

THE PARTICIPAPER

An Inverness County Periodical

Fall 2024

**VOL 45
No 03**





OFFERING SERVICES



WHO WE ARE?

D.J. MacLean & Sons Carpentry Contracting Ltd is your premier contractor in East Lake Ainslie and Nova Scotia. We have over 35 years of experience working in Cape Breton. We serve both residential and commercial clients.

NEED LONG HAUL OR LOCAL TRANSPORTATION OF YOUR EQUIPMENT?

- Weekly Trips to Quebec-Ontario
- D.J. MacLean & Sons has you covered!

WHAT WE OFFER?

- Komatsu 210 with Thumb and 60" FAE Mulcher
- Komatsu 138 with Thumb and Blade
- Komatsu 075 Excavator with Rototilt
- Meclalec MCR6 Excavator
- Komatsu D36 Dozer
- Hitachi 150 Loader
- Mack Twin Steer Dumptruck
- Mack Tandem Dumptruck
- Peterbilt 379 Semi
- Mack Anthem Semi
- Loadall 455B Sliding axle flatdeck
- Dump Trailer
- 3 JCB 3TS Skidsteers
- Heavy Duty Mechanic Service Truck
- Delivery of Stone & Class A gravel
- Licensed Bridge & Culvert Installation
- Licensed Septic Installer
- Concrete Core Drilling (up to 18")
- Concrete Saw Cutting (any depth)

CONTACT FOR MORE INFO



david@djmacleandsons.com



902-258-5680



CBREN Cape Breton
Regional
Enterprise
Network

LYNNE MACLENNAN

Economic Development Officer, Inverness County
Cape Breton Partnership
& Cape Breton Regional Enterprise Network



Meet Your Economic Development Officer!

Cape Breton Partnership – providing tools and supports to build a thriving Unama'ki - Cape Breton.

As Unama'ki - Cape Breton's private sector-led economic development organization, we apply our Island-wide perspective of economic development to everything we do as we work with businesses and communities across our Island!

Supports and Services the Cape Breton Partnership can help you with:

- Investment Attraction Services
- Economic Development Planning
- Business Planning
- Labour Force Development
- Immigration Services
- Business Advisory and Growth Services
- & More!

*If you have a business idea,
want to start a new business,
or have an existing business
that you need support with,
or are looking to grow, we
want to hear from you!*



902-562-0122



Lynne@capebretonpartnership.com



Immigration Services

LABOUR MARKET & IMMIGRATION SUPPORT

The Cape Breton Partnership supports employers with labour gaps in a number of ways. We focus on supporting employers in attracting talent through the Cape Breton Job Board, finding and retaining workers through immigration efforts, and educating employers about the options available to them.



www.capebretonpartnership.com/initiative/immigration-services/



Chief Administrative Officer's message

KEITH MACDONALD
INVERNESS COUNTY CAO

This fall, *The Participaper* is celebrating the people and organizations all across Inverness County who go above and beyond to bring communities together.

Addressing the urgent issue of food security is a current priority for council, and it's great to see all the volunteer-led initiatives that are rising to meet the challenge. In Judique, the Tartan Gardens has been branching out from its initial ornamental function to include produce, and local gardeners are encouraged to get involved with the 'Grow a Row' project. The aim is to empower people to produce food locally, and traditional preserving techniques are to the fore, ensuring that the harvest bounty will be on the menu all through the year.

And if you're looking for inspiration for where to start your own kitchen garden, our regular gardening column has some advice – look to the Brassica family, which includes cabbage, broccoli

and turnips. Many of these nutritious plants thrive in the cooler months and growing them at home can have a positive impact on grocery bills.

Chéticamp is home to one of the county's several meals on wheels projects and you can read about this volunteer-led initiative on p.30 – but if your French is a little rusty, head online to participaperonline.ca where you'll find an English version of the article along with plenty of other articles from Cape Breton's best loved municipal periodical!

As well as food security, meals on wheels initiatives provide an opportunity for socializing and catching up on the latest news and views in the community, and that's also the motivation behind the programming at Strait CORAH (Centre for rural aging and health), which is returning after a successful first year. Whether it's cooking classes, tai chi or the Japanese art of forest bathing, there's plenty going on to entice folks to get out and stay active.

Meanwhile, the Creignish Recreation Centre continues to go from strength to strength, with new tennis and pickleball courts, and the ever-popular Friday night Happy Hour which brings some of the best local musical talent to crowds of up to 150 people. Turn to p.12 to find out what else the association has on the go.

Please enjoy all of these uplifting community stories and more in this latest edition of *The Participaper*. Wishing you all a lovely fall. ■

The Participaper

Editor/writer: Dave MacNeil

Art direction/design: missbrenna Studio

Copyright ©2024

The contents of this publication are protected by copyright and may be used only for personal non-commercial or educational purposes. All other rights are reserved.
Printed by City Print, Sydney, NS.

The Participaper is published four times annually by the Municipality of Inverness County. It is distributed as unaddressed mail free of charge to residents. Residents who have opted not to receive unaddressed mail may pick up a copy at the municipal offices in Port Hood or at their local library.

Subscription or administrative queries:
participaper@invernesscounty.ca | 902-787-2274
or visit the municipal building in Port Hood.

While every effort is made to ensure the accuracy of information that appears in this publication, the Municipality of Inverness County, editor, staff and printer accept no responsibility for errors or omissions contained herein.

Contact:
Municipality of Inverness County
375 Main Street, PO Box 179
Port Hood NS B0E 2W0
participaper@invernesscounty.ca



A letter from the editor

DAVE MACNEIL

participaper@invernesscounty.ca

In Inverness County, one of the things we pride ourselves on is helping one another, especially in times of need.

The community in and around Mabou did just that back in 1963, when fire destroyed Kenny and Harriet Murphy's home on Glendyer Hill Road. Their oldest son, Floyd, then just 14, was among five siblings who were taken in by various families in the area. Donations of food and clothing followed, and eventually the Murphys were able to return to their farm.

That kindness was remembered recently when Floyd Murphy, along with his wife, Gloria, announced a donation of \$500,000 to annually provide between \$20,000 and \$25,000 in scholarships to graduates of Dalbrae Academy in Mabou, beginning with the class of 2025.

Lifelong residents and newcomers to the county often provide a two-word answer to the question: "What do you like most about living in Inverness County?" It's "the people."

Murphy has gone on to enjoy a successful career, building an insurance and financial planning business in the Vancouver area. If not for the kindness and support of the community more than 60 years ago, he may have dropped out of school to work, like so many of his generation did.

The way we show our kindness and support has changed over the years, particularly with the advent of the internet, but being there for one another is still a hallmark of this county.

It's fitting then that the students who benefit from these scholarships may well be grandchildren or great-grandchildren of the very people who came to the aid of the Murphys when they needed it most. ■



Cover photo: Father Allan MacMillan, one of the founders of the Tartan Gardens in Judique, is also a huge part of that group's efforts to tackle food insecurity in the community. See story on page 18.

- 4 BRETT MATTHEWS**
- 7 EMPLOYEE PROFILE**
- 8 DALBRAE GRADS TO BENEFIT
FROM GENEROUS DONATION**
- 10 DR. GLENNA CALDER ON
HEALTH AND WELLNESS**
- 12 RECREATION PROJECT IN
CREIGNISH**
- 14 CORAH A HIT AT STRAIT
NSCC CAMPUS**
- 18 JUDIQUE SOCIETY TACKLING
GROWING PROBLEM OF
FOOD INSECURITY**
- 22 THE PHANTOMS LEGEND TO
BE IMMORTALIZED IN BOOK**
- 30 LE PORTAGE DE REPAS À
DOMICILE : UNE SOLUTION
IDÉALE POUR UNE
ALIMENTATION VARIÉE ET
ÉQUILIBRÉE**



Brett Matthews
Singer-Songwriter-Producer

Check out Brett's singles, tour dates, interviews and more at linktr.ee/brettmatthewsmusic

brettmatthewsmusic.com

Answering 'Classified' ad helped launch Matthews' music career

BY DAVE MACNEIL

32-year-old singer-songwriter Brett Matthews listened to a lot of Classified on his iPod in grade nine. In November he'll be joining the Nova Scotian superstar rapper and producer on his second Canadian tour in two years.

The Welcome to the Maritimes Tour will wind its way through 18 cities in six provinces, but River Denys-born Matthews, who now lives in Stewartdale, in the Skye River Valley, says there'll be one big difference this time around.

"When we did that first tour in 2022, my daughter was born in September and I had to leave in October, so it was a very tough thing," he recalls. "My wife had lots of help. My family's from here and her parents aren't far either. But it's very tough to leave a one-month-old."

Since he'd always been such a huge Classified fan, Brett says he was more than a little nervous when he answered a social media post by the rapper, who was looking for a guitarist back in 2019.

"This was in preparation for his *Retrospected* acoustic album," says Brett. "He was looking for someone to do some recording and possibly touring."

After trading emails, Classified invited him to his home in Enfield, Nova Scotia. Brett says he was expecting to meet his idol one-on-one.

"I drove up and there were 15 cars parked all along both sides of his driveway, there were kids on the tennis court, kids on the skate ramp, there were dogs – there must have been about 45 people there," he remembers.

"My heart hit my stomach. We went into his studio, and I had to tell him, 'I'm a huge fan and this is not how I thought this was going to go.' He said, 'It's cool.'"

The two clicked, and Brett ended up playing on eight of the 14 tracks on *Retrospected*. A planned acoustic tour the following year was shelved due to the pandemic, but Classified did finally manage to take the album on the road in 2022, and Brett was right there on stage with him.

Brett says it was a 'full-circle moment' when he got to record an acoustic version of Classified's song, "All About You".

"I did that with him and Breagh Isabel, which is pretty funny for me because that was one of my favourite songs when I was in grade 9 or 10, listening to it on my iPod," he says. "I was always a big fan of Classified."



Brett, who attended Whycocomagh Consolidated School before graduating from Dalbrae Academy in Mabou, got his first guitar when he was 12 or 13.

"I started taking lessons, and then I kind of realized that I could pick it up on my own, and play by ear," he says. "Going to school every day, I couldn't wait to get home to pick up the guitar."

He says he realized he could sing soon after taking up guitar.

"I really got into this artist from Ontario named Dallas Green, who performs under the name City in Colour," he recalls "I was super into the way he sings. He has sort of a higher falsetto voice. I think that was a big influence for the way that I sing."

But even though he had found his voice, he wasn't that sure about sharing it.

"The first time I ever played for anybody, a friend signed me up for the talent show at Dalbrae and didn't tell me until it was too late to back out," he says. "So I sang a City in Colour song. Everyone has always been very supportive, telling me I should be doing this. But I never really bit the bullet until recent years."

Brett says there was always music in his house when he was growing up, and that he listened to a lot of country because his dad always had it playing in his truck. But he had other influences as well, noting that he's related to three of the four members of the Cape Breton band Villages, who won the award for folk recording of the year in 2019 at the Nova Scotia Music Awards.



“They were a big inspiration for me too,” he says. “They kind of shaped a little bit of what I listened to. I really look up to them. I love their live show. It’s just phenomenal.”

Brett released his first single, “If I die”, last year.

“What really made me think about it – we had a loss in our community probably about four years ago,” he says. “When you get news that someone you know very well passes away, you’re shell-shocked. It just hits home that you never know who you’re going to hear about leaving the world.”

“It just really made me think, ‘If I died today what would I want my friends and family to know what I’m thinking, or what I wished I would have said to them?’”

A second single, “Tomorrow”, was released earlier this year, and it explored much of the same theme of living in the moment and not counting on a tomorrow.

“Stuff like that freaks me out, I won’t lie,” Brett says. “You’re almost not surprised anymore when you get terrible news like that. You just come to realize that you can’t sweat the small things. Somebody always has it worse. There’s a bigger picture.”

Right now, Brett’s bigger picture has put Classified squarely in the frame. But he’s also been increasingly busy with his solo act. This year has already been a big one in that respect, as he did his first showcases at both the East Coast Music Awards (ECMA) in Charlottetown and the Junos in Halifax.

“It’s always been my dream to support myself through doing music, and it really only came to fruition when I met Luke [Classified],” he says.

“In October 2023 I signed a deal with a record label in Toronto. We’re just putting out singles for now, but I think my plan down the road will be to combine these singles I’ve been releasing with a few unreleased songs, and we’ll put them out as an EP.”

His ECMA showcase led to an invitation to perform at St-Roch XP, a street festival in the hip Saint-Roch district of downtown Quebec City in early September. For now, he’s happy to be making a living doing what he loves.

“As far as my career goes, it all depends on who I meet and who catches my shows, so I’m sort of along for the ride. It’s going to go where it’s going to go.” ■

Getting to know... Ashli Campbell

In this recurring series, we ask a municipal employee a few questions to get to know them better.

Where are you from?

Judique

Where do you live?

Still in Judique. Wouldn't want to leave!

What's your role with the municipality?

I'm the admin for the Recreation and Community Wellness Department.

What's your service time?

I joined the team in December 2022. For my first year or so I was covering a mat leave position as Senior Safety

and Accessibility Coordinator. It's a very busy and friendly department to work in!

What are your main responsibilities in your job?

Providing support to the department head and staff. Basically, all admin duties like answering the phone, maintaining the filing system, tracking and reconciling payments.

What's the best part of your job?

I guess probably the recreation team we have. We're doing a lot of really fun things all up and down the municipality. When I'm out and about, I'm hearing lots of positive stuff from residents, so it's a nice way to interact with people.



Ashli Campbell

What's your favourite thing about Inverness County?

I would say the people. It's kind of why we chose to come back here and raise our kids.

What's your favourite shop/store/service in Inverness County?

Definitely Quincy Market on Central Avenue in Inverness. And the Celtic Music Centre in Judique. Love the Sunday ceilidhs!

Finally, coffee or tea?

Both, I think. Depends on the time of day.

SHOP & SUPPORT LOCAL

Cheticamp Furniture & Appliances Ltd.

Serving Inverness County and beyond for all your furniture, mattress and appliance needs.

We offer delivery & pickup of old appliances and furniture.

Watch for updates on Facebook and cheticampfurniture.ca

New location

**OPEN
MONDAY-SATURDAY
9AM TO 4:30PM**



12421 Cabot Trail, St. Joseph du Moine | 902-224-1022 | cheticampfurniture@gmail.com



Floyd and Gloria Murphy recently met with representatives of the scholarship selection committee that will administer their \$500,000 donation. Shown, from left, are: Lawrence MacDonald (KOC), Gerard Beaton (KOC), Carol Smith (Dalbrae Principal), Cindy MacDonald (Dalbrae VP), Gloria and Floyd Murphy, Warden Bonny MacIsaac, Keith MacDonald (CAO of the Municipality of Inverness County), Lenny Tobey and Sandy Irving (St Stephen's-Jubilee United Church). *(contributed photo)*

Dalbrae grads to benefit from generous donation

BY DAVE MACNEIL

Future graduates of Dalbrae Academy in Mabou will benefit from the kindness shown by the community after a local family lost their home to fire more than 60 years ago.

Floyd Murphy was just 14 years old when fire destroyed his family home on Glendyer Hill Rd near Mabou in 1963. Fast forward 61 years, and Murphy, the oldest of five siblings, has donated \$500,000, along with his wife, Gloria, to go towards scholarships for graduates of the school.

“We lost everything in the fire,” he recalls. “We were all divided up, stayed in different homes around the community. I guess it was about three months before we all got back together again. We converted an old building that was down in Glendyer into a temporary place to live, so that we’d be reasonably close to the farm, and we got on with life.”

“We weren’t in exactly good straits, but we would have been in absolute dire straits had the community not stepped up and provided support – accommodations, food and clothes, etc.”

“I always said some day when I have a few shillings, I’d like to support the community. I’ve always made donations to places like museums and so on, but this item with the school is something that will go on forever.”

“I always said some day when I have a few shillings, I’d like to support the community. I’ve always made donations to places like museums and so on, but this item with the school is something that will go on forever.”

Murphy, who owns Murrick Financial Services in British Columbia, recently visited Mabou, along with Gloria, and met with representatives of the selection committee that will determine what students will benefit from their donation. That committee includes representation from the school, St. Stephen United Church in Port Hood, the Knights of Columbus in Mabou and the Municipality of Inverness County.

“There’ll be \$500,000 deposited with the Vancouver Foundation,” he says. The foundation, for which Murphy has served as a board member, works with individuals, charities and businesses to create endowment funds, most of which are permanent. The original capital is then invested strategically so it can continue to generate an income, making donations last a lifetime and more.

“The income from that will basically be \$20,000 to \$25,000 a year, and that will be available every year for scholarships,” Murphy adds. “There’s additional money coming, but this will be the initial deposit.”

He says the selection committee will look at three criteria, noting that the successful graduates will be students in good standing with the school, and must be accepted to a college or university. But he says financial need will be the key in awarding prizes.

“Today, some families have two incomes, and things are pretty good, and they’ve put money away for their kids,” Murphy says. “None of that happened back in the 1960s. But today there are still families that don’t have a nickel or a dime to give to their kids when they’re getting ready to go to school.”

“If I hadn’t had the support (of the community) I would probably have had to drop out of school back in 1963,” he remembers. “That was not uncommon – people stopped going to school and went to work.”

Students will be required to apply for the scholarships, and the first awards will be handed out to the class of 2025.

“Let’s suppose they receive 40 applications,” Murphy explains. “They then go through those applications and identify up to 10 key students who would get scholarships and then they allocate the money based on need and the type of school they’re going to.”

“For example, if somebody is going to McGill in Montreal, they’re going to have a lot of expenses, and somebody taking a trades course in Port Hawkesbury will be much different.”

He says it seemed like the right time to give something back, after his family had benefitted from the kindness of others so many years ago.

“This has been in our wills to do this for probably 20 years,” he notes. “But we decided that since we had the money available, why would we wait until we’re both dead to set this up. It might be kind of pleasant in the next few years to watch students get scholarships. So, we speeded the process up because we have no plans to die in the near future.” ■



Five ways to increase your energy

BY GLENNAL CALDER, ND

I am sure I have mentioned before that fall is my favourite time of year.

It's a time of routine more than any other time of the year. It isn't necessarily a time known for making drastic changes to your diet or exercise routine, but it is a time to get back into a routine that supports your life.

The changes we make in the fall are more sustainable and are the ones that we feel are tried and true, or we wouldn't go back to them each fall. In the summer, we let our diet, our sleep and our activity levels become less regimented because of vacation, beach or lake time, and more social activities with visiting friends and families. And it starts to show up in different ways for each of us. Because summer is so fleeting in this part of the world, we tend to let our routines go, knowing that it's just for a few months.

With the timing of the year in mind, I want to share with you some habits that will make the biggest difference to your energy and, as a bonus, may help to decrease your cholesterol, blood pressure, waistline, and stress. Who doesn't want to do at least one of those?



1. Water

I know this is not headline-worthy and you won't run out and buy some online and post your purchase. But, I guarantee that upping your water intake will make one of the biggest differences to your health.

The first excuse I hear is 'but it makes me go to the bathroom!' Would you rather make trips to the bathroom and experience more energy, better skin, lower cholesterol, improved bowel function, less heartburn and less headaches, or would you rather schlep around all dehydrated – but not having to go to the bathroom as often?

Let that sink in. For those with bladder issues, even just drinking four cups of H₂O throughout the day can make a difference in reducing moments of light-headedness and improving cognitive function.

I've recently increased my water intake because of a health issue, and I can't believe it took me this long to take drinking water seriously. Our body doesn't function well when dehydrated. Women should be drinking 10 cups per day and men 13 cups. Ease yourself into it by increasing your intake gradually week by week.



Daily movement is one core way to increase your energy levels. Did you know that the municipal Recreation and Community Wellness Department has an extensive range of rec equipment — for all ages and ability levels — available to loan at low-to-no cost? Go to invernesscounty.ca/services/recreation to find out more.

2. Movement

The less you move, the less energy you will have. Whatever form of movement you can do, do it.

Make it non-negotiable in your life.

Don't let your emotions make the decision for you each day. Don't ask yourself how you feel at the moment. Ask yourself how you want to feel in a month: whether it's more energy, better mood, losing weight, or reducing stress, movement will help.

Exercise for your future self, the self you are working towards.

3. Protein

Make sure you're getting protein throughout the day at each meal. Adequate protein helps to maintain muscle and helps to decrease cravings for high sugar, nutrient-poor foods. Protein also provides a major, sustained energy boost.

4. Sleep

If you aren't sleeping seven hours per day, aim to get to bed early. If that doesn't help, find someone to help you. There are supplements you can use to help you relax, fall asleep easier, and not wake up. Journaling and reading can help in addressing the stress in your life. Exercise in the day can also help.

5. Mood

By releasing stress on the nervous system, chiropractic and massage care permits the immune system to function more effectively—something all allergy sufferers need. A nervous system without stress functions more efficiently. (It always comes back to stress management!)

Have a wonderful fall,

Dr. Glenna



After breaking ground at the Creignish playground, Geraldine Lavallee broke the frosting on a celebratory cake at the Creignish Recreation Centre. With her is fellow volunteer Karen MacDonald. (contributed photo)

Recreation project sparks 'good vibe' in Creignish

BY DAVE MACNEIL

It may not be Hollywood's *Field of Dreams*, but Creignish volunteers are hoping that 'if you build it, they will come.'

The Creignish Recreation Association recently completed work on a new playground facility for the community, as well as a multi-use court that will accommodate both tennis and pickleball. The project received \$200,000 in funding from the provincial government, as well as a contribution of \$35,000 from the Municipality of Inverness County.

The association also chipped in \$40,000 for the project, which association treasurer Donald MacCuspig says has provided "a sense of rejuvenation in our community."



With heavy equipment from High and Dry Ditching and Allsteel Coatings serving as the backdrop, community members recently gathered with the Creignish Recreation Association, MLA Allan MacMaster, and Councillor Catherine Gillis to officially break ground at the Creignish playground. (contributed photo)

“We have a good vibe here in the community,” he says. “We’re going to have a first-class playground and multi-use court facilities. We’re hoping that’ll help position us as an area where young families will be keen to relocate to.”

A great deal of the excitement around Creignish these days is due to the success of the association’s Friday Night Happy Hours, which began in September 2022.

Nearly \$20,000 has been raised in just two years through a tip jar at the bar during the weekly event, and that money went into the new project.

MacCuspig says Happy Hour organizers had no idea what to expect when they launched the event at the Creignish Recreation Centre Hall, noting that it took most of the summer of 2022 to get everything in place, including the proper licensing.

“That first one back in 2022, the deck was packed,” he recalls. “So, we said let’s do it again next week, and one thing led to another, and the crowds kept getting bigger and bigger. It slowly kept growing and growing and now it’s really turned into a thing.”

“The crowds have consistently grown over the years. In year one, if we had 50 people, we’d think that was a good crowd. Now we’re consistently getting around 100 and up to 150 at times.”

“The part we like is that there’s everyone from 19 [wet bar available :)] to 90-year-olds who come. It’s truly a community event.”

Colleen McNab, who spearheads the Friday Night Happy Hour, says they learned early on that patrons wanted live music, adding that the response from local musicians has been incredible.

“We have music booked till the end of this year,” she says. “We don’t have a problem filling the spots at all.”

McNab says they didn’t want to charge a cover to get people through the door, so they established a tip jar, from which they pay the performers.

“We have a tip jar on the stage, and we talk about it while they’re playing,” MacCuspig explains, “and usually at about 8.30 we pass the tip jar through the crowd, and (the performers) must be fairly pleased

with what they’re receiving because pretty much all of them are keen to come back and play again.”

“There are 35 musicians that have been through this door in the two years, and a lot of them are staples,” McNab says. “They’ve been carrying us through the winter months.”

She says they guarantee each performer a minimum of \$250, and that they don’t have to top up the contribution in the tip jar very often, noting that they also give a thank you card to each musician at the end of the night.

“There’s one musician who told me he has every card that we’ve given him since he started playing here,” she adds.

Friday Night Happy Hour begins at 6pm and is usually wrapped up by 9:30. MacCuspig says that time slot is popular with artists, as they don’t usually book gigs that early.

“A person could actually perform here and then go to another gig,” he says.

McNab says the event gives young adults in the community a place to go, and that their participation has been a key to the success.

“They’re getting empowered too,” she adds. “They have ideas of what we can do.”

“I’m not from here. I moved here three years ago, and it’s very refreshing to see the youth contributing to this event, and they’ve helped a lot and have been a big part of this success.”

In addition to the bar and entertainment, Happy Hour also features food, as they’ve been able to find a partner to operate the kitchen in the hall. Some weeks, McNab notes, the line for food eclipses that of the bar.

She says they’ve also established successful partnerships with local brewers like Coldstream and Big Spruce and most recently Breton Brewing.

With the support of Coldstream, they’ve even developed a signature drink, called Creignish Sunset, which is pre-made so there’s lots available.

“We make jugs of it,” she laughs. “We go through a lot of that.” ■



In photo at left, Michelle Greenwell, CORAH advisory committee member and program facilitator, shows CORAH participants how to make switchel. At right, Marie Davis, left, and Sook Yoon enjoy a day of snowshoeing with CORAH. *(contributed photos)*

CORAH a hit at Strait NSCC campus

BY DAVE MACNEIL

Seniors throughout Inverness County can look forward to even more programming as Strait CORAH resumes this month following a successful first year.

Michele MacPhee, project coordinator at Strait CORAH (Centre for Rural Aging and Health) at the Nova Scotia Community College (NSCC) campus in Port Hawkesbury, says they saw close to 300 people from 47 different communities participate in the various programs offered since last fall.

“It’s really exciting,” she says, noting that programming is open to residents aged 55 years and up in the counties of Inverness, Richmond, Antigonish and Guysborough. “It’s taken a little bit of time to get the word out there, but we really have had a successful pilot year.”

Funded through the Nova Scotia Department of Seniors and Long-Term Care, CORAH was first launched in 2019 at the NSCC campus in Middleton. It was expanded last fall to campuses in Shelburne and Port Hawkesbury.

“We’re not replicating things that are already being done in communities,” MacPhee says. “We try to offer programs and presentations that may not be found in your backyard.”

“We had this forest bathing session at the beginning of last year,” she explains. “It was offered by the Natural Resources and Environmental Technology faculty.”

“It’s a Japanese concept and it’s an ancient practice which works with being mindful in nature – going into the woods and using your senses to create a mindful experience for yourself.”

MacPhee says the Strait campus allows the program to “leverage an asset that’s already being used” without additional costs of renting a space, heat, and lights.

“One of the things that’s been popular for us is the cooking program,” she notes. “We have access to a state-of-the-art facility and kitchen and an incredible facilitator in Sharon MacEachern from Judique. She’s been offering a lot of our cooking programs.”



In photo at left, CORAH Café participants Raymond Carpenter, left, and Ian Cameron share a laugh. At right, Maple Signs and Engraving owner Bob MacEachern created some CORAH stickers for the program's signage. (contributed photos)

"We know that food insecurity is an urgent issue right now, that food prices are exorbitant," she explains. "We provide an opportunity for folks to cook together, create a meal, learn some new recipes, learn how to buy in bulk and go away with a meal as well."

"Some folks are there for the social aspect, and they know how to cook already. And then there are bachelors who maybe never acquired those skills in their lifetime, and now they're widowed and having to learn these skills for the first time."

She says CORAH participants are learning new things, but also getting the opportunity to socialize in a way that maybe they didn't during Covid times.

"When I think back to Covid, I think a lot of us realized how important social activity is for our health and well-being, and when you weren't able to get out, it really had an impact on our mental health."

One couple who has taken advantage of that opportunity is Dave and Camille Chapman of Judique, who have taken part in a number of workshops, including sessions on wills and sleep.

"It's been great," says Dave. "It's a 60 km round trip for us, so we don't just go in for the coffee!"

"Although we've lived out in Judique for 30 years, we still have a lot of connections in Port Hawkesbury, and we enjoy meeting people that maybe we hadn't seen for a long time," he adds.

Michelle Greenwell, a member of Strait CORAH's advisory committee and one of its regular presenters during the pilot year, says she's encouraged by the interest shown by participants.

"For a first year, it really blossomed," she says, noting that "the numbers really got stronger as we went into May and June."

"There were some great conversations. There was never a dull moment."

Greenwell, who lives in Hillsborough, near Mabou, says CORAH was a perfect fit for her, as she has been working with seniors for years. This year she hosted a regular Tai Chi program, as well as sessions on sleep, and another on tea recipes for the summer.

"I have the potential to do a lot of self-care workshops," she says of Strait CORAH's second year. "The sleep one was well-received. I think it could easily be run again."

She says the advisory committee will meet to assess the first year, and to plan what will be offered during the program's second season. ■



Cool Coles

A group of vegetables that thrive in the cool temperatures of fall

BY CAROLINE CAMERON

As we move into cooler fall temperatures, one group of vegetables really steps forward. From the Latin for stem or stalk, *caulis*, we use the term 'coles' to refer to members of the *Brassica* genus, which includes cabbage, turnip, broccoli and cauliflower.



This diverse group originated in temperate Western Europe and Asia, and the Mediterranean, so the members have the capacity to grow in a range of temperatures. Turnip and cabbage have been popular staples in European diets because they enjoy cooler temperatures, but they have also been favoured because they store easily into the winter.

In the 1900s, other members of the coles such as broccoli, Brussels sprouts and cauliflower were introduced to many Maritime kitchens, and more recently kale, kohlrabi and broccolini have come into use.

Coles take advantage of the benefits of cool fall weather to produce diverse, colourful and tasty foods for eating and preserving.

What I find interesting about this group is how the basic plant type has been bred into so many forms that have similar, but distinct flavours. The swollen stalk of the turnip has been eaten for millennia. The enlarged stems of kohlrabi are also eaten, while it is the enlarged leaf stems of bok choy that are favoured. We eat the leaves of cabbage, Brussels sprouts, collard greens and kale, and young turnip leaves are also picked when tender.

Broccoli, cauliflower and broccolini have been bred to produce clusters of flower buds for eating. Mustard, for which the larger plant family that contains the Coles was named, has been domesticated for thousands of years for its seed, used as a spice, and for its oil. And finally, colourful varieties of kale show their cold-hardiness by displaying bright leaves late into the fall.

From a gardening perspective, this plant group tends to be easy to grow, but the plants are delicious to others as well. Lovely white butterflies around cabbage will lead to wormlike larvae later on. Later planting can help to reduce damage to turnip. Broccoli worms camouflage amazingly well within

the broccoli heads. They can be discouraged with organic insecticides, or simply companion planting with herbs with small flowers, like parsley, fennel, chervil, chamomile, dill, and cilantro to attract the beneficial insects that feed on broccoli worms.

Coles offer vitamin C, A, E, K, as well as folate, calcium, iron, potassium and phosphorus. They are the most widely consumed group of plants in Europe and across the world. They aid our production of detoxification enzymes, provide antioxidants, and inhibit cancer in a number of ways. There is also a growing awareness of the health benefits of eating naturally fermented foods like sauerkraut, which is fermented cabbage.

I have been astonished at how cauliflower heads seem to appear overnight as the fall proceeds, and also delighted to knock the snow off tender new broccoli sprouts that continue to appear after the main head has been harvested.

In fact, cold weather causes Brussel sprouts, kale, collard greens, turnips and cabbage to increase the amount of sugars in order to resist freezing, so they actually get sweeter after frost.

Some members of this group such as kales and kohlrabi also survive the winter to go to flower the second year, producing in the spring tender tasty flower heads that resemble broccolini. ■

Happy Gardening!

Caroline Cameron lives in Strathlorne, and offers gardening and guiding services around Cape Breton Island. Please submit any gardening tips, questions, and news to strathlorne@gmail.com and visit Facebook at Nature/Nurture Gardening & Hiking.

Society tackling growing problem of food security

BY DAVE MACNEIL

A group of volunteers in Judique is looking to improve food security in their community one small project at a time.

“It’s small, manageable, fun projects,” says Bill Murphy, the lead for the Tartan Gardens Society of Judique. “You’re not talking about changing the entire world.”

With the society’s latest project called ‘Grow a Row,’ they’re asking local gardeners to set aside a small part of their garden to produce food for their neighbours. Many of those gardeners were the beneficiaries of a previous project in which the society built close to 30 waist-high garden beds and delivered them to residents free of charge.

“We’ve asked local gardeners to give a small part of their garden and grow either beets, or tomatoes or pickling cucumbers – all of which we have a use for in the fall,” Bill explains. “We want to grow those particular things this year and we’re aiming to do something in the fall called ‘Bottled in Judique.’”

“We have lots of people in Judique who are experts at bottling,” he adds. “We’re going to have a big bottling event, or series of events, and we’re going to create lots of pickled beets. We’re going to create green tomato chow, tomato paste and things like that.”

About four years ago, the society converted what had been an ornamental garden that won international awards into a vegetable garden, and

soon found that their efforts were producing more food than society members could use.

“With any garden that’s productive, you have extra produce,” Bill notes. “Our lead gardener, Marie Brideau, started taking any extra product we had and would put it in the gazebo, located near the community garden, and people could just take it to use themselves, or Marie would take it to some people in the seniors’ complex or around the community.”

He says there’s a donation box on site for those who want to make a donation, but the food is also free to those who want it, noting that the same approach will be taken with the bottled goods, as some of that will also be made available to the public.

About two years ago, the society started building waist-high raised beds, and close to 30 have already been delivered, many to older residents who stopped gardening because it was too difficult to do so anymore.

The raised beds are made from slabs donated by a local sawmill, or from pallets provided by Port Hawkesbury Paper, or the Co-op and Home Hardware stores in nearby Port Hood.

While planning was underway for the society’s latest project, something else happened that they weren’t counting on, and that was the arrival of about \$7,000 worth of seeds donated by Halifax Seed Company.



(Above) Volunteer gardeners (from left) Bill Murphy, Donna MacLellan, Mildred Lynn MacDonald and Father Allan MacMillan tend the vegetable garden beside the church in Judique. (Above, right) Mildred Lynn shows off some of the fruits (vegetables!) of their labour. (Below, right) Darlene MacDonald, one of the recipients of a free raised bed, works on her garden.





The Tartan Gardens Society of Judique is helping to address the issue of food insecurity in their community with a new "Grow a Row" campaign. Toiling in their vegetable garden are, from left, society members Mildred Lynn MacDonald, Donna MacLellan, Bill Murphy and Father Allan MacMillan.

The company had approached community health boards throughout the province, and the Strait Richmond Community Health Board, which is co-chaired by two Judique residents, Theresa MacInnis and Mildred Lynn MacDonald, gladly accepted their offer. The board was able to distribute the seeds to groups throughout their catchment area, including the Tartan Gardens of Judique Society.

"The aligning of the stars and many moving parts came together to make this happen," says Mildred Lynn, who is also a member of the society.

"Tartan Gardens applied for the Community Health Board Wellness Fund and were successful in receiving a grant for this project, so it's truly a partnership," she adds.

Bill says the society recently received \$500 from the Nova Scotia Liquor Commission and it plans to use that money to convert three or four of the raised beds into greenhouses so that those gardeners can continue to grow year-round.

Another project in the works is called 'The Forgotten Apples Trees of Judique,' which will see

apples from trees throughout the area processed for use throughout the year. He says they'll be looking to use apples from trees that have long been abandoned.

"What can be done with those, you can put them in a large freezer bag, and you stack them like a deck of cards in your freezer, and then all winter long you have apple pie filling, or you've got something to make an apple crisp or you can take it all the way to apple sauce," says Bill.

Mildred Lynn says many residents are already recognizing the possibilities. "We have people enthusiastically volunteering their trees, so it's changing the conversation and opening up doors," she says.

"We want to empower people to produce food locally," Bill says, noting that there's an aspect of food security that many people don't think about.

"People need to be able to access food with dignity," he explains. "If you live in downtown Toronto and you go to a food bank, it's totally anonymous. When you live in a rural area, it gets trickier." ■

Acadian region of Chéticamp receives special designation and federal funding

The cultural diversity that makes Inverness County so unique is made richer by our vibrant Acadian community, who have been at home in these lands for hundreds of years.

The Government of Canada recently announced that the Chéticamp region will be one of 10 Canadian communities to receive funding under the Welcoming Francophone Communities Initiative. Francophone immigration plays a crucial role in strengthening our national identity, and that is particularly true here, where our francophone heritage is so strong.

Lisette Bourgeois of the Société Saint Pierre was instrumental in securing the funding, and Warden Bonny MacIsaac was on hand to hear MP Mike Kelloway announce the good news. The funding will be to help in welcoming newcomers who will join our francophone populations, and carve a new path for themselves that enriches the fine local culture which already exists here.



The municipality is introducing a new logo to better represent the local government. It has been designed to complement the existing Canada's Musical Coast leisure and tourism brand, which has been very successful in putting Inverness County on the map as a perfect place for locals and visitors to soak up the best of culture, nature and cuisine.

Look out for the new logo across the municipality!



The Phantoms legend to be immortalized in book

BY DAVE MACNEIL

Our region's first rock and roll band, which has captivated generations, will soon be recalled in a new book.

The Phantoms, who were formed in Chéticamp in 1966 and disbanded with a 50th anniversary celebration in 2016, have boasted 25 different members over those five decades.

But even though the band is no more, the Phantoms name can still draw a crowd, as evidenced by the wildfire relief fundraiser held at the Doryman Tavern last summer, when the lineup included siblings Sylvia, Clarence and Roland LeLièvre, and fellow band member Adrien Aucoin.

"The crowd that came, of course they were there to support the fundraiser, but they also came because these four Phantom members were going to be there," recalls Rosie Aucoin-Grace, who is working on a book about the band. "Wherever you see the word 'Phantoms' you're going to draw a crowd."

She says there are many reasons for writing the book, key among them the fact that "they deserve it."

"But deep down inside, it's also my love for this band, my love for its members – I have a deep friendship with many of them," Rosie explains. "It's amazing what they've done for our community."

"Even if they're not playing as The Phantoms, many of these members are still doing the same for the community," she adds. "Sylvia will be one of the first people they're going to ask to perform at those benefits, and she won't say no. Bruno Bourgeois has

organized countless benefits. You reach out to them and they're always ready to help out."

"Our respect for the community has always been there," Sylvia says. "Somehow what you give out comes back to you."

The band formed after Sylvia and her father visited the United States in 1966, where Sylvia bought four of the Beatles' earliest records.

"I brought them home and we got together," Sylvia remembers. "Marcel was only 12 at the time, Simon Joe (Larade) was my brother Clarence's age, probably 14, and I was 15."

"My uncle had a barber shop, but he had to let it go, because he was working for Canada Post," she adds. "So he said, 'if you guys want to be good, and you can gather a little bit of money to be able to use the furnace, you can use my old barber shop.'"

They began practising and, with the help of Marcel's father, Médéric LeFort, a music teacher at the local school, they worked out the chords for several tunes.

"My aunt bought Clarence some drums for around \$100," Sylvia says. "He used to play drums on Mom's old button boxes and stuff."

With Clarence on drums, the rest of the lineup had Simon Joe on lead guitar, Sylvia on rhythm guitar and Marcel on bass. Simon Joe and Clarence looked after the lead vocals, while Sylvia provided harmonies.

"The Beatles were the ones who influenced us most at the time," Sylvia says, noting that they got good enough that by Halloween of 1966, teacher Alphonse Saulnier encouraged them to play their first gig during a dance at the Acadian Centre.

During a break in the dance, they sang four songs – When You Walk in the Room by The Searchers and three Beatles' classics, Roll Over Beethoven, From Me to You, and Rock and Roll Music – and the legend of The Phantoms was born.

For the next 50 years, The Phantoms played dances, weddings, benefits – just name a life event and they provided the soundtrack. Along with the four



In photo above, Phantoms members gather for the 30th reunion in 1996. Below, the original band member are shown performing. At bottom, researcher, author and friend of The Phantoms, Rosie Aucoin-Grace is working on a book about the band. (band photos courtesy The Phantoms Archives)



THE
Phantoms
50 YEARS OF ROCK



Shown here is the line-up for the 50th anniversary reunion held in 2016. Missing from the photo is band member Glen MacEachern. The group disbanded following the event. (photo by photographer Michel Soucy)

founding members, other band members included, at various times, Jimmy LeBlanc, Roger Boudreau, Tommy Poirier, Ronnie Bourgeois, Roland LeLièvre, Gervais Cormier, Pierre Joseph Larade, Bertrand LePage, Andre Aucoin, Steven LeFort, Clarence Deveau, Gerard LeLièvre, Glen Bourgeois, Dale Martin, Martin Aucoin, Bruno Bourgeois, Lola LeLièvre, Brian Doyle, Adrien Aucoin, Glenn MacEachern and Marcel Doucet.

The group celebrated a 30th anniversary reunion in 1996, which Sylvia holds especially dear, as it included Simon Joe, who passed away before the band marked its 50th reunion.

“The 30th reunion with him on stage was magic,” Rosie recalls. “Just to watch him, how much he enjoyed being there. The other members would see him, and it was contagious. As a fan, I had never seen Simon Joe play until that reunion, but I really felt that magic and the band’s appreciation of his participation.”

Sylvia says the 50th reunion provided some unforgettable memories, but the absence of Simon Joe was certainly felt.

“It was very difficult for some of the members because it was all about nostalgia and it was all about going back to when it first started,” she explains. “And of course, when it all started, Simon Joe was with us.”

“Because I was with them throughout the whole planning of the 50th reunion and throughout the

whole week, I knew how much they were feeling that huge void,” she adds.

Rosie says her earliest memory of the band was as a teenager in the 70s, when she saw them in a concert.

“I remember thinking, ‘I can’t wait till I can go to those dances at the Acadian Centre,’” she says, noting that her mother eventually let her go. “I don’t think I ever missed a dance at the Centre after that. I was hooked.”

“They’ve been a huge part of my life. When I think of The Phantoms, my heart is happy.”

She says Simon Joe was actually the first person to chronicle the band’s exploits, in a school project, and that report was part of what inspired her to write the book.

“It’s maybe 12 pages long and it’s hand-written,” Rosie says. “This was written when they first played. He started this, and I want to do this in his honour.”

Although she’s already gathered a lot of stories and photos for the book, Rosie says she still welcomes any contributions, and can be reached at minniemoine@hotmail.com, on Facebook or by calling 902-224-7942.

“I’m really enjoying it. It’s not work. It’s a labour of love. Although there have been many personal circumstances beyond my control which has substantially delayed bringing this project to fruition, slowly but surely, it’s getting there. I can’t wait to see it published.” ■

A long-standing community service and cultural hub in the heart of the Margarees

BY MIRANDA CRABTREE

On a humid Saturday evening in July, I'm sitting at the Margaree Firefighters Club to talk shop with Sandy Doucette, a long-standing member of Margaree Volunteer Fire Department, and its current deputy chief. Inside the club it's a comfortable, laid-back atmosphere – perfect for unwinding after work and enjoying the remains of the day. Sandy joined the MVFD in 1998 and served as fire chief from 2002 to 2009. He returned as deputy chief in 2019 after a few years off duty and for the last few years has been second in command to Fire Chief Bobby McLeod.

As we chat, Sandy gives me a fascinating CliffsNotes history of the department, which was formed in 1957.

What began as a single fire station in Margaree Forks, expanded to two stations, when a Belle Côte fire in the early 1980's raged too quickly to be controlled. The trucks at the Forks were too far away to get to the fire in time to save the building. This spurred the decision to create a second fire



station in Belle Côte in 1983 to bridge the driving distance and prevent future destruction.

For the past two years, the MVFD has answered close to 50 calls each year. The 40 volunteer firefighters are connected via individual pagers, alerting them to emergency calls within their district. In a gesture of mutual aid, the Margaree firefighters may extend support outside their defined responding area, for example neighbouring North East Margaree. This provides extra hands and equipment – as long as they're not otherwise occupied and can spare the resources.

Most frequently, the department is kept busy answering medical first response (MFR) calls.

These can be both motor vehicle accident (MVA) calls, and medical emergencies. Based in two stations which flank the community at the Forks and Belle Côte, firefighters are trained first responders, and they are often the first to any emergency.

Evolving services

As the local population ages, this means the nature of calls becomes more diverse – and the calls themselves more frequent. Firefighters are responding not only to fires and collisions, but to anything from falls to other medical emergencies.

The firefighters have an ever-expanding range of duties, and they keep their skills sharp through weekly drills, in addition to regular meetings held at the club which abuts the Margaree Forks station. The commitment of time and energy that this close-knit group voluntarily gives to the community, their hard work, along with the shared witnessing of devastating scenes, builds strong bonds.

As Sandy says, “we take care of each other. We get together regularly and talk it out, make sure no one is taking in more than they can handle.”

“Things have changed for the better with the newer generations: there isn't a stigma around talking through the things you see on the job,” he explains. “The pressure to hold things in isn't there in the same way, which is important progress.”

Strong leadership within the department is evident. The health of the team is understood as crucial



to its optimum functioning, and the care and professionalism demonstrated within this group of 40 community members is actively practised towards the folks they serve.

These days, the MVFD covers operating costs thanks to a fire tax which is paid by the local land-owning constituency. This tax is integral to maintaining their fleet of trucks as well as funding improvements to the station buildings, including a recent extension to the newer Belle Côte station.

The equipment

Big ticket items like firetrucks run in the ballpark of \$350k. Sandy tells me that the trucks need to be replaced every 10 years to ensure they are in tip top shape.

“We’ve got a new truck being built currently – it’s a walk-around rescue vehicle, funded in part by Chase the Ace money. We hope the truck will join our fleet by the end of this year.”

The truck, replacing an older model which will then retire, keeps the fleet steady at four trucks total; two at each station. The Chase the Ace fundraiser of 2019 Sandy was mentioning was a great success, as funds raised also went towards building the Belle Côte station extension.

“The addition of the Belle Côte station is perfect; the location on the other end of the community means we are able to get to anyone in time at almost equal distance from each station, which benefits the response success of the fire team greatly.”

Sandy’s faith in the rallying power of local support for the fire department is palpable.

The Club

The Margaree Firefighters Club operates financially independently from the station, yet is integral to the ecosystem of the MVFD. Sandy and I, as well as several regulars, sit around the beautiful new bespoke Larch Wood bartop, with Maril Crowley serving behind the bar.

I recall Maril crafting an April Fools post in 2023 on the firehall's social media account, in her typical comic form. It comprised an image of the SW Margaree bridge photoshopped to appear newly outfitted entirely in Larch Woods' iconic wood mosaic patterning, with the caption 'Margaree Bridge decking to be replaced by Larch Wood'.

Though not a bridge, the generous donation of this expansive bar is a testament to the growing collection of improvements the organization sees, both big and small.

Maril has swiftly expanded the cultural programming that the club offers, including continuing to showcase homegrown talent and support local festivities for all ages.



"I started as a temporary casual spare at the firehall back in 2021, which has since turned into a managerial promotion and three more years," she says.

Maril is full of energy and ideas that she quickly acts on, many with great success. These initiatives include: Thirsty Thursdays featuring local singer-songwriter talent from all over Cape Breton, continuing to host the pool and dart leagues, new maker markets like halloween's Creepmas which features an eclectic range of local artisans and, the longstanding square dances and celebrations, and more recently the popular karaoke nights hosted by Jonathan Andrews.

A vibrant community hub

It is hard to believe the amount of convivial energy that is packed into the unassuming roadside bungalow on any given day or night. From volunteering at the summer chicken bbq fundraiser, donating their artisan products for raffles, or 92-year-old Bill Cameron calling a rollicking square dance with local musicians Chrissy Crowley and Colin Grant, many folks consider the club their second home – and with good reason.

The club building is turning 55 years old this September, but it sure doesn't look it. Steady, continuous support through dedicated fundraising, strong leadership, and a passionate and committed bar manager for their beloved clubhouse ensures that the fire department is sailing into the future in fine form. With better equipment, a solid team, and a vibrant social scene, there is much to celebrate when off duty.

The 55-year anniversary party at the club this September 28 will feature a local Cape Breton band and plenty of room to dance. It's a fitting example of how the firefighters work hard while making space to invite the community in to celebrate.

As the Margarees continue to grow, residents can rest assured there is plenty to look forward to now and in the coming years, both in respect to their safety and of the health and creativity of the community. ■



The Celtic Music Interpretive Centre celebrates 25 years

The Celtic Music Interpretive Centre in Judique is celebrating its first 25 years this year.

The centre, run by a not-for-profit society, is dedicated to preserving and promoting the unique Celtic music and culture of Cape Breton.

Visitors can immerse themselves in a warm and welcoming atmosphere where they can enjoy friendly service, lively music, and mouth-watering food, leaving them feeling satisfied and energized. They can also check out the exhibit room filled with interactive stations and archives of notable people, as well as a gift shop where they can pick up a unique souvenir to commemorate their visit. ■



The Scotsville School of Crafts celebrated its 40th anniversary in August. Pictured is Verna MacMillan, one of the founding members of the guild, cutting the celebratory cake. There's plenty going on at the school these days - check out their new website to find out how you can get involved: scotsvilleschoolofcrafts.ca.



It was another active summer for Inverness County youth! The Recreation and Community Wellness Department's team of eight summer students led activities all across the county, ably coordinated by summer student coordinator Marisa MacLellan. Around 2500 youngsters took part in over 100 events ranging from tie-dye to track and field. Keep up to date with Rec Department programming throughout the year: invernesscounty.ca/services/recreation

Le portage de repas à domicile : une solution idéale pour une alimentation variée et équilibrée

PAR DANIEL AUCOIN

Avec raison, bien manger se doit de rester une priorité peu importe l'âge. En vieillissant, l'appétit diminue et l'envie de cuisiner également. Les personnes âgées peuvent également rencontrer des difficultés à faire leurs courses en toute autonomie. La solution : le portage de repas à domicile pour personnes âgées.

Dans la région de Chéticamp, le portage de repas assure un apport nutritionnel adéquat et régulier pour les personnes ayant des difficultés à cuisiner ou à faire leurs courses. Le service de portage de repas est une option précieuse pour assurer une alimentation saine et équilibrée aux personnes âgées. Ce service joue un rôle clé dans le soutien de l'autonomie des personnes âgées et de leur qualité de vie.

Le portage de repas est un service qui fournit à domicile des repas préparés, équilibrés et prêts à consommer. Ce service est particulièrement adapté pour les personnes âgées qui ont des difficultés à préparer leurs propres repas en raison de problèmes de santé, de mobilité réduite ou qui vivent seules sans assistance régulière.

Chester Muise, membre du Club Kinsmen de Chéticamp, est responsable du portage de repas à domicile dans la région acadienne du comté d'Inverness. Il explique que le service consiste à livrer des plats déjà préparés à une personne directement à son domicile

« Ce service s'adresse à 50 clients à Chéticamp et Grand-Étang et à 15 dans la région d'East Margaree. Les livraisons ont lieu le lundi, le mercredi et le vendredi. Les repas destinés aux appartements pour personnes âgées sont livrés par l'Acabie Transport et les bénévoles livrent aux résidences privées. »

Les repas sont préparés par des cuisiniers professionnels avec un grand soin apporté à la qualité des ingrédients et à l'équilibre nutritionnel. Les menus sont spécialement conçus pour répondre aux besoins alimentaires particuliers des personnes âgées, en tenant compte des apports nécessaires en protéines, fibres, vitamines et minéraux. Une fois préparés, les repas sont conditionnés de manière à préserver leur fraîcheur et leur saveur jusqu'au moment de leur consommation.



Chester Muisse explique que le portage de repas contribue aussi à réduire l'isolement social des personnes âgées en leur apportant une présence humaine régulière. Bien plus qu'une simple livraison de repas, le portage assure un véritable service aux personnes qui en bénéficient.

« Les clients reçoivent une visite trois fois par semaine lorsque les repas arrivent et, pour beaucoup, cet aspect social est très apprécié. Le portage de repas peut offrir un soutien social et un contact humain pour les personnes âgées qui vivent seules ou isolées. Le service garantit une interaction sociale régulière avec les personnes âgées. »

Cette année, le gouvernement de la Nouvelle-Écosse a accordé un octroi de 200,000\$ au Club Kinsmen de Chéticamp pour appuyer ses initiatives de repas à domicile et d'alimentation pour les gens moins fortunés. Chester Muisse précise que le financement permettra développer davantage le programme.

« Nous étudions la possibilité d'ajouter un quatrième repas qui serait congelé et livré le vendredi pour que les clients puissent l'utiliser pendant la fin de semaine. Ces nouveaux fonds nous permettront également d'ajouter des légumes frais et des plats différents pour aider nos bénéficiaires. »

Par ailleurs, la collecte de fonds pour les moins fortunés a commencé en 2020 lorsque la pandémie de la COVID-19.

a frappé. En octobre 2023, les Kinsmen de Chéticamp ont livré 250 sacs de provisions à 51 familles. M. Muisse souligne que les argents reçus de la province permettront de livrer de la nourriture plus souvent à un plus grand nombre de personnes.

D'autre part, Chester Muisse mentionne qu'avec le coût élevé de la vie, le nombre de bénéficiaires des programmes augmente. Il indique que l'épicerie coûte cher et les choix santé sont particulièrement coûteux.

Il ajoute que plusieurs personnes ont du mal à trouver les aliments requis pour leurs besoins alimentaires.

M. Muisse croit que des repas équilibrés doivent demeurer au cœur des bonnes habitudes de vie de toute personne âgée.

En plus de la livraison des produits secs achetés, des cartes-cadeaux sont distribués pour aider les bénéficiaires à acheter des protéines, de la viande, du poisson et autres aliments. Les personnes bénéficiaires reçoivent même de petites friandises occasionnelles.

Pour se porter volontaires ou faire un don, les organisateurs invitent la population à communiquer avec Chester Muisse au 902-224-1662. On encourage aussi les gens à soutenir les boîtes de dons au magasin Coopératif de Chéticamp et le Papa Noël annuel. ■



Participaper listings

The Municipality of Inverness County

Main Switchboard

902-787-2274

Main Fax

902-787-3110

Executive Office

Chief Administrative
Officer

902-787-3501

Finance, Water and Tax Dept. Tax Collections

902-787-3510

Water Utility

902-787-3505

Culture & Community Development

Director of Culture &
Community Development

902-787-3506

Literacy /Adult Education

902-258-3110

1-877-258-5550 (toll free)

Recreation & Community Wellness

Director of Recreation

902-787-3508

Public Works

Dept. of Public Works

902-787-3503

Water / Wastewater

Operations

902-787-3503

After Hours Emergency
Number

902-258-5048

Toll Free Number for
Missed Solid Waste Pickup

GFL Missed Garbage
Collection

1-888-863-1744

Other Municipal Waste
Management Questions

1-866-258-0223

Other Listings

Eastern District
Planning Commission

General Inquiries

902-625-5361

1-888-625-5361 (toll-free)

E-911 Civic Addressing

902-625-5366

Building Inspector

North Inverness

Andre Samson: 902-631-6012

South Inverness

Luke Ross: 902-631-3200

Assistant Building
Inspector / Fire Inspector

902-787-2900

Secondary Number

902-631-2900

Other Services

Community Services

902-787-4000

1-800-252-2275 (toll free)

Inverness County

Home Care

902-787-3449

Cheticamp Home Care

902-224-1872

Municipal Homes

Foyer Pere Fiset

902-224-2087

Inverary Manor

902-258-2842

Coady Tompkins Library

902-248-2821

Emergency Measures Contact

902-787-3500

REGULAR COUNCIL MEETINGS

take place on the first Thursday of each month and start at 3:00 p.m. These meetings are open to the public.

The municipality's Facebook page also carries up-to-date information on Inverness County events and other items of interest to our residents.

 @InvernessCounty

Stay up-to-date with what is happening in the county.

Advertise in The Participaper

The Municipality of Inverness County

Offering the greatest reach for advertisers in Inverness County, with more than 7 000 copies distributed directly into homes, with a three-month shelf life for each edition.

Serving the municipality for more than 40 years!

| Ad size | Trim size | Non-bleed | Bleed size | Rate |
|------------------------------|-----------------|--------------|------------------|---------|
| Back cover | 8" x 10.5" | 7.5" x 10" | 8.25" x 10.75" | \$1 200 |
| Inside front cover | 8" x 10.5" | 7.5" x 10" | 8.125" x 10.75" | \$1 050 |
| Inside back cover | 8" x 10.5" | 7.5" x 10" | 8.125" x 10.75" | \$920 |
| Full page | 8" x 10.5" | 7.5" x 10" | 8.125" x 10.75" | \$880 |
| 1/2 page horizontal | 8" x 5.25" | 6.5" x 4.5" | 8.25" x 5.375" | \$495 |
| 1/2 page vertical | 3.9167" x 10.5" | 3.1667" x 9" | 4.0417" x 10.75" | \$495 |
| 1/4 page | 3.1667" x 4.5" | n/a | n/a | \$285 |
| 1/8 page | 3.1667" x 2.25" | n/a | n/a | \$195 |
| Rates do not include 15% HST | | | | |



MAGAZINE TRIM SIZE: 8" x 10.5"

Binding: Saddle Stitched

DOCUMENT SETTINGS:

Ads should be built at 100% trim size.

Bleed ads, extend bleed to 1/8" beyond trim on all sides.

FILE TYPES AND DELIVERY:

Submit PDF-X1a files

Email to:

Dave MacNeil

participaper@invernesscounty.ca



BLACKSTONE
Construction

Residential and Commercial Contracting

We are a full-service carpentry company that specializes in new home construction, additions, renovations, roofing and siding, doors and windows, stairs, and concrete services. We offer competitive prices and will work with you to stay within your budget.

We provide service within Cape Breton reaching Inverness, Mabou, Port Hood, Judique, Whycocomagh, Baddeck, Margaree and surrounding areas.

Other services include:

power washing, core drilling, garbage removal, air exchange installation and maintenance (certified to provide balance report), and heat pump cleaning.

**Check out our new website
to start your free quote today!**

www.blackstone-construction.com

DWAYNE BEATON

Owner

902.258.7856

dwaynebeaton@blackstone-construction.com