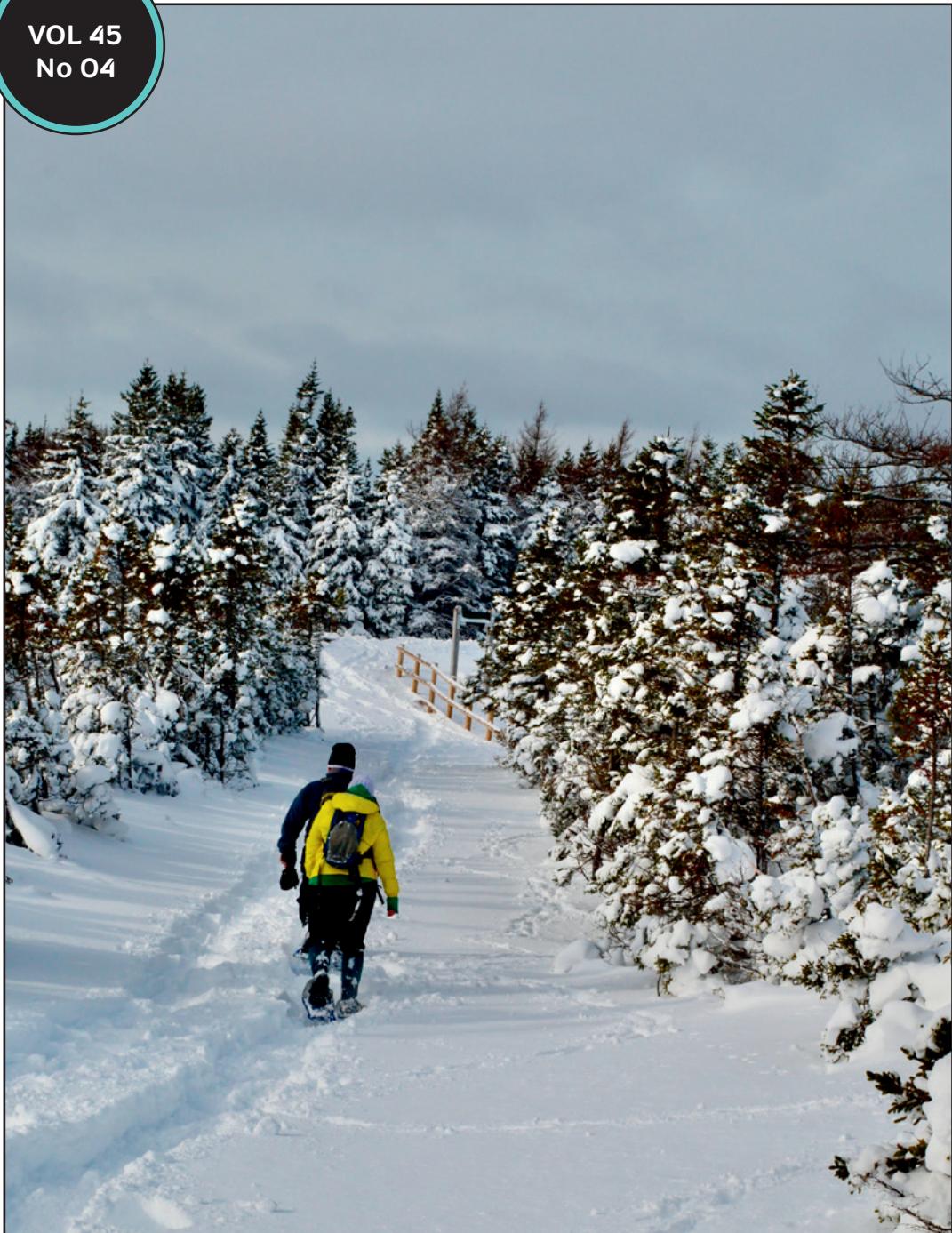


THE PARTICIPAPER

An Inverness County Periodical

Winter 2024-25

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Chief Administrative Officer's message

KEITH MACDONALD
INVERNESS COUNTY CAO

As winter sets in, this issue of *The Participaper* celebrates communities on the rise in the Municipality of Inverness County. A fantastic example of this is the collaboration around the Jajiktek-Seawall Trail project. Grassroots leadership and collaboration are the power behind the initiative, with folks coming together in respect and friendship around common goals. The trail will protect and celebrate this exceptional natural environment which has been stewarded by the Mi'kmaw people since time immemorial. And it'll enable people from all over the world to enjoy it for generations to come, all while creating economic opportunities for locals.

Strong and interconnected communities are indeed one of the things that makes Inverness County such a great place to live. Newcomers are increasingly attracted to our municipality, and our population is growing. On page 11, read about one recent new arrival joining the oncology team at Inverness Consolidated Memorial Hospital as well as the work of the Welcome Network and Connector program

that help new arrivals like Dr. Annalee Coakley settle in and contribute to our vibrant communities.

Building on this strong fabric, the new municipal council, sworn in on November 5, will spend the next four years working to make sure that Inverness County is an attractive place to make a life.

That includes prioritizing essential elements to attract and retain workers – such as housing, great employment opportunities, and daycare options for working parents. The Family Place Resource Centre is one such element. Operating for more than 30 years, the Family Place now offers more programs than ever for those raising children in Cape Breton.

As well, thanks to a unique program which launched in October 2024, midwife services are now available in Inverness County with funding from Doctors Nova Scotia. Mianh Lamson – another example of a person who chose to relocate here – is one of the bright, creative midwives now offering care to pregnant people both at the Community Health Centre and at people's homes.

Of course, a large part of what makes living in Inverness County so appealing is the passion and creativity of the people. Read about the rug hooking resurgence taking place in the Acadian region of Chéticamp (see participaperonline.ca for an English version of that article). Or check out a new six-part television series on local sea glass enthusiasts and their creative and healing activities, discussed on page 28.

All this in addition to our regular wellness and gardening features means plenty of good news stories to enjoy through the winter months.

Happy holidays,

Keith

The Participaper

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Art direction/design: missbrenna Studio

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A letter from the editor

DAVE MACNEIL

participaper@invernesscounty.ca

Since the Connector Program was launched in Halifax in 2009, it has spread to 44 communities across Canada. The program, administered locally by the Cape Breton Partnership, was an important lynch pin in attracting Dr. Annalee Coakley to join the staff of Inverness Consolidated Memorial Hospital (see story page 10).

The end goal of the program is to grow a professional network, thereby being able to attract more professionals to an area. And a key element is making people feel welcome, and fully integrating them into the community.

All this makes Inverness County a perfect location for the Connector Program. Maybe we haven't been keying on professionals, like doctors or nurses, but the fact is we've been doing our version of the Connector Program for generations.

In a rural county like ours, the network is already there, and county residents are renowned for their hospitality and their eagerness to share with newcomers the benefits of living in a place like this.

Ocean Le, who heads up the program for the Partnership, says he wants to do more connecting in Inverness County, and it's easy to see why, for the reasons I've noted.

Inverness County is a great place in which to live and can only be improved upon by attracting more professional people to provide the services that people take for granted in more populated centers. Dr. Coakley's arrival is proof it works here, and that bodes well for the program's continued success in the county. ■



Cover photo: Snowshoers navigate Benjie's Lake Trail in the Cape Breton Highlands National Park. Snowshoeing promises to be one of the many events offered during the Chéticamp Winter Festival.

Photo: Daniel Aucoin

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New winter festival to combine fun and culture

BY DAVE MACNEIL

The community of Chéticamp will host a brand-new festival this winter that will put the focus on fun and learning about other cultures.

The Chéticamp Winter Festival (which may go by another name by the time the celebrations roll around) will run from February 14 to 16, 2025. It's spearheaded by the Conseil de développement économique de la Nouvelle-Écosse (CDÉNÉ) and a local organization called Allons-y Ensemble (Community Matters).

Carole Aucoin, community economic development officer with CDÉNÉ, says organizers hope it'll attract visitors to the community, particularly those who have relocated from elsewhere to build their lives here.

“We don’t have an official name for it yet,” she says, noting that organizers initially talked about it as a seafood festival. But, with so many new immigrants to the area, they saw it as a chance

Snow-shoeing will be among the many outdoor activities offered during the Chéticamp Winter Festival in February.
Photo: Daniel Aucoin



There'll be fun for all ages in February during the Chéticamp Winter Festival. These children are shown enjoying the snow at Cape Breton Highlands National Park. *Photo: Daniel Aucoin*

to feature the culture and food of various other nations that are now represented locally.

"We're going to open the festival with an opening ceremony at the new cultural centre located at Ecole NDA," she says. "We're going to have a food market too and a taste testing that will include all the different cultures here – not just the seafood dishes and the Acadian dishes, but to add the multicultural dishes."

Recent years have seen a growing number of people from the Philippines, India and other Asian countries, as well as several European nations, relocating to live in the Chéticamp area, says Aucoin. She says the festival is a perfect opportunity to celebrate this new-found diversity.

"Our community is quite diversified now compared to years ago when it was mostly French and Acadian, and the occasional English speaker," she adds. "Thank God we do have so many newcomers to the area, because a lot of the businesses couldn't have survived. We're very, very appreciative of all the newcomers to the area."

Indeed, Chéticamp was recently designated one of 14 'Welcoming Francophone Communities' across Canada, designated by the federal government as

ideal places for French-speaking newcomers to settle and build their new lives in Canada.

The festival, which will mobilize a huge volunteer effort, will involve all the communities from the Margaree Harbour bridge to the gates of the national park. Along with celebrating the food and cultures of the area, it will provide a number of indoor and outdoor events that will offer something for everyone, young and old.

Among the outdoor events being discussed are sleigh rides, tobogganing, snowshoeing, skating parties and bonfires. If Mother Nature doesn't cooperate, there will be quite a number of indoor activities as well, including live music, craft workshops and of course a Friday night bingo.

Aucoin says the event will involve dozens of local businesses, many of which are reopening for this one weekend. She says a schedule of events is still taking shape and those interested in attending should look for updates on local community radio, newspapers, social media and on Chéticamp's newest website, infoCheticamp.ca.

"We're looking for people to create memorable experiences, so they want to return to our community again," she says. ■



Two hikers descend one of the many steep and rugged valleys that are characteristic of the future Jajiktek-Seawall Trail.

Jajiktek: A trail from the past to the present

BY OISÍN CURRAN

When Robert Bernard was a boy growing up in We'koqma'q, an elder took him aside and gave him his traditional name, Pantite'ketew, which means 'path-maker.' This turned out to be a perfect name for somebody who has become so closely involved with the Jajiktek Seawall Trail project.

The idea of a trail had already been around for decades when it was identified and championed

by the board of the then-named Northern Cape Breton Development Society, chaired by Ray Fraser. The trail will be open year-round and stretch nearly 50 kilometres from Pleasant Bay to Meat Cove, winding along clifftops and shorelines, down into valleys and up mountains for a multi-day, multi-hut hiking experience. It's this varied terrain that gives the path its Mi'kmaw name. Jajiktek has a very specific meaning: crouching down and standing up as you move along a difficult route close to water.

Years ago, Ray Fraser was fishing off the northwest coast of Cape Breton when he looked up and saw the spectacular coastline sprawling north and south in front of him and saw what was possible. "From the ocean, you can see the landscape changing meter to meter and from every angle. You can see where everybody walked, the hunters, the fishers, the scouts, the settlers. It was just so obvious from that vantage point. I said to myself, 'What a great place for a trail.'"

Ray felt that the key to success lay in making sure that all of the many communities on this part of the island were involved. He joined an

earlier incarnation of the trail committee and members began contacting every stakeholder available. There were landowners, hunters and hikers, whale-watching guides, fishers and more to be consulted. A key individual in this process was David Williams who started out by emailing the Northern Cape Breton Development Society about trails in the wilderness area, and went on to be both vice president of the Seawall Trail Society and the driving force behind securing funding for the trail.

“This kind of project only requires three public consultations,” says Ray. “We did 15. But even meetings aren’t enough. When you have meetings you end up talking to community leaders. That’s good but it’s not truly grassroots. You’ve got to talk to the people who make the least money. You’ve got to talk about it with people at the wharf, at the gas station, in the grocery store parking lot.”

Importantly, Ray wanted to make sure that the Mi’kmaw community was involved. With that in mind, he got in touch with a Mi’kmaw tourism organization called NSITEN headed up by Robert Bernard.

N’SI’TE’N (pronounced “en-seh-dehn”) is a Mi’kmaw command to ‘understand.’ It also doubles as an acronym for Nova Scotia Indigenous Tourism Enterprise Network. The name came to Robert in a dream-vision. In the dream, he was a giant sitting on top of a mountain above Chéticamp. Far below he saw a festival with crowds dressed in costumes like they do for Mi-Carême. He catapulted from the mountaintop down to the party, shrank to normal size, and entered a building packed with revelers. A couple dressed in stereotypical “Indian” costumes with feathered headdresses walked by him whooping offensively like they were extras in an old-fashioned western. He asked himself, “what the heck is going on here?”

Suddenly the floor parted and a chasm opened up at his feet. Across from him, Robert saw an elderly woman. She flew over the chasm and grabbed him by the collar and said, “Look around, do you see and hear them? They’ve forgotten who we are. You must change this.” Nestimn? Do you understand? N’si’ten - “understand”.



Robert Bernard, Executive Director for the Nova Scotia Indigenous Tourism Enterprise Network (NSITEN), which recently bestowed an allyship award on the Seawall Trail Society.

As he was waking from his dream, Robert heard the word ‘n’si’ten’ echoing in his mind and knew he had the name for the new Mi’kmaw tourism organization he was helping to get off the ground. As his vision implies, for NSITEN, indigenous tourism is, first and foremost, a tool for education rather than a means of profit. It’s with this in mind that Robert has led Mi’kmaw engagement with the Jajiktek Seawall Trail project. Among other things, he helped organize an Advisory Group of Mi’kmaw Elders to engage with every aspect of the trail’s development. It was they who gave the trail its Mi’kmaw name.

Led by the Municipality of Inverness County in collaboration with the Jajiktek Seawall Trail Steering Committee, the trail will be hand-built and provide a total of just 20 bunks at three hut sites to minimize environmental damage. There will be no tenting. The trail snakes around sensitive ecological areas, hunting grounds, as well as land belonging to property owners who chose not to be a part of the project. Archaeologists are at work

examining key sites along the proposed route. They seek insight into the historical significance of the area. That knowledge will help ensure that the trail doesn't pass through culturally significant ancestral homelands of the Mi'kmaw people – or that if it does, it will be with the participation of Mi'kmaw leaders, and that cultural significance will be honoured and highlighted.

The Seawall Trail Society was recently honoured with an Allyship Award from the NSITEN organization. As the name NSITEN suggests, for Robert allyship means that people and organizations make a genuine effort to listen and understand the perspective of the Mi'kmaw.

“We've been shunned long enough,” Robert says. “We've been excluded long enough. Many people want reconciliation, but you need truth before you can have reconciliation. And a lot of people are scared of the truth. Here's a truth: that trail has been traveled for thousands of years. Old maps show the entire northwest portion of Cape Breton as Mi'kmaq hunting grounds and on those maps, every part of the island is labeled with a Mi'kmaw name. Where are those names now? They were wiped off the map. How and why that happened is part of the truth that we all need to acknowledge. The Jajiktek Seawall Trail project is part of the reconciliation of that truth because people like Ray Fraser understand, they get it, and they're working hard to make sure that it's heard and understood by others.”

For Ray Fraser, allyship is simple: “As far as I'm concerned, it means being a decent human being. It means taking time to listen, really listen, to what everybody has to say. It means going a little further, it means meaningful engagement, not just consultation.”

Time is the element that both Robert and Ray emphasize the most. Contemporary bureaucracy prioritizes schedules, timetables, and deadlines but listening to everyone takes patience, and projects like this can't be rushed.

“When NSITEN has meetings,” says Robert, “we don't have a schedule, we don't have start times and end times detailed to the minute. We have topics and when we've finished talking about one topic, we move on to the next.”



This 1767 map identifies most of contemporary Inverness County as 'Indian hunting country'.



Meeting of the Seawall Trail Society Board and Unama'ki Mi'kmaw Elders Advisory Committee for the Jajiktek Seawall Trail Project. Membertou, December 2023.

Left to right around the table: Clifford Paul, Derrick MacLellan, Ernest Johnson (face is hidden), Taylor Crosby, Tamara Rasmussen, Darcy Kimmitt, David Rasmussen, Judy Googoo, Joe Googoo, Bill Murphy, Ray Fraser, Danny Paul (who died soon after), Ken Murray.

According to Robert, decolonization isn't just about place names. It's also about rethinking our relationship to time and money. And reconciliation can't just be about ticking a box to get funding. It has to be about understanding and seeing things from a Two-Eyed perspective. This means seeing through a western colonial lens but also through a holistic Indigenous lens and having true respect for each. We need to keep a strong focus on protecting the land and the resources, he says, while respecting our collective cultures and voices.

Robert passionately believes that it's time for the Mi'kmaw voices to be heard again on their ancestral lands as it was for so many thousands of years. This is the way to true reconciliation.

"We are still here, we haven't gone away and we are ready to work with everyone so we can build a better future together for all."

"This project has been a really good journey," says Robert, "the committee has set a standard. We just have to be careful that as more departments get involved, the work of decolonization doesn't get diluted. The Jajiktek Seawall Trail isn't just a hike from Pleasant Bay to Meat Cove, it's a trail from the past to the present." ■

Read more about the plans for Jajiktek at: participaperonline.ca/patience-pays-off-with-announcement-of-trail-project

Getting to know... Lyne Allain

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

Where are you from?

I grew up in New Brunswick, but I've been living in Nova Scotia for the past 10 years now, down on the South Shore.

Where do you live?

That's still to be determined. I'm living and working in Inverness right now, but we're still looking at real estate in the area to settle down and find a permanent home.

What's your role with the municipality?

I'm in a brand-new position called Culture and Heritage Development Coordinator.

What's your service time?

I started at the beginning of September.

What are your main responsibilities in your job?

I'm here to provide support for all the amazing arts, culture and heritage organizations in the municipality. I've been meeting with employees and volunteers all over the county to listen to what their needs are, answer their questions, suggest grant opportunities and see the wonderful things they're doing in the communities.

What's the best part of your job?

Helping all the smaller organizations that have very limited staff and resources and being able to use everything I've learned over the past many years managing a community museum.

What's your favourite thing about Inverness County?

Honestly, this might sound weird, but it's the stars. I'm not into astronomy or even astrology. I can barely find the big dipper but I can't get over the



Lyne Allain

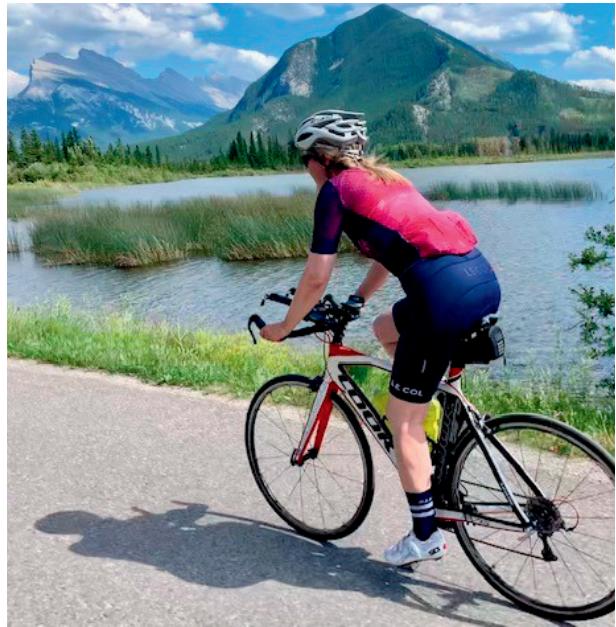
number of stars that are visible here now that I'm away from the lights of the bigger towns and cities.

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

Right now, it's The Closet at Mill Road Social Enterprises. A great little thrift store. Despite visiting my in-laws in Inverness many times over the past 10 years, my wardrobe wasn't really prepared for the Cape Breton winds, so I'm there a lot, looking for warmer sweaters.

Finally, coffee or tea?

Definitely coffee. I don't leave the house until I've had my coffee. I do limit myself to just one cup, but I use the biggest mug in the cupboard!



Above: Dr. Annalee Coakley is a keen cyclist. Pictured here finishing a climb in the French Alps.

Below: Welcome reception at Inverness County Centre for the Arts, October 2024.



Doctor's arrival shows benefits of Connector Program

BY DAVE MACNEIL

Dr. Annalee Coakley's arrival in Inverness County is a "big step" for Cape Breton's Connector Program, says the program's coordinator.

Dr. Coakley joined the oncology team at Inverness Consolidated Memorial Hospital in October and was celebrated with a welcoming reception co-hosted by the Municipality of Inverness County and the Cape Breton Partnership, which administers the Welcome Network and the Connector Program on the island.

Keith MacDonald, CAO of the Municipality of Inverness County, noted the importance of supporting healthcare provision in the municipality. "We've partnered with the province for funding and we've welcomed Lynn Carter to her new role as Healthcare Navigator to help attract and retain new healthcare professionals to the area."

"I think this is the first time that we've collaborated on connecting with a healthcare professional, and I think that's a really important step for the Connector Program," says Ocean Le, who heads up the program. "When people want to live in a specific area, they want to ensure there's adequate health care. I'd like to do more of it."

Held at the Inverness County Centre for the Arts, the public reception featured live music and refreshments, and was a valuable networking opportunity that Le hopes may eventually attract more healthcare professionals to the county.



Dr. Annalee Coakley speaks at an event staged in October to welcome her back to Inverness County, where she joined the oncology team at Inverness Consolidated Memorial Hospital.

The Connector Program matches community and business leaders (connectors) with local and international graduates, newcomers and other qualified professionals (connectees) in their industry of expertise.

Le says a big part of the program is its new regular newcomer community socials, which the Partnership organizes to instill a sense of belonging for newcomers and helps to grow a network that will make it easier to attract and retain professionals.

He says the program has worked a great deal with international students attending Cape Breton University, but he's looking forward to working more in places like Inverness County.

"We do find there's a really good success rate when people are matched in a rural area because rural people are more engaged, and the connectors really want the connectees to have a really great quality of life and are meeting really quality individuals to grow their professional network."

No stranger to Cape Breton, Dr. Coakley was born in Sydney and spent summers in Baddeck with her family. She was also based in Inverness, working at the hospital as a rural primary and emergency care physician from 2004 to 2006.

Dr. Coakley received her medical degree from Queen's University in 2001 and completed her residency in 2003 in the university's Department of Family Medicine. Over the next several years, she practiced emergency and outpatient family medicine throughout Ontario and Nova Scotia, often working in remote, rural communities.

In 2008, she relocated to Calgary, working as a hospitalist locum at the Peter Lougheed Centre and practicing outpatient family medicine and urgent care at the Sheldon Chumir Urgent Care Center. In 2009, after completing her Diploma of Tropical Medicine at the London School of Hygiene and Tropical Medicine, she began practicing at the Calgary Refugee Health Program where, in 2012, she became medical director, a post she held until last year. She is also the Medical Director of the Alberta International Medical Graduates Association (AIMGA).

Dr. Coakley has dedicated her medical career to caring for marginalized and vulnerable patients, including refugees who often arrive in Canada dealing with myriad health issues after enduring unimaginable trauma. In 2016, she marshalled the community to welcome and care for the influx of Syrian refugees coming to Calgary, establishing satellite clinics and caring for those who arrive

battling illness, injury or trauma. Over the course of 2017 and 2018, she helped welcome the Yazidi refugees to Calgary, providing health care to this highly traumatized population.

During the height of the pandemic, Dr. Coakley helped lead the health response to the COVID-19 outbreak at meat-packing plants near Calgary, specifically evaluating patient experience to improve the quality of care in the future. She worked with AHS Public Health, Primary Care Networks and immigrant-serving agencies to address the needs of the impacted workers while in isolation and quarantine. Subsequently, she became active in advocating for and providing on-site vaccination clinics at the meat-packing plants themselves.

Currently the co-chair of the International Refugee and Migration Health Conference, Dr. Coakley has also been the recipient of several healthcare awards for her dedicated service to her patients, including: Queen Elizabeth II Platinum Jubilee Medal – for contributions and service to Alberta (2023); Dr. Mark Sosnowski Award – Mosaic Primary Care Network Champion for Primary Care (2019); and the Compassionate Services Award – Alberta Medical Association (2016).

Her most recent award is the 2024 Jean-Pierre Despins Award which was presented by the Foundation for Advancing Family Medicine of the College of Family Physicians of Canada in October in Vancouver. This award recognizes one family physician in Canada each year, identified as an outstanding advocate and public spokesperson for family medicine.

When asked what it felt like to be back in Cape Breton, Dr Coakley said, "I am so happy to be back in a community that practices kindness and compassion for others. It also feels so good to return home where people are placed first before power or politics. I'm very excited to explore more of the island by bike – this is a big hobby of mine. It feels great to be home!" ■



Left: Ocean Le of the Connector Program & Danielle Casagrande of the Welcome Network, at the Welcome Reception at Inverness County Centre for the Arts.

Be a curbside collection champion

Weekly maximums per home

Up to 4 garbage bags Blue recycling bags: no limit!

Plastics and papers go in 2 different blue bags.

Bags must weigh a maximum of 20lbs.

If they are too heavy to lift or risk busting open, they are too heavy.

Bags must be standard size (30" x 37").

No industrial sized bags.

Set out time
Place bags curbside by 7am.

Did you know that a change recently took place behind the scenes for recycling in the Municipality of Inverness County?

Previously, the contents of blue bags were hand-sorted by municipal staff – a labour-intensive and potentially hazardous task.

Starting in fall 2024, the municipality has partnered with a larger recycling facility to reduce those hazards and streamline the handling process. The larger facility can process recyclable materials more efficiently and with less waste. That means less waste going to landfill.

This is why it's so important for residents and businesses to sort their recycling correctly into **two separate bags**.

- Clean, dry paper products belong in one blue bag.
- Other accepted recyclables belong in a separate bag – clean and dry plastic containers, aluminum cans, drink containers, etc.

Residents can put out an unlimited number of blue recycling bags for curbside collection each week. This is in addition to four garbage bags per residential unit (maximum 20 lb, please!)

Make sorting simple

You can use the Waste Wizard to search more than 600+ items and find out how to properly dispose of them.

Use the QR code to download the Recycle Cape Breton app, or go to invernesscounty.ca/sortitout.

Sort your household waste right, and be a curbside collection champion. Let's protect our planet and keep our municipality beautiful for ourselves and for future generations!



Municipality of
Inverness
County

Cape Breton's farmstead trail

When the Scottish settlers of Inverness County used to weave their own cloth from wool spun from the sheep they raised, the untreated fabric started off too loose to make durable clothing.

To tighten the weave it would be washed, shrunk, and then worked, or 'milled'—beaten rhythmically on a hard surface. Gaelic songs and fiddle tunes would set the rhythm of the milling, and dozens of hands would make the work pass quickly. These 'milling frolics' became community gatherings,

bringing together several generations for song, laughter, food, drink, and, of course, milling cloth.

These days, not many people weave their own cloth for everyday use, but the milling frolic remains a beloved community gathering, as it was at the Skye Glen Hall on a sunny afternoon this past October.

This lively milling frolic in Skye Glen, part of the annual island-wide Celtic Colours festival, was just one part of an ordinary busy day on Route 252—freshly minted 'Cape Breton's Farmstead Trail'—captured by Cape Breton photographer Steve Wadden.





Stretching from the Mabou Highlands to Skye Mountain, the scenic Route 252 meanders through the Skye, Mull, and Mabou river valleys, connecting Trunk Route 19 (the scenic Ceilidh Trail) outside of Mabou with the Trans-Canada Highway (Highway 105) in Whycocomagh.

Often overlooked as just a vital thoroughfare, the 252 has grown into a destination unto itself.

The route features rich natural environments, including The Landing—the mouth of the Mabou River. Brimming with trout, bass, eagles, and other wildlife, this is a popular spot for anglers, kayakers, and cyclists, walkers, runners, and ATVers on the renowned Celtic Shores Coastal Trail that criss-crosses the river's deltas.



There are three community halls along the route, including the Skye Glen Hall with its milling frolics, the Brook Village Hall with its popular summertime Monday night square dances, and the Hillsborough-Glendyer Hall with its much-loved Saturday night Jams throughout the winter, and Tuesday morning breakfasts all year-round.





Cape Breton's Farmstead Trail is also home to a number of thriving businesses, including, true to its moniker, many successful farms of all sizes. These include the Skye Glen Creamery, which produces milk, cheese, and gelato on-site; the Screen Door Apiary; the Cape Breton Tea Company; Six Little Farmers, a family-run farm that welcomes the public to pet its animals and explore its corn maze; several inns and other accommodation options; and perhaps the anchor of the entire 252, the Brook Village Grocery, and old-time community general store that's been a mainstay in the area for decades, and purveyor of the finest selection of cheeses—both European and Canadian—on the island.

But, more than a bustling stretch of road through picturesque countryside, the 252 truly embodies the spirit of the milling frolic. It's a gathering of neighbours, that mixes the tradition and practicality that has sustained rural communities for ages with the joy and whimsy of music and movement, making Cape Breton's Farmstead Trail one of Inverness County's hidden gems. ■





If in doubt, move!

BY GLENNNA CALDER, ND

Stiffness, achiness, depression, anxiety and pain may cause us to become less mobile. But being less mobile can negatively impact our sleep, mood, appetite, balance, and strength, and even cause more achiness, stiffness and pain. It feels counterintuitive to move more when we feel pain or fatigue, but often it is the answer to decreasing pain or increasing our energy levels.

It's helpful to remind ourselves that we were built to move. We weren't built to sit on a couch for hours, sit at a desk for hours or sit in a car for hours. Although our modern lifestyle has normalized sitting for long periods of time, this does not support our health.

If we aren't used to a regular routine of exercise, we need to make it very intentional until it becomes part of our regular routine. The benefits of exercise have such an impact on our health that I decided to only write about exercise for this article in the hopes of getting you to move more.

One of the reasons exercise is vital to our health has been studied extensively. Studies show that having more muscle is linked to living longer. Not only do we live better but we live longer. Building muscle is also very helpful to support joint health because it prevents us from putting extra stress on our joints.



Here are some tips to remember if you are struggling with getting started or staying at it consistently. And it is okay to change it up every month if you find you get bored easily. Some of us love routine and don't need change and some of us thrive on change. My guess is you need to change things seasonally if you find it hard to stay consistent.

TIPS FOR MOVING MORE

1. Commit

Make the commitment to exercise. Join a class and register for an online workout program. Some of us are more likely to exercise if we commit to someone else or pay for a class. Know that exercise becomes more difficult in the winter months. Expect this, and prepare for it.

2. Plan

Plan your exercise and make it non-negotiable. Look at your schedule and decide when you will move. Whether it is household chores, walking, doing a home workout, coaching, or going to a gym, decide when it will happen and commit to it like you would a doctor's appointment.



3. Value

Value exercise. If you don't value movement, you won't move enough to sustain good health. Ask yourself when was the last time you exercised consistently (at least three days per week for 30 minutes or more for three months or more) and how you felt at that time. I am sure you were a healthier version of you. If you are struggling with mental illness, high cholesterol or blood pressure, sleep disturbances, excess weight, anxiety, depression or back pain, your health will improve with exercise.

4. Strive

Lastly, make decisions about your health based on the person you strive to be, NOT the person you are right now. Behave like the person you want to be, and you will become that person, which is most likely the best version of yourself.

If starting an exercise program makes you nervous because of your current state of health, start slowly and consider having a discussion with a healthcare practitioner. Your massage therapist, physiotherapist, naturopathic doctor, chiropractor, dietitian or medical doctor will know what is safe for you to start with.

Happy Holidays!

Dr. Glenna





L-R: Deputy Warden Chisholm (District 6), Warden MacIsaac (District 3), Cllr Phillips (District 2), Cllr Poirier (District 1), Cllr Gillis (District 5), Cllr MacLennan (district 4).

Inverness county voters return familiar faces to council

Six familiar faces sat at the council table when the council of the Municipality of Inverness County met on 5 November in their first session since October's municipal election.

With councillors, Bonny MacIsaac, John MacLennan, Blair Phillips returned by acclamation, the other three other sitting members of council were returned by their constituents.

In district one (Chéticamp/Pleasant Bay/Meat Cove) Claude Poirier more than matched his two competitors combined, garnering 731 votes with a turnout of 62%.

Lynn Chisholm, councillor for district five (Port Hood/Mabou) also took home the majority of the vote with 811 ballots expressed in her favour and a 54% turnout. In district 6 (Judique/Port Hastings/West Bay) Catherine Gillis received 857 votes also with a turnout of 54%.

During the 5 November special meeting of council, the six councillors swore their oath of office, certified by Justice of the Peace Lynne van de Ven.

Cllr Bonny MacIsaac was then nominated for the role of warden, and as she was the only nominee, she was duly sworn in as Warden, while Lynn Chisholm was nominated and sworn in as Deputy Warden.

This election marked the first time that the municipal vote was conducted by electronic means only – voters had the option to vote online or by phone. Each district also had a voting kiosk – or

‘voter assistance location’ – where elections staff were on hand throughout the day to help any electors that needed assistance, or who were unable to vote from their home. This approach was successfully trialled in two separate by-elections in 2022, but this was the first time the full council election was done solely by electronic ballot.

This year, the voter assistance locations were fairly busy throughout the day with some 115 voters making use of the service which was offered at convenient locations: Les Trois Pignons in Chéticamp, the municipal office in Port Hood, and the Port Hastings Fire Hall.

Electronic voting had a very favourable impact on the cost to the municipality of organizing the election, cutting the budget needed to half of what was spent in the past. Electronic voting is not only secure, but also more efficient: voters were able to cast their ballots during the weeks leading up to the election at their own convenience. The results could also be ascertained in record time, and the municipality declared its final results just hours after voting had closed. ■

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Unique project brings midwives to county

BY DAVE MACNEIL

A first-of-its-kind service in Nova Scotia began providing midwifery in Inverness County in October.

Midwife Mianh Lamson, who arrived in the county two years ago from Ontario, had no intention of working in her field here when she made the move with her five children. While living in Ontario, she had travelled throughout that province and parts of Quebec as well, providing midwifery care on a short-term basis, and planned to continue to travel for work.

But a casual conversation at a local veterinary office planted the seed for a service that is breaking new ground in the province.

“I was at the vet with my cat, and the vet tech asked me what I did,” Lamson recalls. “I explained I was a midwife, and that I only worked when I went away. She said, ‘that actually sounds like something we could use in our community. You should call my mom’s doctor. She would be interested in hearing about this.’”

So, she took that advice and started looking into how she may be able to practise closer to home. As luck would have it, two things were happening at the same time that paved the way for her wish to do just that.

In 2022, the Midwifery Regulatory Council of Nova Scotia made it possible for midwives to work outside of the province’s three midwifery clinics which operate in Halifax, Antigonish



and Lunenburg. These alternative practice arrangements would allow midwives to work in their field, provided they could look after the funding for those services.

And just last year, Doctors Nova Scotia finalized a deal with the province that would allow doctors to engage other healthcare professionals. The pilot project will see professionals like midwives be able to bill doctors for their services, and the doctors can then bill the province. The aim of the project was to expand healthcare services, but to also relieve strain on doctors at the same time.

“I didn’t think it would work, because Doctors Nova Scotia, in launching their pilot project, didn’t realize that midwives could work outside the hospital employment model, so they hadn’t included midwives on the list of healthcare providers who could be included in this program,” Lamson says. “But they did have some fine print at the bottom that said if you wish to engage with a healthcare provider who is not on this list, send in your proposal and we may consider it.”



“I took that as someone giving me an inch, and I would see if I could get the mile,” she adds. “I submitted the application anyway and it worked, so here we are.”

So, with the funding piece in place, the plan was pitched to the regulatory council and its approval paved the way for Lamson and another midwife to begin offering service to all of Cape Breton.

Working one day a week out of the Community Health Centre in Inverness, and travelling to homes, when necessary, their plan is to eventually provide services outside of the island. Lamson says a number of community groups have already come forward offering clinic space, and that the Family Place Resource Centre has also stepped up to propose locations where they can offer services.

“One thing we know that’s going well is that there’s already been some really good engagement from the communities,” Lamson notes.

“We’ve already had people self-referring, saying ‘I don’t have a family doctor, and I’m pregnant, so

Along with Sarah Maylin, Mianh Lamson (pictured here) has started providing midwifery service to families throughout Cape Breton.

can I have care with you?’ So that’s nice just to see that it’s already been getting out there and that we’re not just having referrals from other healthcare providers.”

Jenny Wright, executive director of the Midwifery Regulatory Council of Nova Scotia, says she’s looking forward to seeing how the service rolls out in Cape Breton.

“In the case of Cape Breton, there is currently no midwifery available for them, so this was a really unique proposal that came forward by the two midwives and it certainly fit our criteria for alternative practice arrangement,” Wright says.

“They were able to come up with what we thought was a very sustainable and very interesting funding model, and an incredibly collaborative one. So that was very unique.”

The Doctor’s Nova Scotia project expires in 2027, and Wright says the province plans to have new regulations in place by 2026 that will allow for the expansion of midwifery care in Nova Scotia.

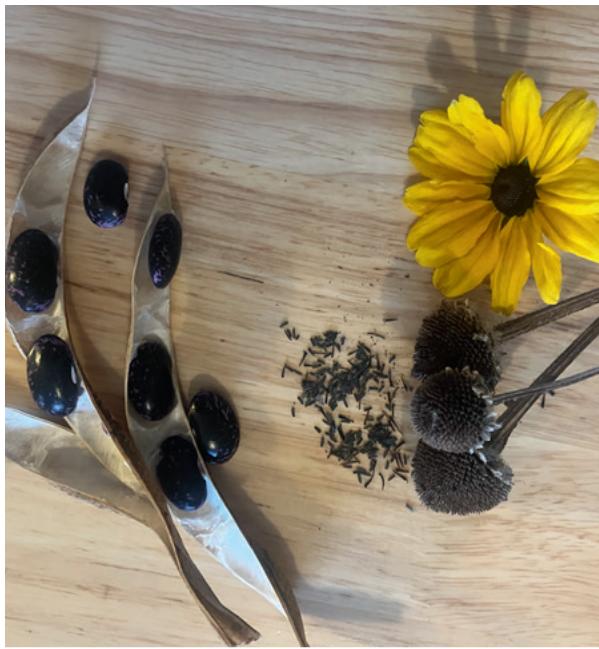
“The council would certainly love to see more collaborative and inter-professional programs like this,” she notes.

“We have a lot of really bright, creative midwives. Now that they have seen an alternative practice arrangement come to be, I do foresee more proposals coming forward.”

As for Lamson, who is currently living in Skye Glen, near Whycocomagh, she and her family have settled into their new home nicely.

“It just seemed to fit,” she says. “We have a beautiful community, and my children are super happy. The schools are great. I just can’t believe that my teenagers are spending their Saturday nights at a square dance where they hang out with 80-year-olds, and they have the time of the lives. Where else can you get that?”

“It seemed like finding a hidden secret, a little magic. We’re very happy and we’re very settled.” ■



Saving seeds:

Growing sustainability in your own garden

BY CAROLINE CAMERON

At the end of the garden season, there may be a few seed packages left over. The urge to keep them until next year is worth harbouring, since many seeds will last for at least a couple of years. And while some do better than others, I have had luck saving all types.

There is a great sense of continuity and sustainability in saving seeds from your own garden, and it is a great way to reduce one of your biggest garden expenses. There's a community of people who like to collect and share seeds and preserve heirloom varieties, and there are more and more seed giveaway events like 'Seedy Sundays' happening each year across the province.

Blossoms, if left unpicked, will typically produce a fruit, or a husk, or a seed-head of some sort, and when they ripen, or become brown and brittle, one can collect the seeds inside. Not all plants on the market produce viable seeds, so in some cases plants are easier to take cuttings from.

Some garden plants will just self-seed – their seeds fall to the ground, survive the winter, and come back on their own. But I often collect a few of these seeds just in case. Pansies, cosmos, calendula, brown-eyed Susan, ladies' mantle, violets, lupins, hollyhocks, and foxgloves usually reappear, if the soil isn't disturbed too much. You'll get to know which ones can do this by simply watching for little seedlings nearby.

Annual herbs like dill and coriander will seed themselves, but most vegetable seeds can't survive the winter outside. Vegetables that are technically fruits (seed bearing), like tomato, pepper, cucumber and squash, can be allowed to fully ripen, or over-ripen in the case of beans and cucumbers, in order to collect their seeds.

Root crops are usually biennial, and if we don't harvest them, they will send up a flower head and go to seed in their second year. So, leaving a few carrot, turnip, or beet to overwinter will allow you to harvest their seeds the following year.

It is important to start with the right seeds. The plants that are naturally pollinated by bees or the wind are 'open pollinated', and this is often written on the seed package. When you grow these seeds, they will be quite similar to the parent plants, because they were produced in controlled conditions, where the only pollen present was from similar plants.

Choose open pollinated seeds, and when you plant these seeds, you will also want to make sure that other varieties of that same crop are not nearby. If bees travel from plant to plant, they will carry pollen between two varieties and will cross-pollinate. The seeds that result from these cross-pollinations will have a combination of traits of both parents.

So, if you're saving seeds, the climbing cherry tomato should be planted away from the beefsteak, so that you'll know that the shape of plant, and style and flavour of the fruit will be similar to the plant you collected the seeds from. This would apply to any open pollinated varieties of cucumber, beans, or peas that you'd like to collect seeds from.

Fruit quality and disease resistance will vary a little from plant to plant, so make a point of collecting seeds from the healthiest plants, with the best fruits. Over the years, you will have 'selected' a seed that has adapted somewhat to your very own conditions.

'Heirloom' varieties have been created in this way by people saving seeds from plants with traits like excellent flavour and disease resistance. These traits might be lost in some of the newer varieties that have been bred for uniform shape, or appealing colour.

'Hybrid' seeds are the result of combining two different varieties of a crop and wouldn't be recommended for the beginner seed saver. These seeds will produce the desired crop, but the seeds that come from that crop might not be viable, and certainly couldn't be relied upon to produce similar fruit again.

If you've got the time and space to experiment, you can always roll the dice and collect seeds from hybrids, or just place two different varieties of the same crop side by side and see what kind of unique fruit comes from the seeds they produce. After all, that's how new varieties are developed.

Because you can never be entirely certain of what you are starting with, or what nature will do with it, it is a good practice to avoid seeding your whole crop in collected seeds, until you've had a bit of experience. One errant plant is not a problem, but a whole crop is.

Whatever seeds you collect, it's important that they're reasonably clean and very dry. I like to collect seeds into used envelopes. I label them (include the year), and leave them open for a week or so, to make sure they are good and dry. At that point, they can be stored away in a cool dark place.

It is definitely worth the peace-of-mind to test saved seeds ahead of the planting season. I either plant a few seeds in a small pot, or place them between layers of paper towel, kept moist, but aerated, in an unsealed plastic bag. They are good to go if they sprout in the expected time, which can really vary (carrots can take up to three weeks!) ■

Happy Gardening!

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

Family Place removing barriers for families

BY DAVE MACNEIL

If you're raising a child in Cape Breton, the Family Place Resource Centre has your back in more ways than you can imagine.

Operating for the past 30 years, Family Place offers an ever-growing number of programs for families in all four counties on the island. In Inverness County, five staff work out of an office in Inverness, while another five based in Lennox Passage, Richmond County, often provide services in communities in the southern end of the county, like Judique and Creignish.

JoAnna Latulippe-Rochon, the centre's executive director, says regardless of the program offered, the focus is always on removing the barriers that may prevent families from accessing their services.

"It's about looking at social determinants of health and looking at making every effort we can to reach people that might have the most barriers," she explains. "Maybe you're living in a remote rural community, and if you are, then we're trying to move our staff closer to you, rather than the burden being on you to come to an office where you would find us."

Latulippe-Rochon encourages anyone looking to access the centre's services to check out their website at familyplace.ca where they'll find a schedule of events for their county, as well as a list of home childcare centres that are operating.

Family Place currently supports family home childcare operations in 21 communities throughout Cape Breton, including Margaree and Port Hood. Parents can find their local service provider on a list on the centre's website, but Latulippe-Rochon says anyone interested in offering childcare in their home need only contact the centre and they'll receive support, whether it be educational or financial.

"Our consultants walk you through the whole process, so you don't have to have any previous experience," she says. "Many of our home care providers have an early childhood education. Even for those who don't, there's a one-year program at no cost to the person operating the home that everyone goes through once they're approved."

Family Place has grant money available to anyone wanting to provide childcare in their home, whether it's to create a fenced-in area in their backyard, purchase child-size tables to feed the children, or even to buy books or play resources.

"We know that it's a beautiful model of care," Latulippe-Rochon notes. "For some children, they do better in a small group than in a larger traditional childcare centre. For children of mixed ages belonging to the same family, parents like to have their eight-year-old cared for after school in the same place as their three-year-old is being cared for all day."

She says all operations supported by Family Place are fully regulated, and that too provides parents with peace of mind, knowing their children are being properly cared for.

"Some of our smaller communities don't have the numbers of children that would sustain a centre-based care, but they want the comfort of knowing that it's regulated care, that the menu follows Canada's Food Guide, that there's checks and balances in place to make sure the children are following the regulations in terms of their outdoor time," she explains.

"Parents like to know that those checks and balances are in place for the level of care."

Latulippe-Rochon says Family Place is committed to providing all the services it can to families in Inverness County, and that parents need only reach out to the centre to start that conversation.

"The services in that area that we are really known for would be the play group programs, and music and movement programs that we offer throughout the different communities," she says. "The kinds of things that are maybe less known would be pre-natal support. That pre-natal program can be a home visit



program or a small group if we have enough people expecting who are living relatively close together."

She says what makes the centre's pre-natal program different is that it not only educates parents on how to promote baby's health but will also provide them with the resources to do it.

"So, every week, if it's a group program, people leave with the food supplements," she says. "And if it's a home visit, those supplements are brought directly to the home by our staff person."

Latulippe-Rochon says the centre employs the same approach to its emergency preparedness programs, helping to make sure parents have what they need in any emergency.

"Most people are aware that the expectation is that you're able to take care of your needs for 72 hours," she says. "When we do our emergency preparedness sessions, everybody who comes to the session would leave with the emergency kit, because we know people may be struggling to meet their basic needs."

"When we do our programs, we're trying to both have conversations and help people feel better prepared, but we're also trying to add to that the practical elements, so that when people walk away, they are better prepared."

Go to familyplace.ca today, to discover the wonderful array of family-centred programs and services provided to parents and caregivers throughout Cape Breton Island! ■

Local film company taking viewers to ‘Sea Class’

BY DAVE MACNEIL

When Beth Ryan began picking sea glass off Inverness Beach to escape the pressures of motherhood, she never envisioned that those walks would find her in front of a TV camera more than three decades later.

“I had four boys under four, including twins, and it was pretty hectic when I was home all day with them,” Beth recalls. “My husband was a teacher, so when he’d get home from work, I’d just take off for a walk. I’d mostly walk on the beach. I’d go any time of year, and I just started picking up the sea glass.”

Beth and her colleagues at Cape Breton Film have produced a series of six 15-minute episodes of a television series called *Sea Class*, which began airing November 27 on Fibe TV 1 and on the Fibe TV app. A new episode is added each Wednesday, until all six episodes are available for viewing.

Cape Breton Film was born in 2018, when an ad was placed in the *Inverness Oran* newspaper, looking for people interested in forming a film cooperative.

“I have no background in film,” Beth explains. “I had done costumes and set design for River Hill Players theatre group. That’s why I went.”

“Twenty-one people showed up at that first meeting.” The cooperative’s first project was *Bòchan*, a series of Cape Breton ghost stories, which featured the acting skills of several students at Dalbrae Academy in Mabou. Beth says she had a lot of fun with that project and was immediately hooked.



Beth Ryan of Inverness is featured in a six-part series about sea glass currently airing on Fibe TV 1 and the Fibe TV app.

Cape Breton Film has regular meetings in which they throw around new ideas for projects. At a recent meeting Beth suggested doing something with sea glass collecting.

“When I first started, I never saw anyone else on the beach,” she remembers. “People thought I was crazy. Now you can hardly get through the beach for the people that are coming from everywhere picking glass.”

So, the group put a post on its Facebook page looking for anyone with an interest in sea glass.

“In one 24-hour period, we got almost 100 replies,” Beth says. “We had to shut it down. We couldn’t take anymore.”

The series was shot May through July of this year, and the crew visited beaches all over Cape Breton, including beaches in Inverness and Port Hood, talking to people about their passion for sea glass.

Beth says people viewing the shows will learn where to look for glass, how to look for glass, and where the glass originated.

“They’ll also learn about what people are doing with the glass,” she adds. “Some people just collect it in jars, but some people are turning it into beautiful, innovative art and jewellery.”

“They’ll learn about the value of the glass, as well. Certain colours are more valuable than others, and more rare.”

Beth says she was first attracted to the cobalt blue glass.



"There was a lot more glass back then," she notes. "Now it's a big deal if I find a piece of blue."

"A lot of the blue glass would come from Vicks jars or Noxzema cream. The fishermen would be on the boat and used Noxzema for sunburn, or they had Bromo-Seltzer for upset stomach, and they'd just throw them overboard."

While litter is still a problem in Inverness County, it's much more plastic and less glass than it used to be. Beth says that has also made some types of sea glass a lot harder to find.

Beth says the series will also talk about why people pick sea glass. It's not likely many of them are caring for four little boys under four, she laughs, but the people interviewed are no less passionate about their hobby. ■



EPISODE ONE:

Addicted to Sea Glass: Beth has collected sea glass on Inverness Beach, Cape Breton for over 30 years and now she's looking for collectors.

EPISODE TWO:

In Search Of....: Beth meets collectors who go above and beyond to get high quality sea glass and goes on her first night hunt!

EPISODE THREE:

Origins and the Environment: As beautiful as sea glass is, the origins are less gleaming. Beth discovers how environmental concerns are affecting the beaches.

EPISODE FOUR:

The Re-purposers: Beth meets collectors who have taken sea glass and re-purposed it into works of art and lucrative businesses.

EPISODE FIVE:

Mermaid's Tears: Beth encounters people who have made sea glass a source of healing, health and wellbeing after tragedy and heartbreak.

EPISODE SIX:

The Sea Glass Archaeologist: Beth Meets with Cape Breton's own Sea Glass Archaeologist and discusses the future of sea glass with other collectors.

Le renouveau du tapis hooké de Chéticamp

PAR DANIEL AUCOIN

Dans la région acadienne de Chéticamp, les tapis en laine faits au crochet sur jute constituent un artisanat unique. Ils sont célèbres par la perfection de leur confection, la richesse de leurs douces couleurs et la variété de leurs motifs. Des gens de la région travaillent pour maintenir la qualité exceptionnelle de cet artisanat de Chéticamp.

L'artisanat des tapis crochétés a été lancé, a progressé et s'est perfectionné pendant plus d'un demi-siècle à Chéticamp. Au cours des années, des centaines de personnes ont oeuvré dans le domaine des tapis, permettant aux boutiques de regorger tous les printemps de tapis aux multiples dimensions et aux motifs les plus variés.

Rappelons que dans les années '70 et '80, la communauté acadienne de Chéticamp comptait une bonne douzaine de boutiques d'artisanat avec des tapis comme spécialités. L'ensemble de ces boutiques embauchaient plusieurs employés, permettant à une multitude de gens de vendre leurs tapis. Aujourd'hui, en 2024, on retrouve seulement deux endroits à Chéticamp où les touristes peuvent se procurer de tapis au crochet.

Betty Ann Cormier se dévoue à la cause des tapis depuis déjà plusieurs années. Elle se dit très préoccupée pour l'avenir de l'artisanat des tapis au crochet de Chéticamp.

«Quand moi j'ai recommencé à faire des tapis à Moncton, j'ai réalisé qu'il y avait de moins en moins de personnes qui produisaient des tapis. À mon retour à Chéticamp en 2018, on me disait qu'on était moins de 40 personnes à faire des tapis. Aujourd'hui on est peut-être moins de 20 personnes à Chéticamp qui confectionnent des tapis. Pour nos classes, on accepte tous les niveaux : débutants, intermédiaires et avancés.»

L'artiste Yvette Moise a toujours été très passionnée par l'artisanat des tapis de Chéticamp. Elle se dit très inquiète pour l'avenir des tapis. L'artiste aimerait voir un plus grand nombre de jeunes s'intéresser à cette forme unique d'artisanat. Elle promet de faire tout dans son possible pour garder vivante la tradition des tapis de Chéticamp.

L'artiste des tapis au crochet de Chéticamp la plus célèbre est sans aucun doute Élizabeth LeFort. Cette artiste de renommée mondiale est reconnue pour avoir reproduit des portraits dans ses œuvres. Au total, plus de 300 tapis en 25 ans! À Chéticamp, aux Trois Pignons, on peut admirer plusieurs œuvres d'Élizabeth LeFort, dont un auto-portrait, une Nativité, une Crucifixion et une Résurrection.

Lilian Burke a joué un rôle clé dans la transformation du secteur des tapis hookés de Chéticamp. Elle est reconnue pour avoir propulsé cet artisanat sur la scène mondiale. En reconnaissant son potentiel, elle a joué un rôle crucial dans la promotion du tapis hooké comme forme d'art auprès des touristes, permettant aux Acadiens, et plus particulièrement aux femmes, de subvenir à leurs besoins grâce à la vente de ces tapis.

Du 24 octobre au 22 novembre 2024, l'exposition intitulée *Le Renouveau du tapis hooké de Chéticamp* a eu lieu dans le nouvel espace communautaire du tapis hooké dans l'édifice du Conseil des arts de Chéticamp. Il s'agissait d'une exposition éphémère sur l'avenir de la tradition et de cette technique artisanale. Cette exposition a été réalisée grâce à la collaboration du Groupe des hookeuses de Chéticamp, la Société Saint-Pierre, le Cape Breton Centre for Craft and Design et d'innombrables membres de la communauté de Chéticamp.

Les membres du Groupe de hookeuses de Chéticamp ont mis sur pied un plan de relance pour tenter d'assurer la survie de cette technique artisanale. Dans les dernières années, plusieurs initiatives ont été entreprises afin de faire connaître le tapis hooké aux jeunes élèves du secondaire.

Au cours des derniers mois, le Cape Breton Centre for Craft and Design, en collaboration avec la Société Saint-Pierre, a préparé une planification stratégique du secteur des tapis hookés de Chéticamp. Des consultations dans la communauté



ont permis d'identifier des opportunités spécifiques pour des initiatives en lien avec la transmission des connaissances du tapis *hooké*. On note la mise en place d'un programme de mentorat structuré et l'utilisation de nouvelles technologies pour promouvoir la transmission des connaissances.

La planification stratégique a aussi identifié la création d'ateliers de formation à l'artisanat pour les gens de la communauté et les visiteurs de différents niveaux de compétence. On mentionne aussi qu'une meilleure promotion du secteur augmenterait également son attrait pour les amateurs d'artisanat et permettrait d'attirer de nouveaux venus dans le secteur.

La planification stratégique pour le secteur du tapis *hooké* de Chéticamp est un premier pas vers sa durabilité. La Société Saint-Pierre, le Groupe des *hookeuses* de Chéticamp et les autres partenaires communautaires s'engagent à promouvoir Chéticamp en tant que capitale du tapis *hooké* et développer le tourisme expérientiel.

Grâce à une vigilance constante et à une organisation rationnelle, cet artisanat unique pourra non seulement maintenir sa renommée actuelle, mais s'acquérir un avenir de plus en plus brillant. ■



Read an English version of this article at:
participaper.ca/cheticamps-hooked-rug-resurgence

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Home Care

902-787-3449

Cheticamp Home Care

902-224-1872

Municipal Homes

Foyer Pere Fiset

902-224-2087

Inverary Manor

902-258-2842

Coady Tompkins Library

902-248-2821

Emergency Measures Contact

902-787-3500

REGULAR COUNCIL MEETINGS

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

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

 @InvernessCounty

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

Advertise in The Participaper

The Municipality of Inverness County

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

Serving the municipality for more than 40 years!

Ad size	Trim size	Non-bleed	Bleed size	Rate
Back cover	8" x 10.5"	7.5" x 10"	8.25" x 10.75"	\$1 200
Inside front cover	8" x 10.5"	7.5" x 10"	8.125" x 10.75"	\$1 050
Inside back cover	8" x 10.5"	7.5" x 10"	8.125" x 10.75"	\$920
Full page	8" x 10.5"	7.5" x 10"	8.125" x 10.75"	\$880
1/2 page horizontal	8" x 5.25"	6.5" x 4.5"	8.25" x 5.375"	\$495
1/2 page vertical	3.9167" x 10.5"	3.1667" x 9"	4.0417" 10.75"	\$495
1/4 page	3.1667" x 4.5"	n/a	n/a	\$285
1/8 page	3.1667" x 2.25"	n/a	n/a	\$195

Rates do not include 15% HST



MAGAZINE TRIM SIZE: 8" x 10.5"

Binding: Saddle Stitched

DOCUMENT SETTINGS:

Ads should be built at 100% trim size.

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

FILE TYPES AND DELIVERY:

Submit PDF-X1a files

Email to:

Dave MacNeil

participaper@invernesscounty.ca



Residential and Commercial Contracting

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

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

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

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

www.blackstone-construction.com

DWAYNE BEATON
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