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Contributors



ASHLEY CROUSE Ashley is a food alchemist running a tiny homestead and fermentary with her family in Tatamagouche, NS. She focuses on regenerative agriculture, food medicine and bringing people back to nature. She also helps he husband manage the Tatamagouche Farmers' Market.



BRENT LOCKE Seeking adventure in the outdoors has always been Brent's passion. Growing up in the St. Margarets Bay area, he was always in the woods camping, hiking, hunting and fishing. He is a Paddle Canada Certified Advanced Flatwater Instructor and Touring Skills certified, certified range safety officer, a member of the Canadian Ski Instructor Alliance and a ski instructor at Ski Wentworth.



MACLELLAN Nadine MacLellan is a fisher from River John who resides in Wallace. She was raised on the North Shore spending most of her life exploring what is the unceded Mi'kmag Territory around her. Fishing the Northumberland Strait with three generations of her family has fostered a deep love of the sea: she spends a great deal of time exploring new beaches in an effort to clean up our shorelines. She is passionate about being an active member of her community while always looking for new outlets to foster her love for writing & photography. She thanks each of you for your affection towards

North Shore & looks forward to exploring it along with you.



MARSHALL FEIT Originally from New Brunswick with a history of family in Newfoundland, Marshall Feit now calls Tatamagouche, Nova Scotia home. He is the operating manager of the Grace Arts Centre, the Ice House Gallery, and the TataFest Music Festival. Originally hailing from various parts of Atlantic Canada, he now searches for new ways to show the power of art and culture in rural Nova Scotia. Marshall thinks a lot about accessibility, imagination, poverty, and his chihuahua, Tofu.



LUKE STALLMAN
Artist, photographer, and aspiring author. Luke was born and raised in Ontario but now calls River John his home. He's currently working on several books, including a children's book that he is also illustrating and hopes to have it published soon. Luke is the photographer for the cover of this issue and also for other images within.



Thank you to all the businesses that supported the magazine by allowing us to drop off copies for people to pick up. It is truly appreciated!



Check out the back section of this issue for our north shore exclusive **Holiday Gift Guide** - local products that will make great gifts for everyone on your list this holiday season!

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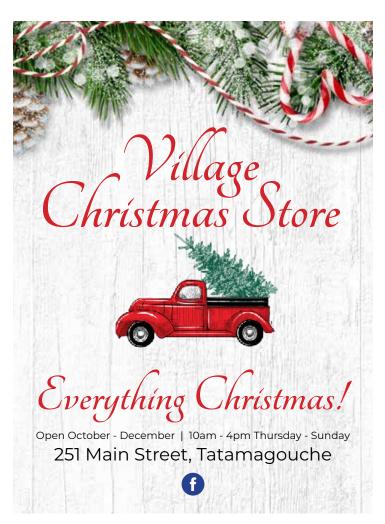
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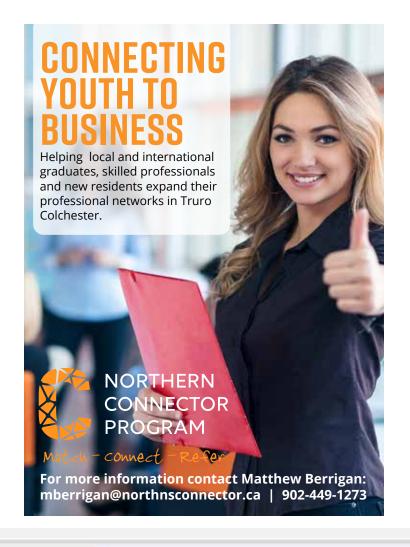




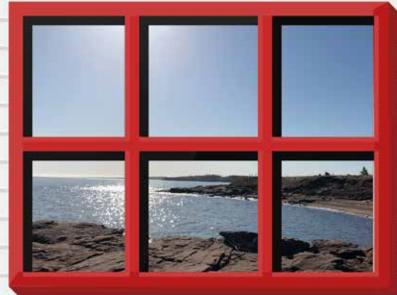














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ROYAL LEPAGE #Atlantic

Sales surfrelly years contact.

Editor's Letter

It's no secret that the north shore is a great place to go in the summer, but it has so much to offer in the fall and winter too. Whether you're wanting to hike, take a road trip, visit a fall market, go skiing, or snowmobile you can do it all on the north shore.

I personally love going for a road trip in the fall. Around every bend is another beautiful scene full of fall colours and the beautiful north shore landscape. You can be guaranteed to find unique places to eat and shop along the way too. The north shore is, by far, one of my favorite places to road trip. You never know what you'll discover. So take the road less travelled, you'll be glad you did!

If you're looking to get some unique Christmas gifts this year you can find some pretty amazing, locally made gift items on the north shore. To help you out, we've included a Shop Local Holiday Gift Guide in this issue, be sure to check it out.

Kristine Stallman **EDITOR IN CHIEF**





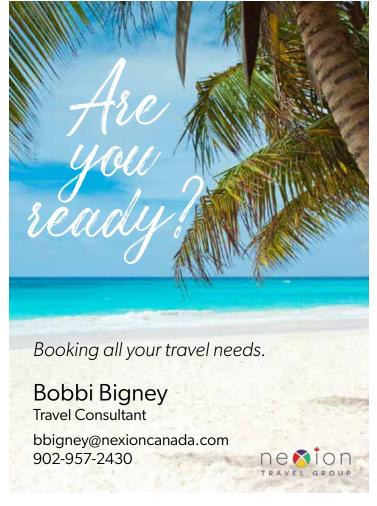


A Different Kind of Christmas Tree

Lobster trap Christams trees have become a Christmas tradition in fishing communities across Nova Scotia including the communities along the north shore. The Christmas trees are made from carefully stacked lobster traps and decorated with lights, colourful buoys (some of which are handpainted especially for the tree), some evergreen boughs, and of course a unique topper. The trees serve as memorials to local fishermen/ women that communities have lost, to celebrate the fishermen/women, and as a reminder of the importance the lobster industry plays in these small communities.

What better way to spend the day then to take a road trip to see these wonderful creations in person. You can find lobster trap trees on the north shore in Toney River, Wallace and Pugwash.









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••• For the Love of Food



Sugar Moon Farm

221 Alex MacDonald Rd., Tatamagouche | www.sugarmoon.ca

If you're travelling along Hwy 311 you just might want to stop in at Sugar Moon Farms. Nestled in the woods at the base of Rogart Mountain you'll find an old log building that houses the Sugar Moon restaurant. They offer maple-inspired foods that use the best local, seasonal ingredients and, of course, their own maple syrup that is made on-site. They are open year-round and even offer "Chef Nights" where they invite guest chefs to prepare the meal. And don't forget to buy your Sugar Moon branded merchandise and a bottle of Sugar Moon maple syrup to take home with you!

Before you eat your big stack of pancakes, dripping with fresh Sugar Moon maple syrup, you might want to go for a hike to work up an appetite. The Rogart Mountain trail access is located in the Sugar Moon Farm parking lot. This 6.2 km trail wanders through white spruce woods, stands of sugar maple and yellow birch. Sit on the conveniently located bench, catch your breath, and take in the amazing view at the highest point. Then head down the other side to see Jane's falls. If you don't feel up to the whole two and a half hour hike you can do the trail counterclockwise to the falls, which is flatter terrain, for a shorter trip.



Yap's Place Restaurant 1969 Hwy 6, River John

If you find yourself in the town of River John and are looking for something to satisfy a hungry appetite, then Yap's Place Restaurant is the place for you. Adjacent to Meh's Quick Mart, the local Esso gas station, Yap's Place serves up the perfect selection of Canadian and Chinese foods. The dining room* hosts a warm and cozy atmosphere with the smell of the freshly cooked food floating through the air. It makes for an excellent place to take a rest if you've been on the road, but if that doesn't suit your fancy you can always order takeout. The menu has a vast array of enticing dishes, but like any Chinese restaurant you can always find your "go-to" classics. A personal favorite is the sweet & sour chicken balls, warm with a crisp outer shell and tender chicken on the inside. There is, of course, so much more to choose from; you could have anything from a bacon cheeseburger to mushroom egg drop soup. An added benefit to having a menu with such variety is that you'll more than likely always find something that catches your eye, whether it be lunchtime or dinner.

If you do happen to stop by during lunch hour, then you may be treated to something extra special. Meh's offers deep fried breaded chicken and potato wedges that surpasses a certain fast-food chicken franchise in both taste and quality. You must be quick though! This lunch time only delight comes in short supply as it's already widely known by the locals. Within no time, Yap's will sell out of this sought-after meal before lunch has even begun.



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Ready to eat products: soups & stews, meat pies, lasagna, or fruit pie made with local fruit.

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Store Hours

Tuesday-Friday: 10AM-5PM Saturday: 10AM-4PM Sunday: 12PM-4PM

*hours may differ, please call to confirm

8647 Hwy 311, Balfron (902) 657-2122 ebbettsfarm@gmail.com www.ebbettsmeadowbrook.com







Cidery, orchard, and apiary. Vista Bella Farm grows over 150 varieties of apples many of which are suited for cider. Their cider, Malagash Cidery, is a combination of varieties and comes in a range of flavours.

Of course, they also offer u-pick apples during apple season and have a diverse array of fruits and vegetables that they grow and sell.



SUNNY ACRES HONEY

Tatamagouche sunnyacreshoney.com

Sunny Acres offers a selection of unpasteurized honey and 100% natural beeswax products made by Nova Scotia bees on local, north shore wildflowers.

Their candle-quality beeswax is purified with a unique, non-chemical, cleaning process.



NORTH OF NUTTBY Tatamagouche

www.facebook.com/OrganicBlueberries.2016

North of Nuttby Farm is a certified organic low bush blueberry and mixed vegetable farm located in Tatamagouche. Established in 2003, the 15 acre farm is owned and operated by the husband and wife team of Wayne Edgar and Pamela Swainson.

Presently, North of Nuttby Farm is one of only two certified organic low bush blueberry producers in Nova Scotia.



FIREWOOD SALES

BERRYWOOD FARMS

Tatamagouche www.facebook.com/ Berrywood-Farms-111865087812159

Berrywood Farms offers highbush blueberries, either u-pick or pre-picked. They are located just outside of Tatamagouche on Jim Sutherland Rd.





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Food & Drink

Breweries, Distilleries, & Wineries

CALDERA DISTILLING

Handcrafted in the historical shipbuilding community of River John, CALDERA pays tribute to the heritage of craftsmen and explorers of all Nova Scotia. Their award-winning Hurricane 5 Whisky is "shaped by the land and offers an approachable smoothness and unique character that embodies the spirit of the explorer, eye of the craftsman, and patience of the farmer". 65 River John Rd., River John 902-456-7348 | caldera.ca

HARD HONEY BEVERAGE COMPANY

A high quality mead true to the land and local. Their mead is a 6.2% alcoholic beverage crafted and fermented with 100% Nova Scotia raw honey.

187 Jim Sutherland Rd., Tatamagouche 902-957-1865 | hardhoney.ca

JOST VINEYARDS

Tucked in the gentle hills and coastal inlets of the Northumberland Shore, Jost Vineyards is Nova Scotia's largest winery and a pioneer of the local wine industry. Their distinctive wines have won many national and international awards. Enjoy daily wine tastings, seasonal tours, hiking or cycling the vineyard trails and the broad selection of wine and wine merchandise.

48 Vintage Ln., Malagash 902-257-2636 | jostwine.ca

MALAGASH CIDERY

Cider produced in a way that encompasses a "bloom to bottle" experience. Made on-site using a majority of their own fruit, including over eighty varieties of apples, pears, cherries, currants and plums. There are tastings on weekends in their barn "farm store" where you can usually taste up to eight different ciders. Walk the orchards, visit the honeybees and enjoy the view of the flower blossoms and apples on the trees overlooking the coastline of the Northumberland Strait.

2859 Malagash Rd., Malagash 902-257-2288 | vistabellafarm.com

MOUNTAIN MEADWORKS

Honey based mead with locally sourced fruits, tree products (maple, spruce tips), herbs or their own hops for flavour! Email to order.

mountainmeadworks@gmail.com

TATAMAGOUCHE BREWING CO.

Located in what used to be the old butcher shop and town library, it's now an open concept brewery, retail and tasting area. They offer complimentary sampling as well as an ever changing menu of organic beer. During brew days you are able to sit, drink and watch the brewer create the very thing you are drinking!

235 Main St., Tatamagouche 902-657-4000 | tatabrew.com

UNCLE LEO'S BREWERY

Uncle Leo's offers a variety of hand crafted ales made in small batches to ensure quality and consistency. They offer an IPA, Irish Red Ale, Kolsch, Smoked Porter, Sunburst Pale Ale as well as seasonal ales.

2623 Hwy 376, Lyon's Brook 902-382-2739 | uncleleosbrewery.ca

Cafès & Sweet Treats

APPLETON CHOCOLATES

Appleton is a family owned and operated company dedicated to promoting local sustainability through finely crafted chocolate products. Proudly located on Main Street Tatamagouche, Michael and Heather Foote source their maple syrup, wild blueberries, cranberries, cherries, coffee, rum, and black currants from local Nova Scotia producers and when possible, source any additional products from other Maritime locations.

261 Main St., Tatamagouche 902-657-2233 | appletonchocolates.ca

THE COUNTRY BREAD BASKET BAKERY & COFFEE SHOP

The Country Bread Basket Coffee Shop provides guests with delicious food, great coffee and friendly service in a quiet country setting. Fresh sandwichs, ground roasted coffee, soups, sandwiches, and desserts. Take out available.

629 Brule Point Road, Tatamagouche 902-657-0041 | countrybreadbasket.ca

DEB'S HIDDEN CAFE

Located just off the Jitney Trail, Deb's serves all-day breakfast as well as lunch and dinner. They also have home baked goods, jam, pickles, cupcakes and they cater! Fully licensed.

4149 Scotsburn Rd., Scotsburn 902-382-3444 | debshiddencafe.com

SEAGRAPE CAFE AT JOST VINEYARDS

Seagrape Café offers fine, seasonal fare. While you dine, enjoy the view of the vineyard from the comfort of the fire-side lounge or the open-air patio. Seagrape's locally inspired menu features fresh-daily local fare that complements their wines.

48 Vintage Ln, Malagash 902-257-2636 | jostwine.ca

SHERYL'S BAKERY & CAFE

Known for Sheryl's famous cinnamon rolls! Lunch specials, fresh homemade baked bread, homemade desserts.

10480 Durham St., Pugwash 902-243-2156

STONE SOUP CAFE & CATERING

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41 Water Street, Pictou 902-485-4949 | randlebarry@yahoo.com

Restaurants

BIG AL'S FAMILY RESTAURANT

Serving quality Canadian cuisine in a friendly, child-friendly atmosphere. They have an extensive choice of on-tap beverages, including craft beer from Nine Locks brewery as well as their own Big Al's Ale. They serve local lobster, Digby clams and PEI Mussels when in season. Take out available.

9 Station Rd, Tatamagouche 902-657-3341 | bigalstatamagouche@hotmail.com



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Stop in at 10480 Durham Street, Pugwash to enjoy a coffee with a friend or grab and go; open from Monday to Saturday. Our welcoming staff would love to meet you! Check us out on Facebook to see what we have to offer.

Hope to see you soon!



Open Monday - Saturday 10480 Durham St., Pugwash

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FAT TONY'S BAR & GRILL

Good Food. Good Music. Good Times. 9 Water St, Pictou (902) 485-4500 | fat.tonys.barandgrill@gmail.com

HARBOUR HOUSE ALES & SPIRITS

Local craft beer, fresh seafood, burgers, pasta and more. Patio overlooking the Northumberland Strait and great service. 41 Coleraine St, Pictou (902) 485-1047 | facebook.com/harbourhouseales

MCMAHON'S RESTAURANT

Casual dining, licensed with patio overlooking beautiful Wallace Harbour. Takeout available. Full dairy bar. Open year round. 13953 6 Hwy, Wallace (902) 257-2868 | facebook.com/McMahonsRestaurant

THE NOOK & CRANNY TATAMAGOUCHE

Eat, Drink and Enjoy Local! Enjoy handcrafted bakery and coffee items in the morning and an incredible menu for lunch and dinner. We specialize in Maritime craft beer and local producers, with a side of live music in a great atmosphere. 259 Main St., Tatamagouche (902) 657-3663 | thenookandcrannytata.ca

PIPER'S LANDING RESTAURANT

Water-side, fire-side dining. Lyons Brook, 2656 NS-376, Pictou 902-485-1200 | piperslandingrestaurant.com

SUGAR MOON FARM

This log restaurant features locally sourced maple-inspired food with locally sourced seasonal ingredients. Bring family and friends, take your time, savour the flavours and make maple memories. Take-out only at time of printing. Open year round.

221 Alex MacDonald Rd, Earltown 888-816-2753 | sugarmoon.ca

TRAIN STATION DINING CAR & CAFE

Dining car breakfast take-out only (June-Sept). Does not serve lunch or dinner. Explore their unique gift shop and take a stroll on the old rail bed now the Butter Trail.

21 Station Rd, Tatamagouche 888-724-5233 | tatatrainstation.com

YAPS PLACE

Chinese and Canadian cuisine. Take out available. 1971 Hwy 6, River John 902-351-2515



There's nothing more comforting than eating a bowl of hearty soup. This ritual alone can be such a moment of calm, and if you infuse the soup with immune boosting, nourishing herbs, it becomes a great self care ritual. We start from the base by making a broth out of bones, if our soup allows, or roots + herbs if it's vegetarian. Most broths begin with roasted bones and a combination of celery + carrots + onions also known as a mirepoix.

From there we add garlic and many additional herbs + roots, some aromatic, some for the health benefits. We add tough roots in the beginning, saving the soft herbs to add near the end. A proper bone broth takes patience and can be very rewarding. The longer you simmer, the more nutrients you'll pull from the bones. Once the broth is ready (12-24 hrs), you're free to start building your soup. Look for local, seasonal ingredients as well as healing herbs, roots and flowers to combine into your pot.

Chicken + Ginger Soup

1 onion, chopped 2 celery stalks, chopped 2 carrots, chopped 1 leek, chopped 2 cloves garlic, minced 2 thsp fresh ginger, grated

2 chicken breast, chopped 5-6 cups chicken bone broth Thyme + rosemary + salt + pepper

Add butter to a pot, melt, and add the mirepoix. Let it caramelize on low, stirring often. After 10-15 mins pour a bit of broth in to deglaze making sure to scrape the brown bits off the bottom of the pot. That's where a lot of your flavor will come from. Add the garlic, leek, ginger, and chicken and cook for another 10 mins continuing to stir. Add the rest of the broth and simmer until chicken and veggies are fully cooked, about 20 mins. In the last 5 mins throw in a handful of fresh chopped greens like spinach or kale along with the rosemary, thyme, salt + pepper to taste.

FIRE CIDER

Every September we start to collect roots + herbs that carry strong antiviral properties and infuse them into raw vinegar. The concoction infuses for awhile and creates a special kind of medicine. This is what you call folk medicine. The ingredients might change from year to year and the amounts will quickly become a preference. Every batch we make is different with the same base recipe inspired by the herbalist Rosemary Gladstar. September is the perfect time to start making it because the roots are ready to dig and it will have time to infuse before cold & flu season. The vinegar + honey alone have amazing medicinal properties and adding these ingredients create a powerful and delicious tonic.

- Horseradish
- Turmeric • Garlic
- Ginger
- Onion
- Citrus
- Jalapeño
- Rosemary • Thyme

Peel and chop roots, onions + garlic, and remove the herbs from their stems. Slice the jalapeños + citrus then add everything to a clean jar and fill with vinegar. Make sure you use raw vinegar with the "mother" (unfiltered and unrefined, cloudy and murky) to get the full benefits of the probiotics. Now it's time to find a cool dark place for your jar to sit for up to 4 weeks. Shake daily. After it's done infusing it's time to strain and add the raw honey. The amount is up to you. Stir well to make sure that it dissolves into the vinegar. Stored in a cool pantry it will keep up to several months.

FERMENTATION

Nothing has saved my sanity in the dark season like fermentation. Combining flavours and watching them come alive on your counter is pure food alchemy. You need patience for this and it's a great project to keep your mind busy when it's too cold to go outside. Fermented foods are also great for keeping the immune system healthy so something as simple as carrots can turn into delicious + nutritious food medicine. Submerging garlic cloves in honey is also a great way to make a hardcore winter elixir, both being highly anti viral. Once it's finished it can be kept in the fridge to be used for any sauce and it doubles as a potent cold remedy. Even drinking the brine from fermented jalapeños is an amazing cure for dry sinus and sore throat.

Spicy Carrot Pickles

- Carrots
- Chilies + Herbs
- Brine (1-2 tbsp salt to 1 quart water)

Chop the carrots to desired size, remembering that the amount of surface area you decide to expose will change the texture and flavour of your ferment. Carrot sticks will be a crisp + crunchy snack where a carrot kraut will have a softer, more spreadable texture for burgers and such. Add chilies or any other herbs you'd like to use to a sterile jar. Pack the carrots in and pour in the pickling brine until it's over the vegetables + herbs. If the veg won't stay down you'll need to add a weight on top. It can be a ferment weight or you can improvise with a sterilized rock or a ziplock bag full of brine.

Seal the jar and let it sit on the counter for 4-5 days, opening daily to allow the air to release. Make sure to place a plate underneath to catch the brine that bubbles over. Once the activity slows down it's ready to put in the fridge. It will continue to ferment and "pickle" in the fridge and will last for several months.

I hope these little rituals find you well and bring some comfort this winter. Moth + Moon Farm & Apothecary can be found at the Tatamagouche Farmers' Market every Saturday and we'd love for you to come in and chat with us to learn more!

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a Pizza
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Autumn

Fall is the season of harvest, a time to pull inward and gather together on all levels, a time to store up fuel, food and warm clothing, a time to study and plan for the approaching stillness of winter! Everything in nature contracts and moves its essence inward and downward. Leaves and fruit fall, seeds dry, the sap of trees goes into the roots. The earth's grasses start to lose their deep green color, turning lighter and drier.

To prepare food which reflects the qualities of autumn, we must be aware of its abundant yet contracting nature. In addition, cooking methods should involve more focused preparation to supply the greater energy required by a cooler season.

The essence of food is received through the sense of smell(loss of smell? Consider a zinc biglycinate supplement or eat ORGANIC pumpkin seeds). Baked and sautéed foods concentrate foods and roots thicken the blood for cooler weather.

The fall is a time to organize the open and perhaps scattered patterns of the previous warmer seasons. To stimulate this activity in the body, to focus mentally and to begin the process of contraction by adding more sour flavored foods. These include true sourdough rye, sauerkraut, olives, pickles, leeks, aduki beans, umeboshi (salty plum), rose hip tea, vinegar, cheese, plain yogurt, lemons, limes, grapefruit and the sour varieties of apples, plums and grapes. Extremely sour foods use in small portions as they have a strong effect.

In general, cook with less water and at lower heat(slow cookers) for longer periods of time. This internalizes one's focus. Likewise, the bitter and salty flavours move energy strongly inward and downward. Ideally, they are gradually introduced as the fall progresses into winter.

In Traditional Chinese Medicine (TCM) there are five elements; wood, fire, earth, metal and water. Each element corresponds to a

season and organ in the body. Wood is spring, fire/summer, earth/ late summer, metal/autumn and water is winter.

The corresponding organ to autumn interestingly enough is the lung!

The lungs are said to "open" to the nose; this means the sinuses, bronchials, air passageways and the nose itself are all influenced by the lungs. The amount and quality of mucus relate to the vitality of the lungs. Dietary choices influence the quality of mucus in the moist membranes of the nose, bronchial and air passageways.

When congestion appears in the lungs with fevers, chills, dry red tongue, shortness of breath, painful sore throat, thick yellowish sputum and yellowish nasal discharge..treatment involves adding foods and herbs which "cool" the heat and transform sputum in the lungs.

Useful foods and herbs: apples baked or sauced, pears baked or sauced, seaweeds; dulse, kelp, nori, mushrooms, carrots, pumpkin, cabbage, bok choy, cauliflower, chard and the herb horehound is excellent for lung deficiency.

The majority of the diet should be in the form of soups when tonifying deficient lungs. Adding grains of millet(inexpensive), barley and short grain brown rice. These foods are cooling and soothing for lung heat.

Avoid warming and/or congesting foods including coffee, alcohol, lamb, chicken, beef, warming fish(trout salmon anchovy), onion family members especially garlic!, cinnamon, ginger, fennel, and other warming foods and spices when lung vitality is diminished.

The metal element appears to be the weakest of the elements in modern people. By replacing the causes of common lung disorders (unresolved grief, sedentary lifestyle, emotional attachments and more, a future conversation?) with wholesome protective foods in conjunction with an active lifestyle, the lungs are gradually renewed.

Live well... Age well



The new technology available to home and business owners today can be overwhelming. This even applies to those systems that we take for granted; electrical, refrigeration, and plumbing. The technologies have changed significantly over the past decades. **Winmill Electric** can help you with whatever improvements you want or need to make to your home or business.

Whether it is the simple replacement of a kitchen faucet or water heater, old lighting fixtures or dated main panel, to the installation of a state-of-the-art heat pump, **Winmill Electric** has the staff, expertise, and experience to handle all your electrical, refrigeration and plumbing repairs and upgrades.

Winmill Electric has been in the Electrical, Refrigeration and Plumbing business since 1974, serving Pictou County and surrounding north shore areas. In business for more than 47 years, our team of Red Seal certified technicians have served generations of customers.

Call **Winmill Electric** today for all your electrical, refrigeration or plumbing needs.







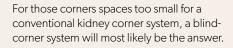
Winmill Electric 1995 Route 6 River John, NS BOK 1NO (902) 351-2660

winmillelectric.ca info@winmillelectric.ca

Home Sweet Home

ACCESSORIZE & MODERNIZE Let's face it, if your kitchen is slightly dated you most likely have a few of those awkward, or even impossible, places to reach in your cupboards. The places where you store those "use-once-in-a-blue-moon" items, never to be seen again. You would be amazed at the hardware and cabinet accessories available for today's kitchens. While not increasing the amount of cabinet space in your kitchen, these allow you to minimize those useless, awkward-to-reach spaces and maximize on the storage, space and accessibility.

CORNERS Everyone has had a gripe in the past with the awkwardness of the traditional 'lazy-susan' systems. An easy-access kidney corner system with integrated drawers makes getting to those common food items a breeze.









PANTRY A pantry unit with adjustable pull-out trays is a great addition to any kitchen and allows full access and visibility so that nothing gets lost in the back of the cabinet. Custom-sized for any space, the adjustable pilaster system allows you to change position of the trays as often as you want.

GARBAGE A pull-out garbage and recycling system makes use of extra space and hides unsightly bins, while keeping them easily accessible.





SPICES Pull-out, adjustable-basket spice rack systems, available in any width, are a great way to use up any leftover space in your kitchen.

CUTLERY For messy cutlery drawers an adjustable and customizable organization system is the best solution.





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There's nothing better than the smell of a real Christmas tree. Did you know that Nova Scotia has around 300 families that produce an estimated one million balsam fir Christmas trees on 15,000 acres of land? Getting a real tree at Christmas not only provides a beautiful fragrance in your home and family memories to treasure but they also provide habitat for wildlife, environmental benefits, and thousands of jobs.

Many people choose a real tree for the beauty and fragrance it brings into their home – two things that are difficult, if not impossible, to imitate. For others, choosing a real Christmas tree is tradition, an event as important as the holiday itself. Bundling up, traipsing through the snow, finding the perfect tree and finishing off the day by decorating the tree and making some good family memories.

What many people don't realize about real trees is not only are they beautiful, fragrant and natural, but they are environmentally friendly as well. The Nova Scotian Christmas tree industry is completely sustainable. Trees are renewable, reusable and biodegradable and never end up in a landfill at the end of their lifetime. Artificial trees are made from PVC and other chemicals and are not recyclable or biodegradable. Eventually they will be thrown out and will sit in a landfill for years to come and with all the food and packaging waste that seems to accompany the festive season, it's nice to be able to support the environment with something as simple as choosing a real tree.

Also, when you choose a real tree, you're not only supporting the environment, but also our economy. The Christmas tree industry provides thousands of jobs to rural Nova Scotians and contributes millions of dollars to the economy every year. What better way is there to support local producers at Christmas than to shop local and buy a Nova Scotia-grown Christmas tree?

Source: www.iloverealtrees.com



Find out more info about real trees at www.iloverealtrees.com.

Smith's Christmas Tree Farm

Open daily 9am - dark 270 Fraser Rd., Harmony, Truro 902-895-0658

Woolies of Upperbrook Farm

No-spray choose & cut, plus wreaths and brush. 989 Upper Brookside Rd., Central North River 902-897-7708

Jollitree Farms U-Cut

Choose and cut Christmas trees, bailing included. Irwin Lake Rd., Brookfield 902-897-7410

Matheson's U-Cut Christmas Trees

Christmas trees - you choose and you cut. Fitzpatrick Mountain Road, Scotsburn (access road to Smithrock Chalets) 902-485-5634 or 902-921-4181

MacLeod's Christmas Tree Farm

Christmas trees-you choose and you cut. Tursday - Sunday, 9am - 5pm 799 Millstream Road, Millstream 902-923-2988

Nelson's Christmas Trees

Christmas trees-you choose and you cut. 140 Middle Settlement Road, Salt Springs 902-928-8200

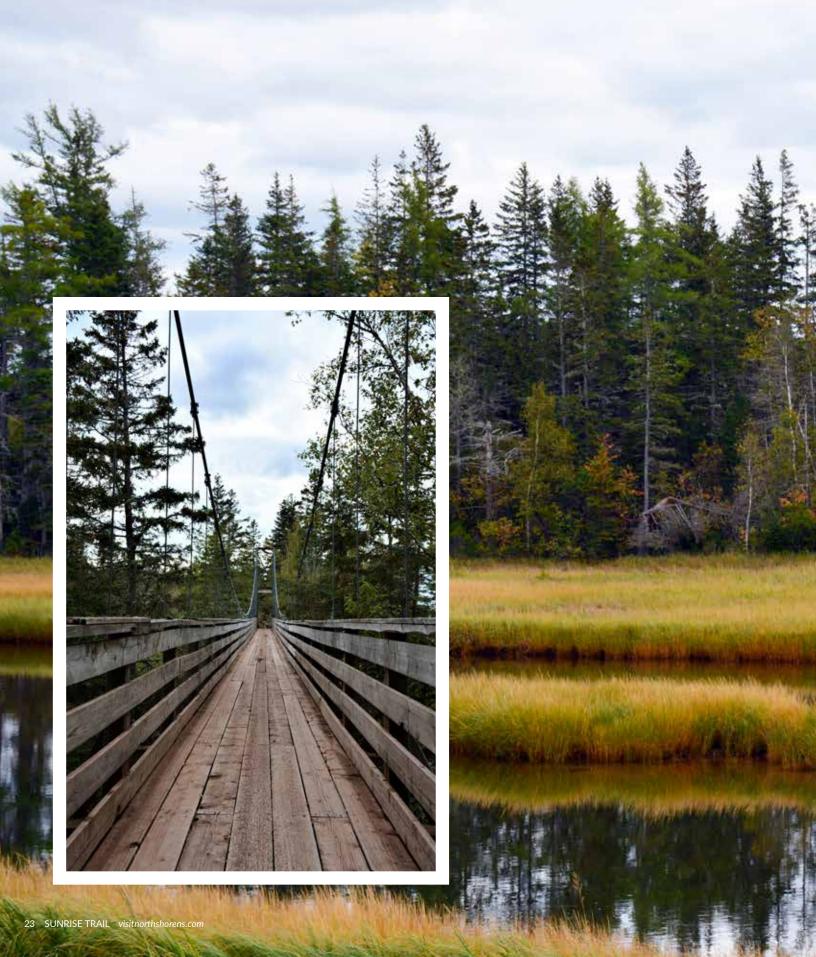




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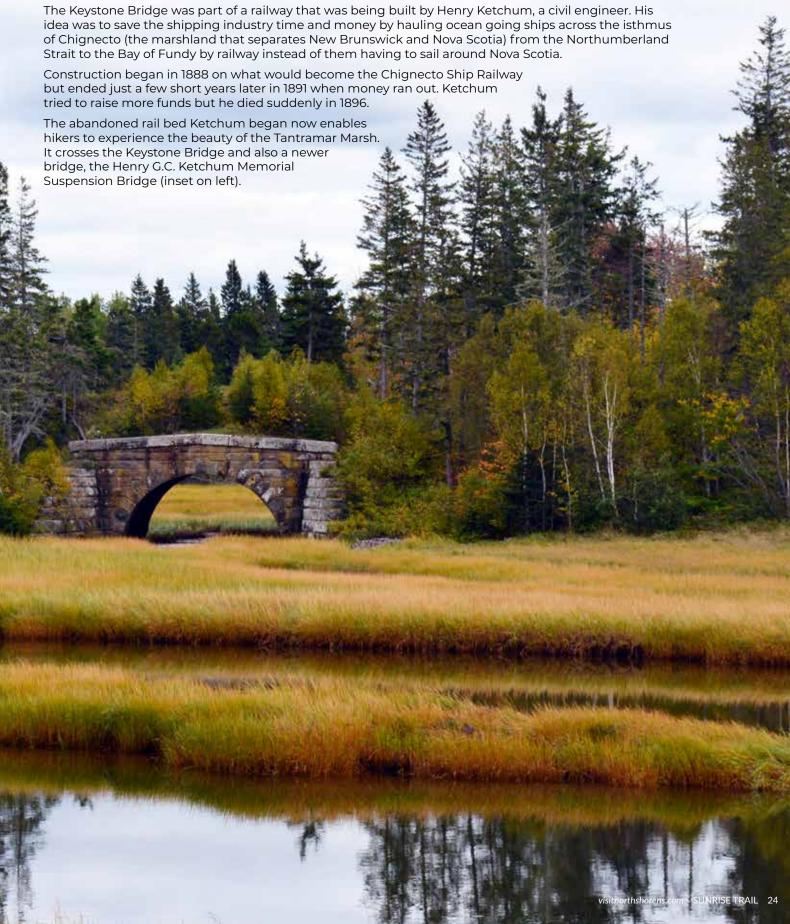
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••• Back to Our Roots



Tidnish Keystone Bridge

The 19th century Tidnish Keystone Bridge can be viewed from the Sunrise Trail/Hwy 366 bridge over the Tidnish River in the little village of Tidnish Bridge. The stone bridge was once a railway span and is made from the same sandstone as the Nova Scotia legislature in Halifax and the Parliament Buildings in Ottawa. The Keystone Bridge was part of a railway that was being built by Henry Ketchum, a civil engineer. His idea was to save the shipping industry time and money by hauling ocean going ships across the isthmus











Ebbett's Meadow Brook Farm Market Balfron

www.ebbettsmeadowbrook.com

Located on Hwy 311 just outside of Tatamagouche you'll find a cute, old farmhouse complete with a big porch, kittens snoozing in the sun, and a squeaky screen door that makes you feel like you're walking into your Grandma's kitchen. The farmhouse is actually Ebbett's Farm Market and has been converted into a retail store. It sits on a 200 acre farm owned and operated by Joe and Lorenda. They offer naturally grown meat products from animals raised with care, provided with proper nutrients, and without added antibiotics or growth promotants.

Back in 1999, Joe and Lorenda saw a demand for fresh meat and produce direct from the farm. Customers were wanting to know where their meat came from and have a relationship with the producer. Today they are a full service operation caring for 200 head of cattle, 4000 chickens and 800 turkeys annually. They also operate their own provincially inspected butcher shop and poultry abattoir that offers custom meat cutting. Not to mention their 1000 square foot retail store where you can buy their meats as well as produce, preserves, sauces, kitchen utensils, and so much more.

With the arrival of COVID, Ebbett's found that even more customers were wanting to purchase direct from the farm as it meant a lot less people were in direct contact with their food, eliminating some of the risks.

You can also purchase Ebbett's Farm Market products at several retail grocers in Nova Scotia or from their website.



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Like most people, fall is my favourite time to be outdoors. Whether it's hiking, camping, salmon fishing or hunting, the old Boy Scout motto "Be Prepared", couldn't be more true. Most hiking survival situations or emergency situations happen when people are out for a day hike and aren't prepared. Here are a few tips and an essential gear list that you should consider when heading out in the woods for a hike.

Have a trip plan and know your route. Let others know where you're hiking, departure time, and expected return time. Study the area where you will be hiking by using maps, google earth images and identifying landmarks. Basic compass and land navigation skills are important and will be discussed in greater detail in a future article.

Dress appropriately for the weather and the terrain.

Check the ego at the door. Often people will become injured, exhausted or lost by pushing ahead when they really needed to turn around and end the hike.

My essential gear list is based on a modified version of Dave Canterbury's, *Ten C's of Survival*. All of my equipment fits in a 25 litre backpack with room to spare. Redundancy is one of the most important words to remember when packing your gear. Some items are so essential to wilderness survival that you can't just pack one. Remember the phrase "*Two is one and one is none!*".

Gear List:

- Container: Stainless steel, single wall, water bottle
- Cutting Tool: Knife and multi-tool
- Cover: Tarp and ground sheet
- Cordage: Paracord and bankline
- Combustion: Waterproof matches, lighter, ferrocerium rod and a magnifying lens
- Compass
- Cargo Tape: Gorilla brand is strong and a great fire starter in wet conditions!
- Candling Device: Headlamp or flashlight
- Communication: Cell phone, waterproof notepad and pencils
- Compact First Aid Kit: In my experience most hiking injuries are sprains, cuts, blisters and bug bites. Carrying a trauma kit isn't necessary.

I hope these tips and gear list help makes your hiking experience safer and more enjoyable. Have fun hiking this fall, get outside and remember the most important thing that you can take in the woods with you is common sense.

TAKEAHIKE

In our opinion, there's really no better time for a hike than in the fall. Hiking has many health benefits including; lowering stress levels, improving mood, and enhancing mental well being, just to name a few. Below is a list of 10 trails on the north shore you might want to check out. BE SURE TO LEAVE NO TRACE - if you pack it in, pack it out, and pick up after your dogs!

*The information on the trails listed is from the AllTrails app. Info on how to find the trails listed can be found on the app or Google.



DRYSDALF FALLS

Tatamagouche Mountain, easy A 1.3km, lightly trafficked out and back trail located near Tatamagouche Mountain and features a waterfall. Good for all skill levels.

PFACE TRAII

Pugwash Junction, moderate A 7.6km lightly trafficked loop trail that features a lake. Used for hiking, nature trips, and bird watching.

DURHAM HILL TRAIL

Rogers Hill, easy A 6.8km lightly trafficked out and back trail located near Rogers Hill. It is good for all skill levels.

ANNANDALF FALLS

Wentworth, moderate A 1.6km out and back trail. It features a waterfall and is primarily used for hiking, walking, and snowshoeing.

SCOTSBURN TO FITZPATRICK MOUNTAIN INOP

Scotsburn, moderate A 15km loop trail that features a great forest setting. The trail is primarily used for nature trips and mountain biking.

AMHFRST SHORE LOOP Amherst Shore Provincial Park, easy A 6.3km lightly trafficked loop trail that features a river. Good for all skill levels. Used for hiking and camping.

SIX MII F BROOK TRAIL

Six Mile Brook, moderate A 10.6km lightly trafficked loop trail near Six Mile Brook. It features a great forest setting and a beautiful view of Pictou County at the top.

I A7Y BAY HIKING TRAIL East Wallace, easy A 2.3km loop trail located near East Wallace. Features beautiful wild flowers a great view and is good for all skill levels. Used for hiking and camping.

MEGUMA FALLS VIA EARLTOWN LAKE AND PORTAGE TRAIL

Gully Lake Wilderness Area, moderate A 19km lightly trafficked out and back trail located near Earltown. It features a lake and is primarily used for hiking and backpacking.

TRANS CANADA TRAIL

Pictou to Amherst Shore, easy There are several trail access points along the north shore. Good for all skill levels. The trail is used for hiking, biking, atving, horseback riding, and snowshoeing.









Our local Farmers' Markets provide an inexpensive space for small businesses to grow and connect with their customers. By shopping at a Farmers' Market you're supporting multiple small businesses at once and the local community!

Pugwash Farmers' Market

10222 Durham St. Pugwash pugwashfarmersmarket.com

Saturday 8:30am-1pm, May Long Weekend to Thanksgiving Weekend

The Pugwash Farmers' Market is composed of farmers, artisans and bakers who gather every Saturday in the market square at the heart of the scenic village of Pugwash, Nova Scotia.

More than 40 vendors set up during high season with a wide variety of home grown, hand made and freshly baked products.



Tatamagouche Farmers' Market

41 Creamery Road, Tatamagouche tatamagouchefarmersmarket.ca or shoptataonline.localfoodmarketplace.com

Saturday 9am-1pm, March to December

The Tatamagouche Farmers' Market at Creamery Square offers a year round facility to support local farmers, artisans, crafters and entrepreneurs with a vibrant sales area. Warm in the winter, cooled by the beautiful Waugh River in the summer, vendors and customers alike look forward to a Saturday at the market.

Tatamagouche Farmers' Market now offers an online shopping experience as well with delivery or pick up on Saturday morning.



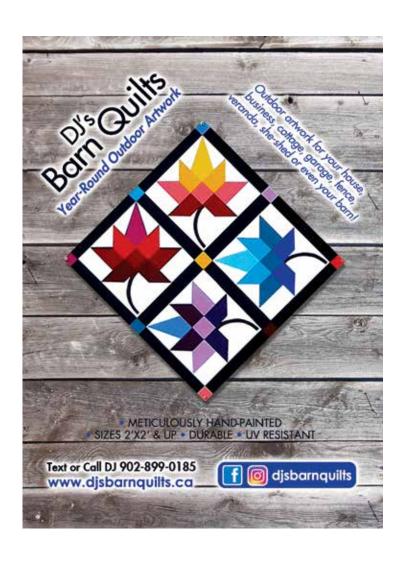
Truro-Colchester is your starting point for family fun, one-of-a-kind adventures and exploring the beauty of our nature, culture and our heritage. Memories are made here. For you and your family.

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Carol Pounder Art

Imagine. Create.

You can find my work in:

Amherst at Maritime Mosaic
Tatamagouche at The Crafty Shore
and at local Markets, Craft Sales and
Galleries throughout the year.

Visit my website or follow me on Social Media to find out more

carolpounderart.com

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KAY FROM AWAY Tatamagouche

Kay From Away creates a variety of things including macrame, vintage pottery 'n plants, custom woodworks. and seaside decor. You can find Kay From Away at the Tatamagouche Farmers' Market every Saturday.



CAROL POUNDER ART Wallace carolpounderart.com

Carol is a self-taught artist that works primarily in acrylics. She creates everyday items from her artwork "so everyone can have a little piece of art in their homes". You can buy Carol's artwork as framed or matted prints, cradle boards, coasters, cards, magnets, mugs, keychains, or bags. Many of her art products can be found in local stores, restaurants, or farmer's markets.



TIDE CLOCKS BY THYME AND PLACE Wallace thymeandplace.ca

Beautiful, handmade tide clocks made from recycled wood and rope. Every clock is unique with various sizes and designs to choose from.

Each clock has a single hand. The left side of the clock counts the hours down until high tide while the right side counts down to low tide. The number the hand points to is the amount of time left until low or high tide. Some of the clocks also incorporate a regular clock as well.



PRETTY IN THE **COUNTRY**

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Pretty in the Country is the place to find all the finishing touches for your home or cottage.

Antiques and vintage items that have been given a new life, handpainted items, artwork, jewellery, pottery and

How Live Music Bridges the Divisions Between Us MARSHALL FEIT

The largest audience ever for a live concert was Jean-Michele Jarre in 1997. Jarre played to a crowd of over 3.5 million people at the 850th anniversary of Moscow. Let's spell that out quick: 3 500 000 people in the same place at the same time for the same reason (see: bathroom facilities).

I'm confident that whoever is reading this is asking the same question: "Who is Jean-Michele Jarre?" He originally set the world record in 1979 while playing to over 1 million people. Yet, until this moment, I had never heard, despite my deep passion for music, of Jarre. For the avid Jarre fan reading this, my apologies. I have him on my headphones right now.

It isn't the size of the concert or the sheer magnitude of organizational power that's completely mesmerizing. What is completely mind-blowing is that on September 6, 1997, 3.5 million people participated in the same cultural moment.

After one of our recent lockdowns, there was a rformance at the Grace Arts Centre in Tatamagouche where the audience sang together. And I hadn't heard that in over a year. As the musician that night walked off stage, I saw tears in his eyes at the same moment that he saw tears in mine. We were moved because artists crave that feeling. It isn't the feeling of attention or celebrity. It's the feeling of togetherness. A room filled with liberals and conservatives, a hundred different worldviews, a thousand different decisions, and every one of them sang together.

In a world eager to find divides between one another, live music glues communities. We may not agree or see eye-to-eye. We might not like each other. Still, music provides a unity and celebration that makes our communities vibrant. Live performance is like a bridge between difference. It can make a Habs and a Leafs fan sing the same

Perhaps you don't know the musician performing at one of the many amazing venues across North Shore Nova Scotia this year. Maybe it isn't the genre you typically enjoy. But music isn't just about what we enjoy. Music is about being together with a singular voice for one moment before we all move on with our own worlds.

Take the time for live music this fall. It may not be a Jarre concert, but it'll still make your world a kinder place.

Performing Arts

Live theatre continues to grow in popularity and big cities aren't the only place to find good entertainment. Small towns along the north shore are fast becoming well-known for their quality performances.

deCoste Performing Arts Centre

99 Water Street, Pictou www.decostecentre.ca

Over the past 37 years the deCoste has presented more than 3,000 performances. The highlight reel includes many international headliners, incredible artists from every corner of Canada, Atlantic Canada's finest talents, and countless local and regional music, theatre and dance productions.

Grace Jollymore Joyce Arts Centre

31 Creamery Rd., Tatamagouche

www.gracejollymore.com

The Grace aims to promote Nova Scotia artists while also providing their vibrant coastal community with top tier acts that promote creativity, talent, and the powerful value of music. The Grace is also a great opportunity to not only view but also be involved in theatre.

Galleries

The Crombie

1780 Granton Abercrombie Rd., Abercrombie www.sobeyartfoundation.com/en/crombie-house The Crombie House is home of the Crombie Collection of Canadian Art. It includes art from early Canada (Cornelius Krieghoff), The Group of Seven (Frank Carmichael, Lawren Harris, Franz Johnston, Arthur Lismer, J.E.H. MacDonald, Frederick Varley, A.J. Casson, Tom Thomson, Edwin Holgate), Canadian masters (Emily Carr, Frederick Coburn, Maurice Cullen, Clarence Gagnon, Marc-Aurèle de Foy Suzor-Côté) Canadian impressionists (Robert Pilot, David Milne, J.W. Morrice), and the modern period (Alex Colville).

Art2Sea Gallery

41 Water Street, Pictou

www.art2seagallery.com

You can find a selection of original acrylic, mixed media, oil and watercolor at Art2Sea. The paintings are a dynamic range of styles, sizes and prices. If you are looking for pottery, mugs that fit your hand, yarn bowls, vases and covered dishes, you will be pleasantly surprised at each visit. Carefully selected subjects, captured professionally are featured in the photography display. All artwork is by local Nova Scotian artists.

The Ice House Gallery

31 Creamery Rd., Tatamagouche www.gracejollymore.com/the-ice-house-gallery

The Ice House Gallery is the home of visual art from across Canada. We strive for excellence and inclusion as we invest in our local artists while also presenting the best work from across the nation. Curated by Brandt Eisner, the gallery presents fresh exhibits each month of the year for 11 months. Each of our shows are juried by our curator and a submission board before each group show is exhibited.

The Fraser Northumberland Arts Council

362 Main St., Tatamagouche

www.thefraser.org

The Northumberland Arts Council is a registered charity dedicated to promoting and sustaining arts and crafts on the North Shore. Its 15-member volunteer board manages The Fraser and its programs and events. The Northumberland Arts Council relies on its dedicated members to deliver on its mission. The Fraser, as it has become known, is a bright and welcoming gallery space. The lobby was recently transformed into the Gallery Shop offering fine local arts and crafts displayed in a bright light space.

Blue Heron Gallery

11 Beatons Bluff, Lorneville www.blueherongallery.ca

The Blue Heron Gallery is located in Lorneville and is owned by artist, Faye Webb Pike. Faye is a contemporary multimedia artist who paints all subjects in pastel, oil, acrylic, watercolour, ink and mixed medium. Her inspiration comes by living and working in her studio next to the ocean, where the sounds and activities enhance her artistic creativity. Having many of her paintings reside in private and corporate collections throughout North America and abroad, her most recent pieces can be viewed daily at her gallery. Classes and commission services are available in oil, acrylic, watercolour, pastels, ink and multi-medium.

Tidnish Bridge Art Gallery

3654 Hwy 366, Tidnish Bridge www.tidnishbridgeartgallery.com

The Tidnish Bridge Art Gallery includes amoung its eight members, several painters, an intaglio printmaker, two potters, and a writer. They have on display original works of art by gallery members plus a number of books by Harry Thurston. In addition the Gallery has had an ever changing series of exhibits focusing on the work of Maritime artists in a variety of styles and media. They host classes, and their artists offer small group and private lessons in sketching, drawing, watercolor and acrylic painting, etching, ceramics, and writing. They also have a number of visiting artists providing specialized courses and instruction. Exhibitions and book launches for visiting artists and writers, and other special events, are scheduled throughout the season.



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Discovering Shore with Nadine

Sunrise Trail Magazine's insider scoop for travelling the treasure-trove North Shore. I am passionate about providing the ultimate guide of legendary local hotspots, hidden gems & discovering new offerings. This weekend I am committed to adventuring, with my sights set on wandering from Pugwash to Tatamagouche. I am delighted for you to follow along & 'sea' what you've been missing on the North Shore!

SATURDAY MORNING Our first stop is The Pugwash Farmers' Market; An outdoor market found off Durham Street with a variety of goods from artisans, makers and producers. I make my way to the market entrance at opening time & am received with a firm handshake from the market's greeter who offers to be of any assistance. I step through the welcome gate already smitten with this charming bazaar that offers a plethora of fares that would interest any slime enthusiast, craft craver or foodie. Vendors are tucked into covered, roomy stalls & there is plenty of room for foot traffic under the quilted bunting that hangs over the pathway.

he bounty of summer harvest illustrated in bumper crops of produce & preserves. Immediately I make my way to a coffee-cart operated by Paw Life Coffee Co. This Tidnish coffee roastery serves up a cup of coffee with some unique benefits as ten percent of sales are contributed to animal rescue operations. The Pugwash Branch of Cumberland Public Libraries is located in a small brick building with a painting mounted outside as part of the Pugwash Open Air Gallery (POAG) which serves up art alfresca throughout the village. The market sits at the mouth of The Pugwash River where a Windsor Salt Mine is marked by the towering piles of minerals.

I pack my 'market booty' into my car including an entire bag of coffee beans & vegetables. Pugwash Harbour becomes visible a stone's throw away; fishing boats are in port at the wharf stockpiled with traps for the upcoming fall lobster season. I follow the quiet but welcoming Water Street, passing Cyrus Eaton Park where the bandstand is awaiting its next event: tonight's outdoor movie in the park.

At the end of the street there is a bundle of white, unassuming buildings that form the National Historic Site known globally as Thinkers' Lodge. In 1957 an elite group of international scientists gathered here to discuss the threat of nuclear weapons at the Pugwash Conferences of Science & World Affairs. A renovated Lobster Factory serves as a dining hall hosting events such as weddings & live music through the summer. From this especially tranquil spot I follow The Sunrise Trail to The Village of Tatamagouche.





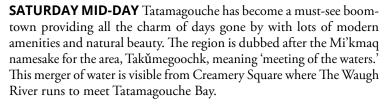












A focal point of the village, The Square is framed by several large, redbarn-like buildings with a tall grain elevator. History is well documented here at The Margaret Fawcett Norrie Heritage Centre. Several museums & exhibits provide informative displays with artifacts that capture the imagination. Remnants of the creamery industry are displayed alongside fossil tracks formed millions of years ago. There are one-of-a-kind belongings of Anna Swan, a famous eight foot giantess who grew up in the area. The North Shore Archives are also housed here.

Nearby The Grace Jollymore Joyce Arts Centre hosts a variety of events throughout the year and is home to The Ice House Gallery displaying Canadian visual art. The Grain Elevator is an event space and home to artistic fashion & gift shops, weekly market vendors & Aubrey's North Shore Lobster Rolls.

Throughout the year Jamieson's General Store stocks the best of what local to offer including my favourite raspberry-white-chocolate scones from Otter Girls Bakery. Grocery delivery is available from Oxford to New Glasgow including in-house meal kits, frozen ready to bake eats & more.

The Tatamagouche Farmers' Market nextdoor is lined inside & out with vendors. There is also a petting zoo style goat pen & a small group gathering under an awning listening to live music. Inside, people are bumping shoulders. In all directions people collectively enjoy the morning. Blueberry's Café is full-service complete with sandwiches & an irresistible espresso machine. Moth + Moon Apothecary is serving up some of their sought after soup. I stock up on haddock dog treats from The Salty Dawg Barkery for my trusted travel companion, Jack.

We always enjoy The Butter Trail that crosses through The Square. There are many access points to this portion of the Pictou-to-Oxford Shortline Railbed Trail. You can find the trail from Lockerby Bridge, Patterson Wharf Park & Nelson Memorial Park, the location of The



Janet Cole Memorial Dog Park. This morning Semple Cycles has a repair station set up along the trail. Close by Remember Adventures rents canopy-covered pedal buggies, kayaks and bicycles. I follow the trail for a moment to The Tatamagouche Train Station Inn & Railway Dining Car, a boutique hotel & fine dining experience. This storybook-like location is centred around a centuries old brick train station now housing a bar, cafe & curated gift shop. Live music is offered weekly throughout the summer. Colorful cabooses & boxcars offer the amenities of a unique hotel visit, complete with a dining car. A parking lot and trail map mark the spot where The Tatamagouche Road Train will resume picking up passengers for a one-of-a-kind guided tour next summer. Its absence due to the Covid-19 pandemic will make for an admirable return as highlight attraction.

SATURDAY AFTERNOON Main Street Tatamagouche goes beyond the typical village convenience of grocery chain, banking services, Canada Post, NSLC & knowledgeable pharmacy. Businesses include salon & tattoo services, the chocolate factory at Appleton Chocolates & famed Tatamagouche Brewing Co. Options for eating-in include The Nook & Cranny Brew Pub, Chowder House on Main & Big Al's Family Restaurant.

I've worked up an appetite for Derado's Pizzeria & Donair who's bright interior is enhanced by a large & distinctly Alan Syliboy painting. Jack appreciates the pet supplies also available at this location. Outside there is a large, pet-friendly patio that will be hosting music tonight. Dereado's menu options are family while they offer specials that pair pizza with local beer & coupons to discount dessert next door at The Tatamagouche Ice Creamery.

This extraordinary shoppe is a popular destination for those who crave the coolest treats & handmade ice cream in a wide array of ever-changing flavours. I indulge in a salted maple cone that deeply sweetens the day. As I peruse the street I enter R&B Adventures, which offers quality outdoor apparel where activewear meets comfort.

The Guardian C.G. Fulton Pharmacy offers more than your typical drugstore. Venturing upstairs transports you to the whimsical The Village Gift Shop filled with a colorful array of housewares & clothing. Beachcomber's is a one-stop-shop for everything from bathing suits with a fun collection of all things sea-themed. In the Fall this shop converts into The Village Christmas Store. You can find an eclectic

array of goodies at From Away Jewelry & Art. The Crafty Shore has a large collection of works from local artisans, with edible & wearable treasures from the area as well as a second-hand clothing section. The thrifter would also enjoy a stop at Hair at Home & Re:fresh Fashion or Marj's Consignment.

Dexter's Butcher Block & Butter Trail Naturals offers choice grocery items. Main Street offers the wonder central to the hippy-dippy atmosphere & state-of-mind that is '*Tatamagoodness*.'

SUNDAY I start the day with a brisk round at The Wallace River Golf Course. I am not known for an affinity for golf, unlike this region that boasts a number of quality courses such as Fox Harb'r Golf Resort, Northumberland Links & Brule Point Golf. My niece & nephew are more adept at the game so their enthusiasm drives the competition. Surrounded by the outstanding natural beauty of the course we remark on the conditions of the greens which have essentially been built to PGA specifications.



We end up tying as we are all equally hungry for our lunch. The youngsters request a stop at McMahon's Restaurant overlooking Wallace Harbour. The menu offers family style dishes with homemade desserts options that call out from a display case. Reese & Borden have chicken fingers with fries while I get an order of fish & chips. I've had the dish countless times from all a myriad of establishments but McMahon's consistently serves it up best. We are not disappointed today & we barely have enough room to share a large slice of peanut butter dream pie.

We take Jack for a walk nearby on The Lazy Bay Trail. We enjoy more scenic views of the harbour with tree top canopies sheltering us from the sun. In a half hour we loop the trail, crossing several wooden bridges over inlets of salt marshes & riverways. Soon enough it is time for my two companions to make their way to Malagash Point, home of Jost Vineyards. They're going to be spending the rest of the afternoon at the stunning Blue Sea Beach Provincial Beach; one of the many Nova Scotia Provincial Parks on the shoreline of The Northumberland Strait. As we say goodbye I know full well that they're about to take the beach by storm.

SUNDAY EVENING As the weekend comes to a close I find myself returning to Pugwash, arriving full-circle to where adventure started. This time I have brought my partner, Andrew, along for dinner reservations at the Inn The Elms. This heritage property has an incredible reputation for offering small scale, casual fine dining in an intimate setting. The kitchen table seatings are limited & it is worth planning in advance. The vintage aesthetic of the eatery carries you away to eating in an old yet lively farmhouse. The wide planked hardwood flooring is covered with a variety of tables spanning three rooms. The sunlight pours in through the motley of large windows, flooding the dining space.

We are instantly welcomed by the prompt and courteous service. Andrew opts for the New York strip steak while I have almond-crusted salmon with a blueberry balsamic glaze. The meals are delivered in a timely manner so soon it becomes difficult for us to discuss anything over dinner beyond the details of how good it is. We split a large piece of showstopping cashew caramel cream pie.

We extend the weekend with one last stop at Northport Beach Provincial Park. The red sand & warm water is an ideal spot to walk off a particularly decadent meal, weekend & to conclude this chapter of Navigating the North Shore.

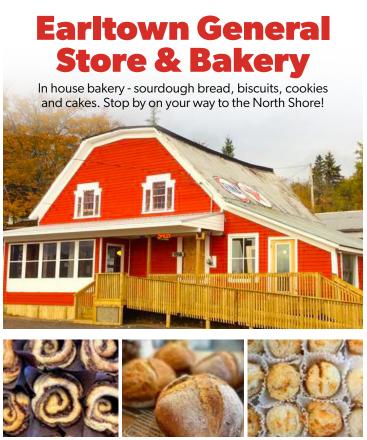






Explore a new season of flavour at tatamagoucheicecreamery.com







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Sheepskins, Wool Blankets, Sheepskin Slippers, Lots of Yarn, Wooden Knitting Needles, and much more!

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Locally sourced gift ideas to complete your shopping list!

Enter for a **CHANCE TO WIN** 2 pairs of Christmas PJ's!

Purchase anything in The Village Christmas Store in Tatamagouche by Dec. 1st, 2021 and your name will be entered in the draw.

A Gift of Warmth

North Shore hoodies make a great gift for anyone on your list! You can find them in **Tatamagouche at The Crafty** Shore, 245 Main St. or in River John at The Rustic Piper, 2 School St. \$50



Fire Cider

A delicious, warming tonic perfect for gifting to a special someone! \$10

Available at:

Moth + Moon Farm & Apothecary mothandmoonfarm.com/tonics-shrubs



The Soap Cake Company soap made with goats milk and natural ingredients in Scotsburn, NS. Available in a variety of sizes and shapes these lovely smelling soaps make a great gift or stocking stuffer! Find them in a number of stores along the Sunrise Trail from Tatamagouche to Antigonish.







Sheepskin Insoles for the Whole Family

Enjoy the warmth and comfort in your footwear with pure sheepskin insoles. Sheepskin naturally wicks away moisture and keeps your feet dry and comfortable. They can be easily trimmed for exact fit.

\$15 - \$19

Available at:

Lismore Sheep Farm Wool Shop 1389 Louisville Rd., River John or at www.lismoresheepfarmwoolshop.com

Get your picture taken with Mrs. Clause!

November 20th & 27th 1-4pm Village Christmas Store Tatamagouche







WIN This Holiday Picture!

Any purchase at The Village Gift Shop in December gets you a chance to win. Draw will be held Dec. 20th, 2021. Picture valued at \$185.00 **Village Gift Shop** 255 Main St. **Tatamagouche**

Gift them with sweetness!

Sweet and Pure. Some of the finest syrup in the world comes from Nova Scotia. Sugar Moon syrup comes in a variety of sizes and can be shipped right to your friends or family. Makes a unique corporate gift too! \$6.75 - \$50.75

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