

FALL/WINTER 2022



Sunrise Trail

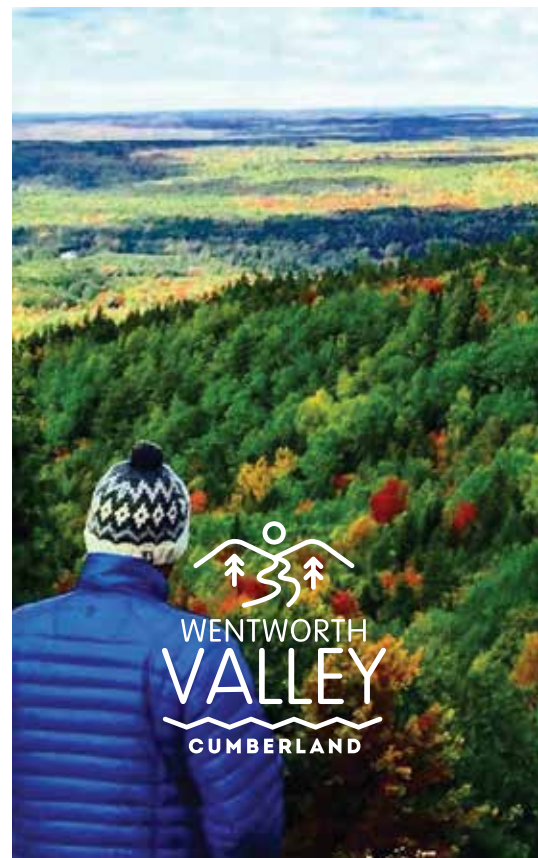
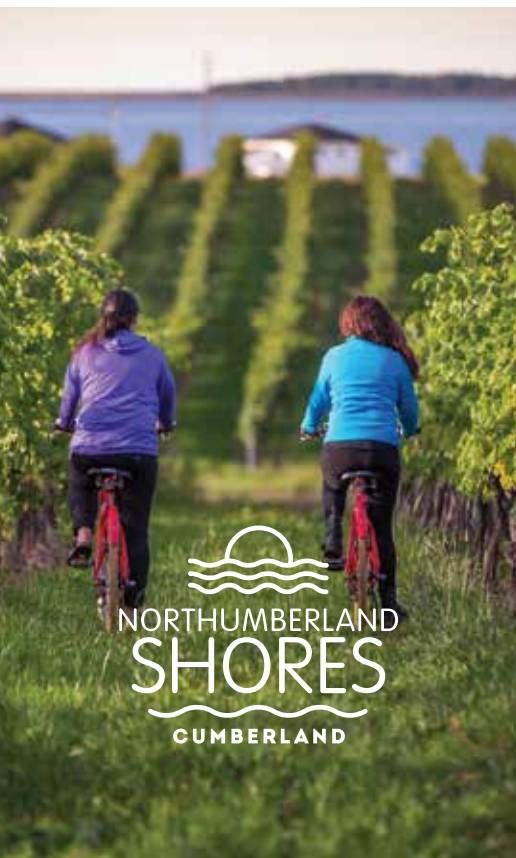


THE **FREE** MAGAZINE THAT FEATURES THE COMMUNITIES,
MUST-EATS, ARTS, ENTERTAINMENT, HISTORY,
OUTDOORS, AND MORE **ALONG THE SUNRISE TRAIL**

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www.exploreumberland.ca





TOP 10

things to do on the
NOVA SCOTIA

NORTH SHORE

this fall & winter

- 1 Visit one of the many farmers' markets.
- 2 Hike, bike, or snowshoe on one of the many trails.
- 3 Take a road trip to see the fall colours.
- 4 Go horse back riding.
- 5 Visit a winery, brewery, or cidery and do some tasting.
- 6 Do some local Christmas shopping in one of the many villages.
- 7 Visit a local farm that allows farm visits.
- 8 Book a stay in a cozy cottage or chalet.
- 9 Take in some live, local entertainment.
- 10 Snowmobile on the Trans Canada Trail system.

NORTH SHORE NOVA SCOTIA

#VisitNorthShoreNS

Sunrise Trail

FALL/WINTER 2022



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The Crew



KRISTINE STALLMAN

Founder, editor, and designer of the Sunrise Trail magazine. Kristine was born and raised in Ontario. She moved to Nova Scotia in 2019 with her family. They now call River John their home and can't imagine living anywhere else. When she's not working on the magazine she's a full-time graphic designer helping other small businesses.



ASHLEY CROUSE

Ashley is a self taught food alchemist and herbalist running Moth + Moon Farm with her husband in West Earlstown. The farm fuels their food truck, The Fermentary, serving locally sourced soup & sandwiches. Their foods feature delicious fermented elements, like miso and kimchi, all made in house. They also run the Tata Farmers' Market together, which heavily inspired their business. Ashley strives to create a locally sourced menu that's accessible to everyone and is passionate about using regenerative agricultural practices to grow her ingredients.



NADINE 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'kmaq 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.



DENISE DAVIES

Denise Davies is a travel writer, photographer, videographer and internet consultant living in Antigonish. She enjoys exploring and sharing the beauty of Nova Scotia.



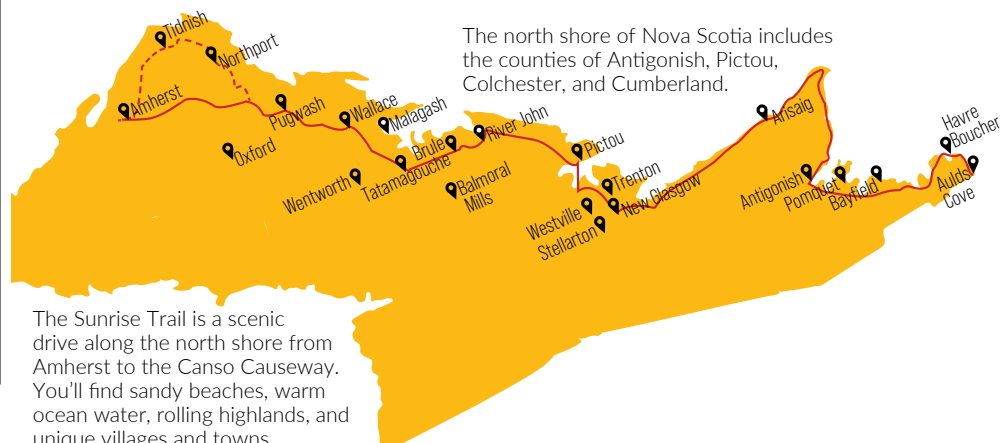
MARSHALL FEIT

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.



KELLIE MACMILLAN

Artist, dreamer and small business owner of Wallace River Revival, a home decor store. Kellie also holds a Sommelier certification and will be celebrating 20 years in the Food & Beverage industry in 2023. Join her in her home studio for wine tasting classes.



The north shore of Nova Scotia includes the counties of Antigonish, Pictou, Colchester, and Cumberland.

The Sunrise Trail is a scenic drive along the north shore from Amherst to the Canso Causeway. You'll find sandy beaches, warm ocean water, rolling highlands, and unique villages and towns.

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The Hay Loft
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158 Main St., Antigonish
maritimeinnantigonish.ca

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Kiln Crust Co.
Tatamagouche

Delicious pizza made in a wood fired pizza oven! Kiln Crust Co. is based in Tatamagouche but also travel the north shore in their food truck offering yummy pizza goodness for events and pop-ups. Follow them on Facebook to see where they are that day and make sure to pre-order... they sell out fast no matter where they are!



Wiley's by the Wharf
13909 Rte 6, Wallace
wileysbythewharf@gmail.com

Wiley's is a new restaurant that just opened this past summer and it's been a huge hit. They have a limited menu but there's something for everyone and they use locally sourced meat, seafood, and produce where possible. Make sure to email them for a reservation though as they are usually booked up every night.



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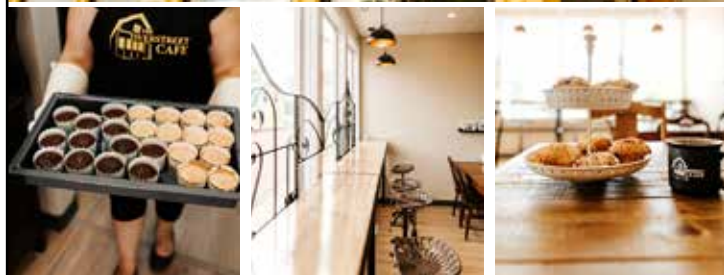


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A top-down view of various fresh ingredients arranged on a rustic wooden surface. The ingredients include a jar of lentils, a red apple, green cucumbers, a head of garlic, a bunch of carrots, a bowl of white sauce, a bundle of dry spaghetti, cherry tomatoes, spinach leaves, almonds, and a loaf of bread. Social media icons for Facebook and Instagram are visible in the bottom left corner. The URL 'www.jamiesongeneralstore.ca' is displayed at the top.

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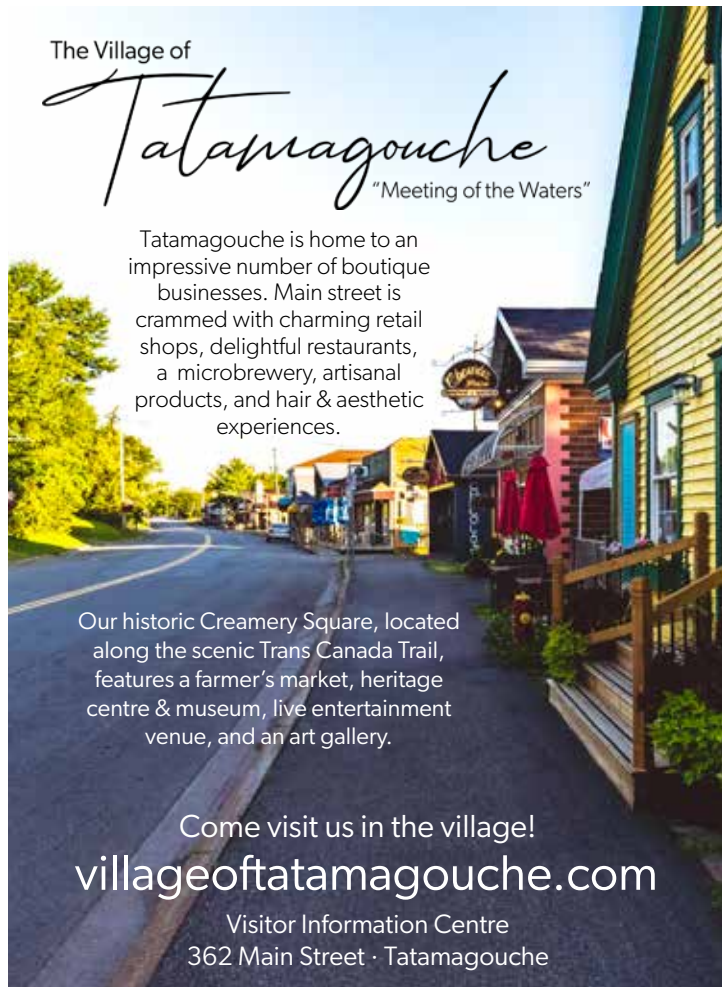
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Autumn Foraging

Foraging for wild food is quickly gaining in popularity. It's a great way to experience the outdoors and connect with nature. Autumn is the best time of year to learn about the tasty tree nuts, berries, and roots you can find.

It should be noted that while foraging is a fun and popular activity, it's extremely important to understand the basics of foraging for your food prior to foraging, particularly if you intend to consume it raw. In the wilderness, the difference between something as small as a horizontal and vertical marking on a seed or mushroom can mean the difference between a healthy addition to your meal or a dangerous toxin. Please consult with someone who is familiar with foraging and wild foods before consuming anything.

ONLY EAT WHAT YOU CAN IDENTIFY: Unless you're 100% certain it's an edible plant, don't risk it.

PATIENT RESEARCH = SUCCESSFUL FORAGING: Seriously. If you think you've researched enough, research some more.

EAT ONLY TINY AMOUNTS OF PLANTS YOU FIND (PARTICULARLY MUSHROOMS): Even edible mushrooms can irritate certain stomachs. By only eating tiny amounts of your foraged foods, you can avoid extreme adverse reactions.

CHECK ALL FORAGED FOODS FOR INSECTS: Once you've identified something forageable, make sure you double check for traces of insects.

COOK YOUR MUSHROOMS: Eating your foraged food raw might be tempting but it's safest to cook your foraged mushrooms.

BE WARY: Caution is your best asset along with your foraging guide.

AVOID FORAGING NEAR ROADS OR POLLUTED WATER SOURCES: Obviously, you should only forage in areas you know are devoid of possible pollutants, such as chemicals from vehicle pollution, herbicides, or heavy metals in the water.

WHEN IN DOUBT, ASK PERMISSION: If you're unsure of the laws around foraging in specific areas, ask the appropriate parties for permission prior to entering an area you think might contain edibles. This especially applies to folks attempting to forage on private property, or in federally designated wilderness areas, where there may be specific protections around what may and may not be picked.

Here are a few things you can forage for in the fall:

High-bush Cranberry: Can be eaten raw, but usually cooked in syrup or dried.

Rose Hips: The pulp and skin of the rose hips can be eaten raw or the entire rose hip can be steeped to make rose tea. The tangy sweet, red colored fruits are a good source of Vitamin E and also a Vitamin C powerhouse containing 7 times your daily allowance.

Dandelion: Rinse leaves for use in salads or as wraps; flowers can be used to make wine or jam; use roots to make tea.

Elderberry: Do not eat raw; use in jams, pies or wine.

Wild Leek: Rinse and cut off root; can be eaten raw but usually sautéed or steamed.

Goldenrod: Actually a perennial herb not a weed! Can be used as a tea, tincture, or an infused oil or salve. Has many medicinal uses.

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Most of us associate soup with comfort and healing because it was usually brought to us when we were sick or having a bad day. This practice stems from the ancient traditions of soup medicine and nourishment, with the earliest soups originating from around 20 000 BC when the clay pot was created. Soup was an easy way to get a lot of nutrients into one comforting meal - and it still is. The technique of cooking the aromatics and root vegetables down for hours over the fire until edible was necessary in a time before instant electric heat. This process left a nutrient dense broth behind - creating the basis of the soups we still make today.

The Broth

This is the most important component. It doesn't matter if you put any produce in your soup; if you have a good broth then you don't need anything else. There was a time when cooks used real broth to make everything. Stews, sauces and gravies were started with a nutritious broth that was already packed full of flavour and vitamins. Unfortunately, the introduction of processed foods allowed cooks to forget these valuable broth making skills. Soup slowly went from savoury food medicine to a quick meal; canned for convenience and long term storage. Today a lot of soups are still made with powdered "soup base" instead of bones, eliminating all of the nourishment that could have been. When starting your soup, you want to begin with locally sourced marrow bones and chicken carcasses. You can add aromatic herbs like bay and celery, root vegetables like carrot and burdock, and even some powerful mushrooms like reishi or shiitake for an incredible health tonic.

The Herbs & Spices

The herbs and spices you use will depend on what kind of soup you're making. There are so many flavour combinations available and this is what makes soup one of the most creative meals. Savoury chicken soups usually make use of aromatic herbs like rosemary, thyme and oregano - which also happen to be antiviral. This is where the concept of healing chicken soup comes from. Curries are infused with warming spices like cumin, ginger and

turmeric making them a powerful anti-inflammatory tonic. Mexican stews are loaded with spicy chiles and are a delicious option for clearing the congestion of cold/flu season. Food medicine can be as easy as it is tasty.

The Produce

This is where things get important again. If you're adding meat and vegetables to your soup, you need to make sure you're sourcing your produce properly. Boosting your soups with nutrient dense vegetables and iron-rich proteins is the final component to building a healing powerhouse in your pot. Most soups are started with a mire poix which is just a threesome of aromatics, usually carrot, celery and onions. I like to build my soups in layers, starting with cooking down the onions. I season every layer as I go with a pinch of salt and whatever spice mix I've chosen. After the onions are lightly caramelized, I add the other aromatics and cook them down until there's a lot of flavour in the pot. This is where you start to add your broth and the rest of the produce to simmer. It's good to add dried herbs while cooking and fresh herbs to finish.


Last but not least there is one final secret: Soup needs to sit overnight to truly taste good. This isn't necessary but allowing the soup to rest and infuse in the fridge will only make it taste better. I hope this makes you as excited for soup season as I am!



Raising a Glass to Culture

Exploring Culture Without the Booze

MARSHALL FEIT



At the start of September, the Canadian Centre on Substance Use and Addiction (CCSA) changed their recommendations around alcohol consumption to the shock of Canadian drinkers everywhere. The guidelines now suggest that any drinking can lead to negative outcomes such as heart disease, breast and colon cancer, and increased chances of a stroke. With the announcement, if you followed any online comments, you'd have almost thought the CCSA was coming for our beds.

Drinking is etched into our culture. It's a nuanced substance that impacts families, bodies, and relationships. We still stigmatize those who have predispositions to alcohol use disorder and consider those who can "hold their liquor" as having a talent. Alcohol is a part of our happiest celebrations and our saddest emotions. In the face of questioning its place in our communities, we grow defensive or even go so far as to make light of alcoholism (an outdated term that does little to acknowledge the biological and trauma-driven nature of the disease now better known as alcohol use disorder).

And I'm not telling anyone to not drink. We live in this beautiful, free society where you get to decide how to live your life.

However, as my time in the creative industry has gone on, I've grown more and more to question why so many of our concerts, art openings, festivals, and more are based around drinking. And let me be clear, the person writing this has enjoyed their fair share of booze-fueled festivals, concerts, and bar nights.

Still, I grow more curious why beautiful cultural experiences need to be funded by beer sponsors, oriented around a bar countertop, built on the premise of getting to let loose with a few or more drinks. Having alcohol excludes youth, it creates barriers to those who struggle with addiction, and ultimately it can, if we let it, play a role in not deeply experiencing some of the greatest music and art our province has to offer. Without alcohol, the focus returns to the stage, to the artist and the endless work they've put in to bringing you something magnificent.

Now, before you say, "Marsh, you can go to a show and just not buy a drink," let me also note that there are plenty of alcohol sponsored events with wide bars and huge beer selections. My point isn't to stop anything, it's to start something. To investigate events, venues, and spaces that are all-ages. To support performances that have made the decision to not be based around drinking. I'm suggesting we all be a little sober-curious. There's room for all sorts of venues and cultural spaces. Let's enjoy the alcohol-free ones too.

And always do what you want with a constant consideration of those around you. I love a party. I'm a big fan of a good time. I'm also a big fan of good music, great art, and inspiring experiences. And maybe sometimes, those beautiful things can be enough on their own. Why not find out?



Glasgow Square
155 Riverside Parkway,
New Glasgow, NS

Glasgow Square Production
155 Riverside Parkway,
New Glasgow, NS

Merigomish Schoolhouse Community Centre
1682 Shore Rd.,
Merigomish, NS

Pictou Legion
130 Veterans Dr.,
Pictou, NS

Performances held on upper level at this venue.

Pictou County Wellness Centre
2-2756 Westville Rd.,
Pictou County, NS

All performances for Pictou Wellness Centre will be held in conference rooms for a more intimate experience.

Rediscover Downtown Pictou FREE Concert Series

St. Andrew's Presbyterian Church
105 Coleraine St., Pictou, NS

deCoste
on the **ROAD** Presents

September

THE COMIC STRIPPERS

★★★★★
Wed., Sept. 21
7:30 PM

COVID Rescheduled SHOWS

DREAMER
The Supertramp Experience

Wed., Sept. 28
7:30 PM

Tickets for Glasgow Square Production's are available through their website at www.glasgowsquare.com or by calling 902-752-4800.

Gordie MacKeeman & His Rhythm Boys
Fri., Sept. 30
7:30 PM



Evans & Doherty
Sun., Sept. 25
7:30 PM



Shanneyganock

SEASON KICK-OFF
Thurs., Sept. 22 | 7:30 PM

FREE FOR MEMBERS
Tickets Required

Global Voices Celebration
FREE Outdoor Concert Series
Sat., Sept. 24
Starts at 1pm
Location: Field behind deCoste Centre just off the Jitney Trail



DeeDee Austin



Sanctified Brothers



Andru Branch & Halfway Tree



SCAN ME!
FALL SHOWS
and More Listed
on our website.

FALL in

October



Songs of Johnny & June
Sat., Oct. 8 | 7:30 PM



The Once (NL)
Sat., Oct. 22
7:30 PM
COVID Rescheduled SHOW



NEW CD RELEASE!

Dave Gunning
Fri., Oct. 7
7:30 PM



***Fri. Oct. 14 | Tues. Oct. 18**
7:30 PM | 7:30 PM



HarvFEST Celebration
Sat. Oct. 15
Kids activities 10am
FREE Concert 1pm
Beer Garden



Kitchen Criminals
Chad Matthews -
Location: Hector Qu



True North Brass - A Canadian
Wed., Oct. 19 | 7:30 PM

county HALLS

November

December

SHOW
SCHEDULE

PULL-OUT
CALENDAR



**Robin Williams
Tribute Experience**
Wed., Oct. 12 | 7:30 PM



Carroll Baker
Sat., Nov. 19 | 7:30 PM



**Rube &
Rake
(NL)**

Fri., Nov. 4
7:30 PM



**Ray Bonneville
& Guy Davis**
Mon., Oct. 24 | 7:30 PM



**Songs for a Small Planet
A Songwriters Collective**
Fri., Nov. 25 | 7:30 PM

Catherine MacLellan,
Teresa Doyle,
Dennis Ellsworth
& Todd MacLean



**Ultimate Online NS
Kitchen Party**
Thurs., Oct. 27
7:30 PM
Live Performance



Sat., Nov. 5
7:30 PM



Les Fireflies
Stompin' Tom Tribute
Pay Visitors Marina

**Shawn Majumder
THE LOVE TOUR**
Thurs., Nov. 17
7:30 PM

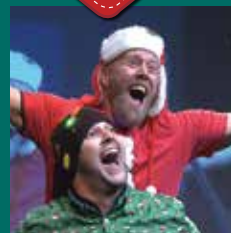


Musical Landscape



A Pictou County Musical Christmas

Welcoming Back an All-Star Cast!
Fri., Dec 9
7:30 PM
Shows may be added



**Home for
the Holidays**
Sat., Dec. 17
7:00 PM

With
Robyn Alcorn-Martin,
Lynn DeCoste,
Leah Samson and Mary Stewart.



**A Gunning
& Cormier
Christmas**
Fri., Dec. 23
7:30 PM



Tis the Season 15

Wed., Dec. 7 | 7:30 PM
Thurs., Dec. 8 | 7:30 PM

**Barra MacNeils -
An East Coast
Christmas**
Fri., Dec 16
7:30 PM



**Black
Umfolosi 5
Holiday Show**
Wed., Dec. 14
7:30 PM



Tickets & Info: www.decostecentre.ca | 902-485-8848 | 1-800-353-5338



The Pugwash Open Air Gallery is a cultural project under the umbrella of Pugwash Communities in Bloom. The gallery is meant to encourage and support artistic creation in Pugwash and area, stimulate public interest, enhance the village, raise awareness of the area artists and to foster tourism for the village. But it also brings the little village to life and helps to build community. They are pieces of art that catch the eye and start a conversation, even if it's with a stranger that is also admiring the art. You can find the artwork scattered throughout the village by using the map on their website or, in the summer, they offer walking tours.

You can find out more about the Pugwash Open Air Gallery at www.pugwashart.com.

April Baird

New Glasgow

Nova Scotians take pride in the vibrant arts and crafts that flow from the talented artists and artisans of our province. Pictou County, a beautiful piece of the Maritimes in Nova Scotia, boasts artists and creators in abundance. April Baird, born in New Glasgow, is a talented young artist that brings her love of geeky culture and local food to a broader audience.

Creative Pictou County was lucky enough to steal a few minutes of this whimsical creator's time to learn more about what she does and what drives her art. Her pursuit of a life in the arts has sent her around the Maritimes and to the United States. Who knows where her art will bring her next? She told me, "Recently, I went to Ontario and sold at a themed convention. That was the first time I sold my work in person outside of the Maritimes. . . Also, at the beginning of my graphic design career, I was sent to New York to work on a travel brochure. And when I do travel, I try to take in as many art museums and exhibits as possible. They are always so inspiring!"

Inspiration is a word that artists use regularly to describe their method or where they find their influence for their pieces. Growing up in the beautiful rural community of Green Hill, surrounded by beautiful landscapes, beaches, and historic architecture, it is easy to see why the area is a cradle for the arts. The people of this picturesque county overflow with creativity and it runs in April's family.

I asked her how living here influenced her to do art, and she pointed to the local arts community that supported her. "My Mom is an artist

and crafter, and growing up she was always doing something crafty. She is definitely part of the reason why I draw. I was lucky enough to have a middle school teacher who is a local artist, and she saw something in me that no one else did...she encouraged me to keep drawing. Later, a co-worker was also an artist, and he was another person who highly encouraged me to keep at it. I guess the real answer is that the people from here influenced me to do what I do now."

April's art is vibrant, playful, and distinctive. Her use of bold colours and unique subjects harkens back to cartoons of youth, Japanese anime, and street art. Her subjects include women's empowerment, pop culture icons, and local foods. She received praise for a series she created that featured local food faves such as donairs, poutine, and garlic fingers. I asked her what food she craves, and being from the homeland of Pictou County Pizza, her answer should come as no surprise: "Forever and ever pizza."

April's gift is to make the mundane fun and cheerful, and it radiates throughout everything she creates. Her art has adorned clothing, and bags, and is also available in prints. She draws Magical Girls like Sailor Moon, Moon Mist Ice Cream, and Manic Pixie Dream-girls to fight misogyny. Her art is full of joy and chimeras.

You can find and follow April on her Website and Social Media:
<https://aprilmdesigns.com>
<https://www.instagram.com/aprilmdesigns/>

Author: Wanda White lives in New Glasgow and is the proud co-owner of the Odditorium Art Space. She spends her free time creating art, practicing circus performances, and caring for her many pets. Wanda is the Art Coordinator for Creative Pictou County

The Artist Spotlight was sponsored by:




Creative Pictou County is honoured to have spent this time with April and get to know one of the many amazing artists in our community. Creative Pictou County represents and supports a growing number of artists and artisans and is racing to the forefront of the arts community in Pictou County and the province.

We've launched a new membership program with a robust benefits package.
Want to get involved? Find us online at: www.creativepictoucounty.com

SINCERITY OF PLACE

KELLIE MACMILLAN, WALLACE RIVER REVIVAL





When I was collecting my thoughts and ideas for the past Spring/Summer issue, I shared that I was hard pressed to put words on how truly special the Sunrise Trail is. I've carried that feeling with me over the past six months and have finally landed on a solid definition. I'm calling it 'Sincerity of Place'. I will be continuing to develop this turn of phrase and can't wait to see how it takes root over the next six months.

I hold strong and true to sentiment that the 'BER' months are the best ones of the year. I'm going to share with you some ideas that can truly connect you to this place. Even if you've been here forever.

I would like to encourage you to take both the suggested journeys in the pages of this magazine but also the heart journey to deepen your sense of connection and get into the sincerity of place we all share.

Fall is all about the poetry in the changing of seasons and lends itself to what I am proposing. There is warmth to the upcoming months, it's not too cold to go foraging for leaves, twigs, and roots. The rich colours outside give us all that child-like awe. The more intense smells and aromas bring us a rich connection to the earth.

It is the time to make and do things that are nostalgic. That's why we all love everything Pumpkin Spice. Although you certainly can't just go outside any time you want these days. The need to be bundled in a blaze of orange due to hunting season is a great reminder of the unique place we live.

In the kitchen, it's a great time for roasting. Fall harvested veggies lend to spices like nutmeg, cinnamon, and cardamom. There's also the sweet and rich local apples and pears. Made into ciders and pies, of course.

You can easily blur the passing from fall to winter, but if you are like me you can ease into it as a way to take a well deserved languid pause.

Winter is crisper, brighter and clearer. There is gentle snow. Take a moment to notice that little happy face on your heart this year. The key to winter survival is good food, friends, a warm fire, plenty of vitamin D and a great bottle of wine or beer.

Good food and drink sees us through the season, keeping us nourished and warm. I indulge in my favourite nibbles during this season that I arrange on my Grandmother's milk glass plates. I take soft boiled eggs, Maldon salt, cornichons, roasted beets with balsamic and some pita bread. Then I add a glass of wine and I feel like I'm doing something good for myself.

Raw bars are portrayed as just for special occasions. That's simply not true for us. We can make one any ol' time. Local Beer, Oysters, Lobster, Scallops, and Clams. Just go for it. Dust off the bean crock and make some Maritime brown bread. The addition of a glass of local stout from Tatamagouche Brewing Company would make a great Instagram photo (just sayin').

Spend some quality time at home in a toasty kitchen eating leisurely by candlelight. Slow down. Calm your weary bones and hibernate. Go to bed early, sleep late under an extra comfy layer of bedding. Go shopping for a perfect piece of flannel to add to your wardrobe.

Have coffee by the window and concentrate on the frost.

Make a love craft this winter. Whatever your craft might be, put it out there. Do it with gusto. I love doing puzzles at the dining room table. My daughter and I discovered that the Pugwash Library offers puzzles for loan on an honour system. We've had some of the best talks around the table.

My last bit of advice is to make sure you have extra kissable lips. You will be needing them!

Wishing you the restoration and healing of this upcoming season as you delve deeper into your own Sincerity of Place.

The north shore of Nova Scotia is bursting with artistic talent. Below are just a few artisans we found that you might want to check out.

Makers Market



Castoffs
Wallace

www.facebook.com/profile.php?id=100063668135747

Repurposed lobster rope mats, baskets, bowls, trivets, dog leashes, dog toys, wreaths. Custom orders are welcome.



Earth & Vine Studio

Pugwash

www.earthvinestudio.ca

Jennifer Houghtaling is a sculptor, tile mosaic artist and production potter. She creates with the intention of sharing her views and beliefs and being in the moment with the art of creativity.



A Little Character

Pictou County

www.facebook.com/ALittleCharacter

Handmade and unique little clay sculptures. Mushroom elves, dragons, stingrays, manatees, rabbits, and pigs just to name a few of the unique figures. Each one has an incredible amount of detail.



Liss & Landi

www.lissandlandi.ca

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Are you interested in being featured in our Makers Market? Email us a short write up about your business and include one photo or logo we can use. Emails can be sent to hello@sunrisetrailmagazine.com.

*Your business must be on the north shore of Nova Scotia to be considered.



Hilly Island Design is a craft DIY & design studio located on Water Street in Pictou. We are open year round for your print/design/crafting needs.

We offer weekly, public and private events as well as drop in service and *"take and make"* options in our craft studio.

Be sure to follow us on Facebook and Instagram @hillyislanddesign.

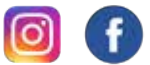
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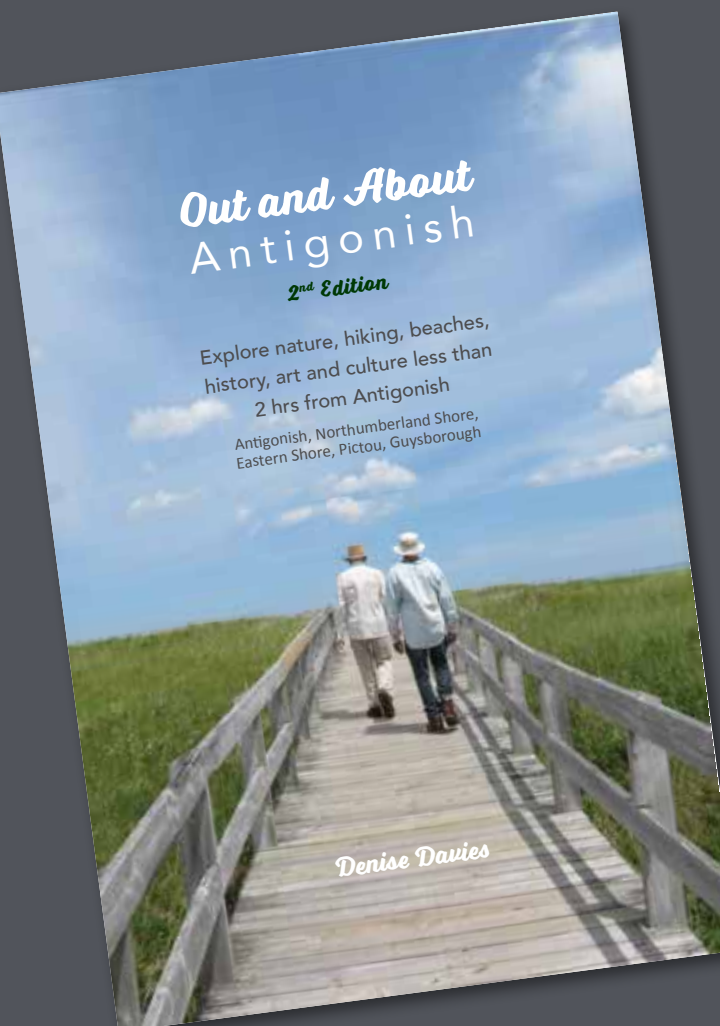
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Explore Antigonish and the Surrounding Areas with *Out and About* by Denise Davies

The book includes the town of Antigonish, excursions within 2 hrs, day trips, outdoor recreation, hiking, history, culture, beaches, trails, nature, and so much more. It's full of photos, helpful descriptions, maps, and even QR codes to more information online.


This is a wonderful gift for newcomers, staff, family and friends!



Available at local book stores
and online at:
outandaboutns.com/out-and-about-antigonish-book

DJ's Barn Quilts



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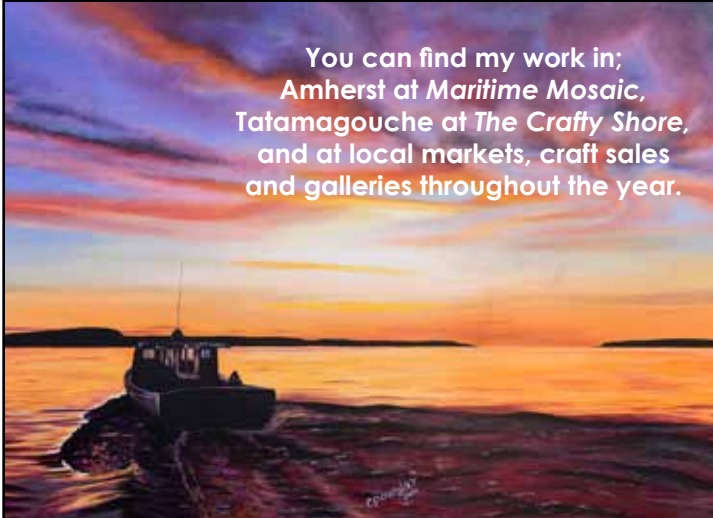
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and galleries throughout the year.




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The Modern Kitchen

SAM & JIM CRIPPS, CRIPPS & SONS WOODWORKING



Flat cabinet doors, sleek hardware, neutral colours and a minimalistic aesthetic are all design elements of the modern kitchen.

The flat doors of the modern kitchen help make it easy to keep clean, with no dust collecting corners, detailed mouldings or other places for dirt and grime to hide or build up. Narrow lines and sleek hardware flow together adding to the minimalistic characteristics with the clean feel and look of the modern kitchen.

Efficient, space-saving cabinet accessories increase functionality of the modern kitchen design where every feature serves a purpose leaving little to no room for clutter. Frameless cabinet boxes of the modern kitchen also lend more space inside for extra storage and wider, more accessible openings.

Neutral colours are the base of the modern kitchen, while accents of bold colours and natural elements bring the kitchen to life. High-gloss, super-matte or textured finishes are all found in the modern kitchen, while textured wood grains and stone veining tie nature into the design to make your kitchen a calm and relaxing space.

The design of a modern kitchen will always be timeless. With all the great benefits of a layout that pulls together every element of the great outdoors, minimalism, cleanliness and a busy lifestyle, you'll have peace of mind knowing the heart of the home will last the test of time.





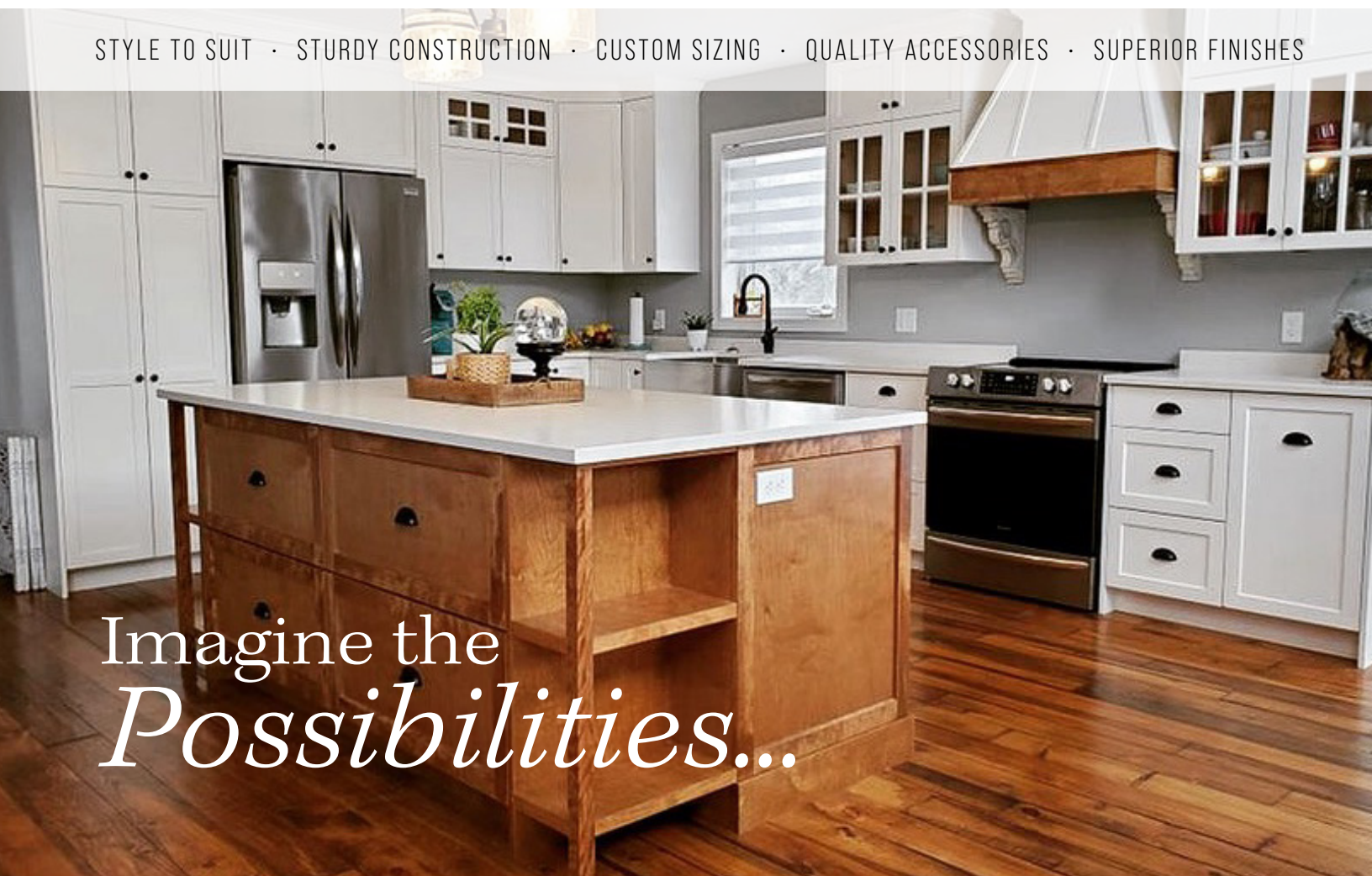
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 Jim (902) 957-1857 or
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A Sunrise Trail Road Trip

DENISE DAVIES

There are five main routes out of Antigonish each with wonderful destinations. Take HWY 245 from the end of Main Street along Hawthorne Street and head to explore a section of the Sunrise Trail along the Northumberland Shore.

Drive through rolling rural countryside and at Malignant Cover keep to the left where you start seeing views of the blue waters of the Northumberland Shore. Our first stop is Arisaig. Turn right at the St. Margaret of Scotland Church and head down to the wharf.

From the lighthouse where you can get an ice cream in season fresh sea breezes and sea birds on the colorful rocks. Learn about this historic fishing community on the interpretive panels. Walk along the wharf and admire the fishing boats. During the lobster fishing season (May 1 – June 30) there is lots of activity early morning and when the boats return.

A small crescent sandy pebble beach is fun for the whole family. At low tide you can walk over towards the cliffs of the Provincial Park but be careful to head back before the tide comes in!

Continue your drive to the right and visit the Arisaig Provincial Park with trails through the trees and a stairway down to the fossil beach and waterfall. Investigate the geology and history with the interpretive panels and enjoy the view across to Arisaig Harbour. Great place for a picnic.

Next stop is Steinhart Distillery (www.steinhartdistillery.com) offering a tasting bar, tours of the distillery and purchases of the internationally award winning favorites using local ingredients such as

Maple Vodka, Rhubarb Gin, Habanero Vodka and many more. An outdoor patio and menu featuring Schnitzle is available depending on the weather. Often there is evening entertainment.

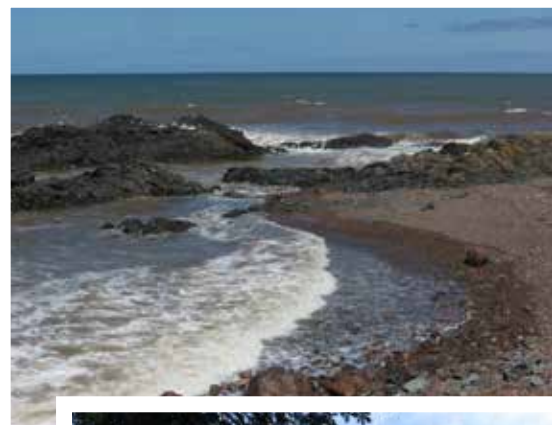
Continuing along the Northumberland Shore on Hwy 245, the next stop is Knoydart. On the left is the Knoydart Farm, an organic dairy farm producing cheeses in a variety of flavors such as garlic, dill, cumin, chili, smoked, caraway and cranberry and cheese curds. Call ahead to visit 902-867-1305. www.facebook.com/KNOYDARTFARM/

Just a bit beyond and on the ocean side, is the Battle of Culloden Memorial. A grassy shaded track leads to a cairn memorializing this important Scottish event from 1746. Enjoy the beautiful lookout over the Northumberland Strait. A memorial celebration is held here yearly in April. www.culloden.ca

Look for historical kiosks and interpretive panels as you drive through Lismore, Merigomish and Barneys River Station. Learn interesting facts and see historical photos and maps from back in the day when these were thriving communities.

Just past Ponds, turn right for a 2KM causeway connecting Big Island to the mainland. Sandy dunes and a pebble beach are perfect for beach combing and paddling.

At Sutherlands River you can take Hwy 4 for a scenic drive back to Antigonish or get on to HWY 104 to head East to Halifax or West back to Antigonish or on to Cape Breton. Note that currently there is construction on HWY 104 in this area.





Back to Our Roots



The Hector Heritage Quay in Pictou is home to the Ship Hector, the full size replica ship that brought the first Scottish emigrants directly from Scotland to Nova Scotia.

The Ship Hector arrived in Pictou Harbour on September 15, 1773, bringing 189 emigrants to their new home after 11 weeks at sea. The story of the Hector and its passengers is a unique tale of the first permanent, enduring Scottish settlement in Nova Scotia.

Those who arrived aboard the Hector, as well as those Scottish settlers who followed, made enormous cultural, political, intellectual and industrial contributions that shaped Nova Scotia and the rest of Canada.

This historic voyage marked the beginning of a massive wave of immigration that would shape the future of North America and gave Pictou the honour of being called “The Birthplace of New Scotland”.

The Ship Hector is currently being restored to a fully rigged tall ship. It is planned to be ready for visitors by September 2023.

Visit: www.shiphector.ca to learn more.

Farm Fresh



Big Barn little farm

Antigonish

www.bigbarnlittlefarm.ca

Big Barn little farm is owned and operated by Susannah Murphy and Will Frankland. As first generation farmers, they were drawn to growing food as a response to a food system that is largely destructive to the environment, and in many cases, unfair to farmers. As a pair of enthusiastic cooks and eaters, quality and taste have always been front of mind as well. They saw a place for small-scale farming with a focus on supplying for a very local community in a way that worked for people and was gentle on the environment.

Big Barn little farm is a 'small' farm of just 8 acres of fertile river valley soil which is perfect for a sustainable market garden operation. The addition of chickens on the new farm has allowed them to incorporate regenerative agriculture techniques and they farm the land with the perspective of a mini ecosystem where everything plays its part and nutrients get cycled through the farm. The use of synthetic chemicals, herbicides or pesticides, or the use of GM seeds is never employed on the farm.

The century barn on their property serves as a venue for events such as workshops, live music, or farm-to-table meals.



Forest Bathing

Forest bathing doesn't involve an actual bath in the forest. It's simply a term used to describe spending time in a forest environment. Forest bathing helps to improve physical and mental health and can be done any time of the year. It has been found to lower blood pressure, heart rate, and levels of harmful hormones. In addition, studies have found that spending 10 to 20 minutes a day outdoors can lead to increased well-being and happiness. Sounds good to us!

The Japanese call it Shinrin-Yoku which translates to "absorbing the forest atmosphere". It can help you sleep better and recover faster if you get sick. Forest bathing is very low impact which means you don't have to go for intense runs or hikes. The goal is to relax and detach and live in the present while immersing your senses in the sights and sounds of a natural setting. Spend time observing your surroundings, do some deep breathing, and let your mind and senses explore. If you do plan to walk do so at a leisurely pace. Forest bathing shouldn't feel like a chore or an exercise, it should be something you look forward to and enjoy.



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Nova Scotia Is The Largest Producer Of Balsam Fir Trees In The World.

If buying local and supporting the economy is important to you, it only makes sense to choose a real tree. What better way to support local producers at Christmas time than to source your festive focal point from someone in your neighbourhood?

The Christmas tree and greenery industry is vital to the economy of rural Nova Scotia. In fact, over 1,100 Nova Scotian families depend on the Christmas tree industry for all or part of their income. The industry provides full and part-time employment to over 4,000 people in the province and contributes \$52 million to the economy. If you're interested in supporting your fellow Nova Scotians and seeing your dollars stay at home, choose a real Christmas tree this year.

Find more info on Real Nova Scotia Christmas Trees on our Website & Socials:

www.iloverealtrees.com



Are you wondering where to get your Real Christmas Tree this year? Find your Local Choose & Cut or Retail Lot below!

Choose & Cut: MacRae's U-Pick

Open Saturdays & Sundays from mid-November until Christmas.

Loganville Rd

Plainfield, Nova Scotia

Phone Number: 902-485-4087

Choose & Cut: MacLeod's Christmas Tree Farm, Millstream Forest Products

Open Thursday to Sunday, 9 a.m. to 5 p.m.

799 Millstream Rd

Millstream, Nova Scotia

Phone Number: 902-923-2988

Choose & Cut: Matheson's U-Cut Christmas Trees

Main U-Cut Located on Fitzpatrick Mountain Road (Access Road to Smithrock Chalets)

127 O. MacLean Road

Scotsburn, Nova Scotia

Phone Number: 902-485-5634

Retail: The Wreath Barn

Local fresh cut Christmas trees and brush, hand made wreaths, and more.

Highway 2

Masstown, Nova Scotia

Phone Number: 902-986-3047

Choose & Cut: Ashdale Tree Farm

Open December 1st-23rd from 10:00am to 4:00pm.

2897 Nova Scotia Trunk 7

Antigonish, Nova Scotia

Phone: 902-783-2934

Choose and Cut: Keith Moore

Open 7 days a week from the last week of November until Christmas, dawn to dusk.

4568 NS Highway 204

East Leicester, Nova Scotia

Phone Number: 902-447-2675

Choose & Cut: Nelson's Christmas Trees

Choose-and-cut open 9 a.m. to 5 p.m. 7 days a week.

140 Middle Settlement Road

Salt Springs, Nova Scotia

Phone Number: 902-928-8200

Choose & Cut: Brian Archibald

Open December 1st. Please call ahead.

12675 Nova Scotia Trunk 7, RR2

Aspen, Nova Scotia

Phone Number: 902-833-2724

Retail: Treeland Christmas Tree Farm

Next to Sobeys Cash & Carry and across from the old hospital.

212 Willow St

Truro, Nova Scotia

Phone Number: 902-890-6844

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COLDS, FLUS, & VIRUSES IT'S THAT TIME OF YEAR AGAIN

Pumpkin spice, cozy sweaters and curling up with a book by the fire — there are plenty of reasons to love the fall. Cold, flu and virus season isn't one of them, though. Thankfully, there are many ways we can help prevent illness.

In addition to living healthy lifestyles and following public health measures, we can carefully select supplements with supervision from our health care professionals. Here are a few supplements to keep an eye on this season.

For The Common Cold

Scientists call it "acute rhinopharyngitis" but we know it as the common cold. Unfortunately, there is no cure; however, researchers are currently reviewing data about supplements often taken for the common cold. For example, a recent Italian study noted that supplements commonly used for cold symptoms include various polyphenols and flavonoids (a ButterTrail favorite).

Another recent study found that vitamin C supplementation reduced the odds of developing a common cold in study participants. This study was randomized, a placebo controlled, double blind trial of over 1000 soldiers in South Korea. The researchers uncovered that "the vitamin C group had a 0.80 fold lower risk of getting a common cold than did the placebo group".

For The Flu

It's well known that vitamin D helps with immune function. But can vitamin D supplements help prevent influenza (the flu)? Researchers published a 2022 meta-analysis in *Frontiers in Nutrition*: the scientists reviewed 10 trials with a total of 4859 participants and ultimately found that daily supplementation with vitamin D reduced the risk of influenza infection. Great news for flu season.

It's challenging to receive all of the vitamin D we need from our diets alone, and it's also challenging to receive sufficient amounts from sunlight (especially in the winter and for those who live in northern

latitudes). For that reason, vitamin D in supplement form can be helpful.

For Viral Lower Respiratory Tract Infections

Quercetin is a type of flavonoid found in many fruits and veggies, as well as in supplement form. Recently, quercetin was studied for its potential role in treating lower respiratory tract infection caused by viruses.

The researchers noted quercetin's antiviral and antioxidant properties — and added that it appeared to help reduce mucus production. They concluded that supplementation with quercetin type flavonols is a promising strategy for treating viral induced lower respiratory tract infections.

For Lingering Post Viral Coughs

Ah, that annoying post infection cough. People have been trying to treat them for millennia; science tells us that ancient people often used various herbs to treat post-viral acute cough (PAC). Scientists today are studying many of these traditional remedies.

According to one 2021 article, some evidence has been found to support the use of remedies including manuka honey, elderberry, thyme, hyaluronic acid and saline solutions. More research still to come to further these claims.

A second study, also from 2021, sought to find answers for PAC in children. Once again, further research is needed; however, manuka honey shows promise. The study authors conclude: "There is a growing interest concerning the use of natural remedies for post viral cough. Many herbal medicines could be used satisfactorily for this issue".

This fall/winter get plenty of rest, eat from scratch, supplement and be jolly.

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Discovering

the North Shore

WITH NADINE MACLELLAN

Sunrise Trail Magazine's insider scoop for discovering the North Shore of Nova Scotia. I am dedicated to providing the ultimate guide to legendary local scenes & hidden gems. This edition I am highlighting some of my favourite spots to enjoy fall colours on Route 6 & beyond. I am delighted for you to join along to 'sea' what you've been missing on the North Shore!

Autumn is my favourite season. There's something about the crispening air that clears my senses as the brilliant colours pop against the smell of falling leaves & morning fires. Along the North Shore, the summers hang on as the water keeps warm enough to continue swimming & the Gulf Wind sweeps in plenty of warm air to contrast the cool mornings & darkening evenings. Whether you're a fan of sweater-weather, pumpkin spice lattes or enjoy a good cuffing season, fall & winter on the North Shore offer something for everyone. If there's one thing we can all savour as we edge towards colder weather, it's the eye-catching hues of orange, yellow & red. The annual scene change is truly a sight to behold. It's difficult to predict how long the leaves will last so I encourage you to enjoy the magic transition from a good vantage point. Each year I make a pilgrimage to the following areas to get a perspective on the change of season. Getting as many

changing trees in view frames the small window in time between stifling hot & bitter-cold days.

Wentworth Valley, Cumberland County

The welcome sign in Wentworth Valley is a common pitstop for fall photos with a dramatic backdrop of rolling, colourful hills. The highway is often lined with cars as people meander across the road to the trailhead for Wentworth Falls. The sign reads 'Four Seasons of Adventure' for good reason; the area attracts outdoor enthusiasts throughout the year but is especially popular during Fall & Winter. Ski Wentworth hosts an annual Fall Colour festival over several weekends. Lift rides are available for an outstanding view from the top. I often hike the High Head Trail off the side of the ski hill, it's a double edged sword of breathtaking terrain & views.



Earlton, Colchester County

The Earlton Valley is entirely surrounded by forested hills. The area boasts a large trail network that includes Rogart Mountain. 'Downtown Earlton' is the affectionate name given to the crossroad that travel to Pictou & Chelchester County on Highway 311. Here, a bright red general store has operated for decades and will transport you into yesteryear with shelves of toys, local faire & baked goods. I recommend the beef jerky, sourdough & maple yo-yo cookies.

Scotsburn, Pictou County

The top of Fitzpatrick Mountain is accessible via dirt road or hiking trail. The view here is exceptional; you can see where the North Side of Pictou County meets the Northumberland Strait. Green Hill offers the view to the South & a provincial picnic park. If coloured leaves only lasted a day, you would find me checking out the views in Pictou County.

Cape George, Antigonish County

Every Autumn, crowds travel the world to catch the coloured leaves of the Cabot Trail. I've met people who have made more than one attempt to time up a visit with the colourful spectacle of the Cape Breton Highlands. The lesser known 'Mini-Cabot Trail' is a coastal drive along Highways 245 & 337. The official name for this route is the Cape George Scenic Drive, weaving from Malignant Cove to Antigonish. Cape George Lighthouse is a must-see attraction along this picturesque drive.





Explore Antigonish



An itinerary for a day in Antigonish:

If it's a Saturday morning, start at the **Antigonish Farmers Market**. Operating in the summer from 8:30 a.m. to 1 p.m. and in the winter from 10 a.m. to 1 p.m., with over 50 vendors, this is a stop not to be missed; it's near impossible to come out empty handed. Make sure to buy some snacks for later parts of your Antigonish adventure!

From the Market, drive by the stunning campus of **St. Francis Xavier University**, and make your way to **Main Street**. Park the car and take your time sauntering up one side of Main Street and down the other for it's the perfect place to wonder, browse, take some photos, and have a meal. Downtown Antigonish is filled with locally owned restaurants, cafes, parks, and unique shops. Take note of a few options for where you may want to have dinner.

Once you get back to your vehicle, drive down Main Street and out Highway 337. Stop at any number of beaches to breath in the salty air and watch the waves. Stop at the wharf at **Ballantynes Cove** to look at fishing and pleasure boats and enjoy the views of **St. George's Bay** with Cape Breton Island off in the distance. From there head up the hill to the **Cape George Lighthouse**. This is the perfect place to enjoy your snack from the Market.

After the lighthouse, keep driving and enjoy the scenery. You will find yourself back in town after doing a loop around "the Cape".

Your Adventure Starts in the Highland Heart of Nova Scotia



Now you have a few options...

Looking to try something new? Antigonish is home to a number of **craft breweries** offering unique tastes and experiences, from downtown patios to ocean views.

Looking to take a walk? Bike ride? **The Keppoch**, located in James River, offers four seasons of activities for walking, hiking, trail riding, snowshoeing, and cross country skiing. What was once a ski hill, the Keppoch offers options for every skill level with spectacular views of Antigonish County from the summit. Visit, **thekeppoch.ca** for information about all that The Keppoch has to offer, including race events, Keppoch Fun Days, and more.

Do you like jazz and looking for a weekend away in November? **Antigonish Jazz Fest** will take place November 17 to 19 and will host over a dozen acts playing at a variety of locations in Antigonish. Follow **[facebook.com/AntigonishJazzFest](https://www.facebook.com/AntigonishJazzFest)** for the schedule, ticket options, and festival updates.

Looking to do some research and plan your visit to Antigonish in advance? Visit **www.highlandconnect.cioc.ca**, a full recreation guide to what there is to do and see.

For more tourism related information, follow the Antigonish Visitor Centre on Facebook: **<https://www.facebook.com/visitantigonish>**.

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