The Participaper

An Inverness County Periodical

A 1924 Christmas card from Mollie MacFarlane to her sister, Sarah MacFarlane, Mull River. [MacFarlane Collection]

Vol 25, No.5 December 2004

FROM THE DIRECTOR'S DESK
INVERNESS COUNTY RECREATION AND TOURISM

BE WINTER ACTIVE: RECREATION AND FUN FOR EVERYONE

The Inverness County Recreation/ Tourism Department will again be assisting communities in offering "Winter Active" activities. These events give County residents a chance to participate in fun indoor and outdoor recreational events. The main focus of the events is to encourage individuals and families to participate, to be physically active but most of all to have great fun together!! For more information on how you, your community, family or organization can get involved call the Recreation office at 787-2274, Donna at 787-3507 or Anna Lee at 3508.

EQUIPMENT RENTAL PROGRAM:

The Recreation/Tourism Department provides a rental service for cross-country skis and snowshoes. Various sizes are available. Rental is on first come, first served basis.

Cost for rental of a cross-country ski set includes skis, poles, & boots. A damage deposit is required at time of pick-up and will be returned when equipment is returned in satisfactory condition. See page 19 for information on rental fees and deposits, or call the Recreation Office at 78 7-3507 or 3508.

WINTER/SPRING BROCHURE:

The 2005 Winter/Spring events brochure will be distributed early in the new year to mailboxes throughout the County and includes suppers, dances, card games, bingo, ceilidhs, arena contacts, outdoor events, and high school hockey schedules. Everyone is encouraged to get up, get out and support these activities sponsored by our local organizations.

If your non-profit organization would like to know more about how we can help you promote your events and activities throughout the year, please give our office a call at 787-3506, 3507 or 3508.

REMINDER FOR FESTIVAL & EVENTS ORGANIZERS:

The 2005 issue of *The Sunset Side of Cape Breton*, Inverness County's own visitor's guide, will be going to print in early 2005. If you haven't sent in your dates for 2005, call Donna MacDonald at 787-3507, or email her at dmacdonald@invernessco.com as soon as possible. This is a free promotional opportunity - don't miss out!

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The Participaper is published five times a year by the Inverness County Department of Recreation, Tourism, Culture and Community Development: John Cotton, Director. Contributions of information and articles, photos and artwork are welcome. We also welcome your letters and comments. This publication is a service for the residents of Inverness County. Others may subscribe at the following rates (postage included): $8.00/yr in Canada or $9:00/yr in the US. Send subscription request, with payment, to the attention of:
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DEADLINE FOR THE NEXT ISSUE OF
THE PARTICIPAPER IS JANUARY 3, 2005

Ancestors Unlimited

Helping to find your Inverness County Roots

By Dr. Jim St. Clair

Original Sources:

Local history enthusiasts and researchers into family history will find time spent with the records of the Registry of Deeds in Port Hood very rewarding. It is also important to note as well, that our earliest deeds and wills and records of probate prior to 1825 are on file in Sydney and in Arichat.

For people new to the searching, it is helpful to know that the Mac and Mc names are names that are listed as though Mac/Mc is not a part of the name. Thus, MacKay for example, is indexed under Kay. Details about local history will often be found, as well as documents which confirm(or deny) traditions. For instance:

1. A deed recorded on 28 September 1860, assigns land, apparently in Mabou, from Angus McDonald, (who signs with an "x" and is noted as a "yeoman") to John McDonald, Merchant, also of Mabou. The deed is witnessed by another Angus McDonald, who signs his own name.
2. On the 15th of February in 1826, Peter O'Quin (certainly Aucoin) of Chéticamp, and his wife Francicia assign to Policarp Jesson (Chaisson to be sure) a tract of land containing five hundred acres, land which O'Quin had received by deed previously from Brazil Jesson. (It may be noted that the document is early and shows that double "s" was written at that time in a manner to resemble "ps".)
3. The will of Colin Chisholm of Long Point is a very interesting one. He appears to be able to sign his own name on this November 1825 will. His wife is clearly stated to be Mary McDonald (not Mary Chisholm - a somewhat common custom among Scottish women that they retained their birth names). She also signs the will, but with an "x". The mother of Colin is still living and left a bequest. While his wife is given forty pounds of "lawful money", he gives "my flock of sheep, divided immediately after my decease" between three brothers, John, William and Roderick. He further gives to his brother Roderick "all my household furniture and body cloathes". His carpenter tools are given to his brother William. His wife Mary McDonald, his Uncle Colin Chisholm and Alexander Chisholm, his cousin, are named as executors. By her signature his wife also confirms she renounces "dower rights" as well as "her share of moveables". (The will is a very interesting insight into the life of that period and suggests that Chisholm had done very well for himself in Cape Breton. The will may also add some genealogical insights into the Chisholms of Long Point not found elsewhere.)
4. In 1825, Heclair White and Charles Gallant, for the sum of five shillings, grant to Lysan White, Simon White and Paul Ducate (sic) one half acre of land on "the South East side of Margarie River whereon The Chapell, Chapell Yard and the Priest House is..." (Clearly the land on which the Roman Catholic church and cemetery at East Margaree are located - the public good is identified by this deed.) *Continues next page...Ancestors*

This picture was taken some time in the 50's. Three young fellows from Chéticamp. Who can identify them?

ANCESTORS...*Continued from previous page*

5. In a deed recorded on 20 September 1867, "Christy Cameron and Allan Cameron (her husband) of Mabou", assign to John McAulay, Senior "of Bridgend Settlement" a lot of land "bounded on the North West by a line of road laid out from Skye Glen to the Bridgend road and a piece of the Bridge-end road, on the west and south by a line of road laid out from the Bridge-end road to the southern section of the Bridge-end settlement." (This deed identifies that there are two John McAulays of that area; and also shows that Christy Cameron was the owner of the property in her right by having her name first and then her husband's. And the deed identifies a road from the present Roseburn-Rosedale road - formerly Bridgend - to Skye Glen which may still be found as a walking trail. This is a very helpful deed in clarifying early roads and properties on it.)

1930's postcard - Strathlorne Church from hill above looking towards Cape Mabou [MacFarlane Collection]

6. A lien is placed on the property of the Mabou Coal and Railway Company Limited, by a document dated "second of September 1908". In this document, a number of people state they worked for the railway and what their rate of pay was. For example, Angus McPhee of Mabou Harbour claims $46.08 for 30 days wages; Angus Campbell of Mabou Coal Mines claims $26.41 for 31 days. (Apparently, the railway had not paid wages for some time and various people were paid at varying rates - nothing in the document suggests that the debts were paid.)
7. An 1826 deed from Bethany Clark, Widow, to Samuel Campbell of Chance Harbour, not only identifies the sale of a tract of land at the Southwest Bridge between Port Hood and Mabou, but locates Campbell in Pictou County and identifies Bethany as a widow. The language is also very interesting as it describes the lot as "containing two hundred acres more or less and is bounded according to the tenor of a crown lease taken for the same under the great seal of said Island (i.e. Cape Breton)." It suggests as well that Bethany Clark had received a Crown Lease before Cape Breton was annexed to Nova Scotia in 1820.

Florence (Ferguson) MacDonald of Stewartdale and Kewstoke holding her baby son, George. Picture was taken in 1935. George's father was Peter L. MacDonald. [MacFarlane Collection]

QUERY:

The Rector Family of New Brunswick is looking for information about their ancestor Allan McKinnon who was born on the Island of Tiree. He bought land from Macleans in New Canada in

Continued next page...Ancestors

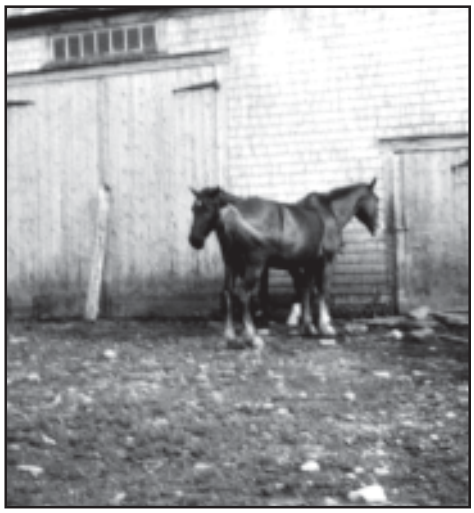
ANCESTORS...*Continued from previous page*

1856. In 1860, Allan and his wife Anne assign their land in New Canada to John C. McKeen of Port Hastings, a merchant and government official, in return for mortgage money. They apparently move from the area and come to live in Moncton, New Brunswick. What is the birth name of Ann? Family tradition suggests that she was a MacLellan of Port Hastings, but no documentary evidence survives. What other MacKinnons from Tiree might be connected?

(The family had requested confirmation that Allan and Anne MacKinnon of New Canada, Whycocomagh, had indeed lived in the area before 1865 when they show up in Moncton, New Brunswick. Family tradition asserts that they lived for a time in Inverness County. No mention is made of them in MacDougall's *History of Inverness County*, nor in any surviving records of MacLean Church of Stewartdale, nor in accounts of several MacKinnon families found in *Mabou Pioneer Book II.* But in the *Registry of Deeds, Book I*, p.659 (1856), Allan and Anne MacKinnon acquire land in New Canada. In *Book L*, p.143, (1860), they mortgage their land to John G. McKeen of Port Hastings. No record suggests that they ever paid off the mortgage and regained title to their land. These documents confirm a family tradition and tell a bit more about their financial difficulties. A question is left as to whether or not they were related to any other MacKinnons.)

NEW PUBLICATIONS:

Making Room, by Joanne Taylor with illustrations by Peter Rankin, based on a true account of the expansion over time of a one room house to a fifteen room house in rural Inverness County. A fine picture book with an engaging text, it shows the result of considerable research by both the author and the illustrator. Published by Tundra Books and available at Bear Paw and Volume One.



A 1930's photograph taken in Mull River appears to show a two-headed horse. Look closely now.

1932 picture of little boy petting a calf in Mull River. [MacFarlane Collection]

There you are, a novel by Joanne Taylor. The location is Margaree. Lots of detail about life in Margaree fifty years ago. Published by Tundra Books.

To Everything There is a Season, *A Cape Breton Christmas Story*, by Alistair MacLeod with illustrations by Peter Rankin. Published by McClelland Stewart. Available at outlets in Inverness County, this is a classic Christmas story for readers of all ages.

After the Hector, by Lucille H. Campey, published by Natural Heritage Books, Toronto. The subtitle of this important book is *The Scottish Pioneers of Nova Scotia*. Included as appendices are lists of passengers on specific ships and a complete list of known emigrant ships. New insights about the Scottish emigrants are to be found in this book which should libraries of people interested in the literary traditions of Inverness County. libraries of people interested in the literary traditions of Inverness County. be in every school and regional library.

A Brief History of Isle Madame, by Don Boudrot, published by the Isle Madame Historical Society in 2004. The book is a social and cultural history with many fine illustrations.

*As a'Bhraighe - (*Beyond the Braes), the Gaelic songs of Allan "The Ridge" MacDonald by Effie Rankin. Published by UCCB Press, this book is an important insight into the work of a major poet. Along with translations, there is a considerable amount of biographical material as well. This book is a must for school and regional libraries - as well as personal libraries of people interested in the literary traditions of Inverness County.

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Ancestors...*Continued from previous page*

Le Coq à Rory (Rory's Rooster), by Daniel Doucet. Insights into the life of the people of Belle Côte in the 19th and early 20th centuries. Fifteen stories in English and French. Published by Seascape.

Acadian Lives in Cape Breton Island, edited by Ron Caplan from interviews gathered with the help of Rosie Aucoin-Grace. Twenty-two interviews in English with some stories and songs in French. Published by Breton Books.

The Malagawatch Mice and the Church that Sailed, written and illustrated by Caroline Stellings and published by UCCB Press, this is a rhymed story for children and others with a joy in children's literature and expressive illustrations.

The Last of the Celts, by Marcus Tanner, award-winning journalist and editor. Published by Yale University Press, New Haven, Connecticut, 19004 - an insightful and controversial look at the current state of the Celtic World and the survival of the Gaelic languages. This book will anger some people and sadden others. Tanner's observations, however, are important for local and regional discussion. Tanner spent considerable
time in Inverness County and other parts of Cape Breton.

Tidbits:

In *Mactalla*, the Gaelic Language Newspaper, in 1896, the death of Allan Morrison of Marble Mountain is noted. He died at Great Falls, Montana, where he worked in a smelting operation. Aged 49 years, he was was survived by six sons. According to the *North Sydney Herald,* which also reported his death, he was married twice. Who were his two wives? According to the *Sydney Daily Record* of 16th of August 1900, Miss Annie McDonald of Whycocomagh married Frank Kingston Warren of England. Who was she? Did they go to live in England? According to the *Sydney Daily Record* of 17 December, 1900, Miss Annie McPhadyen of Lexington, Inverness County was married on the 12th of December to James McKinnon, Engine Driver on the L&R Railway.

In the same newspaper on the 9th of August in 1900, Neil McKinnon of Chéticamp is reported as having lost his house after it was struck by lightning.

In *Mactalla*, in October 1892, it was reported that the Island Fair at Mabou was successful despite bad roads and bad weather. (The fair would have been held on "Exhibition Hill" in Mabou.)

Mactalla reported in October 1900 that coal had been found at Lake Ainslie and that a severe storm had done much damage - barns blown down, as was an oil derrick at Lake Ainslie.

Mactalla edition of April 1900 states that there was talk of a bridge across Little Narrows (104 years ago!)

Mactalla reported in March 1895 the death of Angus Gillis of Skye Glen at the age of 108 and the death of "Red" Duncan MacKenzie of Orangedale at the age of 91. ■

Municipal Councillors Then and Now

1937 - 1940

District			
#1	Port Hastings - Archie MacIntyre	#12	Whycocomagh - D.C. Austin
#2	Judique - John R. MacDonald/Angus Gillis	#13	River Denys - John D. MacLeod
#3	River Inhabitants - James R. MacDonald	#14	East Lake Ainslie - A. H. MacKay
#4	Port Hood - Alex Austin Beaton	#15	West Lake Ainslie - Charles MacInnis
#5	Hillsborough - B.F. Smith	#16	West Bay - Dan A. Cameron
#6	Strathlorne - Roderick MacLean	#17	Glencoe - Ronald A. Basker
#7	Broad Cove Marsh - John C. MacLeod	#18	Orangedale - John A. Gillis
#8	Margaree Harbour - Dan D. MacKay	#19	Poplar Grove - John R. Beaton
#9	South West Margaree - A.A. Chisholm	#20	Pleasant Bay - Ulysses Aucoin
#10	North East Margaree - John F. Hart	#21	St Joseph du Moine - Etienne Chiasson
#11	Cheticamp - Anselme Boudreau/Fidel Cormier	#22	Creignish - Alexander MacEachern

2004 - 2008

District			
#1.	Cheticamp - Daniel Boudreau	#4.	Whycocomagh - Duart MacAuley
#2.	The Margarees/Belle Cote - Gloria Leblanc	#5.	Port Hood/Mabou - Jim MacLean
#3.	Inverness - Ned MacDonald	#6.	Port Hastings/Judique - Ed MacDonald

Query: The following is a query from the Nova Scotia RootsWeb listserve. It is possible one of our readers might be able to help this lady with her query. Please contact the Editor at 224-1759 or by email at m.aucoin@ns.sympatico.ca if you have information to share with her:

My great-great grandmother was Elizabeth Dillon (b. about 1797/died January 23,1863, Codroy Valley, NL.) Elizabeth married Paul Hall. When I was at the Beaton Institute a couple of weeks ago I found this in St.George's Anglican Records [Sydney]: March 13, 1796. Baptized Else; Parents were Edward Dilling [someone inserted "on" over the "ing"] and Nancy his wife. Sponsors were Purl Buckley, Elizabeth Martel & Mary Martell.

Someone sent me a file a couple of years ago saying Elizabeth's parents were Edward Dillon and Elizabeth Martell. Is there anyone out there researching this family? I think Else about could be Elizabeth Dillon. I'd appreciate hearing from anyone who has any information on the family. Thanks. Peggy [Researching: Gale,Hall, Chiasson,Dillon, Lafitte, McNeil, Pike, Lee, Royer, Bourgeois, Benoit, Gaudet, Gallant, LeBlanc, Madore, Rideout, Foote, Adams, Wilcox.

From RootsWeb.com - A great resource database of all things Genealogical:

Humor/Humour: Syntactician Laid to Rest (Thanks to: "Uncle Ray Lubow" for sending this in). "On a headstone in Mount Sinai Memorial Park in Los Angeles the following inscription reads":

Helen Lois Schultz Née Jacobs
A very special person whose greatest joy was giving of herself

She is fondly remembered
as a most gracious, devoted
and special
wife
mother
grandmother
friend
and for correcting
everyone's
grammar.

Does she lay or lie here?

May 25, 1914 - March 16, 2001

The above was previously published in RootsWeb Review: *17 November 2004, Vol. 7, No. 46.*

Creating Databases On the RootsWeb Site. Did dad serve in the Korean War or World War II or was granddad in World War I? Did he keep papers stored away at home — a roster of those friends with whom he had been stationed? Perhaps he attended reunions with his Army (Navy, Marines, Air Force/Corps) buddies and brought home a list of those in attendance? He might have kept a record of the members of his military training class.

Such information would be of great value to others searching RootsWeb for their family members. Consider RootsWeb User-Contributed Databases as a place to make the information publicly available. You do not need any fancy or difficult-to-understand database program to prepare your information for submission: Type the data directly into whatever word-processing program you normally use — Word, Word Perfect, Works, or even the Windows Wordpad program. Create a database for submission to RootsWeb, by starting with a list of column headings of items to be included for each record. Let's say, for instance, you want to include these items for each record: War, Last Name, First Name, residence, place of service, source - and that your first two records are as follows: WWII, Doe, John, Anytown, NY, Anyname Army Base, reunion booklet from 2 June 1975. Type the records just as they are typed above using a comma (or some other unique character that doesn't appear elsewhere in the database) between each item. Hit the enter key to start a new line for each record. Be sure that each record lists the items in exactly the same order as they are shown in your column headings. Each item in each individual record must be consistent with the column heading for that item.

If you do not have an item for a particular record (for instance, you don't know the town in which an individual lived), skip that entry by marking it with an additional comma (or the unique character being used), so that subsequent items for that entry will match the column headings. Name and save the file on your computer or to a disk.

When you are satisfied that your data is formatted in a clear and consistent manner and ready for submission, go here: http://userdb.rootsweb.com/submit. Using the submission form, browse to the location of the file on your computer or type in the path to the file, and upload it automatically for inclusion in a master database of similar records. See guidelines, tutorial, and examples of data formats for user-contributed data at: http://userdb.rootsweb.com/guidelines.html. ■

[RootsWeb thanks the individuals and groups who contribute their material to share with the genealogical community.]

Lake Ainslie Historical Society Celebrates Twenty-fifth Anniversary this Year

By Pauline MacLean

MacDonald House Museum main house.

*T*he Lake Ainslie Historical Society has been operating for twenty-five years – a quarter of a century. It seems like a long time when I write it down. The years have gone by in the blink of an eye, when considered against the events and life that the MacDonald House Museum has seen since it was built in the 1850s as a home for the MacDonald family.

Alexander MacDonald came to Cape Breton in the 1820's seeking a new life. With his wife, Mary MacLean, Alexander, who was a weaver, settled on the property overlooking beautiful Lake Ainslie. Two of his sons, Donald and Charles, were well known merchants. Charles had his store on the Lake Ainslie property; looking through the store ledger for 1853-1856, we can see that people came from as far away as Little Narrows Road, Strathlorne and Whycocomagh to shop there.

The home was also a weigh station and post office until the turn of the century, and again when rural routes came into being. It is appropriate that the Lake Ainslie Historical Society received the gift of the property from descendant Charles MacDonald and his wife Jessie, as sharing and hospitality were hallmarks of the family. It was a gathering place for sending and receiving mail and many a good time was had within its walls.

The house is a centre hallway design today, although it may have begun its life with a central chimney. It has a large Gothic peak which suggests the 1855 to 1870 period, and later additions as it was "modernized" at the end of the 19th century.

In 1979, the Society began the process of turning the house and barn into a museum site. It was realized that with the passing of time, the stories and customs of the old people were being lost. With the tradition of the area rooted in the informal gathering of neighbours and sharing of the news and stories of the past, it was felt that a museum was needed to house these things.

Many people donated artifacts and archival material to the group. Grants were obtained to bring the house and barn back to life; replacing sills, adding wooden shingles, landscaping and removing years of wall paper.

In the bylaws of the Society, one of the goals is to "increase the knowledge of members and the public" about the Lake and its history. The Society, through grants for student employment over the years, has interviewed older community members about what it was like for them. These taped interviews provide a glimpse into the past. Many pictures have been donated to our collection over the years. With these pictures, we have been able to build on the interviews and create a great visual effect for our visitors.

The Post Office at the museum.

The Lake has seen mining activities, farming, wood cutting, pleasure boating, churches being built and faces from the past introduced to the world through the Community Memories project of the Virtual Museum of Canada. Lake Ainslie: The Settlers Story presents the past and present in story and picture for all to see.

Schooling at Lake Ainslie has always been important. When the Twin Rock Valley school

Lake Ainslie...Continues next page

house was no longer needed by its owner, Jeff Feigan, he offered it to the Society. Through the generous help of Stora Enso, Port Hawkesbury, the building was moved from the "Valley" to the Museum site. We have used the building to hold reunions, stage "A Day in the Life of the One-Room School" and interpret education as it was.

We also added a display barn to show off the many types of farm equipment and wheeled forms of transportation donated or loaned to us over the years.

Monument outside the museum.

Old pump organ in the parlour at the museum.

Also over the years, many students have worked on the site as guides. Each one has learned the history of the house and its occupants to share with the visitors from other parts of the world who make their way here. Each student has reported at the Annual meeting of the Society that they learned more about the history of the Lake than they had expected to learn. For some it inspired them to learn more and follow the history trail.

Many wonderful and helpful people have been part of the Society over our twenty-five years. They have given freely of their talents in volunteering, cooking, singing, carpentry, storytelling, leading walking tours, conducting services, playing cards, or just being there for support when needed.

Treasures from attics and barns grace the rooms of the house, barn, school and shed. All tell their own story of how life was lived, what was special to people and the pleasure the donors have in sharing those stories.

We will be celebrating our anniversary at a St. Andrew's Day celebration in November at the Fire Hall in Scotsville. We invite you to come enjoy yourselves and reminisce about the last 25 years. [MacDonald House is a part of the Community Museum system of the Province of Nova Scotia. As such, it receives partial funding for operating funding through the Department of Tourism, Culture and Heritage of Nova Scotia. Pauline MacLean is a Genealogist at the Highland Village Museum in Iona, Cape Breton. Visit the Web site at: **http://highlandvillage.museum.gov.ns.ca**] ▮

Aucoin's of Chéticamp

This book has been published and is finally ready for distribution. Compiled, researched and written by Charles D. (Charlie Dan) Roach, the book is approximately 250 pages in length and is presented in a bilingual format. It contains in excess of 4,500 names of the descendants of Pierre Aucoin and Félicité Leblanc and begins with a brief history of the Aucoin family in Acadia and goes on to discuss the circumstances that led to the establishment of this one branch of the family in the region of Chéticamp.

A separate section of the book is devoted to the genealogy of the first seven generations of the progeny of the original Aucoin settlers and includes a great number of descendants who have emigrated from here. To order a copy of the book, or for more information, contact the author by email at: généalogie.cheticamp@lestroispignons.com

Cost of each volume is $20 (plus $8 S&H for those ordering by mail). For US residents wishing to order a copy, the cost is $25US ($32 Cdn) including S&H. In your correspondence include your name, postal address, and your email or telephone number.

The Gift

by Jim St. Clair

A note
two notes — a chord

Bird — wind — wave — life

Sounds joined in a tune
A song in the air
A note in our hearts

At the turn of the century, a hundred years ago, the Mitchell family lived on the second floor of the railway station at Dawson Crossing between the Strait and Orangedale.

Although their station was not one of the major stopping places for freight and passenger trains, they welcomed visitors at all hours of the day and night. Jane Mitchell always had an ample supply of fresh bread and biscuits and pies in the pantry. John Mitchell managed the freight shipments while Jane operated the telegraph key. With the help of her brother, they also conducted the business of a general store in a building next to the station.

A busy family, they found time to be active in the community as well. Jane — who had taken music lessons while she lived in Boston with her aunt in the years prior to her marriage — played the organ in the local church.

She loved music and even sang at her work as she cared for her own children and greeted people arriving at the station as she sent and received messages on the telegraph.

Sometimes, when all was quiet and the children were asleep, she would go over to the nearby church and play the organ for her own joy. A song in the middle of the night; a tune she remembered from her childhood; or a hymn with much meaning for her.

The only sadness in their lives was the deafness of the youngest child, Joshua, now nearly two-years-old; a bright little boy who was trying to make sounds although he couldn't hear any. Joshua had been diagnosed by a doctor in Halifax as being the victim of a high fever which he had experienced when just an infant, however, he responded to vibrations and was an active child in every other way.

As December appeared on the big calendar posted in the store, John was particularly busy unpacking crates of candy and nuts which would appear on the counters of the store as people gathered special treats for Christmas. As he unpacked the crates, he had a special glint in

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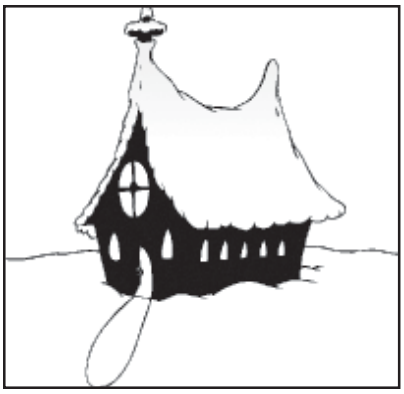

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his eye and was sometimes seen having quiet conversations with the older children.

Jane paid little attention to the various shipments in large boxes which were taken off the freight cars and so didn't notice a particularly large wooden box which arrived on the tenth of December. John and his older children moved it into the corner of the freight-shed and covered it with an old blanket.

As Christmas drew near, Jane often went in the late evening to the church where she rehearsed the special music of the season. The church choir gathered there with her to prepare special numbers for the upcoming Christmas services. Little Joshua, in the company of a special aunt or older sister, sat in one of the pews as his mother played the organ, his body responding to the vibrations, although he seemed not to be able to hear.

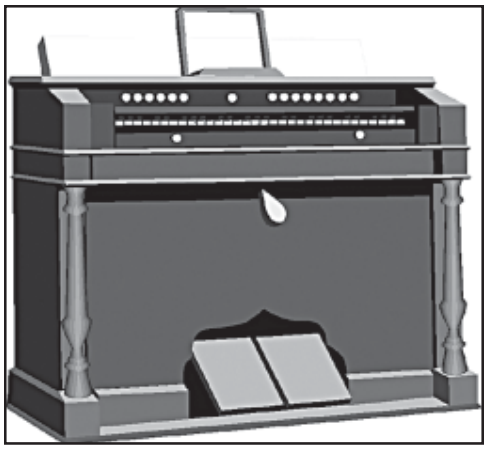
On December 24th, although busy with her own family and preparing for the evening service, Jane agreed to accompany her sister Martha on a visit five or six miles away to see their old aunt and to bring her some Christmas treats. Martha was insistent that Jane go with her and John encouraged her to go. So, off they went with sleigh bells jangling.

As soon as the sleigh had disappeared from sight, John, the boys and Jane's brother from the store set to work. The big crate from the back of the freight shed was moved to the foot of the stairs leading to the upstairs apartment of the Mitchells.

The sides of the large wooden crate were removed and with lots of tugging and careful lifting, the object inside was moved up the stairs and into the parlour. A place between two windows was already clear of other furniture. With much care, the new parlour organ was put in place and kerosene lamps placed on brackets on the side.

When Jane and Martha returned from their journey and visit, evening shadows were long across the fields, and lamps were being illuminated in the store and the various rooms of the station. No trace of the wooden packing box remained — all seemed as it had been when Jane left. But there was an excitement in the air. The family seemed very anxious for Jane to go upstairs to prepare supper.

With John not far behind her as she climbed the stairs and the children looking out from various rooms, Jane reached the top of the stairs — and looked straight ahead through the parlour door, not generally open. First she saw two lamps with their warm glow brightening up the room; and then she realized that in her parlour was a new pump organ with the white and black keys glistening, inviting her hands to touch them.



A look of great joy lit her face as Jane sat on the stool with its plush seat, placed her feet on the treadles and began to pump. Her hands first brought forth one note and then two and then a chord and then a tune — a song in the air of a Cape Breton parlour long ago.

As she turned to express her thanks to her family for this wonderful, unexpected gift, she saw a look of understanding in the eyes of Joshua. As he moved towards the organ, she played another short tune and realized that somehow the sound was reaching him. As she pumped the treadles, he began to put his little hands on the keys, one by one a note; then two notes and more.

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*Continued from previous page...*THE GIFT

A small miracle in the Station House home of the Mitchells of Dawson Crossing at Christmas time long ago — a promise fulfilled that the "deaf shall hear" — a song in the air; a note of joy in their hearts. All gathered around the organ as Jane, with Joshua in her lap, brought forth a song of joy known to all of them — A Christmas Story for the season.

PARTICIPAPER SCHEDULE

In response to those who have asked for this information, *The Participaper* schedule appears below:

January/February. This issue is delivered to residents' mailboxes during the second week of February. It contains the Spring courses schedule. The deadline to be included in this issue is the first week of January.

March/April/May. This issue is normally delivered in the month of May. This is the "Salute to Volunteers" issue and the deadline to be included in this issue is early April.

June/July. This is the summer issue and is normally delivered late June to early July. This issue usually contain a listing of festivals and events in the County as well as other stories of interest to our readers and visitors. Deadline to be included in this issue is late May.

August/September/October. This issue is normally delivered in early September and contains the Fall courses schedule. Deadline to be included in this issue is late July.

November/December. This is the Christmas issue and is usually delivered to residents the week prior to Christmas Day. In this issue we try to include interesting fiction, interviews with County residents, tips about winter safety, and, if there is room, some Christmas recipes and craft ideas. Deadline for inclusion in this issue is late-October.

THE PARTICIPAPER IS PUBLISHED FIVE TIMES A YEAR.

The Municipality of Inverness County celebrated its 125th anniversary this year. Staff and former councillors posed on the steps of the municipal offices for a commemorative picture. The picture was taken September 17th prior to the municipal election.

Back Row, l - r: *Donna MacDonald, Anna Lee MacEachern, Margie Beaton, Jim MacLean, Anne MacDonell, Duart MacAulay, Daniel Boudreau, Kate Beaton, Gary Porter, John Cotton and Jim St Clair.* ***In front, l - r:*** *Gloria LeBlanc, Ned MacDonald, AJ MacDougall (now retired) and Roy MacLean. Staff missing from photo: Malcolm MacEachen, Marie Cameron, Billy Gillis, Eveylena Gillis, Liz Smith, Kay Rankin, Stella Walker, Cyril LeBlanc, Ellen Murphy, Joe O'Connor and Michelle Campbell.*

Remember the "Good Old Days?"

The following is an extract from the publication, *St. Joseph's Convent, Mabou, Nova Scotia, 1887 - 1987 (100 Years of Christian Education)*. Some of our readers may recognize either themselves or someone else in this story and photos. If you do, why not contact us and let us know what you are doing now. Are you still living in the area? What are you doing? Or, have you moved on to "greener pastures". If you've moved on, was it all that you thought it would be, or would you come home if there was a job available for you? Those are just some of the questions you could answer.

Sister Mairiann MacNeil (Sister St. Michael of the Blessed Sacrament who taught at the convent 1940-1957) related the following:

Of all the reminiscings of the good old days in Mabou, none has been more deeply ingrained in my memory than the admonition, "Girls, do be careful of the water supply. " When the students arrived in September it usually took them no longer than twenty-four hours to exhaust our usual adequate water supply and leave us "high and dry".

St. Joseph's Convent Band. Who knows what year this is?

Then would begin the prayers for rain and the stacking up of old fashioned creamers to place strategically under the eaves of the church to catch the rainwater. There were dexterous systems of carrying the filled creamers, by hand, to the dormitory. Any mishap had to be obliterated before the belfry bell summoned the Sisters to morning meditation.

Once the creamers were landed in the dormitory corridor a tinkle of the bell announced: "Come to the water". The procession came from all directions; pretty young lassies in long flowing housecoats, each carrying "a-gay-ninety" white enamel basin. The girls were carefully monitored lest more than the allotted pint of water be claimed.

St. Joseph's Convent 1962 graduates

The water shortage occurred each September, year after year, until Father Dougall MacEachern was named parish priest of Mabou. His chivalry could not tolerate such treatment of the so-called weaker sex and of his "Good Sisters." The most stalwart of Mabou's noble men were summoned . . . "Something had to be done."

The iron mountain pipes had corroded. They had to be

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replaced by something more enduring.

Father Dougall, to the rescue, he undertook the travel, research, and dialogue necessary to find the best on the market. The outcome was wooden pipes specially treated and “guaranteed to last forever”. The work proceeded.

One evening as the girls were finishing their supper Father Dougall phoned: "Tell the girls to turn on the water and keep it flowing until the crack of dawn." No sooner said than done! Every sink and tub in the convent was either filling up or draining out! All waste was ignored and, as if to throw caution to the wind, every boarding school rule was broken. Something had been done and that something had to be celebrated!

Sister Theresa Sampson with a 1982 art class

Before the red streaks in the East foretold the dawn, young heads had gotten together, "Something had to be done" in gratitude to Father Dougall. The Muses were already at work; a parody on the song, "Cool, Clear Water" was suggested, with an impish repetitive insertion of "He is a devil not a man" replaced with "He is a seraph not a man."

The praise of Father Dougall in the final parody met with everyone's complete satisfaction. The following evening Father Dougall was invited to dine with the Sisters and recreate with the girls. Now the girls looked even prettier than in the morning line-up. What with fresh hair-dos, deeper than natural blush, long flowing housecoats, an adequate supply of white basins, old creamers, and a parody to sing meaning into each silent pantomime. "The show was on the road." "Cool, Clear Water" praised Father Dougall beyond human merit. He had to be a seraph not a man!

Time passed. The old gave way to the new. Although the guaranteed wooden pipes outgrew their usefulness and yielded their place to plastic, the fact remains that what Father Dougall did for the resident students and Sisters is indelibly printed in our memories. The example of his kindness and courage prod our action when "something has to be done."

Could the old domestic department reminisce I could throw away my pen: I clearly remember one afternoon when our lady inspector visited us. The girls had done exceptionally well and had merited for themselves respectable provincial credits, nevertheless "God speed" was fervently prayed over lady inspector's car as it left the premises. I thought to myself; Now, I can sit down with this deserving group, relaxed and happy, to crown each one of them with laurels. Reality does not always measure up to appearance! Our best pie maker had used table salt instead of sugar in the pie. Mercifully, thanks to the inspector's delicate digestion, she did not eat the pie; the leg of the dining room table had collapsed during the meal and one of the students, whose role it was to dine with the inspector, had endured agony to support the table throughout the meal; the needle in the sewing machine had been broken early in the afternoon - the sewing project had to be carried on in sham fashion with the sewing machine made to run without its needle at full speed; in the nursing care unit, the soft cooked egg was only a shell, the rest of the egg was needed for baking in the kitchen.

Family Life students at St Joseph’s Convent, 1963

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*Continued from previous page...*Convent

The disaster report went on and on, and I was shocked by the realization of WHAT MIGHT HAVE BEEN. Feeling the need of a breath of air I turned to open the door. There stood a tall, strange
looking man! As I was stammering to say, "In the name of goodness, what do you want" he lifted his arms above his head and yelled, "Blessed art thou amongst women." We were so frightened none of us saw him leave. "He vanished!" came a chorus of petrified voices. The door was locked immediately! All of us residing at the convent made quickly for home.

Fortunately, there were village students in the class. One ran home terrified and told her mother of the scare. "Mama, Sister was so startled, I'm sure she will die!" Quietly the mother answered, "Poor, Long John from the asylum. Go tell Sister 'Blessed art thou amongst women' is his favorite prayer". The convent doorbell rang. "Sorry, the Sisters are at prayer" was the response. There was no time to reject the temptation of a white lie, "Mama told me to say that this is urgent." That did it! I was summoned and received the message; all ended well.

Hundreds of similar episodes could be related. I look forward to the summer of '87 as a time when I will join day-students and boarders in rich reminiscing. With mature perspective we will prayerfully relive our Mabou Days and place our future in God's loving Hands.
[End of extract]

Genealogical Standards
Standards For Sharing Information With Others
Recommended by the National Genealogical Society

Conscious of the fact that sharing information or data with others, whether through speech, documents or electronic media, is essential to family history research and that it needs continuing support and encouragement, responsible family historians consistently—

- respect the restrictions on sharing information that arise from the rights of another as an author, originator or compiler; as a living private person; or as a party to a mutual agreement.
- observe meticulously the legal rights of copyright owners, copying or distributing any part of their works only with their permission, or to the limited extent specifically allowed under the law's "fair use" exceptions.
- identify the sources for all ideas, information and data from others, and the form in which they were received, recognizing that the unattributed use of another's intellectual work is plagiarism.
- respect the authorship rights of senders of letters, electronic mail and data files, forwarding or disseminating them further only with the sender's permission.
- inform people who provide information about their families as to the ways it may be used, observing any conditions they impose and respecting any reservations they may express regarding the use of particular items.
- require some evidence of consent before assuming that living people are agreeable to further sharing of information about themselves.
- convey personal identifying information about living people—like age, home address, occupation or activities—only in ways that those concerned have expressly agreed to.
- recognize that legal rights of privacy may limit the extent to which information from publicly available sources may be further used, disseminated or published.
- communicate no information to others that is known to be false, or without making reasonable efforts to determine its truth, particularly information that may be derogatory.
- are sensitive to the hurt that revelations of criminal, immoral, bizarre or irresponsible behavior may bring to family members.

***E**very Saturday night, year round, a family square dance is held at the West Mabou Hall 10 pm to 1 am. Join the fun and dance up a storm. A great way to exercise and become more physically active.*

PORTRAIT OF THE ARTIST AS A YOUNG… AND OLDER…MAN

By Carole M. Chisholm

Peter Rankin today

Some twenty-five years ago, three young men attended Mabou Consolidated high school: Their desks often contained graffiti that not even the teachers wished to scrub off during spring cleaning, for all three were budding artists.

Encouraged by their teachers, Jim St. Clair and Carole Chisholm, and mentored by noted Lake Ainslie artist, Barrie Fraser, the three began to collectively discover their artistic talents in various ways. This collaboration led to the publication of two books of art work, now collectors' items: Collection 20 (1979) and Portfolios (1981).

The three young artists were Peter J. Rankin, Johnny Gillis, and Jimmy Rankin. We thought it might be interesting to catch up with them twenty-five years later. Hence this article is the first in a series, based on interviews with them, to be published in The Participaper *over the next few months.*

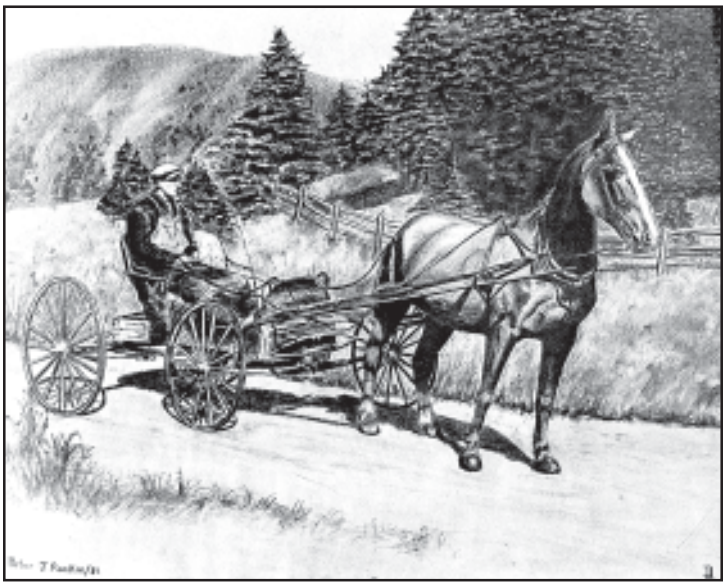
PETER J. RANKIN

Peter Rankin was born in Mabou Coal Mines to John Archie and Bernetta Rankin. Peter and his thirteen siblings learned to draw at an early age, and, since several of them drew well, he didn't see his own ability as anything special. Throughout elementary school, cartooning and making various versions of Spiderman was just a fun thing to do.

He recalls trying to copy illustrations of the art work in Robert L. Stevenson's *Treasure Island*, and by age 14 or 15 he observed that he could make a reasonable facsimile of someone else's pictures. He then went through a period of copying birds, especially Roger Troy Peterson's great blue heron, which permanently replaced Spidey in his affections.

Jim St. Clair arranged for the three boys to meet with Barry Fraser, and Barry took them on what Peter calls, "random sketching trips here, there and everywhere." Peter soon understood that Barry was trying to get them to look at the world through new eyes. Barry changed Peter's perspective, advising him to look at the common objects around him, to look at the world from his being in it.

He took the three to places they hadn't been before, teaching them to really see tar paper shanties, or the angle at which a door was unhinged or individual trees on the road to Margaree. Peter credits Barry with bringing many technical things to his attention – for example, how to shade, how to get distance, how to have perspective.



A drawing by a young Peter Rankin taken from the first volume of *Portfolios*

Since the artistic trio had very different styles and interests, the world soon became their art classroom; the publication of the two books, *Collection 20* and *Portfolios*, the result of their combined studies.

Peter went on to attend St. Francis Xavier University where he obtained a B.A. degree with a major in English. During his first year of university, he took his first "official" art course as an elective subject. This particular course dealt with painting. His teacher was Sister Grant and it was an open

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format class. This meant he could paint what he wanted, when he wanted, how he wanted.

The teacher offered suggestions as he went along, but did not formally teach art. Peter recalls becoming quickly frustrated with this process of "doing my own thing". A breakthrough occurred for him when the Sister asked her art students to do a monochromatic painting, a technique requiring him to select one colour and to depict its various tones and shades. Peter chose to develop a painting in black and white. He used one of his own sketches that he had done at home, and fondly recalls that it contained hay, feedbags, pitchforks and a barn!

Although Peter continued to paint on his own in his second year, it wasn't until his third year of university that he took his second "official" painting course. By the time graduation rolled around, he had amassed 14 paintings.

A requirement of the painting class was that he would include his paintings in a show of student work at the university. His first sale resulted when one of his professors, seeing in him glimpses of the style of a Rockwell or a Robert Bateman, chose one of his displayed paintings. He sold that painting with mixed emotions, seeing a glimpse of commercial success while letting go of a highly personal piece of property.

Peter graduated university and married Brenda – whom he had met while at X – in 1985. (The residents of Inverness know Brenda as the physiotherapist at the Inverness Consolidated Memorial Hospital.)

Peter and Brenda returned to Mabou Coal Mines after graduation, and soon he was fishing and painting to support his new family. Although fishing appeared to be an odd vocational choice it was a natural one. Peter's father was a fisherman and he and his brothers grew up on the water; fishing was as natural as breathing…but so was painting.

Peter recalls his first painting "commission". It was for former Mabou Consolidated Principal, Ray Rankin, whose historic home – long known as "the Johnny Tulloch house", in Brook Village – was burned to the ground. All Mr. Rankin had left was a single photograph, and he wanted a painting of it.

Peter continues to do commissions when asked. He has done portraits, farm scenes, commercial work (see his fire-breathing dragon on the gym floor at Dalbrae Academy). In his words, "I say yes to everybody and I've tried it all!" Mostly he works from photos, and averages five or so commissions a year. Over the past twenty years, he thinks he may have produced over a couple of hundred paintings.

Peter finds portrait work particularly

A recent work by Peter Rankin

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*Continued from page 17...*THE ARTIST

rewarding. When asked what his personal favourite was, his answer was immediate: The family of the late John Simon MacDonald had requested a portrait of their father who had been Peter's neighbour. With this portait Peter says that, "he was able to make it his own". In trying to capture the size and the strength of the man, he also captured every man whose face showed a lifetime of experience, a way of life lived in Cape Breton, a generation of people with a culture that was unique. He concluded that the faces of older people – people who have lived "a real life", people who really characterize what it means to be a Cape Bretoner – inspire his art. "The portrait has the power to evoke another time, a history of who and what we were and are. Each portrait has a story to tell!", he says.

For pure enjoyment, Peter still likes to paint landscapes. This is what he refers to as, "the easy stuff". (Given where he and his family live, he will never run out of subject matter.) When asked what his favourite medium is, he said "a little bit of everything". He now draws, paints, mixes colours and goes where the art takes him.

Peter's father was known in the community as a great story-teller. When he was a child, Peter listened intently to the tales of family life and growing up in the Coal Mines area of Mabou. This oral history and culture form the background of much of Peter's work. This is particularly true of Peter's recent foray into the world of book illustration.

New Glasgow author, Joanne Taylor, came across some of Peter's work on a website and invited him to illustrate her recently released children's book entitled, *Making Room.* (The launch of this book recently took place at Strathspey Place in Mabou. Jim St. Clair, spoke of the life and times of the main characters, John and Annie Smith of Hillsborough, Ms. Taylor delivered a reading of her book and Peter showed slides and spoke of how his illustrations came to be. Also at the launch, Peter's four sisters sang songs in both English and Gaelic, as did the Smith's cousins, Raylene and Heather Rankin.)

Much to Peter's delight the Toronto publishing firm of McClelland & Stewart saw his illustrations in *Making Room* and subsequently invited him to do pen and ink illustrations for Alistair MacLeod's latest book, *To Every Thing There Is A Season: A Cape Breton Christmas Story,* due to be released November 2, 2004. *[Ed note: by the time this issue is published the book should already be on sale.]*

Peter said that this new book is a story to which anyone can relate – family preparations for a son returning "from away" to celebrate Christmas. Since this book may have a world-wide distribution, Peter said, "To have your illustrations of the human elements of your life and your culture travelling world-wide is mind boggling, especially when the writing is so excellent that it easily leads your art to inspiration!"

The opportunity to illustrate themes that are universal to all human beings is particularly rewarding to Peter, who restated firmly just how important both book projects were to him personally, because they represent Cape Breton's lifestyle — the history and the culture behind who we are. He also appreciated the opportunity and the exposure the projects gave his career, and has begun to consider the possibility that now could be the time to commit to art as a full-time career.

Peter and Brenda have five children: Elizabeth (18) attends Memorial University of Newfoundland; Angus (15) is a student at Dalbrae Academy; Mark (13), Sarah (11) and Duncan (5) are students at Bayview Academy. When asked if any of his children are showing signs of artistic talent, Peter responded that there is evidence in all of them, "they have the eye and the hand". Art has influenced their lives, not only in their own home, but also in the homes of their aunts, uncles, and cousins. Peter felt that perhaps Sarah would be the one to follow in his footsteps.

For the time being, Peter Rankin is content in his roles as husband, father, artist, illustrator and fisherman. This writer challenges a future writer to revisit this artist's oh-so-interesting life twenty-five years from now! There are more stories to be told here and still much more to learn. Thanks to Peter for sharing with us. ∎

Our own Jim St. Clair wrote the foreword to the art book, Portfolios *- referred to in Carole Chisholm's article on Peter Rankin. His foreword so eloquently discusses not only the subject artists, but artists and art in general, that I have included it below.*

The Eyes that Will See
The Hands that Will Draw

Art — throughout the years, the Culture of Inverness County has been resplendent with the outpourings of the Artist — the piper, the weaver, the dancer, the composer, the poet, the quilter, the housebuilder, the rug-hooker, the fiddler, the songwriter. All of these artists reacted to the environment; all responded to the stimuli around them; all fulfilled the creative urge within them.

In keeping with the long and creative tradition of loving our land and our people the four artists in this book look with careful eyes at the subtleties of our life, our terrain, our people, our objects cherished and discarded. Their looking and drawing enhance our learning by helping us to see more deeply. Indeed this process of sharing must continue to be cultivated. For without this Art, we see less, we learn less, we are less.

Each of the four whose works appear in this book is his own artist. They don't belong to a particular school — but running through this collection is a common theme —an emotional response to this world of Inverness County. Their work therefore is in keeping with our tradition of Art.

So long as the rivers do run into the sea, so long as roads rise along hay fields, so long as children sleep secure, so long as eagles survey the land, so long as nature absorbs man's mistakes, so long as objects and buildings reveal our inner lives — for that length of time will Art enable those who will see to see; for that length of time will Art encourage us to rejoice in our world. This foreword, then, is superfluous — for the drawings are the medium. These drawings, however, are not superfluous. To my mind, they are essential ingredients of life — and for that nurture, I thank Barrie, Jimmy, Johnny and Peter. [*signed*] James St. Clair, Mull River

Business Plan Development and Financial Management Workshops To Be Offered

The YMCA Entrepreneur Centre will be holding a series of workshops across Cape Breton for potential and existing small business owners. The workshop will focus on Business Plan Development and Improving Financial Management. The first of these free workshops will be held in Port Hawkesbury on November 10th at the Maritime Inn. This session will be held from 2 - 4 pm and repeated from 7 - 9 pm. Tentative schedule for upcoming workshops includes:

1. Port Hawkesbury - January 26, March 23, April 27
2. Sydney - January 19, March 2, April 6
3. Glace Bay - February 9, March 16, April 20
4. North Sydney - February 16
5. Membertou - January 12
6. Baddeck - February 16
7. Cheticamp - February 23
8. Arichat - March 9
9. Mulgrave - March 30
10. Inverness - April 13

If you would like to attend any of these workshops or have any questions on these workshops, please Michelle Moffatt at 849-1794, ext.227 or toll free at 1-877-636-5655

Cross-country Ski Rentals

The Recreation/Tourism Department provides a rental service for cross-country skiis and snowshoes. Various sizes are available. Rental is on first come, first served basis. Cost for rental of a pair of snowshoes and a cross-country ski set (includes skis, poles, & boots) is $3/daily and $5/weekend. Weekend rental includes picking the equipment up by 3:30 on Friday and returning by noon on Monday. A damage deposit is required at time of pick-up and will be returned when equipment is returned in satisfactory condition. The amount of the damage deposit depends on how many pairs are included in rental, with a family rate available. Community organizations and schools will require a $150 damage deposit. For more information call 787 - 3507 or 3508.

Food Safety Facts For Cooking The Christmas Turkey

Foodborne illness, also known as "food poisoning" may happen because of using improper techniques when buying, preparing and cooking a turkey. Follow these food safety tips to help reduce the risk of foodborne illness.

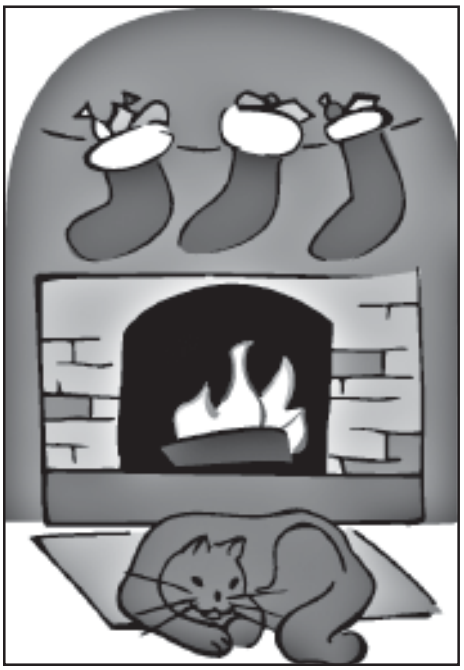
It's always important to keep foods out of the "Danger Zone", which is between 4C(40F) and 60C (140F). To do this, just keep hot foods hot, at least 60C (140F) and keep cold foods cold at 4C (40F) or colder.

Buying a turkey

• Check the "best before" date on fresh turkeys because it indicates the freshness of the turkey.
• Frozen, well wrapped turkeys can be kept in the freezer for up to one year.
• If buying a frozen turkey, allow four to six days for thawing in the refrigerator (depending on the size).
• If buying fresh turkey, purchase it no more than two days before cooking. It should be cold when bought then immediately refrigerated at home at a temperature of 4C (40F) or lower.
• At the grocery store, the turkey should be the last item selected before proceeding to the checkout.
• Do not let the turkey come into contact with other items in the grocery cart. Put the turkey in a separate plastic bag to avoid cross-contaminating other foods.

Thawing the turkey

• Never thaw turkey on the kitchen counter.
• Place the turkey in the refrigerator in a large container or on a platter big enough to prevent leaking juices from contaminating other foods in the refrigerator. Place on the bottom shelf of the refrigerator.
• Start thawing the frozen turkey in the refrigerator several days before roasting. Allow 24 hours of defrosting time for each 2.5kg (5 pounds) of turkey (i.e., 5 hours/lb. or 10 hours/kg).
• Turkey can be defrosted under cold running water, but it should be wrapped in leak proof plastic to help prevent cross-contamination.
• If thawing turkey in the microwave, cook the turkey immediately after thawing is complete.



Preparing the turkey

• Thoroughly clean your hands, the counter and all utensils before and after preparing the turkey.
• Immediately after preparing the turkey, wash and sanitize the sink, counter tops, utensils and anything else that came in contact with the turkey with a mild bleach solution (example: 1 tsp. bleach per 3 cups water). Rinse with clean water.
• Do not let any juices from the turkey come in contact with other food or food preparation equipment.

Cooking the turkey

• Never slow-cook turkey. Set the oven no lower than 177C (350F) and use a food thermometer to check that the turkey reaches a minimum internal temperature of 85C (185F).
• The stuffing should reach a minimum internal temperature of 74C (165F).
• For whole turkey: near the end of the cooking time, remove meat from heat and insert an instant-read thermometer into the thickest part of the breast or thigh meat, so the thermometer does not touch any bone. Follow the manufacturer's directions on the proper use of

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your specific food thermometer. I f the proper temperature has been achieved, the food is safe to eat. If the food has not reached the proper temperature, continue cooking. Always wash the food thermometer and other utensils you used on raw or partially cooked foods before using them to check foods again.

• If you choose to serve a pre-cooked, stuffed turkey which is purchased hot, be sure to keep it in the oven to keep the turkey at least 60C (140F) or above and eat it within two hours of purchase. If you will be eating this turkey more than two hours after buying it, the stuffing should be removed and both it and the bird should be refrigerated to 4C (40F) or lower as soon as possible after purchase.

Serving the turkey

• Serve turkey and stuffing immediately. Keep the rest of the turkey and stuffing hot at a minimum 60C (140F) in the oven . Replace empty platters with hot food from the oven.

Turkey leftovers

• Refrigerate leftovers promptly in uncovered, shallow containers so they cool quickly. Once food is cooled, cover.

• Remove meat from the bone. Store meat, stuffing and gravy separately in shallow containers to cool them quickly.

• Reheat leftovers to 74C (165F) or hotter. Bring gravy to a full, rolling boil and stir during the reheating process.

• Use leftovers within two to three days.

For more information on preparing foods for the holidays and safe food handling practices, visit the Canadian Food Inspection Agency (CFIA) website at www.inspection.gc.ca or contact your local public health inspector. Have a safe and happy holiday season*! (CIPHI would like to acknowledge the CFIA and the Canadian Partnership for Consumer Food Safety Education as the references for this information.)*

*C*hecking the stuffing temperature with a thermometer is essential. That's because even if the turkey itself has reached the proper internal temperature of 185F in the innermost part of the thigh, the stuffing may not have reached the correct temperature of 165F in its centre. It is important to reach this temperature in all parts of the stuffing to be sure that foodborne bacteria are destroyed.

Although a "pop-up" thermometer comes with many turkeys as one way to judge the bird's doneness, it can't tell you the temperature of the stuffing. A conventional meat thermometer should also be used with stuffed birds.

If the innermost part of the thigh has reached 185F, but the stuffing has not reached 165F, continue roasting the turkey, until the stuffing has reached 165F. Be aware that during the added cooking necessary to bring the stuffing up to a safe temperature, the meat may become overcooked.

Once the turkey meat and the stuffing have reached the proper temperatures, the bird should be removed from the oven and allowed to "stand" for 20 minutes before removing the stuffing and carving the bird.

If you are not prepared to use a meat thermometer to measure the internal temperature of the stuffing in the bird, you should consider cooking the stuffing outside the turkey. Frozen pre-stuffed turkeys should be safe when cooked from the frozen state, but use caution and follow the manufacturer's directions very carefully.

OUTDOOR TRAVEL TIPS, WINTER AND SUMMER

BE PREPARED FOR YOUR CHOSEN RECREATION - Being fit enough to go the distance takes physical preparation. Stick to your turnaround time (a general rule of thumb is to allow 1/3 of your time for the trip in, and 2/3 for the return trip). Take the proper equipment, have a trip plan, use maps, and reference/guide books.

ALWAYS CARRY THE ESSENTIALS - Check that all are in good working order **before** leaving. If necessary, be ready to stay out overnight. Always carry extra clothes, water, high energy food (like trail mix), and a flashlight - many people become lost because of darkness. Remember - even a short trip can become lengthened because of unexpected circumstances such as bad weather, or becoming lost or injured, so **BE PREPARED!**

COMPLETE A TRIP PLAN and **LEAVE IT WITH A FRIEND** - The trip plan explains your destination, the route you are taking, who is in the group and your return time. If you do not return as planned, the friend you left the trip plan with can give the form to the police to initiate a search.

NEVER GO OUT IN THE WILDERNESS ALONE - Always go out with a friend or group. Stay within sight of one another and designate a time and place to meet in case someone does get separated. No matter what you are doing in the wilderness, travel together and keep together. Travel at the speed of the slowest person; if a person becomes separated from the group by going ahead or falling behind, he or she is more likely to become lost.

LEARN HOW TO NAVIGATE - Buy a compass and a map of the area where you are going. Learn how to use them. Topographical maps are usually available from Natural Resources Departments. As you travel through the wilderness, pay attention to your surroundings, take note of landmarks, and periodically look back the way you came. Be aware of the distance you have travelled and the time. Reassess your destination goals and travel plans throughout the day.

DO NOT PANIC - Maintain a positive mental attitude if you become lost. Remain calm and control your fears; you will be able to think more clearly. Being lost is not dangerous if you are prepared. If you become lost, remember the acronym **S.T.O.P.** - that is: sit, think, observe and plan. Once you have a plan, you will feel much better, action is an excellent antidote to fear (and <u>everyone</u> who gets lost experiences this at some point in the experience).

STAY WHERE YOU ARE - **Stop** as soon as it is apparent that you have become separated from your group, are lost or in trouble. People who carry on after becoming lost usually get further from roads and trails, and further from people who are looking for them. On the water, stay with your boat even when capsized.

STAY SOBER - Alcohol and drugs affect clear thinking, coordination and reaction time: Unwise decisions are often made because of them.

USE SIGNALING DEVICES - Blowing a whistle, lighting a fire and staying visible will help searchers find you. Help searchers find you even if you are embarrassed or afraid. Remember that animals will not be attracted to your signals. **Three of anything - for example, three whistle blasts, three fires, or three gunshots - is an internationally recognized distress signal.** (When using fires as a signal, ensure that they are contained, keep a careful watch of them).

BUILD OR SEEK SHELTER - Protect yourself from the rain, wind, and excessive sun. It may take several hours to build shelter and collect fuel wood, so do it early while you still have energy. It is important to be as

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comfortable as possible, but when it is daylight, make sure you are visible to searchers in helicopters or planes.
THE MOST COMMON MISTAKE - Don't be fooled by thinking that "it could never happen to me." By being prepared, you can enjoy your trip outdoors regardless of what nature throws at you!

OUTDOOR TRAVEL ESSENTIALS

These are the items that you should take with you when making a trip into our great outdoors:

- Current map of the area and a compass. **Before you go make sure you know how to use them!!!**
- Large orange coloured plastic bag. This is useful as an emergency shelter, signaling device or rainwear.
- Flashlight and spare batteries (keep batteries warm in cold weather).
- **Extra** food and water.
- **Extra** clothing that is stored in a watertight plastic bag - rain and wind clothes, toque and gloves, sweater and warm pants (NOT jeans - these hold water more than most other fabrics), and proper footwear.
- Sun/insect protection - sunglasses, sun-screen, hat, long-sleeved shirt and pants.
- Sturdy pocket knife.
- Windproof/waterproof lighter and matches.
- Candles and/or firestarter (efficient fire-building in adverse weather MUST be learned BEFORE you venture out on your trip!)
- Check weather forecasts and travel concerns prior to departure. When boating, always wear a PFD (personal flotation device).
- First aid kit - (training is required to develop skills needed for proper first aid.)
- Whistle, small lightweight ground insulation, projectile-type flares, tarp, space blanket, flagging tape, notebook and pencil.

If you participate in wilderness travel, congratulations and enjoy your trip. However, take time to make sure you stay well and safe - what you pack to take with you could make a difference in the outcome of your trip.

A new report shows skyrocketing insurance premiums and policy exclusions have a dramatic impact on Canada's voluntary sector organizations, and is forcing some to cancel programs.

A disturbing new national study documents a restrictive, and in some cases devastating, insurance environment for Canadian charities and non-profit organizations. The Voluntary Sector Forum (VSF) has released *Liability Insurance and the Voluntary Sector - Framing the Issues*, October 26, 2004.

The report documents a range of experiences across the non-profit sector including extraordinary premium increases and challenges to obtaining and renewing liability insurance. All of this is having a significant impact on recruiting and retaining volunteers, and maintaining programs. The study found that, in many instances, non-profit organizations have been forced to cancel programming altogether.

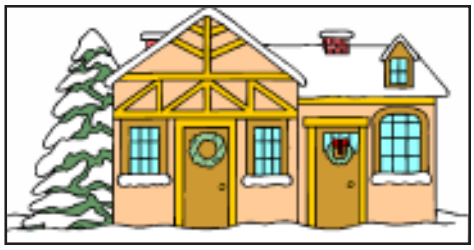
Nonprofit and voluntary sector organizations are unsung heroes in our society; they provide services in every area imaginable, from poverty relief to community sports programs. Governments need to know that community programs that Canadians rely on are now being affected by insurance considerations.

The report is a culmination of regional consultations held in seven cities across Canada and an on-line survey of voluntary sector organizations conducted in June 2004. Research participants included over 300 representatives from a broad range of organizations including arts and culture, youth and children, Aboriginal, health, sports, and social services. The findings were consistent across the sector - the majority of organizations are experiencing unprecedented premium increases and/or restrictive exclusion policies.

The report is available on-line at: http://www.voluntary-sector.ca/eng/liability/index.cfm

THE CHRISTMAS GEESE

By Augustina Poirier



This story begins in late November on an island called Cape Breton. Eight-year-old Lawrence and six-year-old Lara live in a tiny cottage with their parents, at the edge of the wild forest. Their grand-parents live just next door in an even smaller cottage. Every day after school, Lawrence and Lara visit their grandparents until Mother comes out on the doorstep to ring the supper bell.

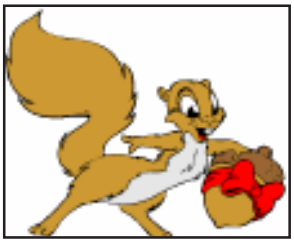
Grandfather is teaching the children all about the wild forest and the creatures that live there — when Grandfather was young, he was a wood cutter and saw many strange and wonderful things. Lawrence and Lara sit quietly by his side to listen to his stories. Their favorite story is about the Wild Canada Geese that fly North in the Springtime and South in Autumn.

Grandfather explained to the children how the geese fly in a V-shape formation, with a leader goose at the front of the V. He went on to explain that when the leading goose becomes tired, another takes a turn, until all the geese have an opportunity to be leader. He also explained that the lead goose must flap it's wings very quickly to make a path in the wind for the rest of the flock. When that leading goose becomes tired, another takes it's place until each one has a turn at the front of the V.

Grandfather told the children that the geese are large, much larger even than a black raven. The children know all about ravens, they have seen them in the Wild Forest, but they have never seen a Canada Goose. Grandfather told Lawrence and Lara to start watching the skies as the geese fly South in mid-November when they migrate. He made a strange honking sound, like the geese would make, so they listened and listened and looked and looked but they just couldn't find these special geese that Grandfather talked about.

It was getting close to Christmas and they still had not seen one single Canada Goose. On the Saturday before Christmas, Lawrence and Lara went into the Wild Forest with Grandfather to cut a Christmas tree. While they were there, they saw Roger Raven, Benjamin Bluejay and Seymour Squirrel, but the children were secretly hoping to find a Canada Goose.

Grandfather thought that perhaps all the flocks of geese had already passed through, as the weather was now growing colder. But even Grandfather did not know about the very last flock of geese that was late leaving Northern Cape Breton. In this flock was a very small goose with a weak wing. His name was Godfrey. Because Godfrey could only fly for a short time before he had to rest, this flock was far behind the others. Every time the geese saw a marsh or river inlet with open water, they would glide down so Godfrey could rest, while the rest of the flock picked though the reeds for food. They all took turns bringing food to Godfrey. On and on they flew in this way all the way from the north of Cape Breton.

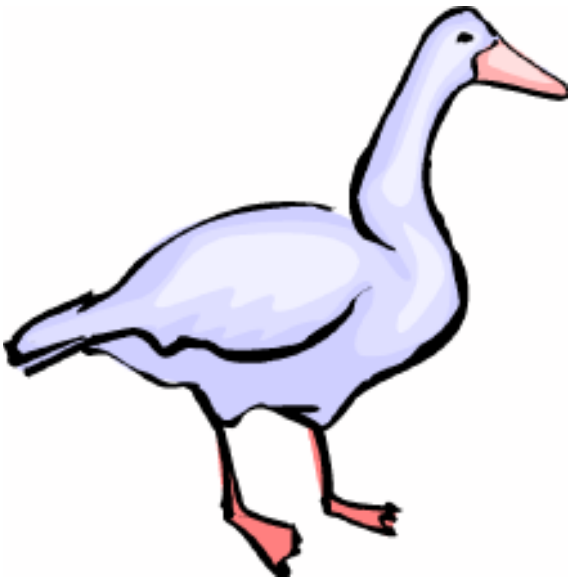


They stopped at a little pond at the foot of the mountain in Chéticamp, then again at the Margaree River and Lake Ainslie. They even found a little marsh in Glendyre, where the bald eagles perch high in the elm trees. As the flock of geese was getting closer to the Wild Forest, Lawrence and Lara and their parents

and grandparents were busy preparing for Christmas.

On Christmas Eve, Father was stacking firewood and Mother was baking wild apple pies. Lawrence andLara went next-door to sample Grandmother's Christmas cookies. The air was cool and the potholes had a thin sheet of ice over them. On the way to their grandparents house the children liked to step on the icy potholes because they made a wonderful crackling sound.

Grandfather decided that it was a good day for a hike through the Wild Forest and perhaps even farther. So the children put extra cookies in their pockets as they set out on their walk. Through the Wild Forest, up past Windy Hill and over the Fortune Road they walked. The fallen leaves crunched under their boots, while rabbits and coyotes peeked from behind the bushes as they walked past. They stopped to listen to the chickadees and watched a woodpecker drilling holes in a dry, grey spruce tree.



On they walked until they came to a small marsh where the cattails grew tall by the water's edge. Suddenly, as they looked to the sky, they heard a loud honking sound and there above them was a V-formation of Canada Geese!

Lawrence and Lara could hardly believe their eyes when the geese came gliding down to the marsh and the last little goose with the weak wing slid onto the water to rest all by himself. Lawrence and Lara and Grandfather did not speak as they watched the beautiful birds in the little marsh. They watched until — one by one — the geese rose up into the air, with the littlest, Godfrey, being the very last one. The geese honked and honked as they flew away, as if they were shouting, "Merry Christmas, Merry Christmas!!"

[Augustina Poirier was born in Little Judique and is of French and Scottish ancestry. She has lived on River Denys Road in Judique all of her life, save for a period of time spent pursuing her education, and during a brief period when she worked in Halifax. Augustina has written two award-winning essays - one in junior high school and one in high school. She has also had some poetry published locally and is a member of a local writing club, the "Write Club".]

Looking Ahead To Year 2005 Activities in Inverness County:

WinterActive Events: January - April
Registration for Recreation & Adult Upgrading Programs: February
Inverness County High School Drama Festival: April /May
Inverness County Volunteer Recognition Ceremony: April
Inverness County Senior Games: June
2005 Summer & Fall Events Brochure Deadline: May
2005 Summer & Fall Events Brochure in County Mailboxes: June

Be Prepared for Driving Emergencies in Winter Weather

*W*inter weather presents the greatest challenge to your car and its engine. Prepare for winter by getting a complete check-up in the fall.

Winter car survival kit

The Canadian Automobile Association recommends the following items be kept in the trunk of your car.

shovel
sand or cat litter
traction mats
tow chain
compass
cloth or roll of paper towels
warning light or road flares
extra clothing and footwear
emergency food pack
booster cables
ice scraper and brush
matches and a "survival" candle in a deep can (to warm hands, heat a drink or use as an emergency light)
fire extinguisher
extra windshield washer fluid
fuel line antifreeze

The following items should also be kept in the cab of your car: road maps, flashlight, first aid kit, blanket (special "survival" blankets are best).

If you get trapped in a storm or snow-bank, don't panic! Avoid overexertion and exposure. Shovelling and bitter cold can kill. Stay in your car. You won't get lost and you'll have shelter. Keep fresh air in your car. Open a window on the side sheltered from the wind.

Run your motor sparingly. Beware of exhaust fumes and the possibility of carbon monoxide. Ensure the tailpipe is not blocked by snow. Use the candle for heat, instead of the car's heater, if possible. Set out a warning light or flares. Put on the dome light. (Overuse of headlights may run your battery down.)

Exercise your limbs vigorously. Keep moving and don't fall asleep. Keep watch for traffic or searchers. Wear a hat as you can lose up to 60 percent of your body heat through your head.

Keep control of your vehicle to avoid collisions

Winter collisions can occur when your vehicle skids. Remember that not all vehicles respond in the same way to icy, slippery roads. You must know how to handle your vehicle and how it responds in various weather conditions. Consult your owner's manual and familiarize yourself with your vehicle's braking system and tire traction. You may want to consider taking a driver education course that teaches emergency driving techniques.

Rear-wheel skids

If the rear wheels lose traction, use these steps to regain control after a skid:
Take your foot off the brake if the rear wheels skid due to hard or panic braking.
Ease off the gas pedal if the rear wheels lose traction due to hard acceleration (rear-wheel drive).
Shift to neutral.
Look down the road in the direction you want the front of the car to go; be sensitive to the feel of the car and how it is responding to your steering.

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Do you have an idea for a course or workshop you'd like to see offered in Inverness County? Is there something that you yourself would like to teach? How about Highland dancing, for example? Sculpture perhaps? A craft? A language? Computer software program? Low-fat, heart-healthy cooking? Yoga? Other exercise program? Ideas for courses are limited only by your imagination. Call and talk to us about your ideas:

Call the Recreation Department at 787-3508 or email: Anna Lee MacEachern at: amaceachern@invernessco.com

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To regain control of the vehicle, steer gently in the direction of the skid of the rear of the vehicle. Just before the skid ends, bring the front wheels straight. Sometimes the vehicle will skid in the opposite direction, so you may have to repeat the movement until the vehicle stabilizes.

Once the vehicle is straight, return to a driving gear and accelerate gently so that engine speed matches road speed.

Front-wheel skids

Front-wheel skids are caused by hard braking or acceleration and by entering a curve too fast. When the front wheels lose traction, you lose steering ability. The best way to regain control if the front wheels skid is:

If the front wheels skid from hard braking, release the brake. If the wheels spin from loss of traction due to acceleration, ease off on the accelerator (front-wheel drive).

Shift to neutral.

If the front wheels have been turned prior to the loss of traction, don't move the steering wheel. Since the wheels are skidding sideways, a certain amount of braking force will be extended.

Wait for the front wheels to grip the road again. When traction returns, you'll regain steering control.

Return to a driving gear and gently steer in the direction you want to travel. Gently accelerate until engine speed matches road speed.

Four-wheel skids

Sometimes all four wheels lose traction -- generally at high speeds under adverse conditions. The most effective way to get your vehicle back under control when all four wheels skid is:

Remove your foot from the brake or accelerator.

Shift into neutral.

Look and steer in the direction you want the front of the car to go.

Wait for the wheels to grip the road again. As soon as the wheels regain traction, you will travel in the direction you want to go.

Return to a driving gear and maintain a safe speed. NOTE: Avoid using overdrive on slippery surfaces.

Braking

To survive on the road in winter, proper braking is essential.

Stopping on a slippery surface requires more space, so increase your following distance. Focus your attention as far ahead as possible.

The best way to stop on a slippery surface is to use threshold or controlled braking and shift to neutral. If you don't have anti-lock brakes, the best way to use threshold or controlled braking is to keep the heel of your foot on the floor and use your toes to apply firm, steady pressure on the brake pedal. Stop just short of locking the wheels.

If your heel leaves the floor, the ball of your foot pushes the pedal. The wheels lock because you're controlling the brake with your thigh muscles which are incapable of finer control.

Under the stress of trying to stop quickly, drivers almost inevitably over-react and lock the wheels. If this happens, release brake pressure one or two degrees, then immediately reapply it with slightly less pressure.

Anti-lock brakes are designed to prevent wheels from locking and allow continued steering control during panic braking. Sensors located at wheels detect lock-up. The anti-lock system relieves enough pressure to allow the wheel to turn, maintaining steering control.

Do not remove your foot from the brake or pump the pedal. If you apply too much brake pressure and the wheels lock momentarily, you might feel the brake pedal pulse back against your foot. Pumping the pedal works against the system by providing false information. ■

[Excerpts from Self-Help Advice/Winter Driving publication produced by the Government of Canada's Office of Critical Infrastructure Protection and Emergency Preparedness in cooperation with the Canadian Automobile Association. An electronic version of this publication is available at www.ocipep.gc.ca or to obtain a print copy of this or other self-help publications contact the Office of Critical Infrastructure Protection and Emergency Preparedness, Public Affairs Division, 122 Bank Street, 2nd Floor, Ottawa, Ontario K1A 0W6. Telephone: 1-800-830-3118 or email: communications@ocipep.gc.ca. Revised July 2003]

Preparing for a Power Outage

We should always be prepared for emergencies, and never more so than during winter here in Inverness County. Here are some tips to help you make sure that you and your family are protected during power outages:

- Keep emergency supplies on hand and readily accessible. This includes a flashlight, a battery operated radio, fresh batteries, candles, candle holders and matches, a mechanical clock, a mechanical can opener, a supply of fresh water and non-perishable foods that don't require cooking (e.g., canned goods or dried food).
- Teach your children what to do during an outage — in case the power goes out when you are not home. Also make sure that babysitters know what to do and where your emergency supplies are kept.
- Safety is a priority during power outages - treat wires on the ground or dangling from poles as live.
- Turn off and unplug sensitive electrical equipment such as TVs, VCRs and computers.
- Never use a barbecue inside.
- Use proper candle holders and never, (ever, ever!!) leave burning candles unattended.
- Follow the law: have generators installed by an electrician. Proper installation will guard your home against fire and shock hazards as well as protect Nova Scotia Power employees from serious injury. Use your generator safely.

Information is important during a power outage. Nova Scotia Power's dedicated power outage line gives you 24-hour access on the status of the outage. Call 1-877-428-6004: The outage line plays a short message that lets you know about any outages in your telephone calling area, what caused the problem and when the power is expected to be restored. You can stay on the line to report a problem or find out about an outage in another area. You should call to report if you hear a loud bang when the power went out, notice wires down, see a flash around electrical equipment or see an accident that caused damage to power equipment.

Important Information about Food Safety in Power Outages:

1. The Emergency Measures Organization warns residents to take precautions when determining if the food in their fridge or freezer is safe after a power outage once power is restored to their homes. Officials also remind Nova Scotians who are without electricity that propane and liquid fuel camp stoves should only be used outdoors.
2. The following public safety information has been developed by the Department of Agriculture and Fisheries to answer general questions about food safety — Perishable Foods: Perishable foods such as meat, fish, poultry, cooked vegetables, pasta, rice, and dairy products, or any leftovers containing these products, that are stored in your refrigerator freezer compartment may have thawed during a power outage. These products will remain safe for several days as long as the food temperature does not exceed 40F for longer than two hours. If the perishable foods in your refrigerator freezer or chest freezer have exceeded this temperature for a period longer than two hours, they may be unsafe to eat and should be discarded. If they have not exceeded this time or temperature, one way to prolong the safety of the food is to store it in containers outside in a shady area, surrounded by snow or ice.

Frozen Foods: Foods in a fully stocked or upright freezer will remain frozen for up to two days, a half-filled freezer will remain frozen for about one day. To prolong this time, keep the door of the freezer closed as much as possible, cover the freezer with blankets to help insulate and keep it cold. When the power is restored, some foods may be refrozen if ice crystals are still present, or the foods have not exceeded 40F. Most frozen foods can be refrozen, but the quality may not be as good. Foods that have exceeded a temperature of 40F for over two hours should be discarded. If you are unsure of the temperature or time the food has been sitting above 40F, err on the side of safety and do not eat this food.

3. Officials from Nova Scotia Environment and Labour have also advised that private well owners should use boiled or bottled water if they cannot access their well water due to power outages. Water from lakes or rivers may not be safe for consumption. Officials say if there is any doubt, the best policy is to boil the water for at least one minute before consuming. Questions about water, especially well water, should be directed to the department at 1-877-936-8476. Additional information concerning food safety during a power outage is available on the department's food safety website at www.gov.ns.ca/nsaf/foodsafety/factsht/powerout.htm ■

Regional Library News

As usual, winter weather has arrived right on schedule. It's a great time to bundle up and head to a Library Branch or Libr@ry Link site to borrow some of the latest items in our collection. We have a great selection of books-from bestsellers to mystery and romance; from cookbooks to local history. We have music on CDs, movies on video or DVD- we really do have something for everyone! We are so much more than books!

Too cold or stormy to venture out? Then check us out on-line at ecrl. library.ns.ca . There you'll find our web catalogue, magazine databases, booklists and reference service. We also have many services to help you avail yourself of our resources. Check it out - from the comfort of your home, you can request materials and arrange for pick up at your nearest Branch or Link site.

Books By Mail and Visiting Library Service

We provide a free mail-out service for library books for persons who live in the more rural areas of the County. Just call or e-mail us your request. Also, for persons who, because of a physical handicap or other reason, cannot easily leave their home, we will bring or mail to you a selection of reading materials chosen by our staff to reflect your preferences. Call us to register!

Branches: Winter Hours: December 1- February 29, 2005

Margaree Forks Tel/Fax: 248-2821	Mulgrave Tel: 747-2597 Fax: 747-2500	Pt Hawkesbury Tel/Fax 625-2729
Monday 1:30 - 4:30 & 6:30 - 8:30	Monday 10:30 - 12:30 & 2:00 - 6:00	Monday to Friday 3:00 - 8:00
Tuesday & Wednesday 6:30 - 8:30	Tuesday & Wednesday 2:30 - 7:30	Saturday 11:00 - 2:00
Thursday 10:00 - 12:00	Thursday 1:00 - 4:00	
1:30 - 4:30 & 6:30 - 8:30	Friday CLOSED	
Friday 1:30 - 4:30	Saturday 1:00 - 4:00	
Saturday 1:30 - 4:00		

Hours: Libr@ry Links: December 1 - February 29, 2005

Inverness Education Centre	Judique Community Centre	Port Hood Resource Centre
(every 2 weeks) Thursday	(every 4 weeks) Wednesday	(every 4 weeks) Tuesday
12:00 - 5:30 & 6:00 - 8:00	4:30 - 5:30 & 6:00 - 7:30	3:30 - 5:30 & 6:00 - 7:30
Dec. 2, 16 Jan. 13, 27 Feb. 10, 24	Dec. 1 Jan. 12 Feb. 9	Jan. 4 Feb. 1
Mabou, Dalbrae Academy	**St. Joseph Du Moine/Centre Saint-Joseph**	**Whycocomagh Education Centre**
(every 2 weeks) Wednesday	(every 2 weeks) Thursday	(every 4 weeks)
3:45 - 5:30 & 6:00 - 8:00	12:00 - 5:15 & 6:00 - 8:00	Wednesday
Dec. 8 Jan. 5, 19 Feb. 2, 16	Dec. 9 Jan. 6, 20 Feb. 3, 17	3:30 - 5:30 & 6:00 - 8:00
		Dec. 15 Jan. 26 Feb. 23

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

A Note from the Editor

Is it Christmas already? Has this year really flown so quickly? It certainly has been a "jam-packed" 365 days. In Inverness County alone there have been anniversaries celebrated, reunions galore, elections held, history made and weather, weather, weather to discuss.

In the spirit of Christmas, as we relax and enjoy the celebrations this season, let us take a moment to think of a neighbour or friend who might be lonely or need a "hand-up". Take a few minutes out of your busy day and visit those who are on their own (perhaps with family far away). Give what you can to those less fortunate—make a donation to the food bank or a local charity.

What will next year hold for us I wonder? My wish is that it will bring with it good health, happiness, and economic well-being for all. Merry Christmas and Happy New Year wishes to all of our readers from the Inverness County municipal staff and councillors.

Do you find the holiday season stressful? Stop and make time to give yourself a face massage, it only takes a few minutes and you'll feel wonderful after. Sit up straight in a chair or on the floor. Rub clean hands together to warm them, then press to your cheeks. Place the three middle fingers on each hand next to your nostrils and push up holding for one minute, then release. Place your thumbs just above your eyes. Using small, circular motions, slowly and gently move your thumbs all the way around your eye sockets. With your fingertips on the inner ends of your eyebrows, gently press along your brows until you reach your temples. Repeat three times. Press between the eyebrows with your thumbs, then slowly move up the centre of your forehead to the hairline. Massage your temples using circular motions with your fingertips. Continue down along the jawbone to your chin. Finally, shake out your hands to release any tension. With enough practice, you'll start to smile, laugh and breathe a little easier!

PROGRAMMERS - INVERNESS COUNTY:

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

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

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

Judique:
Eileen Smith
Judique
NS, B0E 1P0
Phone: (902) 787-2358

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

Margaree and Area
Jeanette Cameron
Belle Cote
NS, B0E 1C0
Phone: (902) 235-2857

Meat Cove:
Derrick MacLellan
General Delivery
Meat Cove
NS, B0E 1E0
Phone: (902) 383-2281

Pleasant Bay:
Cheryl Timmons
214 Pleasant Bay Road
Pleasant Bay
NS, B0E 2P0
Phone: (902) 224-1348 (h)/ (902)
224-1947 (library)

Port Hood:
Leona Gillies
PO Box 8, Port Hood
NS, B0E 2W0
Phone: (902) 787-2669

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

MUNICIPALITY OF THE COUNTY OF INVERNESS
TELEPHONE DIRECTORY

MAIN SWITCHBOARD 787-2274
Fax - All Departments 787-3110
BUILDING INSPECTOR:
Port Hawkesbury 625-1572
Port Hood 787-2900
ENGINEERING & PUBLIC WORKS DEPARTMENT:
Administration 787-3502
..... 787-3503
Water Utilities 787-3503
Emergency Sewer & Water Maintenance 24 Hrs 258-3335
EXECUTIVE OFFICES:
Warden 787-3514
Chief Administrative Clerk 787-3500
CAO Secretary 787-3501
FINANCE DEPARTMENT:
Director 787-3511
Tax Collector 787-3510
Accounting 787-3505
Data Processing 787-3505
INVERNESS COUNTY HOME CARE 787-3449
Municipal Homes:
Foyer Père Fiset 224-2087
Inverary Manor 258-2842
PLANNING AND DEVELOPMENT:
Divisions:
Building Inspector:
Port Hawkesbury 625-1572
Building Inspector:
Port Hood 787-2900
Development Control 625-1572
Policy: MDP Office 625-1572
RECREATION AND TOURISM
Director, Recreation & Tourism 787-3506
Director, Community Development & Culture 787-3506
Assistant /Recreation & Tourism 787-3507
Adult Education & School Program Coordinator .. 787-3508
Tourism Toll-Free 1-800-567-2400
COMMUNITY SERVICES 787-4000
Toll-Free 1-800-252-2275

Strait Highlands Regional Development Agency (SH-RDA)
Port Hawkesbury 625-3929

OUR WEBSITE & EMAIL ADDRESSES ARE:
www.invernessco.com
email: recreation@invernessco. com.

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

Director's Desk continued from page 2...

SPRING RECREATION & CONTINUING EDUCATION PROGRAMS 2005:

Community and school programmers are preparing and organizing courses and instructors for the upcoming spring session. New instructors are always welcome, as are new ideas for courses and workshops. Registration week is February 14 - 18. CONTACT YOUR LOCAL PROGRAMMER BEFORE JANUARY 4, 2005 WITH YOUR SUGGESTIONS FOR PROGRAMS. See page 30 for list of programmers in your area. For more information call Anna Lee MacEachern at 787-3508.

IMPORTANT HOUSEHOLD AND BUSINESS SURVEY:

The Municipality will be conducting a door-to-door household and business survey throughout the winter and spring months. The survey will help determine the aggregate skill levels of county residents, thereby helping to ascertain the future development potential of Inverness County. The survey is also designed to help determine the business community's needs and requirements and pinpoint any potential for expanding or creating new business. The results of the survey will provide the Municipality and its partners with valuable information that can be used to develop a plan to begin addressing skill requirements and employment concerns specific to labour market in issues in Inverness County.

We here at the municipality are very excited about this important project and hope that residents of the County will contribute when approached by the survey workers in their community.

If you have any questions or concerns regarding the survey, please do not hesitate to contact our office at 787 - 3506 or 3508.

We Wish You
a Merry Christmas

Will we have lots of snow this winter?

And
A Happy New Year!!