

Municipality of
Inverness
County





Participaper Publication

Megan Wludyka

Chief Communications Officer

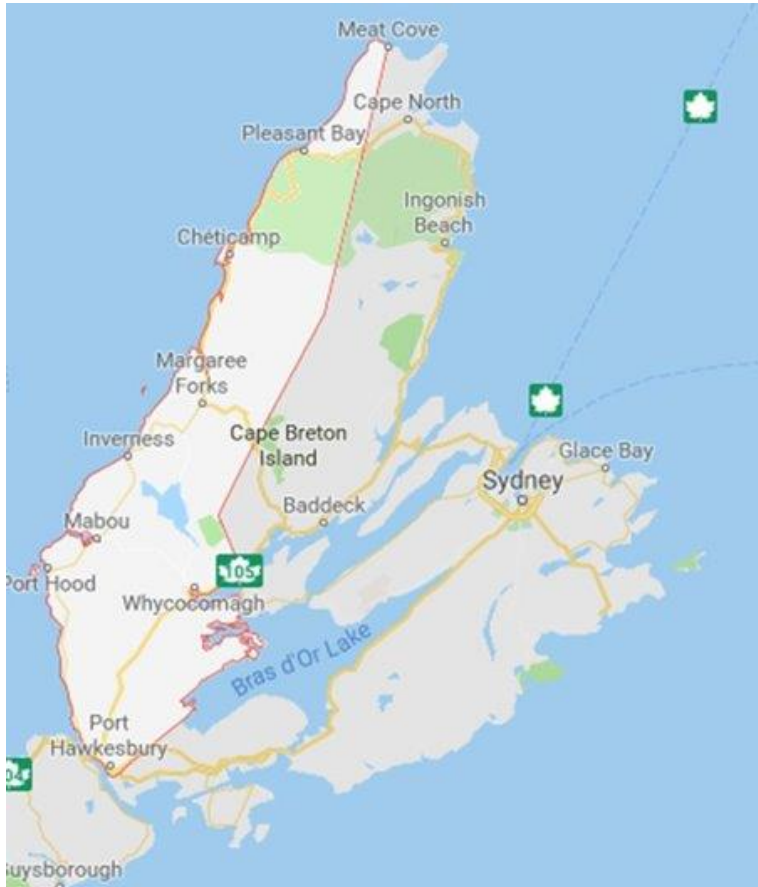
Participaper

- Beloved periodical magazine
- One of a kind
- 32-pages
- Quarterly publication
- Delivered to every resident's mailbox
- Free of charge
- Key platform to communicate with residents

THE PARTICIPAPER

An Inverness County Periodical
Fall 2025





Quick History Lesson

- Established in 1824
- Named after Inverness in Scottish Highlands
- Rural, spanning approximately 3,800 km²
- Approximately 17,000 residents (nearly doubles in the summer)
- Culture – Gaelic, Acadian, Indigenous
- Economy – fishing, farming, tourism



PARTICI-PAPER

COMMUNITY LEADERSHIP IS REQUIRED
TO ENCOURAGE AND SUSTAIN PARTICIPATION

Identified a Gap

- 1979 Culture Conference, Chéticamp
- Fine arts, talent, heritage, culture, volunteerism, leadership
- Regular, monthly, free newsletter = essential to cultural development
- Needed a name, logo & tagline

And so, the Participaper was born



- First publication – July 23, 1979
- Pilot project, eight-page newspaper
- “Culture & Recreation Publication”
- 6,700 mailboxes
- Two-way communication
- No template

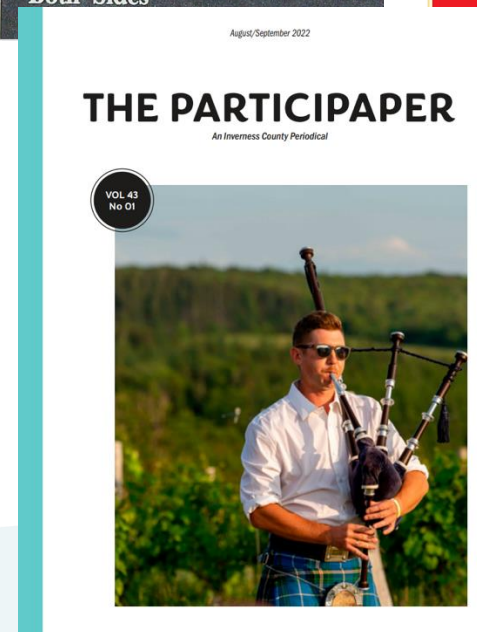
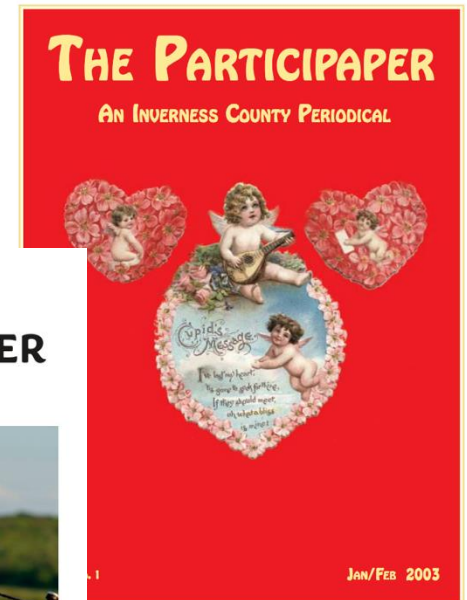
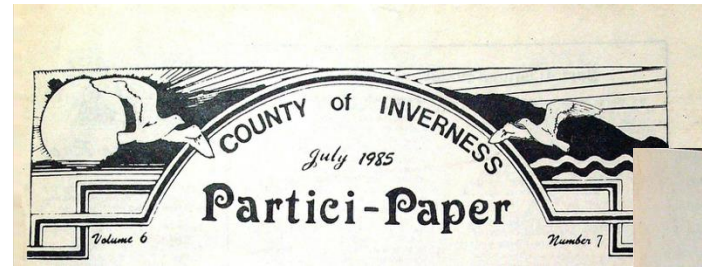


Guiding Principles

- Not about late-breaking news
- Concentrated on identity of people, past and present
- No political affiliation
- No advertising
- Editor wore all the hats

Evolution

- 1983: Recreation mandate grew
- 1985: New masthead, logo
- 1993: 12 pages
- 1994: Magazine format, 24 pages
- 2002: No more hyphen, quarterly
- 2003: High quality print
- 2018: CAO message
- 2021: Graphic design, visual elements, quick hits, 32 pages
- 2023: Available online



Columns – Stood the Test of Time

- Director’s Desk/CAO message
- Ancestors Unlimited
- Health & Wellness
- French column
- Volunteerism

CHIEF ADMINISTRATIVE OFFICER’S MESSAGE

A Focus on Communication

The *Participaper* has informed and updated the citizens of Inverness County for the past thirty-nine years. The topics and stories covered within the magazine have been varied over these years. Within its pages can be found a wide array of features highlighting recreation programs, advice columns on healthy living, community event calendars, volunteer recognition, overviews of supports for seniors, information on provincial programs, and commentary from the Warden and municipal councillors.

Four times a year, editions of the publication are delivered free of charge as a service to all Inverness County households. With a subscription base throughout Canada, the United States and around the globe, this publication gets around! A total of 6009 copies are printed and distributed by mail, plus an online version can be found on the municipality’s website at <https://canadamusicalcoast.com/>. We have heard from readers in countries as far away as Burkina Faso, Australia and Oman (to name a few), who enjoy reading the publication online.

In many households *The Participaper* has become a



Keith MacDonald
Inverness County CAO

RECREATION INVERNESS

DIRECTOR'S
DESK

WHAT IS PLANNING?

Basically, a plan is an orderly system of events thought out in advance. It is a process of thinking ahead to try and predict and control events. We could possibly describe it as a map to show us direction in the production of recreational programs.

A Master Plan may be described as the ultimate plan which encompasses all possible human experiences that may be improved by programming and which fall within the leisure or recreational area. The Master Plan is rarely operational as it represents maximum expectation rather than minimum requirements; to strive for less would be a concession to failure. We cannot improve by standing still or moving backwards.

Ancestors Unlimited

Queries: Information needed about:

- Alexander MacDonald (McDonald) and his wife Ann or Mary Ann Doyle. He was born 1829 or 1832. Both born in Nova Scotia and lived in Newfoundland for a short time. Descendants are seeking the names of their parents and eight children.
- Annie MacLean. Born ca. 1890, Point Tupper, daughter of John MacLean and Catherine MacMaster. She married Christian Downing. But who were John MacLean and his wife? Any leads needed by Halifax descendants.
- Origin of the place name "Rhodena".
- Origin of the place name "Turk" for Glencoe. Is it from a Gaelic word?

Notices:

The Historical Societies and Heritage Groups will host a meeting at Iona - Highland Heights Inn - at 10a.m. to 2 p.m. on Saturday, October 6. Coordination and information sharing of events planned for 1985 are on the agenda. Also the follow-up of the Heritage Advisory Committee hearings will be recorded. Groups are asked to send representatives - individuals from

to meet other learners with the same concerns.

Many thanks to all who responded for information on MacCallums. For further information and for printing of queries, please write:

Jim St. Clair
Mull River, R.R. #2, Mabou
Nova Scotia B0E 1X0

Ancestors Unlimited

FINDING YOUR INVERNESS COUNTY ROOTS

Written by: Jim St. Clair

Please feel free to comment on any items in this column or ask any questions about topics that are of interest. Send inquiries to: *Participaper*, 375 Main Street, Port Hood, NS, B0E 2W0



Roots and Family History", and "Dowling Family" by Tim Dowling and official records. Mary Ann MacLeod, who migrated to New York in 1930, was the daughter of Malcolm and Mary (Smith) MacLeod of Tong, which is near Stormway, Isle of Lewis. Her father lived from 1866 to 1954. She is Pres. Trump's mother. Her grandparents were Alexander and Ann (MacLeod) MacLeod born in the 1830s.

Alexander was the son of William and Catherine. The parents of William are said to be Kenneth MacLeod born late in the 1700s and Catherine MacGiver. Do any of these people seem to be relatives of Cape Breton immigrants from Lewis?

- I. USEFUL RECENT PUBLICATIONS:**
 - PRACTICAL GENEALOGY, 50 SIMPLE STEPS TO USEFUL FAMILY HISTORY, by Brian Sheffey, paperback, \$14.22
 - TRACING YOUR IRISH ANCESTORS, 2nd edition, by Chris Paton, paperback, \$24.95
 - A NEW GENEALOGICAL ATLAS OF IRELAND, 2nd Edition, Brian Mitchell, \$24.95
 - TRACING SCOTTISH ANCESTRY ON INTERNET, Chris Paton, \$24.00
 - TRACING YOUR SCOTTISH ANCESTORS, by National Archives, new edition, paperback, \$13.95
- II. MACLEOD-TRUMP CONNECTION**
Mary Ann (MacLeod), mother of President Donald Trump, was born in 1912 in Tong on the Hebridean Island of Lewis. A correspondent questioned whether or not she was related to any of the MacLeods on Cape Breton who had emigrated from Isle of Lewis. Given the number of generations separating her ancestors from the MacLeods of Cape Breton, it is difficult to determine. Perhaps some reader may find connecting names in the following data which has been published by several sources such as "Scottish
- III. ORIGIN OF SURNAMES**
In the 1200s and 1300s, surnames came to be commonly used rather than just the single first name and location of a person when records were being written down. The origin of last names often identifies the colour of a person's hair, some physical characteristic or were derived from a nickname. Sometimes, these surnames were changed through time, often in spelling and sometime by a replacement. The history of last names is often quite interesting. For instance:
 - Bernard - This name is of Germanic origin although used by various ethnic groups. It comes from two words: "bern" meaning "bear" and "hard" meaning "hard" or "strong." So, the ancestor was seen to be as strong as a bear. The name is found as early as 1093 in Europe, with a Jean Bernard found in Quebec in the 1630s.
 - Gallant - The name is found in Picardy, France, in late Middle Ages. It is used first as a nickname meaning "a high-spirited person" or "a joyful individual."


Health & Wellness – Then & Now

"It's not the pounds you notice. It's the inches!" Speak to anyone who has taken Aerobic Dance classes and this is one of the many enthusiastic comments you are sure to hear.

A very few years ago Aerobic "hit" this area and it has been growing in popularity ever since. What is it? Very basically, it is a dance/fitness program. It rhythmically incorporates music with exercise. Equally, the program stresses the importance of diet and proper nutrition.

The program is done progressively in eight week sessions. The participant starts at the beginner level and progresses eventually through the intermediate and advanced levels.

This form of exercise was first introduced to the area by Patrice Korb of Creignish. Her expertise in instruction has largely contributed to the popularity of the program. Her services have been requested in many communities, resulting in



Aerobic Dance Classes very popular

Patrice conducting classes several nights a week.

The demand for Aerobic Dance has recently become much greater than the qualified instructors available to teach it. The situation prompted action. Through the cooperation of Patrice Korb and several Recreation Departments in the Strait area a solution was found.

For the last two Sundays of February more than 20 people participated in an Aerobic Dance Workshop under the direction of Patrice Korb and sponsored by Recreation Departments in the Strait Area. The purpose was to facilitate the availability of qualified instructors for Aerobic Dance programs sponsored by Recreation Departments. It is now possible for us to offer the program in several areas throughout the county, therefore, we can choose our instructors from a list of successful workshop participants.

Aerobic Dance is an enjoyable means to working off those excess inches. It also provides the individual with the benefits of a group setting in which each person is working toward the same goal.

For more information on Aerobic Dance possibilities for your community call the Recreation Office (787-2274).

Donna MacDonell

1982



Summer thoughts on your health

BY GLENNA CALDER, ND

The sun on your skin

After a long and cold winter, we are all craving some consistent sunshine. We all find it easier to become more active, get outdoors more often and eat more fruit and vegetables. There are a few things we need to be mindful of to ensure we enjoy a safe, healthy and fun summer.

The first thing is sun protection. While it's important to maintain healthy vitamin D levels, it's also important to protect your skin from prolonged exposure to the sun to avoid skin cancer and premature aging. The best way to do that is, you guessed it, sunscreen! Let's talk about the different kinds of sunscreens:

- **Chemical** contain organic compounds like oxybenzone, avobenzone, and octinoxate, which absorb UV radiation and converts it into heat, which is then released from the skin. These sunscreens tend to be easier to apply without leaving a white residue, but they can sometimes cause skin irritation, particularly for those with sensitive skin or conditions like acne, rosacea, and eczema.
- **Mineral** contain inorganic compounds such as zinc oxide and titanium dioxide. These ingredients sit on top of the skin and physically block UV radiation. Mineral sunscreens are less likely to cause irritation and are often recommended for those with sensitive or reactive skin.

When wearing sunscreen, always look for one that says, "broad spectrum," meaning it protects against both UVA and UVB light, and one that boasts an SPF of 15 or higher. Both UVA and UVA can damage our skin. In addition to choosing the right sunscreen, incorporating other sun protection strategies can greatly enhance your skin health during the summer. Wearing protective clothing, seeking shade during peak sun hours, and remembering to reapply SPF every two hours when outside can also be effective strategies.

2025

French Column – Then & Now

Plusieurs activités chez le mouvement Scout de Chéticamp par Daniel Aucoin

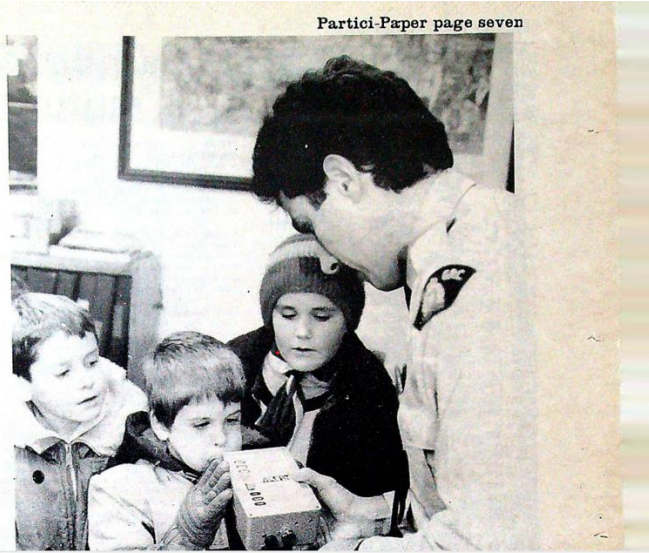
Depuis déjà plusieurs années, le Scoutisme regroupe plusieurs jeunes garçons de la Région de Chéticamp. Cette année, le mouvement comprend environ 26 Castors et 26 Louveteaux.

Selon Gilles Deveau, Commissaire du district, le Scoutisme est un mouvement éducatif pour nos jeunes dont le but est de contribuer à leur développement personnel et social. "C'est un mouvement très important et nous devons travailler fort pour promouvoir le scoutisme à Chéticamp" a mentionné M. Deveau.

L'unité Castor regroupe des jeunes de 7,8 et 9 ans tandis que la meute des Louveteaux comprend des garçons de 9, 10 et 11 ans. Les Castors se rencontrent de 19h00 à 20h00 chaque lundi soir au local des Scouts situé au sous-sol de l'église. Par ailleurs, les Louveteaux tiennent leur rencontre chaque mardi soir au même local.

Les chefs de l'unité Castor sont Yvon Larade, Daniel Aucoin, Lucille Larade et Bruno Cormier. Quatre chefs s'occupent des Louveteaux, soit Marcel Doucet, Davy Aucoin, Gilles Deveau et Jean-Philippe Poirier.

Tel qu'indiqué plus haut, le local scout est situé au sous-sol de l'église de Chéticamp. Les responsables du mouvement Scout tiennent à remercier vivement la Paroisse Saint-Pierre pour son excellente collaboration.



Partici-Paper page seven

1988



Le sentier de la Mine de Plâtre à Chéticamp. (Photo : Daniel Aucoin)

PAR DANIEL AUCOIN

Par sa situation géographique, Chéticamp offre une foule de divertissements autant pour les adeptes de la nature et des grands espaces que pour les intéressés aux curiosités locales. Parcourez la côte parsemée de baies, d'anses et de plages et laissez-vous bercer au son des vagues. Vous pouvez aussi profiter de la nature et aller explorer la forêt à la découverte de la flore et la faune de la région.

La région acadienne de Chéticamp est la seule communauté francophone située sur la pittoresque piste Cabot. Avec le golfe du Saint-Laurent en face et les montagnes à l'arrière-plan, ce coin de pays constitue un des sites les plus pittoresques des provinces Maritimes.

À Chéticamp, il y a beaucoup à voir, beaucoup à faire et beaucoup à découvrir. Chéticamp, c'est la destination vacances par excellence! Depuis longtemps, on vient dans cette région du Cap-Breton pour s'y détendre et apprécier la beauté des paysages.

46 | THE PARTICIPAPER | SUMMER 2025



Palletts Cove. (Photo : Daniel Aucoin)

paysage...nombreux sont les randonneurs de tout âge à arpenter les sentiers.

Les bienfaits de la randonnée dans la nature sont multiples, allant de l'amélioration de la santé physique à la réduction du stress et de l'anxiété. Marcher le long de sentiers est un moyen agréable d'allier un exercice physique adapté au plaisir de la découverte.

Choisissez un sentier adapté à votre niveau. Portez de bonnes chaussures confortables. N'oubliez pas votre casquette ou un chapeau et apportez de la crème solaire pour vous protéger du soleil. Munissez-vous d'un sifflet, d'un bâton de marche et d'une trousse de premiers soins. N'oubliez pas l'eau et les collations pour bien vous hydrater et éviter les baisses d'énergie.

Consultez la carte du sentier avant de commencer. Vérifiez la météo et habillez-vous en conséquence. S'il y a une possibilité de tempête, repensez votre plan. Suivez les chemins et les sentiers balisés. Il est préférable de ne pas partir en randonnée seul, surtout sur des sentiers peu connus ou éloignés. Avoir un ami qui vous accompagne est plus sécuritaire et assure une bonne compagnie.

Même s'il est tentant de s'approcher des animaux, assurez-vous de les observer à distance et de ne pas les nourrir. Pour préserver la flore et permettre sa régénération, restez dans les sentiers. Enfin, assurez-vous de bien ramasser tous vos déchets.

Surtout, ayez du plaisir et faites le plein de beauté et d'air pur. Bonne randonnée!

Read an English version of this article at: participaperonline.ca



Le sentier Fishing Cove au Parc national des Hautes-Terres-du-Cap-Breton. (Photo : Daniel Aucoin)



Le sentier Blueberry Mountain au Parc national des Hautes-Terres-du-Cap-Breton. (Photo : Daniel Aucoin)



Le sentier Trou de Saumons au Parc national des Hautes-Terres-du-Cap-Breton. (Photo : Daniel Aucoin)

THE PARTICIPAPER | SUMMER 2025 | 47

2025

Volunteerism – Then & Now

VIVA! VOLUNTEERS!

TOMMY LARADE CHETICAMP

Mr. Tommy Larade is truly "a man for all seasons," involved in half a dozen recreational activities at the same time throughout the year. Mr. Larade has always been involved in interscholastic sports such as basketball, hockey, volleyball and wrestling at both the instructional and the managerial level. He has recently taken on the task of co-ordinating recreation programs and establishing contacts as well.

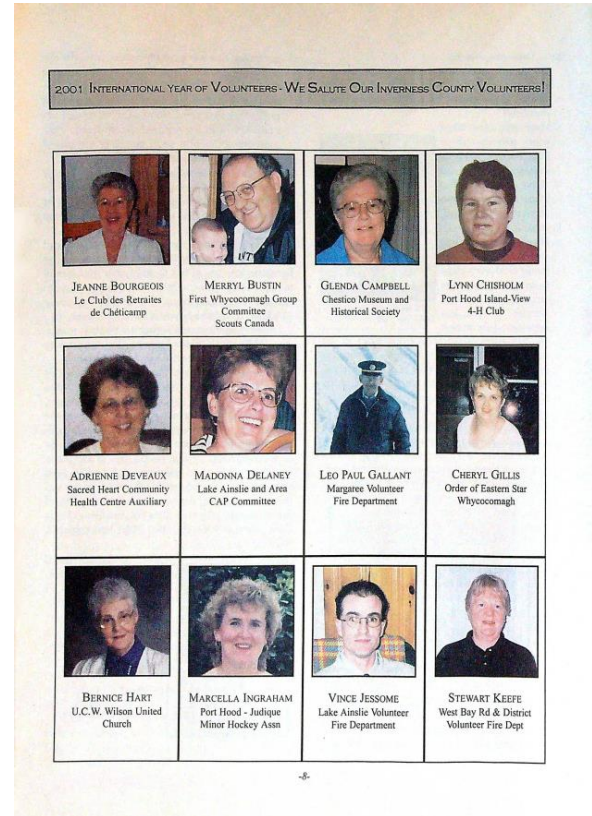
Mr. Larade was greatly responsible for bringing in a ballet instructor from Halifax, Jenifer MacDonald, for the past three summers. Even when government assistance was cut this year, he approached the community and managed to raise one thousand dollars to support the ballet program. He also succeeded in getting a government grant this summer to set up a Little League Baseball program in Cheticamp.

As a concerned Physical Education Teacher at N.D.A. School, Mr. Larade has taken up the challenge of organizing the construction of a badly-needed playground in Cheticamp. With the work of three committees, the project is running on schedule and is designed to cater to both elementary and high school students with its modified track.

Mr. Larade concludes that the public relation services offered by the recreation department has improved "many percentage points" by means of the monthly newsletter and the spring conferences. He observes that a sports calendar for the county is essential to avoid conflicts in the scheduling of recreational activities.

When asked to rate the quality of sports programs at present, Mr. Larade remarks that the ones offered in the Cheticamp area are as good as any where else as far as giving everybody an equal chance. As far as Tommy is concerned, participation is the most important thing in recreation because, in his words, "YOU DON'T KNOW WHERE POTENTIAL IS BEFORE IT IS DEVELOPED".
Gilles Deveau

1979



2001

2025 Inverness County Volunteers of the Year

Volunteers are truly the heart of our communities, and each year, communities across Canada come together to celebrate National Volunteer Week. This year, National Volunteer Week took place April 27 to May 3, 2025.

In recognition of this week, the Municipality of the County of Inverness launched its 2025 Volunteer Recognition Program, where community members are invited to nominate local volunteers who make a difference. Nominees are then recognized for their invaluable contributions with a certificate of recognition and a gift certificate from a local Municipality of Inverness County business of their choice.

This year, community groups and individuals throughout Inverness County nominated 38 people! Read on to learn more about the incredible volunteer efforts of this year's nominees.

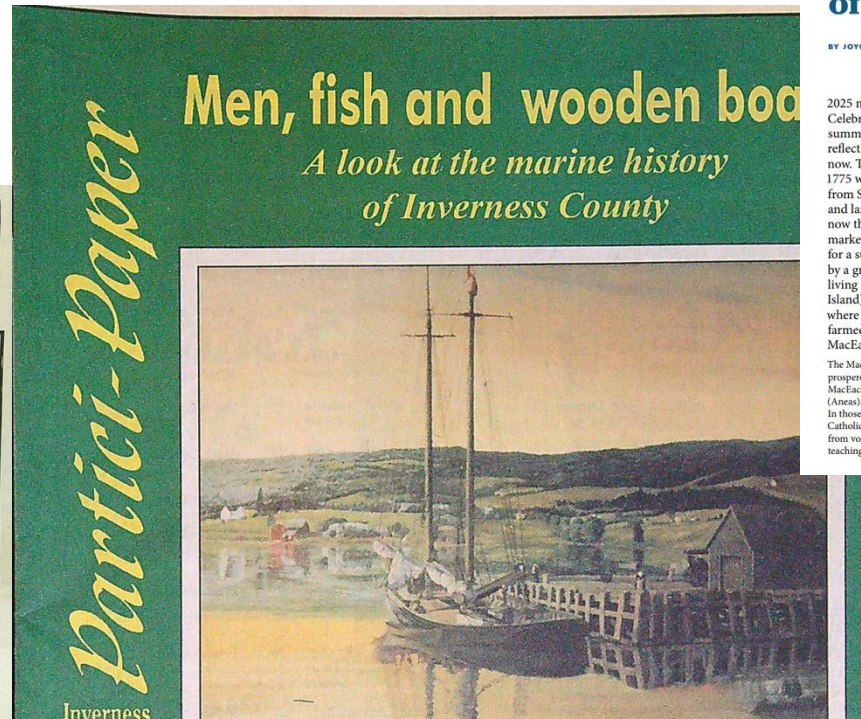


2025

Culture & Heritage – Then & Now



1979



1996

The Founding of Judique

BY JOYCE RANKIN

2025 marks Judique's 250th anniversary. Celebrations are being planned for this summer and there is no better time to reflect on the community's history than now. The founding of Judique began in 1775 when Michael Mor MacDonald from South Uist navigated the shoals and landed on the shore of what is now the site of a small day-park and marked by a cairn. He was searching for a suitable location for settlement by a group of Scots who were then living in St John's Isle (Prince Edward Island), but who wanted to find a place where they could own the land they farmed. Michael was married to Anne MacEachern from South Uist.

The MacEacherns were a large and relatively prosperous family, and the father was Hugh MacEachern. The youngest son, Angus Bernard (Aneas), was already in training for the priesthood. In those days the penal laws in Britain made Catholic worship illegal, and prevented Catholics from voting, holding public office, owning land, or teaching. There were penalties for Catholic priests



2025

Culture & Heritage – Then & Now

Mi'kmaq place names

The geography of Inverness County has many examples of the continuing use of names given to locations by Inverness County's first residents. Some of the well known names are in common use: Mabou, Malagawatch, Whycomagh. A number of names are recorded in the works of Silas Rand in the middle of the 19th century. These have been gathered in a publication in 1919 by the Federal Geography Commission. The publication may be found in some libraries and archives. Amongst place names no longer in common use are:

1. Topigetjg - Brook Village
2. Oiagatj - Margaree
3. Mitsig - St. Joseph du Moine
4. Aotjatotj - Cheticamp
5. Apotosao - Skye Mountain
6. Sotig - Judique

Are there names commonly used by the Mi'kmaq community which should appear on maps



1993

Mi'kmaq Hieroglyphics and the politics of language

by Mary Anne Ducharme

What are Mi'kmaq hieroglyphs?

Mi'kmaq hieroglyphs are pictures or symbols which represent an idea, word, syllable or sound, instead of alphabetical letters. Spaces between glyphs or individual words, represent spaces between words which are read horizontally from left to right as in English.

A glyph is composed of one or more discrete graphemes that signify the morphemes (prefixes, suffixes and word stems).

The Mi'kmaq hieroglyphic language has an inventory of approximately 2,700 graphemes, which is a large number of symbols to memorize. But keep in mind that the average adult reader of Chinese is required to master over 4,000 individual characters



York, *The Lord's Prayer in Micmac Hieroglyphs*. Fell (a botanist, not a linguist) concluded that about half of the hieroglyphic signs were remarkably similar to Egyptian hieroglyphs in the cursive form called *hieratic*. He claimed that the meaning of these signs in Egyptian matched the meaning assigned to them in the English transcript of the Mi'kmaq text. His interpretation of his findings were published in his book *America B.C.*, first printed in 1976.

Fell's idea is rejected by Mi'kmaq scholars concerning *kongwewjw'kaskik* or their non-alphabetic script. Most historians find that there is a lack of physical evidence of Egyptian influence, and Barry Fell's credibility and honesty as a scholar has been seriously questioned.

The true cultural and intellectual achievements of the Mi'kmaq are slowly emerging in new research, but definitive scholarly works about hieroglyphs are in extremely short supply. Henry Schoolcraft, who studied Native culture for many years, declared to the American Congress in 1851 that the Algonquian Indians (including the Mi'kmaq of Eastern Canada) had not developed writing or reading in any form. Whether or not this is correct is still open to further study.

The Mi'kmaq belief, handed down in oral tradition, is that the hieroglyphs were developed for inscribing maps and tribal records long prior to the coming of the Europeans to Mi'kma'ki, the native homeland. In 1995 Mordina Marshall and David L. Schmidt, produced the first-ever publication of hieroglyphic readings, *Mi'kmaq Hieroglyphic Prayers*, with transliterations in alphabetic Mi'kmaq and English. The book asked a fundamental linguistic question: "... are the hieroglyphs merely a memory aid for recalling familiar prayers, or do they comprise a true writing system?" There is a need for further research to answer this question fully, but this much is clear: Mi'kmaq hieroglyphic writing is "the first script developed and used in North America (excluding Mexico) for a native language . . . (and) The most intense efforts to develop and promulgate the script were those of the Mi'kmaq people themselves."

"Seventeenth Century reports by French missionaries testify to the existence of pictographic writing among Eastern Algonquian-speaking people, a linguistic group of which Mi'kmaq is a member," said Marshall and Schmidt. Bishop Colin F. MacKinnon of Arichat, for example, reported that when the French first arrived in Acadia, the Indians wrote messages, letters, and notes on pieces of bark, stone and trees. A closely related tribe in Maine, the Wabanaki, had large manuscripts kept by medicine men which were read over sick persons.

1999

Truth and Reconciliation Day 2025

Bernard says the fight for change needs to happen 365 days a year

BY DAVE MACNEIL

Each year, September 30 marks the National Day for Truth & Reconciliation. Robert Bernard says he has to be hopeful that meaningful change can come that will improve the lives of Indigenous Canadians.

"We're very resilient people," he adds. "If we didn't find hope in something, we'd have given up long ago."

Bernard, a Mi'kmaq man who grew up in We'komaq First Nation and still lives there, is the owner of Indigenous Guide Consulting Services. He's been working with Indigenous communities across Atlantic Canada for more than 30 years in the areas of culture, heritage, tourism and business development. He also conducts cross-cultural training seminars for clients.

He says Truth and Reconciliation Day, which was first observed in 2021, has meant different things to him at different times over those four years, noting that it's caused him to reflect on why so many horrible things have happened to his people.

Among those are the atrocities resulting from Canada's Indian Residential School (IRS) system, the church-run and government-funded institutions which took Indigenous children against their will, subjecting them to abuse and neglect in order to assimilate them into white European culture and religion.

Indigenous rights activists led a successful lawsuit, the largest class-action settlement in Canadian history, which mandated apologies from the Canadian government and official church bodies,



Robert Bernard stands outside the new We'komaq Cultural Shop, which opened earlier this year in the community. (Photo: Dave MacNeil)

as well as allocating approximately \$2 billion to be distributed among survivors of the IRS system.

The settlement led to the creation of the Truth and Reconciliation Commission (TRC) in 2008, a government sanctioned body that spent several years interviewing IRS survivors, and it released its final report in 2015, recommending 94 calls to action for the government to right such historic wrongs.

"When you talk about Truth and Reconciliation, you realize you're an Indigenous person who's been targeted by government, essentially to be wiped off this earth," Bernard says. "At the end of the day, that's a harsh truth to live with, because it begs the question, 'why?'"

"Why did this happen and why is it continuing to happen? And that's the other reality – it's continuing to happen, but in different ways."

He says coming to terms with what has happened to Indigenous Canadians like himself has been a 30-year journey, ever since he began working with government representatives.

"That is when I began to realize that something else is happening here," he explains. "There's another

2025

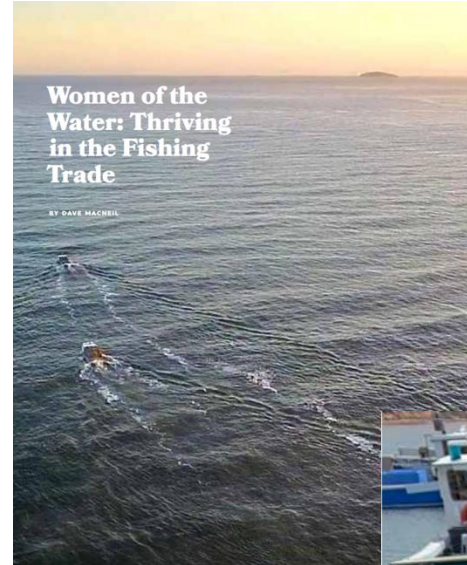
What's Old is New Again



The Fishing Sisters of Baxter's Cove



1998



Women of the Water: Thriving in the Fishing Trade

BY DAVE MACNEIL

When Colleen Burns first captained her late husband's boat in Margaree Harbour back in 1991, she didn't imagine she would inspire other women in the county to try their hand at fishing.

Despite growing up in Main-a-Dieu with lots of fishermen in her extended family, she hadn't spent any time on the water until she met Johnny Burns in 1978.

"He was fishing with his dad at that time, so that's when I first started going out in the boat whenever I had the chance to," Burns recalls "I really liked it."

"And then his dad passed away in 1981 and he took over the license. We got married the next year, so I used to go fishing with him between having children, so it was a bit sporadic at times."

Johnny Burns passed away in 1991, and, with the help of her in-laws, she was able to take over his boat.

"My brother-in-law used to fish a bit in Main-a-Dieu," she says. "So, he helped me, and I had two other brothers-in-law who helped me quite a bit."

"With their help I started running the boat and I've been doing it ever since."

Burns says the other fishermen at Margaree Harbour were also very supportive when she started.

"They all grew up with my husband and they knew I had three boys, so they were very generous in helping me out in any way they could," she adds.



Colleen Burns still fishes out of Margaree Harbour, 34 years after she took over her late husband's boat. (Photo: Dave MacNeil)

"It makes me feel amazing, because I kind of fell into it, and I was pretty nervous," she says. "To see the females getting into it now, I think it's great."

One of those women is Amanda MacDougall, who fishes out of the wharf in Inverness.

"I'm very proud of Amanda," Burns says. "She's done really well."

Unlike Burns, MacDougall spent a lot of time fishing before becoming captain of her own boat. Her father, Jordan MacDougall, has been fishing for



Sisters Amanda MacDougall, left, and Sabrina Carpenter fish out of the wharf in Inverness. (Photo: Dave MacNeil)

2025

A' Ghaidhlig A'gainn Fhìn

Gu Glas Mheòbail

Tha mi dol a dh'innse naidheachd dhuibh mu dheidhinn seòrsa do bhòcan a bha mun cuairt: dh'abradh iad Cù Glas Mheòbail ris. 'S e fear dha na Dòmhnallach as Mheòbail a th'annam-as agus bha poile a'gràdhainn gum fae' iad e 's poile a'gràdhainn nach fhac' iad riamh e 's h-uile sian; ach tha mi gu math cinneach gum faca mis' e. Bha mi coiseachd a'rahaid mhòir oidheche 's thànaig cù beag glas; choisich e lāmh rium agus chaidh e falach a'sin. Chaill mi a'sin e. Agus bha sneachda beag air an talamh agus choinhead mi: chithinn na luirgean agam fhìn ach cha n-fhacinn na luirgean aigesan a le't-na-mhàireach. An ceann seachdain - mu sheachdain an deaghaidh sin - dh'eug piuthar dhomh an Halifax. Thànaig an corp aice. Tha i air a fòdhlaiseadh an Creigis. Tha mise deanadh amach gur e Cù Glas Mheòbail a bha sin. 'S e naidheachd cho dìreach 's a th'agamas air.

astaigh air a ghùinean far a robh iad agus stob e an claidheamh 'sa chù 's thànaig e amach is fuil a'choim aig' air a'chlaidheamh. 'S choinhead e dha'n chomanndar e's,

"O, tha e cinneach gu leor gun do mharbh thu iad leis a'sin."

Sin na chuala mise riamh mu dheidhinn. Dughall a bh'air an duine aig a bheil an chù. 'S tha mis' air m'ainneachas as a dheaghaidh. Sin an t-sinn cò dhuibh tha e air cosg amach a nist.

FACLAN

bòcan, *ghost*
mun cuairt, *around*
poile, *many*
coiseachd, *walking*
glas, *grey*
falach, *hiding*
luirgean, *tracks*
le't-na-mhàireach, *the next day*
dh'eug, *died*
deanadh amach, *supposing*



*Concerts,
snowmobile rallies,
dances,
card games,
hockey tournaments,
church suppers*

If it a public event, the Recreation /Tourism Department wants to know about it!

This fall the Department is collecting information on Inverness County events occurring between December 1992 and May 1993. This information will be printed in a brochure and distributed throughout the County.

Organizations are encouraged to finalize winter plans soon.

Making a Comeback

- Gaelic column
- Winter/Summer Activity Guides

Calling for
Submissions
Winter Activity Guide
Deadline: Wednesday, November 5

Municipality of
Inverness
County

THE PARTICIPAPER

An Inverness County Periodical
Spring 2025



THE PARTICIPAPER

An Inverness County Periodical
Summer 2025



THE PARTICIPAPER

An Inverness County Periodical
Fall 2025



Where We Are Today

- Municipal publication
- County-wide coverage
- Fifth editor - reports to Municipal Communications
- Graphic Designer
- Printer/Canada Post
- 6,000 copies
- Available online
- Libraries, Post Offices

Reoccurring Columns

- Message from CAO & Editor
- Broke & Fix
- Employee Introduction
- Health & Wellness
- Gardening
- French column (Chéticamp)
- Volunteer Awards (Summer edition)
- Museums of Inverness County (Summer edition)
- Recreation - Winter/Summer Activity Guides



Phosphorus-rich bone meal for flowers and fruit, and potassium-rich wood ash in small doses for just about everything. (Photo: Caroline Cameron)

Gardening from the underside...

BY CAROLINE CAMERON

Our goal as a gardener is to create the best conditions for our plants, so that they can realize their full potential.

It is easy to assess the amount of sun, wind and the water they receive, but while the foliage and flowers get all the praise and glory, we only see half the story. The roots do a lot of the heavy lifting, absorbing away, unobscured, in the dark. Understanding how well the roots are being served by the soil is the gardener's challenge.

The work of the root is to grow through the soil and absorb moisture and nutrients, and create an anchor to hold the plant in place, and upright. The qualities of the soil dictate how well the roots do,

and ultimately, the gardener's job is to create a "healthy soil," encouraging a thriving ecosystem of insects, fungi and bacteria that make soil nutrients available for roots.

We gauge how good our soil is largely by how sandy or clayey its texture is, and it's good to see a darker brown colour, which indicates a good amount of organic matter.

The texture of the soil - whether clayey, sandy, or loamy - defines whether the roots have access to the moisture and air they need. Inverness County soil is most often very clayey or very sandy, so it can benefit from getting the texture balanced a bit by adding one or the other, and in most cases, adding organic matter. When you consider the fertility of the soil, there are three main soil nutrients needed by your plants, and each has different benefits:

Nitrogen (N) encourages lush growth of leaves.

Phosphorus (P) supports healthy roots, flowers and fruits.

Potassium (K) is good for all-around plant health. Fertilizer packaging often displays its "NPK value," like 10-14-10, to reflect its best use. This example would support root and flower production because of the higher middle number - phosphorus. A nitrogen-rich fertilizer wouldn't be ideal if you're growing tomatoes, because you want fruit, not leaves.

You can enrich your soil from a number of sources, either organic or inorganic. The term "organic," in the soil context, just means a material that comes from once-living things, and will decay to enrich your soil. Organics like manure, leaves, seaweed, grass, mulch, and bone meal, also help to hold moisture, discourage erosion, while also creating texture to create air pockets that keep roots airted.

Because organics aren't "manufactured," they aren't usually sold with measured NPK values, but their qualities are easily found. Manure is famously high in nitrogen, while bone meal is high in phosphorus, and wood ash is a mixed source of nutrients, in the form of

Getting to know... Devin MacDonald

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

Where are you from?
Mabou, born and bred.

What's your role with the municipality?
Water meter technician.

What's your service time?
Since 2020.

What are your main responsibilities in your job?
I'm responsible for seasonal water connections and disconnections for customers, look after the water metering program, read water

meters for billing, and coordinate the installation of water meters.

What's the best part of your job?
The people I work with, and meeting people in the community.

What's your favourite thing about Inverness County?

The community. Just from working away, you realize how friendly people are and how they generally care about each other.

What's your favourite shop/store/service in Inverness County?
I don't really shop. If I had to pick one, it would be The Corner Store by missbrenna in Inverness.



Devin MacDonald

Finally, coffee or tea?

Sadly, coffee now. I grew up on tea, but now I have three kids, so I usually go through an urn (of coffee) before 10 every morning!



The team supported multiple summer festivals throughout the municipality, including getting in on some of the sand sculpture fun during Mabou Celtic Days.

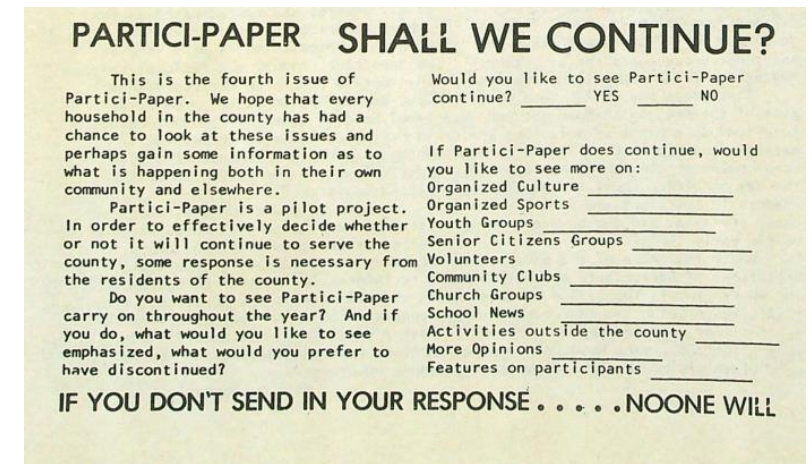
Get Active Inverness County: Summer Fun, Connection, and Community

BY CARLY BEATON (GET ACTIVE TEAM MEMBER)

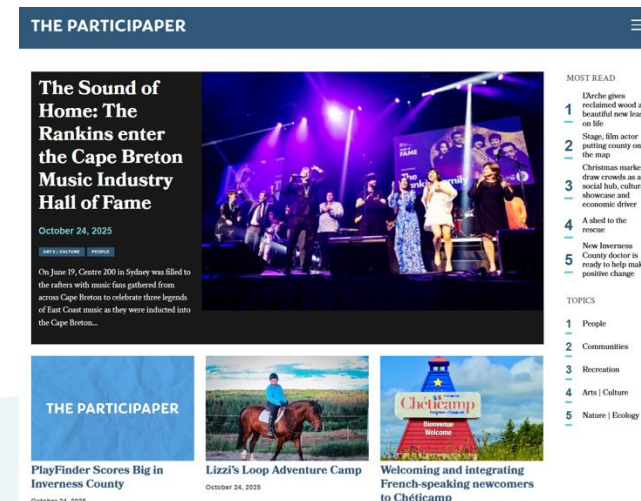
First survey, October 1979

What's next?

- Community survey
- Community engagement sessions
- Enhance online presence (new website)
- 2029: 50-year anniversary event – or should I say, ceilidh?



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