

FALL/WINTER 2023

NORTH SHORE
NOVA SCOTIA



Sunrise Trail

FEATURING THE COMMUNITIES, FLAVOUR-FULL FINDINGS,
ARTS, ENTERTAINMENT, HISTORY, ADVENTURES, AND MORE
ALONG **THE NORTH SHORE OF NOVA SCOTIA**



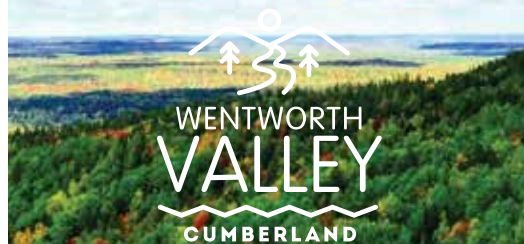
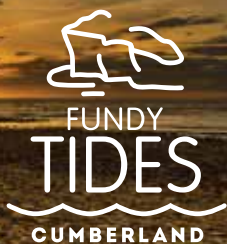


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NORTH SHORE  
NOVA SCOTIA  
#VisitNorthShoreNS

# Sunrise Trail

FALL/WINTER 2023

## CONNECT WITH US!



Sunrise Trail Magazine is produced in River John, NS. An online version of the publication is available at [www.sunrisetrailmagazine.com](http://www.sunrisetrailmagazine.com)

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PINK LEMONADE  
CREATIVE MEDIA INC.

Kristine Stallman  
[pinklemonadedia.com](http://pinklemonadedia.com)

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# The Crew



**Kristine Stallman** is founder, editor, and designer of the Sunrise Trail magazine. Kristine was born and raised in Ontario and moved to Nova Scotia in 2019 with her family. They now call River John their home and can't imagine living anywhere else. Kristine also owns Pink Lemonade Creative Media which helps other small businesses with their marketing and advertising needs.

[pinklemonadedia.com](http://pinklemonadedia.com)



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

[outandaboutns.com](http://outandaboutns.com)



**Marshall Feit** is the executive director of the Marigold Cultural Centre in Truro. He is also a member of the Creative Nova Scotia Leadership Council, a board member for Debut Atlantic, and a founder of Folly House Press. He lives in Central New Annan with his family.

[marigoldcentre.ca](http://marigoldcentre.ca)



Artist, dreamer and small business owner of Wallace River Revival, a home decor store. **Kellie MacMillan** 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.

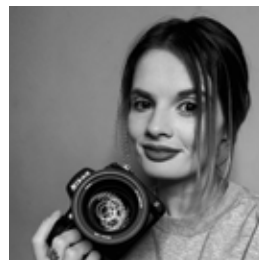
[wallaceriverrevival.ca](http://wallaceriverrevival.ca)



**Ashley Crouse** is a self taught food alchemist also training to be a certified herbalist while running Moth + Moon Farm with her husband just outside the village of Tatamagouche. 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.

[mothandmoonfarm.com](http://mothandmoonfarm.com)



**Marissa Rosaleen** is a devoted mother and passionate photographer who aims to capture the beauty of our coastal community while inspiring her two daughters to see the world as their canvas of endless creativity and opportunity. Located in New Glasgow, Marissa is inspired by the rich heritage that Nova Scotia holds and the resilient people who call this province home.

[bymarissa.ca](http://bymarissa.ca)

The Sunrise Trail is a scenic roadway located along Nova Scotia's North Shore on the Northumberland Strait for 333 km (207 mi) from Amherst to the Canso Causeway.



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



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We would like to acknowledge 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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## River John



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including rental of: hospital beds, lift chairs, scooters, commodes, and wheelchairs



Blood Pressure Machine for Public Use



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**#1** Outstanding Customer Service



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# *I'll Have it Done in a Prosecco*

KELLIE MACMILLAN







When our editor's email popped into my inbox this summer, she explained that demand for our magazine has increased due to popularity. A feeling of warm content washed over me. I have enjoyed connecting with people who have tried some of the suggestions in the Spring /Summer Wine Guide.

Her email continued with other glowing statements but when she asked for our submissions early, I ended up stopping in my tracks. I thought, how am I supposed to write an article about fall and winter in the middle of a heat wave in July? Then, on my way to the computer to sit down and send her an easy breezy reply, I looked around my studio. I laughed and laughed and laughed. Not because I cracked under pressure, but, because spread out before me were all my gathered items for fall & winter decorating.

Prints, plates, other dish wear, candles, vintage ornaments, cocktail recipes and ideas. If ever there was a gal that likes to think ahead it's me. Pen in hand, the first thought that popped to mind is, "Oh, my gourd, I do love fall best of all." I'm team Pumpkin Spice and everything nice. Maybe too much so, cause I've almost lost Facebook friends with my out-of-season memes.

We need a big dose of nice these days, don't we?

There's a lot going on in the province — among them devastating climate events, crazy-high grocery prices and, even in rural areas; an increase in the cost of living. We've also had many people (from India, Nepal, Nigeria, Syria, Lebanon, Morocco, Brazil, Germany, Philippines, Ukraine, Jamaica, Korea, Mexico, and Taiwan) seek safety from the ravages of war and disparity in our province. People, effect change and that is cause for hope and celebration. Things will right themselves again soon.

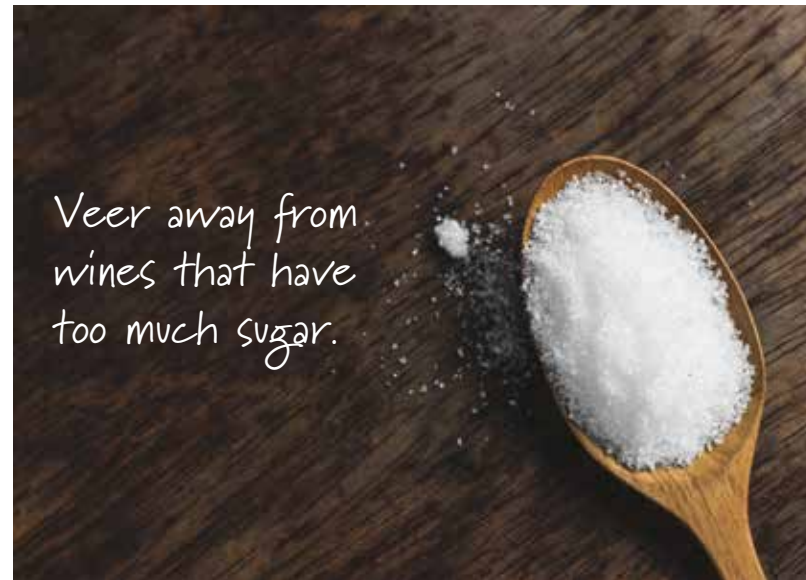
Since I started publishing wine and food pairing guides, some major things have happened:

- Food & Wine pairing has become way more popular and easier than ever. It isn't just something for special occasions anymore and can be done in the comfort of our own homes.
- Equally, the world of cuisine has undoubtedly reached a turning point...vegetables and accompanying spices are all the rage these days! People are welcoming veggies into their lives in unprecedented ways.
- Lastly, we've also become way more adventurous with our menus.

Which brings me to a couple of touch-points I'd like to make in this article about wine: Firstly, I'm so excited about all the delicious Middle Eastern and Indian food now being offered in our area! The future of culinary options has my taste buds watering.

Secondly, how easy these dishes are to pair with wine!

I'd like to make a suggestion of *Sparkling Wine* with your next Food & Wine pairing. We have and should always find cause for celebration and sparkling wine certainly fits the bill. Aside from the fun factor of bubbles on the palate and versatility in matching with food, there are some really great sparkling wines (which can be also called Prosecco, Cava, or Champagne) to be had at outlets along the Sunrise Trail that offer exceptional value for money. My only cautionary terms for pairing food and wine is to veer away from wines that have *too much sugar*.



I want to raise awareness about sugar consumption in wine, especially ones with added sugar. Sugar is linked to dementia, it can and does make your taste buds lazy, and can impair brain function. It is proven that there are zero benefits to added sugar in our diet. I'd like to challenge you to train yourself to look for and eliminate added sugar in wine. The good news is that you don't have to sacrifice flavour.

Here's how you can do that when shopping for not just sparkling wine, but any wine on the market:

Low-sugar wines contain 5g/L of sugar or less. Sometimes the word dry, sec, or XD are also included on the shelf label. To find the sugar content of any wine, check the grams per litre on the NSLC shelf label in-store or ask the representative to look it up for you. The following is a screenshot of a label as an example with the g/L of sugar circled in red.

#### More Details

|               |                    |
|---------------|--------------------|
| Release Date  | April 1, 2021      |
| Alcohol/Vol   | 14%                |
| Made In       | Mendoza, Argentina |
| By            | La Mascota         |
| Sugar Content | 4 g/L              |
| Varietal      | Cabernet Sauvignon |





Low-sugar wines contain 5g/L of sugar or less.

If you can't find enough low-sugar or budget friendly options make sure to ask your local store to bring in more selection for you. Here are a few recommendations for you to get you started on the right track :



### Amaluna Traditional Method Sparkling

Crisp & Light

Intensity:



### Villa Conchi Brut Seleccion

Crisp & Light

Intensity:



### Mionette Prestige Prosecco Brut

Crisp & Light

Intensity:



I'd like to invite you to join me on my wine blog at [www.wallacriverrevival.ca](http://www.wallacriverrevival.ca) where I share seasonal recipes and wine pairings.

- ☞ unique furniture
- ☞ lighting
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- ☞ gourmet chocolate
- ☞ vintage items



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[ebbettsfarm@gmail.com](mailto:ebbettsfarm@gmail.com)

[www.ebbettsmeadowbrook.com](http://www.ebbettsmeadowbrook.com)

 [ebbettsmeadowbrookfarm](https://www.facebook.com/ebbettsmeadowbrookfarm)





# Flavour-full Findings

## Comfort Food

Definition: the type of food that people eat when they are sad or worried, often sweet food or food that people ate as children. Who doesn't love comfort food! What's your go to?



# Mac and Cheese

Preheat the oven to 325 degrees and lightly grease a square baking dish.

Cook the macaroni to al dente, according to package instructions. Drain and set aside.

Melt the butter in a medium saucepan over medium heat. Blend in the flour, salt, and pepper. Cook for 2 minutes.

Slowly add the milk and half and half, stirring constantly, and cook over medium-low heat for a few minutes until the mixture has thickened like the consistency of gravy. Remove from heat and stir in 1 cup shredded cheese, stirring just until melted.

Add the cooked macaroni noodles and toss to coat. Fold in seafood if using. Pour half or the pasta mixture into the prepared baking dish. Sprinkle ½ cup cheese over the top. Add remaining pasta and sprinkle with remaining cheese.

Bake for 15-20 minutes or until cheese is melted on top.

Serve with your favorite vegetable or a side salad.

## Ingredients:

½ lb uncooked elbow macaroni , about 1 ½ cups  
3 tablespoons butter  
2 tablespoons all-purpose flour  
½ teaspoon salt  
1/8 teaspoon ground black pepper  
1 1/2 cup milk , any kind  
¾ cup half and half  
2 ½ cups shredded cheddar cheese  
Optional: ½ pound coarsely chopped cooked lobster, shrimp, or crabmeat, or a combination

## Wine Pairing Suggestions

From Our Local Sommelier,  
Kellie MacMillan

The traditional pairing would be an unoaked dry Chardonnay.

For a more exotic version with seafood/lobster I'd recommend a dry Chenin Blanc (so decadent).

And, you always have to have a red option. I'd highly recommend Pinot Noir as it doesn't have a lot of tannin and goes great with cheese.

# Buying Local

Promoting our local food producers.



**Wysmykal Farm**  
Amherst shore  
[wysmykalfarm.ca](http://wysmykalfarm.ca)

Delicious organic vegetables grown in Nova Scotia. Tomatoes, potatoes, micro greens, onions, beans, and more! They also grow sweet, tender spinach through the winter and are experimenting with other winter greens. You can find their veggies at the Pugwash Farmers' Market on Saturdays from May - Oct. All of their vegetables are certified organic by Ecocert Canada.



**Gloria's Market**  
Marshville  
[facebook.com/gloriasmarketmarshville](https://facebook.com/gloriasmarketmarshville)

A small vegetable and fruit farm found on Highway 6 (the Sunrise Trail). They grow their own selection of fruits and vegetables but also consider themselves Food Aggregators; meaning they also bring in veggies grown by other Nova Scotian Farms. They are first-generation farmers who have a passion for feeding people and attempting to correct the broken food systems that currently exists in Nova Scotia.



**Merigomish Schoolhouse Farmers' Market**  
Merigomish  
1682 Shore Rd,  
Merigomish

The Merigomish Schoolhouse Market and Café is a beautiful waterfront location for farmers, chefs, artists, and craftspeople to present great foods, products, services, and skills to the local and traveling public every Sunday 10am - 1pm, April through December.



**Coppertop Farm**  
Merigomish  
[coppertopfarms.ca](http://coppertopfarms.ca)

Coppertop Farm is a family run business in the Ponds, Pictou County. We began running the Veggie Stand with only a few fresh vegetables for our local community members. It became a well-loved stop for people driving along the Sunrise Trail and continues to add a variety of different fruits and vegetables from summer into the fall. We also run a Pumpkin UPICK in Lower Barney's River, Pictou County.



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265 Main St., Tatamagouche  
**(902) 657-2223**





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hardhoney.ca

### MOUNTAIN MEADWORKS

mountainmeadworks@gmail.com

### TATAMAGOUCHE BREWING CO.

235 Main St.  
tatabrew.com

## MALAGASH

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jostwine.ca

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vistabellafarm.com

## RIVER JOHN

### CALDERA DISTILLING

65 River John Rd.  
caldera.ca

# CAFÈS

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## MALAGASH

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candidbrewing.ca

### HALF COCKED BREWING COMPANY

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@halfcockedbrewing

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5963 Hwy 245, Arisaig  
steinhardtillery.com

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902-863-4682

### THE GRIND HOUSE

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### JUSTAMERE CAFE & BAKERY

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# FOOD TRUCKS

Food trucks serving some great food 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

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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thehayloftns.com



## RESTAURANTS

### PUGWASH

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### MACFARLANE LANTERN

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902-305-4242

### WALLACE

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902-257-2868

### WILEY'S BY THE WHARF

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wileysbythewharf@gmail.com

### TATAMAGOUCHE

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902-657-3341

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**MAIN**  
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### TRAIN STATION DINING CAR & CAFE

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### THE NOOK & CRANNY

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### WHAT'S FOR DINNER

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902-399-4142

### EARLTOWN

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902-657-3348

### RIVER JOHN

**YAPS PLACE**  
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### PICTOU

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### FAT TONY'S BAR & GRILL

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902-485-4500

### HARBOUR HOUSE ALES & SPIRITS

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902-485-1047

### NOOK & CRANNY

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902-485-3041

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### THE DOCK

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902-752-0884

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902-695-2221

### THE SPOT

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# Preserving the Haul

ASHLEY CROUSE, MOTH + MOON FARM







**T**he arrival of fall brings an amazing harvest of fruits, vegetables, and other delicious produce. During this seasonal change, there's no better place to experience autumn's offerings than the local farmers' market. Not only does shopping at these markets allow us to savor the finest flavors of the season, but it also plays an important role in supporting and sustaining our local food systems.

If you want to enjoy the nourishment of farmers' market produce past the harvest season and into the winter, it's time to explore the art of preservation. Preserving fresh local produce not only allows us to extend the shelf life of the produce, but also reduces food waste. Here are some essential tips for preserving the farmers market bounty:

## Drying

Dehydrating fruits and vegetables removes the moisture from the food, preventing spoilage. Dried produce is not only a healthy snack but can also be used in a variety of culinary applications. Apples, pears, tomatoes, mushrooms and herbs are all excellent candidates for drying. Using a dehydrator or an oven set to low heat, you can preserve snacks for those long winter nights, or save herbs and mushrooms for culinary/medicinal purposes. Dehydrated goods have a shelf life of 4 months to a year.

## Canning

Canning food is the process of preserving food in mason jars at high temperatures using water or a pressure canner. The high heat preserves the food by destroying bacteria and removing air from the canning jars. There are two home canning methods: water bath canning and pressure canning. Low risk foods like pickles and jam can be easily done with a water bath, but other high risk foods need the pressure canner to properly preserve and eliminate bacteria. Canned foods have a shelf life of a year or more.



Dried produce is not only a healthy snack but can also be used in a variety of culinary applications.

## Pickling

Pickling is a preservation technique that involves packing produce in a jar and covering it with a brine made of vinegar, water, sugar, and spices. This process also imparts a delightful tangy flavor perfect for sandwiches or the side of your dinner. Pickled cucumbers, carrots, onions and green beans are popular choices, but don't be afraid to experiment with unique combinations using the seasonal gems you find at the farmers market. Quick pickles have a shelf life of 2 weeks in the fridge. You can also use the water bath canning technique to keep them longer in the pantry.



## Fermentation

Fermentation is a fascinating preservation method that involves encouraging the growth of beneficial bacteria to transform the sugars in fruits and vegetables into organic acids. The result is not only a longer shelf life but also a probiotic-rich food that supports gut health. Kimchi and sauerkraut are some examples of fermented foods that can add a zing to your meals and enhance your overall well-being. Sauerkraut makes a good base to add different vegetables and herbs to, or you can do a salt brine with chopped vegetables. Ferments have a shelf life of 1 year or more in the fridge, as long as they're kept clean and no bacteria gets in the jar.

As we say goodbye to most of the fresh offerings of the farmers' market and move into winter rest, it's relieving to know that we can still enjoy the flavors and nutrition through preservation. Some techniques like fermentation even boosts the nutritional value and bioavailability which can be very beneficial in winter. By embracing these techniques, we take a step towards a more sustainable way of living. By making the choice to regularly shop at farmers' markets, we also become active participants in creating a more resilient food system. Farmers' markets are community food hubs just waiting to be discovered, so make sure you set your alarm for Saturday morning.



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[www.derados.ca](http://www.derados.ca)







# Antigonish Genealogy Search

DENISE DAVIES

Are you searching out information on your family history? Enjoy finding out more about Antigonish and its history? Here are a few ideas to get you started.



## The Antigonish Heritage Museum

[www.antigonishheritage.org](http://www.antigonishheritage.org)

The Antigonish Heritage Museum is housed in the old train station at the east end of Antigonish. It has a wealth of resources for your search. According to Barry Mackenzie, the curator of the Antigonish Heritage Museum, “People want to know “*Where did my people come from? When did they settle?*” and often, particularly if they're traveling from outside of the province, they'd like to find the homestead. They'd like to find a piece of land, something that can make them feel a bit rooted to that family's experience. One thing that is particularly popular amongst locals and visitors alike is the heritage inventory. We have a full inventory of every heritage property that was standing in Antigonish circa 1989.”

In the museum resource library you will find published and unpublished books and manuscripts including school, church, and community histories, biographies, photographs, school registers, maps, newspapers, cemetery inscriptions. many reference materials and finding aids. MacKenzie added “We're very blessed to have a



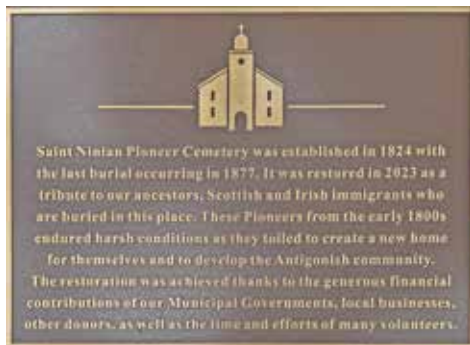
database that's been built by volunteers over the last decade or more and building on research they've been doing for 25 and 30 years, which contains thousands of names. It's often the first place we go when people are trying to trace a family member. It doesn't always give them all the answers they're looking for, but at the very least, it gives us a starting point. Particularly for folks that are tracing genealogy from south of the border. They may only know the name of that grandparent.”

If you wish to have assistance with your project please phone ahead. The museum is open to the public and hosts lectures and cultural events throughout the year.

## St. Ninian's Pioneer Cemetery

[www.stniniansparishcemetery.ca/st-ninians-pioneer-cemetery/](http://www.stniniansparishcemetery.ca/st-ninians-pioneer-cemetery/)

The St. Ninian's Pioneer Cemetery on Main Street near the John Paul Centre is an oasis of green space with 46 rehabilitated headstones up to 1877. This was the site of the original St. Ninian's Cathedral. Now the peaceful and contemplative space with benches and a Celtic cross remind us of the sacrifices in the pioneer setting of Antigonish. There is a plan to include QR codes for historical information.



## St. FX

[www.stfx.ca/library](http://www.stfx.ca/library)

The St. Francis Xavier University (founded 1853) Library contains an archive of 115 years of The Casket newspaper in microfilm form and an index of obituaries. The Casket was a weekly paper published in Antigonish from 1852. According to Barry MacKenzie “Here at the museum we are digitizing The Casket to make it available for searching online. Hopefully it will be available next year. “



Celtic Cross in Pioneer Cemetery

## Other Resources

- A virtual tour of Antigonish Cultural Heritage.  
[www.people.stfx.ca/lstanley/history/welcome2.htm](http://www.people.stfx.ca/lstanley/history/welcome2.htm)
- Antigonish People's Place Library - documents, photographs, maps.  
[www.novastory.ca](http://www.novastory.ca)
- Antigonish County, Nova Scotia Genealogy. Guide to Antigonish county ancestry, family history and genealogy: birth records, marriage records, death records, census records, parish registers, and military records.  
[www.familysearch.org/en/wiki/Antigonish\\_County,\\_Nova\\_Scotia\\_Genealogy](http://www.familysearch.org/en/wiki/Antigonish_County,_Nova_Scotia_Genealogy)

Other stops with historical information include the Cape George Heritage Museum, Barneys River Station Schoolhouse Museum, The Hector Heritage Quay (Ship Hector) Pictou, and numerous church graveyards around the county.



# Building a Creative and Cultural Future

Experiencing Culture  
with the Whole Family

MARSHALL FEIT





There's never a more beautiful sound to me than a child making noise during a quiet moment of a performance. When it happens, I can feel the adult discomfort. A discomfort that comes from a place that assumes performances are one way streets: the artist outputs a performance and the audience takes it in. It's an idea that probably finds its origins in historical church services or mass where guests remain mostly silent, unless collectively making noise like a spoken prayer, and abide in a space of respect towards an authority at the front.

And performance can be a religious experience. I know I've felt that before. I've said it many times that going to see live music is my church. It's time we spend together, present with one another, with a singular goal: to enjoy, to be challenged, and to feel our place in a larger community. Those of us who work in performance know the reality that audiences don't just come out to shows to see an artist they love. They show up to see friends and family they love.

That's why the idea of performance as a cul-de-sac doesn't serve us any longer. Our world has broadened and changed and grown. Our communities are made up of families of all shapes and types. A performance can see single parent families, couples, 8 child families, singles with their chosen family, and a million more variations of persons in an audience. No matter the makeup of those individuals' social or family circle, they all have the same need to belong. Every one of them has an appetite for socializing and cultural experiences.

So this is why I state this clearly and firmly: bring your kids to performances. Yes, choose shows with appropriate content. If you're unsure, the workers running box offices and ticket hubs are always prepared to provide more information to equip parents in making the right decision. But with the wide array of performances out there, something will always meet the register of what a parent deems appropriate for their child or teenager. Those same box offices are also equipped to help you find out about services they provide to accommodate families with both neurotypical and neurodivergent children. Sometimes a venue's website will even outline the resources such as changing tables, quiet spaces, suggestions on seatings, and a reaffirmation of their excitement to have whole families, not just the parents, at performances. Our arts and performance spaces work hard to be venues where everyone belongs and in the last few years there's been so much attention and work that's gone into realizing ways we can accommodate children and youth.

Because no matter the age, youth deserve performance too. As a creative professional, I think everyday about the cultural landscape we're building for the next generation. I fell in love with performance because as young as twelve I was going to all-ages venues to see rock shows. At 15 I was going to alcohol-free music festivals where I fell in love with the energy and excitement of hour after hour of music. At those events, I learned how to behave, how to have good etiquette and be respectful, but I also learned how to love music. I chose a career in music and performance because from the moment I came of age I knew I had to be around it.

Our industry takes much work and many hands. To keep providing classical and theatre and rap and alternative shows and festivals, you need musicians and actors and all types of performers. You also need sound techs and stage managers and bookers and agents and managers and more. There are endless ways to participate in the creative industry—an industry that makes up over 7% of Nova Scotia's GDP and employs nearly 30 000 workers.

There's more to it than showing our youth career options too. Performance is also a self-care habit. When we teach our children to enjoy music and performance, we're teaching them how to belong, how to find their crowd, how to socialize and network. We're teaching them that with culture their lives can be more beautiful. So start them young and give them that gift. Don't ever think a child's cry is ruining a performance. It's just the sound of a new generation of our cultural environment.







# LIVE! ON THE NORTH SHORE



Looking for live theatre or music? A musical? Comedian? We compiled a comprehensive list of places on the north shore (or nearby) where you can find theatre festivals, comedians, seasonal theatre, music, and more!

## DECOSTE CENTRE FOR ARTS & CREATIVITY

Pictou  
[decostecentre.ca](http://decostecentre.ca)

The deCoste is the premiere, professional performing arts venue in Northeastern Nova Scotia located on the beautiful Pictou waterfront. The 400 seat facility features a state-of-the-art sound, video and lighting system. Flexible, non-fixed, seating also makes it a great location for conferences, meetings, special events, weddings and so much more. The deCoste Centre is currently renovating and expanding so performances are in different locations. See the show schedule on page 33.

## GLASGOW SQUARE THEATRE

New Glasgow  
[glasgowsquare.com](http://glasgowsquare.com)

Glasgow Square presents a wide variety of the performing arts – contemporary music, comedy, dance, live theatre and more. In addition to presenting national and international touring acts, Glasgow Square also puts a strong emphasis on regional and local performers.

## THE GRACE ARTS CENTRE

Tatamagouche  
[gracejollymore.com](http://gracejollymore.com)

The Grace aims to to promote Nova Scotia artists while also providing the vibrant coastal community with top tier acts that promote creativity, talent, and the powerful value of music in our lives.

They don't *just* sell tickets to theatre. The Grace is your opportunity to be in theatre. From the seasoned director to the fresh acting career, we promote not only the viewing of theatre, but involvement in the process.

## MARIGOLD CULTURAL CENTRE

Truro  
[marigoldcentre.ca](http://marigoldcentre.ca)

The Marigold houses a 208 soft seat theatre, the MMFI Art Gallery, the Colchester County Sports Hall of Fame, a workshop space for arts education programs for all age groups, a boardroom, concession area, and offices. With the strong support of the community and various organizations, the Marigold provides musical, theatrical, live comedy, and dance performances for the community and surrounding areas.



## THE BAUER THEATRE

Antigonish  
[festivalantigonish.ca/bauer/](http://festivalantigonish.ca/bauer/)

Main Stage and Family Stage performances take place at The Bauer Theatre. A beautifully renovated, 222-seat facility that offers free parking, air-conditioning and wheelchair access.

Before and after the shows, visitors are invited to gather with family and friends in their Green Room Bar and Lounge and on their outdoor patio.

## POMQUET PARISH HALL

Antigonish  
[society4live.ca](http://society4live.ca)

The Pomquet Parish Hall concert series strives to host the very best Maritime/Canadian artists, presented in a comfortable listening atmosphere. We are passionate about creating an exclusive experience for patrons and artists. In this intimate setting you'll find out the stories behind the songs, hear every note and lyric ring. You can sing along and even dance if there's room!

## FESTIVAL ANTIGONISH SUMMER THEATRE

Antigonish  
[festivalantigonish.ca](http://festivalantigonish.ca)

Festival Antigonish has established an inspiring legacy as a premier summer repertory theatre in Atlantic Canada. With a history that spans three decades; a patron base that includes thousands of Nova Scotians as well as regional, national, and international tourists; an acclaimed reputation as a local economic and cultural anchor; and an artistic commitment to excellence. Each summer, they bring together the best artists from across Nova Scotia and beyond to create an award-winning Main Stage series, a Family Stage show, and other innovative artistic presentations.

## THEATRE ANTIGONISH

Antigonish  
[theatreantigonish.com](http://theatreantigonish.com)

Theatre Antigonish is a non-profit, student & community theatre run out of the Bauer Theatre on the StFX University Campus.

## ANTIGONISH PERFORMING ARTS SERIES

Antigonish  
[facebook.com/antigonishperformingarts](https://facebook.com/antigonishperformingarts)

The Antigonish Performing Arts series is a Classical/Chamber Music concert series presented by Antigonish Performing Arts, Antigonish Culture Alive and St. Francis Xavier University. It is made possible through the generosity, loyalty, and kindness of subscribers and donors.



# The Grace is the Place!

## THE GRACE ARTS CENTRE



31

**The Ice House Gallery** is home to 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. Professionally curated by Brandt Eisner, with over 30 years experience, the gallery presents fresh new exhibits monthly, over 11 months of the year.

**The Grace Arts Centre** is a 200-seat auditorium that offers performances and community theatre throughout the year. The auditorium can also be rented and makes the perfect venue for your next event. Whether it's for work, a reception, or birthday. The Grace is a versatile space that can meet all your needs.

31 Creamery Rd., Tatamagouche | (902) 657-3500

[www.theicehousegallery.com](http://www.theicehousegallery.com) • [www.gracejollymore.com](http://www.gracejollymore.com)



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PULL-OUT  
CALENDAR**



deCoste  
on the  
**ROAD**  
AGAIN!

Glasgow Square - 155 Riverside Parkway, New Glasgow, NS

Pictou County Wellness Centre - 2-2756 Westville Rd., Pictou County, NS  
Performances held in conference rooms

Pictou Legion - 130 Veterans Dr., Pictou, NS  
Performances held on upper level

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

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

St. Andrew's Presbyterian Church

DÉBUT ATLANTIQUE  
DEBUT ATLANTIC



*Classical Series*

**La Fiammata**

THURS., SEPT. 21 | 7:30 PM  
\$25 + taxes & fees = \$35.08

Glasgow Square



**Blushing Brides**

SAT., SEPT. 23 | 7:30 PM  
\$37 + taxes & fees = \$48.88

Pictou Legion



**Valdy**

FRI., SEPT. 29 | 7:30 PM  
\$35 + taxes & fees = \$46.58

September

Pictou County Wellness Centre



**Ron James**

*Not Nearly Done Yet*  
FRI., NOV. 3 | 7:30 PM  
\$68 + fees = \$73.50

St. Andrew's Presbyterian Church



**Stick & Bow**

TUES., NOV. 14 | 7:30 PM  
\$25 + taxes & fees = \$35.08

Pictou County Wellness Centre



**Chantal Kreviazuk  
& Raine Maida**

WED., NOV. 15 | 7:30 PM  
\$43.18 + taxes & fees = \$55.98

Pictou Legion



**Danny Michel  
& Steve Poltz**

SUN., NOV. 19 | 7:30 PM  
\$35.20 + taxes and fees = \$46.81

Pictou County Wellness Centre



**Crash Test Dummies**

MON., NOV. 20 | 7:30 PM  
\$47.37 + taxes & fees = \$60.78

Pictou County Wellness Centre



**Classic Seger**

THURS., NOV. 23 | 7:30 PM  
\$35 + taxes & fees = \$46.58

November



Tickets & Info: [www.decostecentre.ca](http://www.decostecentre.ca) | (902) 485-8848 | 1-800-353-5338  
Box Office Location: 25B Front Street, Pictou, NS | Monday to Friday 10:00 am to 4:00 pm





The deCoste is "On the Road" again this fall and winter. We had so much fun and success over the past nine months, we are taking our shows on the road again. Amazing talent will continue to be showcased at venues throughout Pictou County while construction continues at the deCoste. Use the colour codes shown on the left page for each venue as your guide to show locations. There is limited seating in some locations, so be sure to get your tickets early and avoid disappointment! We look forward to seeing you at the shows!

October

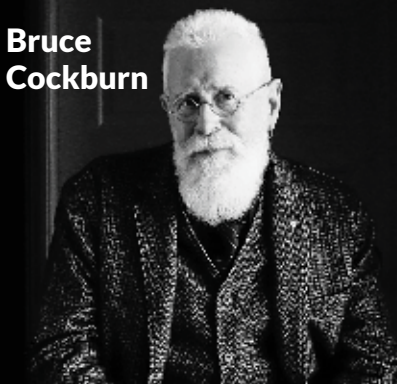


St. Andrew's Presbyterian Church



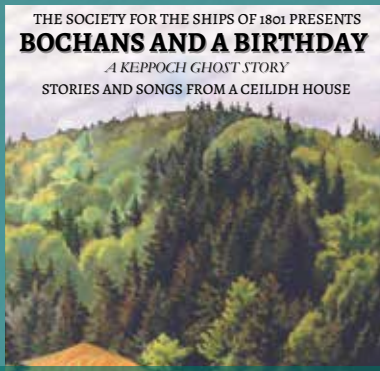
**Noël Wan**  
THURS., OCT. 12 | 7:30 PM  
\$25 + taxes & fees = \$35.08

Pictou County Wellness Centre



**Bruce Cockburn**  
FRI., OCT. 20 | 7:30 PM  
\$52 + taxes & fees = \$63.25

Pictou County Wellness Centre



**Bochans and a Birthday**  
SUN., OCT. 1 | 2:00 PM  
\$24.50 + fees = \$30

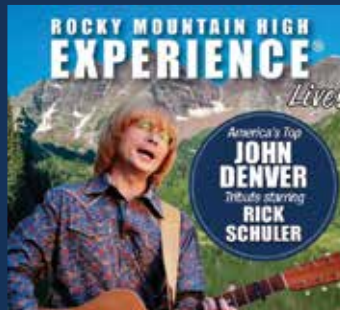
Merigomish Schoolhouse Community Centre



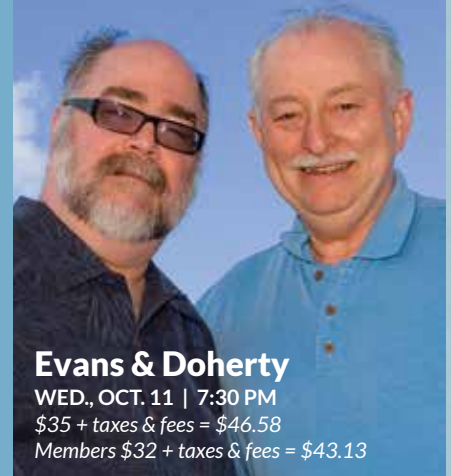
**Garnet Rogers**  
SAT., OCT. 14 | 7:30 PM  
\$35 + taxes & fees = \$46.58  
Members \$32 + taxes & fees = \$43.13

Pictou County Wellness Centre

**Rocky Mountain High Experience**  
SUN., OCT. 22 | 7:30 PM  
\$38.98 + taxes & fees = \$51.15



Pictou Legion



**Evans & Doherty**  
WED., OCT. 11 | 7:30 PM  
\$35 + taxes & fees = \$46.58  
Members \$32 + taxes & fees = \$43.13

Pictou County Wellness Centre



**Murray McLauchlan**  
THURS., OCT. 19 | 7:30 PM  
\$63.25 + fees = \$68.75

Pictou County Wellness Centre



**Jimmy Rankin**  
THURS., OCT. 26 | 7:30 PM  
\$43.18 + taxes & fees = \$55.98

December

Pictou County Wellness Centre



**Christmas in Cape Breton**  
THURS., DEC. 7 | 7:30 PM  
\$43 + taxes & fees = \$55.78

Pictou County Wellness Centre



**Lennie Gallant**  
*The Innkeeper's Christmas*  
SAT., DEC. 9 | 7:30 PM  
\$43.18 + taxes & fees = \$55.98

Pictou Legion



**A Gunning & Cormier Christmas**  
FRI., DEC. 22 | 7:30 PM  
\$30 + taxes & fees = \$41  
Members \$27 + taxes & fees = \$37.38





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Vivianne LaRivière • Email: [viv@theartofsoulcare.com](mailto:viv@theartofsoulcare.com) • Tel: 902 616 5595 • [www.vivianelariviere.com](http://www.vivianelariviere.com)

An irresistible experience and so much more!





Photo Credit: Marissa Rosaleen



## Vivianne LaRiviere

### Pictou

Gallery-owner Vivianne LaRiviere is often asked: “Why Pictou, Nova Scotia?”. The now East Coast-based artist and musician moved to Nova Scotia from the Montreal area two years ago.

“I suppose the first reason was that I wanted to live by the ocean,” LaRiviere said. “And I was looking for affordable living. But there was something else driving me: the opportunity to be the best artist I could possibly be. It was uncharted territory, and I took a huge risk! Leaving my community, my friends, everything really, for the sake of chasing a dream. But ...so far, so good!”

LaRiviere’s River Gallery on Water Street in the center of Pictou celebrated its first year anniversary in June. “I’m hoping the gallery becomes one of the hot spots to visit along the North Shore,” she said. The River Gallery on Water Street is filled with LaRiviere’s own colourful canvases while also showcasing several local artisans. Rug hooking, woodturning, and a variety of ceramics co-exist alongside cozy Turkish towels and wool toques as the aroma of sage and sweetgrass blends with the special house brand of River Coffee, locally roasted. “And then of course, there’s Peace by Chocolate, another wonderful story,” added LaRiviere. “My all-natural line of SASWE body products made with a base of sage and sweetgrass are also on offer. For the curio seeker there’s an eclectic collection of LPs, gently-used books and greeting cards.”

The gallery is growing organically, affirmed LaRiviere, pointing out that the gallery will be hosting a variety of events now that there is a grand piano on the premises. As for life in Pictou, that’s working out very well! “Opening the gallery was one of the best decisions of my life. I’ve met so many wonderful, kind people. Living close to the ocean offers priceless moments of inspiration and reflection. I continue to grow and learn—and reach for new creative and artistic challenges.”

LaRiviere is a direct descendant of the earliest Acadian settlers, who arrived in Port Royal in 1632 from Normandy, France. “I have been dreaming of being here for a long time,” she said. “In Pictou, I feel I have come home.”

The Artist Spotlight was sponsored by:



Wild, mad, bold art and a *showcase for local artisans!*  
Where the imagination meets the human condition.

49 Water St., Pictou  
[viv@theartofsoulcare.com](mailto:viv@theartofsoulcare.com) | [vivianelariviere.com](http://vivianelariviere.com)

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# Keeping it Real

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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](http://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



# One of a Kind Decor

and a Whole Lot More!

If you're driving through Wallace, look for the big pink signs near the bridge to Fox Harbour. If you follow them you'll find a wonderful little home decor store called Wallace River Revival. Wallace River Revival, owned by Kellie and Dave MacMillan, opened in 2022 and is quickly becoming the popular place to find some unique, one of a kind treasures.

Walking into their little store, which is in a renovated storage container on their rural property, you're immediately hit with the most lovely scent. Kellie carries a line of artisanal soaps that aren't available anywhere else in Nova Scotia and they smell divine. She also has scented candles that she makes herself using soy wax and essential oils. They have wood wicks which give them a distinct crackling sound when burning. The store is small but filled with all kinds of unique treasures.

Don't expect to find ordinary, run of the mill, furniture here. Dave is extremely talented at taking ordinary items, reviving them and giving them new life as functional pieces of furniture, hence the "Revival" part of their name. You can find tables made from old doors and black pipe legs, sideboards made from old industrial part cabinets, and lights made from a gramophone or surveyor tripod. Each piece is unique and tells a story. Every time I enter their store I fall in love with something there.

If you're looking for vintage items for your decor they have some very unique pieces as well. Some of the items you'll be able to find are wooden boxes, antique bells, old signs, vintage artwork, and wicker baskets just to name a few.

To compliment all the vintage items and furniture, Kellie has some high quality home decor necessities like blankets, throw pillows, and even kitchen tools. There's even feather dusters made with real ostrich feathers!

Recently, Kellie has started to stock Laura Slack chocolate. Laura is a Toronto based artisan chocolatier and pastry chef. Each bar is individually painted in luxurious colours and hand wrapped in authentic Japanese Chiyogami paper. The bars offer a superlative visual and taste experience for the true chocolate lover. Kellie carries 12 varieties of the hand-painted chocolate bars as well as the 'Drink of the Gods - Ultimate Drinking Chocolate' that is a sell-out hit at the Toronto Christmas Market and the Distillery District. These would make great gifts for the chocolate lover on your Christmas list!

Make sure to stop in at Wallace River Revival this fall. You won't be disappointed!







YOUR LOCAL AGENT ON THE SUNRISE TRAIL





**HOME**

IS MY FAVORITE 4 LETTER WORD





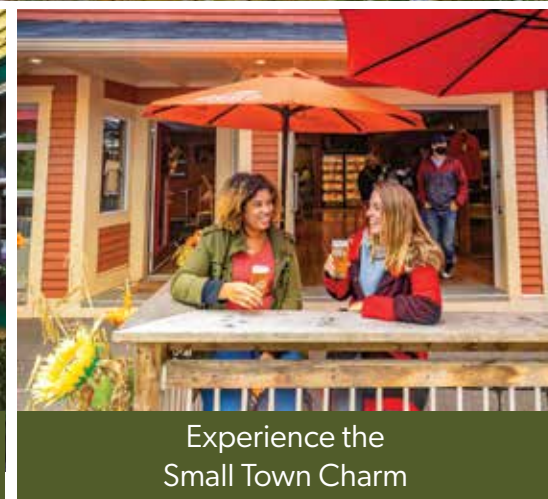
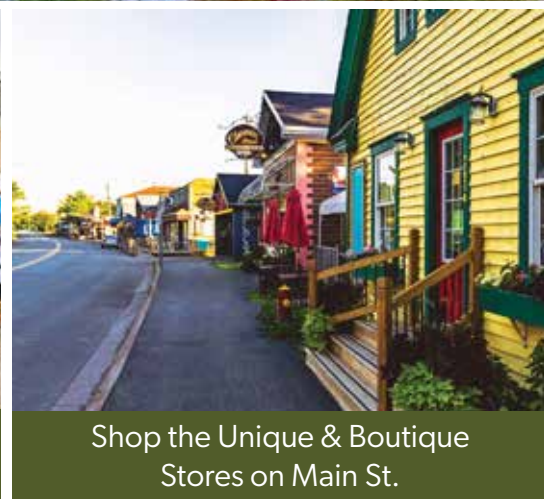
JANET.BUTLER@VIEWPOINT.CA  
902.396.6062

You can find my work in;  
Amherst at *Maritime Mosaic*,  
Tatamagouche at *The Crafty Shore*,  
and at local markets, craft sales  
and galleries throughout the year.




**Carol Pounder Art**  
Imagine. Create.

Visit my website or follow me on social media  
[carolpounderart.com](http://carolpounderart.com)  
carolpounderart@gmail.com



# 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: Edith Mackay's Designs



**Edith Mackay's  
Designs**  
Pugwash

[www.facebook.com/  
edithmackaysdesigns](http://www.facebook.com/edithmackaysdesigns)

Edith Mackay is a crafter who has lived at Sunset Community in Pugwash for almost 40 years. She makes handmade items such as bookmarks, cards, and custom Christmas stockings. You can find Edith's work at Maritime Mosaic in Amherst.



**Wendy's  
Macrame**  
Tatamagouche

[www.facebook.com/wendy.  
lewis123](http://www.facebook.com/wendy.lewis123)

Wendy makes beautiful macrame plant hangers, wall hangings, placemats, baskets and more. You can find her products at the Tatamagouche Grain Elevator and at The Crafty Shore in Tatamagouche.



**Natural Grace's**  
Debert

Natural Grace's products are all natural and homemade. Her product line includes soap, bathbombs, body wash, essential oils, bath salts, shave soap and shaving kits, dog shampoo bars, liquid hand soap, and more. You can find her products at the Tatamagouche Grain Elevator and in The Crafty Shore in Tatamagouche.



**Quills by Stefanie**

[www.facebook.com/  
Quillsbystef](http://www.facebook.com/Quillsbystef)

Amazing and very detailed pieces of artwork made from hand curled coloured paper! Stefanie's products include framed pictures, gift tags, ornaments, and magnets. You can find her at the New Glasgow Farmers' Market most Saturdays. Custom orders are welcome.





## THE CRAFTY SHORE



ARTISANS MARKET

### A COLLECTION OF BEAUTIFUL PRODUCTS FROM LOCAL ARTISANS

Unique gifts, handmade soaps, jewellery, artwork, tasty spices, sauces, preserves and treats and so much more. All displayed together under one roof.

245 Main St., Tatamagouche



*New items arrive weekly.*

*Find the fall outfit you love!*

245 Main St. (in The Crafty Shore store), Tatamagouche



# What in the World

SAM & JIM CRIPPS  
CRIPPS & SONS WOODWORKING

In April of this year, 2023, Jim and I traveled back to our homeland, England. The main purpose of the trip was for our grandfather's celebration-of-life. But as many people will know, we find it hard to sit still and not get up to something. So while we were there we decided to visit several cabinet shops to gain some insight into the latest European and English cabinet styles and trends; knowledge that we could bring back to Nova Scotia's north shore.

Here are some of the common design trends we noticed in the shops that we visited:

**THIN-RAIL METAL-FRAMED GLASS DOORS:** Painted aluminum frames with varying styles of glass inserts were a common theme in contemporary style kitchens. Paired with interior cabinet lighting and glass shelves, this added extra depth to the room and a level of elegant sophistication.

**HANDLE-LESS CABINETS:** The clean look and simplicity of handle-less cabinets is a trend that is popular in the UK. With no bulky handles protruding into your workspace to catch your clothes on, as well as the ease of cleaning. Handle-less cabinets are a wonderful idea.

**POCKET CABINET DOORS:** For a nice modern, sleek look, and to easily hide clutter and ugly spaces, these doors swing open and then slide back into recessed pockets to expose work spaces without bulky doors interfering with the main walkways, but can be quickly closed up to contain the mess and appliances.







**UNIQUE CABINET INTERIORS:** The standard white melamine or maple interiors we're so used to seeing here are no longer a thing in the UK. Grey linen-textured, white-oak woodgrain, or darker neutral colours are the standard for cabinet interiors. This has led us to change our standard interiors to a grey or white linen-textured or a white oak woodgrain texture - which you'll have to come and see for yourself.



**THIN PROFILE COUNTERTOPS:** We're so used to seeing the standard 3cm (1 1/4") thick countertops, something that's quite unusual in the UK. 2cm (3/4") countertops are much more common, as well as looking a lot sleeker and more modern, with some countertops as thin as 6mm (1/4") as a very minimalistic style.

**TEXTURED SLAB FRONTS:** With most kitchens being modern-style and having slab fronts, we noticed that the cabinet doors were often made of highly textured panels, from deep woodgrain textures to a rough concrete feel that added a whole other level to the sophistication of the design. When textured panels weren't used, super-matte, high-gloss, or metallic colour panels were often the choice.

During our visit we also had the opportunity to stretch the limits of the modern technology we employ in our cabinet business by designing custom projects on a train in England and being able to send them directly to the CNC machine in our workshop in Tatamagouche for our team to cut out and build!

We really enjoyed our trips around the English countryside learning how cabinet design differs across the pond. Staying current with European trends in the industry allows us to offer the most up-to-date kitchen designs on the market. As we manufacture only custom cabinetry, this gives us the opportunity to take any of these market shifts and implement them into any space. Your space.







**CRIPPS & SONS**  
**WOODWORKING**  
*Tatamagouche, NS*

Find out more:  
**crippsandsons.ca**  
contact@crippsandsons.ca  
Jim (902) 957-1857 or  
Sam (902) 957-2412

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# 6 Great Hiking Trails



Cape George Trail  
Antigonish.

## 1. Fairmont Ridge

This 9.7km out-and-back trail near Antigonish is considered a moderately challenging route. It takes an average of 2 h & 50 min to complete. This is a popular trail for birding, hiking, and running, but you can still enjoy some solitude during quieter times of day. The best times to visit this trail are April through to the end of October. Dogs are welcome, but must be on a leash.

Hwy 337 N, Antigonish  
[www.frht.ca](http://www.frht.ca)

## 2. Cape George Trails

The Cape George Trails consist of: 7 looped trails covering distances of 2-12 km, 5 point-to-point trails covering distances of 7-21 km (with several walking bridges that cross brooks and streams), 29 km of coastal trails, 6 km of river valleys, and 3 km along the shoreline. The Cape George Lighthouse is within walking distance of one of the trails. The trail heads are located at Cape George Day Park, Cape George Heritage School, and Ballantyne's Cove Wharf. Maps are provided at all trail heads but are not necessary as the trail is lettered and at each intersection there is a map to guide you. There is something for everyone!

Antigonish  
[www.capegeorgetrails.ca](http://www.capegeorgetrails.ca)

## 3. Fitzpatrick Mountain Trail

This trail is a fascinating adventure up and down a mountain. It's an 8km trek in total, so make sure to build in time for a picnic just below the summit. The trail passes over a brook, through the forest, and past the remnants of old homesteads. The Fitzpatrick Mountain Trail is also part of the longer Cape to Cape Trail, so if you're looking for a longer adventure you should check out the full website.

4112-4120 Scotsburn Rd, Scotsburn  
[www.capetocapetrail.ca](http://www.capetocapetrail.ca)

## 4. Amherst Point Migratory Bird Sanctuary Trail

Fall is a major migration time of year in Nova Scotia, so where better to experience it than the Amherst Point Migratory Bird Sanctuary Trail? The trail itself is 2.5 km long, a reasonable afternoon walk, and there's a picnic area on a hill overlooking Laytons Lake towards the end. Check your favourite bird book for the best times to come and see birds take off on their migratory flight. If you enjoy your fall walk, come back in the winter to see the birds who stay in Nova Scotia all year round!

Southampton Road off Highway 104 exit #3, Amherst  
[www.canada.ca/en/environment-climate-change/services/migratory-bird-sanctuaries/locations/amherst-point.html](http://www.canada.ca/en/environment-climate-change/services/migratory-bird-sanctuaries/locations/amherst-point.html)

## 5. Johnny Miles Memorial Trail

Named for a runner who won the Boston Marathon twice, the Johnny Miles Memorial Trail is a lovely place to enjoy fall at a quicker pace. It's a 1.5 km gravel trail that winds through the woods, but starts within New Glasgow. You can go further afield if you want though, as this trail connects to two others (Thorburn Spur Rail Line and Pioneer Trail). Whatever speed you choose, this is a pleasant trail that lets you enjoy exercise in the fall.

East River Road, New Glasgow  
[www.highlandconnect.cioc.ca/record/NGL0039](http://www.highlandconnect.cioc.ca/record/NGL0039)

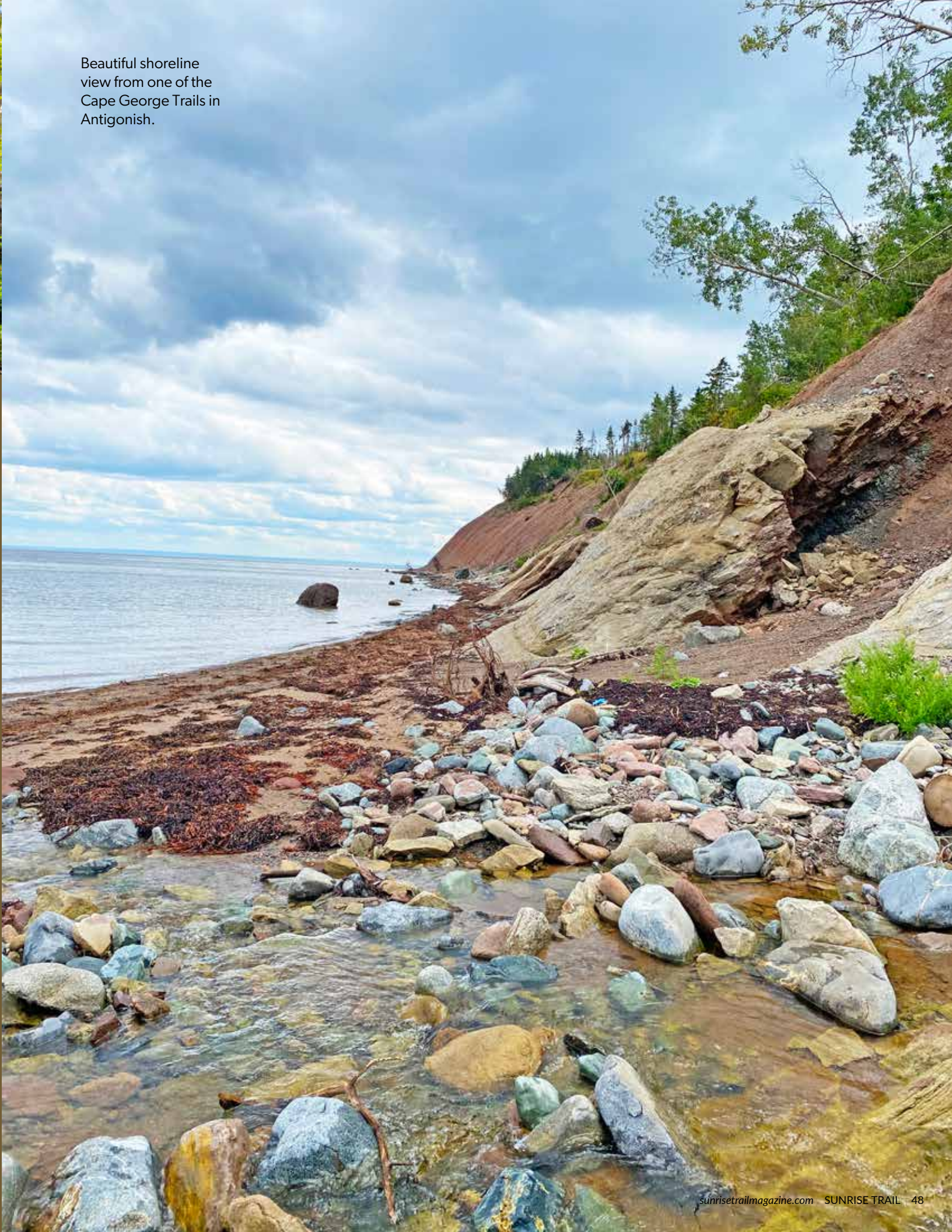
## 6. Pugwash Estuary Trail

The Pugwash Estuary is a great place for bird watching. Park at the Friends of Pugwash Estuary property and follow the trail managed by Nature Conservancy Canada. Interpretive signs along the trail provide general information. Overall, this is a great little trail for a hike with the family or a quick trail run alone. The area is well marked and maintained with some pretty views. Be aware that the trails right beside the water can get quite wet.

2169 Crowley Rd., Pugwash  
[www.pugwashestuary.com](http://www.pugwashestuary.com)



Beautiful shoreline view from one of the Cape George Trails in Antigonish.





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The **Visitor Barn** is open until Thanksgiving weekend. A great chance to meet some lambs and learn all about sheep and their wool.

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**[www.lismoresheepfarmwoolshop.com](http://www.lismoresheepfarmwoolshop.com)**







# Farm Fresh

## Lismore Sheep Farm

River John

[lismoresheepfarmwoolshop.com](http://lismoresheepfarmwoolshop.com)

Lismore Sheep Farm, located just off the Sunrise Trail (Route 6) along the beautiful Northumberland Shore in Pictou County, is a working sheep farm with approximately 200 sheep. Each spring they open their visitor barn to the public to allow people to see the new lambs that have been born. The sheep are mainly Dorset crosses which produce a beautiful soft fleece which they use in many of their products available on the farm. They also have a small flock of purebred Suffolk sheep with strong British bloodlines. You may recognize the familiar black face along with a short stocky frame which helps produce great lambs for meat or for crossing with other breeds. Their sheep and lambs are humanely raised and enjoy being outside grazing and breathing the salty air in their grassy pastures overlooking the Northumberland Strait. They are put out in the pastures, after the lambs are all born, from spring to late fall. The sheep and lambs are on a rotating grazing system which means they are moved to fresh grass on a regular basis while the other pastures re-grow.

Inside the Wool Shop you can find everything sheepskin and wool related. Locally processed wool, knitting supplies, sheep skins, mittens, slippers, wool stuffed pillows, and wool blankets are just a few of the products you can find. Online shopping is also available on their website at [lismoresheepfarmwoolshop.com](http://lismoresheepfarmwoolshop.com).

Lamb meat including sausages, individual cuts including leg and shoulder roasts, chops, ground, ribs and shanks are also available in the wool shop.








# Farmers' Markets





There's no better time than fall to visit a Farmers' Market! The weather is cooler, which is great for walking around, and there's plenty of produce available. You can find all your fall favourites including apples, pears, pumpkins, winter squash, carrots, potatoes, and turnips to name a few, but you can also find other great produce like micro greens and locally raised meat as well. Some of the markets on the north shore close in late fall, but there are a few that stay open until December or even year-round. Some of the markets that close earlier in the fall will have a special Christmas or holiday market day closer to the holidays. Night markets are also becoming a popular event so make sure to follow them on their social media outlets to keep up on what they have planned. Below are just a few of the benefits of shopping at a Farmers' Market.

### **SAVE MONEY**

Buying at a Farmers' Market can save money. When fruits and vegetables are grown locally, they only travel a short distance and that helps keep the cost low.

### **FRESHER FOODS**

You can't get any fresher than straight from the farm! Fruits and vegetables at the Farmers' Market haven't wasted any time sitting around in a warehouse or a grocery store. Instead, they are picked and then loaded on a truck to be driven right to your local Farmers' Market. Fresher fruits and vegetables means more flavor on your plate.

### **SUPPORTING LOCAL PRODUCERS**

When you shop at a Farmers' Market more of your money goes directly to the farmer. A successful farmer's market is good for farmers and strengthens the local economy and surrounding neighborhood.

### **MORE VARIETY**

Try something new! Farmers' Markets often have varieties of produce and other goods that you don't see in a regular grocery store, so you're sure to find some new favorites. The vendors are happy to talk about their products and answer your questions.

### **UNIQUE GIFT IDEAS**

Besides fruits and vegetables there's usually an abundance of artisans at your local farmers' market. Get a head start on your Christmas shopping or treat yourself to something nice. Supporting local artisans helps our economy too and helps them to keep creating!

### **YUMMY FALL GOODIES**

You can also find some delicious baked items at the market like pies, cookies, and bread. It's a great place to have brunch as most markets will have some sort of food vendor serving something yummy! Have a bite to eat while you sit and enjoy some local music and the sites & sounds of the market.






# New Glasgow FARMERS MARKET

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!

Every Saturday, 9am until 1pm, Year Round  
261 Glasgow St., New Glasgow  
[ngfarmmarket.com](http://ngfarmmarket.com)

 [NGFarmMarket](https://www.facebook.com/NGFarmMarket)




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

Up to 40 vendors set up each Saturday morning (8:30 – 1:00) with a wide variety of home grown, hand made and freshly baked products.

Don't miss our Wellness Tent & Sustainability HUB information and activities.

While you're here, visit the historic train station, enjoy the views of Pugwash Harbour, and explore shops and restaurants in the area.

Every Saturday, 8:30am until 1pm, May 20 to October 7  
10222 Durham St., Pugwash  
[pugwashfarmersmarket.com](http://pugwashfarmersmarket.com)

 [pugwashfarmersmarket](https://www.facebook.com/pugwashfarmersmarket)



## Pugwash Farmers' Market Outdoor Festive Market


Nov. 18, 2023  
10am-2pm





Fresh grown and homemade, our vendors provide you with all your local shopping needs. Shop sustainably with our market and support your community. The Tatamagouche Farmers' Market endeavors to nurture and inspire a healthy community through a local food economy based on diversity and inclusivity.

Every Saturday, 9am until 1pm, February until week before Christmas  
41 Creamery Rd., Tatamagouche  
tatafarmersmarket.com

 tatafarmersmarket



The Merigomish Schoolhouse Farmers' Market is a beautiful waterfront location for local farmers, chefs, artists, and craftspeople to present their great foods, products, services, and skills to the community and traveling public.


Every Sunday, 10am until 1pm, April to December  
1682 Shore Rd., Hwy 245, Merigomish





The Antigonish Farmers Market is a non-profit organization representing our community since 1993. We proudly hold 50+ vendors every week – year-round

Every Saturday, 8:30am until 1pm (summer) & 10am until 1pm (winter)  
20 Exhibition Lane, Antigonish  
antigonishfarmersmarket.ca

 AntigonishFarmersMarketAssociation





# Local Author Showcase





Supporting local authors should be no different than choosing to shop locally. It helps your community by boosting the local economy the same way shopping local does. It also helps the authors succeed which is especially good if you want to read more of their writing! As a bonus, authors that write about their own communities help to bring that area to a larger stage in an authentic way. Many authors have lived experiences in their communities and deeply understand the culture, challenges, joys, and stories that make them unique. This extra insight means that authors can represent their communities with a healthy mix of respect and criticism, portraying characters with the complexity they deserve.

For young readers, books written by local authors set in local communities act as a mirror for their own lived experiences. These books offer an opportunity for children to make connections to both themselves and their immediate surroundings. Exposing young readers to local authors can also help children expand their career aspirations. They may not even realize that writing is a career option!

Here are a few ways you can support your local authors:

- Buy their book if you can.
- Take a photo of a local author's book then share it on your social media account(s) and tag the author.
- Follow authors on social media and engage with them.
- Ask a bookseller if they carry the book and, if so, where it's located in the shop. This helps the bookseller know that it's popular.
- Write a review for the book and then share it on Amazon etc.
- Recommend the book to friends/family members.
- Check out the book at your local library and/or ask a librarian if it's available to borrow so they're aware of the book.
- If you're in a book club, suggest reading something by your favourite local author.
- Gift the book to a friend who you think might enjoy it.
- Attend author events like launches, readings, and bookstore signings.
- Send a note to the author to let them know you enjoyed their book. "Fan mail" is always exciting for authors to receive.





# Michelle Robinson

## Where did you grow up?

I was born and raised in a rural village in Gloucestershire, England and am descended from cattle farmers and coal miners.

## Where do you live now and how long have you lived there?

I moved to Tatamagouche with my husband and our two children in August 2021.

## Why did you choose to live on the north shore of Nova Scotia?

We have family connections to the area — my husband's grandfather was born in Montreal and owned a cottage in Brule. We still have close family in New Brunswick and, until recently, in Truro too. We've been visiting the area for many years and always dreamed of living here. We feel very fortunate to have realized our dream.

## What do you like best about the north shore?

The people. The sense of community is particularly strong here on the north shore. Our new friends and neighbours are impressively resourceful, creative, generous, kind and good humoured.

## Do you have a place that is special to you where you like to visit?

It's hard to pick one special place, but I am very fond of Shubenacadie Wildlife Park. We've been visiting for years; pre-kids, with tiny tots in tow and now with teenagers, and it's always a real treat. We've visited with various friends and family members over the years, including some who are no longer with us, and some who live too far away to visit regularly — and we've never once managed to spot Shubie Sam.

## When and where did you first begin writing?

I've written for as long as I can remember. Even before I knew my alphabet I would fill notebooks with squiggly pencil lines that were supposed to look like words. I became an advertising copywriter immediately after graduating university and have written pretty much every single day of my life, even if it's just a grocery list. I adore language and storytelling, and have a particular fondness for nonsense.

## What was the first book you wrote/published?

My first book was *What To Do If An Elephant Stands On Your Foot*. It was picked up at auction by Penguin Random House







Photo Credit: Saffron Morriz

### What is a fun fact about you?




I have a SPCA rescue cat named Chicken. He is a big, white softie who keeps me company when I write. I spend half my time trying to ignore his pleas for extra food.

### What was the last book you read and would you recommend it?

I visited the Maritime Museum in Halifax and picked up a copy of 'Never Say P\*G, The Book of Sailors' Superstitions' by R. Bruce Macdonald. I absolutely loved it — perfect to dip into when you can spare ten minutes (although I devoured it in a couple of sittings). I also just finished 'The Night Ship' by Jess Kidd, which was my pick for book club. I hope the other gals enjoy it as much as I did, or I may never be asked to pick again...

### What is one place on the north shore you would recommend a tourist visit?

The Tatamagouche Creamery Museum. My brother and his wife just visited from Chicago and were super impressed by their tour — they'd just visited a very expensive museum in Boston which evidently didn't have a patch on the Creamery. I love visiting museums because they are jam-packed with stories that fire up the imagination.

-  [www.michellerobinson.ca](http://www.michellerobinson.ca)
-  [@michellerobinsonbooks](https://www.instagram.com/michellerobinsonbooks)
-  [facebook.com/micherobinsonbooks/](https://www.facebook.com/micherobinsonbooks/)

USA and illustrated by Massachusetts-based Peter H. Reynolds. Since then I've had over fifty children's books published and have something like twenty more currently in various stages of production.

### What do you like doing when not writing?

I love to walk the Butter Trail with friends. I find the natural world both comforting and inspiring. I'm also trying to learn to be a better gardener, but my thumbs are definitely more inky than green. I spent this past year working with Writers In The Schools, visiting schools across the province. I also help promote literacy all over the world via classroom video calls.

### Has the north shore of Nova Scotia in general influenced any of your books or characters?

One of my most popular books, 'How To Wash A Woolly Mammoth', was inspired by the full scale model at Mastodon Ridge. I wrote it sitting on the deck at Brule. It's used for teaching instructional writing and has been published in ten different languages.







# Denise Davies

## Where did you grow up?

I was born in Glace Bay and grew up in Sydney. I attended Holy Angles and went on to Xavier College in Sydney then on to StFX.

## Where do you live now and how long have you lived there?

I live in Antigonish and moved here in 2010 to be near my mother and family after living 45 years internationally.

## Why did you choose to live on the north shore of Nova Scotia?

I chose to live in Antigonish to be near my mother and family.

## What do you like best about the north shore?

I like the convenience of small town life in Antigonish where we have all services near by but close to great countryside and coastal areas.

## Do you have a place that is special to you where you like to visit?

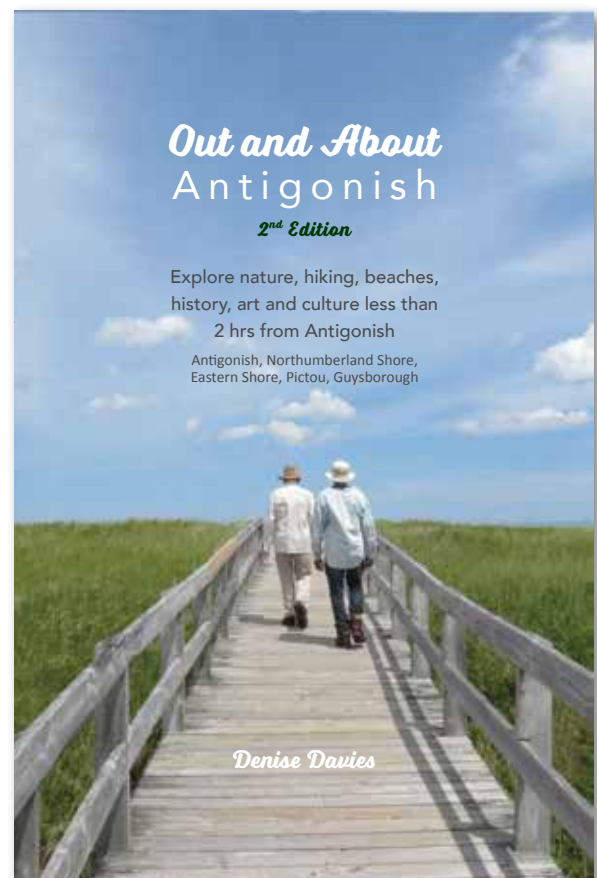
I would pick Arisaig as it has a variety of things to do. There's the ocean view, the ice cream shop, the café and lobster interpretive center, a sheltered beach and the nearby park with fossils and of course Steinhart distillery. I enjoyed a Scottish concert at the St. Margarets church and many community meals at the community center.

## When and where did you first begin writing?

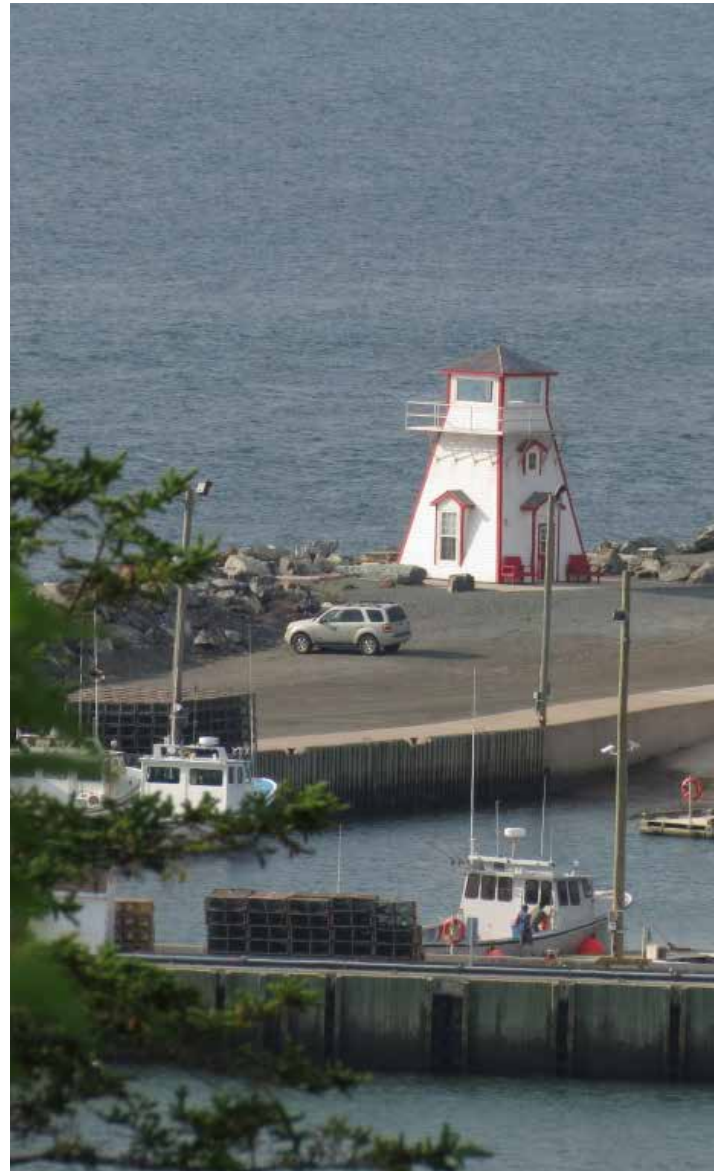
I started technical writing from the early days as a teacher / librarian and then with my internet company. In 2010 I started writing about Nova Scotia as I was very taken with the beauty of the area and wanted to share it with my photography.

## What was the first book you wrote/published?

I published a few small photography books but my first real book was "*Out and About Antigonish*" which I wrote during the pandemic. It was published in 2021 and sold well so I wrote an updated 2nd edition in 2022.







**What do you like doing when not writing?**

Photography and travel would be high on my list.

**Has the north shore of Nova Scotia in general influenced any of your books or characters?**

My book is non-fiction and all based on trips you can take less than 2 hrs in and around Antigonish.

**What is a fun fact about you?**

I have lived internationally, living and working in many countries for over 45 years.

**What was the last book you read and would you recommend it?**

Vancouver: A Novel by David Cruise and Alison Griffiths. I was visiting Vancouver and really enjoyed this historical novel and would highly recommend it.

**What is one place on the north shore you would recommend a tourist visit?**

Arisaig or the mini-trail to the Cape George Lighthouse.

 [www.outandaboutns.com](http://www.outandaboutns.com)

 [@ddavieseckova](https://www.instagram.com/ddavieseckova)

 [denise.davies](https://www.facebook.com/denise.davies)

 [davies@eckova.ca](mailto:davies@eckova.ca)





# Sheree Fitch

## Where did you grow up?

Moncton and Fredericton, New Brunswick.

## Where do you live now and how long have you lived there?

River John, Nova Scotia. We purchased the property in 2000, built a cabin and then a home and moved here in 2011 after my husband retired.

## Why did you choose to live on the north shore of Nova Scotia?

We have always harbored dreams of having a hobby farm and living close to the sea after Gilles retired.

## What do you like best about the north shore?

The people and the pace. The green space and the Strait. The River. Lobster Crate Races during River John Festival Days.

## Do you have a place that is special to you where you like to visit?

Yes, but it is a secret!

The other places is the Mill at Balmoral Falls. The place is special to me because of family memories. Our late son loved it there. Walking with grandchildren and remembering their father --- the canopy of leaves. Magical.

## When and where did you first begin writing?

In my grade two class in Moncton, New Brunswick.

## What was the first book you wrote/published?

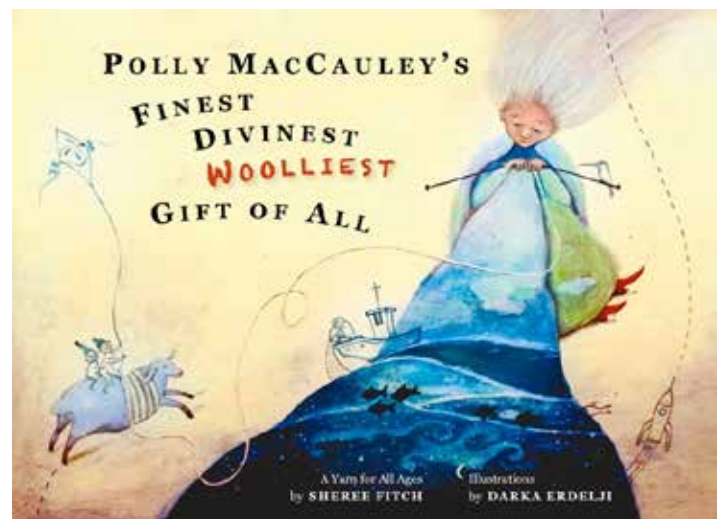
My first book was Toes in My Nose, published in 1987 by Doubleday Canada. After 10 years of rejection!

## What do you like doing when not writing?

Walking, reading, chilling out.

## Has the north shore of Nova Scotia in general influenced any of your books or characters?

Yes indeed it has. Polly McCauley's Finest Divinest Woolliest Gift of All is set in River John and the Sunrise Trail Road. The action takes place at Lismore Sheep Farm and features the Crawford family. And Leetiks! Meh (the owner) is one amazing woman who is such a community supporter. I wrote it as an allegory, to celebrate the community after watching River John residents work so hard to keep their small community school. I fell in love with River John a long time ago but seeing the spirit in this community during the long attempt to create a HUB model and keep their small school open was inspiring. I still believe in small place based schools for the young children by the way, and I still think the ordeal involved some pretty stinky underhanded politics — so the only solution for me to accept the kind of injustice I saw was to create a story that celebrated community and have the community succeed. And it has! The







community is stronger than it ever has been — that's the kind of spirit I've seen in the people around here. And there are lots of young families. Maybe, one day again, a small school will appear! An old lady can dream.

**What is a fun fact about you?**

I was friends with Ernie Coombs, Mr. Dress-up. And I really wanted to be Mary Poppins or Carol Burnett.

**What was the last book you read and would you recommend it?**

Honestly... I just re-read Mary Poppins and yes yes yes!

**What is one place on the north shore you would recommend a tourist visit?**

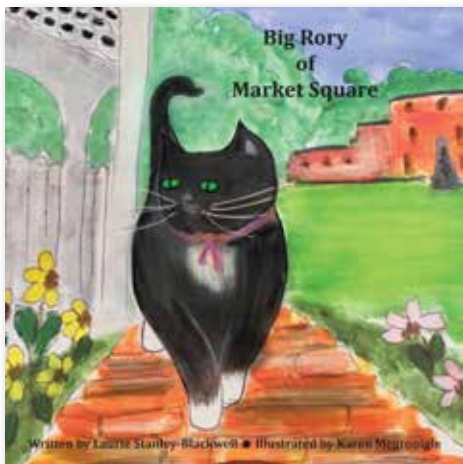
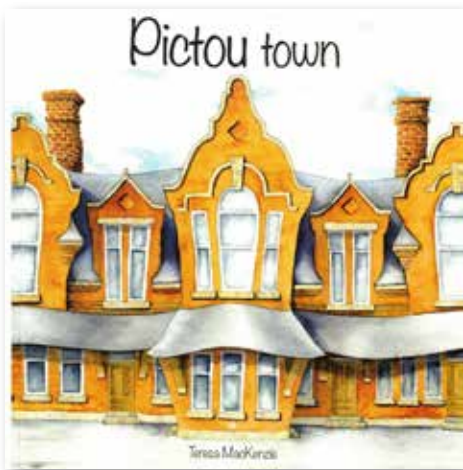
Wow. I'm not a very good person to ask — I am biased ! I want everyone to come to Mabel Murple's Book Shoppe and Dreamery. Mabel Murple is a purple character in one of my books. We haven't been open for the past two summers but people still came and strolled the property. We will be opening again in 2024 for events and workshops and with more to offer nature lovers. We created it after the school closure and it succeeded because of community effort and support. PLEASE STAY TUNED! And gas up at Meh's Convenience! And visit the Overstreet Café... and .... Seafoam Lavender Farm and... and... and ... we are so lucky on the North Shore! Some might say, blessed!



- 🌐 [www.mabelmurplesworld.ca](http://www.mabelmurplesworld.ca)
- 📷 [@mabelmurplesworld](https://www.instagram.com/mabelmurplesworld)
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North Shore & Area  
**Publishers**



### THE PICTOU BEE PRESS

The Pictou Bee Press was established in 2022 to honour the early accomplishments of James Dawson (1789-1862). A Scottish immigrant and entrepreneur, Dawson came to Pictou, Nova Scotia, in 1811 and, from 1835 to 1838, published *The Bee* newspaper. There he also operated the first bookstore in Nova Scotia outside of Halifax, and has the distinction of having published in 1836 the first Gaelic book written and printed in North America.

In honour of the 250th anniversary of the arrival of the ship *Hector*, The Pictou Bee Press has published Teresa MacKenzie's *Pictou town*, a celebration of this community's remarkable architectural heritage. Just off the press is *Big Rory of Market Square*, by Laurie Stanley-Blackwell (author) and Karen Megronigle (illustrator), a children's book about a very old cat who has a fondness for stories and shortbread, and delights his fellow cats with tales of old Pictou. The Pictou Bee Press has also issued a commemorative 250th *Hector* souvenir pin, and plans to bring out two more books in time for Christmas.

✉ [info@pictoubeepress.com](mailto:info@pictoubeepress.com)

🌐 [www.pictoubeepress.com](http://www.pictoubeepress.com)





## FOLLY HOUSE PRESS

Folly House Press is an author-run publishing cooperative based in Pictou/Piktuk, Nova Scotia/Mi'kma'ki. Folly House also operate the Quarterly Folly House Poetry Prize. We work to support authors of all styles and skill throughout Canada. Folly House is operated by three passionate writers and creatives from across North Shore Nova Scotia.

✉ editor@folly.house

🌐 www.folly.house

## FIND NEW AND USED BOOKS on the North Shore

Check out these local stores to find books by the local authors mentioned and ask about other local authors:

**SECOND EDITION USED BOOK STORE**  
279 N Foord St, Stellarton  
www.secondeditionusedbooks.com

**THE CRAFTY SHORE**  
245 Main St., Tatamagouche  
(Michelle Robinson)

**CURIOUS CAT TEA & BOOKS**  
102-195 Main St, Antigonish  
www.thecuriouscatteaandbooks.ca  
(Denise Davies)

**MABEL MURPLE'S BOOK SHOPPE & DREAMERY**  
286 Allen Rd, River John  
www.mabelmurplesworld.ca  
(Sheree Fitch)

**MARITIME MOSAIC**  
129 Victoria St. E., Amherst

**GRAN'S BOOK SHOPPE**  
Hwy 6 and Station Rd, Tatamagouche

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## Securing Your Food Supply

An important component of food security is stocking up and having more food than you actually need for daily use. Supporting community agriculture through local producers of fruits, vegetables, livestock, seafood and pulses at Market stands and farm gates further insure food security. They will keep us fed and healthy.

If you grow lots of food or purchase large amounts in season for best pricing, consider a time honored and probably the oldest method for preserving fresh food and that is dehydrating. Dehydrating with low heat and a steady air flow removes moisture through evaporation which inhibits growth of bacteria, yeast and mold. Dehydrate food for backpacking, camping, and home food storage.

Good foods for dehydration and storage are; fruits, veggies, legumes like beans/lentils, grains such as rice/pasta, low fat meats (grass fed beef & white meat poultry), low fat seafood, herbs, and sauces (must be fat/dairy free and any chilies or stews finely chopped). Poor foods for dehydration are fats (moisture remains on surfaces), nut butters (although powdered peanut butter is available commercially), avocados, olives, dairy, and eggs.

### Proper preparation prevents poor performance!

**CLEAN** station, surfaces, equipment, and hands are a must.

**CUT** food into uniform pieces as much as possible.

**PRETREAT** by soaking fruits that oxidize quickly in a bath of ascorbic acid and water (1 tsp to 2 c water, use for two batches only). Soak at least 5 minutes. Certain vegetables require steaming or blanching such as carrots, broccoli, string beans, cabbage, kale, spinach, swiss chard, asparagus, peas, potatoes and sweet potatoes. Mushrooms, red onions and bell peppers do not require pretreatment. Legumes and grains should be precooked, rice should be cooked to al dente. Meats must be cooked to a safe temperature zone first, 160°F for

beef, 165°F for poultry. Blot well before dehydrating and occasionally blot while in the dehydrator to absorb any fat that has surfaced. Remember, fat holds moisture. For white poultry meat, cook to a safe temperature zone, shred, and blot dry with paper towel. Blot throughout drying time.

**STORED** properly, dehydrated foods can last for months or up to a year. Much depends on the storage method and storage environment. Fruits: 1 yr, veggies: 6 months (though vacuum sealing can extend shelf life of both), grains/legumes: 1 yr, and meats: 1-2 months or 6 months vacuum sealed & frozen. These are general guidelines only, some foods will last longer.

**CONDITIONING** is the final preparation step to ensure proper performance. Fruits are particularly important because of their water content. Conditioning equalizes moisture and reduces the risk of mold. Cool dried fruit to room temperature and store loosely, packed in clear, air tight non-plastic containers. Let sit for 1 week. Check daily for any condensation and shake once daily. If you see any condensation throw back into the dehydrator to dry longer. If there's any mold throw it out. If it looks good after 1 week, package and store. Veggies and meats do not necessarily need to condition but one can do above procedure.

Store all dehydrated foods in air tight packaging in a cool dark and dry space.

Please connect with [buttertrailnaturalgoods@gmail.com](mailto:buttertrailnaturalgoods@gmail.com) for any further information on choosing dehydrators, trouble shooting, tasting, and more.

Resources:  
[www.freshoffthegrid.com](http://www.freshoffthegrid.com)  
Dehydrator Cookbook - Julie Mosier, for recipe inspiration

LIVE WELL... AGE WELL





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