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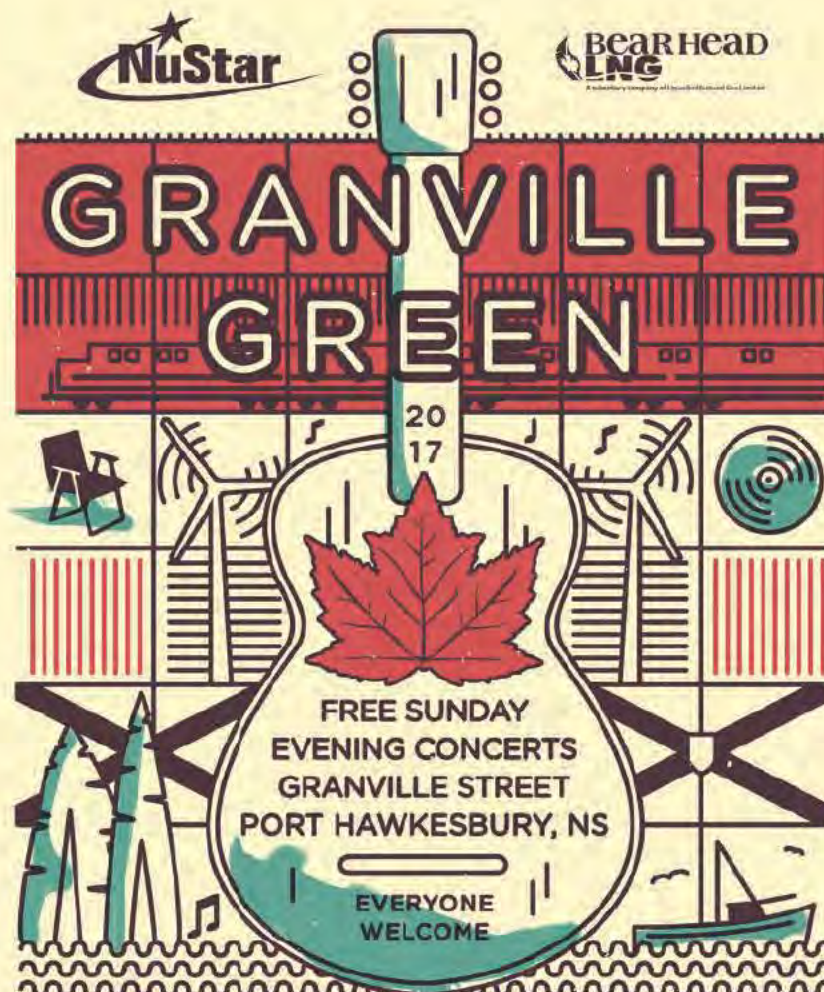
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SHOWS START 7 PM WEEKLY

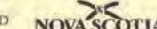
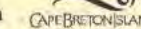
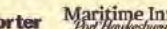
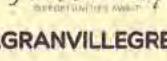


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KEY

-  GOLF
-  COMMUNITY PROFILE
-  SUMMER FESTIVAL
-  CAMP GROUND
-  TRAILS



WELCOME TO Canada's Musical Coast - Inverness County

Canada's Musical Coast is a string of beautiful communities and majestic coastline vistas bound together by musical traditions. The music culture here is written into the story...the very fabric of the coastline. During harsh winters and trying times, music and dance were neither indulgence or luxury, but rather survival. Music culture here is honest, authentic and shared directly from the heart — this is a coast shaped by music.

Inverness County comprises the entire western coastline of Cape Breton Island, and reaches inland as far as the beautiful Bras d'Or Lakes. Between these shorelines, the cultures, arts, languages and landscapes complement each other, extending an open invitation for visitors to experience any or all of western Cape Breton's offerings.

The Sunset Side of Cape Breton Island is your guide to the activities, culinary choices, places to rest and event information in Inverness County.

We are pleased to share these wonders of our place with you!



FOR DETAILED EVENT LISTINGS PICK UP OUR
SUMMER & FALL EVENTS OR OUR DANCING
AROUND INVERNESS COUNTY BROCHURE
AT ANY VISITOR INFORMATION CENTRE ON
CAPE BRETON ISLAND!

CANADA'S
MUSICAL  **coast**



Back: Jim Mustard, John MacLennan, John Dowling. Seated: Laurie Cranton, Betty Ann MacQuarrie and Alfred Deveau

Councillors and Staff of the Municipality of the County of Inverness are pleased to welcome you to Canada's Musical Coast! Share in our enthusiasm for the county's vibrant lifestyle.

As you travel throughout our County you will undoubtedly be captivated by our vast coastlines and serene sunsets. We can assure you it's the people and personalities that will stay with you and draw you back again and again.

-Betty Ann MacQuarrie, Warden

EMAIL: ORAN@NS.ALIANTZINC.CA WWW.INVERNESSORAN.CA



**The Inverness
Oran**

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PORT HASTINGS

Port Hastings Museum

This season (mid-June to mid-October), the Port Hastings Museum, directly across from the Port Hastings Visitors Information Centre, will continue to host the Artisans Collective and Canso Causeway display and open house.

Visit the Port Hastings Museum and Archives at the entrance to Cape Breton Island overlooking the panoramic view of the Strait of Canso. The deep waters of the Strait have played a defining role in the lives of the residents of this part of Cape Breton and mainland Nova Scotia since the beginning. Hundreds of photographs, archival and genealogical records and other artifacts relating to the construction and impact of the Canso Causeway, the industries and lifestyle of the area which was settled in 1788 tell our story. There are several scale model replicas of vessels that sailed through these waters by well known model shipbuilder, Mark Boudreau. The Quilt and Craft Shop, located in the same building, provides an opportunity to enjoy handmade items by Cape Breton artisans: weaving, knitting, jewelry, quilted items and demos. Bus tours welcome. Visit the Ice Cream Barn and enjoy the picnic area. "Make us your first and last stop on Cape Breton Island."

Artisans Collective and Gift Shop

If original handcrafted works by gifted Cape Bretoners are of interest, we encourage you to visit the Artisans Collective craft shop at the Port Hastings Museum. This seasonal gift shop has become a destination of choice for visitors looking to purchase quality handcrafted items. Some of the artisans are juried members of the Cape Breton Centre for Craft and Design.



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ANNUAL QUILT SHOW August 10th – 16th

The annual Quilt Show is being held from August 10th through to August 16th at St. David's Historic Church at the entrance to Cape Breton Island, Port Hastings. The quilt show and sale will be open from 10 am to 4 pm each day.

The event draws hundreds of visitors every year from across Canada, the US, and countries from around the globe including Switzerland, the Netherlands, and Germany. Many visitors return on an annual basis to view the displays or purchase quilts. Since the show's inception, we have displayed over 1,000 quilts in this beautiful church and have seen an increase in numbers of both visitors and local quilters who have submitted their works.

Hosted by St. David's Church, the quilt show and sale is one of the largest in Cape Breton and will feature over 100 quilts displayed on the pews in the church or hanging from the rafters. "Celebrating Quilting at the Causeway" has become one of our major fund-raisers. The church receives the proceeds from the donation jar at the entrance which goes towards the upkeep of the church. In addition, the quilters very generously give St. David's a percentage of the sale from each quilt sold. This event is a huge benefit to the church financially.

In addition to providing visitors with an amazing visual display and sale, the show offers quilters from Cape Breton Island and the area the opportunity to promote their craft, their quality

workmanship, and gives them an excellent venue to sell their items. Traditional and modern quilts, from baby size to king size, will be available in the church, while smaller items such as wall hangings, table runners, and placemats, will be for sale in the church hall. Strait area quilters will be demonstrating the art of quilting on a quilt that will be set up on a traditional wooden frame. Visitors will be able to watch the quilters, ask



questions, and learn the skill of quilting by taking a few stitches of their own. The finished quilt will be used as an additional fundraiser for the church.

The Quilt Show is hosted by the Ocean Waves Quilt Society of Cape Breton and Strait Area Quilters.

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We like to make the very best
in first impressions

Port Hawkesbury

We greet every visitor to Cape Breton— that's our job as the first town after the causeway. We'll immerse you in Cape Breton's warmth, hospitality and musical culture as you visit our shops or explore our beautiful community on the coast.

Let the warm waters of our local beaches beckon, or perhaps you'd enjoy a challenging round at one of our many nearby golf courses. If nature's more your thing enjoy the breathtaking views from one of our hiking trails.

Let us caress your soul with the music and culture that has made our tiny island famous at one of our many Cellidhs. Our Granville Green free outdoor concert series, Sunday evenings throughout the summer, are sure to please every musical taste.

Come find out what kind of first—and lasting—impression we'll make.

For more information visit us online at TownOfPortHawkesbury.ca or call 902 625 2591



TOWN OF PORT HAWKESBURY

The town of Port Hawkesbury invites you to explore its natural, cultural and historical offerings. From swimming and biking to boating and hiking – there's lots to see and do. If you're looking for music and live performances – we've got it! If you're looking for a breadth of history, we've got it!

Local arts and crafts? We've got that too! The Isle Quilt Market displays the finest hand-made crafts in the area.

And for hospitality, stop into any restaurant or shop, we are happy to see you. We have greeted visitors from around the globe. Come discover our beautiful island!

ENJOY STROLLING THROUGH THE COMMUNITY WOODLAND TRAILS



After crossing the Canso Causeway continue through Port Hastings into Port Hawkesbury.

The trail system is directly off of route 4 (Reeves Street) at Grant's Pond on the left heading into town, approximately 4km from the causeway. Watch for the parking area and trail signage at the trail head.

In total there are

approximately 10km of trails that travel through mixed hardwood and softwood forests, over undulating terrain, through open areas and across numerous streams. The tread is a single track, natural duff surface with some areas scattered with roots and rocks. Sections of boardwalk and wooden bridges cross brooks and other wet areas, offering numerous scenic views. This forest type is habitat for a variety of wildlife. The softwood areas are

home to squirrels and small song birds, such as the nuthatch, chickadee and variety of finches, who flutter atop the forest crown. There are also signs of deer in the area.

Tree species here include balsam fir, red and white spruce, maple, birch and oak. In the spring you may also find mayflowers on sunny banks; Nova Scotia's provincial flower.

Accommodations and all amenities can be found in Port Hawkesbury and nearby Port Hastings.



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24th Annual Granville Green Concert Series - July 2nd to August 6th



On the beautiful Strait of Canso, each concert at the band shell begins at 7 p.m. and concertgoers are encouraged to bring blankets and chairs for comfort. The Granville Green Concert Series line up for this summer is as follows:

JULY 2ND – Barra MacNeils with special guest Nùallan, Sarah MacInnis and Change of Step

JULY 9TH – Joshua Hyslop with special guest Mike Bochoff Band

JULY 16TH – The Good Lovelies with special guest Ashley MacIsaac and Fiddlers Four

JULY 23RD – Hillsburn with special guest Jordan Musycan

JULY 30TH – Ben Caplan and the Casual Smokers with special guest Villages

AUGUST 6TH – The Once with special guest Devarrow

Presenters of the series, NuStar Energy and Bear Head LNG, are pleased to announce the 2017 summer line-up for Granville Green. This year's series will feature six free outdoor concerts held on Sundays from July 2nd to August 6th at the Granville Green band shell in Port Hawkesbury, Nova Scotia. From folk to Celtic, established as well as emerging artists from across Canada will take to the stage this summer to present wonderful music for everyone's enjoyment.

"NuStar is a proud member of the community and we are pleased to continue to sponsor an event that local families and visitors can enjoy," said Blaise MacDonnell, GM and VP NuStar Terminals Canada Partnership. NuStar has been presenting the

series since 1994.

"Bear Head LNG is proud to support the community and its cultural events by sponsoring Granville Green. This year's impressive list of performers for the outdoor concerts is sure to raise a crowd," said Paul MacLean, Strategic and Regulatory Affairs Advisor of Bear Head LNG. "Granville Green plays an important role in the development and enrichment of our community and the Strait Region. As a partner, we are pleased to provide support for the concerts and community projects that will benefit the community for years to come."

This summer's presentation of Canada's great musical talent, in conjunction with Canada 150, Canada Day and the Tall Ships visitation, will provide

an extra special experience for the community and those visiting the area.

The Granville Green Concert Series is produced by the Port Hawkesbury Parks, Recreation and Tourism Department with the generous support of our sponsors, including Exxon Mobil, TD Bank, Port Hawkesbury Paper, K & A Electric, Nova Scotia Power, ACOA, Province of Nova Scotia, Canadian Heritage, Maritime Inns & Resorts,

Sound Source, Kitchen Fest, Atlantic Lottery Corporation, *The Reporter*, and 101.5 The Hawk.

Those who are able to support the local food bank are encouraged to bring a nonperishable item to the concerts and be part of the 150 for 150 province wide food drive to help stock the shelves.

For full details on the Granville Green Concert Series, visit: <http://www.granvillegreen.ca>.



Festival of the Strait - July 3rd - 9th

The Festival of the Strait is a community festival that has a long tradition here in Port Hawkesbury! It is a time when the entire community, both visitors and residents alike, celebrate together in a variety of sport, family, and leisure activities. More than one Caper has been known to come home to join us from away. We welcome our neighbors, visitors from away, and family and friends to join us for this summer festival filled with music, food, culture, heritage, tradition, and seaside fun!

This year's 2017 Festival of the Strait will take place from July 3rd - July 9th, and we will be celebrating Tall Ships NS here too. Festivities ranging from Cape Breton ceilidh, princess pageant, horse racing, sporting events, 5k run, children's fun day, drive-in movie nights, parade of sails, the launch of the Granville Green free outdoor concert series, family bonfire, pancake breakfast, fireworks, and much more! Watch for our events flyer which will be made available this spring.

MONDAY JULY 3RD

1 pm Twitter contest launch

3-11 pm Try your skills rock climbing, laser tag, hamster ball Racing and so much more. *Youth Night at the Park (ages 12-18yrs).*

TUESDAY JULY 4TH

2-4 pm Brain games at the library

6 pm Learn to geocache at the community trails (starting at the community garden)

7:30 pm Ceilidh at the civic centre with KitchenFest: Michael Hall...Kimberley Fraser...Joe Mac Master...Jeff MacDonald

The YMCA of Cape Breton is

pleased to be holding summer day camps at the Port Hawkesbury Civic Centre for children ages 4 - 11 (children must have attended either pre-school or school). The camps will be held from July 4th to Friday Sept 1st, 8:30-4:30. To register, contact Jennifer MacDonnell at 902-625-4600.

WEDNESDAY JULY 5TH

11 am-12 pm Story time at the library

6 pm Princess pageant at the PHCC

Dusk: SPOTLIGHT at the community park. Kids bring your adult and your flashlight.

THURSDAY JULY 6TH

2-4 pm Seniors 45s card tournament at the Evergreen senior's club. Prizes to be won.

7-11 pm

Teen dance \$5 admission. Hosted by the Port Hawkesbury Highland Dancers 7 pm-11 pm

Pool tournament at Dooley's starting at 7 pm

FRIDAY JULY 7TH

Baseball tournament July 7, 8, and 9th

6 pm 5 card dash venture down raceway (Crandall Rd). Cash bar available. After the races stay and enjoy Jeremy White

Dusk Drive In movie at the Provincial building parking lot

SATURDAY JULY 8TH

11 am-2 pm Kid's day at the community park with an old fashion kid's bike parade. So bring your bikes and get ready to decorate them! Bring a towel and bathing suit for the splash pad.

Street parade 2 pm

10 pm-2 am Pub by the Sea with Three Finger Shot and Little Voice \$10/person (+19yrs event)

SUNDAY JULY 9TH

2-4 pm Ceilidh by the sea. Sweets and tea will be served.



Shannon Studio Ceilidhs every Tuesday

A *ceilidh*, Gaelic for a social gathering, takes place every Tuesday evening at the Shannon Studio in Port Hawkesbury's Civic Centre, starting July 4th and carrying on through to October 3rd.

The weekly ceilidhs, emceed by radio personality Bob MacEachern, have an interesting line-up each week, one that brings to the stage members of the same family, or relatives, or friends who have influenced, or been influenced by, the family.

The Shannon Studio ceilidhs, a co-op presentation by the Port Hastings Museum and the Civic Centre, will run from 7:30-9:00 pm. Admission to the ceilidh includes a cup of tea and oatcakes which you can enjoy along with the music.

That's every Tuesday between July 4th and October 3rd. Adm: \$8.

Port Hawkesbury Veterans Memorial Park a place to reflect, relax

For a touch of solemn solitude, and an opportunity to simply sit and relax, visit the Port Hawkesbury Veterans Memorial Park. While there are benches upon which to rest, the atmosphere is one where a person feels the weight of great sacrifice and the fullness of one's own gratitude.

Unveiled in 2013, the Veterans Memorial Park is the culmination of a community's dream of honouring its war heroes, living and dead.

The memorial itself is a stunning tribute to the courage of so many Canadians, particularly those who served from the town and surrounding counties. Its centrepiece is a large bronze Canadian maple leaf which enfolds several Armed Forces figures wearing the various uniforms from the wars in which Canada took part. A number of life-size statues represent soldiers, sailors, Air Force personnel and merchant marines. A military nurse holding a helmet from the First World War kneels by a grave in memory of the Unknown Soldier. It was created by Timothy B. Schmalz, a sculptor widely known for his memorial pieces.

The unveiling of this memorial was a moving experience for those in attendance, with none more moved than those veterans who were able to attend and take part in the ceremony.

If you decide to visit Veterans Memorial Park, to sit among the iconic images and more than 2000 names inscribed there, it will tell you something about the people among whom you are currently visiting, and may well remind you of those from your own home or homeland who have been equally selfless in their sacrifices.



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GLENDALE

Cultural Centre, annual concert make a visit worthwhile

Glendale Ceilidh Days - July 7th-9th

The Glendale Ceilidh Days culminates on Sunday with a popular outdoor concert from 2-5 pm that draws some of Cape Breton's finest fiddlers, dancers, pipers, and Gaelic singers.



Howie MacDonald gets everyone in the spirit for Ceilidh Days.



Local entertainers take the stage during Glendale Ceilidh Days.



Fr. John Angus Rankin Cultural Centre

In the Fr. John Angus Rankin Cultural Centre, located on Highway 105 in Glendale, there is much to interest the historian and the general visitor.

In the archive room, one can browse through articles, photos, maps, and genealogical histories of Glendale and area. Anyone searching their ties to the Glendale area can be assisted by one of our members, or inquiries can be made by contacting culturalcentre@yahoo.com.

The Glendale C@P site is also located in the Father John Angus Rankin Cultural Centre, giving visitors an opportunity to connect with friends and family during their travels. The C@P site offers workshops and cyber camps throughout the summer, as well as tutoring. You may also make contact for one-on-one assistance sessions on technology questions or help on program usage. Printing, photocopying and scanning are other formats offered.



A young fiddler is accompanied by seasoned Celtic musicians during Glendale Ceilidh Days.

Kitchen Ceilidhs

Starting Wednesday June 14th through September 20th, the Father John Angus Rankin Cultural Centre in Glendale will be hosting kitchen ceilidhs every second Wednesday at 7 pm (June 14th, 28th; July 12th, 26th; Aug. 9th, 23rd; Sept. 6th and 20th). The musicians will vary with each kitchen ceilidh. Admission is by donation.



CREIGNISH

Celtic jam sessions popular in Creignish



Starting June 15th the bi-weekly Celtic Jams will be held at the Creignish Community Hall. The popular sessions are held Thursday evenings with an invitation extended to residents and visitors to join in if they have an instrument or song to contribute, or to just sit back and enjoy the music. Average attendance has been roughly ten musicians including fiddlers, guitarists, pianists, pipers, as well as large, appreciative audiences.



Ceilidhs every Sunday - Celtic Music Interpretive Centre

The Celtic Music Interpretive Centre operates year-round with Sunday afternoon (2-5 pm) ceilidhs. Each Sunday afternoon, some gifted Cape Breton fiddler has entertained local music enthusiasts through some bitter winter months, and these fiddlers will continue to entertain all comers this summer — admission \$8, children under 12 free.



JUDIQUE

The village's annual summer festival, Judique on the Floor Days, evokes something of the reputation that Judique has enjoyed for generations for the strength and courage of its men. At dances in various community halls, the cry would often be heard, "Judique on the floor. Who's going to put her off?" It was a boast and a challenge, and in most cases (according to Judiquers anyway) nobody could put them off the dance floor.

While today's dances are of a kinder, gentler nature, the people of Judique enjoy evoking the past by naming their annual festival and its associated dances with that proud motto, Judique on the Floor.



Judique's Celtic Cemetery Trail Hike

The Celtic Cemetery Trail hike is a testament to the pioneers that settled the area.

Located next to the Celtic Music Interpretive Centre is a beautiful hiking trail where you begin in present day and hike to the pioneer past.

The natural beauty of the trail system paired with the stillness and peacefulness of the cemetery is an experience that everyone should take in.

Celtic culture is thriving in this region. This exceptional trail system meanders along the coast and provides first-class trail experiences for bikers, hikers, runners, quadders, skiers, snowmobilers and horse-back riders.

The hiking trail is perfect for the young and old, for the two-legged as well as the four-legged.

Follow this trail through the cemeteries, new and very old, through wooded areas and down

to the beach where oftentimes you'll discover a bagpiper playing with the salty wind at his back. The hike takes you near the location of the original church which stood, so it is told, close to the ocean's shore, most likely near to where the pioneer graveyard was unearthed. In the early 1900s the church had burned to the ground.

In 1924 the cornerstone of the new stone church was laid. St. Andrew's Catholic Church, the large stone structured church, is the oldest Catholic parish developed by Highland Scots on Cape Breton Island.

The stones were moved by horse and sled, the beautiful stained glass was donated by parishioner and the Alter of marble came all the way from Italy.

*They are sea people, the pride of the land,
Strong of the spirit and rough of the hand,
Sea people the waters command
From the rocky old steeds on the strand.
- written by: Allister MacGillivray*



JUDIQUE ON THE FLOOR DAYS

MONDAY, AUGUST 7TH

8 pm - Bingo at Judique Community Centre

WEDNESDAY, AUGUST 9TH

Dusk - Community spot light, Judique Recreation Association (JRA) grounds, adult supervised

THURSDAY, AUGUST 10TH

9:30 pm - Minute to win it (9 pm-pre-register teams of 2) Judique Fire Hall
10 pm - Pub night, Judique Fire Hall

FRIDAY, AUGUST 11TH

9 am - Registration for kids ages 4-12, \$2
10 am - Track and field events (100m, 400m, long jump, high jump, softball throw), JRA grounds (soccer field), canteen
9 pm - 12 am - Outdoor family kitchen party, JRA grounds (tennis courts) local traditional music, beer garden, admission \$10, under 12 free, gov't IDs requested

SATURDAY, AUGUST 12TH

8 am - Registration Cedric MacDonald Memorial Road Race, Judique Fire Hall. Race starts at 9 am
Time TBA - JC Royals Rookie Baseball Tournament, Judique and Creignish Ball Field
12 noon - Parade
1 - 3 pm - Children's games, photo booth, minute to win it, canteen, barbecue, JRA grounds
3:30 pm - Duck race, Rankin's Brook, steak dinner barbecue, Judique Fire Hall, take outs available, \$16
10 pm - 1 am - Outdoor adult dance, music TBA, \$20, JRA grounds

SUNDAY, AUGUST 13TH

2 - 5 pm - Kintyre Farm Outdoor Scottish Concert, 320 River Denys Road, \$10

On Sunday afternoon, August 13th, Judique is the location of one of Inverness County's finest outdoor concerts, the Kintyre Farm concert.



Kintyre Farm annual scottish concert.

Kintyre Farm, set in a farm field that feels almost enchanted, offers a lineup of fiddlers, dancers, singers, guitarists and usually a Gaelic choir, all of whom will share their talents to make this afternoon a memorable one. The Kintyre Farm Annual Scottish Concert closes out a week of activities that comprise Judique on the Floor Days.

Besides showcasing Cape Breton talent, the Kintyre Farm concert is a fund-raising effort for the Judique Community Centre which has its own cultural purpose. A multi-purpose community centre constructed with professional-grade kitchen facilities and ample parking, hosts local events such as wedding receptions, dinners and gala events on the western side of Cape Breton Island.

Celtic Colours venue

Each October, the Judique Community Centre hosts two popular events on behalf of the Celtic Colors International Celtic Music Festival. It is the location of a special gathering of fiddlers during the festival, as well as the presenter of the extremely popular Guitar Summit, which features a showcase of some of the finest Celtic guitarists in the world.



Judique Community Centre is a multi-purpose community centre serving Judique and the surrounding communities in Inverness County, Nova Scotia, Canada. We are the most popular facility for wedding receptions, dinners and gala events on the western side of Cape Breton Island. We feature an improved climate controlled environment with the installation of 6 large heat pumps over the winter, a fully-equipped professional-grade kitchen facility and ample parking. Judique Community Centre has been the host to Celtic Colours fiddle night as well as the Guitar Summit. We host Mom and Tot's weekly, senior's exercise group, summer bingos, guitar summit, KOC brunches, just to name a few. We have a fabulous mezzanine room used for various group meetings, as well as corporate meetings. Catering can be provided.

The Judique Community Centre is located along the famous Ceilidh Trail which is the breathtaking coastal route to the Cabot Trail. We are situated at one of the entry points to the fabulous Celtic Shores Coastal Trails, which are perfect for walking, biking, and accessing a beach area. We are right next door to the one and only Celtic Music Interpretive Centre and across the street from the community garden.



Follow us on facebook!

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Cape Bretons Natural Stage

KINTYRE FARM

www.kintyrefarm.ca

Sunday, August 13th 2:00 - 5:00 p.m.

Judique Outdoor Scottish concert held at Cape Breton National Stage "Kintyre Farm" located on the River Denys Road in Judique.

We offer a fun-filled afternoon with lots of the famous Inverness County fiddlers, piano players, singers, step-dancers and Celtic dancers.

This is a perfect way to close out Judique on the Floor Days.

Lots of free parking, canteen and public washrooms.

Pack a blanket or chair and head for this fun-filled afternoon

Buddy MacMaster Fiddle Camp

OCTOBER 9TH-13TH



Each October the Celtic Music Interpretive Centre welcomes students from all over the world to the Buddy MacMaster Fiddle Camp, a week-long camp offered at the Celtic Music Interpretive Centre during the week of the Celtic Colours International Festival. The camp allows students the chance to study with two Cape Breton fiddlers each day, for a total of ten different instructors over five days, each instructor having their own unique style of Cape Breton fiddle playing.

Classes are aimed at intermediate and advanced players who wish to further their skills and learn the Cape Breton style of playing from some of Cape Breton's most respected fiddlers. During the lunch break each day, students will enjoy a ceilidh featuring the two instructors from that day as well as guest musicians. A jam session, open to all musicians and skill levels, also takes place each day after classes, allowing students to play together along with other musicians who frequently drop in at the sessions.





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Port Hood Day Park offers rest, recreation

The Port Hood Day Park may be a welcome opportunity to relax or to explore the bordering shore. Located just as you arrive at Port Hood, the day park gives visitors a chance to rest while taking in the beauty of the setting which includes a fine view of Port Hood Island across the natural harbour between the park and island.

The day park is furnished with covered picnic tables for eating, studying maps or just staring around. From the edge of the day park, too, a long, interesting boardwalk spreads across the sensitive dunes, providing a chance to stretch one's legs or use one's camera (or cell phone or Blackberry or other recording devices).



The park borders and offers easy access to a sandy beach.

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CHESTICO DAYS SCHEDULE

MONDAY, JULY 31ST

10 am - Co-ed b all hockey tournament, tennis court at the Al MacInnis Sports Centre grounds

TUESDAY, AUGUST 1ST

8 am - Golf tournament, shotgun start, Dundee \$90, followed by BBQ steak dinner at the arena

6:30 pm - Sunset yoga, wine and cheese, \$20

WEDNESDAY, AUGUST 2ND

12 pm - Sand sculpture competition, Court House Beach (registration at noon), judging 4 pm, BBQ and prizes

7 pm - Concert under the stars, Al MacInnis Sports Centre Grounds

THURSDAY, AUGUST 3RD

10 am - Co-ed softball tournament, Port Hood Ball Field, pre-registration required \$20/player

4 pm - Lobster supper, Al MacInnis Sports Centre, \$25, take out available

7:30 pm - Ceilidh, Chestico Museum, tea, admission: \$5, under 12 free

FRIDAY, AUGUST 4TH

2 pm - Children's activities, teddy bear picnic (bring your bear), Al MacInnis Sports Centre, Adm: \$5

2 pm - Entertainment, BBQ, Port Hood Co-op parking lot

6 pm - Harness racing, BBQ, entertainment, bounce for cash, beer gardens, Port Hood race track, Irish Road

10 pm-2 am - Traditional square dance, Ashley MacIsaac and Friends, Al MacInnis Sports Centre, (19+) admission: \$20, gov't IDs requested

SATURDAY, AUGUST 5TH

9 am - Pancake breakfast, St. Stephen's Jubilee United

church hall, adults \$9, children \$6

- Alfred Reynolds road race and fun run/walk (all ages), Port Hood Fire Hall, registration 8-9 am, admission: \$10 for the road race; \$3/individual or \$10/family for the fun run/walk (2km)

11 am - Street parade

12:15-3 pm - Chicken BBQ dinner, hotdogs for children, Port Hood Fire Hall

- Sausage/hot dog BBQ, pop, water, Al MacInnis Sports Centre Grounds

- Family entertainment, bounce-a-rama, bounce kingdom, rides, Al MacInnis Sports Centre

10 pm - 2 am - Adult dance, Shameless, Al MacInnis Sports Centre, (19+) admission: \$20, gov't IDs requested

SUNDAY, AUGUST 6TH

1 pm - Boat parade

9:30 pm (dusk) - Fireworks, Old Government Wharf



PORT HOOD TRIATHLON

On Saturday, August 12th - Port Hood kids triathlon where youngsters age 4 to 16 take part in the swim-bike-run event. The start time is 9 am.

On Sunday, August 13th, the TD Wealth Port Hood triathlon gets underway at 8 am.

Both events start at the Al MacInnis Sports Centre.

For further information contact
Dayna MacDonald at:
dayna_macdonald@hotmail.com



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C.B. West Islanders win Telus cup



The road to the Telus Cup began with 38 players at tryouts in August and ended in Prince George, B.C., with 20 of the finest young men from Cheticamp to Antigonish winning Canada's national Midget hockey championship, the Telus Cup.

CHESTICO MUSEUM

This museum is located in Harbourview, 3 miles south of Port Hood on Route 19. Operated by Chestico Historical Society, it is a general museum reflecting the history of Port Hood. On display are local artifacts, furnishings and objects from 1860 to 1925.

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MABOU



Mabou Sailing Club

The Mabou Sailing Club is excited to be in a position where they can now offer sailing lessons to kids, including visitors to the Mabou area. Mabou Sailing Club is an active member of the Nova Scotia Yacht Association and a registered non-profit society. The club is located at the "The Point" on Mabou Harbour Road on the outskirts of Mabou. For further information please check out the website at: www.mabousailing.com.



The Red Shoe Pub



From its inaugural opening in the 1990s the Red Shoe Pub in Mabou instantly became a Cape Breton cultural institution, a reputation that remains today and continues to grow. It is a place where live music is as much a part of the interior decorating as the archival photographs and welcoming atmosphere.

MACKINNON'S BROOK CELEBRATION 1817-2017

WHEN: July 29th, Saturday, 2017- 2:00 p.m.

Gather on site – MacKinnon's Brook Trail, Cape Mabou
Highlands Hiking Trails

Two hundred years ago Hugh and Mary MacKinnon arrived from Scotland and settled in what is now known as MacKinnon's Brook. Participants will gather at 2 pm on the site of one of the MacKinnon homesteads. Organizers are strongly encouraging people to hike in from the Mabou Mines trailhead, a distance of about 5 km, but they will have transportation for those who need a drive. (Please note there is still a 15 minute walk required to reach the site). For those walking in please allow at least one hour and a half to reach the site from the Mabou Mines trailhead. People requiring a drive should be at the Mabou Mines Trailhead between 12:30 and 1:00 p.m.

The celebration will include music, stories and a walkabout in the area. For more information contact Nadine Hunt, 902-623-0388 or nhunt861@gmail.com.



Newly cleared MacKinnon site, found on the MacKinnon's Brook trail. Foundation is likely from the mid-1800s.

Tuesday Night Ceilidh

A weekly summer ceilidh is held each Tuesday evening in the Mabou Community Hall on the village's main street, giving residents and visitors an opportunity to hear some excellent musicians perform. With fiddler Karen Beaton, accompanied by pianist and ceilidh co-host Joey Beaton, the evening also showcases one or more of Inverness County's finest fiddlers. Joey's knowledge of the history of the music is a source of memorable information.

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MABOU CEILIDH DAYS

50 YEARS STRONG

THURSDAY, JULY 20TH

9-12 Glencoe square dance, Glencoe Mills Hall

FRIDAY, JULY 21ST

6 pm Boat parade from Mabou wharf
Waterfront gathering - live music, local food, vendors
Steve Rankin, family photo's, Mabou Marina,
7 pm Blessing of the boats, Mabou Marina

SATURDAY, JULY 22ND

9 am Hugh Arnold Campbell Road Race
2-3 pm Street parade
3-5 pm Bouncy castles, kids games
3-6 pm Milling frolic and tea, regional library
art and exhibits, Dalbrae Academy
3-9 pm Mabou Ceilidh Fest, Dalbrae Academy grounds
outdoor concert
Beer gardens, festival grounds
10-1am West Mabou square dance, West Mabou Hall
TBA Red Shoe nightcap

SUNDAY, JULY 23RD

11 am
-2 pm Ecumenical service, Mabou Parish Cemetery
12-2 pm Roast beef dinner, Mabou Parish Hall
11am Mabou Farmers Market, Mabou Arena
7:30 pm Mabou Ceilidh Concert, celebrating 50 years, Strathespey Place

COME EXPERIENCE MABOU'S KINSHIP PLACE PLAYGROUND

The community of Mabou came together in recent years for a work party and built Kinship Place, a beautiful modern playground on the grounds next to The Mabou Arena/Athletic Centre. The playground was built and named in loving memory of a young mother from the community, Tracey MacDonell-MacDougall (1975-2010).

"The faith, hope and love that Tracey personified in her all-too-brief time with us helped spark a contagious community spirit that has made Kinship Place a reality," says the plaque memorial dedicated to Tracey at Kinship Place.

The playground is a very popular destination in summer when the Mabou Farmers Market is held inside the Mabou Arena.



"A compelling and strikingly original theatrical text ... It might be MacIvor's finest work yet." — Daily News

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Marion Bridge

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July 17, 24, 31 & August 14

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Directed by Todd Hiscock

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Bonnie MacLeod [Theresa]
Jenna Lahey [Louise]



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MOTHER OF SORROWS SHRINE; A QUIET REFLECTION

People come from all across the globe to visit this sacred site.

The Mother of Sorrows Pioneer Shrine is devoted to Mary, Mother of Sorrows.

The little church was originally built as a memorial to the pioneers of the area and was moved to the man-made hill where it rests today.

The site was dedicated by the Bishop as a shrine to the Mother of Sorrows and to the pioneers who settled the area.

"We remember our pioneers through the love of Celtic music, beginning with the bagpipes and ending with the fiddle," says Shrine board member and municipal councilor Betty Ann MacQuarrie.

Tour busses are a common fixture to the Shrine; they travel from all across North America to visit the historical church, to pray and to pay respects to Mary, Mother of Sorrows.

Two priests sit on the Shrine's board; they are Fr. Angus Morris and Fr. Bernie MacDonald. Other members include Sister Claire Beaton, Board Chair Edgar Cormier, Ken Vacon, Rita MacDonald, Dan Archie Cummings, Marcella Doucet and Betty Ann MacQuarrie.

The Mother of Sorrows Shrine has a tourist centre with a gift shop; they have also reproduced a new brochure this year for visitors coming to the Shrine.



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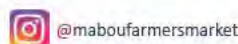
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Trails: Exploring in and around Mabou

- Celtic Shores Coastal Trail -

Mabou Rivers Trail Section

"The trail opens up and meanders alongside the South West Mabou River for several kilometres. This section of the trail is pretty in all seasons, suitable for walking, biking, cross country skiing, and snowmobiling. Some of the meadows adjacent to the trail here were once valuable farmland for numerous homesteads founded on the upland side of the trail. The combination of river, meadows and woodlands makes for an abundance of wildlife and interesting vegetation." *Nadine Hunt*

West Mabou Beach Provincial Park

Located on Colindale Road, West Mabou, is a natural environment park with public access to a beautiful sandy beach and dune system at the mouth of Mabou Harbour. The park also consists of old farm fields and marshes, with several walking and hiking trails and a picnic

area. The West Mabou Beach is the only public access beach in the Mabou area with ample parking. Change houses and pit toilets and a small interpretive site can be found at the beach head.

Cape Mabou Trails

"Using old roads and trails in this area, the Cape Mabou Trail Club has built a well-maintained and well-marked trail system that offers tremendous views and a considerable variety of terrain from easy walks to very strenuous hikes, along coastal trails, up and down the many mountains, and through the forest." - *Victor Maurice Faubert*

MacFarlane Woods Nature Reserve

MacFarlane Woods Nature Reserve protects an excellent example of a rich, old-growth sugar maple, yellow birch, beech forest. It also hosts rare plants. It is located on Mabou Ridge above the Mull



West Mabou Beach

River Valley. Hills and valleys are the natural landscape. The hardwood forest of MacFarlane Woods is part of a virgin stand. The old-growth forest is surrounded by a variety of early succession stands which are utilized to promote natural history education for visitors.

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THREE MOUNTAINS, ONE DAY, ONE LOCATION

WHEN: August 26th

Registration Check-in: 8:30 am Start Time: 9 am

WHERE: Mabou Coal Mines

Starting at Mabou Post Road Trailhead

(Cnoc Aitein/"Sandy's Hill")

HOW: Register in teams of at least two people, cost is \$30/team member. Ages 16 and over. Your fee provides you with a t-shirt, and after hike water and light snack.

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**CAPE MABOU TRAIL CLUB AND INVERNESS COUNTY
DEPARTMENT OF RECREATION AND TOURISM**

Directions to the Mabou Post Road Trailhead:

From the village of Mabou turn west off Route 19, go past the church and over the bridge following the pavement left along the north shore of the harbour inlet for 3 km before slowing on an S curve, make a right turn on the gravel road marked Mabou Mines. Follow this road 6 km where the road opens to sweeping ocean view and Finlay Point harbour. Past the harbour continue 1 km descending the narrowing land to the Mill Brook bridge. Signs indicate parking near this bridge, and there are also several spaces ahead just up the hill next to the trailhead sign.

To Register Online Go To: www.capemabouhiking.com

The route this year is approximately 17 km in length, taking in three climbs. This is a personal challenge not a race. Your hike will take you along beautiful coastlines and through pristine woodlands on wilderness trails. The trails to be covered in this hike include MacPhee, Fair Alistair's, MacArthur, Enchanted Valley, MacKinnon's Brook and Beaton. For more information email nhunt861@gmail.com or call Nadine Hunt at 902-623-0388. Check Facebook Cape Mabou Trail Club for updates.



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An Drochaid Bridge Across Time



The local museum, *An Drochaid* or Bridge Museum, operated by the Mabou Gaelic and Historical Society, is an active centre, and “bridge” is an aptly chosen name, bridging as it does the past and the present, presenting the vibrancy of the former through narrations and talents of the latter. A visitor to the museum will see a locally made quilt, the work of several women, called “Memories of Mabou” because it depicts the industries of the area in past years and in the present. One should also see the pieces of woven material from the Glendyer Woolen Mills, which were established in 1848 a few miles outside the village.

CEILIDH ON THE WHARF Mabou Coal Mines

On Sunday, August 13th, a ceilidh happens on the Mabou Coal Mines wharf from 1 to 4 pm. Admission - \$10. Come and enjoy an afternoon filled with local talent, boat rides and canteen services.

While the ceilidh itself is a music-filled attraction, it is also one of the most beautiful side drives visitors can take into a stunningly beautiful landscape/seascape.



To Get There: Take the Mabou Harbour Road off Route 19 (beside the Mabou museum) and follow the signs. Fun and food and fine music await you at the end.



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STRATHSPEY SUMMER EVENTS

For more details on these upcoming events, all of our programming, and tickets please visit our website at strathspeyplace.com

June 11 Lynn Chisholm in Concert

June 24 Kyle & Colin MacDonald, Rita Rankin & Buddy MacDonald

June 30 Return of the Vanishing Cape Breton Fiddler | A Live Revival with excerpts fr. Ron MacInnis' brand new 2017 documentary

July 17, 24, 31 & August 14

Marion Bridge | A Strathspey & CBU Boardmore Theatre Production

July 22 Mabou CeilidhFest / *July 23* Mabou Ceilidh Concert

July 27 & August 3, 10, 17

Strathspey Connections | *The Story of the Gael*

August 7 Cape Breton Summertime Revue

August 20 Olate Dogs 'Winners of America's Got Talent'

September 3 Giv'ner! Strathspey Bi-annual Fundraiser



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GLENCOE DAYS

SEPTEMBER 3RD

2 pm: Games of chance, chocolate wheel, bingo, straw game, kids games, crown and anchor, flea market, bake table. T-shirts, sweatshirts, cookbooks, and key chains for sale.
Horseshoe Tournament

5 pm: Mass at St. Joseph's Church, Glencoe, meal to follow

9 am-12 pm: Family square dance, music by Andrea Beaton and Joel Chiasson. Adm: \$8, children under 12 free

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Nestled at the foot of the Mabou Highlands is the Glenora Distillery, a single malt whisky distillery. The distillery offers tours, as well as providing accommodations and fine dining. It is also a popular location for catching some of the County's traditional musicians.

The Glen Breton Toast

So the word is now out for all to see
A single malt from this side of the sea
A lowland taste, or a highland smile, or the tang of the sea,
Like a malt from the isle

These secrets reside in the walls of the cask,
And those bouquets and flavours are with us at last.
Ten years in a complex of oak and of smoke,
Now we reach for the glass, For the cask has awoke

And we'll toast with Glen Breton,
With more than a dram,
For the dream of Glenora has captured our land
From the shores of Cape Breton to our mountainous west



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By
Bryan Finlay

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We are open from end of June to end of August.
Visit our website or email for a list of events.

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Email: lahistorical@seasidehighspeed.com

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Scotsville School of Crafts keeps traditions alive



**Overshoot Patterns exhibit
at School of Crafts**

The main objective of the Scotsville School of Crafts is to perpetuate the traditional Celtic handcrafts while incorporating the most modern methods and techniques.

The Lake Ainslie Weavers and Craft Guild is also compiling a body of documents on all textile weaving in Inverness County. The highlight of its collection is a magnificent exhibit of overshoot samples created by Florence Mackley which is currently on display, courtesy of her niece, Brenda Hart Timmons of Margaree. There are 35 mounted pieces with name plaques in the Mackley exhibit, as well as some framed vintage patterns.



A sample of woven scarves



The Lake Ainslie tartan

BLUE for the water, the sky above and the blueberries that grow/ **WHITE** for the cross of St. Andrew, the Barite and the snow **GOLD** for the clean sandy beaches and the rising of the sun **RED** for the beautiful sunsets which are second to none. **GREEN** for the mountains, spruce and pine, as proud and tall they stand/ And the grass that blows in the wind like waves upon the land.

When settlers came from Europe's shores so many years ago, they brought with them a pride and strength that's not seen anymore. They faced the harsh cold winter storms, had many hungry days. They lived by faith and fear of God and strict religious ways. This TARTAN, that we weave today, pays tribute to the old. The flag they left, the shores they found, this HERITAGE is told.

Composed in 1985 by

*Vincent Smith, Allan MacMillan and
Verna MacMillan.*

*Designed by Verna MacMillan and
registered at the Scottish Tartans Society,
in Comrie, Scotland, in 1985 on the
occasion of Cape Breton's Bicentennial.*

LAKE AINSLIE FIREMEN'S CEILIDH DAYS

July 4th-8th • Scotsville •

JULY 4TH 7:30 pm

• Family magic show

JULY 5TH 7:30 pm

• Merchandise bingo

JULY 6TH 8 pm

• Pub night, Lynn Chisholm

JULY 7TH 4:30-6 pm

• TBA Supper

JULY 8TH 12 pm

• Parade, fun and games, BBQ,

• Bake sale

4-8 pm

• Beer garden(19+)

with Beech Hill



LAKESIDE IMPRESSIONS School of Crafts hosts workshops during Celtic Colours

There's more than the weaving of colours into clan tartans going on at the Scotsville School of Crafts once the leaves of summer change into their autumn. The school becomes part of the Celtic Colours International Music Festival, taking place this year October 7th-15th.

While nightly concerts are performed across Cape Breton, throughout the day the island is alive with workshops and demonstrations, and the Scotsville School of Crafts is one of the centrepieces of this activity.

Find their schedule of events in the Celtic Colours guide or log on to the school's website: www.scotsvilleschoolofcrafts.ca/ and you will find yourself making pleasant choices.

Each October, the Scotsville School features an exhibit of arts and crafts that range from fine paintings to weaving woven to awe. Each day during Celtic Colours the exhibit is open to visitors.

Also, each day offers a new Celtic experience such as weaving demonstrations, hands-on spinning demonstrations, Celtic walks with a distinctive Gaelic accent, square dancing lessons, a milling frolic, painting workshops and much more.

**The
Lake Ainslie
Weavers &
Craft Guild**

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Peggy 902-248-2520**

CAPE BRETON SQUARE DANCES

In Inverness County

The Cape Breton square dance and step dance traditions, were brought over from Scotland by the early Scots settlers and are intrinsic to Cape Breton culture.

An evening spent at any of Inverness County's regular square dances is sure to be an unforgettable experience. Visitors are made welcome, and they will hear the music of some of Cape Breton's best known musicians.

WEST MABOU SQUARE DANCE

SATURDAYS: year round: 9 PM -12 AM Family dance (all ages), admission \$8, canteen

BROOK VILLAGE SQUARE DANCE

MONDAYS: June 26th to September 4th, 9:30 PM – 1 AM Adult Dance (age 19+), admission \$8, bar and canteen

THE BARN AT THE NORMAWAY INN

WEDNESDAYS: July and August

FRIDAYS: September to October

10 PM: Dance (all ages), admission adults \$6; students \$5. www.the.normawayinn.com

THE GLENCOE MILLS SQUARE DANCE

THURSDAYS: July 13th to August 31st, 9 PM – 12 AM Family Dance (all ages), admission \$8, under 12 free, canteen

Thursday, July 6th 9 PM -12 AM Kitchen Fest:

Mike Hall, Douglas Cameron, Lawrence Cameron, Pius MacIsaac. Admission \$8, under 12 free, canteen

Sunday, September 3rd, 9 PM -12 AM Family

Dance (all ages) with Andrea Beaton and Joel Chiasson, admission \$8, under 12 free, canteen

Sunday, October 8th, 9 PM -12 AM, Family Dance (all ages) with Shelly Campbell, admission \$8, under 12 free, canteen.

CREIGNISH SQUARE DANCE

2 Fridays:

September 1st, 9 PM -12 AM (free demo and workshop at 8:30 PM) Family Square Dance (all ages), admission \$8 adult, \$4 youth, free (12 and under)

October 6th, 9 PM -12 AM (free demo and workshop at 8:30 PM)

SOUTH WEST MARGAREE SQUARE DANCE

FRIDAYS: June 30th to September 1st, 10 PM - 1 AM Adult (age 19+), admission \$8, bar.





WWW.CELTICSHORES.CA

Official Trail Maps available at
Cape Breton Island Visitor Information Centres.



WALKING TRAILS

1. Trans Canada Trail / International Appalachian Trail
2. Port Hawkesbury Trail
3. Craigmere Creek ORM Park
4. Alexander Trail
5. Port Hood Boardwalk
8. West Mabou Beach & Trails
9. Cape Mabou Highlands Hiking Trails
10. MacFarland Woods Trail
11. Salt Mountain Trail - Whycocomagh
12. Bualach Breigh Trail
13. MacDonald House Museum Trail
14. Bualach Breigh Trail
15. Old Miller Trout Farm
16. Inverness Boardwalk
17. Egypt Falls Trail
18. Eagle Nest Trail
19. Sentier Minne Platre
20. Cheticamp to Margaree Harbour
21. Cheticamp Boardwalk
22. Skyline Trail
23. CBH National Park - 26 Trails
25. Meat Cove Mountain Trail Lowland Cove Trail
33. Whycocomagh Village Trail



KAYAK ROUTES

6. Port Hood & Henry Island
7. Bras d'Or - Marble Mountain / West Bay
24. Meat Cove
26. Cheticamp to Margaree Harbour
27. Margaree to Dunvegan
28. Inverness to Mabou Harbour
29. Port Hood to Judique
30. Judique to Troy
31. Strait to Canso
32. Lake Ainslie Shores
34. Whycocomagh Bay - Bras d'Or
35. Southwest Mabou & Mull Rivers to Mabou Harbour
36. Margaree - Lake Ainslie Canadian Heritage River System



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Sounds and Scents of the
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YEAR ROUND.**

Use at your own risk

THE CELTIC COASTAL INVERNESS TRANS CAN

*The Celtic Shores Coastal Trail
community trails. The major ac
listed below. The first kiosk is
Canso Causeway as you en*

92 kms - Port Hask
CB Island TCT Trailhead Pav
0623718 E 5056150

TRAIL H INFORMATI

THE CEILID TRAIL S

22kms - Canso Canal to Ch
Troy Station Trailhead
0621276 E 5060816 N

THE JUDIC TRAIL S

19 kms Chisholm's Brook
Michaels Landing Trailhead
0617546 E 5083790 N

THE CHESTICO

17 kms - Little Judique Ha
Mabou River Port H
Kiosk/Access
0614653 E 5090709 N

THE MABO TRAIL S

19.6 kms - Zutphen Farm St
West Mabou Trailhead
0619675 E 5097712 N

THE INVERN TRAIL S

16 kms - Blackstone to I
Trailhead Kiosk

TRAIL RULES A

*The Celtic Shores Coastal Trail
operational year round. Plea
Expect to see the following
hikers, walkers, equestrian
In winter you will find people
skiing, hiking, and*



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twitter



ROAD CYCLING ROUTES - OFF TRAIL

Inverness County is a cyclist's dream for variety of cycling experiences both on the trail and on our roadways. We have put together a list of day or half day trips you may want to consider. While on an outing, plan to visit one of our many gift & craft shops, grab lunch at our friendly eateries, or take the time to grab a quick swim at one of our fine beaches or rivers.

Please remember that while Nova Scotia has legislated the "one meter" rule, and safe passage of highway traffic around road cyclists is mandatory, it is your responsibility as a cyclist to be cautious of road traffic and conditions, make yourself highly visible and use proper hand signals for approaching traffic. Check out these ten suggested road route outings.

1. Port Hood to Colindale to West Mabou Coal Miners & Return
2. Whycocomagh to Scotsville to Inverness and return via West Lake Ainslie
3. Inverness to Scotsville to Southwest Margaree to
Broad Cove Banks Road Return to Inverness
4. Whycocomagh to Malawatch to West Bay to Dundee Return.
5. Margaree Centre to Margaree Harbour and return via Margaree Forks.
6. Cheticamp to Plateau to St. Joseph Du Moine and return
7. Bay St. Lawrence to Meat Cove and return
8. Cape Clear Look-off via Margaree, St. Joseph Du Moine or Cheticamp.
Advisable to use local guides for various route available.
9. Bornish and St. Margaret of Scotland Pioneer Church via Melford
Advisable to use local guides for various route available.
10. Inverness to Mabou via Cape Mabou -
*Advisable not to cycle on signed "Cape Mabou" hiking trails
These managed trails do not permit cycling due to trail terrain sensitivity*



CELTIC SHORES COASTAL TRAIL

COUNTY'S ADA TRAIL

The trail is comprised of five linked access points for these trails are located just to the left of the outer Cape Breton Island.

Access to Inverness
Location & Kiosk @ Canso Canal
5 N — 0617365 E

HEADS & KIOSKS

COASTAL SECTION

Access to Inverness
Location & Kiosk @ Canso Canal
5 N — 0617365 E 5074458 N

QUE FLYER SECTION

Access to Little Judique Harbour
Location & Kiosk @ Canso Canal
5 N — 0614653 E 5090709 N

TRAIL SECTION

Access to Zutphen Farm SW
Location & Kiosk @ Canso Canal
5 N — 0619675 E 5097712 N

DU RIVERS SECTION

Access to Mabou River to Blackstone
Location & Kiosk @ Canso Canal
5 N — 0630129 E 5110225 N

NESS SHEAN SECTION

Access to Inverness Miners Museum
Location & Kiosk @ Canso Canal
5 N — 0630129 E 5110225 N

AND ETIQUETTE

The trail is a shared use trail that is used by many people. Please use the trail responsibly. Users on the trail: cyclists, hikers, and summer motorized. Snowshoeing cross country and snowmobiling.



*Inverness County has a
unique trail experience for
every weekend of the year*

DISCLAIMER: While considerable effort has been made to provide accurate information, we take no responsibility for any errors or omissions. The ultimate responsibility for safety lies solely with the individual. MAPS ARE NOT FOR NAVIGATIONAL PURPOSES.



Photo Credit: Dave Maclean

INVERNESS COUNTY IS NOVA SCOTIA'S SNOWMOBILING DESTINATION REGION

INVERNESS COUNTY'S SNOWMOBILE TRAILS MAP DATED JUNE, 2014, WAS ORIGINALLY OBTAINED FROM THE SNOWMOBILERS ASSOCIATION OF NOVA SCOTIA, AND WAS USED TO CREATE THIS PRODUCT. THE SNOWMOBILERS ASSOCIATION OF NOVA SCOTIA ASSUMES NO RESPONSIBILITY FOR THE COMPLETENESS OR ACCURACY OF THE DATA CONTAINED WITHIN.

Caution





WHYCOCOMAGH



Whycocomagh is a hub for the rest of Cape Breton.

It has three restaurants, motels, markets, businesses, a wharf, a beautiful waterfront centre, a school and two churches.

Whycocomagh is an hour and a half to any major Cape Breton attractions.

Surrounding Whycocomagh are hiking trails that take you into its mountains and this trail, part of the Trans Canada Trail slated for completion in 2017, also includes the Blue Wave

which is the water-trail which was every bit as important as the land trails to our pioneers.

In the summer, there is always something happening. The inland sea (Bras d'Or) must be part of the Musical Coastline."

The Race for the Cape run may make Whycocomagh part of its tour in 2018.

The "hidden gem" of Whycocomagh is its park which runs up in the mountain and across the road down to the lake.

It is one of the most beautiful campgrounds anywhere, open, clean and surrounded by the beauties of nature.

Summer in Whycocomagh is topped off by the Whycocomagh Summer Festival, a week of family, fun activities that has music, culture and fun for everyone who loves to enjoy spending time with a welcoming people and visitors looking for a peaceful way of life.

If you want to kick up your heels there is a fiddle and a dance

close by. The season in which we welcome visitors culminates in Whycocomagh during Celtic Colors in October where there are cultural workshops and one of the best Celtic concerts you'll ever attend.

Whether it is the mountains, the lake or Celtic Quay, Whycocomagh has something unique to offer our summer and fall visitors.

If you hang around long enough you can enjoy Christmas in the Village, another festival not to be missed.

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Whycocomagh Festival Teddy Bear picnic.



A yurt located at the Whycocomagh Provincial Park which is available for rent throughout the summer season.

WE'KOQMAQ

The Waycobah community members enjoy a long history of pride in their heritage, while keeping pace with the challenges of the present. Today's Waycobah is a thriving community with a state-of-the-art school and health centre, private businesses that cater to Cape Breton Island tourists and local residents, and a vibrant cultural environment.

The Mi'kmaq continue to preserve their culture and the ways of their ancestors. This tradition can be seen in their leather work, intricate basket weaving, and beautiful beadwork.

Tradition is also kept alive through legends like that of the Mi'kmaq hero, Glooscap who, the story is told, climbed to the top of Salt Mountain to survey his domain and oversee his people. He saw that his enemy, Beaver, was causing trouble amongst the tribe below.



Morley Googoo, regional chief of the Assembly of First Nations, Grand Chief Ben Sylliboy of the Mi'kmaq Grand Council and Chief Rod Googoo of We'koqmaq (Waycobah).

CHURCHES

Holy Trinity Parish 902-756-3005
 Little Narrows Presbyterian 902-756-2066
 St. Andrews Presbyterian 902-756-2669

Thursday Night Jam Sessions

Every Thursday evening at 7 pm local musicians will be hosting a jam session in at the Whycocomagh Waterfront Centre. Performers, musicians, singers and music fans gather for a two-hour session, along with time for tea. The jam session is open to anyone who wants to bring along a guitar or other instrument and a favourite song or two.

WHYCOCOMAGH
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44TH ANNUAL WHYCOCOMAGH SUMMER FESTIVAL

MONDAY JULY 10TH:

10 am -12 pm: Gaelic for tots (5 and under) at the Cameron Hall, sponsored by the Whycocomagh & District Historical Society, free admission.

6-7:30 pm: The WHY Group is hosting a family movie night for all ages at the Cameron Hall. Wear your pjs, take your favorite snuggly; free admission; concessions.

TUESDAY JULY 11TH:

12-3 pm: Public swim at the Fair Isle Motel; parental supervision required, no lifeguard or washroom facilities; age: under 12.

10-12 pm: Crib tournament; join the walking gang for a crib tournament at the Whycocomagh Waterfront Centre. Goodwill offering. Winners get free tickets for Celtic Colours afternoon pub.

10-12 pm: Gaelic for youth (aged 6-12) at the Cameron Hall, sponsored by the Whycocomagh & District Historical Society, free admission.

7-9 pm: Trivia night at the Whycocomagh Waterfront Centre; 19 years+; \$5 each.

July 11th -12th from 2:00-4:00 pm and 7:00-9:00 pm: Silent auction at the St Andrew's Presbyterian church hall; pick-up - July 13th.

WEDNESDAY JULY 12TH:

10 am-1 pm: Traditional Gaelic foods at the Cameron Hall as sponsored by the Whycocomagh & District Historical Society, free admission.

8-11 pm: Family square dance with Shelly Campbell; location and sponsor Whycocomagh Waterfront Centre; admission \$5 or \$20 per family,

THURSDAY JULY 13TH:

9 am - 12 pm: Gaelic Hike for all ages from the Cameron Hall as sponsored by the Whycocomagh & District Historical Society, free admission.

12 - 3 pm: Public Swims at Fair Isle Motel; Parental supervision required, No lifeguard or

washroom facilities; age under 12.

1:30-3:30 pm: Water blaster at the Provincial Park. Bring your own water gun and towel; all get welcome but younger children require a guardian.

6-8 pm: Waterfront activities held at the Whycocomagh Waterfront Centre featuring doubles canoe races, barbecue, children's activities.

8-10:30 pm: Jam session with Mini Craft Beer Festival featuring a number of Nova Scotia's finest craft brewers. Food trucks on site. 19+. Jam. \$5 or \$20 tickets for craft beer fest including your glass souvenir and samples.

FRIDAY JULY 14TH:

11 am: Golf tournament at Baddeck Forks followed by a barbecued steak dinner at the Waterfront Centre: \$75 each, \$300 per team.

2-4 pm: Gaelic milling songs for all ages at the Cameron Hall as sponsored by the Whycocomagh & District Historical Society, free admission.

3-4 pm: Teddy bear picnic at the Whycocomagh Provincial Park; rain location, Whycocomagh Fire Hall; bring your own bear. Sponsored by Whycocomagh Development Commission.

7 pm: Milling frolic, location: Cameron Hall, sponsored by Whycocomagh & District Historical Society and Stewart UCW; admission \$7; children/ students free.

7-9 pm: Chase the Ace; location: Whycocomagh Fire Department



Whycocomagh Car Wash

- Coin Operated
- High Quality Foam Wash
- Industrial Heavy Duty Vacuum
- Well Lit Bays
- Coin Machine

10 pm- 2am: Pub night, Location: Whycocomagh Lions Hall, Admission \$10, 19 years and over, gov't ids required. Music by MacIntyre Sound System. Sponsor: Whycocomagh Lions Club

SATURDAY, JULY 15TH:

7:30 am: Breakfast, location St. Andrew's church hall; admission \$7 adults, \$4 children; sponsored by St. Andrew's Ladies Aid.

9 am: 5K fun run, location: Skye Glen Hall. Register at hall between 8 and 9 am; \$20 adults, \$10 children. Sponsored by MacKeigan's Pharmacy. Contact Darlene Ellis

12 pm: Parade, theme: Celebrate Canada. Contact: Jaye Morrison - Floats to line up near Presbyterian Church at 11:30 am; Lion's Club sponsored. *Immediately following the parade: ice cream social and children's activities, location: Cameron Hall, sponsor: Whycocomagh Day Care.*

10 pm - 2 am: Pub night, location: Whycocomagh Lion's Hall, admission \$10; 19+, gov't ids required. Sponsored by Whycocomagh Development Commission, music with Eddie Cummings.

Saturday and Sunday will also feature a ball tournament (lob ball). Contact is Jesse MacLean (902-302-1708). Sponsored by Whycocomagh Lion's Club.

Complete schedule will be available within community bulletins in July!

A NEW EVENT taking place this year on October 21st is a Wild Hog Trail Race, on the TCH Trail. It's a 5 km and 10 km race. Contact Sandee MacLean at 902-756-9042 or Lisa Nearing at 902-756-2239 for more information.



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Telephone: **902-756-3284**

HOURS: 11:00 A.M. - 10:00 P.M. SUN. TO THURS.
11:00 A.M. - 2:00 A.M. FRI. TO SAT.



ORANGEDALE

THE ORANGEDALE STATION

The Orangedale Station is the only remaining one of the Intercolonial Railway Stations on its original building sites built on Cape Breton Island and has been meticulously restored and preserved in mint condition.

This station served a very large rural area and in the early years people came from miles around in their horse-drawn wagons or sleighs, or by foot to catch the train. In its heyday (1930s to 1950s), this station was served by six passenger trains (three in each direction) and up to twenty freight trains daily. This station was also a busy shipping point for lumber, oysters, pit props, Christmas trees and other local products. Incoming carloads included flour, feed, gasoline, western horses, automobiles, machinery, and various shipments of merchandise for the local stores.



MARBLE MOUNTAIN FAMILY WEEKEND AUGUST 11-13TH

AUGUST 11TH-12TH
AUGUST 13TH

TBA

12-4 pm

Family Day at the wharf and beach, with live music, children's games, poker run, supper at the hall, cost TBA

BBQ and games priced individually.
Parking available at the at the wharf and beach, no parking/entrance fee for cars with children.

CHURCHES Orangedale United 902-756-2829
Orangedale Presbyterian 902-756-3157

THE ARK STORE

Many locals and passersby learn about L'Arche Works at The Ark Store in Iron Mines, Cape Breton. Good quality used clothing, inspirational books, local and Nova Scotia crafts, and crafts made at their workshop are sold here. Several core members are employed at the store, and they are kept very busy.

The Ark is located just off the Trans Canada Highway at Exit 4, Orangedale. We are open Monday to Friday, 9 am to 3 pm and Saturday 10 am to 5 pm.

THE ARK

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SAT. 10-5

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L'ARCHE
cape breton

www.larchecapebreton.org Email: larchecb@larchecapebreton.org



INVERNESS

A TOUR OF INVERNESS

Hello and welcome!

If you have your walking shoes on (there's nowhere you can't walk to if you want to give your car a rest).

I'm going to take you up Forest Street first to the harness racing track.

Long before we had golf courses, Inverness Raceway had been the main attraction in Inverness. The first races were held in 1926 and 90 years later it's still going strong every Wednesday night under the lights and on Sunday afternoons.

Behind the barns and stretching the length of the town are a series of trails and old roads that once connected a number of bootleg coal mines. It's a great place to let your dog run off leash, and while it's difficult to get

lost, you might want to have someone from the area go with you just to prevent you from walking in circles.

Heading downtown to the boardwalk, you'll see some of the fairways and greens of Cabot Links. And the wharf where you can buy freshly-caught lobsters from the men and women who catch them throughout May and June. And if you're here for Gathering Week during the fourth week of July, you can get on a boat for a free ride during the Fishermen's Picnic boat parade!

I might be a little biased, but this is the best beach in the world. The water's so warm, and I suggest coming back in the evening just as the sun is setting. The sunsets can be stunning.

Heading back up town we pass by the Miner's Museum on the left where the old railway station used to be. Check out all the great artifacts and displays outlining the history of Inverness.

Passing the Miners Museum we come upon Mill Road Social Enterprises, which has a bakery, (the smell of baking alone will draw you in), as well as a thrift store, and a village market.

At the end of town we have the Inverness County Centre for the Arts where we display the work of our many talented artists, as well as yoga classes, workshops, musical events and a gift shop.

Once summer is in full swing, our seasonal eateries are open as well as the year round restaurants. Every

restaurant usually has a seafood chowder on its menu, so you might want to visit them all to find your favourite!

Feel free to take in all that the town has to offer: golf a round in the morning; pack a picnic for the beach in the afternoon; take a walk, check out our restaurants for dinner; take in the many musical events that take place throughout the summer.



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CABOT LINKS

We're number one and we're also number two.

The *Canadian Golf Magazine* announced its golf course rating in its April issue and the two Cabot courses placed one and two.

Of Cabot Links it says:

The site and philosophy, both myself and Ben, we were on the same page trying to return back to the true roots of golf," says Rod Whitman, golf course architect of Cabot Links, as he refers to the common objective between him and Cabot Links mastermind Ben Cowan-Dewar.

Opened in 2012, Cabot Links has catapulted up the ranks of our Top 50 course ranking. And despite some stiff competition from its sister course down the road, our raters have once again named it the best golf course

you can play in all the nation. For those who have had the opportunity to visit, it comes as no surprise.

Cabot Links is a special blend of small town east coast charm and wild, seaside links. The course always had big shoes to fill, located a mere two hours away from iconic Highlands Links, but it has lived up to the hype and then some.

Cabot Cliffs features some world class stunners, like the cliff side par-3 16th and par-4 17th, both unique in their own right. But the inland holes are just as good as the more dramatic cliff side holes with the par-4 2nd and par-4 13th being especially noteworthy.

Finally, Cabot Cliffs has a distinct Cape Breton feel that you just can't find anywhere else, and that's what makes it so special.



Photo by: Paul Darrow

They say the best golf is played

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Besides offering a challenging golf course, there is an aspect of Cabot Links that visitors may not be aware of. Inverness is located in Central Inverness County, and for visitors to the Cabot Links there are many other attractions of which they, or any other visitor, should be aware. All along the western coast of Cape Breton Island there are offerings and experiences enough to encourage people to stay an extra or several days just to take it all in.

In **JUDIQUE** (45 minutes south of Inverness), there is the *Celtic Music Interpretive Centre*, offering food and daily entertainment, music archives and instruction.

In **PORT HOOD** (25 minutes south), the *Chestico Museum* is a hub of local history; and the village itself is lined with wonderful beaches, one of which is lifeguard patrolled.

In **MABOU** (15 minutes south), there is the heralded *West Mabou Beach*; the year-round Saturday

Demolition Derby is huge crowd pleaser!

The thunder of hooves pounding down the home stretch is the usual sound heard at the Inverness Raceway, date to be announced, it will be the roar of engines and crunch of metal as scores of cars compete in the annual Demolition Derby.

Last car running wins!



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night *Family Square Dances*; the music offerings of nationally acclaimed *Red Shoe*; several dining options; the nearby Thursday night summer family square dances in *Glencoe*; and beautiful drives.

At **LAKE AINSLIE** (15 minutes), there is the *MacDonald House Museum*; and the *Scotsville School of Crafts* with on-site demonstrations in weaving.

At **INVERNESS**, there is a life-guarded beach, *weekly Sunday*

Afternoon and Wednesday Night Harness Racing, hiking trails, the *Inverness County Centre for the Arts* with exhibits of resident and visiting artists all summer.

At **MARGAREE** (30 minutes north), one of the world's famous *Salmon Fishing Rivers* is located, including the *Salmon Museum* with its history of the famous sport.

At **CHETICAMP** (45 minutes north) and the surrounding Acadian region exists one of the most vibrant

Acadian cultures in all of Atlantic Canada, offering *Authentic Acadian Cuisine*; and ongoing celebration of all things Acadian in music and drama, nearby hiking at the entrance to the *Cabot Trail*.

All of these attractions are available within a forty-five minute drive of Cabot Links and Inverness.



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Gliding on the surface of a calm ocean at sunset is an experience that should top everyone's bucket list.

Eagle Eye Outfitters offers customized tours, wilderness camping, sport fishing, mountain bike rentals, boat and whale tours, kayak and rental tours. Conrad MacNeil is the Captain of *Seas the Breeze*, which accommodates twelve people, with great seating and also a picnic table/umbrella set.

Cruising along in a fishing boat with style, it only takes *Seas the Breeze* about 30 to 40 minutes to get to *Margaree Island* – or *Sea Wolf Island*. “I will take people anywhere they want to go, and if you don't know where to go I'll show

you. There are tours for everyone, for all types of people, young and old, those who have plenty of experience on the water and those who have no experience.” He explains that “different tour types include an early morning deep-sea fishing tour from 6:00 a.m. to 9:00 a.m. We also offer two tours happening daily at 11:00 a.m. and another at 2:00 p.m., both tours lasting roughly 2.5 hours. The daily tours can be directed towards families, and children of all ages are welcome and safe.”

“If you want to explore *Margaree Island* or the shores of *Cape Breton* I can take you or a group out with the kayaks, to the island or wherever you want to go.”




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SUNDAY
1:30 P.M.

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HORSEMAN'S BINGO - TUESDAY - 7:30

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MacNeil wants everyone to experience the awesomeness that is Cape Breton Island, the sunsets, natural beauty, fishing and beaches should be accessible to all.

This business is perfect for locals or vacationers new to the island. Life is short, so get out there, get active and explore the natural wonders of Cape Breton. Hike, camp, fish, swim or hop on a kayak and make your own waves. Visit www.eagleeyeoutfitters.ca.




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INVERNESS GATHERING SCHEDULE

SATURDAY, JULY 22ND

8:45 am - Kids Fun Run,
9 am - 5M run, 5K run, 5K walk, Inverness Raceway, Pre-registration is required for a T-shirt. Call Angie at 902-258-3694.

MONDAY, JULY 24TH

Dr. Bernie MacLean Cultural and Recreational Centre Golf Classic
10 am - Le Portage Golf Course, Cheticamp, steak BBQ @ Inverness Arena. To register see ad below.

TUESDAY, JULY 25TH

Fishermen's Day

12:30 pm - Boat parade
1 pm - Boat rides, bingo, fish pond, lobster/crab burgers, entertainment, beer garden

WEDNESDAY, JULY 26TH

Horseman's Day

11 am Kiddies Day
1 pm Merchandise bingo
7:30 pm Live harness racing, Inverness Raceway
8 pm-2 am - Pub night, three

shows: Darryl Keigan, Paul Lamb, and Eddie Cummings.
Inverness Fire Hall

THURSDAY, JULY 27TH

Legion Day

1 pm - GRAND OPENING OF NEW Legion, with entertainment, No admission
6 pm- 8 pm - Music in the park
9 pm-1 am - Adult Dance, (19+) Loch Band, Captain Angus L. MacDonald Branch 132, Inverness, admission \$10

FRIDAY, JULY 28TH

Firemen's Day

11 am - Children's games, BBQ, raffle, Inverness Fire Hall
1 pm - Prize bingo, Inverness Fire Hall, sponsored by Stella Maris Parish
7:30 pm - Live harness racing, 'Inverness Invitational Pace', Inverness Raceway
9-10pm - Pub night, Inverness Fire Hall

SATURDAY, JULY 29TH

Arena Day

10:30-1:30 am - Village Market at Mill Road Social Enterprises
12-noon - Inverness Gathering parade, including the kiddie parade
2-5 pm - Fergus O'Byrne (former Ryan's Fancy member) and Jim Payne, Captain Angus L. MacDonald Branch 132, admission \$10
3-5 pm - Chase the Ace, Inverness Fire Hall, entertainment, no cover charge
10 pm-2 am - Adult dance, (19+) Matt Minglewood, Dr. Bernie MacLean Cultural & Recreation Centre, advance \$20, at door \$25

SUNDAY, JULY 30TH

12 - noon - Stella Maris Parish ham/salad dinner at the firehall
1:30 pm - Live harness racing, 'Johnny & Margaret Allen Ian Pace', Inverness Raceway
3-9 pm - 61st Broad Cove Scottish Concert, St. Margaret's Of Scotland parish grounds, Broad Cove, admission \$20



INVERNESS GATHERING EVENTS

CELEBRATE CANADA'S 150TH BIRTHDAY

KitchenFest Concerts

Saturday, July 1st
Sunday, July 2nd
Thursday, July 6th
Friday, July 7th
7:00 - 10:00 pm / \$10



Legion Day

Thursday ~ July 27th

DANCE - 9-1 am

Music By
Loch Band
Admission: \$10

Grand Opening
of new legion
building
1:00 p.m. with
entertainment
No admission

Saturday ~ July 29th

MUSIC - 2-5 pm

with Fergus O'Byrne
(Former Ryan's Fancy member)
and Jim Payne
(traditional NF musician)
Admission \$10

All events 19 years & over

Dr. Bernie MacLean Cultural & Recreation Centre

Golf Tournament, Dr. Bernie Maclean Golf Classic

Monday, July 24th, 2017. Le Portage Golf Course,
Shot Gun - Start at 10 am. Steak dinner and reception at
Inverness Arena following the Golf Tourney.

Contact Info: dr.berniamacleangolfclassic@gmail.com
Neil MacQuarrie: 1-902-968-1420

Inverness Gathering Dance

Saturday, July 29th, 2017, 10 pm - 2 am.
Music by Matt Minglewood Band,
advance tickets \$20, tickets at door \$25.
19 years and over.
Contact Olga Smith 902-258-2751

Inverness Arena T.V. Bingo

Every Thursday, 7 pm, Inverness Community Channel 3.

Inverness Gathering 2017

Even Split tickets sold at various locations throughout July.
Draw to be held at the Inverness Gathering Dance,
Saturday, July 29th, 2017

A Forest for Calum launched in Inverness

The official opening and launch of the planting of the first tree for the Inverness County Centre for the Arts new Forest for Calum took place in May 2017. Frances MacEachen, of Gaelic Affairs Nova Scotia, noted that at least one third of the population of Nova Scotia can trace their lineage to Gaelic roots.

Named after the celebrated book by the same name by Inverness poet, playwright, novelist, and columnist, Frank Macdonald, the project revolves around the planting of a Gaelic forest and poem at the Arts Centre.

Frank Macdonald noted that the story told in the novel took much of his lifetime to fully envision. "I was 12 years old when I heard a story from my father that really stuck with me – one he heard from his father – that each letter in the Gaelic alphabet

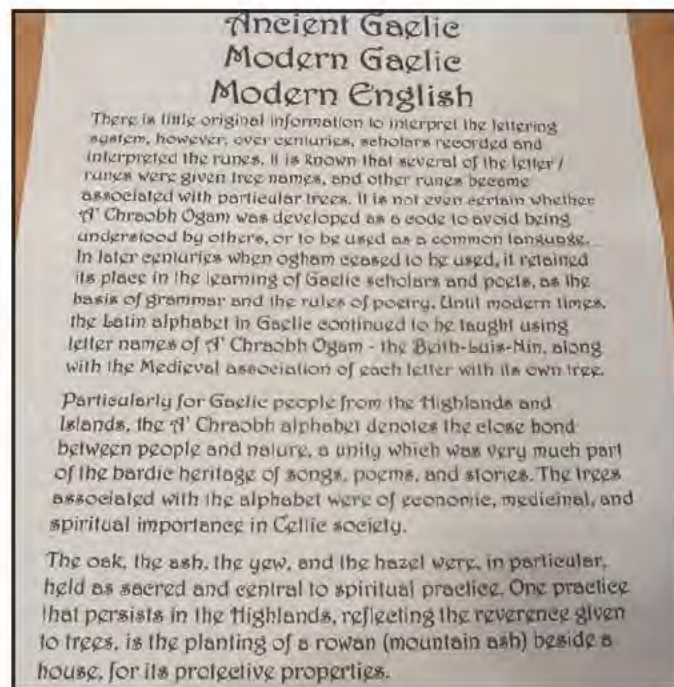
was represented by a tree," said Macdonald.

"I was in my 30s when the idea of planting a poem came to me, in my 40s when I attended the Banff Arts Centre School of Creative Writing when I had the idea for the novel and it took me another 20 or so years to write the book and get it published. I had always wondered whether that story from my father was something I could find historic references for, so I asked around and I finally took a drive to Mabou to speak with one of the people I believed would know, Gaelic teacher and scholar, Effie Rankin. I asked her if she had ever heard of this and she confirmed it for me. Then Caroline Cameron of Strathlorne, board member of Inverness County Centre for the Arts, stepped in and the idea hasn't faltered for a

minute after that," Macdonald added.

Caroline Cameron and Frances MacEachen noted

the importance of the Gaelic phrase: "*Cuimhn Air Na Daoine Bho 'n D'Thainig Sibh*," – "Remember the



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people from whom you came." What a fitting phrase for the planting of the Forest for Calum.

It's been 21 years since May was established as Gaelic Month in Nova Scotia and already 12 years now since the release of Frank Macdonald's book, *A Forest for Calum*. Great ideas often come to fruition even if they sometimes take time. John William "Tiny" Cremo, We'koqma'q offered a smudging ceremony, and noted, the trees are to be honoured, appreciated, the trees will outlive us and they will remain if we cherish them. The Gaels and the First Nations peoples both understood the value of trees, of the forests, to our spiritual nourishment and to our very survival – something we no longer always appreciate.

A Forest for Calum envisions a poem written in trees and the leaves of those trees. With this project the

Inverness County Centre for the Arts may soon become the site of a great living poem – a destination for tourists and local people alike, and a valuable lesson and reminder of the appreciation of and reverence for the natural world.

Frank Macdonald and John William Cremo planted the first tree, the first letter of the phrase – a "C," the hazel, sacred to poets and thought to have powers in dowsing for water. An exciting start to the realization of a dream – what may soon become The Forest for Calum!



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centre
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May 28 - June 24

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Opening Reception May 27th 2 - 4 PM

July 2 - July 30

Hands Dancing: LET'S CELEBRATE CANADA 150!

Opening Reception and benefit auction June 30th 6 - 9 PM

July 17 - Aug 27

Tiny Houses: a group exhibition

Opening Reception July 16th 2 - 4 PM

Aug 5 - Aug 27

Return to the Forest: a group exhibition

Opening Reception August 7th 6 - 8 PM

Sept 7 - Sept 28

Nova Scotia: Art Bank 2017 Arts Nova Scotia purchases

Oct 2 - Oct 30

Textile Journeys: Helene Blanchet, Anne Morrell Robinson, Adrienne Yorinks

Opening Reception October 1st 2 - 5 PM

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Hours of Operation:
Tuesday - Sunday
11AM to 5PM

- Closed Canada Day
Saturday, July 1st
- Open Thanksgiving
Monday, Oct 9th

Admission is free
but donations are
appreciated

Free music festival and free movie nights at the Banks Schoolhouse

"It's not about dollars and cents; it's about connecting with people on a human level."

- Michael Dismatsek

Up on the Banks Road in Inverness, beautiful things are happening at a great price: free.

"I don't think that everything today should come with a price tag attached," said Michael Nikas Dismatsek.

Dismatsek found this part of the island through his wife Winnie. Winnie Quinn comes from the O'Connor family from the corner.

Michael was born in Greece and said that this island very much reminded him of life growing up in the Mediterranean.

"The ocean, the people, the unpredictable weather and the rough terrain, I have a great respect for people who can make it in such conditions," said Michael.

Michael started throwing outdoor summer events such as concerts, jam sessions, selling ice cream or popcorn or playing feature films for families under stars.

For years, he and his family have been adding to their property and have been giving back to people who live or visit here.

The family is outgoing

and community minded and they have breathed some new life into that neck of the woods. They've also added another new venue for families and fun.

"We love the people of

The family believes in the power of the arts and also creating a stage for young up-and-coming, locally grown artists.

Musicians who are well established in the music

get people, both young and old, off their devices and spending quality time together.

"Our children are forever in the cyber world; here we give them the chance to



Steve and Abby Mullendore, John Gills and Adrien Aucolin performing at the 2016 Banks Schoolhouse festival.

Inverness and stay for the two months of July and August, but we come back throughout the year to keep connected," said Michael.

Michael's profession is making music videos and also producing film and photography for corporate labels.

industry have also performed at the Banks Schoolhouse stage.

The free music festival they put on annually is now entering its 7th year this summer.

The free outdoor concert and free movie nights are seen as opportunities to

get out and socialize with people," said Michael.

"It's good social therapy and there is nothing negative about the concerts here," he added.

"Meeting people and connecting with them make you a better human being," he said.

7th annual free outdoor music festival
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The 7th free concert is taking place on their property at the top of the Banks Road, just before you hit the dirt.

The Banks Schoolhouse music event is happening Monday, Aug 7th and Tuesday, Aug 8th.

The free family movie nights are on every evening all summer long, from

Monday to Thursday, and take place at dusk or sundown.

They show feature films and also have theme-nights.

Families and individuals can sit out on a blanket under the stars, bring a picnic basket or purchase movie-theatre popcorn or snacks from the Banks Schoolhouse canteen.

The movies are also broadcast on the FM dial so movie-goers can watch the films from the comfort of their own vehicle. It's just like being at a drive-in movie.

Take in a film with your family or plan to attend their free and fabulous outdoor concert this summer.

Got your sneakers?

Gathering 5 mile, 5 km run

Last summer's annual Inverness Gathering road race attracted more than 200 participants, and if you are visiting in the area and fond of loping around a track, through the woods, along the highway and through the town to the finish line back at the race track, you're welcome to register.

The multi-classification road race takes place Saturday, July 22nd, with registration at the Inverness race track, at 8 am. You can register for the 5 mile race, the 5 kilometre run, or the kids' fun run.

The kids' fun run begins at 8:45 a.m. and the remaining racing begins at 9 am.



Grounds and stage at the grounds of the Banks Schoolhouse festival.

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The 61st Annual Broad Cove Scottish Concert to celebrate cultural diversity and Canada 150

Always held on the last Sunday afternoon in July, The Broad Cove Scottish Concert is one not to be missed, and that is especially true this year.

This year's concert takes place on July 30th and it will be the 61st annual concert which will feature a fabulous line-up celebrating Canada's 150 anniversary on a brand new stage which also includes a new talent room!

Crews were hard at work last year readying the new facility for the 2017 concert with final cosmetic changes being made in the early part of this summer.

"We plan to celebrate not only our rich Scottish culture at this year's concert but the contributions of our

First Nations, Acadian and Irish communities," concert organizing chair Clare MacQuarrie said recently.

Each year the Broad Cove Concert has always featured both established and up and coming artists.

Special guests this year include the *We'koqma'qewiskwa* Drum Group, *La Swing du Suête* dance troupe from Cheticamp, Jim Payne and Fergus O'Byrne, Nathan Rogers and Ashley MacIsaac (with special guest pianist, Joey Beaton).

Previous years have seen such established artists as Natalie MacMaster, Gordie Sampson, The Rankins, Lahey Family, *Còig*, The Barra MacNeils, Buddy MacMaster, Bruce Guthro,

Dave MacIsaac and J.P. Cormier take to the Broad Cove Concert stage.

The Broad Cove Concert will start at 3:00 p.m. and will run until 9:00 p.m.

Other confirmed guests for 2017 include: Shelly Campbell, Ian MacDougall, Kinnon and Betty Beaton, Rodney MacDonald, Kenneth and Marion



We'koqma'qewiskwa Drum Group (photo by: Michel Soucy)

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MacLeod, Dawn and Margie Beaton, Douglas Cameron, Kyle MacDonald, Joe Murphy, Katie MacLeod, Ronald MacKenzie, *Coiser An Eilean*, Harvey Beaton, Sheena Boucher-Amirault, Gerry Deveau, Brian Doyle and Scott Macmillan and many more.

Join emcees Jennifer MacDonald-Ashton and Joe Murphy for a fine afternoon of music and culture! As always, the organizers of this cherished event salute the volunteers that have made it possible each and every year since 1957. You'll find excellent parking, canteen and washroom facilities, souvenirs and adult beverage services on site.

Following the Broad Cove Scottish Concert, make your way north to the South West Margaree Hall for a dance with fiddler Shelly Campbell beginning at 10:00 p.m.

Please visit Broad Cove's website for additional information, the 2017 program and video clips from previous years at www.broadcoveconcert.ca or its Facebook group: Annual Broad Cove Scottish Concert.



Photo by: Michel Soucy

La Swing du Suête

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THE MARGAREES

6th Annual Margaree Highland Games August 11th-13th

The popularity of the Margaree Highland Games keeps growing. Competitors come from across the Maritimes to toss the caber, throw the hammer, the various stones, and challenge each other to the spectrum of Highland contests of strength and power. This will include both Junior and Senior competitors. The Margaree Highland Games is a day of challenges that will culminate with a tug-of-war where teams from across Inverness County vie for the joy of pulling the opposing team across the line, proclaiming them victors of the 2017 Highland Games.

The 6th Annual Margaree Highland Games will be held on the grounds of St. Michael's Parish Church at 1181 East Margaree Road.

This year, as a prelude to Sunday's feats of strength, organizers are building anticipation with a variety concert on Friday, August 11th and with a series of activities on Saturday, August 12th. This will include an even-split bingo, a traditional Acadian frico supper, all leading up to a dance in the evening. Sunday, on the grounds, there will also be horse rides, races and a 5 km run, canteen services and a beer garden.



MARGAREE SALMON MUSEUM

60 East Big Intervale Road, N.E. Margaree
902-248-2848/902-248-2765/902-248-2623

Exhibits relate to salmon angling on the Margaree River. Excellent collections of fishing tackle, photos and memorabilia of famous anglers. Open June 15th - Oct. 15th, 9 am - 5 pm Adm: Adults \$2, Children \$1

dancing goat

CAFE AND BAKERY

Margaree, NS
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NE Margaree Firemen Days July 7th to 9th

All events will take place at the Cranton Crossroads Community Centre unless otherwise stated.

FRIDAY JULY 7TH

7-9 pm - Family Dance
\$3 each or \$10 for a family

SATURDAY JULY 8TH

8:30 am - 5 Mile Run "Around the River" road race, registration
8:00 am - \$10

Kids run starts after the big run (ages 7 and under and 8 to 12) - \$5.00

7:30 pm - Comedian Jimmy the Janitor (adults only)

Doors open at 6:30 pm for happy hour, show starts
Tickets \$25.00 each (available in advance)

10 pm-1 am - Dance. If you have tickets to Jimmy the Janitor then your admission to the dance is

free. If you are just attending the dance then the cost is \$8 each.

SUNDAY JULY 9TH

11 pm - Lumberman's Competition

There will be 6 events with prizes for individual events and then an overall points winner! Includes 2-man crosscut saw, buck saw, small chain saw, big chain saw, caber toss, thinnest cut (chain saw)

Registration is at 10:30
Cost is \$5 for individual event or \$20 to enter all events

11 am - Touch A Truck

We have local businessmen bringing in some of their big equipment that the whole family can come and see them, touch them and sit in them.

4 pm - Duck Race at the Cranton Bridge. \$5 a duck, get them before 4:00 pm.



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CANADA DAY LITERARY FESTIVAL: A Canada 150 Birthday Bash

You are invited to visit Margaree, Cape Breton Island on July 1st, and join many others in celebrating Canada's 150th birthday.

It all takes place at The Coady Tompkins Library & grounds located on the famous Cabot Trail, one of the world's most scenic destinations. The library is also situated on the banks of the Margaree Heritage River, Cape Breton's largest watershed flowing from the Highlands to the Gulf of Saint Lawrence. The day's events will be packed with music, readings, food, and film. The festival starts at 2 p.m.

Ian Brown, well-known Canadian journalist with *The Globe and Mail*, will read from his novel *The Boy in the Moon: A Father's Search for his Disabled Son*. Recently he completed *Sixty*, in which he explores his response to turning 60, an event he describes as "the beginning of the end 'or' the end of the beginning."

His wife Johanna Schneller, freelance journalist, screenwriter and film critic for *The Globe and Mail*, will share some of her experiences interviewing the rich and the famous.

Donna Morrissey, born and raised in Newfoundland, will be returning to our Margaree event. She has written six nationally best-selling novels. She has been nominated and short-listed for many awards, including the Commonwealth



SCOTT MACMILLAN &
BRIAN DOYLE



DONNA MORRISSEY

Writers' prize for *Sylvanus Now*. Silver Donald Cameron is a most prolific author. He received much attention for *Warrior Lawyers: From Manila to Manhattan, Attorneys*

for the Earth in which he interviews trailblazing ecological litigators from around the world. He has written and narrated the film *Green Rights: The Human Right to a Healthy World*, a multi-media project documenting innovative



BARBARA RADECKI



SILVER DONALD CAMERON

legal battles going on around the world. Barbara Radecki, a Canadian actress and author, has recently published *The Darkhouse*, which was chosen by the CBC's *The Next Chapter*

as one of 15 great books for young readers.

Joining this notable line-up of authors, and offering a musical interlude, Scott MacMillan will perform. Scott is a musical powerhouse; he is musician, composer, arranger and conductor. He performs jazz, Celtic and blues. Brian Doyle, guitarist extraordinaire, will perform alongside Scott. He too plays and records blues, rock and jazz.

Mary Lynk, writer, CBC journalist, broadcaster and most recently producer of *Ideas*, a long running scholarly radio documentary, will once again host the afternoon show.

There will be an opportunity to meet the authors and musicians, and to enjoy tasty finger foods, Canada Day Cake, and beverages on the grounds of the library.

At 7 p.m. the documentary film *The Green Interviews* will be shown in the library. Silver Donald Cameron has co-written and co-produced this documentary film. You will meet a remarkable group of international leaders, thinkers, and

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observers whose ideas and perceptions are showing the way to a new era of sustainability. Vandana Shiva, Elizabeth May, and Farley Mowat are a few of the voices you will hear.

The evening will wrap up with a performance by Jacques Mindreau and the OQO band. This Canadian trio writes original, cinematic, operatic folklore for the accordion, violin, voice, contrabass, and occasionally a synthesizer. Their performances are enchanting, and a new sound experience for many of us.

This event has been made possible through the generous support of Nova Scotia's Department of Communities, Culture and Heritage, and the work of the Margaree Area Development Association. Admission by donation.

FUN TO BE IN, FUN TO WATCH!

Margaree to host Anything That Floats Race August 5th



Saturday, August 5th at 2 pm, the annual "Anything that Floats" Race will be held on the Margaree River, a famous Canadian Heritage River. Registration will be at Tanners Run at 1 pm. Prizes will be awarded for most unique, most colorful, and most awesome float. BBQ to follow at Coady Tompkins Library grounds.

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Belle Côte Days - July 26th - 30th

Belle Côte, beautifully located on the north side of the Margaree River across from Margaree Harbour, will be hosting its annual festival, Belle Côte Days, from July 26th to the 30th, featuring concerts, parades and BBQ, offering residents and visitors a fun chance to stop and explore and join in the spirit of these happy times.

WEDNESDAY, JULY 26TH

Time TBA - Golf tournament, Le Portage Golf Course, Chéticamp, meal to follow

7 pm - Kayak parade

THURSDAY, JULY 27TH

9-9:30 am - Triathlon, Belle Cote Beach, Admisson \$5

1-3 pm - Senior's card play, Belle Cote Community Centre

2-3 pm - Scavenger hunt

7-7:30 pm - Interfaith service, Belle Cote Community Centre

7:45-10:30 pm - Free concert and beer garden

7:45-9 pm - Registration for Friday horseshoe tournament

FRIDAY, JULY 28TH

9 am - Horseshoe tournament finals, \$5 per person

9 pm-1 am - Outdoor beer garden, major concert with performers Big Fish, Admission \$15

SATURDAY, JULY 29TH

8-11 am - All you can eat breakfast

2 pm - Parade, starts at Belle Cote beach

Kids BBQ, following parade, free hot dogs and drinks for kids

Dusk - Fireworks, at Belle Cote Beach, bring your own chairs

SUNDAY, JULY 30TH

11 am-1 pm - Chicken BBQ, \$15, for the Margaree Vol. Fire Dept.

1 pm - 50/50 Draw



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Le Marché des fermiers (Farmer's Market) is held from 10 am to 1 pm on Saturday mornings. Located at the *Village Marché* (Village Market) on Main Street beside the NDA School. This market offers produce, artisans' work, food and the leisurely comfort of enjoying a nice chat with locals and visitors alike.

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Les Trois Pignons offers visitors an opportunity to learn Acadian rug hooking

At Les Trois Pignons, the Acadian cultural centre in Cheticamp, visitors this year have an opportunity to practice an Acadian heritage skill that continues, after 200 years, to produce the vibrant colours, pastoral scenes and floral bouquets that have elevated Acadian rug hooking to an art.

Signing up at Les Trois Pignons, participants will spend two hours in the company of Acadian rug hookers or those knowledgeable about that traditional craft. The package includes a two-hour workshop on rug hooking, a tour of the Elizabeth LeFort Gallery.

Beginning Rug Hookers will have a kit they can bring home with them. For some participants there is another appealing option. If they are unable to complete their piece of work, you can ask to have it remain there and be completed by one of Cheticamp's gifted rug hookers, then shipped home to you.



Interested? Contact Les Trois Pignons at: lestroispignons@ns.sympatico.ca or phone 902-224-2642. If you are visiting Les Trois Pignons for a workshop or out of interest, this cultural centre has plenty to offer.

les Trois Pignons



Visit Les Trois Pignons for a special view into Acadian culture and the history of Cheticamp



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stop by the Doryman Pub & Grill, whether it's to enjoy a great meal, or to take in some fantastic live entertainment, all while enjoying some of the Island's best sunsets. You won't be disappointed. You can visit the Doryman's website www.doryman.ca to view their menu and live entertainment schedule.



Collin Grant, a regular performer at the Doryman.

Le Portage Golf Course is unique

Chéticamp's 18-hole Le Portage Golf Course offers an extraordinary chance to play your favorite sport in majestic decor on the rugged shores of the Gulf of St. Lawrence, located on the famous Cabot Trail and only minutes from the Cape Breton Highlands National Park. This marvelous golf course also gives you the opportunity of getting in closer touch with the people of this genuine Acadian village and its history. In fact, each hole of this course has a typical Acadian name and a plaque relating, in French and English, places of ecological and historical interest, the unique style of life of this community, its Acadian culture and language dating from the 16th century.



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Interactive Mi-Carême Centre involves visitors in ancient Acadian tradition

Nous laissons rentrer le Mi-carême!

Le Centre de la Mi-carême is situated in the heart of Grand-Étang, within a beautiful working harbour in the Acadian Region of the Cabot Trail. The centre depicts culture, community and rejuvenation as they celebrate the oldest Acadian tradition, *La Mi-carême*.

A visit to the centre is a must for anyone wishing to celebrate food, music, and laughter, and who wants to enjoy a hands-on learning experience of a celebrated Acadian tradition. A visit to the *Centre de la Mi-Carême* in Grand-Étang should be part of any visitor's itinerary. It offers a unique display of locally crafted masks and interactive exhibits depicting the evolution of one of the oldest Acadian traditions, *La Mi-Carême*.

Centre de la Mi-carême also offers workshops on how to be the perfect *Mi-carême*. Dress up and learn the tricks of the trade – you can also create your own mask to finish your *Mi-carême* ensemble.

For centuries, Cheticamp Acadians have maintained and sustained an ancient tradition, brought with them from France. *La Mi-Carême* is a mid-Lenten celebration, and the origin of the popular Mardi Gras. The mid-winter popularity of this cultural event, with its trademarks of costumes and masks and music, is now available to everyone at the interactive *Mi-Carême* Centre.

The centre is a place where your Acadian hosts want you to enjoy experiential activities. The place is a play, a theatre that has something for everyone, including mask-making

workshops.

Centre de la Mi-Carême also offers children's day camps where they become involved in making masks, costumes and other creative efforts.



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The Elizabeth LeFort Gallery

Elizabeth LeFort learned to hook rugs at a very young age, mastering landscapes and photographic reproductions, and has been hailed as "an artist in wool."

Elizabeth was so skillful at reproducing photographs that she began to create portraits in wool. Her portrait of American president Dwight Eisenhower was presented to him at the White House in 1957. This was followed with a series of portraits including Queen Elizabeth II, Pope Pius XII, Pope John XXIII, Jacqueline Kennedy, President Lyndon Johnson, Prime Ministers Lester Pearson and John Diefenbaker, and Prince Charles. Consequently, her art has graced Buckingham Palace, the White House and Vatican City in Rome.

Always striving for more challenges, she completed a series of reproductions of religious paintings, including daVinci's The Last Supper, and scenes from the life of Jesus.

Two large original works depicting important events in the history of Canada and the United States leave no doubt as to her sense of design and her mastery of the craft.

Elizabeth LeFort, Chéticamp's most famous artist in wool, was awarded an honorary doctorate by Université de Moncton in 1975 and was made a member of the Order of Canada in 1987.



Marguerite Gallant Museum

Marguerite Gallant (1890-1983) was a native of Chéticamp with a profound love of collecting. She worked in Pennsylvania for many years as a maid for the Edward Cahill family. It is said that she learned the value of collecting from Mr. Cahill who was an ardent collector.

When she returned to Chéticamp in 1938, Marguerite moved



into a tiny house which she filled with objects of all kinds. As Marguerite's reputation for collecting spread through the community, people brought objects to her rather than let them be thrown away.

After Marguerite's death, La Société Saint-Pierre became custodians of the collection and moved it to Les Trois Pignons. Thanks to this incurable collector, many valuable artifacts from Chéticamp's history have been preserved.







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The Père Charles Aucoin Genealogy Centre



When Father Charles Aucoin (1911-1999) retired in 1973, the beneficiary of that retirement was Chéticamp. For the next quarter of a century, the Chéticamp native threw himself into a labour of love, undertaking the laborious task of transcribing by hand all the old church records from 200 years of Acadian settlement in northern Inverness County. Father Aucoin prepared more than 100,000 personal file cards. He also wrote a number of articles on Acadian life and history.

The results of his work are of particular help to former Chéticamp people and their descendants who return to the village in search of information about their ancestors and

family history. A very important department at *Les Trois Pignons* is that of the history and genealogy of the Chéticantins. Under the able direction of volunteers Jean-Doris (à Joe à Joe) LeBlanc and Charles D. (à Freddie à Damien) Roach, there is accumulated here all possible documentation on these subjects: books, copies of parish registers, census lists, listing of names from all the headstones in the cemetery and old photographs.

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41st Festival de L'Escaouette

Chéticamp, August 2nd - August 6th

FESTIVAL SCHEDULE

WEDNESDAY, AUGUST 2ND

6:30 pm *Le Centre de la Mi-Carême*: traditional Acadian music on an outdoor stage and so much more!

THURSDAY, AUGUST 3RD

12-1:30 pm Acadian Kitchen Party at the Seafood Stop
7:30 pm Multicultural evening – join us as we celebrate Cape Breton's culture through food, dance and song.

7:30 pm Musical theatre at *La Place des arts Père Anselme-Chiasson*; *La Wake à Gélas*

FRIDAY, AUGUST 4TH

10 am *La course de la Mine de Plâtre* – Gypsum Mine Trail run, walk, or bike.

12-1:30 pm Acadian Kitchen Party at the Frog Pond with Jason Roach and Gillian Head

7:30 pm *Ça chante encore* with Nicole LeBlanc and Friends at *Église Saint-Pierre*

7:30 pm Musical theatre at *La Place des arts Père Anselme-Chiasson*; *La Wake à Gélas*

SATURDAY, AUGUST 5TH

10 am-1 pm The Festival's Artisan Market – *Marché du village*

2-4 pm Children's parade from *les Trois Pignons*

parking lot to Arena where there will be games and activities for the children
7:30 pm Musical theatre at *La Place des arts Père Anselme-Chiasson*; *La Wake à Gélas*
9 pm The Festival Dance; *Suroît*, a band from *les Îles de la Madeleine*, at the Chéticamp arena.

SUNDAY, AUGUST 6TH

10:30 am Festival mass in Chéticamp

1:30 pm Festival parade starting at *Église Saint-Pierre*
2-6 pm Musique after the parade at the Arena

7:30 pm 150th Festival Gala, *La Place des arts Père-Anselme-Chiasson* (Second show August 7th at 7:30 pm)



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Work started in the summer of 1999 on a *stupa* at Gampo Abbey that contains relics of the Vidyadhara Chogyam Trungpa Rinpoche. It is the first *stupa* built in Nova Scotia. Ven. Thrangu Rinpoche, Abbot of Gampo Abbey, requested in 1996 that the *stupa* be built. The project had the strong support of Sakyong Mipham Rinpoche and fulfills the Vidyadhara's request that his relics be distributed between RMSC, Karme Choling and Gampo Abbey. Thrangu Rinpoche consecrated the completed *stupa* in 2001.

An Annual Canada Day Softball Game is held between the saffron-robed monks and nuns of Gampo Abbey and the fire-fighting clad members of the Pleasant Bay Volunteer Fire Department, a fund-raiser for the PBVFD.

According to Rinpoche, a *stupa*

traditionally represents the mind of the Buddha and has the power to convey the mind transmission to those who gaze at it. The *stupa*, he said, is dedicated to world peace, and will become a tourist attraction that will bring many people to the spiritual path. To symbolize the overcoming of aggression, Rinpoche buried weapons in the ground below where the *stupa* was built, including a World War I rifle donated by a Cape Breton neighbour of the Abbey, and he consecrated the site.



Come take a guided tour of Gampo Abbey! The Abbey is once again offering guided tours this summer. See the shrine room where we practice, visit our library with over 5,000 books on Buddhism and religion, learn about our lineage and activities, and get a glimpse into the life of the monastics and lay residents living at Gampo Abbey.

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MEAT COVE - A Wonderful Camping Experience



Meat Cove is the most northern tip of Cape Breton Island. Its campsite offers beauty, hiking, and the thrill of unpredictable weather patterns. An inspiring place to watch a sunrise.

The village is known for the spectacular views it provides for visitors from across the world, and also for The Meat Cove Campground and Ocean Side Chowder Hut.

The Meat Cove Campground opened in 1986 and is hosted by the MacLellan family. The campground provides people with spacious room for their tents, thirty unserviced campsites, newly built camp cabins, running water, hot showers, beautiful hiking trails mainly all with ocean view.

Kayaks can be rented to paddle along the coast. Or you can just sit at your picnic table and watch the whales glide past!

Cook on an open fire or visit at the Ocean Side Chowder Hut. Here you will find some main dishes such as homemade seafood chowder, fresh halibut, salmon or lobster and crab. Complement these dishes with a Nova Scotian beer or a local red or white wine.

GPS Data

Cape St. Lawrence light Turn
N47°01.423'W60°34.696'
Cattle Corral N47°01.560' W60°34.381'
Meat Cove Lookout-1 Turning N47°01.413'
W60°34.233'
Meat Cove Lookout -2 N47°01.225' W60°34.146'

View of Light from 525ft N47°01.796' W60°35.277'
Polletts Cove Turn off N47°01.013'W60°35.294'
Abandoned Farm N47°00.856'W60°36.219'
Lowland Cove inland/Coastal Junction
N47°01.299' W60°37.144'
Wooden Gate N47°01.446' W60°34.150'

HIKING

Meat Cove is widely known for all its wonderful hiking trails. It offers a variety of trails that will not disappoint you, all with amazing views that you will not forget. Be sure to bring your camera to capture the scenes on film.

CAPE ST. LAWRENCE TRAIL

Trail length 5 km one way, maximum elevation 850 ft. This Trail starts by the office at the Meat Cove Community Centre/Restaurant (check with the office if you plan to leave your vehicle near here) on the gravel road and changes to a narrow track after 150 meters and proceeds up the hill. This is by far the steepest and most challenging part of the hike. In the first kilometer you will climb nearly 700 feet and pass by a wooden gate and the sign for the Meat Cove Look Off trail to your left. By the time you reach a meadow and corral to your right most of the climbing is finished. About 2 kilometers from the start you will see the side trail to Cape St. Lawrence to your right. As of July, 2009 this was well marked with flagging tape on both sides. It's the first trail to your right past the meadows of any size and suitable for an ATV or horse and cart originally. The rest of the hike is an easy 3 km proceeding gradually downhill except for one short steep section. Be sure to check the look-off at the top of this section just past Big Pond.

LOWLANDS COVE TRAIL

Is 5 km to the coast from the Cape St. Lawrence turn-off or 7 km from the Meat Cove Community Centre/Restaurant. Instead of taking the Cape St. Lawrence turn-off at the 2 km mark, keep straight on. After another kilometer you will see the Polletts Cove turn-off to your left; after about another kilometer you should see the disused road and trail to the abandoned zinc mine (1.5 km); another 0.75 km takes you to an abandoned farm. All that remains is a clearing and some farm implements. The trail proceeds gradually down to the coast. The topographic map indicates a side trail to Lowlands Cove Brook starting 0.7 km from the coast. I was day-dreaming and totally missed this turn-off. Judging by the stunning scenery it would be worth locating.

LOWLANDS COVE COASTAL TRAIL

Is 3.2 km coastal trail. Just keep a safe distance from the cliff edge and follow ATV and animal tracks along the coast. If proceeding from Lowlands Cove, the Cape St. Lawrence Light and start of the trail to Meat Cove is easy to find. Proceeding the other way to Lowland Cove, be on the look-out for the trail just before the grassy area changes to a wooden area as Lowlands Brook is approached. Steel posts painted red can be found throughout the Lowlands. There are a couple located close to where the trail starts inland.

MEAT COVE MOUNTAIN TRAIL

Is 1.3 km to eastern end of ridge. This trail starts a short distance up the road from the Internet Café and is marked by a sign on a tree and a few stones placed to form steps. The trail climbs steeply nearly 900 feet in the first 0.75 km and then levels off somewhat. The grassy ridge of the mountain extends over a kilometer with fantastic views in all directions.

RIVER BOARD WALK TRAIL

This pleasant boardwalk trail extends nearly a kilometer from the Internet Café to the beach.

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