00.

## Facts about refugee sponsorship in general

Refugee sponsors agree to provide refugees with care, lodging, settlement assistance and support. Normally, this is for a 12 month period effective from the refugee's arrival in Canada or until the refugee becomes self-sufficient, whichever comes first. Sponsors are required to demonstrate their ability to meet the required financial obligations of sponsorship.

Private sponsors also normally support the sponsored refugees by:

- providing the cost of food, rent and household utilities and other day-to-day living expenses;
- providing clothing, furniture and other household goods;
- locating interpreters;
- selecting a family physician and dentist;
- assisting with applying for provincial health-care coverage;
- enrolling children in school and adults in language training;
- introducing newcomers to people with similar personal interests;
- providing orientation with regard to banking services, transportation, etc.; and
- helping in the search for employment.

Before any application can be accepted, the sponsored persons must undergo a medical examination and a security check or background screening to ensure the safety and security of Canadians.

**Note:** *The only difference between private sponsorship and BVOR sponsors is with respect to monthly expenses. BVOR sponsors are only responsible for ½ of the family's monthly expenses; whereas private sponsors are responsible for 100%. The remainder of the responsibilities are identical.*

## Inverness County Cares (ICC)

by Florence Campbell

Inverness County Cares (ICC) is a volunteer group of local residents who meet on a monthly basis to advocate and raise financial support for children who live in a small centre in Nairobi, Kenya. Meetings take place at 7:00pm on the second Wednesday of every month at the home of Ted and Hermina Van Zutphen, Port Hood. They are always happy to welcome newcomers to the committee. They hope that some of our readers who may wish to become involved will consider joining them at one of their meetings. Call John Gillies (902-787-3441) or Colleen MacLeod (902-787-2251) for more information about the committee and/or how you can help.



*The students are proud of their school.*

St. Charles Lwanga Secondary School and Children's Centre (SCLSSCC), Kenya began as a place where orphaned, homeless or abandoned children were rescued and provided with shelter, food and a place to call home. It was started by Brother John Kennedy Oronjo who is a member of the Roman Catholic religious order known as the Brothers of St. Charles Lwanga.

Brother Kennedy is a 2012 graduate of the Coady International Institute. His compassion and love for children was moved by the suffering of these orphans and vulnerable children who had migrated to the city from rural communities. He began his work by gathering, rehabilitating and relocating them to schools for formal education. Unfortunately, these institutions found it difficult to integrate street children into their classrooms. Undeterred, Brother Kennedy started his own school for these children in 2010.

Four years later Brother Kennedy and his colleagues have transformed their little used residence (owned by the Order of St. Charles Lwanga) into classrooms, a dormitory, dining hall and a shop for teaching carpentry skills to the older teens. Many changes have taken place at the school over the past three years since Inverness County Cares became involved. We have helped build a new library; a multifunction building called Inverness County Hall; additional sleeping quarters; installed running water for the school compound; secured a partner to build a rain water collection system with a 80,000 liter tank; completed a new kitchen with two modern stove; upgraded latrines; and provided a monthly stipend to pay for student meals.

Today, two hundred and eighty children (some with disabilities and special needs) from the dump sites and slums of Nairobi, are enrolled in formal education at the school and hope to break/end the cycle of poverty and homelessness. These children are provided with a safe place to live, a reliable source of nutritious food and the opportunity to gain a high school education with the possibility of post-secondary education. Brother John hopes that with donations to the centre, he and his team can build a bigger school with an integrated approach to support children through both academic and vocational training in becoming responsible citizens of the world. There is no financial support from the Kenyan government nor can the children contribute.



*Pictured above is Colleen MacLeod with some of the students when she visited the school last year.*

Inverness County Cares strives to form partnerships with many local area groups who wish to become involved in assisting with support for the children of the St. Charles Lwanga Secondary School and Children's Centre (SCLSSCC). We have partnered with the We Act Committee from Dalbrae; St. Stephen's Jubilee United Church Youth Group; the Show Committee from Dalbrae; Sisters of St. Martha's; and Living Waters Africa in fundraising initiatives. To date we have held school concerts, sold tickets on an iPad, organized pizza sales, hosted fundraising dinners and collected recyclables as a means of raising funds. Everyone is invited to drop their recyclables off at our two local sites: Freshmart in Mabou and at our van, which is parked at the end of Ted and Hermina Van Zutphen's driveway in Port Hood.

In September 2015 Inverness County Cares (ICC) entered into a joint partnership with Chalice Canada. Together our two organizations are funding a one-year project, with the possibility of an additional two-year partnership agreement for

*Continued on page 25...ICC*

## Snowshoeing Events Reveal Winter Wonders



If this winter is anything like last year's, you'll want to be on snowshoes. That's the idea behind Hike Nova Scotia's 2016 slate of Winter Guided Snowshoe Hikes taking place all over the province. Snowshoeing is one way to get out on the trails in winter. "This year we have our biggest selection of hikes for folks to try with over 50 guided snowshoe events," says Janet Barlow, Communications Coordinator with Hike NS.

Maybe it's trying something new, maybe it's a trend toward being more active, or maybe it's the pull to get back to nature all year round. Whatever the reason, snowshoeing attracts more people each year. "We've seen an upward trend in the number of events we've offered and the number of people coming out since 2011," Barlow explains. "More and more recreation departments and organizations are lending or renting snowshoes because of this pent up demand."

Hike NS and 28 host organizations across the province have partnered up to offer the guided snowshoeing series in January, February and March. There are over 50 snowshoe hikes led by local folks and participants qualify to win trail prizes. The hikes are meant to help get more people outside in winter and active on the trails. The full list of dates, times, registration details and directions can be found at [www.hikenovascotia.ca](http://www.hikenovascotia.ca). Hikes include the following:

ca. Hikes include the following:

### **Celtic Shores Coastal Trail Snowshoe Hike**

**February 13 - 1PM**

Hike Nova Scotia and the Inverness County Hikers present a guided snowshoe hike on the Celtic Shores Coastal Trail in Judique. Must pre-register at [iatrail.ns@gmail.com](mailto:iatrail.ns@gmail.com).

### **Warren Lake Snowshoe Hike: February 13 - 10AM**

Hike Nova Scotia and the Hike the Highlands Festival Society present a guided snowshoe hike at Warren Lake, Cape Breton Highlands National Park in Ingonish. Bring your own snowshoes.

### **North Highlands Sweetheart Snowshoe Hike: February 14 - 1PM**

Hike Nova Scotia and North Highlands Nordic present a guided snowshoe hike with chocolate fondue on the North Highlands Nordic Trails in Cape North. Must pre-register at [nhn@xcski.ca](mailto:nhn@xcski.ca). Participants qualify to win a trail prize. See [www.hikenovascotia.ca](http://www.hikenovascotia.ca) for details.

Hike NS thanks its partners for organizing the hikes on the ground as well as NS Trails, Doctors Nova Scotia and the NS Department of Health and Wellness for their support.

### **Snowshoes are available to rent at the following locations:**

Recreation/Tourism Department, [info@invernesscounty.ca](mailto:info@invernesscounty.ca)  
375 Main Street, Port Hood Phone: 902-787-2274  
50 pairs (adult & children's sizes) - \$1/day (\$25 damage deposit)

Literacy Office\* [invernesslit@ns.aliantzinc.ca](mailto:invernesslit@ns.aliantzinc.ca)  
16 Upper Railway Street, Inverness (next to Post Office)  
Phone: 902-258-3110 \* Limited hours - please call ahead  
20 pairs (adult & children's sizes) - \$1/day (\$25 damage deposit)

*Continued from page 24...ICC*

SCLSSCC, where students will be provided with food, a van, medical supplies and educational materials for this school year. Chalice & ICC passed a budget for \$133,566. Chalice will supply \$73,566 and Inverness County Cares must fundraise \$60,000. We invite you to support our project. Please send



*Pictured with some of the students, Brother John Kennedy (centre).*



*Inside one of the classrooms.*

your donation to Inverness County Cares, PO Box 99 Judique, Nova Scotia, B0E 1P0. Please include your mailing address with your donation. A receipt for income tax purposes will be issued by Chalice Canada. Please visit our website, <http://lwangachildren.com>, for more information on life in the St. Charles Lwanga Secondary School and Centre. You are welcome to visit the Chalice website at [chalice.ca](http://chalice.ca) . 

## **Comité communautaire de Chéticamp – Le Moine Community Committee (CCCL) Update**

### **Annual General Meeting planned for Acadian Region community**

The Comité communautaire Chéticamp-Le Moine/Community Committee Cheticamp-LeMoine (CCCL) is an advisory committee that was formed in November 2014 at the request of the residents of this Acadian region. The Committee is comprised of representatives from each sector of the community (Tourism, Fisheries, Health, Emergency Services, Business, Seniors, Cooperatives, Education, Arts & Culture, Youth, Sports, Environment and Communications). The primary role of the committee is to provide a direct liaison between all residents of Cheticamp-St Joseph du Moine area and the municipal council of Inverness County.

To the best of our knowledge, this was the first such voluntary advisory committee of its kind in the province. As such, there has been a steep learning curve for the committee members and there have been some “growing pains”. Nevertheless, the committee members have persevered and have been busy over the past few months. Although they have met with representatives from a few of the local organizations, their work has mainly concentrated on producing the policies and procedures necessary to ensure good governance of the organization. As no precedence had been previously established for a committee such as this, working without a “blueprint” made this a particularly daunting task. Happily, that task is now drawing to a close.

The committee members are now ready to move forward and are in the process of preparing for their annual public meeting which is scheduled for Thursday, February 11th. This meeting will be held at la salle Père Anselme-Chiasson and is open to all residents of the Acadian region of Cheticamp/St Joseph du Moine. This will be an excellent opportunity for the community to receive an update on the CCCL and learn more about some of the projects that are ongoing, or are in the planning stages in our community. Voting will also take place at this meeting to fill vacant positions for representatives to the CCCL Committee from the following sectors: Tourism, Business, Fisheries, Seniors, Arts & Culture and Emergency Responders (Safety).

Some members of the Municipal Council and staff will also attend the meeting. We wish to thank the Council for the spirit of cooperation that they have demonstrated throughout this entire process. We are especially grateful to local councillors, Gloria Leblanc (Councillor for District 2) and Alfred Arthur Poirier (Councillor for District 1) for their dedication to the Committee and their sage advice.

We encourage all area residents to come out to the AGM meeting on February 11th. Communication is vital to helping this region find innovative solutions to emerging and existing community issues. In order to build a healthy, vibrant and sustainable community we must be active and engaged citizens.

For more information, please contact a member of the Executive: President: Paul Gallant - pauldgallant@gmail.com; Acting Vice-President: Marie Aucoin – m.aucoin@ns.sympatico.ca; or Secretary: Denise Arsenault - denisea.wfg@gmail.com.

Le Comité Communautaire de Chéticamp, LeMoine (CCCL) est un comité consultatif créé en novembre 2014 à la demande des résidents de cette région Acadienne. Le comité est composé de représentants de chaque secteurs de la communauté: Tourisme, Pêches, Santé, Sécurité, En-treprises, Seniors, Coopératives, Éducation, Arts & Culture, Jeunesse, Sports, Environnement et Communications. La fonction première du comité est d’offrir une liaison directe entre la communauté et la municipalité du comté d’Inverness.

À notre connaissance, il s’agit du premier comité bénévole de ce type dans la province. Pour cette raison le comité a connu quelques “difficultés de jeunesse” et doit suivre une courbe d’apprentissage. Quoiqu’il en soit les membres du comité ont persévérés et ont été très occupés les derniers mois. Bien qu’ils aient rencontrés les représentants de plusieurs associations locales le travail des derniers mois a surtout consisté à la mise sur pied du comité et à l’établissement de procédures et de politiques assurant le bon fonctionnement de l’organisation. Aucune procédures n’ayant jamais été établies pour ce genre de comité dans le passé travailler sans plans fut une tâche particulièrement ardue. Heureusement cette tâche est maintenant quasiment complétée.

Les membres du comité sont maintenant prêts à aller de l’avant et se préparent pour la rencontre publique de leur assemblée annuelle prévue le jeudi 11 Février 2016. Cette réunion se déroulera à la salle Père Anselme Chiasson de l’école NDA et est ouverte à tout habitant de la région Acadienne de Chéticamp, St-Joseph du Moine. Cette rencontre sera pour la communauté une excellente opportunité de recevoir les dernières nouvelles du CCCL et en savoir plus sur les différents projets en cours dans la communauté. Un vote sera effectué lors de la rencontre afin d’élire de nouveaux représentants du CCCL pour les secteurs suivants: Tourisme, Pêches, Sécurité, Entreprises, Seniors ainsi qu’Arts & Culture.

Les représentants de la municipalité seront aussi présents lors de la rencontre. Nous souhaitons remercier le conseil municipal pour l’esprit de coopération dont ils ont fait preuve tout au long du processus de création du comité. Nous sommes particulièrement reconnaissants envers Gloria Leblanc (conseillère du district 2) et Alfred Arthur Poirier (conseillère du

*Continued on page 27...CCCL*



**March 11 - 7PM**

**The Magical Journey**

A magical musical adventure in the heart of a fairy-tale world, featuring the most famous characters of all time. Cinderella, Snow White, Ariel, Jasmine, Aladin and Peter Pan will transport the entire family to an imaginary and enchanted world of song and dance. Tickets: \$40.

[Presented by Tohu-Bohu Productions, Montreal]

**March 19 - 7:30PM**

**David Myles**

From jazzy to folky to rocking out, singer/songwriter David Myles can do it all. His most recent album, So Far is “a collection of songs culled from his catalog, deconstructed and built anew. That sort of shape-shifting is what makes Myles so popular. Advance Tickets: \$40/\$45 the day of the show. [Strathspey Place Association members are entitled to a 20% discount on advance ticket purchases.]

**March 27 - 7:30PM**

**Old Fashioned Scottish Super Concert**

The Old Fashioned Scottish Super Concert will feature an amazing line-up of homegrown talent, including Howie MacDonald, Kenneth MacKenzie, Derrick and Melody Cameron, Fileanta, Paul K. and Tracey MacNeil, Jenny MacKenzie, Dawn and Margie Beaton, Stephen MacLennan, the MacNeil Girls, John and Bill Pellerine, the Warner Sisters, Patrick Gillis and more! The evening will also include tastings from two Cape Breton breweries, a live milling frolic, locally produced snacks, artwork by Inverness County artists on display and the draw for Strathspey Place’s raffle, with a Cape Breton basket crammed with goodies from local artisans and businesses as the prize! This evening will be a fundraiser for Strathspey Place. Tickets are \$40, youth tickets are \$25.

**April 22 & 23 7:30PM**

**John Archie & Nellie**

Tickets: TBA

Stay tuned for more information!

**April 28 - 7:30PM**

**Cindy Church & Susan Crowe**

Cindy Church was named last year to the Nova Scotia Country Music Hall of Fame. She is as capable in jazz and folk as she is in country. She’s been awarded a Canadian Country Music Award and has been nominated for several Canadian Music Association Awards. Susan Crowe is a twice Juno nominated singer songwriter. In 2009 she was named the CFMAs English Songwriter of the Year. She is a past Music Nova Scotia Female Artist of the Year and has been nominated for both East Coast and West Coast Music Awards. Cindy and Susan formerly played as a trio with the late Raylene Rankin. Tickets are \$35 in advance, \$40 day of show.

**July 18 & 25 - Time: TBA**

**Brigh**

**August 1 & 15 - Time: TBA**

**Brigh**

Tickets: TBA

Brigh, a troupe of young, talented, local musicians and performers will be returning to the Strathspey Place stage with an all new program showcasing our Gaelic culture! Stay tuned for more information!

Strathspey Place is currently selling tickets on a basket packed full of donations from Cape Breton artisans and business owners. With a value of over \$1400 and with items from MacLeod’s of Cape Breton, Ann Schroeder, Francis MacDonald Photography, Galloping Cows, Cabot Links, Sara Belle Beaton, Healing Time, Just Bored, St. Ann’s Gaelic College, the Red Shoe, the Mull, Lisa Nishi, Sarah Rankin, Michelle Greenwell, Mabou River Inn Salon, Liz Girard, Organic Tan, Ryan MacDonald DJ Services, the Four Mermaids, Steve Rankin Photography, Eileanan Breagha Winery, Emily MacNeil Photography, Brenna MacNeil, Lindsay MacInnis Yoga, Dianne Quimby, Erika MacNeil, Tom Ryan and Peter Rankin, don’t miss out on your chance to win! Tickets are \$2 each or \$5 for 3. They are currently available from the box office. Draw date: March 27.

Continued from page 26...CCCL district 1).

Nous encourageons les résidents de la région à venir nous rencontrer lors de notre assemblée annuelle le jeudi 11 Février 2016 à la salle Père Anselme Chiasson de l’école NDA. La communication est essentielle pour trouver des solutions innovantes aux problèmes actuels et émergents de la communauté. Afin de construire une communauté saine, vibrante et durable nous devons être des citoyens actifs et engagés.

Pour plus d’information veuillez prendre contact avec un des membres de l’exécutif :

Président: Paul Gallant - pauldgallant@gmail.com; Vice-Président: Marie Aucoin – m.aucoin@ns.sympatico.ca; Secrétaire Denise Arseneault - denisea.wfg@gmail.com .



# Municipality of the County of Inverness

## Frequently asked Questions plus the Answers you need

*Incorrect information was accidentally published in the Municipal FAQ's that appeared in our previous issue. We apologize to anyone who was inconvenienced by this and hope that this updated information proves informative. Many thanks to Tanya Tibbo, the Municipal Director of Finance, for preparing these Q&A for our readers.*



*The Municipal Building in Port Hood.*

### **Q: What is my tax rate?**

A: The tax rate is based on taxable assessment. The tax rates for the 2015-2016 fiscal year are as follows:

- Residential Tax Rate is \$1.02 per \$100 taxable assessment
- Commercial Tax Rate is \$1.85 per \$100 taxable assessment
- Resource Tax Rate is \$1.02 per \$100 taxable assessment

### **Q: Who do I contact if I have a question about my tax bill?**

A: Please contact the tax office by calling (902)787-3505.

### **Q: Who do I contact if I have a question about my property assessment value?**

A: Please contact Property Valuation Services Corporation (PVSC) by calling 1-800-380-7775.

### **Q: When can I expect my tax bill?**

A: Tax bills are generated after the annual budget is approved by Council, which usually occurs in May. The tax bills are processed directly following the approval of the budget and are due at 4:00pm on the last Friday in August.

### **Q: What is the interest rate on overdue taxes?**

A: The interest rate on overdue taxes is 1% per month.

### **Q: What is the interest rate on overdue water bills?**

A: The interest rate on overdue water bills is 1.5% per month.

### **Q: How can I pay my municipal tax and/or water bill?**

A: The Municipality accepts payments by cash, cheque, money order and debit. Property owners are also able to pay their tax bills online at Scotiabank, RBC and East Coast Credit Union.

### **Q: Who do I contact if I have questions about my land or ownership of my land?**

A: Please contact the Nova Scotia Land Registry by phoning 902-563-2280.

### **Q: Can I pay my tax bill with Visa or MasterCard?**

A: The Municipality has partnered with Paymentus Corporation to offer payments by credit card. Paymentus is a third party automated payment service that allows you to pay tax bills by credit card either online or by telephone. Paymentus charges a three percent fee to use this service. A link can be found at [www.inverness-ns.ca](http://www.inverness-ns.ca).

### **Q: Who do I contact if I have a question regarding my civic number?**

A: Please contact the Eastern District Planning Commission by phoning Brian Butts at 902-625-5361

### **Q: Does the Municipality offer a low-income tax exemption?**

A: Yes, a property owner may be eligible for a low-income tax exemption to a maximum of \$150. To be eligible, the following criteria must be met:

1. Legal title to the property resides with the taxpayer.
2. The exemption shall only apply to owners who occupy the property as that owner's principal residence.
3. Exemption shall not be granted to any account showing arrears.
4. The taxpayer is a full-time resident of the above noted property.
5. An application form must be completed and processed for each year.
6. Applicant must not be eligible for any other rebate program.
7. The maximum taxable household income shall not exceed \$24,999.00.

### **Q: Who do I contact to get information on the Seniors Property Tax Rebate?**

A: Contact Service Nova Scotia for information about the Tax Rebate for Seniors Program by calling 902-424-5200 within Metro or toll-free 1-800-670-4357. Applications must be postmarked NO later than December 31. Applications can be mailed to PO Box 283, Halifax CRO, B3J 2N7.

### **Q: When can I expect my water bill?**

*Continued on page 29...MUNICIPAL*

A: Water bills in Inverness County are sent out quarterly. For more information regarding water billing please contact the Public Works/Water Utilities Department at 902-787-3503.

**Q: Who do I contact regarding problems with my municipal water?**

A: For more information regarding water problems please call 902-787-3502.

**Q: Who do I contact to change the ownership of my property?**

A: To change the ownership of land and dwelling or land (commercial or residential) contact the Land Registry office at 902-563-2280.

**Q How do I change the mailing address on my tax and/or water bill?**

A: Please contact Beverly MacDonald at 902-787-3510 to change the mailing address on your tax bill. Please contact the public works office at 902-787-3503 to change your mailing address on your water bill.

**Q: What is the deed transfer tax rate for Inverness County?**

A: Deed transfer tax for Inverness County is 1.5% payable to Land Registry.

**Q: What is a tax sale?**

A: The Municipal Government Act states that any property which has taxes outstanding for more than one year is eligible for a tax sale auction. If the taxes remain unpaid after notice has been sent to owners and/or lien holders, the property is advertised in the local paper twice prior to the tax sale. Information on properties still up for Tax Sale can be found on the Municipality's website. The tax sale is a public auction with the successful bid being the highest bid at or above the advertised price. The advertised price is the total of all outstanding taxes, lienable charges, penalties, interest and tax sale costs. Once the bidding commences; the owner or lienholders will not be able to withdraw the property and must partake in the bidding. If the property has more than six (6) years outstanding the successful bidder will receive a Tax Sale Deed and become the new owner of the property. If the property is less than six years in arrears, a Certificate of Sale is issued to the successful bidder and the owner or lien holder will have six (6) months to redeem the property. Only at the end of the redemption period, if the property has not been redeemed, will title pass to the successful bidder.

**Q: Do I need a dog tag for my dog?**

A: The Municipality of the County of Inverness requires that your dog is licensed every year. Dogs are to be registered before January 20th of each year. Owners are required to apply for a license within 10 days of obtaining a dog. Having a tag on your dog's collar will enable the By-law Enforcement Officer to quick-ly return your dog to you when he or she is found. Any owner who refuses or neglects to obtain a dog tag for each dog owned by him/her is liable for a penalty not exceeding \$100. There are two ways to receive your dog tags: In Person: at 375 Main Street, Port Hood, Nova Scotia; By Mail: Complete a registration form and send with payment by cheque to: PO Box 179, Port Hood, NS, B0E 2W0. Once your form and payment are received your tag(s) will be mailed to you. Registration fees are as follows: \$10 for dogs spayed or neutered or \$25 for dogs that are not spayed or neutered.



**FREE INSTRUCTION**

**Adult Upgrading Classes**

- Improve your math, reading and writing skills
- Prepare to write the GED exam
- **Computer-based testing now available!**

For information please contact Inverness County Literacy Council  
902-258-3110, 1-877-258-5550 or [invernesslit@ns.aliantzinc.ca](mailto:invernesslit@ns.aliantzinc.ca)

❖ Classes are **FREE!**

❖ Skills to help you enter the workplace, for example: interview skills

You can get connected by taking part in **FREE** Basic Computer Skills Instruction *may* be offered in your community.

*(Note: This course depends upon interest shown, so get your friends to sign up with you.)*

Contact us at 902-258-3110 or 1-877-258-5550 or [invernesslit@ns.aliantzinc.ca](mailto:invernesslit@ns.aliantzinc.ca)

**Learning is a life long journey! Start today!**

For more information on these programs call: Toll-free: 1-877-258-5550 or:

Inverness County Literacy Office (902) 258-3110 or the Department of Recreation and Tourism (902) 787-3508

*Sponsored by: The Inverness County Department of Recreation and Tourism  
and the NS Department of Labour & Advanced Education*



*"Our mission is to stimulate a love of reading and a life-long interest in learning. To encourage self-reliance and the use of new technologies. To provide an up-to-date, forward-looking network of accessible and inviting facilities, information services and outreach programs. To be responsive to community needs and to contribute to the economic and social well-being of our communities."*

**HOURS: LIBR@RY LINKS**  
**MARCH 1 - MAY 31**

**CHÉTICAMP, ÉCOLE NDA**  
(every 2 weeks) Wednesdays  
3:00 pm - 6:30 pm

**Mar 9 & 30 Apr 13 & 27**  
**May 11 & 25**

**INVERNESS ACADEMY**  
(every 2 weeks) Thursdays  
1:30 pm - 7:00 pm

**Mar. 10 & 31 Apr. 14 & 28**  
**May 12 & 26**

**JUDIQUÉ COMMUNITY CENTRE**  
(every 4 weeks) Wednesdays  
4:00 pm - 7:00 pm

**March 2 April 6**  
**May 4**

**MABOU, DALBRAE ACADEMY**  
\*\*New satellite branch library in  
Mabou (Dalbrae Academy)  
is now open

**Monday to Friday**  
**10:00 am - 3:30 pm**

**PORT HOOD**  
**RESOURCE CENTRE BRANCH**  
**Every Monday & Wednesday**  
**1:00 pm - 6:00 pm**

**ST. JOSEPH DU MOINE CENTRE**  
(every 2 weeks) Thursdays  
1:30 pm - 6:30 pm

**Mar 3 & 24 Apr 7 & 21**  
**May 5 & 19**

**WHYCOCOMAGH EDUCATION**  
**CENTRE**  
(every 4 weeks) Wednesdays  
3:30 pm - 7:00 pm

**March 23, April 20, May 18**

The Library offers 3D printing services. Printing costs \$1 per hour of printing time. Color choices vary. Visit either the Port Hawkesbury or Petit de Grat Libraries to arrange printing your design. Or email your design to: 3dprint@nsme.library.ns.ca. We will ship 3D projects to any ECRL location for pick-up.

Make a suggestion for a book that others might enjoy by posting to our ECRL Facebook page <https://www.facebook.com/EasternCountiesRegionalLibrary>. Or, suggest a book the Library should buy by using our ILL (Interlibrary Loan) Request Form. These are available from your local branch or on our website <http://ecrl.library.ns.ca/>

Through a partnership between Nova Scotia Provincial Library, Breast Cancer Action Nova Scotia, and the Canadian Breast Cancer Foundation, new resource materials for those diagnosed with breast cancer and their families are available at ECRL. Check out the Breast Cancer Resource Collection at: <http://ecrl.library.ns.ca/>

All Library members can now borrow up to **20 DVDs** or **BluRays** per person. The limits have been increased because we responded to our members demands. Please remember that DVD and BluRay fines are still in place. So enjoy, but return on time!

Suggest a book others might enjoy on the ECRL Facebook page or suggest a book the Library should buy using our ILL Request Form. Sharing Books is so much more than a fundraising campaign. Go to <http://ecrl.library.ns.ca/>

Kids, Homework Help is available through the ECRL Facebook page! To use Homework Help, send a Friend Request to Eastern Counties Regional Library at <http://ecrl.library.ns.ca/kids>. Once the Library accepts your request you will have access to our "chat" function. Or, like our page at <https://www.facebook.com/EasternCountiesRegionalLibrary> and send us a message with your question. Homework Help is for children and teens who need help with their projects. From science fair to heritage fair, the Library has books, magazines and online encyclopedias that can help kids succeed at school. Remember - the Library can help kids do better at school! Or, visit us at our website to access Homework Help at: <http://ecrl.library.ns.ca/>

*For further information or to confirm Branch hours or the Libr@ry Links schedules or check on our other services call ECRL Headquarters at 1-855-787-READ (1-855-787-7323) or  
E-mail: [info@nsme.library.ns.ca](mailto:info@nsme.library.ns.ca)*

Check us out on Facebook at  
<https://www.facebook.com/EasternCountiesRegionalLibrary>  
Our Website is: [www.ecrl.library.ns.ca](http://www.ecrl.library.ns.ca)

**BRANCHES HOURS: MARCH 1 - MAY 31, 2016**

**MARGAREE FORKS** Tel/Fax: 248-2821  
Monday: 10:00 am - 7:00 pm  
Tuesday & Wednesday: CLOSED  
Thursday: 10:00 am - 7:00 pm  
Friday: 10:00 am - 3:00 pm  
Saturday: 10:00 am - 3:00 pm

**PT HAWKESBURY** Tel/Fax: 902-625-2729  
Monday /Tuesday ..... 10:00 - 11:30 am & 12:00 - 6:00 pm  
Wednesday/Thursday/Friday ..... 10:00 - 11:30 am & 12:00 - 3:30 pm

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 Administrative Assistant ..... 902-787-3501

**FINANCE & TAX DEPARTMENT:**

Director ..... 902-787-3511  
 Assistant Director ..... 902-787-3509  
 Tax Revenue Clerk ..... 902-787-3510  
 General Tax Inquiries ..... 902-787-3505

**BUILDING AND FIRE INSPECTORS:**

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 Port Hood ..... 902-787-2900

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 Administrative Assistant ..... 902-787-3503  
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 Water Utilities ..... 902-787-3503  
 Emergency Sewer &  
 Water Maintenance 24 Hrs ..... 902-258-3335

**PLANNING AND DEVELOPMENT DIVISIONS:**

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 Toll Free ..... 1-888-625-5361  
 E-911 Civic Addressing ..... 902-625-5366

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**RECREATION AND TOURISM:**

Director ..... 902-787-3506  
 Tourism Assistant ..... 902-787-3507  
 Recreation Programmer and  
 Adult Education Coordinator ..... 902-787-3508  
 Tourism Toll-Free ..... 1-800-567-2400

**GENERAL INQUIRIES** ..... 902-787-2274  
**FAX - All Departments** ..... 902-787-3110

Community Services ..... 902-787-4000  
 Toll-Free ..... 1-800-252-2275  
 Inverness County Home Care ..... 902-787- 3449  
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 Main Office ..... 902-625-5361  
 Building Inspector:  
 Port Hawkesbury ..... 902-625-5361  
 Building Inspector:  
 Port Hood ..... 902-787-2900

Inverness County Website:  
<http://www.inverness-ns.ca/>

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 directed to the Recreation/Tourism office  
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 or by telephone: 902-787-2274*

*The Participaper* is published four times annually  
 by the Inverness County Department of Recreation and  
 Tourism. This publication is produced as a service for the  
 residents of Inverness County. Others may subscribe at  
 the following rate (postage included):

\$12.00/yr in Canada or the US

Please send subscription request (with payment)  
 to the attention of:

The Recreation/Tourism Department  
 Municipal Building  
 375 Main Street, PO Box 179  
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*The Participaper*

is in its thirty-seventh year of publication and is  
 distributed free of charge as a service to residents  
 of the Municipality of Inverness County.

Non-commercial advertising from  
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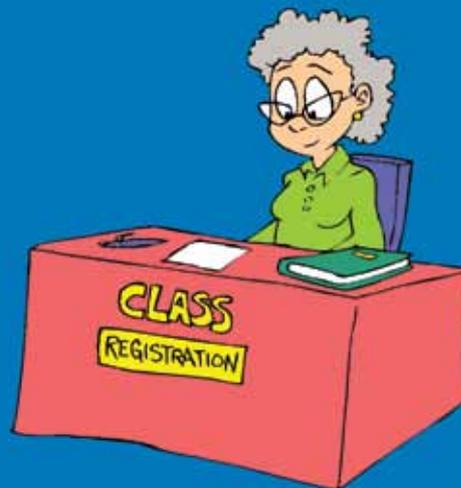
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