In this issue:
Ancestors Unlimited
Jim St Clair’s Christmas Story
and much more...
As the new year approaches it promises to bring with it change and transformation. This can be an uncertain, yet exciting time of resolutions, planning, preparations and possibilities. Municipally we are no exception; we are working diligently to make the necessary preparations to improve the quality of life and overall satisfaction of our residents. Additional staff have been hired to fill key positions, while some existing roles have been restructured to help modernize our organizational processes. These changes will increase both the Municipality’s competitive advantage and our ability to capitalize on opportunities to help us improve the quality of our service delivery. We aim to continue to build on our strengths, harness opportunities for growth, and recognize, address and overcome several of the challenges we face.

Inverness County is a unique place and now is the time define our story and determine what we want to become in the future. We at the Municipality understand the need to discuss the challenges we mutually face and seek new ways to create the future we want by better understanding, growing and supporting our shared priorities. Meaningful and lasting community change always originates from within, and residents in Inverness County have the lived experience and insight required to help shape our future. Understanding that any past or future successes were not and will not be achieved in isolation, we recognize that broad-based citizen engagement and multi-level collaboration is required as the Council and Municipal staff continue to strive to be strong county and regional partners. To do this we will need your insight: We want to better understand what matters to you, what your priorities are, and where the Municipality can do better. Therefore, in this edition of The Participaper you will find Part One of our Citizen Engagement Survey on pages 14 and 15. We are focused on improving taxpayer satisfaction and making our operations more efficient and sustainable, while also capitalizing on opportunities to meet the current and future needs of both County residents and businesses.

The results of these surveys will, in part, help to inform and solidify a long-term vision for the County, further develop our strategic direction, and enhance our responsiveness. Through this opportunity for meaningful input - and with transparent and fair decision making, superior service delivery and effective communication - we will ensure residents, the business community, and other stakeholders are engaged and informed of Municipal priorities. The information you provide in these surveys will be of tremendous value to help us better serve you, while ensuring that our work is in line with the aspirations of County residents as we work toward recognition, both county and region-wide, as leaders in municipal governance in 2019 and beyond.

The upcoming holiday period is a welcome time of reflection and an opportunity to spend precious time with those we hold dear. I would like to thank you, the residents of the county, for the contributions that you make that will be carried forward into the bright year ahead. The greatest gift we can exchange is to be of service to our neighbours, friends and family. On behalf of the Municipal Council and staff, I would like to extend best wishes to one and all for a peaceful and happy holiday season filled with goodwill, good health and good cheer.

Merry Christmas & Happy New Year!
Joyeux Noël et une bonne année!
Nollaig Chridheil agus Bliadhna Aithrithe!
Uínlleáiste & Fusu’s Puna ne’!

[The Chief Administrative Officer (CAO) is the link between Council and municipal staff and oversees the day-to-day operation of the municipality, preparation of reports, policy, budgets and makes recommendations to Council. He can be reached by phone at 1-902-787-3501 or by email at: keith.macdonald@invernesscounty.ca.]

Municipal Council meetings are open to the public. Meeting dates/locations are published in local newspapers and may also be found on our website: https://invernesscounty.ca. Also check out our Facebook page for up-to-date information on Inverness County information and events at https://www.facebook.com/InvernessCounty.

THE NEXT ISSUE OF THE PARTICIPAPER IS THE SPRING PROGRAMMING ISSUE. SCHEDULED FOR DELIVERY TO RESIDENTS EARLY-FEB 2019, WE INVITE INVERNESS COUNTY ORGANIZATIONS AND NON-PROFIT GROUPS TO SHARE THEIR NEWS WITH OUR READERS THROUGH OUR PAGES. THE DEADLINE DATE FOR SUBMISSIONS IS JANUARY 11, 2019.
I. QUERIES

a) Williams’ Descendants:
A reader is interested in tracing the contemporary descendants of Henry Williams, an early land owner who lived in Iron Mines, Head of the Bay, Whycocomagh.

The Williams Family were descended from William Williams, a native of England who emigrated to Massachusetts in the early 1600s.

Henry Williams was born at Williams Point, Antigonish County in 1801. Son of Zephaniah and Jane (Scott) Williams, he was married to Elizabeth (“Betsey”) Campbell, with whom he had at least six children: Mary Elizabeth, Zachariah Samuel, Rachel, Elizabeth, Careas and Alexander Scott. Zephaniah and Betsey acquired two hundred acres next to the Campbell lot in Iron Mines in 1831, after residing in the area for ten years. [Do any of our readers have more information about them?]

Henry’s father, Zaphaniah, a native of the State of Maryland, USA, was one of the first settlers of Antigonish Town. He arrived in Antigonish Town after serving in both the American and British Armies during the American Revolution. As a militia soldier, Zachariah was captured by the British but released from prison when he joined the Duke of Cumberland Regiment. He and fellow prisoner Nathaniel Pushie (who also settled in Antigonish and had descendants in Inverness County) were veterans of both sides in the American Revolution - an unusual occurrence.

After thirty years as pioneer settlers in Inverness County, Henry and Betsey Williams moved with their children to New York City in 1855 where they resided in the Borough of Brooklyn.

In his account of his family, Dr. Hoodie MacDonald, one of the Williams’ descendants, mentions the great prowess of Henry Williams as a noted broad axe user.

Interestingly, one of Henry and Betsey’s sons, John Scott Williams (born at Iron Mines in 1839), was a famous police officer in New York City for many years. Known as “Clumber Williams” and “Ciobhar” and “Czar of the Tenderloin District,” he was “one of the most colourful and controversial figures of the New York Police Department” and was reknowned for breaking up the street gangs of the day.

For further information about the active life of John Scott Williams, who had spent his childhood in Inverness County, you can find an interesting account of his life online at https://en.wikipedia.org/wiki/Alexander_S._Williams. [Do any of our readers have more information about the lives of his siblings?]

b) John Gillies:
Who can identify the parents of John Gillies of Port Hastings, Mabou and Moncton, New Brunswick? According to records, he was born in Scotland about 1820 and died in Moncton in 1884. He first married Christina Cameron, (parentage and birth date not known) who died in Moncton ca. 1865. Subsequently, in 1869, he married Caroline Morse of Moncton, New Brunswick.

John and Christina Gillies are found in Port Hastings records in 1841 when their first child, Margaret Emily, was born and in Mabou by 1848 when their son John Cameron Gillies was born. All of his children by Caroline Morse were born in Moncton, New Brunswick.

John Gillies worked as a blacksmith and foreman at a local foundry in Moncton for many years as well as having served as Deputy Chief of the Fire Department of Moncton.

II. A NEW NOVEL

Kate’s Ring, a new book by Donna Grassby, an author with Inverness County roots, is available at the Bear Paw gift shop and online through Indigo, Amazon and Red Deer Press.

Printed by Red River Press, this poignant story (suitable for young adults through adult readers) takes place in Mount Pleasant, Inverness County (the ancestral home of the author), and in Whitney Pier, Sydney, in the 1920s.

It provides an effective and moving insight into the thoughts and actions of a girl entering her teens whose family is experiencing serious financial, psychological and social difficulties. A gripping read, it provides well-researched insights into the lives of many young people who were (and are) required to take on adult responsibilities.

The tale incorporates the historical personage of Fred Smith of MacKenzie Avenue, Inverness, who appears briefly in his role as train conductor on the railway from Point Tupper to Inverness.

The challenges of life in the rural Inverness County community of Mount Pleasant - three miles inland from Lake Ainslie and now abandoned - are well described. Paperback $14.95.

Continued on page 4... Ancestors
III. FURTHER INFORMATION ABOUT SQUIRE JOHN MACDONALD OF NEVADA VALLEY (BROOK VILLAGE)

Through the assistance of researcher Eugene Quigley, further and correcting information about Squire MacDonald has come to be available. A brief account of Squire MacDonald had appeared in the previous issue of *The Participaper* (Vol 39 No3, page 4).

According to this new information, Squire John MacDonald, Justice of the Peace and bearing the nickname “Blue” or “Gorm”, was born in 1815 in Prince Edward Island and died 19 July 1892 in Brook Village (Nevada Valley).

He married Mary MacLean (born 21 December 1819 on the Isle of Rum, Scotland and daughter of Donald “Ban” and Christine(MacLean) MacLean). Mary died 3 September 1889 at Brook Village.

Although Squire MacDonald was sometimes known as “lain Alasdair,” (or John Alexander), the Alexander must have been a middle name and not the name of his father. The nickname “Blue” or “Gorm” may be an ancestral use of that nickname by earlier MacDonalTs in Scotland, or possibly it was because of the sheen of his very dark black hair.

John MacDonald was the second son of that name of Murdock and Ann (MacQuarrie) MacDonald of the Isle of Skye and Prince Edward Island. Murdock is said to have been the son of John and Margaret(Mathison) MacDonald. Ann (MacQuarrie) MacDonald's father was Hector MacQuarrie.

John MacDonald, who emigrated on the ship “Polly” in 1803, was the son of John MacDonald of the Isle of Skye, whose ancestors were said to have been active in the battles of Cullochen, Sherriff Moor and Killiecrankie.

A compiled list of descendants of Squire John of Inverness County is available at the Mabou Gaelic and Historical Society as well as the Nova Scotia Highland Village, thanks to the excellent work of Eugene Quigley.

IV. NOVA SCOTIA HISTORICAL VITAL STATISTICS

This collection of birth, death and marriage records is not complete but is nevertheless helpful, as the material often provides genealogical clues for more investigation. Births and deaths are listed for the years 1864 to 1877; and births from 1908 to 1917; plus deaths from 1908 to 1967.

Since marriage records are legal documents, they are listed from 1864 to 1942, with a number of pre-1864 legal matrimonial bonds as well. But due to some unwillingness or the neglect of individuals and clergy, some birth and death records were not sent to Halifax. Therefore, it is sometimes helpful to contact the Bureau of Vital Statistics in Halifax as well as churches to find records not available on this on-line service.

The records are only as correct as the information provided by local recorders and justices of the peace and clergy. It is also helpful to check variations in spellings of both christian names and surnames. For example, check “Mc” and “Mac”, Murry and Murray, Sally for Sarah and Marie for Mary, etc.

Unfortunately, the on-line records do not provide cross-references. For instance, Bernard birth records for the early 1900s (the only ones for Inverness County and all of them for people born in Whycocomaghs - Waycobah, First Nations) list the following:

a) 1911- Mary Julia Bernard, daughter of Andrew Bernard and Mary Ann Richard (Andrew, born in “Nyanza” - Wagmatcooke today).

b) 1916- Peter Bernard, son of Andrew Bernard and Mary Ann Richard.

c) 1913- William Bernard, son of Benjamin Bernard and Susie Sylliboy.

1914- Charles Bernard, son of Andrew Bernard and Mary Ann Richard.

e) 1916- Mary Bell Bernard, daughter of Noel Bernard and Sarah Louis(Lewis).

V. RECORDS FOR INVERNESS COUNTY PERSONS RESIDING IN OTHER PLACES

1. Marriage record, Topsham, State of Maine, USA: 5 April 1916, Rachel Potter Corbett, third marriage, daughter of Augustus Nelson and Mary Amelia (Irish) Irish of Hillsborough. She was born in 1851. Her husband was Frank Barnes (Rachel was first married to Malcolm MacLeod of Rosedale Road, Brook Village.

2. Death record of Rachel Barnes, 14 Oct. 1918, wife of Frank Barnes of Topsham (see 1 above).


VI. RECORDED DEATHS FROM THE INFLUENZA VIRUS 1918-1920

More than three dozen people living in Inverness County are listed as having died from being infected with the influenza virus between 1918 and 1920. This year is the One-Hundredth Anniversary of the arrival of the illness in this area.

a) Murdo Kennedy of Inverness seems to have been the first victim as per death records for the county. He died September 7, 1918, a recently returned soldier of World War One.

b) Two brothers and a sister, Dougal Gillis, age 17; John Gillis, age 15; and Minnie Gillis, age 19, of Upper Southwest Margaree, all died within months of each other, with
the first dying in October of 1917.
c) The last listed as succumbing to the influenza virus was
Douglas Timmons of Margaree Forks who died in April of
1920.
If readers have any family records or recollections to
share, they will be most welcome for publication in future
listings.

VII. IMMIGRANTS FROM THE ISLE OF JERSEY AND
LAND GRANTS
A number of immigrants from the Channel Island of Jersey
petitioned for land in Cape Breton, many probably connect-
ed in some way or other with the fishing industry. Several
requested land in Inverness County:
a) Philip and Douce Belhache of Plaster Cove petitioned in
1798, 1802, 1817 and 1829.
b) In 1815, Peter Briard an agent for “House of Philip
Robin and Co.” sought land in Port Hood on the peninsula
connecting Port Hood Island with Marble Hill. Members
of the firm are listed as: John, Philip, James and Elizabeth
Robin and Clément Hemery.
c) Peter Duval, in 1810, sought 500 acres at the Mouth of
River Inhabitants.
d) Henry Gilbert, in 1803 with his wife and three children,
requested land on the north side of Margaree River near
Joseph Ryan.
e) John Luce, William Luce and Robert Buckmaster peti-
tioned, in 1803, for land south of Ship Harbour on the Gut
of Canso.
f) In 1811, Peter Renouf requested a grant on the east side
of the SE Mabou River, stating that he has been a “trader” at
Arichat for twenty years.

VIII. PERSONAL COMMENDATIONS
1. Much appreciation to Marie Aucoin for her generous and
helpful Editorship of Ancestors Unlimited.
2. Hurrah for the many years of faithful and creative service
dedicated to the heritage of Inverness County by Frances
Hart of the Margaree Salmon Museum.
3. Much gratitude to the faithful researchers at Le Centre de
Généalogie Père Charles Aucoin in Chéticamp at Les Trois
Pignons. Congratulations and best wishes for their new
headquarters!
4. Much appreciation to Audrey Fraser of the Whycoco-
magh Historical Society (and resident of Aberdeen) for her
fine contribution of the material on the MacKay family
history in the previous three issues.

Association of Nova Scotia Museums News
Save the date for the 25th annual Museum Enterprises Conference: January 24-26, 2019, in Toronto. This is the
one-stop conference to help you generate revenue and increase visitor satisfaction! The program for MEC 2019 has
been designed to expand your business/visitor experience and entrepreneurial skills to maximize the results of museum-
based commercial activity in your institution. Who Should Attend? If you are involved in revenue generation, retail and
food operations, visitor services, admissions, membership, rentals and special events then this is the conference for you!
For more information on the program please visit http://www.museums.ca/site/conferences_mec or contact Sue Ann
Ramsden at: sramsden@museums.ca.
CollectiveAccess Videos Added to YouTube:
We’ve recently updated 7 and uploaded 2 new Collective Access instructional videos on our YouTube channel! If you
haven’t visited the Association of Nova Scotia Museums on YouTube, this is a great time to go and explore! Visit our
channel at https://www.youtube.com/channel/UC1fNQ27Klq8MRathZBv6ddA?reload=9.
Collections Management Webinar Series now Online:
The Association of Nova Scotia Museums recently offered a webinar series on collections management to members of
the museum community. We were happy to receive such great interest in this new form of online learning.
Museum staff and volunteers partook in healthy discussion around different collections management scenarios and
shared their own knowledge of best practices with others. Examples from NovaMuse provided insight on the import-
ance of enriching records to strengthen an institution’s online presence. Topics of discussion included: the basics of data
entry, how to monitor workflow, inventory procedures, how to run reports, and how to identify, link, and share stories
found in online collections.
The five sessions were recorded so that the series can be enjoyed by all. Please note that the webinar series utilises
CollectiveAccess. If you are watching the sessions for the first time and would like to receive the mentioned practice
exercises, please contact Sandi Stewart, Advisory Assistant, by email (advisory@ansm.ns.ca) or by telephone (902-423-
4677).
The recordings are now available on the ANSM YouTube channel. Please share the news!
This story is based on a 1947 recollection of Andrew Lenoir of events that had occurred thirty years earlier.

Come, come, return with me to December of 1917 to the small village of Achnacroish in the long verdant valley of central Cape Breton. Although thirty years have passed, I well recall the events of that 24th of December in my home village of Achnacroish, Inverness County.

The railway line between Sydney and Point Tupper went straight down the middle of the wide fields of the valley with the high tree-clad hills in the distance. The tracks divided the property of the MacLeods from that of the Leniors. Benjamin Lenoir, my father, was the agent at the station while his wife's brother, Charles MacLeod and his sons, operated the general store situated near the station.

Being the railway agent's family, we lived in a neat house across a narrow road in front of the station. The station building itself contained several bedrooms on the second floor which were rented to passengers who arrived by the late train and had to remain overnight before a family member could arrive next day with horse and wagon to meet them to carry them to their final destination. My mother, Priscilla (MacLeod) Lenoir, and my two sisters looked after these overnight visitors.

As a boy of fourteen, in addition to attending the Achnacroish school which was near by, my younger brothers and I helped our father with various tasks around the station, aiding in unloading and loading items for the freight cars. We also lit the kerosene lamps in the station and the six large lanterns attached to posts standing along the platform next to the rails.

Our older brother, David, was in the army. He had been wounded in France and was recovering in a hospital in Halifax. Our youngest brother Josiah, age six, was quite deaf from the effects of an illness in his earlier years. However, he was very active and was aware of the vibrations of the trains coming and going on the line. He wore several sleigh bells on a kind of bracelet on his left arm so that we would know where he was. His dog, Laird, was always with him and seemed to know how to protect him from harm.

On this Christmas Eve, after a light snow had fallen during the day, the sky started to clear of clouds at sunset. Father had received a telegraph message that the last train would arrive late and would be at the station at 9:00 instead of 8:00 pm.

Having ensured that Mother and my two sisters had prepared the four bedrooms upstairs over the station master's office for possible overnight occupants, my father and my aunt, Grace MacLeod (father's sister), suggested that mother and aunt Grace set out for a quick trip to take some Christmas goodies and packages to our great-aunt Susan Matthews, who lived a couple of miles from the village of Achnasoish Station with our grandmother.

As they left, father with a twinkle in his eye, took us boys to the freight house; against the wall opposite the door stood a large wooden box from the Thomas Organ Company in Woodstock, Ontario. It had arrived on the afternoon train. Father, who had a great sense of humour, told us that within the box was a parlour pump organ for mother's Christmas gift. He asked us to help him load it onto a large wheel barrow to transport it across the road to our house. Once we had removed it to the house, we opened the box and saw within a beautiful musical instrument with shining black and white keys and a number of stops for creating different sounds. Inside the box there was also a small organ stool with a plush seat.

He told us that he had encouraged our aunt Grace to ask mother to accompany her on the short trip to Aunt Susan's house, in order that we might set up the organ in our parlour so that mother would be surprised when we all gathered in that room in the late evening to sing some Christmas Songs.

Together, and with much anticipation and glee, we moved the organ and stool into place and put two kerosene lamps on the brackets which were attached to the top of the instrument. Our little brother Josiah, although without much hearing, pressed the keys while one of us pumped the pedals to provide the sound. He seemed to experience some of the reverberations from the lower keys and looked very excited.

Our father looked so pleased and laughed just for the joy of it. He often played tricks on us and others. Once, he had told us that the King and Queen of England were going to be travelling from Sydney, where they had arrived by boat, and would stop for a few minutes for tea at Achnacroish on their way to the Strait of Canso. He even arranged for some friends from further back on the line to dress up as though they were the royalty and get off the train to go into our house for refreshment. Our mother, who had arranged a fine table for them, was so amused to discover that she had been tricked by father that she laughed until she cried. But all present had a good time and joined in singing some songs led by mother playing the fiddle.

Continued on page 7...
In her earlier years, mother had lived with relatives in Springfield, Massachusetts. While there, she worked for a time for local newspaper editor, Josiah Holland, who was a writer of songs and author of a very early biography of Abraham Lincoln. Mother also took piano lessons at that time and Josiah encouraged her in her music. He gave her a copy of one of his special songs written for Christmas, There is a Song in the Air, a Star in the Sky. She so treasured his friendship that she named her last child Josiah, in honour of Josiah Holland.

Father told us that we should all gather in the parlour at 9:15pm for a special Christmas Eve party and that we would welcome any passengers who alighted from the train, especially those planning to stay overnight in the rooms over the station. He added that there would also be another surprise which should please us all. Then he closed the door to the parlour and told us that our sisters would be bringing the food while keeping our mother in the kitchen so that she would not see the organ until all were assembled.

All went according to plan. Mother and Aunt Grace returned about eight-thirty and went to change their clothes. Our grandmother, Marie (Toney) Lenoir, a very wise woman of both Mi'kmaq and French heritage, came back with them to spend the evening with us. Together with my sisters, she arranged the refreshments in the parlour and lighted the kerosene lamps. In the distance, the train signalled its approach from way down the track where the valley opened up.

Father met the people who got off the train and escorted several, including one man with a cane, into the station and showed several to the rooms upstairs. While doing so, he asked them to go over to the house for a small evening party. Once his tasks were finished he came over the house. With a joyful look on his face he encouraged all family members, Lenoirs and MacLeods, and the visitors to follow him as he waltzed our mother down the hall to the parlour as he hummed a dance tune.

At his signal, my sisters and Josiah opened the parlour doors with a flourish. There, in addition to all the food and decorations on the table, was the new organ glistening in the light of the kerosene lamps. As father escorted her to the stool, she let out gasps of surprise and delight and, with tears in her eyes, she turned to our father and hugged him, an action we very rarely ever saw.

With Josiah close by her side, she sat on the plush stool and began to pump the pedals and to run her hands along the shining keys. She played several selections which she knew well as many gathered close to sing the songs. Then marvel of marvels, Josiah began to touch the keys, both those at the top of the keyboard and those below. He seemed somehow to be hearing some sounds. Little by little, his young voice imitated the sounds that he was hearing after his years of deafness. His eyes brightened with delight as he turned to look at mother with an expression of great surprise. His hearing was returning – a miracle indeed. He even sang a bit of one of the songs.

As we all digested what had just happened, our father strode to the front door and opened it and in came a soldier walking with a cane. It was our brother home from the war in France and able to walk again! Our dear David had come on the evening train. He had telegraphed our father to let him know that he would be arriving on the late train but wished to surprise mother. And indeed he did. With much laughter and with moist eyes, mother kissed him on his face and on his hands. He was the other Christmas gift our father had mentioned to us earlier. Another small miracle.

Once the excitement had died down and after many hugs, we again gathered around the organ. With mother leading the singing and happily playing her new parlour organ, we began to sing the hymn of Josiah Holland, There is a song in the air, a star in the sky...and the star rains its fire, while the beautiful sing...there's a mother's sweet prayer and a baby's low cry...we rejoice in the light...we echo the song that comes through the night from the heavenly throng...” Such a unity of sound could be heard rising from our home!

In her strong voice, with its accents of Gaelic, French and Mi’kmaq, our grandmother urged us to look out of the window. There, in the sky above the fields of Achnacroish, was the Christmas star. Its light came through the window to be seen by all. “Remember the words,” she said, “there will be a time when the deaf shall hear and the lame shall walk and the blind will see and the song in the air will be heard by all.”

With song and food and new understanding we celebrated together, with strangers welcomed, the deaf hearing and the lame walking. So it was that Christmas Eve in Achnacroish on December 24, 1917.
100 Women Who Care Rural Cape Breton
Raises Over $16,000 for Local Charity!

by Amanda Mombourquette

100 Women Who Care Rural Cape Breton hosted their second annual event on October 18, 2018 at the Strathspey Performing Arts Centre in Mabou, Nova Scotia. Despite the snow and hail outside, over one hundred women from across rural Cape Breton attended with their $100 donations in hand. Those unable to attend in person also honoured their $100 commitment. In total one hundred and sixty-two generous and community-minded women contributed to $16,200 being raised.

The goal of 100 Women Who Care Rural Cape Breton is to raise money for one local charity per year, with each member expected to donate $100 at the annual meeting. Prior to the meeting a reminder email was sent to members. At that time each had the opportunity to nominate a registered non-profit charitable organization located in any area of Richmond, Victoria or Inverness counties.

Three local charities were randomly selected from the pool of organizations that had been nominated prior to the deadline date of August 30. Representatives from each of the three charities made excellent 5-minute pitches to the audience. Following these presentations, the one hundred plus members in attendance voted for the group that had made the most compelling case.

We congratulate the winner: The Inverness Consolidated Memorial Hospital Ladies Auxiliary took home over $16,200 from the AWESOME women who attended in person and those who had already sent in their $100 donations. The Friends of St. John Arichat Society and Port Hastings Historical Society will automatically be entered in the 2019 draw.

The Ladies Auxiliary can now purchase a $62,000 portable ultrasound for the hospital and have advised us that the doctors at ICMH are very, very happy that they will soon have this essential equipment on-site.

The final date for honouring commitments was November 1. Since then the Ladies Auxiliary has been busy sending out official income tax receipts. Members who have not yet received a receipt should contact the Ladies Auxiliary directly.

All one hundred and sixty-two members who donated this year are now on our membership list for 2019. Any other women who wish to join this charitable endeavour and participate in next year’s event are invited to register by visiting www.100womenruralcapebreton.com (click on Get Involved). We are also actively seeking nominations for additional charities in the region - email: 100womenruralcapebreton@gmail.com to let us know which one you think would make a deserving recipient of funds raised by 100 Women Who Care (if you’re not sure if a group has charitable status, please nominate them anyway – our team does the leg work of checking if they are registered as a charity with CRA).

Our next meeting will be held in Port Hawkesbury on October 23rd, 2019. For pictures from the October 18 event, connect with us on Facebook - search for 100 Women Rural Cape Breton and “Like” our page.

[Amanda Mombourquette is a volunteer member of 100 Women Who Care Rural Cape Breton and the Executive Director of the Strait Area Chamber of Commerce.]

Happy Christmas Everyone!
On November 5th the Cape Breton Partnership, through the Cape Breton Regional Enterprise Network (CBREN), hosted its Inverness County Business Dinner at the Salle Paroissiale in Saint-Joseph-du-Moine. Over 100 residents, businesses, and community leaders gathered to network while celebrating and discussing local business and economic development projects. The Cape Breton Partnership is Cape Breton Island’s private-sector led economic development organization and administers the Regional Enterprise Network.

Attendees were welcomed to the Acadian community by Jeremy Martell, Communications Coordinator for the Cape Breton Partnership and CBREN, who filled the role of emcee for the evening. The event’s schedule included a welcome message from Inverness County Council’s Betty Ann MacQuarrie and an overview/update on the Cape Breton Partnership and its initiatives from Carla Arsenault, President and CEO.

During the dinner, a keynote address was given by the Honourable Lena Metlege Diab, Nova Scotia Minister of Acadian Affairs and Francophonie and Minister of Immigration. The Business Dinner marked the Minister’s first official event of the 2018 National Francophone Immigration Week: Given her portfolio, this week-long celebration is of particular importance to the Minister.

The Dinner also provided an opportunity to introduce Inverness County businesses with the Partnership and CBREN’s newly appointed Economic Development Officer (EDO) for Inverness County, Lynne MacLennan. As the County’s EDO, MacLennan will be responsible for supporting activities that will attract investment and business opportunities to the County, as well as working directly with businesses to help them grow and expand. Inverness County businesses are encouraged to contact Lynne MacLennan to explore potential opportunities and participate in the Business Retention and Expansion Program at 902-631-5440 or lynne@capebretonpartnership.com.

The Inverness County Business Dinner was proudly supported by the Municipality of the County of Inverness and the Strait Area Chamber of Commerce. For more information on the Cape Breton Partnership and its initiatives, please visit www.capebretonpartnership.com.
Volunteer Nominations 2019

Each year, communities all across Canada celebrate National Volunteer Week. National Volunteer Week 2019 takes place from April 7 to April 13. The primary purpose of this specially designated week is to thank and honour people who donate their time to help others by supporting the causes in which they believe.

Volunteer Week also serves to reinforce the human values that volunteering represents and increases awareness of the vital importance of volunteerism to our communities. In honour of volunteers in Inverness County, Municipal Council will host its annual Volunteer Recognition Ceremony on Wednesday, April 10, 2019.

If there is someone in your organization or community that you wish to have recognized for his/her contributions, simply follow the nomination guidelines and forward a short write-up (100-150 words) on or before March 25, 2019. Early Bird Nominations, received by February 15th, will be placed in a draw and one of these nominees will be chosen to represent Inverness County at the Provincial Volunteer Recognition Ceremony to be held in Halifax, Monday, April 1st.

Nominations for Specialty Awards can be made by anyone and should be sent directly to Recreation Nova Scotia. Specialty awards are the Youth Volunteer of the Year Award and the Volunteer Family Award. Nomination forms are available through Recreation Nova Scotia’s website at www.recreationns.ca/volunteerawards.

2019 NOMINATION GUIDELINES FOR VOLUNTEER RECOGNITION

1. Any organization or individual may nominate one (1) volunteer.
2. Choose a nominee who has not been recognized by the Municipality through this program in the past five years (2014 – 2018). If you are unsure if someone has been recognized during that time frame, please give us a call at 902-787-3508.
3. The volunteer must reside or perform volunteer work within the Municipality of Inverness County.
4. Nominations must be accompanied by a clearly written or typed description (100-150 words) of the nominee’s present and past volunteer activities. If you are nominating a volunteer who was recognized prior to 2014, please highlight the individual's most recent contributions. Please keep personal information, such as number of children, hobbies, etc., to a minimum, and focus more on the nominee’s present and past volunteer involvement.
5. A photo of all volunteers will be taken at the Municipal Volunteer Ceremony.
6. All volunteer biographies and photos will be featured in the May 2019 issue of The Participaper.
7. Deadline for receipt of ALL 2019 nominations is March 25, 2019. Any nominations after that date will be placed on a list for recognition in 2020.
8. Nominations received on or before February 15th will be placed in a draw and one person will be chosen to represent Inverness County at the Provincial Recognition Ceremony which will take place in Halifax.
9. An invitation to the Municipal Ceremony will be mailed to the nominated volunteers in late-March. The nominating organization (or individual) will also receive an invitation for one of its members to accompany the volunteer to the Awards Dinner. If the nominating group/organization/individual wishes to do so, that invitation may be turned over to the nominated volunteer's family member, friend etc.

Call for Nominations for 2019 Provincial Volunteer Awards

Nova Scotians are encouraged to nominate outstanding individual community Youth and/or Families for a 2019 Provincial Volunteer Award.

Each year, the awards ceremony honours volunteers from across the province for their volunteer contributions. The Volunteer Youth and Volunteer Family award winners are selected by a review committee.

The Premier, Lieutenant-Governor and Minister of the voluntary sector will present the awards at a ceremony to be held in Halifax on April 1st.

Nomination forms are available at https://novascotia.ca/NonProfitSector/ProvincialVolunteerAwards. The deadline for nominations is midnight February 25, 2019.

Nova Scotians can check road conditions; view highway cameras; winter driving tips; plowing priorities; follow plows using the plow tracker tool; and more, at gov.ns.ca/tran/winter. During a storm or any winter event, follow @NS_TIR on Twitter for the latest road condition updates. Visit http://511.gov.ns.ca/en/ for information on road conditions, etc., or http://novascotia.ca/tran/cameras/ to view live webcams.
VOLUNTEER NOMINATION FORM 2019

Volunteer’s Name: _____________________________________________________________

Civic Address of Volunteer: _____________________________________________________________________________________________

Mailing Address of Volunteer: _____________________________________________________________________________________________

Email: _______________________________________________________________________________________________________________

Phone # (H) _________________________  Cell # __________________________

Name of organization or individual making nomination: ________________________________________________________________

Contact person: ________________________________________________________________________________________________

Civic Address of contact person: _______________________________________________________________________________________

Mailing Address of contact person: _______________________________________________________________________________________

Email: ____________________________________________________________________________________________________________

Phone # (H) _________________________  Cell # (W) __________________________

Please complete this form and forward it with the volunteer’s write-up to:
Charlotte MacDonald
Inverness County Recreation/Tourism Department
375 Main Street, PO Box 179
Port Hood, NS  B0E 2W0

Alternatively, scan and email the completed 2019 nomination form to:
charlotte.macdonald@invernesscounty.ca

VOLUNTEER ORGANIZATION UPDATE INFORMATION

Please take a moment to complete this form for our information (even if you are not nominating a volunteer from your organization this year) and kindly return it to:
Charlotte MacDonald
Inverness County Recreation/Tourism Dept.
375 Main Street, PO Box 179
Port Hood, NS  B0E 2W0

Name of Organization: _____________________________________________________________________________________________

Contact Person: ________________________________________________________________________________________________

Is your organization still in existence: Yes __________________  No ___________________

Civic Address of contact person: _______________________________________________________________________________________

Mailing Address of contact person: _______________________________________________________________________________________

Phone Number: _________________________  Cell Number: __________________________

Email: ____________________________________________________________________________________________________________

Fax: ____________________________________________________________________________________________________________
Eddie’s Journey to Cape Breton
by Joanne Pyke

Accompanied by four friends, Eddie started a new life in Cape Breton on November 26, 2018. He and his companions had arrived in the evening, after traveling for almost 24 hours from Ontario. I was happy to see them looking well and anxious to get out when I opened the horse trailer doors: Eddie is not a fan of traveling and I’m sure he was thrilled to see the ramp lowered! The equine group of five trotted off the trailer with great enthusiasm as I escorted them to their new dwelling on the farm that we had recently purchased.

But let us go back a little farther in history: I first met Eddie when he was a year-old little donkey living on the farm where he was born and enjoying the company of his family herd of donkeys. From the minute I met him I noticed that he had a very intelligent and kind nature and I knew that he would be perfect for the task at hand.

At the time that I met Eddie my 23 year-old horse, Kendal - who had been in my life for 20 years, had recently gone blind and was in need of a companion and friend. Kendal had been suffering from an eye condition known to affect his breed of appaloosa. It is a condition known as “Recurrent Uveitis”, or sometimes called “moon blindness”. He had been dealing with this condition for over a year and even with constant veterinary attention and medication had lost his vision in that eye.

The real problem wasn’t that Kendal had lost vision in that eye; the problem was that the infection flare-ups were very painful and were getting harder to control. With veterinary consultation at Guelph University and our home veterinarian, it was decided to remove the blind eye and remove the source of pain and infection. As the eye was blind he had already adjusted to vision in one eye at that point and it was clear that the good eye was healthy and he had vision in it. Surgery was booked. I was very nervous, but I believed that the constant infections and pain were not a comfortable way of life and the surgery would improve his quality of life.

On surgery day the Veterinary Hospital called me as soon as the surgery had been completed. They told me that Kendal went under sedation perfectly, surgery went very well and he was in recovery. I asked if they would call me when he was up and standing as I knew that there is always a risk of injury when horses are trying to get up from sedation. Within 30 minutes they called to say he got up gently, was standing stable and all vitals were normal. The procedure was a success. However this wasn’t the end of the story.

I was allowed to pick Kendal up the day after surgery. I arrived with a trailer and my heart sank when I saw his head bandaged like a WW1 triage bandage. However, he was eating and seemed otherwise fine. As soon as he heard me speak his head came up and he called. After a lesson on changing the bandage Kendal and I walked out. He seemed a little uneasy but walked with me and loaded on to the trailer. I thought it was reasonable, with all he had been through, for him to be a little uneasy. At home he backed down the ramp like a star but was calling as we walked towards the barn. This wasn’t something he usually did when he came home from trips but I put it down to the traumatic experience he had been through.

I walked him into his stall and unclipped the lead- rope. Kendal kept walking and hit the back wall, which scared him and he turned and hit another wall, and started to panic. I ran back in and put my hand on his shoulder and spoke to him until he was still and calm. I then realized with horror that for some reason he had gone blind in his remaining eye. My veterinarian came out immediately and confirmed that Kendal had lost all vision. The Hospital said there was no incident before, during or after the surgery and that there was no medical explanation for his blindness. They said it wasn’t possible, yet here we were.

Kendal was always there for me, now it was my turn to be there for him: Together we would figure this out. However, Kendal could not be turned out with other horses as it wouldn’t be safe for him. He would need a fulltime equine companion by his side to guide him: Enter young little Eddie.

Eddie and Kendal became fast friends immediately. As Eddie was a

Eddie suits his drummer’s bandana.

Continued on page 13 ... Eddie
miniature donkey he was able to share Kendal's stall so that Kendal was never alone for one minute. When they were outside in a paddock together, Eddie wore a little bell on his halter so that Kendal knew where he was at all times. From watching the two of them I received an education in companionship and trust. I witnessed how young Eddie took care of Kendal. Eddie stayed close to Kendal outside and, if anyone came to see them, Eddie would place himself between Kendal and the person. I noticed that Eddie accepted me and didn't push me away, but with anyone else he would gently push them away from Kendal.

One of the fence lines of their paddock was shared with an adjoining paddock. There was a single horse in the adjoining paddock and any time Kendal grazed or walked near that shared fence line Eddie would immediately get between Kendal and the fence and lightly nip at Kendal's knees until he moved a safe distance from the fence. Once Kendal was at a safe distance Eddie would leave him alone and graze beside him. It was incredible to watch. Eddie also realized that he could take Kendal by the lead rope and walk him. Kendal would follow along with trust. This little donkey was the most incredible companion; I discovered how much animals know and communicate on a level that we don't understand. They know far more than we think they do. Kendal and Eddie stayed constant companions for a few years until Kendal passed away and left Eddie and I with heavy hearts.

Eddie has had some other companions over the years but nothing rivals the bond that he had with Kendal. Today - and for the last few years - Eddie has had two miniature donkeys (senior ladies) as friends and they have all become very close. They get along very well, and when the girls are napping in the sunshine, Eddie stands watch. He enjoys having fun and playing games, and still has a need to keep watch over his friends.

Last year I moved to Cape Breton with Eddie and his friends. They are enjoying the beauty of the island and the peace and quiet of being at home with all of us. They are spoiled with attention from their human family members. Eddie and friends all have much to learn about and explore in Cape Breton. But for now we are just marveling in the beautiful landscapes and majesty of the eagles we see overhead every day.

I have to say that Eddie has the most amazing personality. He loves being involved in whatever is going on, he loves to play and learn new things. He is a curious and intelligent being with a heart of gold. Eddie has taught me so much about animal interactions and compassion. He always gives me a reason to smile and be happy and has enriched my life. Together we will explore new adventures in Cape Breton. I am so very blessed to have Eddie in my life. I know Kendal made the trip to Cape Breton with us in spirit. I'm sure he is with the eagles looking down at us, full vision restored and free as the breeze.

Thank you Joanne Pyke for sharing Eddie's story with us. We hope our readers enjoy it as much as we did. Eddie lives on a farm near Orangedale with his family. Photos courtesy of Joanne Pyke.

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Skiis, Snowshoes & Nordic Walking Poles are available for rent from the Municipality

Rental Fees
- Nordic Walking Poles: $5/2 weeks, (Damage deposit required)
- Skiis: $2/day, $10/week (Damage deposit required)
- Snowshoes: $1/day, $5/week (Damage deposit required)
- Adult and children's sizes available

Rental locations:
- Municipal Recreation/Tourism Department Office
  375 Main Street, Port Hood
  For more information: Phone: 902-787-2274
  Email: info@invernesscounty.ca
- Inverness County Literacy Office
  16 Upper Railway Street, Inverness (next to Post Office)
  Phone: 902-258-3110 (Limited hours so please call ahead)
  Email: invernesslit@ns.aliantzinc.ca
INVERNESS COUNTY CITIZEN ENGAGEMENT SURVEY SERIES – PART I

As Nova Scotians we are faced with a changing social, environmental and economic landscape that affects the quality of our lives at home and at work. Inverness County is no exception: As a Municipality we want to continuously improve to better serve our ratepayers, find efficiencies in our operations, and remain sustainable, while also capitalizing on opportunities to meet the current and future needs of both County residents and businesses. This Citizen Engagement Survey is the first in a series of surveys that will be conducted to better understand what matters to you our residents. We want to know what your priorities are and where we, as a Municipal unit, can do better. The results of these surveys will be combined and, over time, will in part help to inform and solidify a long-term vision for the County, further develop our strategic direction and improve our responsiveness. The information you provide in these surveys is of tremendous value and will help us to better serve you while ensuring our work is in line with the aspirations of County residents. Please take a few minutes to provide your responses.

SECTION 1: QUALITY OF LIFE

1. In your opinion, what three (3) things make Inverness County a good place to live?

2. What three (3) things do you think could make Inverness County a better place to live?

3. What do you think are the biggest challenges facing Inverness County now and into the future?

4. What do you think are the opportunities Inverness County should consider exploring now and into the future?

5. What three (3) priority areas should we as a Municipal Unit try to improve upon?

SECTION 2: MUNICIPAL COMMUNICATIONS

1. In the past 12 months have you accessed any of Inverness County’s communication outlets (please check all that apply):
   - Facebook page
   - Municipal Website - www.invernesscounty.ca
   - Twitter feed
   - The Participaper
   - Tourism Web Site - https://canadasmusalcoast.com/
   - Email
   - Telephone
   - Mail
   - Other

Continued next page...
2. If you have used any of the foregoing methods to access Inverness County information, did you find what you were looking for? □ Yes □ No

3. In general how do you feel about the amount of information provided to residents by the Municipality? Too Much Information □ Adequate Information □ Too Little Information □ Unsure □

4. How do you usually learn about local issues?
   □ Newspapers (Which one(s)? ____________________________ )
   □ The Participaper
   □ Municipal Website
   □ Radio (Which station(s)? ____________________________ )
   □ Internet or Online news blogs
   □ Social Media: Facebook or Twitter
   □ Council Meetings
   □ Word of mouth i.e., friends, neighbours, family
   □ Contact with Municipal Staff
   □ Other _____________________________

5. What is your preferred method of communication with the Municipality:
   □ Phone
   □ Email
   □ Comments & posting on the Municipal Website
   □ Social Media: Facebook or Twitter
   □ Letters
   □ Council Meetings
   □ Town Hall Meeting and/or Information Sessions
   □ Other _____________________________

**SECTION 3 DEMOGRAPHICS:**

1. In which municipal district do you reside?: _____________________________

2. How long have you lived in the County of Inverness?
   1 to 5 years □ 5 to 10 years □ 10 to 15 years □ 15 to 20 years □ Over 20 years □

3. Do you rent or own your home?
   Rent □ Own □ Prefer not to say □

4. Which age category do you fall within:
   <17 □ 18 to 39 □ 40 to 64 □ 65+ □ Prefer not to say □

5. What is your employment status?
   Fulltime □ Part-time □ Business Owner □ Student □
   Self-Employed □ Seasonal Employee □ Unemployed □ Prefer not to say □

Thank you. We value and appreciate your time and your feedback.

Please return your completed survey to Municipality of the County of Inverness:
By mail: PO Box 179, 375 Main Street Port Hood, NS B0E 2W0
Walk-in: 375 Main Street Port Hood
(Monday to Friday 9:00 am to 4:00 pm - Survey collection box at front desk)
Fax: 902-787-3110
Alternatively, scan and email the completed survey to: info@invernesscounty.ca

As you do your Christmas shopping, consider buying local. It helps the local economy and keeps jobs at home by supporting local businesses. Some lovely gifts can also be found at local craft fairs, the Sacred Heart hospital gift shop, and Inverness Consolidated Memorial Hospital gift shop.
Plan for a healthy holiday season by Dr. Glenna Calder, ND

“Our greatest tool against stress is our ability to move on to a happier more positive thought.” Dr. Glenna Calder

Taking responsibility for our health (mental, spiritual and physical), our work, our time and our relationships is essential to living a satisfying and fulfilling life. What makes us feel fulfilled is aligned with the resources and gifts we are given in order to make a difference in this world. You are supported with innate gifts and tools to be able to both create the life you want and to assist others in doing the same. You will know you are using your gifts when you feel clear, energized, and fulfilled.

So I challenge you to take some time soon to think about what you want your life to look like. Your hours, days, weeks, months and years are your time to make the life you desire a reality. We each have a calling, and in order to connect with that calling we may need to pause from our busyness and ask ourselves this question: What am I moving towards? If we don’t pause and ask ourselves that question, we may spend our time avoiding our dreams and letting our fears, insecurities or excuses determine how we spend our days.

In order for us to share our gifts we must also take responsibility to care for our physical bodies, which we need to be able to do live our best lives. Without our health we can lose our focus, our confidence, and our energy. If we are struggling with fatigue, digestive and hormonal issues, being clear on how we want to make a difference can be more exhausting then exhilarating.

I know December is a busy time and these weeks before the Holidays is when the average person gains 1/2 of their total weight for the year. This is a result of neglecting our physical health. Sleeping too little, not planning our meals, ignoring our body’s need for physical activity, and overindulging in food or drink rather than eating or drinking in moderation.

With that in mind, here are some Holiday Tips to help you through this Holiday Season:
1. Stretch it out - anything you can do in November or January and not in December should be done then.
2. Plan your meals a few days in advance or else you may find yourself filling up on sugary holiday treats.
3. Don’t give up your sleep to get things done late at night. This will leave you feeling exhausted, more susceptible to illness, and cause you to feel more tense, down or anxious during this busy time.
4. Prep some healthy snacks to keep in the freezer so you aren’t always grabbing sugary filled foods for snacks.
5. Continue your exercise during December. This will keep your stress low, help you feel rested, regulate your mood and prevent the 10 lbs weight gain we see this time of year.

BONUS TIP: When you do enjoy Holiday meals and snacks that aren’t healthy choices enjoy them but then move on: You will get back on track more quickly after the Season is over if you don’t have guilt and shame lingering after the Holidays!

[Glenna Calder, Naturopathic Doctor has a practice in Port Hood and is the founder of the 4-Week Health Reset, available online at www.drglenmacalder.com]
Seasons Greetings from your Municipal Councillors

In Inverness County we are collectively working to make our communities welcoming for newcomers from around the globe. Our communities have played a role in supporting Syrian refugees and attracting new immigrants. Population growth is a priority of the province as well as Inverness County. By working closely with the Office of Immigration, the Minister’s staff will have a better understanding of the opportunities and challenges that our region of the province faces when trying to attract and retain immigrants. As the Farmer’s Daughter’s experience taught us, people from across the world are interested in moving to Inverness County to live and work. With the assistance of the Office of Immigration and the Immigrant Services Association of Nova Scotia (ISANS), Cape Breton can become more successful in attracting and retaining immigrants.

The Municipality is pleased to be partnering with the Cape Breton Partnership on the oversight of Inverness County and Victoria County on a regional economic development approach. The Cape Breton Regional Enterprise Network demonstrates that municipal and provincial cooperation can lead to positive outcomes. The staff of the Cape Breton Regional Enterprise Network work to support existing business, attract new business and help assist new entrepreneurs. The goal is to drive new investment to the area and diversify the economy.

Our region of the province has numerous opportunities available to it. This past summer was once again a strong tourism season. The culture sector along with fisheries, agriculture and forestry continue to be our mainstays. However, we are also witnessing a growth in young entrepreneurs moving into the innovation space. With new entrepreneurial efforts taking root we need to continue to work collectively in order to realize our potential. This is an exciting time to live in the county!

It is also an exciting time for the Municipality: After completing an organizational review last year, a number of human resource gaps were identified. As a result, changes are being undertaken in accordance with the recommendations set out in the review. For example, we have just gone through a detailed hiring process to bring in a number of new staff to address these gaps. On the following pages, you will learn a little more about the new personnel who have come onboard. We look forward to being able to share additional information on more hiring in the future months.

We Councillors, along with the staff of the Municipality of Inverness, wish all residents a happy, healthy, fun-filled holiday season spent in the company of those who bring joy to your lives.
Meet some of the Municipality’s newest staff members

Karolyn Aucoin is a proud Acadian from Petit Étang who has returned to Cape Breton after five years living on the mainland where she completed a Bachelor of Business Administration degree at Université Sainte-Anne and worked in Clare as the Executive Director of francophone community radio station Radio CIFA.

She will be working out of the Municipal offices in Port Hood where she has taken on the role of Communications and Community Engagement Specialist for the Municipality. Karolyn also has a passion for community development.

Karolyn’s parents are Réné Aucoin and Shelly Merry-Aucoin. In her spare time she likes to jog, experiment with bread recipes, and play with her cat. She may be contacted in either official language (English/French) by phone at 902-515-1110 or email at karolyn.aucoin@invernesscounty.ca.

Karolyn Aucoin est la fille à Réné Aucoin et Shelly Merry-Aucoin, et est une fière acadienne de Petit Étang. Elle a décidé de retourner au Cap-Breton après cinq ans à la Baie Sainte-Marie à compléter un baccalauréat en administration des affaires à l’Université Sainte-Anne et travailler comme directrice générale de la Radio CIFA. Elle travaille maintenant à Port Hood comme la spécialiste en communications et engagement communautaire de la Municipalité, et peut être contacté en français et en anglais. Comme passe-temps, elle aime courir, boulanger, et jouer avec son chat.

Katie Beaton is originally from Windsor, Ontario. She moved to Cape Breton and settled in Brook Village in 2002. She has spent the better part of the last eight years at home raising her children, Kali and Owen who attend Dalbrae, and Matthew and Angus who attend Bayview. She has been hired as a file clerk and looks forward to her new role with the Municipality. Katie may be contacted by email at katie.beaton@invernesscounty.ca.

Melanie Beaton (nee Meagher) is our new Municipal Special Projects Facilitator. Melanie is a native of Inverness County hailing from and residing in Brook Village. She is a passionate community builder and has guided several projects through to completion as both an employee and as an active volunteer. Melanie has, in part, been tasked with partnering internally (within the Municipal unit) and externally (with our communities and stakeholders), where and when feasible, in order to support, strengthen and build our collective capacity to empower the advancement of projects and initiatives through to completion.

She has a project management background and is also a practiced facilitator in participatory decision making and is trained in methods of conflict resolution and peace building. Melanie very much looks forward to the learning, relationships and experiences this position will offer. Melanie may be contacted by email at melanie.beaton@invernesscounty.ca or phone 902-787-3504.

Jenna Beernink is our new Human Resources Specialist. Born and raised in Mabou, she is a daughter of Jerry and Sarah Beaton. A graduated of St FX (class of 2006) upon graduation she moved to Ontario where she has lived for twelve years. For ten of those years she worked for Ontario Hydro.

Jenna has always remained true to her roots and was thrilled with the opportunity to

Continued on page 19...
return home to work and be with her family. She feels honoured to work for the Municipality and, now that she’s home, hopes to become more involved in the community.

In her spare time Jenna enjoys spending time with her nieces and nephews. She also enjoys playing hockey, practicing yoga, staying active outdoors and traveling the world. She may be contacted by email at jenna.beernink@invernesscounty.ca or by phone 902-787-3512.

Water/Waste Water Supervisor, Allan Benninger, has a wealth of experience and comes to the Municipality after recently retiring from the NS Department of Environment. Contact by email at: alan.benninger or phone: 902-787-3514.

Danita Gillis, originally from Mabou is married to Aaron MacInnis. They have two daughters, Danni Rae and Mallory, who both attend Bayview school in Port Hood where the family lives. Danita’s parents were Rita and John Dan Gillis, of Mabou.

Previously, Danita was a legal assistant for Harold A. MacIsaac, solicitor for the Municipality of the County of Inverness, at EMMLaw in Port Hawkesbury. She will be working as file clerk for the County and looks forward to what the future may bring her way. Danita may be contacted by email at danita.gillis@invernesscounty.ca.

Occupational Health and Safety (OHS) Specialist, Erin Gillis, has worked as the OHS lead at large scale manufacturing firms in Alberta, Ontario, and Nova Scotia.

Growing up in SW Margaree, the daughter of Stewart and Mary Gillis, she was a member of CBHA’s first graduating class and holds a Degree in Political Science from Cape Breton University.

Like many East Coasters, she moved west. In Calgary she obtained her Canadian Registered Safety Professional (CRSP) designation and started work as the Health and Safety Coordinator for the Sofina Foods Calgary location. Later she was promoted to Ability Specialist supporting six Sofina Foods sites in Alberta and Saskatchewan.

She subsequently moved to Ontario to join Mondelez Canada as their Health, Safety, Security and Environmental Manager for Dad’s Bakery in Scarborough, Ontario, and later was with East York Bakery in East York, Ontario.

In 2017 she moved to Kentville, Nova Scotia, to take a position as Environmental, Health and Safety Manager for PepsiCo Foods Canada.

Delighted to finally be home in Inverness County her goal is to ensure that our neighbours who work for the Municipality not only get home safe at the end of the day, but that they also thrive. She looks forward to supporting her colleagues, contributing to her community and enjoying the beautiful west coast of Cape Breton. Erin may be contacted by email at Erin.Gillis@invernesscounty.ca.

Aaron MacDonald, is the Procurement Manager in charge of purchase orders. He may be contacted by email at aaron.macdonald@invernesscounty.ca or phone 902-787-3518.
Our new Manager of Recreation, Charlotte MacDonald, grew up in Glace Bay but has ties to Judique where her grandfather, Charlie J. MacDonald, was born.

Charlotte comes to us with significant experience in the sports and recreation field, having worked for many years in Alberta and BC before returning home a few years ago to take a position with the Cape Breton Regional Municipality. The road that she has trodden has now led her right back to her roots on the west side of the island and happily welcome her.

While working with the CB Regional Municipality, Charlotte introduced the CBRM’s 52-Hike Challenge. She hopes to replicate that accomplishment by introducing many more Inverness County residents to the joys of hiking, especially since we are blessed with an abundance of beautiful trail systems.

Another of Charlotte’s goals is to get more youth involved in participating in activities through programming for youth: One of her proudest accomplishments in Calgary was seeing how her Youth Programming initiative made a difference in the lives of the many young people who participated.

As the Manager of Recreation, one of Charlotte’s first priorities is to recruit programmers for those communities where there are none at the present time. In the upcoming months she will be working closely with all programmers to bring more activities and programs to Inverness County residents.

Living in Port Hood with her dog suits Charlotte very well: She loves any water sport, especially swimming or surfing. She also enjoys actively participating in many other outdoor pursuits in any weather, be it winter or summer.

Charlotte may be contacted by email at charlotte.macdonald@invernesscounty.ca or by phone at 902-787-3508.

Lynne MacLennan is the CB Partnership and CBREN’s newly appointed Economic Development Officer (EDO) for Inverness County.

As the County’s EDO, she will be responsible for supporting activities that will attract investment and business opportunities to the County, as well as working directly with businesses to help them grow and expand.

Inverness County businesses are encouraged to contact Lynne to explore potential opportunities and participate in the Business Retention and Expansion Program. She may be contacted by email at lynne@capebretonpartnership.com or by phone at 902-787-2901/902-631-5440.

[Photos of employees on these three pages are by © Bob Martin Photography]

Curious about entrepreneurship?
Tune in to this new speaker series hosted by Cape Breton University’s Dr. Kevin McKague, as he chats with Cape Breton Island entrepreneurs and representatives from support organizations. Registration is free - http://ow.ly/kzxG30lCzvt.
The Finance office is open Monday through Friday, 8:30AM to 4:00PM. The Municipality offers the following payment options for tax and water payments:

- Cash
- Cheque
- Money Order
- Debit Card
- Online banking
- East Coast Credit Union
- Royal Bank
- Scotiabank
- Visa or Mastercard via Paymentus for phone payments

Please call: 1-855-385-1179

To contact the Inverness County Finance/Taxation Department call: 902-787 - 3505.

We encourage you to shop local

When you shop local, you are investing in your community’s growth by keeping money in the community. Local business owners are also people who live, work and invest their money in the community. They often purchase from other local businesses, service providers and farmers, cycling money back into the local community.

Buying locally requires less global shipping and transportation. Communities that have diverse businesses, result in fewer vehicles on the road - meaning less traffic, less noise and less pollution.

Buying local also creates job opportunities here at home. Nationally, small businesses are amongst the largest employers.

Local businesses rely on happy customers to keep their doors open. Therefore, they can always be relied upon to provide excellent customer service.

Finally, local businesses make efficient use of infrastructure and public services allowing our taxpayer dollars to be reinvested into our communities economic and social development.

Consider buying as much as possible locally, help our communities thrive!

What’s Happening in Inverness County?

Check Inverness County’s website at: https://canadasmusicalcoast.com/ or check the latest editions of the Oran and/or Reporter and listen to the Municipal Recreation Department’s report on CJFX FM and 101.5 The Hawk for information on what’s going on in the county.

For up-to-date information check out our Facebook page at: www.facebook.com/municipalityinvernesscounty/

Innovation Rebate Program announced

The NS Government has launched a new pilot program called the Innovation Rebate Program to help more Nova Scotia companies invest in capital projects that improve their competitiveness. Nova Scotia Business Inc. (NSBI) will deliver this program which is designed to increase innovation and the adoption of new technologies and business processes in Nova Scotia.

Eligible projects include those that help significantly improve production or waste stream processing, or the development of new markets with production facilities in Nova Scotia.

Eligible projects include those that help significantly improve production or waste stream processing, or the development of new markets with production facilities in Nova Scotia.

For more information about the program can be found online at https://www.novascotiabusiness.com/export/programs-services/innovation-rebate-program. Cape Breton Region companies may contact Wanda MacLean at 902-227-7144 for assistance or more information.
Michelle Greenwell Classes & Workshops Information

Michelle Greenwell of Mabou has been owner, director and principal instructor of Dance Debut Inc. for over 3 decades. An author, lyricist and program developer for creating healthy bodies, she is always bringing innovative and creative ways of teaching and learning to her students. Michelle will be taking new registrations for her classes in early-January. Her classes are focused in three areas: Dance, Tai Chi, and Healing Arts and are available across Inverness County. For complete information on her Dance Programs "Music in Motion" and "Dance Club" visit her website at www.dancedebut.com and click on "Services" for information. In fact, you can find complete information on all of her courses and workshops, including her dance programs there. To register, call her at 902-945-2967 or send an email to info@dancedebut.com. Some information on some of her offerings appear below. Start the new year on the right foot!

Tai Chi Cape Breton

Join us as we explore the healing powers 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. Registration is in a 4-month cycle, with classes running throughout the year. January to April is $45. Students may attend as many classes as they wish to throughout the week with their membership. Classes are offered in 108 Moving Meditation Tai Chi, Sabre Set, Loh Kup Ba Fa, and the Seated Form is taught in all styles.

Mondays: Belle Côte Community Hall 10 -12 pm (10 Tai Chi, 11 Sabre, 11:15 Loh Kup)
Tuesdays: Judique Community Hall 7 - 8:30 pm (7 Tai Chi, 8 Sabre, 8:15 Loh Kup)
Thursdays: St Joseph’s Renewal Center in Mabou 7 - 8:30 pm (7 Tai Chi, 8 Sabre, 8:15 Loh Kup)
Fridays: Belle Côte Community Hall 10 - 11 am (Practice time for students)
Saturdays: Port Hawkesbury Civic Center Dance Studio 12 - 2 pm (12 Tai Chi, 1 Sabre, 1:15 Loh Kup)

Beginners welcome at any time, everyone works at their own pace and ability. Begin with Tai Chi and have patience for 4 months of learning to bring the movements into the body. Add Sabre and Loh Kup as you feel you are ready.

(Teen 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)

Inverness at Inverary Manor:
1– 2 pm Tai Chi for Stress Release: Join us for an introduction to Tai Chi for Health and Relaxation. Often chosen as an exercise form to de-stress the body, improve sleep quality, and to increase range of motion, see how a few movement opportunities in a sequence can provide you with strength, vitality and freedom of movement. Beginners welcome, and alternatives available for those requiring a seated alternative. Cost: $55 for each 8 week session. Session 2: Jan 11 18, 25, Feb 1, 8, 15, 22, Mar 1.

On Thursdays in Mabou at The Old Manse
2:45 – 4:00 pm Qi YINtegration Set 7: Goal Setting Magic. Enjoy playing with all the tools and techniques from Set 1 – 6 (some for review, some will be new), and hone your skills to set your goal, create a vision, or change the way you attract abundance and joy to your life. We will continue with the fan set, as well as work with several other props, art, color and more. Assessment will include the entire energy field for a holographic experience. Beginners to Tai Chi are welcome, and those with movement challenges will have seated options and personal guidance through the form. Classes will be supported by additional information required by the student’s health needs and may be supported by video, handouts, home routines and more. New students are welcome, and workshops will be offered through the fall for those wanting to explore more details through Qi YINtegration Set 1-6. Cost: $98 for 8 weeks. Session 2: Jan 9, 16, 23, 30, Feb 6, 13, 20, 27, Session 3: March 6, 13, 20 (no class), 27, April 3, 10, 17, 24, May 1.

On Fridays in Belle Côte at the Community Centre.
8:45 - 10 am Qi YINtegration Set 7: Goal Setting Magic. Enjoy playing with all the tools and techniques from Set 1 – 6 (some for review, some will be new), and hone your skills to set your goal, create a vision, or change the way you attract abundance and joy to your life. We will continue with the fan set, as well as work with several other props, art, color and more. Assessment will include the entire energy field for a holographic experience. Cost: $98 for 8 weeks. Session 2: Jan 11 18, 25, Feb 1, 8, 15, 22, Mar 1, Session 3: March 8, 15, 22 (no class), 29, April 5, 12, 19 (no class), 26, May 3, 10.
11:00 – 12:15 pm Qi YINtegration Set 1-3: This 8-week session is an introduction to changing movement patterns in your body. The program features the use of Tai Chi and Qi Gong techniques to bring balance and harmony to the body and mind. Cost: $98 for 8 weeks. Session 2: Jan 11 18, 25, Feb 1, 8, 15, 22, Mar 1, Session 3: March 8, 15, 22 (no class), 29, April 5, 12, 19 (no class), 26, May 3, 10.

Continued on page 23...Michelle Greenwell
everyday life to create strength, ease of movement, flexibility and release of pain and tension from the body. The exercises are simple and integrate directly into your everyday. Handouts and power points will be available for home practice to transform habits. If you have avoided exercise programs because of shyness, limited ability, pain, or just plain laziness to make a change, then take advantage of this revolutionary way of putting energy and vitality back into your life. 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 considered so don’t think you can’t – because you can! Please wear comfortable clothes and socks (or flat shoes if they are necessary). An introduction to the 5 Element Tai Chi Set with Sound and Color will be taught at the end of each class. As we progress through the material we will dive deeper and deeper into the Human Biofield including the Meridians, Elements, Chakras, Auric Field, Assemblage Point, and Hara Line. Cost: $98 for 8 weeks.

Session 2: Jan 11 18, 25, Feb 1, 8, 15, 22, Mar 1, Session 3: March 8, 15, 22 (no class), 29, April 5, 12, 19 (no class), 26, May 3, 10.

The Judique Community Centre
is a hub of activity

Located at 5473 Route 19 in Judique, the local community centre offers much to area residents. There is a little community library located on the mezzanine level of the centre that is open every Tuesday afternoon. A service run by volunteers and available to residents of Judique, you’ll find books and light refreshments and an opportunity to visit with friends while picking up some reading material here. The library could use more volunteers to share the hours worked manning the library, also extra shelving and more gently used books or recently published magazines.

Also, on the mezzanine level on Tuesday mornings, a group of seniors meet to exercise. Plus, well-attended Tai Chi classes are held at the Centre during the week.

Christmas came early to the centre recently, courtesy of the St Andrew’s Parish Christmas Bazaar Committee. There was a Christmas market, food and fun games for the kids plus Santa stopped by for a visit.

There is much more going on at the Centre. To learn more about all of the events (including special breakfast and dinner days), visit their Facebook page at https://www.facebook.com/judiquecommunitycentre/ or call 902-787-2434.
Membership in the Strait Area Chamber is open to and offers services to businesses across Inverness County.

As your local Chamber, our mission is to promote, improve, and protect trade and commerce; ensuring that the Strait Area is one of the best regions in which to invest, live, work and conduct business.

What's the benefit of being a member? Read on!

LEARNING
Access to low fee/no fee training opportunities on hot topics to help build your business.

VISIBILITY
Get noticed in your community and online with us. Our awards program celebrates your success!

NETWORKING
It's not just who you know, it's who others know. Network with us to increase your contacts & customer base.

CREDIBILITY
Chamber members are recognized as community builders.

MEMBER EXCLUSIVE BENEFITS

DISCOUNTS
Our member-exclusive discounts and M2M program saves businesses money & promotes local buying.

ADVOCACY
Our voice to influence government policy is stronger together.

over 250 members and growing
JOIN US TODAY! www.straitareachamber.ca

LIVE, WORK, INVEST.
Take care of your Mental Health and Well-Being!
Most people are pretty aware of what goes into being physically healthy and most of us take steps to improve our physical health. But, just how much attention or time do you pay to your mental health?

What is mental health? Many people confuse mental health with mental illness. These are actually two different things: Mental health is much more than simply an absence of any mental illness, good mental health is the sense of well-being that comes from knowing that you can cope with whatever life sends your way. Mental health is about quality of life and finding balance between all aspects of our lives – social, physical, spiritual and emotional.

[Source: Klinic Community Health Centre, Winnipeg - http://klinic.mb.ca/]

211 Nova Scotia provides an invaluable service to all Nova Scotians
If you dial 2-1-1, Information and Referral Specialists fully trained to deal with the most complex and sensitive questions and how to get to the real issue affecting a caller, will help you understand and find services such as food and housing assistance, emergency shelters, employment counselling, services for seniors programs, home support, legal assistance, child care, english-language classes and much, much more.

211 is a free, confidential information and referral service about more than 3,000 community and social services available across Nova Scotia. Available 24 hours a day/365 days a year, this non-profit society’s mission is to connect people with the information and services they require, thus enhancing our social infrastructure and enabling people to fully engage in their communities.

211 helps Nova Scotians by eliminating the frustration they can feel when trying to find the right community or social resource across multiple sources. It also gives organizations and government agencies access to highly-trained 211 staff to handle inquiries which might otherwise have taken their valuable time assessing and redirecting, allowing them instead to quickly direct people to services that are outside of their organization’s scope or area of expertise. The end result is a collaborative system that is continually evolving to meet the needs of Nova Scotians as they look for help in their communities.

The 211 service is available by phone 24/7, online at www.ns.211.ca or by email at help@ns.211.ca. Translation services are also available in over 100 languages. Don't hesitate to avail yourself of this service!

211 has information on thousands of programs and services supporting:
- Seniors
- Newcomers & immigrants
- Parents & families
- Housing – permanent & temporary
- Food, clothing & furniture needs
- Mental health & addictions
- Opportunities to volunteer
- And much, much more

Attention Kids and Teens – Important Information!
Kids Help Phone is Canada’s only toll-free, 24-hour, bilingual phone counselling and referral service for children and youth. This service is completely anonymous and confidential - they don’t trace calls, they don’t have call display. You don’t even have to tell them your name if you don’t want to. Kids Help Phone counsellors speaks with young people every day, helping them improve their emotional health and well-being. You can talk confidentially, without judgment and in the way that suits you best. Information is available by phone or Live Chat, by accessing the website resources, or by reading the blogs on their website that have been written by kids like you. It’s your choice!

You don’t have to have problems or be in trouble to access all of the information available; the resources can help you navigate your way through what can be a very confusing time in your life and also teach you important lifeskills. Topics covered include: Dealing with Bullying and/or Cyberbullying; Online Safety; Suicide; Fostering Hope. There’s also a Help a Friend in Need guide and Promoting Emotional Health and Well-being videos, etc. This is a free service. Visit the website: http://www.kidshelpphone.ca/teens/home/splash.aspx or call them at 1-800-668-6868. They also have a Facebook page: https://www.facebook.com/KidsHelpPhone.
Heating Assistance Rebate Program launched
Nova Scotians can apply for the Heating Assistance Rebate Program (HARP) using a fast and easy online application process www.novascotia.ca/heatinghelp. The online application process is easy, fast, and convenient and has helped people get their rebates sooner.

The program offers a rebate of up to $200 to help people heat their homes. To qualify for a rebate, the income threshold for one-person households is $29,000 and $44,000 for households with more than one person. Last year more than 42,000 NS households took advantage of this opportunity to defray their heating costs. For more information or to request an application contact 1-800-670-4357 toll free or 1-902-424-5200 (long distance charges apply). There is no cost to apply for the rebate. The program closes March 31, 2019.

Down Payment Assistance Program for eligible first-time home buyers
Nova Scotians looking to purchase their first home can once again access interest-free loans from Housing Nova Scotia. This is the second year of the Down Payment Assistance Program for eligible first-time home buyers. It is designed to help modest-income Nova Scotians who are pre-approved for an insured mortgage from an accredited lender but who may need some assistance to cover the required down payment.

Applicants are eligible for an interest-free loan of up to five per cent of the purchase price of a new or existing home, to a maximum price of $150,000 outside of the Halifax metro area (the limit is $280,000 in Halifax).

To be eligible, applicants must have a total household income of $75,000 or less. The loans will range up to $14,000 in the Halifax Regional Municipality and up to $7,500 in other parts of the province. Amounts will vary, based on an applicant’s income and the purchase price of the home. Eligible buyers will have 10 years to repay the loan and payments can be waived for the first year to allow new homeowners to adjust to any unforeseen costs.

This is the second year for the program. Last year 153 first-time home buyers were assisted through this program. Applications are available at Housing Nova Scotia’s regional offices, or online at https://housing.novascotia.ca/downpayment.

Child Care Subsidy Available
Nova Scotia’s Child Care Subsidy Program helps eligible families, with children 12 years and under, pay for a portion of child care fees at licensed child care facilities and regulated family home day care agencies. How Does It Work? Subsidies are paid directly to the centre or agency of your choice, on your behalf. If you choose to transfer your child to another child care centre or family home day care agency, within the province, your subsidy will go with you. Eligibility is based on your family’s income, finances, and social need. You must be eligible in all three areas to qualify for the subsidy. For more information, visit https://www.ednet.ns.ca/earlyyears/families/childcaresubsidy.shtml to learn more, or call 1-844-804-2084 toll free.

Program Helps Older Nova Scotians Stay at Home
Home Services Nova Scotia, a new program, was launched November 7. This program is designed to help seniors live in their homes longer. The program offers access to a variety of affordable, non-medical services such as housekeeping, meal preparation and yardwork. The services are provided by people living with intellectual disabilities and mental health issues and will be delivered with the help of community agencies.

In launching the program Seniors Minister Leo Glavine said, “This program has created an extremely valuable service. Home Services Nova Scotia helps support older Nova Scotians age at home and maintain a connection to the community. They can get help with simple chores, running errands, even shovelling snow. We’re excited to help older Nova Scotians keep their independence and build stronger, more inclusive communities.”

Created by DIRECTIONS Council for Vocational Services Society and funded by the province, the program supports SHIFT: Nova Scotia’s Action Plan for an Aging Population, a government initiative that focuses on helping older Nova Scotians stay involved in work, entrepreneurship, volunteering and other activities.

A direct partnership with 211 will ensure that people can locate a service provider in their community. For more information, visit http://www.directionscouncil.org.

VolunteerNS.ca is a brand new free service committed to helping volunteers find the right opportunities in their communities and ALL not-for-profit and volunteer organizations, clubs or agencies from across Nova Scotia find the right volunteers.

This is a free searchable database of available volunteer opportunities from across Nova Scotia. Please visit https://www.volunteer ns.ca/ for more details on listing your volunteer opportunities or to find a volunteer opportunity to suit your interests.

Joyeux Noël
DeaDline February 1st - age-FrienDly Community grants

The age-friendly Community Grant is open for applications. The grant supports projects that promote healthy, active living and make communities better places for Nova Scotians as they age. We all benefit when older Nova Scotians stay connected and involved in their communities.

The grant is open to non-profit and community organizations, municipal governments, associations, and universities. Successful applicants can include partnerships or collaborative projects and can receive a grant up to a maximum of $25,000. Applications will be accepted until February 1st. Application forms are available at http://novascotia.ca/seniors/ or by calling toll-free: 1-844-277-0770.

On a Healthy Path

- The average adult burns 490 calories during one hour of hiking, or 420 calories during one hour of kayaking.
- People who spend more time outdoors have also been shown to recover from surgery faster, require less medication and have shorter hospital stays.
- A two-hour walk in the woods can improve sleep quality, lower blood pressure and reduce stress.

**Self-Help mental wellness group in Inverness County**

S.H.I.N.E. CapeBreton, is a Mental Wellness Peer Support Group open to anyone affected, directly or indirectly, by Mental Health issues. Confidential and non-judgemental group discussions are held in a comfortable and safe place. Occasionally, guest speakers are brought in to present on topics of interest and provide tools to help participants cope and conquer the different struggles and challenges they face. Meetings are held every second Tuesday in the Boardroom at the Sacred Heart Community Health Centre in Cheticamp.

S.H.I.N.E. meetings
6:30pm - 8:30pm
Board Room of the Sacred Heart Community Health Centre
every second Tuesday
Facilitator: Jeannine Poirier 902-224-0876
Email: jeanninep@outlook.com or jeannine@selfhelpconnection.ca
Learn more about S.H.I.N.E. online at http://selfhelpconnection.ca/
or visit their Cape Breton Facebook page at https://www.facebook.com/shinecapebreton/

**Emergency numbers to cut out and keep handy**

- **Emergency Measures Organization**
  (Dispatches local coordinator – 24 hrs/day)
  1-902-424-5620
- **Environmental Emergencies** (24 hrs/day)
  1-800-565-1633
- **Aircraft & Marine Distress** (24 hrs/day)
  1-800-565-1582
- **Poison Control Centre** (24 hrs/day)
  1-800-565-8161
- **Leeside Transition House Womens’ Shelter** (24 hrs/day)
  1-800-565-3390
- **Children’s Aid** (24 hrs/day)
  1-800-625-0660
- **Help Line - Mental distress (6pm – midnight)**
  1-800-957-9995

- **Kids Help Phone (Ages 5-20)** (24 hours)
  1-800-668-6868
  Emergencies dial 911

- **Inverness County RCMP Detachments**
  Cheticamp Office
  902-224-2050  Toll Free 1-800-440-1323
  Inverness Office
  902-258-2213  Toll Free 1-800-440-1323
  Waycobah Office
  902-756-3371  Toll Free 1-800-440-1323
  Port Hawkesbury Office
  902-625-2220  Toll Free 1-800-400-1323

**Climate Initiatives**

Do you work or volunteer with a national park, national marine sanctuary, aquarium, zoo, or other informal science education centre that is addressing climate change?

Connect and share with a national community of colleagues and peers. For more information visit the Climate Interpreter website at https://climateinterpreter.org/about/get-started.

**Creative Island launched**

To learn more about Creative Island or if you want to get involved, visit www.thecreativeisland.com

Twitter: @creativeislecb
Instagram: thecreativeisland
Email: creativeisland@capebretonpartnership.com

**Hospital Emergency Departments** are located at the Inverness Consolidated Memorial Hospital (ICMH) at 39 James Street in Inverness and the Sacred Heart Community Health Centre, 15102 Cabot Trail, Cheticamp.

The emergency department at the ICMH is located at the front of the building and is clearly marked. The Sacred Heart emergency entrance is located on the northeast side of the building facing the church parking lot and Salle de Retraités. Both Emergency Departments are open 24 hours a day, seven days a week. If you need immediate help call 911.

To access the mental health mobile crisis team call 902-429-8167 or toll-free at 1-888-429-8167. This is a 24-hour, seven days a week phone service to help you or your loved one cope with mental health and addiction challenges in the moment.

**Blood & Specimen Collection Hours**

Inverness Consolidated Memorial Hospital and Sacred Heart Community Health Centre

Inverness Consolidated Memorial: 8:00AM - 11:00AM
Sacred Heart Hospital, Cheticamp: 8:00AM - 10:30AM

*These hours are for the walk-in collections service only. Normal service is in effect for patients in hospital or clinics.*
The Jumpstart program is a national charitable program that helps financially disadvantaged children participate in organized sport and recreation. The program helps to cover registration fees and equipment. Applications for assistance are typically submitted January 15 to November 1, with the goal for funding to be equitably distributed over Spring/Summer and Fall/Winter activities. Applications should be completed well before the fees are due, as the money goes directly to the service organization identified in the application.

**Funding Guidelines**
1. For children aged 4 - 18 years old.
2. Open to individual children, not groups or teams.
3. Funding available for multiple children within the same family for the same season.
4. Funds awarded for registration fees, equipment and/or transportation costs.
5. Funding up to $300 per child per application.
6. Children can apply for successive seasons in an activity, up to a maximum of $600.
7. To receive assistance for equipment, the applicant must show proof of registration.
8. Cheques are made payable to a league, association or club. Cheques for equipment are made payable to a sporting goods retailer.
9. All approvals are at the sole discretion of the local Jumpstart Chapter and designated Canadian Tire Regional Manager; and are subject to local demands and Chapter budgets.

If you have additional questions, call 1-844-YES-PLAY. Or, check out the program online at www.jumpstart.canadiantire.ca/content/microsites/jumpstart/en/apply.html.

**Kidsport J**

The Kidsport J is a national children’s program that helps children overcome the financial barriers preventing or limiting their participation in organized sport. The Kidsport J program believes that no child should be left on the sidelines and all should be given the opportunity to experience the positive benefits of organized sports. The next deadline is January 2. Future deadlines are: March 1, May 1, July 1, September 1, November 1.

**Funding Guidelines**
1. Funding is granted for registration fees and equipment costs only.
2. Total funding will not exceed $300. Funding for equipment only will not exceed $200.
3. A child can only receive one Kidsport J grant in any calendar year.
4. Preference is given to athletes who are being introduced into organized sport for the first time.
5. Cheques for registration funding will be made payable to a league, association or club. Cheques for equipment will be made payable to a sporting goods retailer. (Kidsport J reserves the right to request proof of purchase.)

Questions? Call the Recreation/Tourism Department at 902-787-3508 or email info@invernesscounty.ca, or for more information visit http://www.kidsportcanada.ca/nova-scotia/.

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**Attention Parents - Important Information!**

**Free Instruction - Adult Upgrading Classes and GED exam preparation**

- Improve your math, reading and writing skills
- Prepare to write the GED exam
- Computer-based testing now available!
- Skills to help you enter the workplace, for example: interview skills

You can get connected by taking part in **FREE Basic Computer Skills Instruction**

Basic computer skills instruction can be offered in your community, depending on interest.

If you would like more information about any of these programs, please call us.

Learning is a life long journey! Start today!

*Anyone who has written the GED test and was not successful may write the individual subjects that they did not pass. This option is available until the end of 2019. Contact the Inverness County Literacy Office 902-258-3110.*

For more information on these programs call Shirley Miller at 902-248-2960 or Jesslyn Timmons at 902-258-2752. Daily at the Literacy Office at 902-258-3110 or toll free at 1-877-258-5550 or email: invernesslit@ns.aliantzinc.ca

**Sponsored by Inverness County Literacy Council**
Inverness County Change of Service - Library Links Locations

Since November 5th, the Eastern Counties Regional Library (ECRL) has been working with its partners to develop a plan for the future of library services in the county. During this process we are offering county residents - who were previously served by the mobile service and are unable to use a Library branch - with library mail service through a 6-month pilot project based out of the Port Hood Library. Users can request materials online by selecting their normal Community Site pickup location (Inverness, Judique, Whycocomagh, Cheticamp or St. Joseph du Moine) and the items will be mailed to the address listed on their account. Those users that do not have access to the Internet or require assistance in placing requests may call one of our three Inverness County library branches:

- Drs. Coady & Tompkins Memorial Library (Margaree Forks) 902.248.2821
- Alexander Doyle Public Library (Mabou) 902.945.2257
- Port Hood Library at 902.787.2568

Library staff at these locations will request materials on your behalf which will subsequently be mailed to you. Library materials sent by mail will arrive in a black bag with a plastic window displaying the postage information (See Figure 1). Inside the package you will find a postage return slip along with your requested items. When you are ready to return your library items, simply remove the original postage slip from the plastic window, replace it with the return slip, and bring the bag to your nearest Canada Post location or mailbox. Please be sure to use this postage return slip as it has already been billed to ECRL (it will not save us any money if do not use it). Please note library mail bags will be added to your account (just like a book) and there will be an associated charge should they not be returned. More information on this pilot project is available online at: http://ecrl.library.ns.ca/mobile.

Inverness County Branches

Alexander Doyle Public Library Branch Mabou (located inside Dalbrae Academy, 11156 Rte 19, Mabou)

Services available include: Three computers with High-Speed Internet for public use; 3D printer; Black & white printing; WiFi available! **Hours:** Mon/Wed/Thu/Fri: 10:00am - 3:30pm / Tue: 10:00am - 4:00pm / Sat: 10:00am - 1:00pm. Closed for lunch Monday - Friday, 1-1:30pm.

A group of local knitters meet on Friday afternoons from 1:30pm to 3:30pm at the Library. Also, most Monday mornings from 10:00am to noon a group of parents with young children (babies) meets to learn and practice the Gaelic language. All are welcome to come out to either one or both of these groups.

Contact: Phone/Fax: (902) 945-2257 or email: mabou@nsme.library.ns.ca. Follow us on Facebook to keep up-to-date with what’s happening at your library: https://www.facebook.com/alexanderdoylelibrarymabou.

Margaree Forks Branch

Services available include: Four computers with High-Speed Internet available for public use (Windows 7, CD Burner, scanner, MS Office, Laser and Colour Inkjet Printer); 802.11g wireless internet access; Photocopying and fax available. **Hours:** Mon/Thur/Fri: 10:00am - 7:00pm /Tue/Wed: CLOSED /Thur: 10:00am - 7:00pm /Fri: 10:00am - 3:00pm /Sat: 10:00 am - 3:00pm.

Contact: Tel/Fax: 902-248-2821. Message: @CoadyTompkinsMemorialLibrary. Email: margaree@nsme.library.ns.ca. Follow us on Facebook for the most up-to-date information: https://www.facebook.com/CoadyTompkinsMemorialLibrary.

Port Hood Resource Centre Branch

The Port Hood & Area Resource Centre formed a partnership with Eastern Counties Regional Library, becoming a mini-branch. Thanks to this partnership, the library is able to offer enhanced services and a much wider selection of books to its patrons.

Additional services available: Free WiFi; 3 Public Access Computers plus iPads & laptops (for in library use); Printing/Copying/ Fax/Scanning; Laminating. **Hours:** Wed: 12:00 pm - 5:00 pm /Sat: Noon – 5:00 pm.

Contact: By phone 902 787 2568, by email: porthood@nsme.library.ns.ca or by Fax: 902 787 2377. Follow us on Facebook for the most up-to-date information on what’s happening at the library: https://www.facebook.com/PortHoodResourceCentre.

Pilot Hawkesbury Branch Library

The library is located on the main floor of SAERC and can be accessed through the north west doors (on the left side of the building). **Hours:** Mon/Tue: 10:00 - 11:30am & 12:00 - 6:00 pm /Wed/Thu/Fri: 10:00 - 11:30 am & 12:00 - 3:30pm / Sat: Closed.

Contact: Tel/Fax: 902-625-2729. Follow us on Facebook for current information: https://www.facebook.com/phklibrary.

Check ECRL out online at https://www.facebook.com/EasternCountiesRegionalLibrary
Inverness County Website: https://invernesscounty.ca/ and https://canadasmusicalcoast.com/
Nous souhaitons à tous nos résidents un joyeux saison de Noël remplie de joie, d'espoir, bon santé, d'amité, et de la paix!

Ulnuelewi & Pusu’ Puna’ne!

Nollaig Chridheil agus Bliadhna Mhath ̀ur!

The Warden, Councillors and Staff of the Municipality wish all Inverness County residents a healthy, happy and peaceful holiday season filled with joy, hope and love!