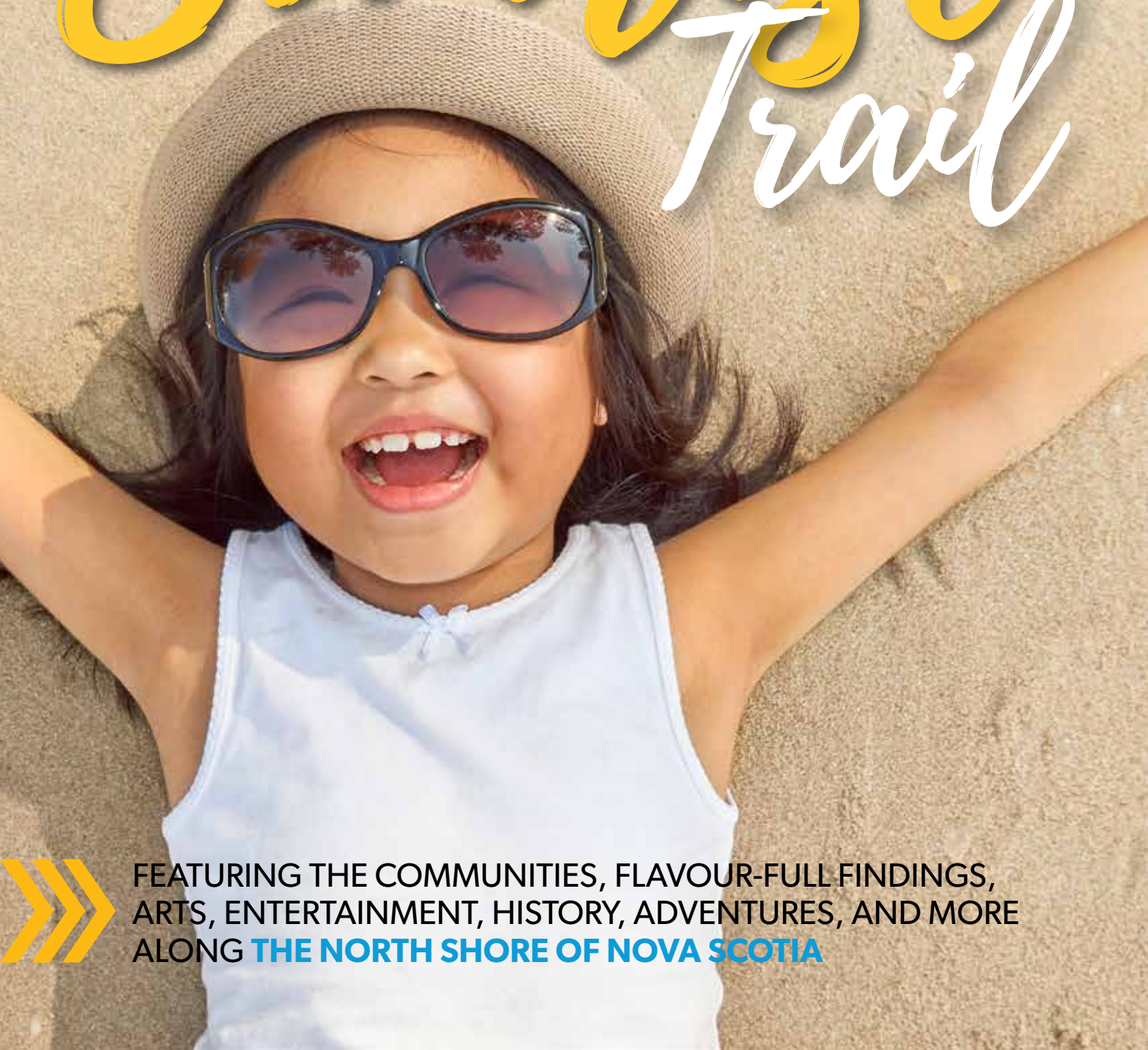


SPRING/SUMMER 2023



Sunrise Trail



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ARTS, ENTERTAINMENT, HISTORY, ADVENTURES, AND MORE
ALONG **THE NORTH SHORE OF NOVA SCOTIA**

DISCOVER THE WONDERS OF CUMBERLAND COUNTY

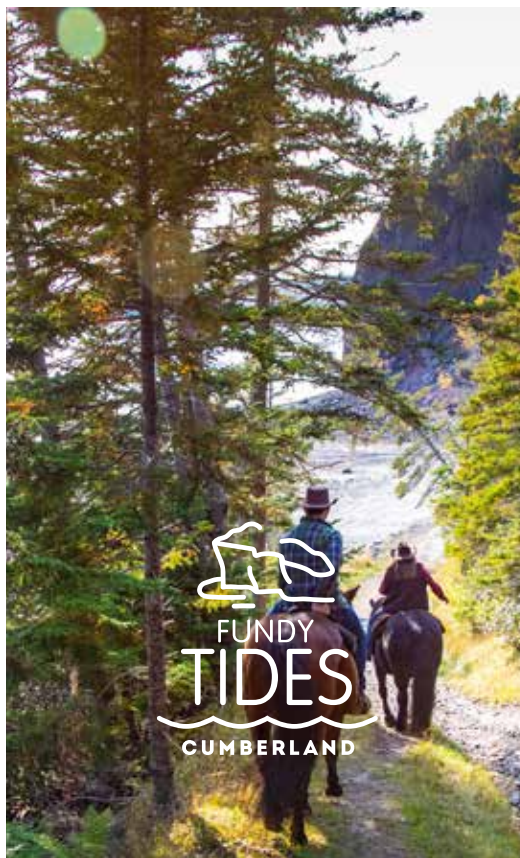


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Photo Credit: Sunrise Shore Marina & Cottages, Talamagouche, NS
Photographer: @daveyandsky

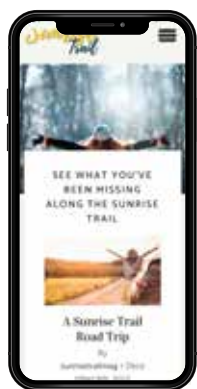


It's a Shore Thing!

NORTH SHORE
NOVA SCOTIA
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Sunrise Trail

SPRING/SUMMER 2023



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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 Earltown. 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 Central New Annan home. He programs The Grace Arts Centre annual performances and is the organizer for the TataFest Music Festival. A member of the Creative Nova Scotia Leadership Council, Marshall spends his time thinking about how rural Nova Scotia can build a cultural landscape for everyone whatever their ability, wealth, orientation, or heritage.



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.

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We would like to acknowledging that we are in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq People. This territory is covered by the Treaties of Peace and Friendship which Mi'kmaq, Wolastoqiyik, and Passamaquoddy People first signed with the British Crown in 1726.





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JULY

JUL. 1

Canada Day Celebrations

Celebrate Canada's Birthday on the Pictou Waterfront! Free outdoor concerts, family games and activities, face painting, bouncy houses, treats, cake and more.

townofpictou.ca

JUL. 1

Gathering of the Clans

The Gathering of the Clans has become the traditional way to spend Canada Day in Pugwash. It is a party, Scottish style, with piping, drumming, highland dancing, highland games, artisans, midway, concerts, food and artisan vendors.

pugwashvillage.com

JUL. 2-SEPT. 4

Summer Musical Showcase

Join us for free outdoor concerts on the Pictou Waterfront during July, August and early September.

Concerts take place every Sunday and Monday evening from 6:00-8:00pm and feature traditional Maritime music, county, rock and more.

townofpictou.ca

JUL. 2-9

Antigonish Highland Games

The annual Antigonish Highland Games is your #1 Northern Nova Scotia premiere entertainment festival.

Features: heavy event athletic competitions including the famous caber toss, authentic ceilidhs, evening concerts, the biggest parade east of Montreal, a clan tent including a walk through history, piping and drumming, highland dancing, all-age road races, kids Gaelic-themed track events, vendors and so much more!

antigonishhighlandgames.ca

JUL. 7-9

Pictou Lobster Carnival

Started in 1934, the Pictou Lobster Carnival has become a Signature Event in Nova Scotia. This 3-day festival celebrates the end of the lobster fishing in the area and is rich in Maritime culture and music.

pictoulobstercarnival.ca

SUMMER 2023 FESTIVALS & EVENTS ON THE NORTH SHORE

JUL. 12-16

Trenton Funfest

Mark your calendars for the weekend of July 12 to 16, 2023. Family Fun Day, Scavenger Hunt, Concert Under the Stars, the men's and women's lob ball tournaments, the Funtastic Fireworks, the famous FunFest Dance and more!

www.trenton.ca/index.php/festivals-events/trenton-funfest

JUL. 13-15

BAINFEST

BAINFEST is a small music festival located in the quaint community of Marshville, Nova Scotia. When you are at BAINFEST there are no line ups and it's BYOB. Enjoy the entertainment in your lawn chair under a 40'x80' tent. Hungry at BAINFEST? Little Nicky's fish and chip truck is just a few feet away from the entertainment.

www.bainfest.ca

JUL. 21-29

River John Festival Days

There are many food related events throughout the week: Strawberry Tea, soup luncheon, barbeque on the beach, Warden's Tea, pie sale, and the Saturday lobster dinner. There are activities for those who like the outdoors: the Fun Run, Scrabble Walk, Crate Run, a visit to the Lismore Sheep Farm & Store, softball and bed races. The week's events are concluded on Saturday with a street parade, fireworks and adult dance.

facebook.com/riverjohn.festival.days

JUL. 28-30

Pugwash Harbourfest

Join in and celebrate with friendly people! It's a fun-packed 3-day community event that takes place at the waterfront and around our village. There are lots of fun things to do including live music, athletic competitions, interactive art events, food trucks, a beer garden, fireworks and more.

pugwashharbourfest.ca

JUL. 29 - 31

The Jubilee

Get ready for the Jubilee, an annual three-day event featuring the best in Canadian and East Coast music, bringing top musical acts to New Glasgow's outdoor amphitheatre on the river.

thejubilee.ca

AUGUST

AUG. 4-6

New Glasgow Riverfront Jubilee

3 days of great music the August long weekend, set in an open-air amphitheatre on the scenic East River in New Glasgow, Nova Scotia. Rock and the best East Coast music all jammed into one sound-tastic event.

thejubilee.ca

AUG. 7

Pictou Natal Day Celebrations

Come out and enjoy Natal Day at Broidy Park; family fun event, entertainment, face painting, BBQ, games and activities.

townofpictou.ca

AUG. 8

Pictou 150 Anniversary Celebration

Pictou celebrates a 150 years of incorporation on Natal Day with live entertainment, children's activities, food and fun!

townofpictou.ca

AUG. 17-19

Nova Scotia Summer Fest

Antigonish will be the place to be on August 17, 18 and 19, 2023 during Nova Scotia Summer Fest, a three-day event celebrating the music and culture of Nova Scotia.

novascotiasummerfest.ca

AUG. 26-28

Tatafest

An annual festival of music organized by the Grace Jollymore Joyce Arts Centre. Tatamagouche's own music festival the last weekend of every August.

gracejollymore.com

SEPTEMBER

SEPT. 12

Alma Cemetery Tour

Was your ancestor buried at Alma Cemetery? We will show you the burial location and share information about the history of the cemetery and the Alma/Greenhill area.

shiphectordescendants.com/2023

SEPT. 14

Author Reading

Authors Ann Stevens, Pam Edwards, Jackie Halsey & Margie MacKay will share stories from their books. Hope you can join us for this event, come learn more about the stories contained in these books, and the authors who brought the stories to life.

Tea, coffee, and oatcakes will be served at this event the morning of September 14, 2023.

shiphectordescendants.com/2023

SEPT. 14 - 17

Hector Regatta & Bluenose II Visit

The Bluenose II will be sailing into Pictou Harbour to celebrate the Ship Hector 250 year anniversary. Come aboard for a visit and maybe even a sail! The harbour will also be filled with sail boats from around the region as they participate in a weekend-long Regatta.

shiphector.ca

SEPT. 15

Ship Hector Tours

Unveiling and first opportunity to see the restoration progress on the Hector. Step aboard the ship, on blocks in the yard, and experience the below deck atmosphere and walk along the newly finished upper decks. Members of the Restoration team will be on hand to explain the process of the restoration. The relaunch of the Hector is planned for 2024 when all components and propulsion systems are in place.

shiphector.ca

SEPT. 14 - 17

Hector 250 Tattoo

Don't miss this spectacular show featuring singers, dancers, pipers and fiddlers in a pageant of Celtic and Indigenous culture.

shiphector.ca


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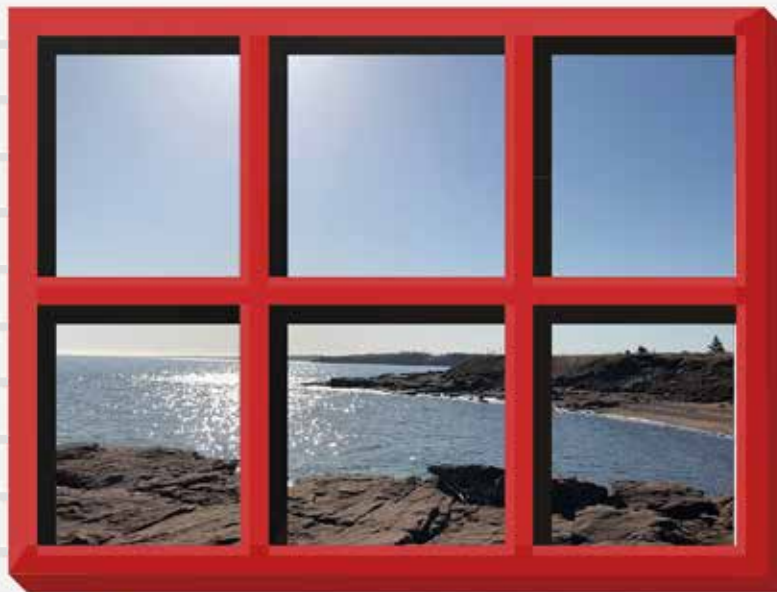
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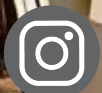
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www.wallaceriverrevival.ca

Flavour-full Findings

Let's talk about dessert!

For this issue we've found a few locations on the north shore that have some 'drool-worthy' desserts.



The Country Bread Basket

629 Brule Point Rd., Tatamagouche
902-657-0041

This bakery & coffee shop is well known to locals for their great breakfasts and wonderful baked goods. If you are eating in and order dessert you may want to try their gingerbread with butter sauce. It's so sweet and rich you might want to share it... or, maybe not. They also have an assortment of other bakery sweets available in their bakery section.



The Overstreet Cafe

2727 River John Station Rd., River John
overstreetcafe@gmail.com

So many yummy desserts are available at The Overstreet it's hard to pick just one. An assortment of homemade cookies, scones, muffins, cakes, and brownies are usually available. We suggest making several visits in order to try a bit of everything!



Sheryl's Bakery & Cafe

10480 Durham St., Pugwash
902-243-2156

If you're looking for a sweet dessert in Pugwash, Sheryl's has got you covered. There's something for everyone - pies, brownies, muffins, scones, cookies... our favourite are the molasses cookies!



DESSERT WINES

We asked our north shore Sommelier, Kellie MacMillan, for some wines she would recommend to pair with desserts and below are her top picks. Try one, or all, this summer with a great dessert!

Kellie's
#1
Pick



Pomme d'Or Ice Cider Grand Pré Wines

This golden, burnt amber cepage is made from both old and new apple varieties grown locally in the Annapolis Valley. This wine displays complex notes of baked apple, apricot and caramel, with a long, sweet finish of preserves.

Pair with Apple Crisp, Apple Pie or with a cheese plate.



Avondale Sky Newport Avondale Sky Winery

Sweet, Maréchal Foch port-style red wine blend made from 100% Nova Scotia grown grapes. This fortified red is a full bodied dessert style wine that's 19.8%.

Great to pair with chocolate or hard cheeses.



Petite Apéritif Petite Rivière Vineyards

Aroma of sweet warm baking spices, red berries, cinchona bark & bitter orange.

A bold and full bodied wine that pairs well with desserts and cheese.



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Buying Local

Promoting our local food producers.



Earlton General Store

Earlton

5556 Hwy 311

The Earlton General Store has an in-house bakery and make an assortment of breads, baked goods, preservatives, and sweet treats. A must stop on your way to or from the north shore! You can't miss their big red building on Hwy 311.



Carlson Family Farm

River John

carlsonfamilyfarm.ca

Carlson Family Farm make gluten free oatcakes inspired by traditional Scottish oatcakes and their Grammie's own recipe. They're handmade with Certified Canadian Gluten-Free Oats and contain freshly ground flax seed making them high in fibre. They even have a chocolate dipped version! Check out their website for all the buying locations.



Sweet Earth Farm

Tatamagouche

sweetearthfarm.ca

In addition to eggs and pork, Sweet Earth Farm also produces organic haskap berries. They are committed to practicing regenerative agriculture to grow nutrient-dense and delicious food, while helping to heal the earth. They want people everywhere to experience the awesome flavour and extraordinary nutrition of haskap berries, a powerful superfruit!



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the-happy-helmstead.ueniweb.com

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caldera.ca

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2623 Hwy 376
uncleleobrewery.ca

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backstagebrewing.ca

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88 College St.
candidbrewing.ca

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steinhartdistillery.com

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along the north shore that are worth
checking out.

THE FERMENTARY / MOTH + MOON FARM

Where: Tatamagouche, check Facebook for exact
location

When: Weekends

FB: mothandmoonfarm

THE FOOD TRAP - NEW THIS SPRING!

Where: 316 Hwy 6, River John @ Anchor Park
Campground

When: Spring - Fall

FB: anchorparkinc

WHAT'S FOR DINNER

Where: 1957 Hwy 6, River John

When: Spring - Fall

FB: whatsfordinnerRJ

KILN CRUST CO.

Serves: Kiln fired pizza

Where: Various locations along the north shore

When: Mostly year round

FB: kiln crust co.

BACK EAST SEAFOOD

Serves: Seafood dishes

Where: 3072 Old Hwy 104, Antigonish

When: Spring - Fall

FB: backeastseafood

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902-657-2223

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902-657-3222

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902-657-3663

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YOUR SPRING/SUMMER WINE GUIDE

KELLIE MACMILLAN

Looking for the Perfect Match?

Pairing food and wine is part science, but mostly art. It's not about understanding laws, following rules, knowing history, or even understanding geography. It's about unity. That two things are meant to be together.

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Are you ready to 'MAKE' a moment with wine and food?



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Pronounced: muss-kuh-day

Not to be confused with sweet Muscato.

This bone-dry, but completely decadent white wine is one of THE most excellent food pairing wines out there - like anywhere. If you want to 'guest - impress' at your next gathering or knock the socks off a friend or host, carry a bottle of this wine in your bag at all times!

This French wine is a great value, anywhere between \$13 - \$18 and brings to mind fun and words like GIRLS NIGHT. Think French Fries with Parm cheese and a decadent aioli.



VINHO VERDE

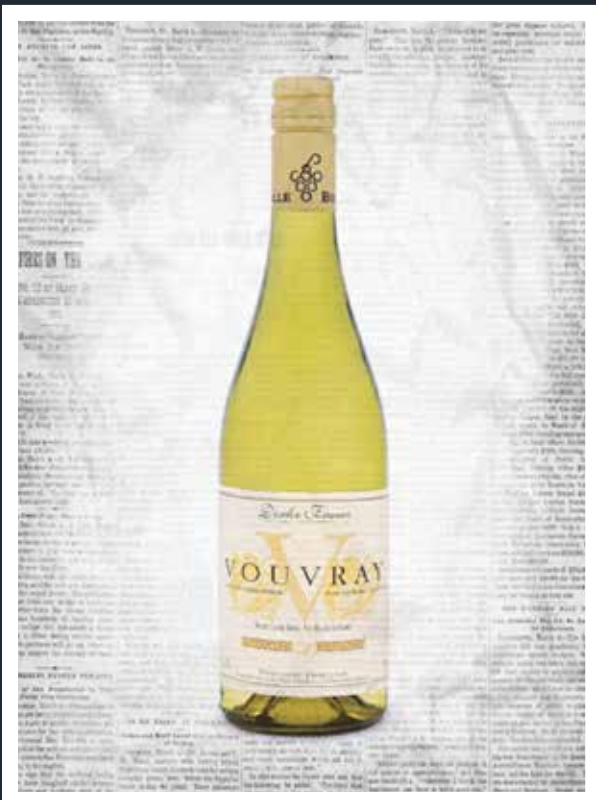
Pronounced: VEEN-yo VEHR-deh

I want you to think about your first BBQ. If there was a wine made for being outside on the patio Vinho Verde is it. It's fresh, and fun. Just like we like our friends to be.

V V is classy and a great alternative to the ever perennial BBQ fave - beer. Let's talk straight: fewer calories, no excess sugar and Zero bloat.

Let's keep it real, ya'll. Vinho Verde is cheap. As in, a mega bargain wine! It tastes great and it's so budget friendly you can buy it by the gallon (yes, that kind of cheap). Just make sure you are buying the freshest vintage!

Best of all let's dish! It goes with all things BBQ that don't have to be prepared with a cleaver. Salads, grilled potatoes, anything HONEY & LEMON, skewers and 'THE' all-time match : Fish/Shrimp Tacos.



CHENIN BLANC

Pronounced: Shen-in Blohn (not Blonk)

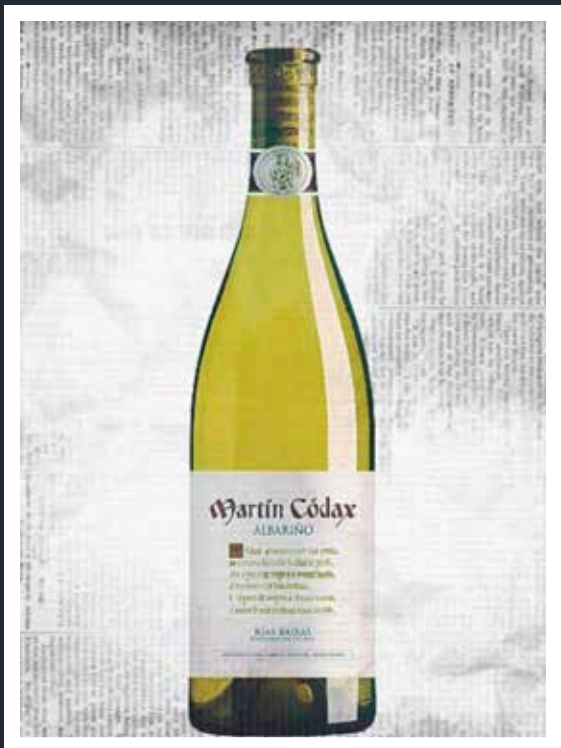
No matter what you hear others say, 'blonk' or 'blank' they just aren't correct, but like the French we don't need to point out mistakes. Just smile politely and use the right pronunciation. Don't cave to the pressure. You will thank me later.

Chenin Blanc is one of the best kept wine secrets. Those who love it, love it a lot. Those who first discover it proclaim, "Where has this wine been all my life?"

Originally from the Loire Valley where it goes by the name Vouvray (my fave, btw) it is also heavily planted in South Africa (1/3 of South Africa's grape are Chenin Blanc - aka Steen) and the U.S.

These wines are high in booziness and luxury and ring in around the \$15 range. Pair with sweet & sour anything. Or scallops or scalloped potatoes - think Gratin.

Always, always keep the sparkling version Cremant de Loire in the fridge. It's a "MAKE" it happen wine. Good any day!



ALBARINO

Pronounced: alba-reen-yo

Although not that well known this would be my desert island wine and my mouth is watering is thinking about it. I can feel the salty breeze in my hair and sand between my feet.

Albarino is a super high quality wine but very well-priced. Grown primarily in Spain & Portugal (where it's called Alvarinho). Expect to pay between \$17 - \$22 for this medium to full bodied wine. A total steal in my books.

This wine is exquisite and perfect for those who like to venture off the beaten path. While everyone else is visiting touristy destinations, you and I are out looking for Mermaids.

Speaking of Mermaids, Albarino is often referred to as the wine of the Sea because of its affinity for seafood. Mouthwatering time again with images of Crab Benedict, Lobster rolls, Tzatziki sauce.



VIOGNIER

Pronounced: VEE-own-yay

If you used to be a fan of white wine but have lost that loving feeling, then Viognier is sure to make you weak in the knees.

Viognier is a spicy, exotic number that is sure to shake things up and get you out of that wine drinking rut.

I won the Canadian Cono Sur Championship with this wine. The pairing with a duck egg tart took us all the way to the finale in Paris, France and although the one pictured right is Chilean (for only \$15) Viognier's roots are from France originally. The grapes are happiest in lots of sunshine, kind of like most of us!

My dish although competition worthy is easy, but perhaps not easy enough. My new fave pairing is Viognier and Indian take-out. Easy and exotic. Who doesn't love that?

Well, there you have it. My fresh take on Spring and Summer with brilliant, lush and exotic white wines. Scrumptious seasonal food pairings to delight. A user-friendly guide to enhance your Spring and Summer with family and friends.

Please, from now on, forget the notion that wine is lots of technical stuff and poetic descriptions. Or sitting around in rarified wine circles. It's for the everyday. By eating and drinking in every day settings you can see that there is no mystery to pairing food and wine.

This guide will help you broaden your horizons, and help you find some seasonal favourites and go-to's. Adopt a fun approach and cultivate a new relationship with white wine. Offer to be the host at the season's first BBQ, you are going to rock it!

XOXO

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Tonight
Pizza
Night!



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Fri-Sat:
11am-11pm

Sun:
4pm-9pm



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SALADS, ONION RINGS, AND
FRENCH FRIES

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WHITE WINE

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FOOD MEDICINE FOR SEASONAL SUPPORT

ASHLEY CROUSE, MOTH + MOON FARM



Spring Cleaning

During winter, the body's systems become stagnant as we bulk up on starchy root veg and other comfort foods while staying sheltered from the cold. The first greens of spring are full of detoxifying properties to wake your body up and help your lymphatic system start running properly again. As the sun gets warmer and the days get longer, we find our bodies wanting to get up and move. The main goal in the spring is to support your liver and gallbladder while they do all the work. Dandelion and burdock are both excellent allies for this. Dandelion has a cleansing supportive role of stimulating the liver to remove waste and burdock nourishes the body's natural filtration system. Dandelion is renowned for its detoxifying properties and its history as a plant medicine and liver tonic dates back to the 10th century!

Nettle is another mineral rich spring green that doesn't get enough credit as it comes with a plethora of healing benefits and deep nourishment. Our modern day mass produced foods are lacking nutrients and nettle is a powerful way to replenish them. Few plants carry the nutrient content of nettle and if you're lucky enough to have a wild space to grow this invasive plant, you'll be set for life, just watch out for that sting! It's hard to remember these rituals in our modern busy world when it was simply a matter of survival for our ancestors. In a world where everything is packaged up "ready to eat", we've come so far from what our bodies should be consuming on a daily basis to nourish and support their functions. It's important they become rituals in our lives again. It's really as simple as consuming whole local seasonal foods and foraged wild foods as much as possible. This pesto is a prime example of a versatile food medicine that can be consumed every day on eggs, pasta or whatever your heart desires!

Wild + Bitter Spring Pesto

1 ½ cup fresh arugula (or other leafy green)
1 cup fresh dandelion
½ cup dried nettle
½ cup seeds or nuts
¾ cup Olive Oil
3 garlic cloves
¼ tsp salt

Put the fresh and dried greens in the food processor with garlic and oil. Blend until smooth. Add nuts and salt and blend until everything is completely blended. Put into a clean jar and store for up to a week in the fridge.

Summer Chaos

In the summer things tend to get hot and chaotic. Our bodies experience burnout much quicker than in the cooler months. We get less rest and have more exposure to the elements as the days get longer and we spend them soaking up the sun. There's also the stress of the go go go season, and here in Nova Scotia the summer is the most active time for us. The over-exhaustion the sun creates is damaging to our systems and bringing in herbal allies is an easy way to support our bodies' needs during this time. Adaptogens like tulsi and chamomile help our nervous system endure the stress, while cooling herbs like lemon balm and yarrow keep our temps regulated in the blistering heat. These herbs are also gentle enough for kids and can help them find comfort on those hot summer nights.

Herbs like yarrow and rose are wildly abundant in the summer, whether foraging or cultivating them in your garden. Yarrow is cooling and promotes perspiration to help cool the body down. Lemon balm grows almost anywhere you plant it, and is a nervine with gentle sedative qualities to "calm your nerves" in the heat. Tulsi, also known as Holy Basil, has been celebrated in Ayurvedic medicine for its incredible adaptogenic qualities that help the body regulate stress, and it also helps provide mental clarity. Stress can be so damaging to our bodies natural state and summer medicine like this can support our system if consumed on a regular basis. Once again, food medicine makes this easy AND delicious!

Flower Garden Lemon Aid (1 gallon)

1 cup chopped fresh lemon balm
½ cup dried hibiscus
½ cup dried or fresh chamomile
½ cup dried or fresh yarrow flower
½ cup dried or fresh rose petals
½ cup dried or fresh tulsi
4 quarts water
Honey to taste

Bring 1 quart of water to boil. Remove from heat, add the herbs, and allow to steep while covered for 10 min. Add the honey while it's still warm and stir to combine. Strain plant material and add remaining cool water. Store in the fridge for up to two days. Serve cold over ice.



The Art Gallery as Destination

Visual Art as a Roadmap to Beauty

MARSHALL FEIT



Throughout the year, I visit dozens of galleries across Atlantic Canada. Some of these I visit again to see work that inspired me. Others, I visit for the first time after noting a new exhibit that's caught my eye. I'm not particularly educated on visual art, but I've always been thrilled by being in its presence. Like a concert I've anticipated for months, spending a couple hours in a gallery leaves me inspired. It fends off the dread that too frequently exists in the everyday life of the modern person.

From massive urban galleries like the Art Gallery of Nova Scotia to the equally vital rural galleries like The Fraser in Tatamagouche, art galleries scatter our province like pubs do a main street. It's not a risk to say that no matter the community you visit in north shore Nova Scotia, there will be a visual art space nearby. Any time you drive a provincial highway like the Sunrise Trail, you'll see handmade signs pointing down dirt roads to artist galleries advertising ceramics, rugs, and more.

Sometimes, we tell ourselves these spaces are for a specific community. For those of us within the art world or who've graduated from a fine art college and can discuss on demand the importance of technique in the Mona Lisa. And nothing could be further from the truth. Visual art, at its core, is a depiction of our region, of our culture, of our moment in time.

Most predominantly, I think of Maud Lewis. Lewis's work continues to find its place in fine art galleries and auctions. Her cabin lives in the heart of the Art Gallery of Nova Scotia. Yet, to engage with Lewis's work is to see the most rudimentary parts of our identity: homesteads, winter, cats, coastlines, and boats. Lewis's work is so beloved because it reflects back something about who we are. Maud again makes beautiful the everyday life we sometimes begin to overlook.

There's also the story of Nova Scotia lantz clay. If you've seen a red brick in Nova Scotia, you've seen lantz, probably. If you've held an earthenware mug, you're probably holding

the same substance. The value of lantz as a creative material was seen by great Nova Scotia potters like Ernst and Alma Lorenzen who moved to Lantz, NS in the 1950s or Homer Lord who established a relationship between lantz producer L.E. Shaw Ltd. and NSCAD where he worked.

And then there was Walter Ostrom. Inspired by the brown earthenware being produced from lantz, Ostrom elevated what the humble Nova Scotia clay was capable of. Adding colour, sophisticated technique, and a limitless view of the material, Ostrom became Canada's foremost ceramic artist. If there's any question to his status, you can look to his work or his 2007 investment into the Order of Canada.

What was once the material of bricks, through Ostrom's work, became the material of some of Canada's finest artwork. Ostrom didn't underestimate the utility or beauty of lantz, but instead committed a large portion of his life to seeing its potential. You can see the inspiration of Ostrom's work alive today in the work of great Nova Scotian artists like Judy Gordon or Louise Pentz.

And this is what regional art does for its viewers. We see our lives, our communities, our meaning reflected back in visual art. It reminds us of the beauty we may have forgotten as we age and grow through time's repetition. Taking the time to visit that gallery, pointed to by that handmade sign at the edge of a dirt road, gives us a moment to reflect ourselves back into our most base desire: to feel beauty and belonging.

So, this year, as we travel provincial highways and scout out the province for adventure, take the time to visit that small studio gallery. In the rush to your next destination, give a moment to take in what our North Shore community means, to relish in the beauty that surrounds our coastal end of the world. Walter Ostrom didn't just give us beautiful ceramics, but a new method of seeing. So as your life and travels become lantz, take time to see their beauty. A gallery will help.

North Shore

Galleries

ART2SEA GALLERY

Pictou

facebook.com/art2sea

Discover unique Nova Scotia art at our historic Pictou gallery, showcasing the work of local artists.

BASIC SPIRIT PEWTER GALLERY

Pugwash

basicspirit.com

While visiting the north shore of Nova Scotia, stop by our retail gallery which features all of our Basic Spirit pewter products.

BLUE HERON GALLERY

Lorneville

blueherongallery.ca

Owned by artist Faye Webb Pike. Faye is a contemporary multi-media 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.

PUGWASH OPEN AIR GALLERY

Pugwash

An accessible outdoor art gallery, comprised of reproductions of artwork by local contemporary artists on the exterior walls of buildings in the village.

SARA BONNYMAN POTTERY

Tatamagouche

sarabonnymanpottery.com

Beautiful and functional handmade stoneware pottery.

THE FRASER

Tatamagouche

thefraser.org

The Fraser celebrates and promotes visual arts and craft on the Northumberland Shore of Nova Scotia through events, gallery exhibits, and workshops.

THE HORTON GALLERY

Pugwash

fredhortonphotography.com

Gallery in a century-old Victorian home in a seaside village; features an extensive collection of fine art photography by Fred Horton, depicting the beauty and diversity of the Maritime provinces. Also paintings, pottery, glass, jewelery, journals and cards, all created by local artisans.

THE RIVER GALLERY ON WATER STREET

Pictou

vivianellariviere.com/The-River-Gallery-on-Water-Street

Wild, mad, bold art. Where imagination meets the human condition. An irresistible experience and so much more!

THE ICE HOUSE

Tatamagouche

theicehousegallery.com

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 11 months of the year.

North Shore

Museums

ANTIGONISH HERITAGE MUSEUM

Antigonish

antigonishheritage.org/antigonish-heritage-museum

Housed in the former Inter Colonial Railway station, built in 1908, the museum features exhibits depicting and promoting the cultural heritage of Antigonish town and county.

A WALK THROUGH TIME MUSEUM

Scotsburn

sanctuarymovie.org

Displays include an old time general store, library, large selection of buggies and sleighs, old kitchen, dining room, bedroom, parlour, tool room, farm equipment and so much more. 10,000 square feet of artifacts and displays.

HECTOR HERITAGE QUAY

Pictou

shiphector.ca

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

MALAGASH HERITAGE MUSEUM

Malagash

malagashmuseum.ca

Dedicated to preserving the history and culture of the Malagash area, primarily the Malagash Salt Mine, the first rock salt mine in the former British Empire.

blue heron



gallery

OPEN HOUSE

3rd Saturday of July
1-4pm

Open Year Round
by appointment or by
chance.

Owner and resident artist, **Faye Webb Pike**, was born in Amherst, NS. She attended Massachusetts College of Fine Art, Boston and is a long-time member of the Sackville Art Association, Sackville, NB.

Faye is a contemporary multi-media artist who paints most subjects in pastel, acrylics, oils, ink, watercolours, and mixed medium. All pieces framed or mounted are original with matted prints and greeting cards available. Commissions welcomed.

On Mondays and Thursdays classes are available.

The **Blue Heron Gallery** hosts an annual **Open House** the 3rd Saturday in July, 1-4pm, where one can meet and greet, enjoy, encourage, and also purchase works of our newest Rembrandts. Also, in October, we are participants in the annual **Art Across The Marsh Studio Tour**.

The idyllic, ocean-side atmosphere offers not only the creativity of the artist's handiwork but provides a beautiful setting on the Northumberland Strait with a view of New Brunswick and Prince Edward Island and is only 35 minutes from the Confederation Bridge.

"Creativity should not be viewed just by sight – but also – with insight."

11 Beaton's Bluff Br., Route 366, Lorneville, NS
902-661-1089 | popikenan@gmail.com
www.blueherongallery.ca



In the heart of the picturesque village of Scotsburn you can take "a walk through time" to explore how our ancestors lived and worked. A collection of antiques and artifacts we've acquired over the last 30+ years.

4119 Scotsburn Rd., Hwy 256
Scotsburn, Nova Scotia
902-485-4586

Open 10am - 5pm daily, June - September

Malagash HERITAGE MUSEUM

Opening June 21, 2023


Tuesday – Saturday
11am – 4pm

1926 North Shore Road
Malagash Mines

902-257-2407

malagash.heritage.association@gmail.com

www.malagashmuseum.ca

 Malagash Heritage Museum





ARTIST SPOTLIGHT



Rubens Irons and Raina MacDonald of R&R Handmade

North Shore of Nova Scotia

Maritimer Ruben Irons met Vancouver Islander Raina MacDonald when they signed on for the adventure of a lifetime as deckhands on a tall ship bound for Antarctica. When they returned to Canada, the two artists found their home in rural North Shore Nova Scotia, a place which nurtured their passionate spirits and desire for a meaningful life. They thrive on their beautiful property tucked into the woods, inspired by the rhythms of nature and their two wild and free daughters. They flow between parenting, homesteading and creating in their studio and forge.

Raina and Ruben create what they call “heirloom pieces made with heart” - unique home objects from iron, elegant in design and function. Each piece is made without jigs or templates, fashioned by heat and manual strength to create an exceptional hand crafted work of art. Hammer marks on the metal speak of the ancient craft of blacksmithing while lilting curves and elegant proportion proclaim the remarkable talent of these creative minds.

Ruben is the blacksmith behind all the hammering of hot steel. With over 20 years of experience and a passion for forging, he’s really good at it. His work is physically demanding, and his process is loud and dirty: he wouldn’t have it any other way.

Raina is a highly talented artist/printmaker who works with Ruben to fine tune and create new designs in iron. In her studio across the driveway from the blacksmith shop, she also finds time to offer yoga and meditation instruction as well as looking after the photography and the management of their business.

Like many others, Ruben and Raina have discovered that the North Shore is a haven for artists wanting a life realized on their own terms. All of these local artists, whether from here or from away, use their hands and hearts to enrich our lives. The Fraser is proud to support them. Visit the Gallery in Tatamagouche to see the remarkable things these creative, passionate people make!

The Artist Spotlight was sponsored by:



Support Nova Scotian artists

Visit The Fraser

We host exhibitions, workshops, events and our Gallery Shop

362 Main St., Tatamagouche

info@thefraser.org | www.thefraser.org

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Museums cont'd

MARGARET FAWCETT NORRIE HERITAGE CENTRE

Tatamagouche
creamersquare.ca

An award winning museum that will interest visitors of all ages and is the home of the North Shore Archives.

MCCULLOCH HOUSE MUSEUM & GENEALOGY CENTRE

Pictou
mccullochcentre.ca

Hosts a broad range of temporary exhibits focusing on local history and culture during the summer months. It is also the location of the archival facility and research centre.

MUSEUM OF INDUSTRY

Stellarton
museumofindustry.novascotia.ca

One of Canada's few comprehensive industrial museums. Here you will find technology, steam engines and locomotives, cars and coal mining. Children will love the hands-on fun, the trains, and the demos.

NORTHUMBERLAND FISHERIES MUSEUM & HERITAGE ASSOCIATION

Pictou
northumberlandfisheriesmuseum.ca

The Northumberland Fisheries Museum pays tribute to the rich history of the fishing industry of the Northumberland Strait.

RIVER JOHN AND AREA HERITAGE MUSEUM

River John
Hwy 6, River John

Learn about the history of River John & area.

SUTHERLAND STEAM MILL MUSEUM

Denmark
sutherlandsteammill.novascotia.ca

Learn about innovative wood products that were made here; everything you needed to build and beautify your home. Including wooden bathtubs!

THINKERS LODGE NATIONAL HISTORIC SITE

Pugwash
thinkerslodge.org

The Pugwash Conferences of Science and World Affairs got their start here in 1957 when Cyrus Eaton hosted 22 scientists from both sides of the Iron Curtain to discuss the threat of Nuclear Weapons.

WALLACE AND AREA MUSEUM

Wallace
wallacemuseum.ca

We aim to enrich the understanding of history, heritage, and culture in Wallace and surrounding areas.



Worth the Visit!

The Village of

Tatamagouche

"Meeting of the Waters"

villageoftatamagouche.com



Interesting facts about Pictou:



Before any settlers, the Mi'kmaq had lived in the area of Pictou for hundreds, or possibly, thousands of years. They called the area *Pictook* meaning exploding gas which was probably due to the coalfields in the area.



By 1799 more settlers were arriving from Scotland, a jail was erected, and the first school opened. Another wharf was built and the largest ship built in the province to-date, was launched.



In September of 1773 Ship Hector, the first immigrant ship to sail directly from Scotland to Canada, arrived. Brown's Point is the exact spot where the ship landed.



John Patterson was the founder of Pictou Town. His home (now gone) was at the top of Deacon's Hill. It was the first frame house built in Pictou.



In 1787 the first church was built in Loch Broom by the Presbyterians, just outside of Pictou. By 1788 the first wharf was built, as well as the first vessel.



In 1815, Dr. Thomas McCulloch founded Pictou Academy. The students were taught a curriculum equal to that of any university. Studies in divinity were also offered. This was the first school in Nova Scotia where any student could attend, regardless of their religion.

Visit www.pictou2023.com to see a complete list of all the events planned for 2023.

April 30
Pictou's Birthday!

May 15 - Oct 15
McCulloch Centre 2023 Exhibit

This spring, summer and fall, the McCulloch Centre and Genealogy Centre will feature a special exhibit showcasing three anniversaries.

- The landing of the Ship Hector's 250 Anniversary
- The Town of Pictou's 150th anniversary
- The McCulloch Centre's 50th anniversary

July 7 - 9
Pictou Lobster Carnival

Started in 1934, the Pictou Lobster Carnival has become a Signature Event in Nova Scotia. This 3-day festival celebrates the end of the lobster fishing in the area and is rich in Maritime culture and music. The event features musical entertainment at the main stage, beer garden, Mardi Gras parade, children's parade, antique car show, derby races, lobster boat races, mid-way rides, lobster dinners, fireworks and many other activities. The whole Town is going to be buzzing with excitement! Feel it, Live it, Rock it!

Aug 8
Pictou 150 Anniversary Celebration

Pictou celebrates a 150 years of incorporation on Natal Day with live entertainment, children's activities, food and fun!

Sept 12
Alma Cemetery Tour

Was your ancestor buried at Alma Cemetery? We will show you the burial location and share information about the history of the cemetery and the Alma/Greenhill area.

Sept 14 - 17
Hector Regatta & Bluenose II Visit

The Bluenose II will be sailing into Pictou Harbour to celebrate the Ship Hector 250 year anniversary. Come aboard for a visit and maybe even a sail! The harbour will also be filled with sail boats from around the region as they participate in a weekend-long Regatta.

Sept 15
Ship Hector Tours

Unveiling and first opportunity to see the restoration progress on the Hector. Step aboard the ship, on blocks in the yard, and experience the below deck atmosphere and walk along the newly finished upper decks. Members of the Restoration team will be on hand to explain the process of the restoration. The relaunch of the Hector is planned for 2024 when all components and propulsion systems are in place.

Sept 16
Hector Ceilidh

Three hours of Scottish and indigenous entertainment.

Sept 17
Hector 250 Tattoo

Don't miss this spectacular show featuring singers, dancers, pipers and fiddlers in a pageant of Celtic and Indigenous culture.

The Town of Pictou is celebrating two significant anniversaries in 2023: 150 years since the incorporation of the town on April 30, 1873, and 250 years of the historic arrival of the Ship Hector from Scotland on September 15, 1773. Festivities will be ongoing throughout 2023 recognizing our community's strong heritage connections and relationships with the Mi'kmaq and Scots. Celebrations will pay tribute to the efforts emigrants made that have provided the growth and development of cultural, political, educational, and industrial contributions that have chartered our course to the present day. We invite you to come and join in the celebration!



There was a public pillory at the foot of Market Square in which, it has been claimed, a man was confined for three hours for kissing his wife on a Sunday. Today, a replica of the pillory stands at the foot of Hector Square.



Before the town of Pictou received its modern name, it was known at different times as Coleraine, Alexandria, Donegal, Teignmouth, Southhampton, Wamsley, New Edinburgh and New Paisley.



The first newspaper in the province outside Halifax was "The Colonial Patriot". Originally the "Pictou Patriot", the first issue was printed in Pictou on December 7th, 1827.



Chloroform was produced for the first time in North America right here in Pictou in 1848. It was produced by J.D.B. Fraser, in the building that is now 37 Water Street.



Pictou 2023

A history shared.
A future together.

250 years ago

the *Ship Hector* landed on these shores.

150 years ago

the Town of Pictou was formed.


Join us as we mark these pages in history with
OVER 100 cultural events throughout 2023.



Visit

pictou2023.com

for a full event calendar.



**Telling the Story of the Scots
in the New World**

The McCulloch Genealogy Centre hosts a broad range of temporary exhibits focusing on local history and culture during the summer months. It is also the location of the archival facility and research centre.

86 & 100 Haliburton Road, Pictou
902-485-4563
www.mccullochcentre.ca

Arts & Craft Market

- handmade decor
- wood products
- knitted items
- baked goods
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- flowers
- rugs
- artwork
- toys
- jewelery
- and so much more!

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yellow building across
from the wharf!**

Open Every Weekend Jul., Aug., & Sept.
Saturday, Sunday, & long weekend Mondays!
9:30am to 4pm

66 Caladh Ave.
Pictou Waterfront
pictouharbourviewmarket.com

The Show Goes On!

Join us *On the Road* this spring AND on the Pictou Waterfront this summer for *Festival of Summer Sounds*

A'Court, Spiegel and Vinnick

An International Roots 'N' Blues Kitchen Party

Wednesday, April 26 | 7:30 PM

\$38 | \$35 Members + taxes & fees

Charlie A'Court, Lloyd Spiegel and Suzie Vinnick



Pictou Legion

MADISONVIOLET

Friday, April 28 | 7:30 PM

\$28 | \$25 Members + taxes & fees



Merigomish Schoolhouse Community Centre

Elton John Tribute

Saturday, May 6 | 7:30 PM

\$33.52 + taxes & fees

"This Is Elton" The world-class tribute to Sir Elton John!



Pictou County Wellness Centre

Myles Goodwyn

Just Between You & Me

Thursday, May 11

7:30 PM

\$38 | \$35 Members + taxes and fees



Pictou Legion

THE STANFIELDS

Saturday, May 20 | 7:30 PM

\$36 | \$33 Members + taxes & fees



Glasgow Square

Ed Sheeran Tribute

Friday, June 9 | 7:30 PM

\$33.52 + taxes & fees



Pictou County Wellness Centre



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

Box Office Location: 25B Front St., Pictou, NS
Monday to Friday 10:00 am to 4:00 pm

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YOUR NEXT NOVA SCOTIA ADVENTURE.

TOUR THE NORTHUMBERLAND STRAIT

Unforgettable experiences aboard authentic Nova Scotia lobster fishing boats - with salt of the sea fishermen as your guides.


Specializing in small group tours, making your experience your very own. Our captains take pride in their vessels and can't wait to show you a part of the world few get to explore.




Discover
— the Strait —

www.discoverthestrat.com

 **EXPLORE** scenic coastlines and the warmest ocean waters north of the Carolines.

 **LEARN** about lobstering, the Strait, local culture, and how to Mackerel fish.

 **SHARE** coastal sunsets, sandy beaches, local fare, and new adventures.

Discover the Strait



If you're looking for a truly unique experience this summer, this is it!

At the end of the fishing season this June, some North Shore lobster boats will transform into passenger vessels to offer new marine-based recreation and cultural experiences on the Northumberland Strait. The experiences are being offered through a new initiative called Discover the Strait, which brings local fishermen together on one platform to offer truly unforgettable and authentic Nova Scotia visitor experiences.

Specializing in small group tours so you can make your experience your own, Discover The Strait offerings include:

- Two hour '*SightSEAing Tours*' and '*Sunset Tours*'.
- Three hour '*Sea & Sand Tours*' where visitors cruise to a secluded sandy beach.
- Three hour '*Learn to Lobster Tours*' that include pulling a trap from the ocean floor and dining on traditional lobster rolls.
- All tours provide an opportunity to swim in the Strait's warm waters, use onboard water toys, and fish for Mackerel or Striped Bass.
- For real adventurers, there's the '*Fisherman For A Day Experience*' where passengers spend the day on a working fishing boat during lobster season.
- Private charters can be customized for team building, conference groups, retirements, birthdays, anniversaries, wedding celebrations, and more.
- For larger parties, they'll even create a flotilla experience with multiple boats!

Tours will leave from traditional fishing wharfs along the North Shore and take place aboard spacious 45 foot Northumberland Strait style fishing boats. Safety of passengers is top priority. All the captains and their vessels are compliant with Transport Canada's Small Passenger Vessel program and display a Blue Decal



on their vessels indicating their participation in the program. This means that each vessel and its machinery and equipment comply with regulations and procedures are in place for safe operation and emergencies. All crew receive safety training and passengers receive a safety briefing before the tour begins.

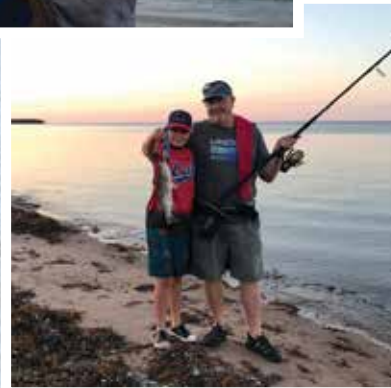
Discover The Strait has been in the works for two years and has received support from the Tourism Industry Association of Nova Scotia (TIANS) and ACOA. "TIANS has worked very closely with us to help inform and inspire fishermen interested in utilizing their fishing boats and expertise for marine visitor experiences during the fishing off-season," says Linda Townsend, creator of **Discover The Strait**. "We are all very excited to see this project get off the ground and contribute to visitor experiences on the North Shore."

Discover The Strait tours will be available starting July 2023 once lobster fishing season wraps up on the Northumberland Strait. Check out their website at discoverthestrat.com for more information and to book your tour!



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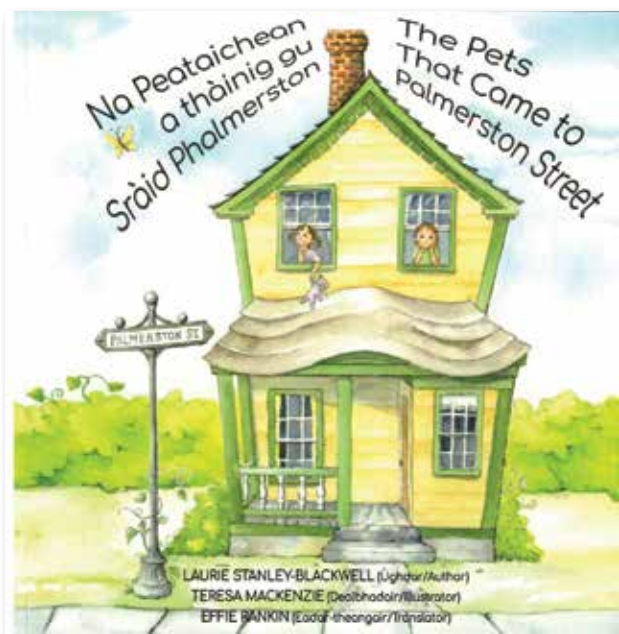
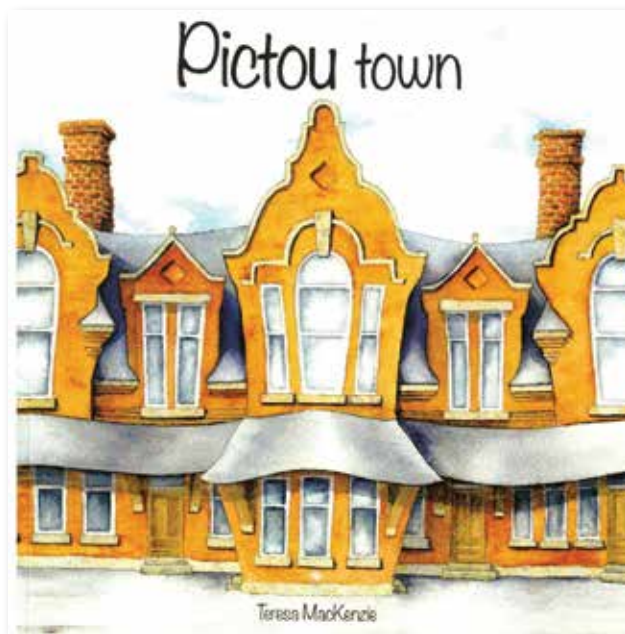
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An aerial photograph showing a lush green landscape with rows of vineyards. In the background, a blue body of water (the ocean) stretches to the horizon under a clear sky. The word "Malagash" is written in a large, white, cursive font across the middle of the image, with "Nova Scotia" in a smaller, white, sans-serif font below it.

Malagash

Nova Scotia

The community of Malagash, along the beautiful Northumberland Shore, was a booming place back in the day. There were 5 schools, a pool hall, cheese factory, lobster factories, several churches, a gas station, grocery stores and British North America's first underground salt mine.

The Malagash Salt Mine was discovered in 1912 by a local resident that was drilling for water and by 1918 the Mine was opened. The mine operated for 46 years, and was the community's main employer and the driving force behind the growth of the community. Due to operational challenges, safety and transportation issues, the mine closed in 1956. Another salt deposit was located in Pugwash and opened in 1959.

The Malagash Area Heritage Association was formed 30 years ago to collect and preserve artifacts of the area. The association has worked tirelessly to collect artifacts that pertain to the Salt Mine as well as the entire community. Pandemic challenges put a stop to many community groups, but they are working very hard to recover from a couple of stressful years. Their focus now is to rebuild what they had.

The inside of the museum is being updated with new lighting, painting and displays. Work is being done to restore the outdoor stage building so that it will be available to use for events, festivals, parties, weddings, etc. Their work and commitment to preserving their heritage continues so that they have a renewed destination spot to visit and gather in their community.

The Association is currently working on details of events planned for this season. Follow their Facebook page 'Malagash Heritage Museum' for updates. Also check out their website at www.malagashmuseum.ca

The Malagash Area Heritage Association is always looking for new members or if you would prefer to not attend meetings but to volunteer with fundraisers or other events that are going on, they would love to hear from you. You can contact them at malagash.heritage.association@gmail.com.

Photo Credit: Tourism Nova Scotia, Malagash, Northumberland Shore, Jost Vineyards. Photographer: @daveyandsky

Makers Market

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

photo credit: Natural Ewe Yarns



Natural Ewe Yarns

Pictou

www.naturalewe.ca

At Natural Ewe Yarns natural fibres meet natural dyes. We work exclusively with botanical ingredients and earth-friendly wool, to offer you stunning and sustainable options. Let the colours created by nature inspire your next project!



Wallace River Revival

Wallace

www.wallaceriverrevival.ca

Furniture and lighting made by the owner. We take old pieces and give them new life by turning them into furniture that fits today's lifestyle. We also carry an assortment of home decor items, soaps, journals, jams, and various vintage and antique pieces.



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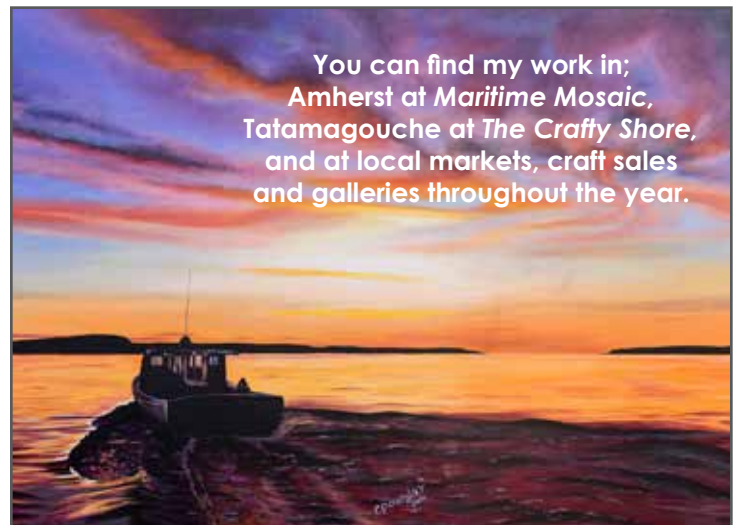
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Lighting The Way

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Having a well-lit kitchen is an absolute necessity. The kitchen is the heart of every home - a social space, the food prepping and cooking hub, as well as a display space for décor. The correct lighting lets you show off your space, adds to the comfort of spending time in your kitchen and makes it much safer when you're slicing, dicing, and cooking.

The three main functions of lighting to take into consideration when planning your kitchen space are ambient lighting, task lighting, and accent lighting. Each of these plays a specific role in making sure your kitchen is equipped with the perfect lighting for whatever you're doing.

Ambient lighting fills the majority of your space, by way of pot lights, ceiling fixtures, or pendants to name a few, ensuring that the major features of your kitchen are easily visible. A general rule-of-thumb for ambient lighting is for lights to be around 3500-4000K.

Task lighting illuminates specific work areas, such as your countertop space, prepping and cooking areas, island tops, and even inside cabinets. These generally come in the form of recessed puck lights, surface-mounted puck lights or tape lights and generally range from 3500-5000K.

Accent lighting exists for decoration and lighting up those spaces you want to show off in your kitchen. Recessed or surface-mounted puck or tape lights inside your glass door



cabinets, at the back of floating shelves to give back-lighting, or angled directly at a feature are all examples of accent lighting and generally ranges between 2700-3000K.

In today's age, kitchens typically have limited natural light so it's important to take into consideration how the type, placement and role of each light plays in a well-lit, functional kitchen.

At Cripps & Sons Woodworking we sell lights for all your kitchen needs. Recessed or surface-mounted, for every function, in a wide-range of shapes and intensities. All our cabinet lighting solutions can be paired with dimmable and Smart Wifi systems for maximum control. We also sell interior and exterior high quality light fixtures for every location in your house.



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Enjoy a Day in Antigonish

DENISE DAVIES

Antigonish is an attractive small town in North Eastern Nova Scotia with lots to offer for a day or more. These selections are all on Main Street with more to offer on James Street and the Market Square.



BREAKFAST

Have a leisurely breakfast at Main Street Café at the East end of Main Street. Or if you are camping at Whidden's Campground enjoy breakfast at the Tall and Small Café.



MORNING

Head to the East end of town and enjoy a walk or bike along Antigonish Landing (4K return). The trail follows the estuary with views of water birds, flowers and trees with changing views around every corner. The trail starts near Granny's Antiques worth a stop and the Antigonish Heritage Museum in the old train station. If the trail is wet another lovely set of trails is at Bethany just beyond the hospital. In summer the children's playground and splash pad and a walking / running track at Columbus Field which hosts the Antigonish Highland Games in July and the Summer Fest event in August.



LUNCH

There are lots of choices for restaurants in Antigonish. Take a seat at The Brownstone patio and people watch while you eat. For a down-home diner experience, across the street is the Myers Tea Room (cash only). If food trucks are more your style try the "Grape Leaves" for Syrian food or the Asian Food Truck both behind the Old Post Office and Shoppers Drugs. Eat your lunch in the nearby Chisholm Park.



AFTERNOON

Depending on your interests there are several options for the afternoon.

Shopping on Main Street ranges from cute boutiques and gift shops to thrift shops and a general store. The Plum Tree for fashionable attire and gifts, Posh Peppermint for tasteful home and gift items, Cameron's Jewelry the home of the St FX "X" ring. Happenstance features Nova Scotia items and books, Celtic gifts and clothing. For all your needs try the Antigonish 5 Cents to \$1. Drop in to the new Peace by Chocolate for your sweet tooth and a great selection of custom gift chocolate bars. The Curious Cat Bookstore has a great selection of new and used books and enjoy a cup of tea.

Antigonish is known as a hub of the Arts – The People's Place Library displays art work throughout the building and the Bistro area has a monthly changing art exhibition. The Red Sky Gallery is a welcoming space featuring regional artists with paintings, jewelry and pottery. Check for special events. The Down To

Earth Gallery features well known artist Franklin Wright, Kate Georgallas, Alan Syliboy and more. Head up to the St FX campus to the art gallery in the modern Mulroney Hall for their latest exhibition. Stop in next door at St. Ninian's Cathedral to admire the restoration of the wall murals painted by Ozias Leduc in 1902. These are considered to be a national treasure.



DINNER

Many choices for dinner include The Main Street Café and patio, The Brownstone, The Townhouse, Little Christos, Gabrielle's Bistro and more.



EVENING

Check out the calendar (www.coastalnovascotia.ca/calendar) for what's on. There may be a play at the Bauer Theatre, classical music at Immaculata Hall, Ceilidh music at Candid Brewery or The Townhouse, or an entertainer at Piper's Pub.



Main Street from Chisolm Park



The Brownstone Restaurant



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Waughs River Gardens

Tatamagouche

www.novakraut.com

Amanda and Christopher purchased a small farm 12 years ago on the north shore of Nova Scotia and after being introduced to fermented vegetables by a friend they soon began to grow their own produce to create Nova Kraut, a naturally fermented sauerkraut hand cut in small batches. With four signature flavours Nova Kraut is sold at the Tatamagouche Farmer's Market and in stores across Nova Scotia.

Nova Kraut starts as a mixture of fresh, 100% spray free, organic Nova Scotian veggies. The veggies are sliced thinly with a hand crank slicer, mixed with organic sea salt and packed into a fermentation bucket. Healthy bacteria begin to populate this mixture and break down the carbohydrates in the vegetables. When the vegetables have fermented long enough they are packed into jars and refrigerated. This fermentation process has been used for centuries as a way to preserve food and is becoming increasingly popular as people become more aware of how good fermented foods are for your gut and overall health.


Check out Waughs River Gardens website to find out where you can purchase some of their delicious and healthy kraut!



Beaches

on the Northumberland Shore





Check out some of the warmest ocean beaches right here on the Northumberland Shore!

The water here can reach up to 22°C (72°F) during the summer months! Pack your swimsuit, snacks, sunblock and sand toys and head to the nearest sandy beach along this shoreline.

Bayfield Beach Provincial Park, Bayfield

151 Bayfield Beach Road, Bayfield

A sand and cobble beach located near Antigonish on St. George's Bay with supervised swimming in July and August. Change houses, vault toilets and picnic areas on-site.

Blue Sea Beach Provincial Park, Malagash Point

651 Blue Sea Rd, Malagash

Enjoy a wide, sandy beach and dunes, great for birdwatching. Featuring change houses, small picnic area and boardwalk.

Heather Beach Provincial Park, Port Howe

700 Heather Beach Road, Port Howe

A popular warm-water beaching spot with locals and visitors, alike. Supervised during July and August, with change houses, vault toilets and small parking lot onsite.

Melmerby Beach Provincial Park, Melmerby Beach

6280-6380 Little Harbour Road, Melmerby Beach

A popular 2km (1.25 mile) wide sandy beach. Supervised during July and August with boardwalk to beach, change houses, flush toilets, salt-rinse showers, picnic tables, boat launch and abundant parking available.

Northport Beach Provincial Park, Northport

7722 Highway 366, Northport

Access the red sandy beach by descending a staircase. Wade in the warm water tidal pools when the tide is out. Picnic facilities on site.

Pomquet Beach Provincial Park, Monks Head

432 Pomquet Beach Road, Monks Head

Located near the Acadian village of Pomquet, this beach is wheelchair accessible by using the recently installed Mobi Mat®. The park also features boardwalks, interpretive panels, change house, flush toilets, as well as the use of the on-site Mobi water chairs for water access.

Rushtons Beach Provincial Park, Marshville

723 Highway 6, Marshville

At Rushtons Beach a boardwalk takes you to the shoreline across a salt marsh which attracts several species of birds. Enjoy wide sandbars at low tide and sheltered picnic area.

Waterside Beach Provincial Park, Waterside

649 R. Grant Road, Waterside

This rarely-crowded piece of beach features a long sandy beach, warm waters, saltmarsh and farmland. Boardwalk, change houses and vault toilet are on-site.

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Culture & Heritage Central

A rich past and a breathtaking present, Central Nova Scotia's heritage unites proud First Peoples' cultures, retraces the steps of early settlers from Acadian, Montbeliard, Planters and Scottish, offers World Heritage Sites, the thrill of urban nightlife, and the majesty of rural wilderness.



Family Central

There's no better place than Central Nova Scotia for a fun-filled day of family experiences. From playgrounds and parks to animals and beaches, we've got you covered!



Nature Central

With no shortage of breath-taking views and beautiful landscape, Central Nova Scotia offers an enticing variety of nature experiences. Coastline views along the Bay of Fundy, rolling green fields and farmland, acres of forest and hiking trails in Victoria Park and beyond!



Taste Central

Sip, savour and sample the flavours of Central Nova Scotia, all while connecting with the people who create unique culinary delights from exclusive gourmet or traditional Maritime fare to one-of-a-kind beer, wine and spirits.





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Toxic Metals | Cleanse a Little, Build a Little

Did you know people like us who live in industrialized parts of the world pick up toxic amounts of metallic elements from the air, water and food supplies? The most common are lead, arsenic, cadmium, aluminum, mercury(also absorbed from silver-amalgam dental fillings) and others. These toxins can remain in the body an entire life-time, wreaking havoc with all metabolic systems until removed. The primary organs involved with metabolism include the gut, liver, adipose tissue(body fat), pancreas, kidneys and muscles. Normal functioning systems provide the body with the appropriate amount of energy it needs. How are you and your body feeling?

Many weakened conditions are linked to toxic metals. Have you ever heard or read that an accumulation of excess aluminum may contribute to a brain deterioration syndrome known as Alzheimer's disease (King, R.G.Jul,'84; Candy,J.M. Feb,'86), now among the five leading causes of death in North America. Aluminum is picked up from aluminum cookware and from drinking water(aluminum sulphate is frequently used to filter municipal water and often not completely removed). Baking powder and antacid tablets are two other common sources.

The following foods if used in the diet at least 4 times a week for 6 months, efficiently remove toxic metals. For prevention of toxic metal build up, the following can be included in the diet periodically. They are; seaweeds or algins, young green powdered grasses, mung beans, miso, garlic, millet, aduki bean, black soybean, swiss chard, radishes, turnips and figs.

Earths' ocean vegetables are superior to bind heavy metals from the cells and gradually released through the body's elimination channels. Seaweeds are generally in a dehydrated state, therefore, highly concentrated and require small amounts for therapeutic benefits. Powdered young grasses such as wheat, barley, alfalfa, kale are rich in chlorophyll and highly beneficial to build new blood and support cell renewal.

When one starts the process of purification by choosing better quality food in smaller quantities, the liver and body in general begin to discharge excesses that have been carried for years. Simultaneously, many rigid mental perceptions of reality begin to dissolve. An attitude of discipline and perseverance eases emotional distress while allowing the body to continue to purify new areas, until one eventually attains the spontaneity and innocence of a child.

Very few of us have ever thoroughly purified ourselves or developed higher faculties of awareness, but individuals who have accomplished both have a unique quality; they are able to accept difficulties that others find intolerable.

A Zen phrase describes the recipe:

"Sweet mind, better practice. Sweet practice, better mind."

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The Cape George Lighthouse is situated in Antigonish County, Nova Scotia at Cape George Point which overlooks the waters of St. George's Bay. The present lighthouse was built in 1968 and it is the third lighthouse built on this site. It stands approximately 360 feet above the bay and both Cape Breton and Prince Edward Island are visible with a clear horizon.

Built in 1861 and set on top of a wooden house, the first light was destroyed by fire in 1907. A second lighthouse and keeper's homestead complete with some farm and a vegetable garden was constructed in 1908. The 1908 lighthouse was rebuilt in 1968 and it is this white, concrete octagonal structure and red octagonal lantern which stands on this site today. This lighthouse is one of the structural features on the Cape George route, also known locally as the "mini Cabot trail".





Farmers' Markets

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. It's also a great place to show your children where the food on their plate comes from, meeting the people that produce it, and how we can help support our local communities.

When we continually shop at the local grocery store, children start to believe that food only comes from a shelf. The disconnect between farm and fork widens with each generation; everything we need for our meals is pre-packaged and in a store. In contrast, when visiting a farmers market children are often enthralled to find out that it can actually be someone's job to grow vegetables, bake bread, or shear a sheep.

Children know so little about the foods they eat and how they are produced that, according to a poll of 1,000 children, 5% believed strawberries grow inside the fridge, over a quarter didn't know carrots grow underground, and 78% didn't know broccoli grew on a plant*!

Farmers markets are a fantastic learning experience for children. As parents, it's our responsibility to teach our children not only where their food comes from and how to eat healthy, but also how important it is to support our local growers and makers. Where better to do this than at your local farmers market!

* According to a poll of 1,000 children by farming group LEAF (Linking Environment and Farming), which organises open farm days throughout the UK. https://www.huffingtonpost.co.uk/entry/how-to-teach-kids-where-their-food-comes-from_uk_590354e3e4b02655f83c6d7f

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

Saturday 9am-1pm, March to December

The Tatamagouche Farmers' Market at Creamery Square offers a year round facility. 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.

Wentworth Farmers' Market

13752 Hwy 4, Wentworth Centre
Wentworth Recreation Centre
wentworthrecctr.com

May Long Weekend to

A new farmers market this year is opening at the Wentworth Recreation Centre in Wentworth. We look forward to what it will have to offer!

River John Old School Sunday Market

2 School St., River John

Sunday 10am - 2pm, May Long Weekend to September

A Sunday market featuring local goodies!

New Glasgow Farmers' Market

261 Glasgow St., New Glasgow
ngfarmmarket.com

Saturday 9am-1pm, Year Round

The New Glasgow Farmers market is located along the beautiful riverfront in the heart of downtown New Glasgow, Nova Scotia.

We are a non-profit cooperative serving Pictou County, Nova Scotia. We provide home-grown local produce and meats, baked goods, food to eat on site & take away, and a wide variety of high-quality local art & crafts.

Our market is a social gathering place where you can listen to great music, eat great food, and meet friends & neighbours. It's a must-see destination for visitors who want to experience the real vibe of Nova Scotia hospitality!

Antigonish Farmers' Market

30 James St., Antigonish
antigonishfarmersmarket.ca

Saturday 9:30am-1pm, May to December

Every week they have 60 plus vendors on site providing locally home-grown vegetables, meats, baked goods and a variety of local arts and crafts. Listen to local musicians while enjoying a variety of local foods cooked on site.





The Road Less Traveled

Two roads diverged in a wood, and I —
I took the one less traveled by, and that
has made all the difference.

— Robert Frost



Where Magical Moments are *Crafted*



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Join us every Saturday (9am to 1:30pm)
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We'll have exciting special events
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tatagrainelevator.com

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See you at The Grain!

The north shore of Nova Scotia isn't usually the first thing that comes to mind when people think about the province. We've all heard about Peggy's Cove, Halifax, and Cape Breton. That's all I knew for a long time, having grown up in Ontario. Any advertising I saw for the province primarily focused on those hot spots. Don't get me wrong, they are great places to visit. But when I first visited the north shore I felt like I had found a well hidden gem.

The Sunrise Trail, which travels along the northern shore between Amherst and the Canso Causeway, is not just a scenic drive — it's the backbone of the north shore. Along this road you will find little towns painted in bright jewel tone colours, sleepy little villages, and even a few bigger cities bustling with activity. The scenic views include breathtaking ocean vistas, beautiful woodlands (some of which have unfortunately been forever changed by hurricane Fiona) and mountainous hills that offer a birdseye view of the landscape. Tucked inbetween the vast forested areas are sheep and cow farms, while small fishing wharfs dot the coast lines. No matter how many times I drive along the Sunrise Trail, and no matter the season, I am still in awe of the beauty that surrounds it.

The area along the north shore is rich with history. It's the birth place of Nova Scotia and the start of a new life for many that braved the trip across the ocean to make this their new home. Many of descendants of those early settlers are still here, ever adapting and changing with the times to make a life here. This year marks the 250th anniversary of that first trip here (*see pg. 33*). If you have the time this summer I encourage you to visit Pictou and learn about the Ship Hector.

If you find yourself eager to learn more, there is a multitude of museums and historical sites along the north shore (*see pg. 29*). You could visit a beautiful working grist mill that's tucked away in the forest to see grains being ground the same way they did in 1874, learn about the first salt mine in Canada, or even the history of the fishing industry.

The north shore is quickly becoming the popular place to enjoy the summer. The quiet little villages and towns fill up with cottagers that have discovered the laid-back lifestyle of the north shore and the warm ocean waters and sandy beaches (*see pg. 51*). When I first read of how warm the waters get along the north shore I didn't really believe it. We once visited the Bay of Fundy in August and the water could have had ice cubes in it — seriously, it was that cold. Needless to say there was no swimming for this girl on that trip! But 22°C water on the *north shore*? Must be a typo right? Nope, it's true. As the tide recedes, the sandy beaches soak up the sun; since the water becomes so shallow for a fair distance it doesn't take long for the sun-soaked sands to heat the water to a comfortable temperature.



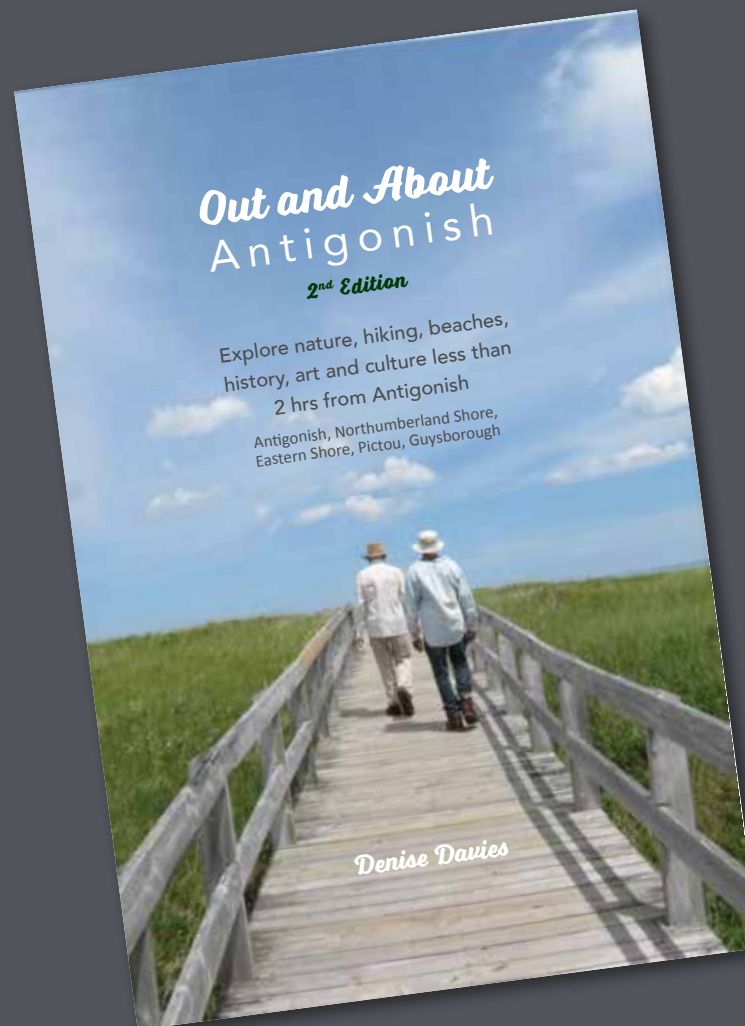


Photo Credit: Tourism Nova Scotia / Photographer: Acorn Art & Photography

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:

www.outandaboutns.com

Farmers' markets buzz with activity every Saturday or Sunday as visitors and residents do their part to support the local farmers and producers in the area (*see pg. 57*). There's smiles and lively conversations all around as neighbours catch up on the latest news, the returning cottagers are welcomed back, and local musicians let their music dance through the air.

As with other rural areas across the country, the north shore has no shortage of wineries, breweries, or distilleries for you to discover (*see pg. 18*). You can relax beneath an umbrella on a main street patio drinking a craft beer, enjoying a delicious spirit or cocktail while you take in a million-dollar ocean view, or sip some wine in a vineyard cafe as you relish the smell of summer in bloom.

As the north shore gains in popularity as a tourist destination it comes as no surprise that businesses that cater to tourism are starting to pop up. For adventure seekers there's always kayak and paddleboard rentals of course, but we are now starting to see boat tour businesses as well. This year you can even expect to see the lobster fishing boats being repurposed as tour boats in their off-season as a new initiative gets under way. (*see pg. 38*)

If you're looking for a little adventure and the "road less travelled", the Sunrise Trail may just be the answer. There's so much to discover on the north shore! It certainly has it's busy season but it's the kind of destination that will always remain a little untamed and wild, which of course is part of it's beauty and charm.



The Hayloft

IT'S TIME TO BOOK THAT
GETAWAY

The Hayloft is a short-term vacation rental in a beautifully converted log-framed barn on the river. It's designed as an open-concept loft with everything located on the upper floor. It's a perfect base for a couple who is looking for somewhere to relax, re-connect and enjoy each other's company. Only an hour and a half from Halifax and centrally located between Pictou and Tatamagouche.

The Hayloft

thehayloftns.com

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Balmoral Grist Mill, Tatamagouche

Photo Credit: Photographer: @daveandsky

Get Your Art On

It's been a curiosity of mine to understand how businesses and entrepreneurs use creativity to stay the course, grow, or to simply to add spark and energy to their daily work life. Even though I met hundreds of owners during my 20 year adventure with 'The Nice Little Phonebook', it still remains somewhat of a mystery. It's much more straightforward, for an interested observer, to see how creativity plays out with fine artists, talented crafters, landscapers, weavers/hookers, woodworkers, potters and so on. They bring their individual vision to life, and to the market, through practiced processes, hard won skillsets and an ever developing proficiency to their unique niche.

But what about the clothing store, the accountant, the pizza parlor, the salon, the cafes, pharmacies, realtors, breweries, general stores, gift stores, B&Bs, care services and the list goes on. If a business is not defined as an "artful business", in the usual descriptive sense, how are those owners adding memorable significance to their operations? Is it 100's of small decisions, a

dance step response to changing markets, the practical application of their mission statement or a combination of many things?

Yes, I am curious. It's that nearly instant feeling of trust, confidence, or anticipation when you're about to get your taxes done, try out a few 'low lights', choose a gift for a loved one, talk to your pharmacist, purchase a pretty date night blouse or spend a sunny afternoon on a restaurant patio. Consumer loyalty springs from, and responds to, the intangible behind the scenes creativity. It is irresistible and it connects us.

Possibly (someday) a few business owners may consider allowing me to ask a couple of questions about their views. It could be an interesting follow up to my musings here.

Until the next time...**Get your Art on!**

Cheers! DJ





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