

THE PARTICIPAPER

An Inverness County Periodical

Summer 2024

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www.capebretonpartnership.com/initiative/GEEP



Chief Administrative Officer's message

KEITH MACDONALD
INVERNESS COUNTY CAO

Our fair county is known for many things including music and dance, good food from land and sea, and of course our hospitality. Whether it springs from the urge to lend a helping hand through tough times, or to gather together to celebrate good times with friends and strangers alike, the people of Inverness County might be among the friendliest and most community-minded anywhere.

Undoubtedly, volunteering is an extension of that drive to help and pitch in which seems to be hardwired into folks here. Our cultural centres, and community trails, our summer festivals, our bingo nights and fundraising dinners, our harness racing and the wide array of sports options – so much of the lifeblood of our communities depends on the generous contribution of hundreds of local volunteers.

And without the dedication of volunteer firefighters – and the hardworking individuals that fundraise for our 14 volunteer fire departments (VFDs) – we would all certainly feel less safe.

So, it's no overstatement to say that all of these wonderful people, who freely give their time, hard work and care to causes they love, are a large part of what makes Inverness County such a great place to live.

Volunteers make community gardens like Mill Road Grows (p. 13) possible. They power many of our wonderful local museums (listings p. 18) including the Strait Area Museum (featured on p. 22). They keep our rich and diverse cultures alive through performances like *Le Grand Cercle* (p. 33), which is returning to Chéticamp this summer to mark the 20th anniversary of its creation.

Inverness County folks even take that volunteering spirit to other continents, as you will read in the article about Inverness County Cares' Zambia Trip (p. 26), which includes some beautiful photos.

When we read about valued healthcare workers, like Liam Whitty (featured on p. 4) choosing to move here and make a life for themselves, it's not hard to see why – often unseen – volunteers are making our county an attractive place to live, work and play.

That's why this special summer edition of *The Participaper* has added 10 extra pages to celebrate the folks who've been nominated as **Inverness County Volunteers of the Year**. Turn to p. 36 to read about why the people that they work with are grateful to them.

From the council and all the staff of the Municipality of Inverness County, a big thank you, volunteers, for your participation! ■

The Participaper

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A letter from the editor

DAVE MACNEIL

participaper@invernesscounty.ca

When we relaunched *The Participaper* in 2022, our goal was to celebrate the county and the people in it. But, in particular, we wanted to shine a light on those who make bold choices – people who asked questions like “Why not me?” or “Why not here?”

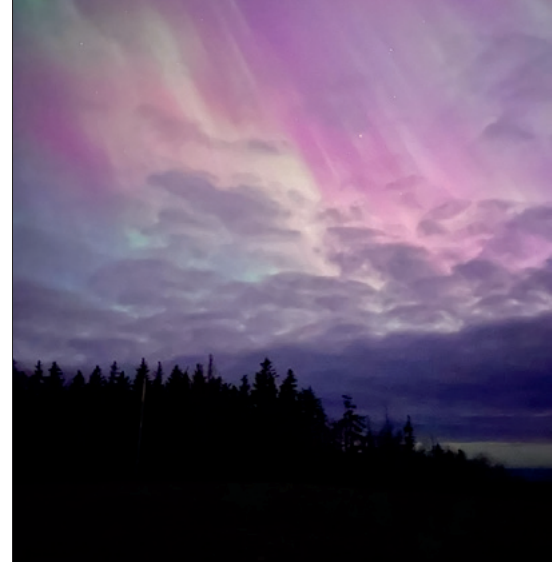
Whether that person lived here their whole life, or whether they chose the county, we wanted to show that Inverness County was a place where dreams can be pursued and achieved.

Melody and Derrick Cameron, featured in this edition, are a prime example of this, as they celebrate their sixth season running the Mabou School of Cape Breton Step Dance. After being featured guests of a similar school in Italy in 2015 and 2016, they asked themselves “Why couldn’t this work here?” They followed that idea with action and found out that it could indeed work here.

This is why it’s important to share these stories. Lots of people have dreams, but they are much more likely to act on them if they see other people like them who acted on their dreams and made them a reality.

The Participaper won’t take any credit if Colten Ellis of River Denys, also featured this issue, realizes his dream of one day playing in the National Hockey League. But he no doubt finds some inspiration in the achievements of local athletes like football star Bruce Beaton and hockey great Al MacInnis, who both played on championship teams in their respective sports.

So, if you know of someone who asked, “Why not?” and acted on that question, we’d love to hear about it. ■



Cover photo: aurora borealis at 11:30pm, April 11, 2024, Banks Road, Inverness.

Photo: Beth Ryan

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Halifax native embracing life in county as he settles into nursing career

BY JOSEFA CAMERON

When Liam Whitty first moved to Inverness County, he found the area quite solitary, especially compared to bustling Halifax where he is from.

“It felt very quiet, very distant,” he says.

But Whitty quickly realized that any boredom in a place like Cape Breton, with its beautiful landscape and vibrant culture, is self-inflicted.

“If you’re a little outgoing and make the effort to get involved, you will never ever have a bored moment during your time here,” he says.

A lover of hiking and being outdoors, he told *The Participaper* in an interview that he found the right place to call home, at least for the time being.

“I will never run out of places to explore here,” he adds.

Whitty is a licensed practical nurse (LPN) at Inverness Consolidated Memorial Hospital and is currently working on the medical surgical floor. The department sees everything from day surgery and post-operation recovery patients, through the gamut of illnesses, to end-of-life patients waiting for placement in long term care facilities.

Working in a rural hospital allows him to learn and explore a range of nursing skills.

“It’s a fantastic place to pick up experience when you’re starting out and you’ll see a little bit of everything,” he says.

Before nursing, he worked as a cook for many years and says the transition into healthcare was a natural choice for him.

“Cooking comes with certain connotations of being a lifetime renter, never owning a car, or anything like that,” he says. “I’ve stayed in kitchens for a better part of 15 years.”

For Whitty, other pressures came into life as well, “where you start to need to step up and do a little bit more for your family – like people getting sick and feeling a need to actually do something about it.”

Whitty graduated from nursing school in March 2020, cuspings the brink of the pandemic. His introduction into the healthcare sector was during one of the most globally unprecedented periods in modern history.

He hit the ground running, doing community care work out of the Inverness hospital, then moved into Integrated Care Management on the medical surgical floor, where he’s been for about two years.

During the peak of the pandemic, he was one of the few people allowed to journey into communities and people’s homes.

“The nurses and cops were the only ones on the roads,” he adds. “I definitely didn’t have a typical introduction into nursing.”



Liam Whitty may still be working through what type of nursing he'd like to do, but he is sure about one thing, and that's his love for Inverness County.

Whitty is still feeling out what he wants to specialize in, noting he's up for anything at this stage.

"I'm still figuring it out. I've never thought that I would enjoy end-of-life care but, given the opportunities I've had to be involved with patients' families during very important times in their entire lives, it's proved extremely rewarding."

"Trying to pick out a particular interest for the nursing profession when I'm this new is difficult... it's all interesting," he explains.

Like any job, nursing comes with its challenges.

"I feel like I'm just kind of starting to get my feet underneath me as far as my own competencies and being comfortable in the profession," Whitty says. "The last couple of years have been a whirlwind of trying to learn the ropes."

He admires his colleagues for their varied talents and for being able to handle a wide set of patients' needs in a small facility.

Aside from work, being fairly new to Cape Breton also poses a unique learning curve.

"I think a challenge that everybody everywhere in Cape Breton faces is that staffing is always going to be an issue," Whitty says, adding that healthcare employers find it difficult to find people who want to live in rural areas, especially with the current housing shortage.

But he says he's finding solace and comradery both in work and outside of it. Living just a few minutes outside of Inverness, he says he's learning a lot about the county's culture and enjoys the bustling social scene among Islanders.

"Cape Bretoners are fantastically kind people and welcoming when you open up and talk to them," he says.

"I do absolutely love it up here and I have no plans to leave anytime soon," he says. "Even for travels in the future or opportunities that might pop up in nursing, I definitely see myself keeping Cape Breton as a home base for the rest of my life." ■



Step dance school an ‘absolute inspiration’

Melody Cameron is surrounded by dancers as she leads school participants in a lesson. *Contributed photo*

BY DAVE MACNEIL

As the Mabou School of Cape Breton Step Dance enters its sixth year, it owes its very existence, at least in part, to a town in Italy.

The husband-and-wife team of Derrick and Melody Cameron expect to once again welcome upwards of 40 participants to this year’s school, which will be held July 22 to 26 in Mabou. But it was Barga – billed as ‘the most Scottish town in Italy’ – that provided a lot of the inspiration for the school almost a decade ago.

The couple traveled to the Tuscan town, which has a population of about 10,000 and deep connections to Scotland, in 2015 and 2016, after Melody was invited to teach at the Barga School of Scots Dance, Song and Music. The school not only provided instruction but encouraged participants to explore what the area had to offer.

It was that ‘full immersion’ focus that inspired Melody to decide she’d like to try the same thing in Mabou.





The week-long school culminates in a Cape Breton house party for students and dance tutors with live music. *Contributed photo*

“It was so eye-opening,” recalls Melody, a fiddler and dancer who brings more than 40 years of experience to her school.

Up to 40% of Barga residents have Scottish relatives because a great number of people from the region immigrated to Scotland at the end of the 19th century in search of work. Derrick and Melody took full advantage of the opportunity to explore the area, and Melody came away with the idea that the same type of school could work in Cape Breton.

So, the planning began in 2016, and in 2017 they launched their first week-long school, with more than 30 participants. With between 30 and 40 students each of the next two years, the school was interrupted by Covid in 2020 and 2021, before picking up where they left off in 2022.

Dance instruction at the school runs from 9:30am to 3:30pm each day, and that early end to the day is a big key to the success of the school, as it provides students with the opportunity to explore the local communities.

“When you combine what the school has to offer with what the community has to offer, I think that the students get more out of the week than they expect,” says Derrick, an experienced guitarist

who looks after much of the administration of the school, as well as some of the music. “I think they find it’s a deeper experience than they expected.”

“You make them aware of all the places where they can eat, all the places that have music, the dances, the local artisans, the hiking trails and the beaches,” he explains. “The school schedule isn’t so full that they don’t have room to go and explore at their leisure and enjoy what the area has to offer.”

Melody is joined all week by dance instructor Jenny MacKenzie, who will also offer the participants a yoga session on Thursday. Guest instructors for the five days include Cheryl MacQuarrie, Dawn Beaton, Gerard Beaton, Harvey Beaton and John Pellerin.

Each day will also feature a different guest presentation, providing more historical context to local traditional dance and music.

Enrolment in the school also gets participants a free tour of Glenora Distillery, admission to the Thursday night Glencoe Family Square Dance and a Cape Breton house party with live music. Along with MacKenzie’s yoga session, other activities offered in association with the school this year are a dance exercise program with MacQuarrie and the Tuesday Night Ceilidh at the local parish hall.



Melody Cameron



The gymnasium at Beinn Mhàbu provides an ideal location for the annual school. Classes are also held at the local community hall.

Students have been travelling to the school from many parts of the world, perhaps none further than Heather Clarke of Australia, who attended last year. Heather, a historian who studies the dance traditions of her native country, says she had seen videos of Cape Breton step dancing but had never experienced it herself.

“I’ve been involved in step dancing for most of my life and have been aware of the unique tradition of Cape Breton for a long time,” she says. “I’m a member of the Instep Research Team in the UK and have often come across references to Melody’s school. I also heard about it through the Scottish country dance community.”

Heather says it was a “dream come true” to get the chance to attend the school, noting that the experience offers so much more than step dance instruction.

“We were immersed in the culture of Cape Breton—fantastic music, song, dance, and friendship,” she adds. “I was delighted by the number of extremely accomplished teachers who taught us throughout the week. All of them were great educators, warm, patient, and friendly.”

“I haven’t come across anything akin to the Ceilidh Trail anywhere in the world. It would be brilliant if Australia valued its heritage and culture in this way. It was an absolute inspiration!”

Another participant who attended the school in each of its first three years is Rhonda Gillrie, who has operated the Danceology dance school in Alberta for 40 years. She says Melody is doing so

many things right, and it has inspired her to look at things like music selection differently when it comes to her school.

“I grew up doing highland dancing,” she explains. “Kenneth MacKenzie will come in and play his pipes and he’ll play the highland way, and then he’ll play the Cape Breton way, and there’s so much joy and lift in the music, in comparison to the highland way.”

Rhonda says the experience of the traditional square dance was also an eye-opener, particularly the fact that all ages are encouraged to take part, noting that it’s a very encouraging atmosphere.

“I’ve soloed at the dances,” she recalls. “I soloed my first year. I didn’t know what the heck I was doing.”

“In Alberta, we would never feel comfortable enough to do that, never!” ■

capebretonstepdance.com



Rhonda Gillrie



Heather Clarke

Getting to know...

Mark Copley

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

Where are you from?

Inverness, born and raised!

Where do you live?

I live out in Foot Cape, on North Highlands Road.

What's your role with the municipality?

I'm a water and wastewater treatment plant operator.

What's your service time?

I think it's going to be 12 years this summer.

What are your main responsibilities in your job?

Making sure that residents have safe, clean drinking water. We go around to the water and sewer treatment plants and do daily checks, and we do sampling each week. We make sure all the lift station pumps are working.

What's the best part of your job?

It's being close to home, having a good, reliable job working with good people.

What's your favourite thing about Inverness County?

The people, the scenery, the beaches, the racetrack, and the rinks – all those things that I enjoy to do. Family too.



Mark Copley

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

I don't really shop very much. I'd say the local stores — Ivan's Daughters, The Inverness Pantry.

Finally, coffee or tea?

Coffee. I've got one right now.



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River Denys netminder making most of AHL opportunity

BY DAVE MACNEIL

Colten Ellis says a season-ending hip surgery last year breathed new life into his pro hockey career.

Colten Ellis got a regular turn in net with the Springfield Thunderbirds in the final months of the season.

Lucas Armstrong/Springfield Thunderbirds Media



Colten Ellis, who ended his junior career with the Charlottetown Islanders of the Quebec Major Junior Hockey League (photo at left), was clearly destined to be a goaltender from a very early age (photo at right). *Contributed photos*

The River Denys, Inverness County native is getting a regular turn between the pipes with the Springfield Thunderbirds after being called up in late January to the American Hockey League (AHL) affiliate of the St. Louis Blues.

Selected 93rd overall by the Blues in the third round of the 2019 National Hockey League (NHL) entry draft, the 23-year-old goalie is getting his second taste of life in the AHL. But this time he's putting up some pretty impressive numbers, and he credits the recovery time after the surgery in February, 2023 for helping him to refocus on his goal to someday make the NHL.

"Getting away from hockey for that long, just really helped me learn to love the game again," Ellis explains. "Now I'm just focusing on trying to stop the puck, instead of worrying about how I look stopping it—not worrying about specific parts of my game and just trusting myself."

"Being in a good mental state and being mentally tough is vital for this position," he adds.

Following a stellar four-year run in the Quebec Maritime Junior Hockey League (QMJHL), Ellis began his professional career in the 2021-22 season, splitting his time between the East Coast Hockey League's (ECHL) Worcester Railers and the Thunderbirds. That first stint with the Thunderbirds saw him play in just seven games, registering a lackluster goals-against average (GAA) of 3.93, with a .880 save percentage.

After toiling for the ECHL's Tulsa Oilers in 2022-23, he faced some adversity to open the 2023-24 campaign, suffering a concussion at the Blues' NHL

training camp. When he returned to action, this time with the Orlando Solar Bears of the ECHL, he stormed out of the gate, posting a 12-5-2 record, a GAA of 2.45 and a save percentage of .923. That included a five-game stint in December where he won all five games on his way to being named Goaltender of the Month in the ECHL.

When Thunderbirds netminder Vadim Zherenko went down with an injury in January, Ellis got the call-up to the AHL club and picked up where he had left off with Orlando. In the 13 games he had played for Springfield at press time, he was sporting a 2.86 GAA and a .926 save percentage.

When Zherenko returned from his injury, the club rotated through three goaltenders for a couple of weeks, before veteran Malcolm Subban was traded by the Blues organization in March to the Columbus Blue Jackets of the NHL, where he finished the season. That opened the door for Ellis to get in more games as he and Zherenko shared the net during the final weeks of the season.

"I honestly didn't expect anything to happen prior to the March 8 NHL trade deadline, and when it did, it opened the door for me to play out the rest of the season here. I'm grateful for the opportunity," Ellis says, adding that Subban deserves a lot of credit for helping him make the adjustment from the ECHL to the AHL.

"I think Malcolm really helped me when I came up," he explains. "I can't say enough about him. He was really good for me."

"He's played almost 100 games in the NHL. For somebody of his stature to be so easy and approachable and willing to help me out, it was awesome."



(Photos, from left): Colten Ellis, left, was joined by his brother Matt as they took part in a Cape Breton Screaming Eagles hockey camp; Ellis backstopped the Cape Breton West Islanders to a TELUS Cup victory in 2017; Ellis was called up to the Springfield Thunderbirds of the AHL in January. Photos at left and centre contributed; photo at right courtesy Lucas Armstrong/Springfield Thunderbirds Media

Ellis says the AHL game is so much faster than what he experienced in the ECHL.

“The plays develop so much quicker,” he says. “Obviously, guys are more skilled, and bigger and stronger. The decision making comes quicker and it comes crisper.”

“There’s a lot of one-touch passes. The big difference is how quick the guys are able to make the right decisions.”

Making history

Ellis gained acclaim on the national level in 2017, when he backstopped the Cape Breton West Islanders to the gold medal at the TELUS Cup, as they became the first team from Atlantic Canada to win the Canadian Midget Championships.

He then moved on to the QMJHL, where he played 153 career games with Cape Breton, Rimouski, and Charlottetown, going 103-31-4 with 18 shutouts, a 2.31 GAA and a save percentage of .912.

In his final junior season in Charlottetown, he tied the QMJHL record for most shutouts in a season with seven, a record he shared with five others including Hockey Hall of Fame inductee Roberto Luongo, before Rouyn Noranda’s William Rousseau notched his eighth shutout of the 2023-24 season in March to claim the record outright.

Despite so many highlights already in his hockey career, Ellis says he’ll have lots of time to look back on those accomplishments when his playing days are behind him. Right now, he has one focus, and that’s a career in the NHL.

“It’s nice to look back and be grateful for all the things that led me to get to where I am right now, but it’s tough when you’re still in the midst of things, and I’m still trying to get there,” he explains. “My end goal, obviously, is to make the jump and play in the NHL, and that brings a whole other realm of opportunities and goals on its own.”

“When I’m done playing, that will be something I’ll reflect on, but right now it’s just working towards that next goal and being hungry to get there.”

And as he continues his journey, he knows he has another Inverness County native on which he can call for advice, and that’s Stanley Cup champion and Hockey Hall of Famer Al MacInnis of Port Hood, who currently serves as a senior advisor to the general manager of the St. Louis Blues.

“He’s been really good right from when I was drafted,” Ellis notes. “It’s nice to have a familiar face every time I’m in St. Louis.”

“I’ll get a text from him here and there,” he adds. “I know that if I ever have any questions, he’s made it clear he’s willing to help. It’s awesome to have somebody in my corner like that.”

For now, Ellis says he feels like he’s on the right track to achieving his ultimate goal of making the NHL.

“Obviously, everyone has a different path to get to where they want to be,” he says. “Mine differs from the next guy.”

“Being 23 and playing this season in the AHL, it’s definitely where I want to be. I want to get my feet under me and get all these experiences playing in the AHL, and then, obviously, a new set of goals comes up.” ■



Mill Road Grows – a growing concern

BY CAROLINE CAMERON



MILL ROAD GROWS

In previous issues, I've introduced readers to the Mill Road Grows Food Security Program. It includes Mill Road Social Enterprises' Mobile Meals and Community Garden and Greenhouse, projects that are always 'growing.' Here's some detail on our Community Garden and Greenhouse.

Where – Our community garden is located at 20 Mill Road, Inverness, NS.

Who – Mill Road Social Enterprises, and a great group of volunteers and YOU are a part of Mill Road Grows. No matter if you're a local, a tourist, or a visitor in from another corner of the county, come by for a visit and get involved if you like.

What – Mill Road received a grant for a community greenhouse and expanded garden, and now accessible surfaces, so that we can provide barrier-free food, activities and a recreation space for our participants, and our communities.

When – There's already lots of rhubarb, and asparagus, mint, greens, herbs, and chives. Each spring the plastic will go on the greenhouse frame and heat-loving plants will go inside, so there's a series of goodies all season in and out of the greenhouse.

How – It's a community space, open to all. **Come visit.** You'll see signs to guide you on what is ripe, and how to harvest. There is a Facebook page, 'Mill Road Grows,' where what's ripe, workshops, and activities will be posted. Watch for ads and posters. Come to hang out, socialize, learn a thing or two, or even join a work party.

Why – This space is a place to encourage healthy activities and healthy eating, community, and even growing our own—all of this so that our region has a greater capacity to feed ourselves well.

Mill Road Grows exists because a part-time coordinator focuses on the initiative. The support of Mill Road Social Enterprises participants and staff, and a great volunteer base makes it all happen.



Collars protect the fleshy stems of tender seedlings.

Photo: Caroline Cameron

A part of the coordinator's job is to approach government, and charitable and private sources of funding. For the public, there's a donation box on site for those who'd like to chip in for their harvest, and there'll be some special products developed as fundraisers. In partnership with Frank Macdonald, the 'Hector Doink Sessions' honour our amazing story telling heritage, while also gathering proceeds for the program. They're setting their sights on Inverness Gathering Week.

Like every other good initiative in our county, Mill Road Grows puts in time and energy, and hopes that it will translate into participation and support towards shared community goals. They are half of the magic, and the community is the other half.

If you'd like to be part of it, you can come by, visit  Mill Road Grows

Call Caroline Cameron at 902-258-5768
or email mobilemeals.mrse@gmail.com.

WHY FOOD SECURITY?

Mill Road Grows is a food security program that serves Mill Road participants and our community with broad goals. These are the main points that won them the support of 100 Women Who Care in 2023.

(Photos page 13, clockwise from top left) Photo 1: Mill Road Grows community greenhouse is wheelchair accessible and open for a quiet sit, workshop or social; photo 2: Mill Road participant Ashley Cameron picks a pair of purple peacock broad beans; Photo 3: Some of the keen volunteers who share a vision and helped bring the site into full operation in 2023; photo 4: Volunteers at Mill Road Grows can pull up a chair for a well-deserved rest; photo 5: Regular visitors Winnie and Malcolm Ward; photo 6: Mill Road participant Jesse Burton in harvest mode; photo 7: Enthusiastic supporters Rebecca MacKinnon, left, and Alexis Smith. *Photos: Caroline Cameron*

You can 'give a man a fish'... or rather a zucchini, and they'll eat for a day, or you can teach someone how to grow a zucchini and they'll eat for their lifetime. This program allows our community to share food and knowledge.

Another powerful potential of this project is that people are provided an active physical outlet to explore. We are not all athletes, and children benefit from a variety of ways to be active and engage in the real world. Physical activity that connects directly to healthy eating, mental health benefits, and that demonstrates a clear reward for effort, is a great support for our community.

Aside from important life skills learned, there is a deep sense of personal satisfaction gained in this self-reliance. But thinking bigger, it is inspiring to know that during the last half of the 20th century Quebec built their agricultural production from supplying 15% of their food to 85%. Vision. Commitment. Action.

Inverness County has great agricultural potential, with at least one pocket of the best growing conditions in the province, lots of moderate soil, and an agreeable climate. For nearly a century, our land fed the fishers and miners who stoked our economy. Those farms also generated the financial means to educate a whole generation of achievers, who (unfortunately) were encouraged to move away for a better life. It is regrettable that we did not have a greater vision then, so that our many cousins could have supported our local economy and enjoyed the luxuries of life here that we have really come to appreciate over the last few years. ■

Garden notes

The sun has just begun to get our soil warmed up, but the days are already beginning to shorten. A short season indeed, but gardeners can make the best of every bit of it. Here are a couple of useful pointers for the June garden.

Bolting – Some plants are starting to put their energies to seeds now because they can sense the changing day-length. Spinach and lettuce will begin to 'bolt,' meaning they send up a shoot which produces seeds. They are switching from 'vegetative' leaf production to 'reproductive' seed production. Their leaves become more bitter and tough, reducing the chance of being grazed upon, since producing seeds is critical to their life cycle.

Bolting is a natural process, but poor growing conditions encourage these plants to go to seed more quickly. In order to enjoy leafy greens longer, a gardener can delay bolting by making sure that they get lots of water and well-nourished soil, and you can buy 'bolt-resistant' varieties, which go to seed later.

Planting seedlings – Start seedlings in mid-April, so that they are about eight weeks old in mid-June, ready for planting after the risk of frost is past.

- Before planting, introduce your seedlings outside gradually, at first for an hour, and then progressively longer periods, to 'harden them off.'
- You can make a 'collar' by cutting the bottom out of a paper cup to protect fleshy-stemmed seedlings from being lopped off by cutworms.

Happy Gardening!



Not even retirement can catch MacEachern

BY DAVE MACNEIL

Forget about “Freedom 55,” or even 65. Coline MacEachern has found her freedom in retirement by going back to school and launching a therapeutic massage business in her home community of Port Hood.

MacEachern, who readily points out she recently turned 68, is in her fourth year as sole proprietor of Sunset Massage, and she’s loving every minute of it.

“I feel good, and I love to do it,” she adds. “Both those things keep me going, and if I can make people feel better about themselves, whatever their ailment might be, that’s all very positive.”

MacEachern retired as aquatics director at Strait Area Pool in Port Hawkesbury about seven years

Coline MacEachern, in her fourth year operating Sunset Massage in Port Hood, has won multiple medals at the Canada 55+ Games, both in the pool and on the track.
Photos below: Contributed



ago. She worked there for 36 years, but decided that retirement wasn't really for her, at least not yet.

"I think when you get towards the end of your career, you look at yourself and you say, 'do I really want to go home and do nothing, or do I want to challenge myself?'" she recalls.

So, with that in mind, she attended a weekend workshop at the Canadian College of Massage and Hydrotherapy (CCMH) in Halifax. That workshop prompted her to take their three-year program.

"I was always really interested in physical activity, and how the body works," MacEachern says. "I was always intrigued by that. Being fit and being healthy was always one of my main goals."

She certainly had the opportunity to learn a lot about her own body, and what it can and can't do, as she's spent decades as a marathon runner and triathlete, and also competed and won medals on the national level in the Canada 55+ Games.

"When I was 50, I set a goal to train and to qualify for the Boston Marathon, and I did," she says. "People thought I was crazy. I said, 'no I'm not. This is something I want to do.'"

She says her second career was a natural for her.

"I always knew a lot about the body, but I always wanted to learn more," she explains. "So, this was the perfect opportunity to learn the different aspects. I'm learning every day, still."

"There's so much to learn about the association between the person and the body," MacEachern adds. "As a therapist, that's my approach, to teach people about their own bodies, and what it's capable of doing, and what happens when it's not capable of doing something."

"There's such an association between one end of the body and the other. It's a completely amazing field of study."

MacEachern graduated from CCMH in December 2020 and opened her clinic in the old St. Peter's parish hall in Port Hood. The clinic is now located in the Dr. John Waters Community Health Centre, which also houses the Chestico Pharmacy, the Islandview Beauty Salon, Dr. Michael Ojoleck's

"I think when you get towards the end of your career, you look at yourself and you say, 'do I really want to go home and do nothing, or do I want to challenge myself?'"

dental practice, and the Inverness County Home Support Society.

"It's a perfect location," she says. "I really like it there."

"I get a lot of referrals from the doctors at Inverness Consolidated Memorial Hospital, or chiropractors, or other people in the field who say, 'why don't you try this?'"

But she says word of mouth is probably the biggest reason her clinic has been successful.

Though her clinic is busy, it's not like MacEachern has given up on competing, as she was scheduled to compete in the annual Cabot Trail Relay which was run the final weekend in May.

"I'm always training for something," she says, noting that she's competed in the 17-leg relay race since it began in the late 1980s. "I've done every leg and I'm on my second time around."

"I love it. It's such a great time."

She also doesn't see any end in sight for Sunset Massage. "I set my goals as I go" she explains. "You can't put a time on it."

"I don't look at the future and say, 'I'm going to be there five years, or three years.' I'm just going to take every day as it comes." ■

Museums of Inverness County



Pictured above are a few of Inverness County's well loved museums. Not only are they popular with tourists, but they offer a lot to charm and interest the local resident too. Have a look what's on offer over the next few pages, and plan your next visit!

An Drochaid (The Bridge)

11513 Highway 19, Mabou
902-945-2311

Open: June 23 – August 25, 2024

Hours of Operation:

Monday – closed

Tuesday, 12–4pm

Wednesday – Friday, 10am–5pm

Saturday & Sunday, 12–5pm

Open by request year-round, outside regular summer hours.

Housed in a building that was formerly a general store (c.1874), An Drochaid (The Bridge) Museum now serves as a centre for research and local music, Gaelic language activities, cultural activities, local artifacts, and genealogical and historical records. Throughout the year, An Drochaid (The Bridge) hosts a series of ceilidh concerts, storytelling, a Gaelic conversation group and lessons, and music and dance lessons. Bus tours are welcome.

Chestico Museum

8095 Route 19, Port Hood (Harbourview)
902-787-2244

chesticoplace.com

Open: June 3 – October 18, 2024

Hours of Operation:

Monday – Friday, 9am–5pm

During July and August also open on

Saturdays, 11am–3pm

The former Harbourview School houses museum artifacts and historical/genealogical records that relate to the early settlers of the Port Hood area. The mission of the Chestico Museum has been to provide local residents and visitors to the area with a unique heritage experience. Port Hood's marine heritage during the Age of Sail, its heyday as a coal mining town in the early 20th century and its status as the county seat and commercial centre for Inverness have all been sources for new displays over the years.

Celtic Music Interpretive Centre Archives

5471 Route 19, Judique
902-787-2708

Open: June 30 – October 18, 2024

Hours of Operation:

Tom Rankin Exhibit Room:

Sunday – Friday, 11am–5pm

Archives: 10am–2:30pm or by appointment

Sunday Ceilidhs

Sundays 1:30–5:00pm LIVE Music - Fiddle & Piano

Lunchtime Ceilidhs Monday – Friday

(May 17–October 18) 11am–3pm

LIVE Music Demo - Fiddle & Piano

Food Service, Dine-in & Patio, Exhibits & Gift Shop

Please check Facebook and the CMIC website to confirm all dates and times.

The Centre collects documentary records and other archival materials, preserving memories and techniques, and promotes the tradition of Cape Breton music. The Archive houses documents, recordings, videos, photographs, letters, and items significant to the people, communities, and organizations of music tradition in a climate-controlled vault. Tours and workshops are available. Learn more in the Tom Rankin Interactive Exhibit Room, where you can pick up a fiddle and bow and capture the spirit. A restaurant and bar are on site.

Father John Angus Rankin Cultural Centre

4248 Highway 105, Glendale
902-625-3441

Open: Inquire locally for hours of operation.

Housed in the former Glebe House, the centre preserves and promotes the rich heritage of Glendale and surrounding area with local archives, photographs, videos, and audio tapes of historical and cultural significance to the Glendale area; kitchen ceilidhs; weaving classes; Gaelic lessons; accessible outdoor 24/7 Free Little Library.

Annual Glendale concert:

July 6th on the outdoor stage.

Inverness Miners' Museum

Not opening this year

MacDonald House Museum and Heritage Site

3458 Highway 395, East Lake Ainslie
902-258-3317

macdonaldhousemuseum.ca

Open: June 30 – August 31, 2024

Hours of Operation:

Tuesday – Sunday, 10:30am–4:30pm

MacDonald House Museum overlooks beautiful Lake Ainslie and consists of a restored 1850s gothic style farmhouse, display barns, a restored one-room schoolhouse, a fine collection of early 1900s furniture and artifacts, displays of farm machinery and implements, hand woven fabric displays and much more.

Margaree Salmon Museum

60 East Big Intervale Road, North East Margaree
902-248-2848

Open: June 25 – October 15, 2024

Hours of Operation:

Thursday – Sunday, 9am–4pm

The Margaree Salmon Museum is located in a former schoolhouse in North East Margaree. It aims to share the rich history of fishing on the Margaree River, a river which is still world renowned for its salmon. The museum also strives to educate visitors on the importance of conservation, in order to ensure the protection of fish stocks for future generations. The museum houses exhibits relating to salmon angling on the river, as well as an excellent collection of fishing tackle, photos and memorabilia of famous anglers. Practical information for anglers is also provided, including details on sport fishing regulations, local season dates and species identification

Mi-Carême Centre

51 Old Cabot Trail Road, Grand-Étang
902-224-1016

micareme.ca

Open: June 5 – June 30, 2024

Hours of Operation:

Wednesday – Sunday, 10am–5pm

Open: July 1 – August 31, 2024

Hours of Operation:

Daily, 10am–5pm

Open: September 1 – October 20, 2024

Hours of Operation:

Wednesday to Sunday, 10am–5pm

The Mi-Carême Centre is the only interpretive centre in Canada dedicated to the wonderfully whimsical Mi-Carême (Mid-Lent) celebration. A team of passionate guides will lead you in discovering the centuries-old fantastic and fun-filled Acadian tradition of the Mi-Carême, which is still celebrated every winter in the Grand Étang area.

Les Trois Pignons

15584 Cabot Trail, Chéticamp
902-224-2642

lestroispignons.com

Open: May 13 – October 27, 2024

Hours of Operation:

8:30am–5pm (Open until 6pm in July and August)

Visit Les Trois Pignons for a special view into Acadian culture and the history of Chéticamp, a stunning collection of hooked rugs and antiques, genealogy resource centre and library, and a full range of visitor information services. Guides will be happy to provide information on travel, services, activities, and tourist attractions in the area, as well as a large collection of tourist tips in the form of brochures, maps, guides, etc. Very knowledgeable on the Acadian community, they can help you make the most of your visit with information about local history, culture, and way of life.

Orangedale Railway Museum

1428 Orangedale Road, Orangedale
902-756-3384

Open: July 1 – September 2, 2024

Hours of Operation:

Daily, 10am–6pm

Built in 1886, this classic 19th century Intercolonial Railway styled structure was operational until 1990. Most artifacts are now displayed in the Freight Shed Gift Shop and several rail cars also on site. Station Master's quarters are open by appointment.

Storytellers' Gallery & Museum

5663 Highway 19, Judique

Open: July and August, 2024

Inquire locally for hours of operation.

Check for events on [!\[\]\(c50c8b7b2cc2cf9ff925edec0ee94c0d_img.jpg\) StorytellersGalleryJudique.](#)

This Museum is housed in a heritage building that was once a company house in the nearby community of Port Hood. It was Jack MacDougall's Store for many years and now preserves and shares the history of Judique and district through the Suidaic Air an Urlar Historical and Cultural Society. On display are historical photographs and local artifacts of the area depicting lifestyles of the past and a collection of family histories.



Strait Area Museum

24 Highway 19, Port Hastings
902-625-1295

Open: May 17 – October 19, 2024

Hours of Operation:

Monday to Friday, 9am–5pm,
Saturday & Sunday, 12–4pm

History comes alive in this modern museum overlooking the Strait of Canso. Displays on the construction of the Canso Causeway and its impact on the people and communities in the area, model ship display, local history, early 20th century lifestyle, railroads, and ferries. Extensive archives and materials for genealogical research available on-site. Personalized tours of the museum are given. Be sure to visit the gift shop, which features handmade products by local quilters, crafters, and woodworkers. Stop by the gazebo and enjoy an ice cream from the on-site ice cream barn on a hot summer day.

Whale Interpretive Centre

104 Harbour Road, Pleasant Bay

902-224-1411

Open: June 1 – October 15, 2024

Hours of Operation:

Daily, 9am–5pm

Children will enjoy the eye spy game in the kids' corner and visitors of all ages can hear the whales and see a 3D life size model of a pilot whale while enjoying amazing harbour, beach, ocean, and mountain views. Information is displayed on local fishing and wildlife, trails, and businesses in the area. Shop in the marine and wildlife themed gift shop, with souvenirs and work from local artisans. Located next to local whale tours and picnic areas. Group Rates available. Bus tours are welcome.



Preserving the past is a continuous process

BY DAVE MACNEIL

The Strait Area Museum is very much focused on the future as it preserves the history of the communities most impacted by the opening of the Canso Causeway nearly 70 years ago.

“A museum is always evolving. It has to continue to evolve so it means adding new things to our collection all the time, whether it be information or artifacts,” says Angie MacIsaac, who’s managed the Port Hastings museum for the past six years. “We’re always in motion.”

MacIsaac says she wants the museum to be a place where people can gather, and to that end the facility has started hosting a weekly coffee club, a free drop-in event.

“It’ll be one morning a week,” MacIsaac explains. “You can sit, have a conversation. We can look at photographs—more of a social thing. We want to be an active, happy social place to visit.”

“It’s just to get people to know what we have,” she adds. “Many locals don’t realize we have as much information as we do.”

(Clockwise from left) This display includes a list of the communities whose history is being preserved by the Strait Area Museum; Logan Fox, president of the Port Hastings Historical Society, shows off the museum’s telegraph display; the last pair of shoes of champion Cape Breton step dancer Donald B. Riley; Angie MacIsaac has been manager of the Strait Area Museum for the past six years; Fox shows off part of the Canso Causeway construction display to visitors Nicole Latimer, left, and Tessa MacIsaac.

Also new for this season will be information and artifacts that the former Point Tupper Heritage Association entrusted to the museum when it closed its own museum during the early days of the Covid pandemic.

“We helped them bring it over,” MacIsaac says. “And then we worked on all their items, getting them photographed and in our system, to have them ready to go out for this year.”

She says it’s also important to attract younger people to the museum. The Port Hastings Historical Society, the volunteer group that supports the museum, has its youngest president ever in Logan Fox. In fact, the society’s entire executive is under the age of 40.

Fox, who grew up in the Port Hastings area, first came to work at the museum in 2020 and stayed on as a member.

“Local history has always interested me,” he says. “When I started work at the museum, I realized some of the cool older pictures and artifacts they have and how important it is to keep that in your community and be able to show future generations how people used to live.”

He says the younger generation owes it to older volunteers to step up and continue the important work of preserving the past.

“They’ve put a lot of years into our organization,” Fox notes. “A lot of them, especially since the pandemic, don’t come out as much. It’s so important to keep the museum active in our community, so we definitely need younger people to sign up and take on those roles.”

One of those long-time volunteers is Yvonne Fox, who spearheaded the creation of the Port Hastings Historical Society in 1978, when information was being gathered to mark the 25th anniversary of the causeway’s opening in 1980.

“If Yvonne Fox wouldn’t have collected all this stuff in the 70s and 80s, we wouldn’t be here,” MacIsaac explains. “She’s got to get total credit for making it all happen.”

“She’s the driving force,” she adds. “Even today, if I have a question that I don’t know the answer to, Yvonne’s my first call.”

The Strait Area Museum is supported by the federal and provincial governments, as well as by the Town of Port Hawkesbury, and the Municipality of Inverness County which provides grant money to hire staff each season. But MacIsaac says its main sources of revenue are the ice cream barn located next to the museum, the donations collected at the door, the artisans shop on-site, and the weekly ceilidhs the museum hosts on Tuesdays at the Port Hawkesbury Civic Centre.

MacIsaac says the museum is receiving donations of information and artifacts all the time. She says they’re happy to make available anything that focuses on the history of the communities most impacted by the causeway. Those include Port Hastings, Port Hawkesbury, Point Tupper, Auld’s Cove, Mulgrave, up Route 19 as far as Long Point, and up Highway 105 as far as Kingsville.

“My suggestion is that if it’s anything genealogical or family-related, we do have a family file system in our museum, so that families can come in, do their own research, take it with them, but also store a copy within our facility for future,” she says.

“We do have the skills now that we can scan in photographs and add them to our collection, and that’s going to be a big focus over the next couple of years, adding to our collection of photographs and documents and making that available digitally to allow people to access it more easily.”

For artifacts, MacIsaac says all donations are reviewed by an accessioning committee to see how they fit the focus of the museum. “As long as it fits, we’ll be able to bring it into our collection.”

“Yvonne has gathered so much information over the years, that we haven’t gathered as much in recent years,” she says. “The stuff we collect right now that’s happening—photographs or newspaper articles—is going to be history in 20 years’ time. It’s a continuous process.” ■



What causes seasonal allergies?

BY GLENNAL CALDER, ND

Airborne agents — known as pathogens or allergens — such as pollen, grass, mold, cedar, ragweed, or even some chemicals, are inhaled. In the body these allergens start to wreak havoc. The immune system mistakenly sees the pollen as a danger and releases antibodies that attack the allergens and release a chemical called histamine into the nose, eyes, and lungs.

Histamine is intended to attack harmful agents and remove them from the body. So, our nose runs, we cough, our skin gets itchy, and our immune system works overtime to try to eliminate the allergens and we become fatigued. One of the main things that histamine does is cause inflammation.

Here are some suggestions to control your allergies. For specific recommendations visit an ND.

1. Cleanse your nose

Pollens adhere to our mucus membranes. Try cleansing your nasal passages with a neti pot, sinus irrigator or nasal oils. This has helped many of my patients.

2. Manage stress

Stress hormones wreak havoc in the body and especially in the immune system, making seasonal allergies even worse. Take time out for self-care and avoid overcommitting your schedule.

3. Top herbal remedies

Quercetin is a nutrient found in onions, apples, and black tea that research has shown to block the release of histamines. 500 mg three times per day can reduce symptoms of allergies without any side effects. Combine it with nettle, which is an herb that works as an antihistamine, for a greater effect.

4. Add apple cider vinegar

Apple cider vinegar is reported to boost the immune system, help break up mucus, and support lymphatic drainage. Experts recommend mixing one to two tablespoons of apple cider vinegar with a glass of water and lemon juice three times a day to relieve allergy symptoms.

5. Visit a chiropractor or massage therapist

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!)

6. Ease the load on your liver

Often, allergies are worsened by toxins within the body. The liver is a great mediator of inflammation in the body, and when it is working overtime metabolizing our stress, medications, alcohol, and processed foods, allergies can flare up. Detox your body by eliminating fried foods, sugar, alcohol, and other toxins from your diet. Try liver supportive foods and herbs such as milk thistle, turmeric, artichoke, citrus fruits such as lemon, and nuts.

7. Take probiotics

Allergies are the result of an imbalance in the immune system that causes the body to react too strongly to stimuli. Many studies link the presence of beneficial bacteria in the gut with reduced incidence of allergies. Probiotics can help stimulate production of immune enhancing substances, hinder growth of pathogenic bacteria and boost the immune system. Use a probiotic with at least eight different strains and that is a minimum 20 billion CFUs per capsule.

9. Clean the house

Regular house cleaning can get rid of many allergy triggers and help relieve your symptoms. Clean or change out the air filters in your home often. Also, clean bookshelves, vents, air purifiers and other places where pollen can collect. Vacuum carpets and change pillowcases at least each week. Allergens can transfer from your hair to your pillow on a nightly basis. If your allergies are severe, consider changing your pillowcase every morning.


10. Consider purchasing an air purifier

You can have one in your house or, even better, in your bedroom. HEPA filters have been shown to trap a high percentage of particles (as high as 98%) that are minute in size (less than .3 microns in diameter).

If you do all 10 of these things it will put you on a likely path to significantly reduce your allergy symptoms. It may take a few weeks, but research and clinical evidence support these 10 recommendations. Consult your primary care physician or a practitioner educated in functional or integrative care.

Yours in health,

Glenna Calder, Naturopathic Doctor

A woman with red braids, wearing a blue dress, stands on the right side of the frame, smiling and looking down at a line of young children. The children, mostly boys in blue school uniforms and one girl in a red dress, are walking in a line on a dirt path. In the background is a brick building with a corrugated metal roof and several windows with blue frames. The scene is set outdoors under a clear blue sky.

Working visit to Zambia for Inverness County Cares

BY COLLEEN MACDONALD MACLEOD,
SECRETARY, INVERNESS COUNTY CARES



Inverness County Cares (ICC) is a society formed to help children in dire need. Our current project is to provide food, shelter and an education to the students of the Kawambwa Schools in Northern Zambia. These schools cater to the blind, visually impaired and persons with albinism.

On January 22, 2024 a group of six ICC members travelled to Zambia for a working visit of six weeks. The travellers were four retired Nova Scotia teachers, Charlotte Rankin, Winnie Rankin, John Gillies and Colleen MacLeod; Betty Jane Cameron, a nurse and music teacher; and electrician John MacInnis. The volunteers personally covered all their costs associated with the trip.



ICC has worked with the two schools, St Mary's in Kawambwa on the edge of the northern Zambian plateau (115 students) and St Odilia, in Mporokoso (315 students) for five years. ICC partners with Chalice Canada, an international charity based in Bedford, Nova Scotia. Our connection with this well-respected organization brings the stability of a partner who can provide onsite supervision of the project, accounting services, auditing support and CRA taxation receipts.



Through our work with the schools and our regular correspondence we've developed a virtual relationship with the Sisters of the Child Jesus, a Zambian order who administer the two schools. In 2020 three ICC members visited the school for four weeks, and it was with great joy that they renewed their friendship and introduced three more ICC members this year.

On our arrival in Kawambwa we were faced with a school without students because of school closures due to cholera. We had previously informed the sisters that we would have funding available for repairs to infrastructure at each school on our arrival. Right away, the sisters asked John and John to conduct an inventory of the infrastructure needs of the school. Betty Jane got to work helping teachers develop a framework for her music lessons to use later with students and teachers, using

Top: Teacher Cynthia comforting a student as she teaches 28 students. Middle: John MacInnis, left, and John Gillies repairing windows with two local workers. Bottom: Music class with Betty Jane Cameron.

musical instruments already at the school and more we had brought with us this trip.

Winnie was assigned to the Home Economics class and initially met with teachers to help them develop additional food preparation skills. The sisters grow food in the school grounds and in other locations belonging to their congregation, which supplies the schools with abundant nutritious food. Charlotte worked with blind students who were already in residence at the school and assisted them as they built their confidence reading braille.

Meanwhile, Colleen introduced teachers to new insights in Canadian teaching methods, emphasizing interactive student-centred learning. The school understandably prioritizes good nutrition and braille supplies for the visually impaired. Other areas face a shortfall in funding because there just isn't sufficient funding to conduct proper maintenance.

The children returned to school on February 12, and we were in Mporokoso to greet them. Here we moved our educational focus to being with the children. John and John continued to work on getting local tradespeople and supplies to repair non-operational infrastructure. By the time we departed, both school sites had water restored to classrooms, dormitories and shower rooms, and electricity functioning in classrooms and dormitories.

Once the water was running, it was discovered that the sewer system was non-operational and in need of new piping. This refit was achieved before we left. As well, 140 panes were replaced, and defective window catches repaired, which prevented more wind damage to windows. In total, ICC spent \$17,200 on repairs to the school campuses. To put this in perspective, it's important to know that the average yearly income for an unskilled worker in Zambia is \$400 CDN or less. The changes have made a remarkable improvement in the school environment.

We were met with immense gratitude, which was expressed by all levels of administration, school boards, bishops, clergy, the school administration, and most of all by the children who now have lights, toilets and running water.

All this was made possible by our supporters who help by dropping off bottles and cans at our recycling trailers in Mabou and Port Hood as well as our donors who are so very generous. We were the messengers representing the good will and generosity of Canadians. Thank you all so much. ■



Winnie Rankin, left, and Charlotte Rankin, right, with girls they sponsor through Chalice.



A Zambian country village.

Fixed it!



Diana Austin has been working in the field since April 2023. She recently passed her provincial Water Treatment Certification, Level 2.

What is this?

This is a lift station for transporting raw sewage uphill to the Whycocomagh waste water treatment facility. It's located at the bottom of Provincial Park Rd.

Why was it replaced?

The aging infrastructure (inset photo) was beyond its useful life.

How does it work better now?

This upgrade provides connectivity to remote monitoring, so no more need for manual monitoring. It also doubled the pump capacity.

How long did it take?

Just one day! The work was completed by Lynk and by our municipal maintenance crew.

Why should residents care?

The upgrade improves efficiency. It's a cleaner, tighter system with less room for error, and it reduces overall operating costs. Go team!

GET ACTIVE Inverness County

The Get Active Team is back this summer hosting recreation events throughout the county and supporting our communities in their events. If you spot our team stop and ask to join in on the fun!

Back by popular demand

- volleyball + spike ball tournaments
- youth track 'n' field training
- End of Summer county track meet
- Inverness County Running Circuit
- NHL Street Ball Hockey
- Birds Canada walk-and-talk
- "Get to know your peeps"

Brand new on the roster this year

- youth adventure hikes on Lizzi's Loop
- group bike rides
- youth tennis
- pickleball and more

The department also offers equipment for loan including:

- Bicycles
- Yard Games
- Tennis
- Pickleball gear

STAY UP TO DATE with program details and weekly schedules:

 MunicipalityInvernessCounty
[invernesscounty.ca/recreation](https://www.invernesscounty.ca/recreation)

Contact Krista MacInnis: 902-258-5930
krista.macinnis@invernesscounty.ca



Come find the Get Active team when we're out and about supporting community festivals and events throughout. Our yellow t-shirts are easy to spot!



Accessibility and inclusion

The Municipality of Inverness County strives to meet the needs of its residents and visitors of all abilities. The Recreation and Community Wellness Department is offering a wide range of adaptive equipment for loan at low to no cost.

Ask about our all-terrain Hippocampe chair, handcycle bikes, and "the Rig" an adaptive e-bike for all users.

This includes sensory items and games that support people with dementia!

Find out more:

[invernesscounty.ca/accessibility](https://www.invernesscounty.ca/accessibility)

A coastal landscape at sunset. The foreground is dominated by tall, dry grass on a sand dune. A wooden fence runs diagonally across the middle ground. In the background, the ocean meets a hazy coastline under a bright orange sky with a low sun.

Help protect coastal life

The sand dune and wetland ecosystems that support plant and animal life around Cape Breton's world-famous coastlines are fragile. Careless human activity easily disturbs these complex systems, and they can take a long time to recover from damage.

Whether you're a visitor or a local, please enjoy our precious sand dunes with your eyes, but not your feet.

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.

Moving in June 2024. Check with us before making any in-store shopping plans. Updates on Facebook and cheticampfurniture.ca

**Moving
in June**

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





Le 20e anniversaire du Grand Cercle sera souligné à Chéticamp cet été

PAR DANIEL AUCOIN



La région acadienne de Chéticamp offre aux nombreux visiteurs de multiples activités et beaucoup de choses à découvrir. L'accueil chaleureux des gens, la beauté du paysage, la mer à perte de vue et des montagnes à vous en couper le souffle vous réservent un séjour sans pareil. C'est durant le Festival de l'Escaouette qu'on fait revivre les anciennes coutumes et traditions acadiennes.

Les préparatifs sont en marche afin de souligner le 20e anniversaire de la comédie musicale *Le Grand Cercle* premièrement présenté à Chéticamp lors du Congrès mondial acadien de 2004. Cette production haute en couleur relate l'histoire de l'Acadie, de la pré-déportation à aujourd'hui, avec un accent spécial sur la communauté acadienne de Chéticamp.

Le spectacle Gala du Festival de l'Escaouette gagne en popularité depuis plusieurs années. Les 4 et 5 août, la Société Saint-Pierre, en compagnie de nombreux partenaires, représente la partie musicale

du *Grand Cercle* à la Place des arts Père-Anselme-Chiasson. L'immense succès du spectacle présenté en 2004 pour souligner le Congrès mondial acadien a servi en quelque sorte de bougie d'allumage pour l'organisation du Gale cet été.

Lisette Bourgeois, directrice générale de la Société Saint-Pierre, souligne avec une certaine fébrilité qu'on prépare un spectacle à grand déploiement qui ralliera musique, chant, danse et histoire.

“Les chansons phares du *Grand Cercle* seront au menu du spectacle. On y retrouvera un excellent orchestre sous la direction de Scott MacMillan et une grande chorale dirigée par Michel Aucoin. On prévoit une projection de photos souvenirs du *Grand Cercle*. Les chansons du spectacle seront interprétées avec passion et excellence par des choristes talentueux. Avec des tableaux percutants et émouvants, le spectacle magistral sera ponctué de moments de grande sensibilité.”

Par ailleurs, Mme Bourgeois souhaite qu'à la fin de chaque représentation, les spectateurs sortent comblés avec plus de connaissances sur l'histoire de cette communauté acadienne. Elle ajoute que les artistes de la relève auront une place particulière dans le spectacle.



Rappelons que le *Grand Cercle* a été en nomination comme Spectacle de l'année au Gala des prix Éloizes en 2005. Le *Grand Cercle* nous propose une vision d'avenir où l'Acadie, riche de son passé tumultueux, offre au monde ses valeurs de justice, de partage et de paix.

Paul D. Gallant, originaire de Mont Carmel à l'Île-du-Prince-Édouard, est l'auteur de la pièce *Le Grand Cercle*. Selon lui:

“Le *Grand Cercle*, sans l'ombre d'un doute, m'a poussé au dépassement plus que tout autre projet théâtral. Dans son temps, ma production constituait une des plus grandes comédies musicales au Canada. La pièce m'a roulée dans la tête quatre ans auparavant. C'était seulement quand j'ai pu voir tout le spectacle dans ma tête et que j'avais un plan du déroulement sur une seule page que j'étais prêt à écrire.”

Scott MacMillan est compositeur, chef d'orchestre, arrangeur, organisateur, chef de chœur, enseignant et virtuose de la guitare. De son côté Michel Aucoin a dirigé plusieurs chorales au cours des années, entre-autres Le Chœur du Havre et l'Écho des Montagnes.

La pièce *Le Grand Cercle* fut jouée à quatre reprises à salle comble lors du Festival du Mitan dans le cadre du Congrès mondial acadien en 2004. Par après, le spectacle a été repris de 2006 à 2009 dans l'aréna de Chéticamp avec plus de 200 artistes, techniciens et bénévoles. Ce grand projet communautaire a éventuellement mené à l'ouverture de la Place des arts Père-Anselme-Chiasson et à la construction d'un atelier et entrepôt. Toute une génération d'artistes et de techniciens ont collaboré à la réalisation de nombreux spectacles au Conseil des arts de Chéticamp depuis 2004.

La partie musicale du *Grand Cercle* sera présentée le dimanche soir 4 août à 19h30 et le lundi après-midi 5 août à 14h00 à la Place des arts Père-Anselme-Chiasson. Les organisateurs conseillent aux gens d'acheter leurs billets avant l'événement en se rendant sur le site web conseildesartsdecheticamp.com ■

An English version of this article can be read online at: participaperonline.ca/grand-cercle

2024 Inverness County Volunteers of the Year

Community groups and individuals throughout Inverness County have nominated a total of 38 people for Volunteer of the Year for 2024. Neil MacQuarrie, nominated by Phil Blackwood, was selected in a random draw of nominated volunteers to represent the municipality at the Provincial Volunteer Awards Celebration in Truro on September 18.



Mélanie Bourgeois



Mary Campbell



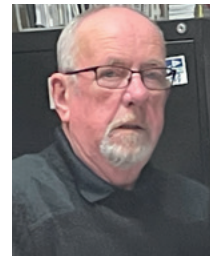
Evan Fougere



Alfred Gallant



Florence MacDonald



Lawrence MacDonald



Lois MacIsaac



Colleen MacLeod



Eddie Phillips



Brad Purdon



Pauline Campbell



Archie Chisholm



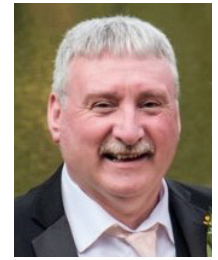
Anita Coady



Jill Copley



Maril Crowley



Mose Fortune



Craig & Terry Gillis



Greg Jones



Lyn King



Elias Larade



Audrey LeBlanc



Pat LeBlanc



Marie MacDonald



David MacEachern



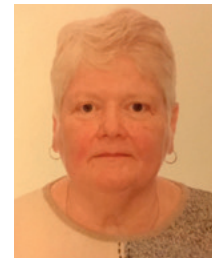
Kelly MacGillivray



Donna MacInnis



Sylvie MacIntosh



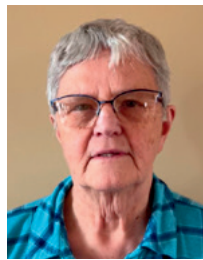
Patricia MacIntyre



Jane MacLeod



Edward MacNeil



Marie MacNeil



Dougie MacPhee



Neil MacQuarrie



Colleen McNab



Jason Spears



Karen Tompkins



Michael van Zutphen



Ted van Zutphen

Mélanie Bourgeois

NOMINATED BY : CONSEIL DES ARTS DE CHÉTICAMP

Mélanie has been an active member of the community since her school years. She has pursued her studies at CBU and returned home to continue what she started! She is an active Board member of le Conseil des arts de Chéticamp, and also volunteers with the Highland ATV Club, the Highland Trail Groomers Association, and Chéticamp's dance group, Encore du vent.

She is always willing to lend a helping hand and she works hard to support and improve her community. Her contributions to make Chéticamp grow don't go unnoticed. She's a rockstar and we appreciate all the time and energy she devotes to our community!

Mary Campbell

NOMINATED BY: ST. ANDREW'S PRESBYTERIAN CHURCH, WHYCOCOMAGH

St. Andrew's Presbyterian Church, Whycomagh, is proud to recognize the community volunteer efforts of Mary Campbell, a dedicated wife, mother, grandmother, and friend.

A retired teacher who resides in Iron Mines, Mary was elected an elder of St. Andrew's Church in 2012. She is an active member of the Ladies Aid group, a faithful choir member and she has served as representative elder for the St. Andrew's/Little Narrows Charge on the Presbytery of Cape Breton. Mary is also a member of the Fire House Quilters and a past member of the Whycomagh Historical Society. When called upon to do something for the church or community, Mary is always ready and willing.

Pauline Campbell

NOMINATED BY: JUDIQUE KILDONAN SENIORS' CLUB

The Judique Kildonan Seniors' Club is happy to nominate Pauline Campbell as our volunteer of the year.

Pauline has been President of the Judique Kildonan Seniors Club for many years. She is involved in organizing the weekly card games, making sure everything is set up and that supplies are available, and a lunch is provided. Pauline coordinates and oversees our annual Christmas dinner, and she makes it look easy. She does all this with a smile on her face and is always willing to pitch in. Pauline is a great asset to our organization, and to our community.

Thank you, Pauline, for all that you do!

Archie Chisholm

NOMINATED BY: ST. MICHAEL'S PARISH, EAST MARGAREE

Archie Chisholm is a lifelong resident of Margaree Forks and of St. Michael's parish. Receiving all the sacraments of the church, Archie became a Eucharistic Minister in 1994, still serving in that role for over 30 years. He is also a member of the Hospitality Ministry and a member of the Father Robert Wicks Council of the Knights of Columbus, achieving the Fourth Degree.

In his early years Archie was employed by Stora as a cook in the Highlands for five years. He was later employed by NS Dept. of Highways. Now retired, he enjoys visiting relatives, listening to Celtic music, walking, and taking care of his property. His hobbies include watching weather patterns on his home weather station and observing wildlife of the area.

Anita Coady

NOMINATED BY: MARGAREE SALMON MUSEUM

The Margaree Salmon Museum is pleased to nominate Anita Coady as our 2024 volunteer of the year for her role as Margaree Salmon Museum president and board for the past number of years.

Under Anita's leadership, the museum has undertaken fundraising initiatives and important building renovations and made positive community connections through initiatives such as a seasonal newsletter. Anita has been significantly involved in supporting an active, working board and in building relationships with other Margaree organizations.

Anita has had multiple other community involvements in the Margarees, but she is particularly remembered as a key organizer for Margaree Area Development Association's annual Anything That Floats event for many years.

The Margaree Salmon Museum applauds Anita's ongoing volunteer efforts as president and board chair for the past number of years.

Jill Copley

NOMINATED BY: INVERNESS ARENA COMMISSION

The Inverness Arena Commission is pleased to nominate Jill Copley as their Volunteer of the Year.

Aside from being a mother of two and working full time as an educator at Inverness Education Centre, Jill is an extremely dedicated member of the Inverness Arena Commission. She spearheads all fundraising efforts for the Inverness Arena, and she created the "Fill the Net" fundraiser, which allows businesses, families, and individuals to make donations towards renovating the warm room at the rink.

Additionally, Jill organizes free skates three days a week for the community by collecting sponsorship from local businesses and families. She also oversees the weekly toonie draw for Inverness Minor Hockey and the weekly community bingo. Jill can always be found selling tickets for our local arena.

Maril Crowley

NOMINATED BY: MARGAREE VOLUNTEER FIRE DEPARTMENT

The Margaree Volunteer Fire Department is pleased to nominate Maril Crowley as their Volunteer of the Year for 2024.

Maril is a dedicated volunteer firefighter in Margaree. Since becoming a member of the department, she has volunteered at countless events and fundraisers in an attempt to help and support those in need. Maril is always looking for new ways to support her community.

She is devoted to her community, never searching for credit for her volunteer work. We thank you, Maril, for all you do! Congratulations!

Mose Fortune

NOMINATED BY: CRANTON CROSS ROAD COMMUNITY CENTRE

Mose Fortune has been an active member of the Cranton Cross Road Community Centre board of directors for six years, serving three years as vice chair. An exceptional volunteer at events that involve meal preparations, he always arrives early with a smile, ready to set up tables and shed his kind nature amongst fellow volunteers as they prepare delicious meals. He is always the last to leave after events, ensuring the kitchen is spotless.

A retired cook at the Inverness Hospital, Mose is a valued member of the Meals on Wheels organization; he is also a dedicated volunteer with Knights of Columbus, having served in the past as Grand Knight and is a volunteer at the weekly KOC crib night in East Margaree. He is also a member of the Parish Pastoral Council, always willing to lend a kind and generous helping hand to the CWL.

Evan Fougere

NOMINATED BY: WEST BAY ROAD AND DISTRICT VOLUNTEER FIRE DEPARTMENT

Evan Fougere has been an active member of our volunteer fire department since 2018. He is currently in the role of acting chief.

Evan has completed several training courses, including Level 1 firefighter. He participates in in-house training, sharing his knowledge and years of experience. He is always ready to help our community members with medical and fire emergencies. Evan is an experienced welder and was helpful when he and other department members installed an SCBA carousel on our rescue truck.

Evan works as a landfill operator for the Municipality of Richmond County. When he isn't working or doing fire department duties you can find him enjoying his time golfing in Dundee.

Alfred Gallant

NOMINATED BY: ST. PATRICK'S PARISH, NE MARGAREE

When it comes to serving community, you will find Alfred scurrying about with prepping duties, setting up and cleaning up at the annual chicken BBQ, assisting with the BBQ duties for the Highland Games, and the March Jiggs Dinner. He not only shares his talent with St. Patrick's parish but can be found prepping, serving, and tidying up at Wilson United Church annual dinners, with his wife Marlene.

Alfred is a staple in parish support with working at the annual Fall Fair, cemetery clean up, serving at funerals and offering a hand when projects are implemented. He is a member of the Margaree Knights of Columbus, and is in his third year on parish council for the Margaree Family of Catholic Churches, representing his home parish of St. Patrick's as well as serving the faithful of all three parishes. Alfred is also a member of the MFDH 2024 reunion which will take place this summer.

Craig & Terry Gillis

NOMINATED BY: WHYCOCOMAGH WATERFRONT CENTRE ASSOCIATION

The Whycocomagh Waterfront Centre Association is happy to nominate Craig and Terry Gillis. Craig and Terry have been stalwarts of the association for approximately 15 years. These two individuals exemplify the meaning of volunteerism.

Craig and Terry have dedicated thousands of hours to developing the Waterfront Centre and surrounding area through facility improvements and programming for all ages of the community. Without a doubt, the association and the community of Whycocomagh would not be where it is today without their tireless dedication and commitment.

Greg Jones

NOMINATED BY: WHYCOCOMAGH VOLUNTEER FIRE DEPARTMENT

Greg has been a dedicated member of the department since approximately 10 years. He cares deeply about his community and serving it as a member of the department.

Greg is the joker of our group and keeps us laughing at our meetings and practice nights. When the need calls, all joking is put aside and most times you can find Greg behind the wheel of the main pumper truck, given his experience. He started dart night at our hall, every second Saturday, as a way of bringing community members together for an evening of laughs and connecting.

Lyn King

NOMINATED BY: NORTH MOUNTAIN CULTURAL AND RECREATION ASSOCIATION

The North Mountain Cultural and Recreation Centre in Marble Mountain is pleased to nominate Lyn King as their Volunteer of the Year.

Lyn retired a few years ago and moved to Marble Mountain from British Columbia. With her strong administrative and leadership background she immediately became involved in our community, taking on the role of treasurer for our organization.

Lyn has introduced new age technology to some of our procedures, and she has helped organize events including BBQs, cribbage tournaments, teas, and auctions. She is ever-present in all activities of North Mountain Cultural and Recreation Association and in our community. We are blessed to have the energy and enthusiasm she displays on a daily basis.

Elias Larade

NOMINATED BY: CHÉTICAMP SENIOR CLUB

Elias Larade has been a lifelong volunteer and active community member. He has served on multiple boards and organizations: NS PC Party, board member of CBU, Chéticamp Kinsmen Club and NIRCA. For 21 years, Elias has organized a Goodyear Tire Golf Tournament, with all profits donated to NIRCA. His passion for the last 40 years has been CARES (Green Door). He currently serves as president of CARES. Elias and his wife, Betty, currently deliver meals on wheels.

Environmentally conscious, Elias is dedicated to keeping our community clean. We thank you Elias, for all you do.

Audrey LeBlanc

NOMINATED BY: MARGAREE HIGHLAND GAMES

As one of the founding members of the Margaree Highland Games, Audrey LeBlanc has served as an incredible leader and organization chair since 2012. With her generous heart, huge community spirit, and compassionate way, the board of directors of Margaree Highland Games is happy to recognize the tireless commitment and energy Audrey has invested in making this annual event such a success.

Pat LeBlanc

NOMINATED BY: SCOTSVILLE SCHOOL OF CRAFTS

Scotsville School of Crafts takes great pleasure in nominating Pat LeBlanc as our Volunteer of the Year.

Ten years ago, Pat started on the fibre trail, learning to spin and weave, and she became an active member at Scotsville, assisting with all the activities needed to keep a non-profit organization functioning. Two years ago, Pat agreed to become our treasurer; she has a quiet energy, good humour, and a willingness to get jobs done.

Pat has a long history of volunteering: Church, Girl Guides, Kinettes, and financial awareness in schools.

Florence MacDonald

*NOMINATED BY: GLENCOE STATION
RECREATION ASSOCIATION*

The Glencoe Station Recreation Association is happy to recognize Florence MacDonald as our volunteer of the year.

Florence has held several positions on our executive board over the years. Her kind and gracious personality is always a pleasure. She is always willing to help with whatever duties she is asked to perform, no matter how big or small and is a true example of a fine and generous community member.

Florence always demonstrates a professional leadership role in our kitchen. She has been a dedicated volunteer at our annual hunter's breakfast over the years, and for many years gave of her time to preparing a beautiful holiday dinner for members of our organization.

Lawrence MacDonald

*NOMINATED BY: CAPT. ANGUS L MACDONALD
LEGION, INVERNESS*

Comrade Lawrence has served — and is still serving — in various executive positions of Branch 08-132, Royal Canadian Legion. He is a veteran of the Canadian Armed Forces and continues to be a catalyst in all the endeavours of the branch.

Comrade Lawrence is a consensus builder and is highly respected by his fellow comrades as a strong advocate for veterans and Legion affairs, locally, provincially, and nationally. He is the primary go-to person. Whenever there is work to be done, Comrade Lawrence is there to lend a helping hand and/or to give sound advice. He truly exemplifies the spirit of going beyond the call of duty. His dedicated community involvement coupled with his steadfast Legion service serves as an inspiration to all.

Marie MacDonald

*NOMINATED BY: MABOU AND DISTRICT
COMMUNITY DEVELOPMENT ASSOCIATION*

Marie embodies the essence of volunteerism, dedicating countless hours to various community initiatives. For over a decade, she has served as a committed director of the Mabou and District Community Development Association. Her attention to detail ensures our village shines during the Christmas season with well-maintained outdoor decorations and lighting. Her personal touch adds flair to the BBQs for Ceilidh Days and the community clean-up. She plays a crucial role in driving forward the Mabou Blooms Campaign, enhancing our village's beauty with stunning displays of flower baskets and planters.

Additionally, Marie volunteers at Strathspey Place, warmly welcoming guests and ensuring smooth operations during events. Whether greeting guests or managing the stage, Marie's dedication shines through at the Celtic Colours International Festival. Beyond her community engagements, Marie faithfully performs duties in the church as a member of the parish.

David MacEachern

NOMINATED BY: JUDIQUE COMMUNITY CENTRE

The Judique Community Centre is pleased to nominate David MacEachern as our volunteer of the year for 2024.

David is a wonderful addition to the long list of volunteers Judique Community Centre has! He is always checking on the building, mowing, and whipper snipping. He dedicates time each and every week to making sure the building and surrounding area are clean and operational. David is always up for any task we need and even finds work to do around the building all by himself. We are so thankful and appreciative of all his years of dedication, loyalty, and drive! He is by far one of our biggest assets.

Kelly MacGillivray

NOMINATED BY: MILL ROAD SOCIAL ENTERPRISES ASSOCIATION

Mill Road Social Enterprises is proud to recognize Kelly MacGillivray as their Volunteer of the Year for 2024. Kelly has been a volunteer Board member with Mill Road Social Enterprises for 16 years, where she has served as secretary of the organization for about 10 of those years.

Kelly has been an extra pair of hands for every event and fundraiser of Mill Road's. In addition to monthly meetings, she has regularly been seen selling tickets at the Shean Co-op, dishing out strawberry shortcake and tea, selling tickets at Chase the Ace, or spinning games of chance wheels at Casino Night.

Kelly has dedicated her time with Mill Road all these years because she is excited to see how her efforts can have such a positive effect on the participants of the agency.

Donna MacInnis

NOMINATED BY: GLENDALE AND AREA COMMUNITY COOPERATIVE

Glendale and Area Community Cooperative is happy to nominate Donna MacInnis as our volunteer of the year for 2024.

Donna has been a member of our organization for over five years and is a great asset to our group. She attends our monthly meetings on a regular basis and, whenever or wherever we need help, she gladly lends a helping hand.

She is a dedicated baker when we need desserts and biscuits. She has helped with painting the outdoor stage and helps with the many other duties at our outdoor concert in the summer. She has helped organize the talent for our bi-weekly summer ceilidhs. Donna is a valuable volunteer.

Sylvie MacIntosh

NOMINATED BY: LEMOINE DEVELOPMENT ASSOCIATION

Lemoine Development Association is proud to nominate Sylvie Macintosh as our 2024 Volunteer of The Year. Sylvie has joined the board of directors and gladly accepted the position of Treasurer for the Association.

She is an asset to the association, as she participates at meetings and is always willing to tackle any community event that we participate in. Our famous haunted Halloween activities are a great success and Sylvie is responsible for making this a success. She organizes and delegates people to make sure that everything goes well.

Additionally, Sylvie is a valuable part of a sub-committee responsible for organizing the potential build of a playground in our community, and is always ready to do what she can for the community!

Patricia MacIntyre

NOMINATED BY: ST. PETER'S CATHOLIC WOMEN'S LEAGUE

The St. Peter's Catholic Women's League in Port Hood is pleased to nominate Patricia MacIntyre as our Volunteer of the Year for 2024. Patricia has been an active CWL member for over 30 years.

Since 2021, Patricia has taken over the role as our CWL treasurer and has shared her skills with detail and organization in her role. Whenever called upon and without hesitation, Patricia is always available to help with fundraisers, dinners, and special events in the surrounding area. Her dedication and attention to every detail is a true testament to her kind-hearted and free-spirited nature.

Patricia is actively involved within her community. She has volunteered within the parish as a religious education teacher for the past 20 years, where the children always looked forward to seeing her each week!

Lois MacIsaac

*NOMINATED BY: INVERNESS CONSOLIDATED
MEMORIAL HOSPITAL AUXILIARY*

Lois has been a dedicated member of the auxiliary for over 12 years. For many years prior, Lois supported the auxiliary in her role as administrative assistant at ICMH where she also sat as a hospital board member and member representing MacDonald Hall.

Other community involvements include her longstanding and critical role as chair of the Broad Cove Concert Committee and numerous other committees within St Margaret's Parish. Lois can always be counted on for her knowledge at meetings, her creativity and participation in fundraising events, her public relations expertise, building connections in the community and, most importantly, for getting the job done!

The ICMH Auxiliary wishes to express our appreciation to Lois for her dedication and service and we are pleased to have her represent the ICMH Auxiliary.

Colleen MacLeod

*NOMINATED BY: CHESTICO MUSEUM AND
HISTORICAL SOCIETY*

Colleen is a long-time member of the historical society and can be relied upon to contribute to our various endeavours. Be it plant sales, heritage demonstrations or baking for teas, Colleen is there to lend a helping hand! She also oversaw the reprint of Fair is the Place and spreads awareness of hereditary hemochromatosis which is particularly prevalent among people of Celtic origin.

Colleen serves on St. Peter's Parish Cemetery Committee and is also an active member of Inverness County Cares. She just returned from visiting the two schools Inverness County Cares supports in Zambia where she led workshops for the teaching staff.

She is an outdoor enthusiast with a green thumb who is always willing to assist others with their gardens!

Jane MacLeod

*NOMINATED BY: STRAIT RICHMOND
PALLIATIVE CARE SOCIETY*

Jane is a retired Strait Richmond Hospital emergency room nurse. She joined the Strait Richmond Palliative Care Society 30 years ago. She is a charter member of the society and has served on many committees over three decades. She is presently on the executive, and head of the garden and publicity committees. Jane is always ready to help and is an asset to the society.

Additionally, Jane has volunteered her time for numerous years with the home and school committee, acting as a strong advocate for improvements within the school system, helping with school lunch programs, chaperoning dances, and fundraising.

She has facilitated Living with Cancer, Heart to Heart programs, played an active role in health fairs, has been a volunteer with the Port Hastings Fire Department Ladies' Auxiliary and assists with fundraising for St David's United Church.

Edward MacNeil

NOMINATED BY: MABOU SENIORS' CLUB

Unfortunately, Eddie passed away in early 2024 but club members want to honour him for all his work over the years. Eddie was involved in the club in many ways and had many worthwhile ideas. He served as the financial chair for many years and was quick to identify new resources that would bring a fresh idea to the room and to the activities. Eddie enjoyed playing cards, especially cribbage and auction.

Eddie was a cheery face at the lounge and spent many hours visiting friends in the community. Although he was dealing with various health problems in recent years, he maintained his positive attitude. He will be greatly missed at the lounge and throughout the village. Thank you, Edward MacNeil, for your service to our seniors and may you rest in peace.

Marie MacNeil

*NOMINATED BY: ST. JOSEPH'S PARISH,
SW MARGAREE*

For decades, Marie has worked diligently behind the scenes to ensure that the Parish of St Joseph's is well cared for—serving as a parish council member, Eucharistic minister, altar server, minister of hospitality, a lector and as our sacristan. Marie is chair of our finance committee and serves on the bereavement committee as well.

On top of all of those responsibilities, Marie has led our cemetery committee for 30+ years, making sure our two cemeteries are peaceful, beautiful places for our loved ones. Whenever an issue arises, "Ask Marie" is heard from Lake Ainslie to Margaree Forks. Marie finds time to organize and maintain our church with quiet and humble talents.

A friend to all, Marie is remembered in the wider Margaree community for being a fair and dedicated teacher at Margaree Forks High School and Cape Breton Highlands Academy.

Dougie MacPhee

*NOMINATED BY: MABOU GAELIC AND
HISTORICAL SOCIETY*

A former native of Barra in Scotland with Gaelic as his first language, Dougie has become a valued member of the local Gaelic community. He has been a tremendous asset to us at An Drochaid, helping to expand the Gaelic programming we are able offer.

He has given his time to provide opportunities for Gaelic learners and speakers to use the language by hosting numerous house cèilidhs and facilitating Gaelic conversation classes and storytelling sessions, to name a few. He joined our Gaelic committee in 2021 and has been instrumental in organizing events honouring our early Gaelic settlers.

Dougie is always lending a helping hand when we are setting up or tearing down after an event, arranging window displays, or decorating the float for Mabou Cèilidh Days. He never needs to be asked. If he sees something that needs to be done, he is there to do it.

Neil MacQuarrie

NOMINATED BY: PHIL BLACKWOOD

Neil MacQuarrie has been volunteering in a variety of capacities within Inverness County for over 25 years.

He is president of Inverness Taekwondo, a member of the executive of Inverness Minor Basketball, president of the Inverness Arena, member of the Inverness Legion, an Inverness Minor Hockey coach, and an Inverness Minor Baseball coach.

These community groups and organizations would not run as well as they do, or possibly not happen at all, without Neil's commitment and leadership.

Thank you Neil for all you do!

Colleen McNab

NOMINATED BY: CREIGNISH RECREATION CENTER

Colleen McNab invigorates the community with innovative ideas. She is a brilliant asset, resource, and energy to have on the Creignish Recreation Center Board.

Colleen's vision transformed Friday nights, evolving into a beloved local entertainment hub, uniting diverse age groups as well as showcasing local talent. Funds raised bolster the hall, playground, and volunteer base. Colleen's initiatives secure grants, enhancing the hall and recreation grounds for all.

Colleen's dedication earns immense gratitude from the Creignish Recreation Center Board and the community. Thank you, Colleen, for your ongoing contributions.

Eddie Phillips

*NOMINATED BY: MARGAREE AREA
DEVELOPMENT ASSOCIATION*

Margaree Area Development Association (MADA) is pleased to nominate Eddie Phillips as our 2024 volunteer of the year for his long-standing service with the MADA Board and for his ongoing community involvement on many fronts.

Eddie has been a steady support to MADA throughout his time on the board. His hands-on knowledge of building and property issues and his assistance with groundskeeping maintenance have been much appreciated. In addition, Eddie has taken a leading role in caring for MADA's Lifestyles Trail in Lake O'Law.

As well as his involvement with MADA, Eddie is Deputy Chief of the NE Margaree Fire Department and a board member of the Cranton Cross Road Community Centre. He has also had a long association with the Margaree Highlanders Snowmobile Club and the River Valley Equestrian Centre.

Brad Purdon

*NOMINATED BY: LEMOINE VOLUNTEER FIRE
DEPARTMENT*

The Lemoine Volunteer Fire Department is honoured to nominate Brad Purdon as our Volunteer of the Year.

Brad joined the department in 2014. In 2015 he moved back to industrial Cape Breton for work and joined the Howie Center Fire Department. We were very fortunate to have Brad return home in 2020 and with no hesitation he re-enlisted with the Lemoine Volunteer Fire Department. Brad is an asset to our department. He is a certified Level 1 firefighter and a medical first responder. He participates in training, meetings, medical calls, and alarms, as well as many fundraising activities and community functions.

We thank you Brad, for all you do for the department and for your community.

Jason Spears

NOMINATED BY: CELTIC SHORES COASTAL TRAIL

Celtic Shores Coastal Trail recognizes Jason Spears as our 2024 Volunteer of the Year. Jason, an Inverness native who resides in Port Hawkesbury, is an invaluable member of Celtic Shores Coastal Trail.

Jason has a passion for local history, and railway history in particular. His interest in bridge construction and his willingness to volunteer his engineering expertise to monitor the condition of the iconic Inverness trestle has enabled the Shean Trail volunteers to confidently maintain that section of CSCT. He is currently spearheading the drive to obtain funding to restore the Inverness trestle to its previous glory.

Celtic Shores Coastal Trail needs volunteers like Jason who appreciate the value of maintaining the rails to trails infrastructure and preserve the history of Inverness County.

Karen Tompkins

NOMINATED BY: PORT HOOD AREA DEVELOPMENT

Karen has been a valued member of Port Hood Area Development since 2019 and has served as the office administrator since then, and as treasurer for the past year.

She is always ready to pitch in wherever she is needed. She has developed and manages our Facebook page, manages our Beaches & Boardwalk Draw, arranges music for Chase the Ace and is a key organizer for Pumpkin People and The Scary Walk. Karen has contributed many hours in the Central Park Gardens and in the boardwalk and beaches clean ups, as well as decorating the park for the holidays.

Karen and her husband, Francis, are proud citizens of Port Hood. Port Hood Area Development is fortunate to have Karen as a member and we truly appreciate her commitment.

Michael van Zutphen

*NOMINATED BY: MABOU RIVER TRAILS
COMMITTEE*

The concept of the Trans Canada Trail system throughout our county encourages each of the five adjoining communities to take responsibility for regular trail maintenance throughout the four seasons. In doing so, its volunteers respond to all the necessary maintenance tasks to ensure the trail system is readily accessible to our multi-use clientele.

Our Mabou River Trails team are very proud to nominate Michael van Zutphen as our volunteer of the year. Due to his extensive experience with both machine and construction techniques, he has proven himself to be a valued member of the maintenance crew. With his keen sense of local flora and fauna, it enables us to focus our efforts to ensure our section of the Trans Canada Trail is in harmony with nature itself.

Ted van Zutphen

NOMINATED BY: INVERNESS COUNTY CARES

Inverness County Cares (ICC) is proud to nominate founding member Ted van Zutphen as our volunteer of the year. Ted has been the president of ICC since its beginning in 2012 and has used his leadership skills to guide the group as we have grown and worked with our colleagues in Canada and overseas. Both he and his wife, Hermina, host monthly ICC meetings at their home. Their hospitality over the years has brought ICC together as a unified group supporting children in the Third World.

Ted has been instrumental in organizing our very successful pizza sales, where he and Hermina offered their home as the pizza making kitchen. Ted also supports our beverage recycling collection depots, moves the trailers and sorts the bags dropped off – all huge jobs. ■

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.

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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
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Dave MacNeil

participaper@invernesscounty.ca



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