

Community leadership is required to encourage and sustain participation



Director's Desk

Recreation is a very misunderstood profession. It is sometimes perceived to be a discipline associated with a sport-only in image. We have worked extremely hard to try and foster within the minds of our citizens a much broader meaning.

Recreation is the re-creating of one's mind or one's body. It may be the rediscovery of one's own intents or the exploring and discovery of one's hidden interests and unknown talents.

Recreation is certainly not confined to sports; it is very much a part of our cultural experiences and fitness activities. We can associate recreation with our many and varied educational experiences. This is precisely why the added responsibility of Adult Education programmer was not a major undertaking by the Recreation Department. We felt very comfortable and saw no conflict of interest with the integration of the two disciplines.

When an individual participates in an aerobic dance class she or he is not simply interested in losing weight but also in learning more about proper diet, control of one's weight loss, control over one's body and mind. It is not only an enjoyable and sociable experience but also educational as well. Recreation must be experienced before one truly understands and appreciates the tremendous possibilities it does possess. Recreation is essential with development of a sound mind and a strong and healthy body.

Reading is probably one of our favorite pastimes yet there are hundreds within our own municipality who don't possess such skills. Would you be interested in teaching such individuals the necessary skills? If so, please call the Recreation Department at 87-2274. There is tremendous satisfaction in working with our fellow man.

John Cotton



Donelda Moran at her sewing machine.

Dolls to Warm Hearts

Donelda Moran of Mabou is a busy woman these days. The creator of "Molly's Darlings," which were recently on display at the Mabou museum "An Drochaid," has been sewing steadily for the past year. In the beginning, she created a few dolls as gifts for friends and relatives; now she is busy with orders to do dolls for interested buyers from far and wide. Her hobby in creative sewing has blossomed dramatically in the past few months, and when she is not busy raising her four small children, she is turning out about two dolls a week, for customers who can't wait to "adopt" them.

Donelda Moran, who has always been interested in sewing, began by following a basic pattern for dolls found on one of the sewing patterns she was used to buying. She became more creative and innovative with the patterns by changing some of the features. What she has developed now is a unique and distinctive creation, a doll with a round wistful face, and a shy lopsided smile. Each doll is dressed in a meticulously designed pioneer-style costume, complete with ribbons and frills, and yards of lace.

Donelda estimates that it takes about 12 hours from start to finish to complete one doll, although she usually has 2-3 dolls in progress at any one time. Her sister cuts out the patterns

for the body of the doll and packages them. Donelda spends about an hour to put together the body of each doll, time which she fits in while her children are occupied watching "Sesame Street Material for curtain lining is used for the bodies and one full bag of polyester stuffing is used for each doll. Arms and legs are made first, stuffed and the attached to the body which is stuffed last. To make the body rigid, Donelda fixes a stick of kindling inside the spine of the doll.

The greatest difficulty that she finds, Donelda admits, is painting the faces, which are of course the appealing trademark of "Molly's Darlings." She mixes together various acrylic paint

continued p.3

THIS ISSUE:

1. DOLLMaking WITH DONELDA
2. MARGAREE SKI CLUB
3. MILLING FROLICS
4. MOD DELEGATION
5. JUDIQUÉ VOLUNTEERS
6. 4-H RECIPES

EDITOR'S NOTE

One activity that occupies a great many volunteers throughout this county is planning for the various summer festivals. Almost every major community in the county hosts a festival or picnic during the summer months, and these activities are dependent on months of planning and preparation ahead of time. Inverness County seems to be extremely fortunate in this regard, because during the summer, it is impossible to attend all the festivals, dances, concerts and picnics that are held, unless of course, you could manage to be three persons at once, and we know of only one being that can claim that. What is truly remarkable in our area is the amount of talent available, so evident in the concerts, craft shows, and athletic events. Drawing upon this talent and gathering together the resources to make such festivals possible is the result of the dedication and hard work of many people. This kind of spirit is what helps me through some dreary winter days and helps me to look forward to summer.

Festivals Workshop

There will be a Festival Workshop in Mabou, Saturday, April 9 from 10-4 p.m. All persons involved in organizing summer festivals in their communities are invited to attend, i.e. Mabou Ceilidh, Chestico Days, Inverness Gathering etc.

Topics to be discussed are: road racing, the upcoming Gathering of the Clans, tourism connections, group purchasing and advertizing. Resource people will be available. For all interested parties, please contact John Cotton by March 15, at 787-2274.

Women's Lacrosse

The Lacrosse Association of Nova Scotia (LANS) will be holding a Womens Field Lacrosse Clinic on Saturday, March 12 from 9:00 to noon and from 1:30 to 5:00 p.m. and on Sunday, March 13, from 10:00 to 2:00 p.m. at Sackville High School, Glendale Dr., Lr. Sackville.

This clinic will be conducted by Carol Patterson from Niagara University. Registration fee is \$5.00 and is required by February 20, payable by cheque or money order to Carolyn Nielson, 50 Haviland St., Lr. Sackville, B4C 1Y9.

All equipment will be provided.

ON THE AIR

Every Thursday at 9:40 a.m. the Recreation Dept. goes "on the air" with CJFX Radio, providing the public with Recreational news for the upcoming week in Inverness County. If your community or organization is planning an event of a recreational or cultural nature, we will be happy to include it in our Thursday report, time permitting. All information must be submitted to the Recreation Office (787-2274) by Wednesday noon to be aired the following day.

Donna MacDonell
Program Coordinator

Margaree Ski Club

According to Joe MacMillan of Margaree Valley, a cross-country ski club is in the process of formation in the Margaree area. The goals of this group are to promote X-country skiing in the area, to identify the numbers of skiers who would be active in the various ski categories, and then to build a small ski centre in the Big Intervale area as a spot where activities can originate, and possibly to build a series of small ski shelters in the Cape Breton Highlands. These shelters will be about 200 sq. feet and will be used for those who like to "backpack ski." Several huts are already available.

Mr. MacMillan estimates that the Highlands are criss-crossed with almost 1,000 miles of backroads, and because of their height, have unusually good snow conditions.

For those interested in X-country skiing, there will be a general meeting to form a club on Thursday, March 10 at 7 p.m. at the N.E. Margaree school. Even those who don't yet own skis are warmly welcomed because tips concerning the buying of proper gear, waxing, and getting started will be given. A special invitation to young people, and those over 40 is extended. The club would like to see the participation of every age group. Membership will be taken in the Nordic Ski Association of Nova Scotia.

Fitness Workshops

The Department of Culture, Recreation and Fitness is pleased to announce that a series of fitness workshops will take place the week of May 8th-25th, 1983.

The schedule for the sessions is as follows:

- May 9th-Cape Breton Region - Sydney 7:00p.m.-10:00 p.m.
- May 10th - Highland Region - Antigonish 7:00 p.m. - 10:00 p.m.
- May 11th-Fundy Region - Truro 7:00 p.m. - 10:00 p.m.
- May 12th - Valley Region - Wolfville 7:00 p.m.-10:00 p.m.
- May 13th- South Shore Region - Liver pool - 7:00p.m.-10:00 o.m.
- May 14th - Central Region - Halifax 9:00 a.m. - 4:30 p.m.

For more information, contact the Port Hood Recreation Office.

Ski Competitions

Competitor cards for cross country skiing are now available through Nordic Ski Nova Scotia. All those individuals interested in competing in races hosted by Nordic Ski Nova Scotia must have one of these cards.

Most races held with Nova Scotia offer a citizen class event where no card is required but to receive a placing and be eligible for awards a competitor card is necessary.

For more information about competitor cards and other programs offered by Nordic Ski Nova Scotia contact Ike Whitehead, Development Co-ordinator, P.O. Box 3010 South, Halifax, N.S. B3J 3G6 or phone: 425-5450.

COTTON'S THE ONE!

Dear Editor:

The members of the executive committee of the Inverness County Drama League wish to express our appreciation of Mr. John Cotton, Recreation Director in this county. Joining in this expression of gratitude are the many students and community people who have participated in the activities of the League.

His contribution is impressive in many areas of culture, recreation and fitness. We wish to particularly highlight his assistance to the Drama League which was organized to promote drama not only in the schools, but in the communities of Inverness County. Mr. Cotton helped initiate the project in 1982, and subsequently give it both moral and financial support.

Without Mr. Cotton's perceptiveness in recognizing that culture as well as fitness has a place in department programming, drama in this county would have been handicapped by lack of the administrative aid only his department could provide.

In a rural county in which transportation is a problem because of the wide geographic separation of communities, it is doubtful that League activities could survive financially without Mr. Cotton's assistance. The One-act Play Festival, the various drama workshops and the sponsorship of travelling theatre groups, such as the Mulgrave Road Co-op Show, are directly attributable to Mr. Cotton's enthusiastic support.

We commend Mr. Cotton for his caring, and for the quiet and organized assistance to the League that has helped make it work. We feel that Mr. Cotton's contribution to the cultural life of Inverness County has been outstanding.

Mary Anne Ducharme
Drama League Secretary

CULTURE AND RECREATION NEWSLETTER

Municipal Department of
Recreation, Inverness County
Second Class registration
number 5012

Editor: Catherine MacDonald
Typist: Betty Campbell
Printed by: Scotia Web

Send all Partici-Paper
contributions to:
Catherine MacDonald,
General Delivery,
Port Hood

or
Contact:
Inverness County Recreation
Department, Court House,
Port Hood, N.S.
787-2278

Submissions to John Cotton or
Betty Campbell

NEXT DEADLINE: MAR. 28



Donelda stuffs the body of the doll.

pigments to create the colour of flesh, and blending these pigments to achieve a life-like effect is often the most difficult part of the task. A tiny button-type nose is handsewn onto the face as well as indentations for the eyes, then the paint is applied and the characteristic details of the eyes, eyebrows and mouth are put on.

Once the face is complete, Donelda cuts up various lengths of yarn to make the hair which is not only glued on but sewn into the seams. The doll is then ready to be dressed. Donelda makes several types of costumes, but the favourite one is the pioneer dress with its flounces and frills, a laced bonnet, a flounced long petticoat, and long, laced-trimmed bloomers. She spends a great deal of time finishing the details on the dresses, and they are beautiful works of craftsmanship. Donelda

estimates she spends about \$20. alone just on the materials to make each doll - there are usually 10 yards of lace alone used for each doll.

It has taken Donelda quite a few years of experimentation to create these delightful dolls. It is obvious that she enjoys her craft and is always interested in new ideas. As long as she has time and energy, she will continue to add to the growing family of "Mollys Darlings".



Working at the dress for the doll.



One of "Molly's Darlings"

KATIMAVIK

Katimavik, the Inuit word for "meeting place", is a national volunteer youth program now entering its seventh year of service to Canadian communities. The word "meeting" takes on special significance, as one of the primary objectives involves meeting the needs of communities across Canada.

During the past six years over one hundred Atlantic communities have benefited from a partnership with Katimavik. Last year alone, Katimavik provided \$430,000 in capital improvements for seven Atlantic sites, including: Happy Valley, Labrador; Paquetville, New Brunswick; L'Ardoise, Nova Scotia; and Pleasant Valley, Prince Edward Island. Projects have focused on upgrading facilities and restoring historical sites as well as assistance to day care centres, hospitals, and homes for the elderly.

John Yauss, Coordinator of the 1983 campaign for sponsors, is now seeking non-profit groups (community service, clubs, government agencies, schools, churches, or hospitals) to act as sponsors for 1983 projects. A project is a nine-month volunteer and educational experience focussing on physical work along with some emphasis on community service. Groups of young people, 17 to 21 years of age, volunteer to carry out the project under the guidance of trained professional staff and with the assistance of a local sponsor committee.

The volunteers receive an allowance of \$1.00 per day along with an honorarium of \$1,000.00 at the end of their commitment. Katimavik provides food, lodging and transportation expenses.

Often communities question whether they can provide 9 months of physical work for a group of 11; however, experience has shown that there are numerous clubs, organizations, libraries and senior centres that are lacking

cont'd p. 7

MOD (cont'd)

that the Scots receive in order to compete is absent here. Though Gaelic songs are still alive, especially here in Inverness County, it was noted by the Mabou Gaelic and Historical Society, that people here are not used to competing and being judged on their music. The rules on which competitors to the Mod are judged may have to be changed to accommodate the Canadians, so that they will have a fair chance at the prizes. The Festival part of the Mod, however, will see a great deal of local input from our many fine fiddlers, and step-dancers. Milling frolics will probably be held—something which is rarely seen in Scotland today. It was also suggested to Dolena MacLennan and Anne Draper that in preparation for the 1985 Mod, if a music teacher from Scotland were to spend time in Cape Breton, that this would greatly help future competitors here. An inaugural open meeting was held on February 4 to establish committees for the Mod. Norman MacDonald, Gaelic professor at the University College of Cape Breton, is Chairman.

As Dolena MacLennan emphasized, though Gaelic is a vanishing language, all groups who have it, must make every effort to get out and wave the flag for it, since the loss of a language always heralds the loss of a distinctive cultural identity. This is what the National Mod is all about.

For Farmers

Beef Day:

Saturday, March 19, 11a.m.-3p.m. at Point Edward Farm Centre with Tom Nunn, Nova Scotia Department of Agriculture.

Fitting & Showing of Dairy & Beef Cattle, Sheep, Poultry & Rabbits:

Saturday, March 26, 10 a.m.-3 p.m. at the Point Edward Farm Centre. Instructor to be announced.

Shearing and Foot Paring:

Thursday, June 9, 8:30-3:30 p.m. at the Farm Centre, Black River, Mabou with Jim Hirtle and Frazer Hunter, Cape Breton Development Corporation.

Tree Fruit Information Session:

Tuesday, March 15, 7-10 p.m., at the Point Edward Farm Centre and Wednesday, March 16, 7-10 p.m. at the Margaree Forks Fire Hall with Bill Craig, Nova Scotia Department of Agriculture.

Turf Establishment and Wee Control of Playing Fields:

Tuesday, March 22, 1-5p.m. at the Point Edward Farm Centre with Dick Morton and John Thompson, Nova Scotia Department of Agriculture.

Blueberry Field Days are expected to be expected to be held in late April in both Cape Breton and Inverness Counties. Please indicate on the registration form, whether you are interested in receiving further information of these practical field courses.

Chainsaw Safety and Maintenance:

This course is for the casual and part time users of chainsaws with Brian Williams and staff of Nova Scotia Department of Lands and Forests. Please note maximum registration is 10 per class so register as soon as possible.

Celtic Concert in Mabou

On March 7, at 7:30 a concert will be given at the Mabou Hall by a group called "The Boys of the Lough." This group from Britain is currently touring North America and performs a variety of Irish, Scottish, and English folk music.

For anyone interested in traditional Celtic music as played by a modern folk group, this is the concert to hear. The Boys of the Lough group consists of Dave Richardson of Northumberland in England who plays the mandolin, tenor banjo, cittern and concertina, of Aly Bain from the Shetland Islands off the coast of Scotland who plays the violin, of Cathal McConnell from County Fermanagh, Northern Ireland who plays the flute, and Tich Richardson, who

plays the guitar. They perform a great many Irish and Scottish instrumental pieces, such as slip jigs, reels, hornpipes and strathspeys, as well as singing many traditional Celtic songs.

Another aspect of their devotion to traditional Celtic music is their readiness to present workshops, and seminars on their music and to learn from other musical cultures. For anyone interested in traditional music, or for anyone simply interested in hearing delightful music, the Boys of the Lough will be a treat indeed.

For tickets, call: 945-2279 or 945-2790. Tickets are \$5.00.



"Boys of the Lough" - from left to right: Tich Richardson, Aly Bain, Dave Richardson, Cathal McConnell.

Judique Fire Volunteers Deserve Praise

The men on the Judique Volunteer Fire Department are worthy of some praise and appreciation from the people of Judique and surrounding areas.

When the fire alarm rings, you or I may be eating, or comfortably watching T.V. or having a cozy game of cards - our volunteers leave what they are doing to go out and help someone. They have no idea what awaits them. Very often the good they do we never hear about - however, the majority of us realize how serious their job is to them and to us also.

There are 44 volunteer members. They have their monthly meetings, training sessions, first aid courses and C.P.R. courses. Each year three or four members are sent to Waverly, N.S. to learn of the new changes that have come about. These courses are very valuable to the fire men.

It costs a lot to maintain their two trucks and their fire equipment which must be ready at all times. This is done in their spare time.

To raise funds they hold a bingo game every Monday night in the Parish Hall. Do we support these games? They appreciate all the support they get from the people.

The ambulance is another special service these men provide. Here again they are ready to go and help any hour of the day or night. For these services there are eight firephones installed in the homes of different members.

At Hallowe'en there is "open house" at the firehall. Treats are generously given to all the children of the community. The same applies at Christmas when "Our Special Santa" comes on the fire truck to bring love and treats to our children. Last, but not least, they provide the dance which is the highlight of the year, "The Annual Fireman's Christmas Ball."

They are always willing to donate to donate to any organization within the community and often small donations are sent outside the area.

We may consider each and every one of them a "friend in need."

"Thank you, Firemen, for your many services - it is people like you who make the world a better place in which to live!"

- The Community of Judique



Horsemanship An Olympic Tradition

Phillip Arnold, President of the Nova Scotia Equestrian Federation has announced that the Federation's application to hold the Royal Bank Junior Olympics in the equestrian sport has been approved. This Clinic Program will be held in the Halifax Junior Bengal Lancer facility on Bell Road in Halifax on 7 May 1983 beginning at 9 a.m. and concluding with ceremonies at 4 p.m. during which presentations will be made.

The Royal Bank and the Canadian Olympic Association offer this program because they believe that young Canadians should be encouraged to develop healthy minds and bodies by learning about, training for and competing in various Olympic sports. Moreover, they believe as did the founder of the modern Olympic Games, that the important part of playing any sport is not winning but competing, learning about good sportsmanship, developing self discipline, experiencing team spirit, making new friends and most of all enjoying the participation in the sport.

The first recorded Olympic Games took place in Greece in 776 BC, and the historical annals reveal that horses were first used in Olympic competition in 680 BC. The revival of the Olympic Games came in 1896, and in the 1900 Games in Paris horse and rider were important features in competition. There are three equestrian events on the Olympic calendar: Dressage, Three-day Event, and Grand Prix Jumping. During the Royal Bank Junior Olympics participants will be exposed to each of these areas through lectures, demonstrations, films or in participation wherever possible.

The Senior Clinician for the Royal Bank Junior Olympics (Equestrian) in Halifax on May 7th will be JEN HAMILTON who has a very accomplished background in the equestrian area. Mrs. Hamilton is a recognized National Examiner with the National Coaching Certification Program and is a member of the National Coaching Staff. In 1976 she was chosen as Canadian Horsewoman

of the Year and was presented the Martini Rossi Award. Mrs. Hamilton has selected a staff of highly qualified and experienced personnel to assist in the presentation of the Junior Olympic program.

The N.S. Equestrian Association invites applications from boys and girls between the ages of 12 and 16 for the Junior Olympics. Application forms are available from NSEF P.O. Box 3010 South, Halifax, N.S. B3J 3G6 as well as from member organizations. Competence in the sport is not as important as interest.

At the closing ceremonies each participant will receive a Royal Bank Junior Olympic crest. Ribbons will be presented for competitions, and two draws will be made for stuffed Royal Bank Lions. All participants are eligible to enter the Royal Bank Junior Olympic Scholarship Contest for ten scholarships of \$1,000. There are 60 secondary prizes of Junior Olympic jackets and 550 consolation prizes.

Richard Pound, President of the Canadian Olympic Association is quoted as saying, "It is our desire to see the Olympic movement grow, spread throughout the world and be adopted - virtually as a way of life - by the youth of the world". The Royal Bank, the Canadian Olympic Association and the Nova Scotia Equestrian Federation join in bringing Olympism to Nova Scotia on May 7th.

In the Participaper some articles which relate to architecture in general and to Inverness County Buildings in particular.

The Committee is another example of the cooperative efforts of government working closely with the private or volunteer sector in order to provide useful and necessary services for Inverness County.

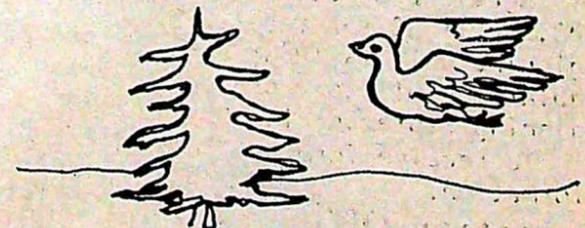
A Fable

There once was a bird who wanted something to eat. He found some grain along the road, and took a big mouthful and flew away. While the bird was flying, he dropped a grain. That grain grew into a little tree, and that tree grew bigger and bigger.

One day something sad happened. A man came and chopped this tree down, and drove away with the tree to his home because he wanted the tree for a Christmas tree. After Christmas, the tree was thrown away.

The tree was laying outside for three days when a bird saw it. The bird said to himself, "There is something strange about this tree." And the tree said, "There is something strange about this bird." The bird and the tree did not know what was so strange, and they never did find out.

Melina Van Zutphen



Heritage Advisory Group Active

Instituted by the Inverness County Council on 12 March 1982, The Advisory Committee has met six times since then. It is established to:

a) develop public awareness of the rich architectural and site heritage of Inverness County.

b) begin the compilation of buildings and sites to be designated as Heritage Locations

c) establish close rapport with the Provincial Advisory Committee and with local historical Societies.

With the conclusion of its first year's work, the committee is pleased to announce that it has established guidelines, met in a number of locations in the County, written to every Historical Society and received a number of suggestions for buildings and locations to be designated.

With representation from both Council and from the Volunteer Sector,

committee has been composed of the following members during its first year:

Simon Boudreau
Donald Matheson (each of whom has been chairman during part of the year)
Alex Angus MacDonald
Eddie MacDonald
Danny Graham, Judique
Florence Campbell, East Lake Ainslie
Yvon Deveau, Cheticamp
Jim St. Clair, Mull River, who has served as secretary.

With considerable input from the Historical Societies and Museums of the County, and with guidance from the Provincial Advisory Committee, the Inverness County Committee is pleased with its growing understanding of the architectural history of Inverness County and the outstanding survivors of the ravages of time. The committee plans to publish in the local papers and

RECREATION COUNCIL FOR DISABLED SPONSORS WORKSHOPS

During the past few years, as more municipal recreation departments try to meet the needs of disabled consumers in their leisure delivery system requests have been made of RCDNS to assist with staff training. The majority of these requests have taken place in the late spring, early summer, in conjunction with summer playground staff, or summer employment grants. As a result, the need to develop a system of trainers throughout the province was recognized, to supplement RCDNS staff in providing appropriate workshops.

This manual was developed as a trainer's guide, to provide resource material required for a session on leisure and disabled individuals. Although the primary groups for which the material was designed is summer staff working with children, all of the material is easily adaptable for other volunteer, seasonal or full time staff, working with any disabled person. The intent is not just to train staff providing 'special' or segregated programs, but rather to provide all recreation staff with the attitude and skills necessary to include people with special needs in all programs.

GOALS

The goals of the training session can be stated as follows:

- 1) To demonstrate the value of leisure for all people and specifically individuals with disabilities.
- 2) To introduce the current trends in services for disabled people, including normalization and the supports required for successful integration in recreation opportunities.
- 3) To encourage the development of positive attitudes toward disability and differences; and to understand the damaging effects of labelling and negative attitudes.
- 4) To present basic, practical tips on working with people with special needs.
- 5) To introduce methods of adapting activities to enhance participation.
- 6) To encourage questions and discussion of concerns relative to recreation and disabled people.
- 7) To present resources for those individuals requiring additional information beyond that presented at the training session.

Katimavik (cont'd)

resources to carry out projects or services. Cooperative sponsorship has been the most common form of project support. Katimavik staff are prepared to meet with any group or organization to discuss the best approach to sponsorship.

Application deadlines are: March 23 for regular projects beginning June 1, 1983; April 30 for regular projects beginning July 13, 1983; and July 2 for regular and military project's beginning September 14, 1983.

To receive forms and further information,

Recreation Office - Port Hood

DRAMA AT PEACE RIVER

The following poem by the Rev. A.C. MacPhail of River Denys is a true account of what happened to him in the Peace River area of Alberta in 1922. MacPhail had gone out to Alberta to visit his brother who had been homesteading 50 miles from the town of Peace River. He thought he would surprise his brother by visiting him for Christmas that year. After receiving instructions on how to reach his brother's homestead, he set out early one morning to walk the 50 miles. All was going well and by nightfall, he had gone 40 miles. Since it was a bright moonlit night, he thought he could continue the next 10 miles without much difficulty. However, unknown to him, he had gone off the trail and was heading south in the wrong direction. He had met a rider along the road who directed him to follow one trail which in fact headed away from his brother's homestead. So for three days, MacPhail wandered about in the bush in - 200 F

weather. At one point on coming across a trapline he left a note saying he was lost attached to the rabbit caught in the trap. Days later, when he was recuperating in the hospital, the trapper came in to visit him to tell him he had found the note. Eventually, he stumbled across a horse trail and met up with a man riding into town to buy feed for his cattle and was rescued. He spent two weeks in hospital recovering from the amputation of the tips of five of his toes, and passed the rest of the winter in the town of Peace River in a rented house with his brother. So well did he recover from his ordeal in the wilderness, that he came second in a one-mile race held there that spring. Presently, Rev. MacPhail, who has been writing verse for many years, is compiling a book of poems. What follows is the remarkable story of one Inverness County native's experience in the far west.

Lost & Found (Peace River)

*The hand of the Lord had touched me one day,
As I had been lost on the "Peace River" way,
Not a house could I see, but trees all around,
And a foot of new snow had covered the ground.*

*The forest was large, and 'twas 20 below,
So night followed day, I trudged in the snow,
The wolves could I hear, with their hungering cry,
As I gazed up above to the stars in the sky.*

*The moon was shining, and glittering glow,
Could I perceive on the crystal like snow,
The stars in its' multitude danced in the sky,
And the foot-prints of moose, delighted my eye.*

*I was chary and diligent to come to the end,
Of the tortuous road I had reckoned a friend,
Unwearied, undaunted, and vision undimmed,
I pressed to the mark, on a parkway untrimmed.*

*But despite all my efforts, evidently in vain,
I kept on a going with a hopeful refrain,
My energy and youth were allies most strong,
In forging ahead with a prayer and a song.*

*I came to a "trap-line" before I was lost
Before I was chilled by the snow and the frost,
It buoyed up my courage as nothing else would
Far away from my home, and friends in the woods.*

*I thought of Cape Breton, the Isle of my birth
A place I had treasured, as none other on earth,
I thought of my home, and parents so dear,
If they know, my plight, how soon they'd be near!*

*When the second day came, I was tired no doubt,
Seventy miles I had gone by wandering about,
No food, and no matches summed up to my woe,
Falling over the "wind falls" all covered by snow.*

*This too was the day when the frost did its worst,
My foot had been frozen, and great was my thirst,
When the wolves had been howling, not too far away,
With haste up a tree, I would shivering stay!*

*When the fourth morn had come the future was grim,
If not rescued this day, my chances were slim,
In the great dilemma, it reasoned this way
Try now thy God, who has taught us to pray.*

*Three days I wandered, and no nourishment given,
And the frost in its' havoc, chilled the relish for living,
The logs served as pitfalls, all aged and seared,
All buried by snow for hundreds of years.*

*My strength had diminished and colder I grew,
No matches had I and no fountain in view,
The angel of death had been creeping behind,
And I felt like a man that was groping and blind.*

-- To be continued



In conjunction with a province wide pork feature during the month of February, Jane Lewis, Home Economist with the Dept. of Agriculture has been receiving favorite pork recipes from many 4-H Clubs on Cape Breton Island.

Mrs. Mary Stewart is the 4-H Foods Leader from Margaree Green Acres 4-H Club. This club is relatively small with 10 members, but all are busy participating in such projects as crafts, foods, gardening and public speaking.

This Pork and Rice Casserole is a favorite that comes highly recommended from The Margaree Green Acres Club. I'm sure it will be a hit with your family.

PORK AND RICE CASSEROLE

- 2 eggs
- 3 cups of ground cooked pork
- ½ cup of raw rice
- 1 cup of milk
- 1 ½ teaspoon salt
- ¼ teaspoon
- ½ teaspoon Worcestershire sauce

Beat eggs slightly and combine with remaining ingredients; turn into 6 cup casserole, cover and bake in moderate oven 350° for one and a half hours.

Serve hot with tomato sauce, if desired.

P.S. You can add 1 small chopped onion, if you like onion, to the ingredients.

Mrs. Barbara LeBlanc is the general leader of the Belle Cote Margaree Club, which has 27 members and 5 projects. Projects for '83 include the more traditional foods, handcrafts and wood-working projects as well as two brand new projects, public speaking and fisheries. Club leaders include Mrs. Germaine LeBlanc in foods, Mr. Didace Cormier in woodworking, Mary MacDonald in crafts, Mr. Yvon LeBlanc public speaking and Mr. Edward LeBlanc for fisheries.

The following recipe was contributed by one of the 4-H members in the Belle Cote 4-H Club. It's a family tested recipe I'm sure you'll enjoy.

SWEET AND SOUR PORK

- 1 lb. pork steak
 - ½ cup flour
 - 2 tbsp. cornstarch
 - pinch salt
 - 1 egg
 - cooking oil
- Cut meat into 1" cubes. Beat egg well in medium bowl. Combine flour, cornstarch and pinch of salt. Dip meat cubes in the beaten egg, then in the flour-cornstarch mixture. Brown in hot oil. Place browned meat in 1 qt. casserole dish. Pour over sweet and sour sauce. Bake at 350° for ½ hour. Serve with hot steamed rice. 4 servings.

SAUCE

- 1 tbsp. soya sauce
- 1 cup brown sugar
- ½ cup vinegar
- 1 cup water
- 1 cup ketchup

Place all ingredients in saucepan and bring to a boil. Turn down heat and simmer 5 minutes. Add 3 tsp. cold water to sauce mixture. Stir to thicken about 5 additional minutes. Pour over browned pork cubes. Cook as directed.

Our River Bourgeois 4-H Club started fourteen months ago and has been a great success. At present we have our President, Peter LeBlanc, 58 members, 8 Junior Leaders, 15 Senior Leaders. Our activities include photography, wood working, crafts, ceramics, and cooking. It takes a lot of hard work and co-operation to keep any club going, but with such good leadership and co-operation from the children and their parents we have a successful 4-H Club.

For our Pork recipe we have chosen "Stuffed Pork Chops". This is an especially good recipe because it covers the four food groups, "Meat, and alternates, fruit and vegetables, milk and milk products, and breads and cereals".

STUFFED PORK CHOPS

- 6 pork chops (1¼ to 1½" thick)
- 3½ to 4 lbs.
- 1½ cups toasted bread cubes
- ½ cup chopped unpared apples
- 2 ounces sharp natural Cheddar Cheese, shredded ½ cup
- 2 tablespoons light raisins
- 2 tablespoons margarine, melted
- 2 tablespoons orange juice
- ¼ teaspoon salt
- 1/8 teaspoon ground cinnamon

Method: Have a pocket cut in each chop along the fat side. Salt and pepper inside of pockets, toss together bread cubes, apple, cheese and raisins. Combine melted margarine, orange juice, salt and cinnamon; pour over bread fruit mixture and mix gently. Stuff pork chops lightly. Place in a shallow baking pan. Bake at 350° for 1½ hours. Cover lightly with foil; bake 15 minutes more. Make 6 servings.

Delores Roberts
Anne Sampson
Foods Leaders
River Bourgeois 4-H Club

There are 27 members registered in the Port Hood Club for 1982-83. Projects include calf, light horse, handcrafts, clothing, foods, community services, goats, rabbits and woodworking. Leaders are still needed for Woodworking and foods. General leader is Doris Carver and the project leaders are as follows: Teresa Van Zutphen, Anne I. Beaton, Annie Beaton, Hermina Van Zutphen and Lorna Poirier.

This pork recipe was submitted by Sister C. Lockhart, Home Economist at Port Hood Consolidated School. It is very delicious!

Baked Pork Chops

- 1 cup rice (long grain)
- 1 can whole tomatoes (19 oz)
- 1 large onion (sliced)
- 4-5 pork chops
- 1 can consommé soup

Ancestors Unlimited

For those people who would like to know more about the MacLennan Family mentioned in the last column, further material is available now in the current issue of the Nova Scotia Historical Review - Vol. 2, Number 2 in an article by John Gibson.

Mr. Gibson also would like information concerning the blind piper Mac Intyre mentioned in the last column. Who has even a scrap of information?

Some information has been located concerning the Pringle Family of Eden, a Black Family of the River Denys Area - anybody have any further information? Several are noted on the Census for Ainslie Glen area.

Who has the words in either English or Gaelic to an old song written about the drowning of 6 men from the North Mountain-Malagawatch area who drowned in the Bras d'Or Lakes near Malagawatch? Donald and Margaret (Matheson)

Cummings of River Denys had a daughter Catherine, baptized in 1853. From 1856 to 1860 a Donald and Margaret (Nicholson) Cummings had children baptized. Are these two different Donalds? Two different wives? Mistake in the records. Who can unravel?

Margaret Cameron of Edmonton, Alberta, is planning a trip to Nova Scotia in the summer of 1983 and wishes the names of cousins whom she might meet. She has Cameron, Beaton and Mac Neil relatives - and others? Northeast Mabou and Mabou.

Recent research has determined the name and the father and birth year of the immigrant John Parker. He was born in Ireland in the year 1794, the son of Lawrence Parker.

Jim St. Clair

Missing Relatives

Looking for information on family of Alexander MacEachern of Mabou. This family appears in "Mabou Pioneer" on page 652. No note is made of his wife. Does anyone know who she was? She appears to be the daughter of Alexander MacDonald, son of James Baillie of Judique. If this be the one her name was Anne. She would be my grandfather's Aunt on his mother's side of the family. Could this be the same one mentioned in MacDougall's History of Inverness, on page 195?

Contact John Colin MacDonald
Judique 787-2855

Rinse rice in sieve and place in bottom of pan. Drain tomatoes (save juice) and cover rice with tomatoes. Add a layer of sliced onions. Place pork chops on onions. Mix tomato juice and consomme in a bowl and pour over pork chops making sure that all the rice is soaked with juice.

Bake for 1 hour - 375-400 degrees F.

Port Hood Broomball

The first annual Ladies Broomball Tournament will be held on Saturday March 5th and Sunday March 6th.

The first game will be Saturday evening at 5 p.m. and the championship game on Sunday at 2 p.m. Trophies will be awarded after the final game. We would like to give a special thank you to the local merchants who helped support this tournament.