

INVERNESS COUNTY RECREATION/TOURISM DEPARTMENT
RECREATION & CONTINUING EDUCATION COURSES - SPRING 2010

REGISTRATION WEEK: FEBRUARY 15 - 19

The Inverness County Recreation/Tourism Department invites you to get... "On the Move" by participating in healthy lifestyle programs and activities during 2010. Check out our winter and spring schedule which offers a wide variety of classes and workshops for children, youth, and adults. Whether your interest is in crafts, sports, health, fitness or music, there is sure to be a class for you.

REGISTRATION AND PAYMENT OF COURSES:

You may register at the designated location in your community, or you may register by mail. On-site registration week is February 15 - 19; mail-in registration will be accepted until Friday, February 26. All mail-in registration will be considered **after walk-in** registration has been completed. Mail-in registration should be forwarded to the programmer in the community where the course is being offered. All courses begin the week of March 1, **unless otherwise stated**, and will run for a **maximum** of 10 weeks. Course admission is on a first-come, first-served basis. **We encourage you to register early, as all courses must meet a minimum enrollment. Your registration may determine whether the course will be delivered.**

REFUND POLICY AND COURSE CANCELLATION:

Although every effort is made to guarantee the successful delivery of a course, it is sometimes necessary to cancel a course due to low enrollment. In such cases a full refund will be issued from the Department of Recreation/Tourism. A refund will also be issued to anyone who is unable to attend a program due to a change in the date, day or time of the advertised class. If a participant has to withdraw for medical reasons, the amount refunded will be pro-rated from the date of notification.

Please note that courses taking place in schools will be canceled on holidays and school cancellation days. For courses in other facilities, check with the local Programmer.

NEW COURSES:

If you have any ideas or suggestions for other courses you would like to see offered in your community, give us a call. Also, if you would like to teach a course, please contact your local programmer. General inquiries may be directed to the Recreation/Tourism Office at 787-3508.

*Recreation & Adult Education courses are made available through the cooperation of
The Strait Regional School Board; Department of Education, Adult Education Division;
and, the Inverness County Recreation/Tourism Department*

MAIL-IN REGISTRATION FORM

NAME: _____

ADDRESS: _____

POSTAL CODE: _____ PHONE: (H) _____ (W) _____

COURSE NAME: _____

LOCATION: _____ COURSE FEE: _____

INVERNESS COUNTY RECREATION COURSES - SPRING 2010

To facilitate ease of use of this programming guide, courses are listed in the alphabetical order of the communities where they are offered. *Note:* Regardless of geographic location, anyone who so desires may register for any course or workshop listed on these pages by registering with the appropriate local Programmer.

BELLE CÔTE AND AREA

REGISTRATION:

Cape Breton Highlands Academy
Cabot Trail, Belle Côte
Tuesday, February 16
Thursday, February 18
7:00 - 8:00 pm

CONTACT:

Julia Tompkins
PO Box 651, Margaree Forks
BOE 1A0

Phone: (902) 224-1744

All courses begin the week of March 1, unless otherwise stated, and will run for a maximum of 10 weeks.

CHILDREN & YOUTH:

VOLLEYBALL: Instructional co-ed volleyball for grades 4 - 6. 6 weeks. Wednesdays, 5 - 6:30 p.m. Instructor: Stacey Murphy. Fee: \$20.

FITNESS, HEALTH & SPORT:

BADMINTON: Adult, co-ed non-instructional. 10 weeks. Tuesdays, 7:30 - 9 p.m. Fee: \$10.

BASKETBALL: Adult, co-ed non-instructional. 10 weeks. Mondays, 8-9:30 p.m. Fee: \$10.

BOOTCAMP FITNESS: Haven't worked out in months or years? Don't worry. Boot Camp Fitness is for all fitness levels. All activities are structured so that you can choose the appropriate intensity for your fitness level. 6 weeks. Mondays and Wednesdays, 6-7 p.m. **Begins March 8.** Instructor: Celine Poirier. Fee: \$40/one day/wk (for 6 weeks) or \$75/two days/wk (for 6 weeks.)

SOCCER: Adult co-ed non-instructional, Thursdays, 10 weeks. 8 - 9:30 p.m. Fee: \$10.

VOLLEYBALL: Adult co-ed non-instructional, Tuesdays, 10 weeks. 8 - 9:30 p.m. Fee: \$10.

PERSONAL INTEREST:

SPANISH: Whether you are planning a vacation, traveling for work or just brushing up on your skills for fun, this class will help you reach your goals. Thursdays, 4-5 p.m. 8 weeks. Instructor: Guillaume Bretagnon. Fee: \$40.

GUITAR: Have you always wanted to play guitar, but never got around to actually getting started? Here is your chance to learn. Wednesdays, 4:30-5:30 p.m. 8 weeks. Instructor: Guillaume Bretagnon. Fee: \$40.

CONTINUING EDUCATION:

ADULT UPGRADING: If you are 19 yrs or older and interested in improving your reading, writing and/or math skills; preparing for the GED; or working toward your own personal goal, classes are available to you free of charge Tuesdays & Thursdays, 6 - 9 p.m. at the Cranton Crossroads Community Centre. Instructor: Shirley Miller. Phone: 248-2960 to register.

Course listings continue on page 11...

Indoor Walking - "Hall Walking!":

Cold weather and slippery conditions keeping you away from your walking exercise? Enjoy staying fit while walking with friends and neighbours in a warm and safe environment. Indoor walking programs are available in some schools and community centres in Inverness County. For an indoor walking program in your area check out the program listings on these pages.

INVERNESS COUNTY RECREATION COURSES - SPRING 2010

Courses continued from page 10...

CHÉTICAMP

REGISTRATION:

École NDA, Chéticamp

Register early as some courses have an early start.

PROGRAMMER:

Clifford Maillet

PO Box 900

Chéticamp

NS, B0E 1H0

(902) 224-5304 (w)/ (902) 224-3552 (h)

All courses begin the week of March 1, unless otherwise stated, and will run for a maximum of 10 weeks.

CHILDREN & YOUTH:

BABYSITTING COURSE: This course teaches those 12 and over the skills and knowledge needed to care for infants, toddlers, pre-schoolers, and younger school-aged children. Topics covered include the rights and responsibilities of the babysitter, first aid, dealing with emergencies, childcare skills and ideas for fun. The course will be offered on a Saturday from 9 a.m. – 3:30 p.m. Instructor: Sheila LeBlanc. Fee: \$15 (includes \$7 booklet to keep.)

DEFENSIVE DRIVING COURSE: For drivers waiting to opt out of Graduated Licensing Program. Date: TBA. Fee: \$90. Instructor: Earl Randall.

FITNESS, HEALTH & SPORT:

BADMINTON: Co-ed, non-instructional badminton. Monday & Thursday, 7 - 9 p.m. Fee: \$2 per night.

BOOT CAMP FITNESS: Get in Shape! Tone up with the help of a certified instructor. Tuesdays and Thursdays, 6 - 8 p.m. Instructor: Celine Poirier. Fee: \$6/per class.

VOLLEYBALL: Co-ed, non-instructional. Wednesdays, 7 - 9 p.m. Fee: \$2/night.

YOGA: This class consists of gentle yoga methods - relaxation techniques, breathing techniques, imagery and techniques to help maintain good health. You will leave the class feeling relaxed and full of energy. 8 weeks. Beginners, Mondays, 6:30 - 7:30 p.m. Advanced, Mondays, 7:30 - 8:30 p.m. Instructor: Carol LeBlanc. Fee: \$45.

ADULT PERSONAL INTEREST:

OIL PAINTING: Beginners to advanced artists will be provided with suggestions and feedback in a relaxing comfortable atmosphere as they complete their painting project. 8 weeks. Wednesdays, 7 - 9 p.m. Instructor: Gilles Deveau. Fee: \$40 + materials. (Note: 6 - 8 participants required).

STEP DANCING: Adult beginner and advanced. Wednesdays, 7-8 p.m. 6 weeks. Instructor: Jérémy Poirier. Fee: \$40.

FABRIC DYEING BY THE SEA: Check details on page 16 for more information on this workshop.

CONTINUING EDUCATION:

ADULT UPGRADING: If you are 19 yrs or older and interested in improving your reading, writing and/or math skills; preparing for the GED; or working toward your own personal goal, classes are available to you free of charge. Monday & Tuesday, 6 - 9 p.m. Instructor: Clifford Maillet.

Courses continue page 12...

Any changes or additions to the courses listed in this issue of *The Participaper* will appear in the latest editions of *The Oran* and/or *The Reporter*.

INVERNESS COUNTY RECREATION COURSES - SPRING 2010

Courses continued from page 11...

GLENDALE

REGISTRATION:
Glendale Parish Hall
March 13
9:15 AM - 11 AM

PROGRAMMER:
Marion Gillis
RR #1 West Bay Road
NS, B0E 3L0

Phone: (902) 625-2357

All courses begin the week of March 1, unless otherwise stated, and will run for a maximum of 10 weeks.

CHILDREN & YOUTH:

CHILDREN'S VALENTINE DAY CRAFT: Sunday, date TBA, 1:00 - 2:30 p.m. Instructor: Dolores Casey. Fee: \$2 (includes supplies).

CHILDREN'S EASTER CRAFTS: Sunday, date TBA, 1:00 - 2:30 p.m. Instructor: Dolores Casey. Fee: \$2 (includes supplies).

CHILDREN'S MOTHER'S DAY CRAFT: Sunday, date TBA, 1:00 - 2:30 p.m. Instructor: Dolores Casey. Fee: \$2 (includes supplies).

CHILDREN'S FATHER'S DAY CRAFT: Sunday, date TBA, 1:00 - 2:30 p.m. Instructor: Dolores Casey. Fee: \$2 (includes supplies).

CHILDREN'S STEP DANCING: Saturdays. 8 weeks. Begins March 13. Beginners, 9:30 - 10:15 a.m./ Intermediate, 10:20 - 11:20 a.m./ Advanced, 11:25 - 12:25 a.m. Instructor: Claire MacDonald. Fee: \$35, plus \$7 for each additional child. (call 625-1761 after 6 p.m.)

ADULT PERSONAL INTEREST:

STEP DANCING: 8 weeks. Begins March 24. Wednesdays, 6 - 7 p.m. Instructor: Claire MacDonald. Fee: \$35. (Limited enrollment of 12 for Adult class).

WEAVING: Weaving classes for beginners to advanced weavers. We have large looms 52-60, 8 shaft table looms, regular 45's and jack looms for design weaving. Looms are available throughout the season for larger projects (for members only) free of charge. 6 weeks. Saturdays, 10 - 4 p.m. Instructor: Dolores Casey. Fee: \$20. Cost of membership \$5.

FABRIC DYEING BY THE SEA: Check details on page 16 for more information on this workshop.

INVERNESS

REGISTRATION:
Inverness Academy
Monday, February 15
Wednesday, February 17
6:30 - 7:30 PM

PROGRAMMER:
Anna Lee MacEachern
PO Box 546, Inverness
NS, BOE 1NO

Phone: (902) 258-2089

All courses begin the week of March 1, unless otherwise stated, and will run for a maximum of 10 weeks.

CHILDREN & YOUTH:

ARTS & CRAFTS MANIA: Spend an enjoyable fun hour with your friends making seasonal projects. You will learn embossing techniques while creating fridge magnets, bookmarks, all occasion cards and much more. 8 weeks. Grades 3 - 6, Mondays, 2:30 - 4:00 p.m. Instructor: Anne Poirier. Fee: \$20 to cover materials (maximum 10/class).

BASKETBALL: "Steve Nash Youth Basketball" program for grades 4 - 6. Children will learn the basic basketball skills in a safe, controlled environment and activities will be modified so children have a positive introductory experience. Individual and team skills, as well as fun games and drills, will be part of each class. Saturdays,

Inverness Courses listings continue on page 13...

INVERNESS COUNTY RECREATION COURSES - SPRING 2010

Inverness Courses listings continued from page 12...

10 – 11 a.m. 8 weeks. Start date: March 27.
Instructor: Mary Beth Walker. Fee: \$20. Includes ball, jersey and certificate (Maximum 20 children).

TAE KWON DO: A fun and challenging class where you will increase your strength, fitness and flexibility levels while receiving a great workout! Program is suitable for all fitness levels. Tuesdays, 6:30 – 7:30 p.m. Begins March 23. Instructor: Neil MacQuarrie. Fee: \$40/8 weeks.

FITNESS, HEALTH & SPORT:

AEROBICS: You choose your intensity level as the instructor demonstrates low to high impact movements. Includes warm-up and cool down. Multi-level, beginner to advanced. Monday and Thursday, 7:30- 8:30 p.m. 10 weeks. Instructor: Vikki MacEachern. Fee: \$20/one night per week or \$30/two nights per week.

ADULT BADMINTON: Non- instructional co-ed adult program. Mon./ Wed. 7:30 - 9 pm. 10 wks. Organizer: Paula Doucet. Fee: \$20.

BELLYDANCING: Belly dance has many forms so the class is always new and energetic, yet steps will be broken down without sacrificing the fun and energy. Learn a variety of dance steps along with many other vibrant, fast-paced, sensual and connected movements. You will get a workout and you will have a lot of fun doing so. Thursdays, 7:30 – 8:30 p.m. 8 weeks. Instructor: Joyce MacDonald. Fee: \$30.

INDOOR WALKING: If the cold weather and slippery conditions are keeping you away from your walking exercise, then sign up for indoor walking at Inverness Academy/Education Centre. Available Monday -Friday, 3 - 6 p.m. No Fee, but please register if you are planning on walking. Bring indoor walking shoes.

NORDIC WALKING WORKSHOP: Nordic Walking is an efficient, low-stress exercise technique that involves the use of walking poles to engage the legs and upper body in a total body workout using up to 40% more energy than regular walking. Come try it out and have some fun! Wednesday, March 24, 6 – 7 p.m. Instructor: Nadine Hunt. Fee: \$5.

TAI CHI CHUAN: This Chinese exercise is comprised of slow, gentle, and continuous movements, and is suitable for all ages. Participants will be introduced to the Yang style short form. 10 weeks, Tuesday and Thursday 6:30 – 7:30 p.m. Instructor: Paul Pilon. Fee: \$50.

TAE KWON DO: Ages 16 and up. A fun and challenging class where you will increase your strength, fitness and flexibility levels while receiving a great workout! This program is suitable for all fitness levels. Tuesdays, 7:45 – 8:45 p.m. Begins March 23. Instructor: Neil MacQuarrie. Fee: \$40/8 weeks.

VOLLEYBALL (ADULT): For the recreational volleyball player. Non-instructional Co-ed. Thursdays, 7:30 - 9 p.m. Fee: \$10.

YOGA: This yoga class is designed for individuals of all ages and abilities. Instructor: Anne Levesque. 8 weeks. Wednesday, 7 – 8:30 p.m. Fee: \$40. Please bring a cushion and mat to class.

ADULT PERSONAL INTEREST:

COMPUTER BASICS: A foundation of basics including email and internet in a social and relaxed environment. You will also get hints for browsing, how to find what you want, get your own email address, sending and receiving email, downloading, copying or printing information from the net, question and answer, and more. Tuesdays at the Inverness Literacy Office. No Fee: Call 258-3110 to register.

Inverness Courses continue page 14...

Note: You may register for any course or workshop listed, regardless of where they are to be held. Please register with the appropriate local Programmer.

INVERNESS COUNTY RECREATION COURSES - SPRING 2010

Inverness Courses continued from page 13...

CONVERSATIONAL GAELIC: Using vocabulary, conversation and a little grammar, you will learn how to converse in "Gaelic". Wednesdays, 7 - 8 p.m. 8 weeks. Date and Time TBA. Fee: \$20.



PAINTING IN ACRYLICS & OILS: Have you always wanted to learn to paint but didn't know where to start? Explore the basics of acrylic and oil painting in this easy going class and discover your inner artist. Beginner and intermediate students welcome. Tuesdays, 6:30 -9 p.m. 10 weeks. Instructor: Tom Ryan. Fee: \$20.

FABRIC DYEING BY THE SEA: Check details on page 16 for more information on this workshop.

CONTINUING EDUCATION:

ADULT UPGRADING: If you are 19 yrs or older and interested in improving your reading, writing and/or math skills; preparing for the GED; or working toward your own personal goal, classes are available to you free of charge. Instructor: Jesslyn Timmons. Tuesday & Thursday, 6 - 9 p.m. Fee: Materials only.

JUDIQUÉ

REGISTRATION:

Judique Community Centre
Monday, February 15
6:30 - 8:00 pm

PROGRAMMER:

Mary Swinamer
Judique, NS
BOE 1PO

Phone: 787-2830

All courses begin the week of March 1, unless otherwise stated, and will run for a maximum of 10 weeks.

CHILDREN & YOUTH:

EASTER TREE KIDS' CRAFT (Ages 5 up): Tuesday, March 30, 6:00 p.m. Fee: \$5 per child. Instructor: Marie Brideau. Class will be held at the Judique Community Center.

ADULT PERSONAL INTEREST:

FABRIC DYEING BY THE SEA: Check details on page 16 for more information on this workshop.

Course listings continue page 15...



So ALL Kids Can Play!

KidSport™ is a national children's charitable program that helps kids in need overcome the barriers preventing or limiting their participation in organized sport.

KidSport™ Nova Scotia provides funding of up to \$300/year/child for sport registration and/or equipment. Application deadlines are now every 2 months.... **March 1**, May 1, July 1, September 1, November 1 and January 1. Contact the Municipal Recreation/Tourism office to find out how to apply:

Call (902) 787-3507/08 for more details
or visit: <http://www.sportnovascotia.ca/kidsport>

INVERNESS COUNTY RECREATION COURSES - SPRING 2010

Courses continued from page 14...

MABOU

REGISTRATION:

Dalbrae Academy

Tuesday, February 16

Wednesday, February 17

6:30- 7:30 PM

PROGRAMMER:

Eddie MacNeil

P.O. Box 68, Mabou, NS

B0E 1X0

Phone: (902) 945-2493

All courses begin the week of March 1, unless otherwise stated, and will run for a maximum of 10 weeks.

CHILDREN & YOUTH:

EASTER CRAFTS (Ages 5 - 7): Enjoy a fun-filled afternoon creating your very own Easter wreath. Saturday, March 27, 1 - 3 p.m. Instructor: Arlene McNeil. Fee \$5.

MOTHER'S DAY CRAFTS (Ages 5-7): Enjoy an afternoon using paints, crafts supplies and other surprises and go home with a beautiful card, just for Mom. Sunday, May 8, 1 - 3 p.m. Instructor: Arlene McNeil. Fee: \$5.

FATHER'S DAY CRAFT (Ages 5-7): A fun workshop for kids to create a very special gift for Dad. Saturday, June 19, 1 - 3 p.m. Instructor: Arlene McNeil. Fee: \$5.

PLAYGROUP: A fun-filled program designed for pre-schoolers, consisting of crafts, songs, active games, stories, and making friends. Wednesdays, 10 a.m. - 12 noon. Begins February 17. 6 weeks. Instructor: Arlene MacNeil. Fee: \$90/session.

PHYSICAL ACTIVITY & HEALTH:

BELLYDANCE: Belly dance has many forms so the class is always new and energetic, yet steps will be broken down without sacrificing the fun and energy. Learn a variety of dance steps along with

many other vibrant, fast paced, sensual and connected movements. You will get a great workout and have a lot of fun doing it. 8 weeks. Thursdays, 6:00 - 7:00 p.m.

Instructor: Joyce MacDonald. Fee: \$30.

QI GONG: The ancient Chinese exercise Qi Gong, promotes good health through a combination of slow graceful movements, mental concentration, and deep breathing, to bring unity of mind and body. The benefits include: management of stress, strengthens immunity, improves posture, enhances flexibility and balance, deepens sleep, and may lower blood pressure. For men and women, all abilities. Based on teachings by Dr. Michael Milburn. 8 weeks. Mondays, 10:30 - 11:30 a.m. Instructor: Johanna Padelt. Fee: \$40.

YOGA: This yoga class is designed for individuals of all ages and abilities who want to experience a slow, relaxing and rejuvenating yoga style that will loosen joints and strengthen muscles. You will safely build strength, mobility and balance while calming your mind and body. 8 weeks. Tuesdays, 7 - 8:30 p.m. Instructor: Kate Wilson. Fee: \$40. Please bring a cushion and mat to class.

WALKING INDOORS: Walking is an aerobic activity that can improve your fitness level, health and well being. If you need motivation of a group to get out walking, come and join the group at Dalbrae Academy and walk in the comforts of the indoors. One evening/week. No Fee, but advance registration is necessary to book gym time.

PERSONAL INTEREST:

PAINTING: Introduction to acrylic painting. Tuesdays, 7 - 9 p.m. 8 weeks. Instructor: Barrie Fraser. Fee: \$50.

FABRIC DYEING BY THE SEA (Ages 12+/male or female): Saturday, March 6 from 10 a.m. to 5 p.m. in Mabou. Instructor: Ann Schroeder. Fee: \$60 plus a \$30 supply fee. Class size is limited to 6. For more information on this workshop turn to page 16 (overleaf.)

Course listings continue on page 19...

FABRIC DYEING

BY THE SEA

Why try fabric dyeing? As the 40 students who experienced this workshop last year can attest - it's really fun! You don't need to be "artistic" or experienced in any way, just willing to play, experiment and try something new. When you start pouring on the dyes and see white cotton fabric and white silk scarves being transformed into a riot of colour and pattern before your eyes, you're sure to be delighted.

In this one-day workshop, you'll begin by working as a group to dye bright rainbow colours and more muted shades like cranberry and teal. Then you'll make your own decisions about colours and try out dyeing techniques—scrunching, folding, or clamping the fabrics before pouring on the dyes. The fiber reactive dyes that we use are safe chemical dyes that work at room temperature.

By the end of the day you'll have a few yards of your own one-of-a-kind fabrics, which you can use to make pillows or scrapbooks or give to your favourite quiltmaker. You'll also have your own hand-dyed silk scarf, great to wear or give as a gift. You'll leave with a handout that gives you lots of information for continuing to dye on your own, or you can return for more advanced classes and start dyeing clothing, tablecloths, silk neckties, etc.

Everyone, ages 12 and over, is welcome (including men!). The workshop is held at my studio in Mabou Harbour. Class size is limited to 6.

Date and time: Saturday, March 6 from 10 a.m. to 5 p.m.

Fee: \$60 plus a \$30 supply fee for a total of \$90. All supplies are included. Please bring your lunch and wear old clothes and comfortable shoes.

To register: Call Ann Schroeder at 945-2744 or send an email to ann@annschroederstudio.com by February 28. Or, contact me and I'll put you on my mailing list for future workshops. For groups of 4 to 6 who wish to schedule a workshop at a particular time, I'm available throughout the year. Directions: Take Rt. 19 to Mabou, turn at the sign for St. Mary's church, and go straight for about 7.2 km to 1422 Mabou Harbour Road. More info and photos can be accessed on the internet at: www.annschroederstudio.com/blog ■



SEED SAVERS EXCHANGE:

Do you have too many tomato, hollyhock or nasturtium seeds left over from last year, and not enough peas, green beans or cosmos for this year? Bring your surplus for a morning coffee and seed and growing tips swap, and get set for spring! Date: Saturday, March 13, 9:30 a.m. – 11a.m. at the Pleasant Bay Elementary School. Fee: \$2 (to cover the cost of refreshments and the envelopes for the seeds.) ■



Asset Based Community Development Mapping our Assets and Wrapping up the Plans

by Jim Rutten

The Municipality is currently wrapping up three planning processes: The Integrated Community Sustainability Plan, A Community Based Plan for Municipal Development and a Physical Activity Strategy. Each plan is centered on asset based community development.

Asset-Based Community Development (ABCD) is a methodology that seeks to uncover and highlight the strengths within communities as a means for sustainable development. The basic tenet is that a capacities-focused approach is most likely to mobilize communities to create positive and meaningful change from within. The ABCD approach seeks to identify, map and mobilize local assets for broad based development purposes.

A successful example of an ABCD approach to development has been demonstrated by Prince Edward County in Ontario. A small rural municipality with a declining population base, Prince Edward County realized that they had zero competitive advantage in attracting traditional sources of economic development such as relocating an industry to their district.

However, they felt that they could compete on the basis of quality of life. Thus, they proposed an approach to development centered on quality of life which was supported by four themes: culture/arts/history; tourism; commerce; and, agriculture. After eight years of effort the following selected outcomes were achieved:

- o Building permits have increased by 300% creating \$150 million in incremental investments;
- o Tourism visits rose by 74% while tourism spending was up by 168%;
- o The declining population was reversed with the population growing by 2% between the last two Census periods. Without knowing it at the time, Prince Edward County had invested in what is now widely recognized as the “Creative Rural Economy,” which Marie Aucoin wrote about in the last edition of *The Participaper* (Prestigious Prizes Awarded to Two Local Women at the Creative Nova Scotia Awards Gala Vol 30, No. 5 pg 24).

Today, Prince Edward County is recognized as Canada’s first Creative Rural Economy, and other regions and districts in Canada, including the Annapolis region in Nova Scotia, are attempting to duplicate their efforts.

In order for Prince Edward County to get to this point they had to start by identifying what assets they had and where there was potential for growth. This is the part of the process that the Municipality is at right now.

This brings us back to the three municipal plans: The Integrated Community Sustainability Plan, A Community Based Plan for Municipal Development and a

Continued on page 18...ASSETS



Partial view of the coastline at Mabou. This is just one of many breathtakingly beautiful scenes found all around the county. Our scenery is undoubtedly one of our greatest assets.

- [Warren Gordon photo]

Continued from page 17...ASSETS

Physical Activity Strategy.

The Integrated Community Sustainability Plan has been positioned to examine the sustainability requirements of sectors within all four pillars of county identity: social, cultural, economic and environmental.

The Community Based Plan for Municipal Development is being developed with the 16 community development associations to identify assets in each of the sixteen community districts under all four pillars: social, cultural, economic and environmental.

The Physical Activity Strategy recognizes opportunities for healthy active living as a social development goal for Inverness County. Interestingly, healthy active living was rated as the number one social pillar priority of the Integrated Community Sustainability Plan by community members who attended the Integrated Community Sustainability Planning workshops.

While each plan is tasked with addressing a separate set of objectives, taken as a whole, each is designed to establish Inverness County as a desirable place to live, work, raise families, and invest.

It was noted in this column in the last edition of *The Participaper* the challenges that this county faces with a declining population. It was also noted that there is a need to find a way to bring people back or attract new people to the county, in order to sustain our current quality of life.

The three municipal plans are attempting to address this need through asset-based community mapping. Once the plans are complete, the municipality will move towards creating a series of maps whereby all county and community assets can be displayed.

Once we have a visual representation of community and county assets, we will be in a better position to collectively identify and work on areas that have the potential for growth; and thereby, the means to attract people to Inverness County.

The Prince Edward County approach to development, which recognizes quality of life and the four themes of culture/arts/history; tourism; commerce; and agriculture as areas for growth, has achieved extraordinary results.

Inverness County has a unique quality of life that is recognized by many. What are the supporting themes that will allow us to collectively move forward and grow and prosper? What are the success stories that are happening in our communities, (socially, culturally, economic and environmental) that can be duplicated throughout the county?

In undertaking several asset mapping sessions in various communities throughout the county it has become clear that there are many individual community successes for us to be proud of. The next step in the process is to collectively decide how we focus our efforts to build from these successes. ■

Beware of First Aid Kit Sales Pressure

The Department of Labour and Workforce Development is advising business owners not to fall for telephone sales pitches for high-priced first aid kits.

"The type of first aid kit required in a workplace depends on the number of employees on the job at the same time," said Occupational Health and Safety director Jim LeBlanc. "Depending on the type of kit, costs range from about \$20 to \$100."

Several NS companies have called the Labour department after receiving sales pitches for kits costing about \$300. "We have a chart on our website to help business owners comply with the Occupational Health and Safety Act regulations and to avoid spending too much doing so," said Mr. LeBlanc. The chart is available at www.gov.ns.ca/lwd/safety.asp

Get Physically Active

Regular physical activity is essential for your health. To decrease your risk of several chronic diseases, you should strive for at least 30 minutes of moderate-intensity physical activities on 5 or more days of the week, or vigorous-intensity physical activity a minimum of 3 or more days of the week for 30 minutes or more per session.

While any physical activity is better than none, additional health benefits can be gained by engaging in more physical activity.

INVERNESS COUNTY RECREATION COURSES - SPRING 2010

Course listings continued from page 15...

MARGAREE CENTRE AND AREA

REGISTRATION:

Cranton Crossroads Community Centre
Margaree Centre
Phone 902-248-2261

Tuesday, February 16, 6 - 7:30 p.m.

PROGRAMMER:

Melinda Ingraham
PO Box 41
Margaree Centre
Nova Scotia
BOE 1Z0
Phone: 248-2261
Or
Peggy Hannigan
Phone: 248-2538

All courses begin the week of March 1, unless otherwise stated, and will run for a maximum of 10 weeks.

FITNESS, HEALTH & SPORT:

BADMINTON: Non-Instructional. Monday, 7 p.m. to 8 p.m. 10 weeks. Fee: \$10.

EXERCISE BOOT CAMP: This cardio workout will take you through a variety of high-intensity, low-impact moves to get your heart rate up without hurting the joints. Instructor: Monica Ross. Thursdays, Time TBA: 10 weeks/\$10. For more information call 248-2151.

VOLLEYBALL: Don't just watch the game, be part of the action. All levels are welcome. Co-ed, non-instructional. 10 weeks, Wednesdays, 8 - 9:30 p.m. Fee: \$10.

WALKING INDOORS: Don't let winter keep you from being active, walk Indoors in the comfort of the Community Centre Gymnasium. Available most Monday - Friday mornings. No Fee, Please register with Peggy 248-2538 or call the centre to confirm availability.

ADULT PERSONAL INTEREST:

COMPUTER: If you live in an area that still has dial-up and need a little faster access, there are two computers set up at the Community Centre for anyone to use free of charge. Or, you are welcome to bring along your own laptop and adapter to use in the computer room Monday through Friday until 7:00 p.m. Adult supervision is required for anyone under the age of 18. To inquire about weekend use call Peggy Hannigan @ 248-2538.

JAMMIN' AGAIN: All musicians and listeners are welcome to come by and enjoy an afternoon of entertainment every second Sunday from 2 - 4:30 p.m. For dates check the *Oran's* community bulletin pages or call Helen Stewart @248-2009 or Ross Ingraham @ 248-2173. No fee, although donations are gladly accepted. Come out and enjoy!

PAINTING: This class is for the non-experienced as well as the experienced painter. Come and learn new techniques as well as discuss and share old ones. Day TBA. 10 weeks, 6 - 9 p.m. Instructor: Helen Stewart. Fee: \$20 (Call Helen directly @248-2009 for more information and materials required).

FABRIC DYEING BY THE SEA: Check details on page 16 for more information on this workshop.

CONTINUING EDUCATION:

ADULT UPGRADING: If you are 19 yrs or older and interested in improving your reading, writing and/or math skills; preparing for the GED; or working toward your own personal goal, classes are available to you free of charge. Tuesday & Thursday, 6 - 9 p.m. Classes will be held at Cranton Crossroads Community Centre. Instructor: Shirley Miller. Phone: 248 - 2960.

Course listings continue page 20...

Any changes or additions to the courses listed in this issue of *The Participaper* will appear in the latest editions of *The Oran* and/or *The Reporter*.

INVERNESS COUNTY RECREATION COURSES - SPRING 2010

Courses continued from page 19...

PLEASANT BAY

REGISTRATION:

Pleasant Bay Elementary School
Thursday, February 18
6:30 -7:30pm

PROGRAMMER:

Niki Pike
1773 Red River Road
Pleasant Bay, NS
B0E 2P0

Phone: (902) 224-1130

PERSONAL INTEREST:

BEGINNERS JEWELRY MAKING WORKSHOP: Learn how to make necklaces, earrings and bracelets and all about hooks and clasps and how to use them appropriately. All materials are provided, but feel free bring along any beads or old jewelry objects that you'd like to use to create something new. Date TBA. (Saturday, April 17 or 24.) Instructor: Judy Syms. Fee \$18. Minimum 8 students.

GLASS ETCHING: Turn vases, glasses, bowls and even old storm windows into one-of-a-kind objects using the simple art of glass etching. All skill levels - students will choose projects to suit their own artistic ability. Very few tools and little investment is required, making this a fun and affordable hobby should you decide to pursue it further. Date: Saturday, March 6, 9:30 a.m. – 11:30am. Instructor: Niki Pike. Fee: \$10. All materials included. Minimum of 3 students.

MAPLE SYRUP MAKING (All ages welcome to this fun outdoor workshop): Learn how to identify and tap sugar maples, and how to boil down the sap to make maple syrup. Includes maple syrup tasting of course! Date TBA (Weekend, middle to end of March, depending on weather.) Instructor (and further information): Mark Timmons, 224-1315. Fee: There is no fee, but you must register.

SEED SAVERS EXCHANGE: Do you have too many tomato, hollyhock or nasturtium seeds left over from last year, and not enough peas, green beans or cosmos for this year? Bring your surplus for a morning coffee and seed and growing tips swap, and get set for spring! Date: Saturday, March 13, 9:30 a.m. – 11a.m. Fee: \$2 (to cover the cost of refreshments and envelopes for the seeds.)

FABRIC DYEING BY THE SEA: Check details on page 16 for more information on this workshop.

[Note: Pleasant Bay courses will be held at the school, unless otherwise noted.]

PORT HOOD

REGISTRATION:

Bayview Education Centre
Tuesday, February 16
Thursday, February 18
6:30 - 7:30 pm

PROGRAMMER:

Margie Beaton
184 Little Mabou Rd.
Port Hood, NS
BOE 2W0

Phone: (902) 787-2845

All courses begin the week of March 1, unless otherwise stated, and will run for a maximum of 10 weeks.

CHILDREN & YOUTH

EASTER CRAFT WORKSHOP: Create your own tabletop Easter Tree. Ages 5 and up. All supplies provided. Wednesday, March 24, 6:30 – 8 p.m. Instructor: Marie Brideau. Fee: \$5.

BELLYDANCE: Geared toward teen girls, this class will teach the basic moves of belly dance, a traditional Middle Eastern dance form. Learn how to shake and shimmy! Students should wear comfortable workout clothes and bring an exercise mat if possible. Girls ages 13 - 18. Mondays, 6 – 7 p.m. Instructor: Joyce MacDonald. Fee: \$30.

Port Hood Course listings continue on page 21...

INVERNESS COUNTY RECREATION COURSES - SPRING 2010

Port Hood listings continued from page 20...

FITNESS, HEALTH & SPORT

BELLYDANCE: Come try this Arabic dance style! Please wear comfortable workout clothes and bring a mat. Mondays, 7 – 8 p.m. Instructor: Joyce MacDonald. Fee: \$30.

CHAIR YOGA: Get fit where you sit. Learn how to stretch, relax and relieve stress as you exercise. You will feel calm and relaxed physically, mentally and spiritually. All ages and abilities welcome. Classes will start April 12. 6 weeks. Mondays, 7 - 8 p.m. (Minimum of 10 per class.) Instructor: Frances Oommen. Fee: \$12.

NORDIC WALKING: Nordic Walking is an efficient, low-stress, exercise technique that involves the use of walking poles to engage the legs and upper body in a total body workout using up to 40% more energy than regular walking. Come try it out and have some fun! Thursday, March 25, 6 – 7 p.m. Instructor: Nadine Hunt. Fee: \$5.

QI GONG FOR HEALTH: Awaken your inner healing power. “Qi” means energy, life force; “Gong” means work. This ancient Chinese exercise is about doing the work required to open specific energy pathways to our bodies. Through a combination of graceful movements, mental concentration and deep breathing we bring about physical, mental and spiritual health. Benefits include: creation of energy, stress reduction, improving the immune system, and building a strong body...Suitable for all fitness levels and beginning and intermediate students. We will be learning new forms to advance continuing students. 8 weeks. Wednesdays 7 - 8 p.m. Instructor: Johanna Padelt. Fee: \$40.

WALKING INDOORS: Stay warm and dry while you improve your fitness level, health and well being. Get motivated with a friend while walking indoors through corridors and up and down stairs. Monday to Friday 4 - 7 p.m. No fee but advance registration is necessary. Bring indoor walking shoes.

PERSONAL INTEREST:

QUILTING: Learn how to quilt your very own quilt. “Double Irish Chain” pattern for quilters of every level. 6 weeks. Tuesdays, 7 - 9 p.m. Instructor: Jean MacDonald. Fee: \$35 plus supplies (list available at registration.)

FABRIC DYEING BY THE SEA: Check details on page 16 for more information on this workshop.

CONTINUING EDUCATION:

ADULT UPGRADING: If you are 19 yrs or older and interested in improving your reading, writing and/or math skills; preparing for the GED; or working toward your own personal goal, classes are available to you free of charge. Tuesday & Thursday, 6 - 9 p.m. Instructor: Cecil MacDonald.

Course listings continue on page 22...

Healthy Living Tax Incentive

The Healthy Living Tax Incentive is a tax credit of up to \$500 per child. It is intended to help with the cost of registering children and youth in sport or recreation activities that offer health benefits. Young people aged 17 and under who are registered in an approved organized sport, physical recreation, or physical activity program qualify for the tax credit. Only receipts from those groups who have registered with Department of Health Promotion and Protection are eligible.

Programs that qualify to be registered include any organized sport, physical recreation, or physical activity program that is offered to the public by the Government of Canada, or the Province of Nova Scotia. A private or not-for-profit organization registered to do business in Nova Scotia is also eligible for registration. This means everything from swimming lessons to dance classes to ski memberships.

Please note: The tax credit will only apply to those organizations who are registered with Department of Health Promotion and Protection so please encourage your group, not-for-profit, or organization to register on-line before December 31. Parents/guardians **MUST** keep their registration tax receipt in order to claim the credit on their tax return.

INVERNESS COUNTY RECREATION COURSES - SPRING 2010

Courses continued from page 21...

SCOTSVILLE SCHOOL OF CRAFTS

REGISTRATION:

Scotsville School of Crafts
Tuesday, February 16
Wednesday, February 17
7:00 - 8:00 PM

PROGRAMMER:

Verna MacMillan
3054 Route #395,
East Lake Ainslie
B0E 3M0

Phone: (902) 258-2278
e-mail: vernamac@ns.sympatico.ca

<http://www.lakeainslieweaversguild.org/index.shtml>

All courses begin the week of March 1, unless otherwise stated, and will run for a maximum of 10 weeks.

NOTE: ALL COURSES AND WORKSHOPS WILL BE HELD AT SCOTSVILLE SCHOOL OF CRAFTS, 2234 STRATHLORNE-SCOTSVILLE ROAD (EXCEPT WHERE OTHERWISE INDICATED.)

FITNESS & HEALTH:

AERO-TONE: Low Impact Aerobics and Full Body Toning, at Lake Ainslie Fire Hall, resistance bands will be incorporated. 8 weeks. Mondays and Wednesdays, 9:00 - 10:15a.m. Instructor: Maggie Herbert. Fee: \$20/8 classes or \$3 drop-in.

PERSONAL INTEREST:

BEGINNER WEAVING: A fun way to express your creative side while learning one of the oldest art forms known to man. Learn how to turn your favorite fibers into cloth by making a warp, dressing a loom, and weaving an heirloom for yourself or a friend. Beginners will start on table looms and portable warping boards so you can work on your project at home as well as at the school. Tuesdays, 6:30 to 9:30 p.m. 8 weeks. Instructor: Eileen MacNeil. Fee: \$50 + materials.

BOOK READING GROUP: Group will meet at Scotsville School of Crafts every three weeks from Wednesday, March 10 to June 23 covering one book per session (6 books). Wednesday, 7 - 9 p.m. Leader: Virginia McCoy. No fee but participants must register.

CREATING WITH PAINT - WATER MEDIA: Wednesday 10 a.m. - 12 noon. 8 weeks beginning July 7. Instructor: Elaine Panuska. Fee: \$50 for the 8 weeks or \$10 per week.

INTERMEDIATE WEAVING: This class is set up to analyze different weave structures and techniques. We will be studying more on drafting and we will be exploring some new and exciting fibers. You will make a project of your choice on a 4 or 8 shaft floor looms. Our objective will be to make something beautiful and have fun doing it. Let's weave!! Saturdays, 8 weeks, 9 a.m. - 12 Noon. Instructor: Eileen MacNeil. Fee: \$50 plus materials.

INTERNET & EMAIL FOR BEGINNERS: Learn the basics, hints for browsing, how to find what you want, get your own email address, sending and receiving email, downloading, copying or printing information from the net, question and answer, and more. 4 weeks. Begins Tuesday, March 9th 7 - 8:30 p.m. OR Wednesday, March 10, 1 - 2:30 p.m. Instructor: Maggie Herbert. Fee: \$20.

WATERCOLOUR PAINTING AND DRAWING WORKSHOPS: Step-by-step instruction for all levels. Classes will deal with mixing colour, colour theory and drawing. Thursdays, 7 - 9 p.m. 8 weeks, beginning April 1. Instructor: Barrie Fraser. Fee: \$50 plus materials.

FABRIC DYEING BY THE SEA: Check details on page 16 for more information on this workshop.

Scotsville Course listings continue on page 23...

CONTACT YOUR LOCAL AREA PROGRAMMER WITH SUGGESTIONS FOR NEW COURSES AND PROGRAMS FOR YOUR AREA THIS FALL!

Registration week for the Spring 2010 session is February 15 - 18. For more information contact Anna Lee MacEachern at 1- (902) 787-3508.

INVERNESS COUNTY RECREATION COURSES - SPRING 2010

Scotsville Courses continued from page 22...

ONE DAY WORKSHOPS & PROGRAMS:

BASKET WEAVING: You will create a Market Basket with an Oak handle. *There will be a limit of 10 people.* Bring a lunch. Sunday, April 11, 10 a.m. – 4 p.m. Instructor: Diane McEachen. Fee: \$60 includes all supplies.

BEGINNERS' JEWELRY MAKING - PEARL STRINGING: Learn the basics of hand-knotting beads using silk by making your own strand of pearls. An overview of finding types and related terms will be part of the workshop. Real pearls, precious metal clasp, ample silk, and needles will be provided. Bring your own lunch. Sunday, March 7th, 11 a.m. - 3:30 p.m. Instructor: Leaf Kraft. Fee: \$55.

BEGINNERS' JEWELRY MAKING - WIRE WORKING BASICS: Learn the basics of wire working by making your own funky, free form bracelet and earrings using copper wire and beads. We will make our own clasps and ear wires using pliers, hammer and anvil. An overview of related metal-smithing terms will be part of the workshop. All tools and materials provided. Bring your own lunch. Sunday, March 14th, 11 am - 3:30 p.m. Instructor: Leaf Kraft. Fee: \$55.

BEGINNERS' JEWELRY MAKING - SHEET METAL BASICS: Learn to use the jeweler's saw and dapping block as you cut and shape sheet copper to make your own pendant and earrings. We will also cover various finishing methods, related tools and terms. All tools and materials will be provided. Bring your own lunch. Sunday, March 21st, 11 a.m. - 3:30 p.m. Instructor: Leaf Kraft. Fee: \$55.

FELTING WORKSHOP WITH JUSTINE KERR: Felting is extremely easy and participants will be working with coloured fleece to create a painting in wool. Fibres are layered to create a rich depth using a felting needle to keep everything in place. Once the picture is complete, hot water and soap are used. The piece is then agitated so it will felt. (Interlocking fibres shrink to create a cohesive structure.) Research pictures will be provided

but if you have any pictures that inspire you please bring them. Instruction is offered in composition. Beginners, without any prior art experience, can create a beautiful piece(s) of art to hang on their wall with pride. Bring your own lunch and a cookie sheet. Saturday, April 17, 10 a.m. – 4 p.m. Instructor: Justine Kerr. Fee: \$55 (includes all materials.)

FOOD SAFETY: This course is for the professional, the volunteer or for anyone who is interested in learning more about current Food Safety issues. This should be an engaging day of learning and discussion as it relates to safe preparation and storage of food along with cleaning and sanitizing techniques. Let's bust those food myths and look forward to a fun-filled summer of safe delicious meals. Thursday, April 8, 9 a.m. – 4 p.m. Please bring your own lunch. Instructor: Carrie Fraser C.P.H.I(C), Food Safety Specialist, NS Department of Agriculture. Pre-registration required: please call Catherine at 563-2000 or by email at plumricl@gov.ns.ca Fee: \$23.88.

INTRODUCTION TO PUBLIC SPEAKING: Some research indicates that people fear public speaking more than death! This workshop may help to change that outlook. Communications consultant and former broadcaster, Ian McNeil, will share insights on how to prepare and deliver talks in a variety of public situations. Saturday, April 10, 1:30 a.m. - 4:30 p.m. Instructor: Ian MacNeil. Fee: \$10.

LANDSCAPE IN FABRIC: Participants in this 1-Day Workshop will complete a small landscape (5" x 7") and have it matted ready for framing. Participants should bring scissors, a thimble and a bag lunch. Saturday, March 6, 10 a.m. – 4 p.m. Instructor: Margie MacIsaac. Fee: \$45 includes materials.

"LINT ART" WITH BEA TILSLEY: Participants will create a wall hanging using dryer lint – the ultimate in recycling. Bring your own lunch. Saturday, April 10, 10:00 a.m. – 4:00 p.m. Instructor: Bea Tilsley. Fee: \$35 includes materials. 6 weeks.

Scotsville workshops continue page 26...

GUIDELINES FOR YEAR 2010 VOLUNTEER NOMINATIONS

The 2010 Provincial Volunteer Recognition Week is **April 18 - 24** and the Municipality of Inverness County will once again recognize, on April 21, the contribution of those individuals who generously volunteer their time and talents in Inverness County. Following are the guidelines for nominations:

1. Any organization or individual may nominate one (1) volunteer.
2. Choose only those nominees who have never before been recognized by the Municipality through this program, or, those who have not been recognized in the previous 10 years, 1999-2009. (If you are unsure if a volunteer has been recognized during this ten-year period, contact the Recreation/Tourism office at 787-2274 for verification.)
3. The volunteer must either reside in or perform volunteer work in the Municipality of Inverness County.
4. Nominations must be accompanied by a clearly written or typed description (100-150 words) of the nominee's present and past volunteer activities. (If you are nominating a volunteer who was also recognized prior to 1999, please highlight the individual's most recent contributions.) Please keep personal information, such as number of children, grandchildren, etc. to a minimum, and focus more on the nominee's present and past volunteer involvement.
5. A photo is optional. Please send only recent high quality head and shoulders photographs (in the case of digital photographs, please ensure that they have been taken at the highest possible resolution the camera will allow and that they are copied to a CD made readable on any computer). If you wish to have a photo returned, please supply a self-addressed stamped envelope. Alternatively, if a photograph of sufficient quality for printing is unavailable and the volunteer plans to attend the award ceremony, a photograph of the volunteer will be taken at that time.
6. All volunteer biographies and photos will be featured in the April/May 2010 issue of *The Participaper*.
7. Deadline for receipt of all nominations is March 26. Any nominations received after that date will be placed on a list for recognition in 2011.
8. Volunteer nominations received on or before March 5th will be eligible for a draw to chose one volunteer to represent all Inverness County volunteers at the Provincial Ceremonies scheduled to take place in Halifax.
9. An invitation to attend the Municipal Volunteer Award Ceremonies, to be held April 21 during provincial Volunteer Week, will be mailed to each nominated volunteer in early April. The nominating group/ individual will also receive a second invitation for one member to accompany the volunteer to the ceremonies. That invitation may be allocated to the volunteer's family member, friend, etc., at the discretion of the nominating group.



KEEP IN TOUCH, EVEN WHEN ON THE ROAD...

Check your E-mail...

Send a message to friends and family

Eastern Counties
Regional Library
Headquarters
390 Murray St.
Mulgrave, NS BOE 2G0
Phone: (902)747-2597
info@nsme.library.ns.ca

Margaree Forks:
(902) 248-2821
Drs. Coady and Tompkins
Memorial Library
7972 Cabot Trail
Margaree Forks
margaree@nsme.library.ns.ca

FREE INTERNET ACCESS AT THESE

EASTERN COUNTIES REGIONAL LIBRARY SITES:

Port Hawkesbury:
(902) 625-2729, 304 Pitt St.
Port Hawkesbury
porthawk@nsmc.library.ns.ca



VOLUNTEER RECOGNITION 2010 - NOMINATION FORM

Volunteer's Name: _____

Mailing Address: _____

Phone # (h) _____ Phone # (w) _____

Name of Organization or Individual Nominating a Volunteer:

Contact Person: _____

Mailing Address: _____

Email: _____

Phone # (h) _____ Phone # (w) _____

Please forward this form, with the volunteer's biography attached, to:

Volunteer Recognition
Inverness County Recreation/Tourism Dept.
PO Box 179, 375 Main Street, Port Hood, NS B0E 2W0

INVERNESS COUNTY ON THE MOVE...ACTIVE YOUR WAY EVERY DAY...FOR LIFE

STAY ACTIVE THIS WINTER...GET YOUR 60 MINUTES OF DAILY ACTIVITY!
SNOWSHOEING – Snowshoeing is safe, low impact sport that uses every major muscle group and really burns calories. Replacing running with snowshoeing as your training this winter will improve your strength, build leg muscles and improve endurance. Adding poles while snowshoeing will also condition your arms, shoulders and back muscles.
WALKING – Bundle up in winter layers, get family members or friend to join you and set out for a winter walk! In just sixty minutes of walking you can burn about 360 calories – an excellent way to get your daily dose of physical activity and be on your way to good health! Or, if you prefer, “hall-walk” indoors.
SKATING – Just an hour of skating burns about 500 calories – an excellent way to get your 60 minutes of daily physical activity! So check out your local arena schedule for family and recreational skating times and skate away those winter blues!



INVERNESS COUNTY RECREATION COURSES - SPRING 2010

Scotsville workshops continued from page 23...

MAKING BUCKSKIN MOCCASINS: Learn to make beautiful tailor-made buckskin moccasins. Participants will make a pattern, a prototype, and then the real thing. The buckskin used is made all naturally by hand by the instructor. Tools to be used are scissors, awls and needles. Bring your own lunch. Sunday, March 21, 9 a.m. – 5 p.m. Instructor: Dan Morreale. Fee: \$85 includes materials.

NUISANCE WILDLIFE: Coyote, Bear and Fox. Tuesday, March 2, 7 – 8 p.m. Instructor: Bruce Murphy, Wildlife Technician for Inverness County, N.S. Department of Natural Resources No Fee.

WRITING WORKSHOP WITH FRANK MACDONALD: Tuesday, March 9th, 7 - 9 p.m. Instructor: Frank Macdonald. Fee: \$10.

THE LANGUAGE OF COLOUR - A WATERCOLOUR WORKSHOP BY KAROL FRENCH: This workshop is for beginners and experienced artists who wish to understand and use colours to their best advantage. Warm colours; cool colours; mixing and glazing techniques; merging colour into colour; how colours react; how to avoid mud; how to find the colours that express what you want to say. Please bring a lunch and a bottle of sunshine. Sunday, April 18, 10 a.m. - 3 p.m. Instructor: Karol French. Fee: \$20. Paper will be provided but please bring paints and brushes if you have them.

FABRIC DYEING BY THE SEA: Check details on page 16 for more information on this workshop.

Note: You may register for any course or workshop listed on these pages, regardless of location. Please register with the appropriate local Programmer.

WEST BAY

REGISTRATION:
West Bay Community Hall
Monday, February 15
6:30 – 7:30 p.m.

PROGRAMMER:
Laurie Urquhart
1489 Dundee Rd
West Bay
NS B0E 3K0

Phone: (902) 345-2244

All courses begin the week of March 1, unless otherwise stated, and will run for a maximum of 10 weeks

CHILDREN & YOUTH

COUNTY LINE 4-H CLUB: 6 p.m. meeting, 1st Sunday of every month. Contact: Adrian Smith 345-2247.

FIDDLE LESSONS: Saturdays with instructor: Melissa Emmons. 6 weeks/\$75 for 1/2 hour or \$150 for 1 hour lesson. Call Laurie 345-2244 to book time. 1st session: February 6 - March 13, 2nd session: March 20 - April 24, 3rd session: May 1- June 5.

HIP-HOP DANCE*: Come learn the latest dance moves with your friends and get a great workout too. Course runs for 8 weeks and by the end of it you will be able to perform an entire hip-hop routine for your friends and family. Monday, 5 - 6 p.m. Ages: 8 - 17 (Must have 6 participants registered for program to run.) Instructor: Ashley Ryan. (1st session, March 1 - April 26, \$45.) (2nd session: May 4 -June 21, \$45.)

West Bay Course listings continue page 27...

***Inverness County On The Move...Be Active...Be Healthy...
Your Way...Every Day!!***

INVERNESS COUNTY RECREATION COURSES - SPRING 2010

West Bay Courses continued from page 26...

PIANO LESSONS: Saturdays, with instructor: Melissa Emmons. 6 weeks. \$75 for 1/2 hour or \$150 for 1 hour lesson. Call Laurie 345-2244 to book time. 1st session: February 6 - March 13, 2nd session: March 20 - April 24, 3rd session: May 1- June 5.

STEP DANCE*: Ages 8 - 17. 8 weeks. Mondays, 6 - 7 p.m. Instructor: Ashley Ryan. 1st session: March 1 - April 26, \$45. 2nd session: May 4 - June 21, \$45. (Must have a minimum of 6 participants for class to go ahead.)

**If registered for both hour long step & hip-hop dance classes there is a discounted fee of \$80.*

STEP DANCE: All ages. 8 weeks. Mondays, 7 - 7:30 p.m. Instructor: Ashley Ryan. 1st session: March 1 - April 26, \$25. 2nd session: May 4 - June 21, \$25. (Must have a minimum of 6 participants for class to go ahead.)

FITNESS AND HEALTH

YOGA: Stretching and moves for your core. Instructor: Marion Sauer. 6 weeks. Tuesday, 5:15 - 6:30 p.m. 1st session: March 9 - April 20. 2nd session: April 27 - June 1. Fee: \$36. (Minimum 8 people required.)

NIA: Nia Dance is selected movements and concepts from yoga, tai chi, tae kwon do, akido, jazz and modern dance. 6 weeks. Thursday, 6 - 7 p.m. Instructor: Simone Jacobsen. 1st session: February 4 - March 11. 2nd session: March 25 - April 29. 3rd session: May 6 - June 10. Fee: \$48. (Minimum 8 people required.)

PERSONAL INTEREST

45 CARD GAME: Wednesdays, 8 pm. Sponsored by the Head of the Bay Seniors' Club. Contact Mitchell Leonard at 345-2062.

45 CARD GAME: Last Saturday of the month. *(except June - August, when it is the last Monday of the month.) Sponsored by the Head of the Bay Seniors' Club. Contact Murray MacPhie at: 345-2988.

FIREARM SAFETY COURSE: February 26, 5 - 9 p.m. and February 27, 8:30 a.m. - 5:00 p.m. Instructor: John Begin (call him at: 258-2865 if you have any questions.) Fee: \$65. Note: Deadline for registration for this course is February 12. (A minimum of 12 participants required.) Contact Laurie 345-2244.

FIRST AID/CPR: 16-hour course covers all topics in the Emergency First Aid, plus Injuries to the Head & Spine, Musculoskeletal Injuries, Sudden Medical Conditions, Poisons & Substance Abuse and Misuse. April 10 & 11, 8:30 a.m. - 4:00 p.m. Instructor: John Begin. Deadline for registration is February 28. (Minimum 12 participants required for this course to go ahead.) Contact Laurie at 345-2244. Fee: \$95.

HEAD OF THE BAY SENIORS' MEETING: 1st Thursday of the month at the Seniors' Club at 11:30 a.m. Contact Murray MacPhie at 345-2988 for more information. Last meeting is April 1.

HUNTER'S SAFETY COURSE: Must have valid firearm card/POL to register. April 18, 8:30 a.m. - 4:00 p.m. Deadline for registration is February 28. (Minimum 12 participants required for this course to go ahead.) Instructor: John Begin (call him at: 258-2865 if you have any questions.) Fee: \$30. Contact Laurie 345-2244 to register.

OPEN MIXED DARTS: Tuesdays at the West Bay Community Centre, 7 p.m. Contact Caulder MacInnis 345-2753 or Murray MacPhail 345-2988 for information.

FABRIC DYEING BY THE SEA: Check details on page 16 for more information on this workshop.

Course listings continue on page 28...

WINTERFEST IN WEST BAY

February 13 and March 6, 1 - 5 p.m. Join us at the West Bay hall for fun and games for all ages! Cards, darts, sledding, skating and so much more. Contact: Marguerite Leonard at 345-2248.

INVERNESS COUNTY RECREATION COURSES - SPRING 2010

Course listings continued from page 27...

WHYCOCOMAGH

REGISTRATION:

Whycocomagh Education Centre
Wednesday, February 17
Thursday, February 18
7:00 - 8:00 p.m.

PROGRAMMER:

Merryl Bustin
925 East Skye Glen Road
RR 2 Whycocomagh
NS B0E 3M0

Phone: (902) 756-2584

HEALTH & FITNESS:

AEROBICS: A high/low intensity workout geared to all fitness levels. This class works the heart, lungs and burns calories while increasing muscle strength and endurance. Class winds down with fifteen minutes of weight training and stretching. A workout for the entire body! Wednesdays, 7 - 8 p.m. 6 weeks. Instructor: Darlene Ellis. Fee: \$20.

NIA FOR ADULTS: Stretching and movements through dance. Tuesdays, 6 - 7 p.m. 6 weeks. Instructor: Simone Jacobsen. Fee: \$48. (A minimum of 8 people are required for this course to go ahead.)

FABRIC DYEING BY THE SEA: Check details on page 16 for more information on this workshop.

[End of course listings.]

All courses begin the week of March 1, unless otherwise stated, and will run for a maximum of 10 weeks.

2010 Planned schedule for delivery of the *Participaper*:

January/February.

This issue will be delivered to residents' mailboxes during the second week of February and is the Spring Programming issue. The deadline for submissions to be included in this issue is January 15.

March/April/May.

This issue is normally delivered early in May and is the "Salute to Volunteers" issue. The deadline for submissions for this issue is early April.

June/July.

This is the summer issue and is normally delivered early July. This issue usually contains a listing of festivals and events in the County as well as other stories of interest to our readers and visitors. The deadline for submissions for this issue is late May.

August/September/October.

This issue is delivered in early September and contains the Fall courses schedule. The deadline for submissions for this issue is early August.

November/December. This is the Christmas issue and is usually delivered to residents in mid-December. The deadline for submissions for this issue is early November.

We strive to make this - your publication - interesting and informative. We encourage all of our readers (regardless of age) to submit stories, articles, artwork, or photos related to Inverness County for possible publication. Or, suggest story ideas related to Inverness County to the Editor. [For contact information see page 2.]