

SPRING/SUMMER 2025



Sunrise Trail

YOUR NORTH SHORE
ADVENTURE STARTS HERE.



EXPLORE THE ESSENCE OF COASTAL LIVING ALONG THE NORTH SHORE OF NOVA SCOTIA: LOCAL COMMUNITIES, PEOPLE, FOOD, ARTS, ENTERTAINMENT, HISTORY, ADVENTURES, and more!

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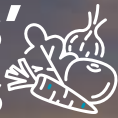
Discover the North Shore of Nova Scotia



Beaches

The North Shore of Nova Scotia is home to some of the warmest ocean waters in Canada, thanks to the shallow, sun-warmed waters of the Northumberland Strait. Relax on sandy shores, go for a swim, or explore tidal pools at popular spots like Rushton's Beach, Blue Sea Beach, and Long Beach—perfect for a summer day by the sea!

Farmers' Markets



The North Shore's farmers' markets are a must-visit, offering fresh local produce, handmade goods, and a taste of Nova Scotia's vibrant culture. From the bustling Tatamagouche Farmers' Market to seasonal markets in the small communities, you'll find everything from farm-fresh vegetables to artisan crafts, all while supporting local growers and makers!

Farm Visits



Experience a taste of rural life on the North Shore with farm visits and tours that showcase local agriculture. Meet friendly animals, pick fresh produce, or learn about beekeeping at spots like Lismore Sheep Farm, Sugar Moon Farm, and local u-pick orchards. Whether it's sampling maple syrup or exploring scenic pastures, these experiences connect you to the land and the people who cultivate it.

Live Music



The North Shore is alive with music, offering performances in cozy pubs, lively community halls, and outdoor festivals. Enjoy local talent and touring artists at venues like The Grace Arts Centre, The Fraser Cultural Centre, and Jost Vineyards, or catch live music at farmers' markets, breweries, and local restaurants. Whether it's folk, blues, or Celtic tunes, there's always a rhythm to enjoy!

The North Shore is home to an award-winning winery, a craft brewery, and a distillery, each offering unique flavours inspired by the region. Sip locally made wines at Jost, known for its stunning vineyard views; enjoy small-batch craft beer at Tata Brew; or sample handcrafted spirits at Caldera in River John, where traditional methods meet bold Nova Scotian character. With scenic settings and welcoming tasting rooms, it's the perfect way to experience Nova Scotia's vibrant drink scene.

Thirst Quenchers



Arts & Heritage



The North Shore is rich with art and history. Its galleries and museums showcase the local talent and commemorates cultural heritage. Explore The Fraser Gallery and Ice House Gallery for unique artwork, or step back in time at the Creamery Square Heritage Centre, Sutherland Steam Mill Museum, Wallace and Area Museum, and Thinkers' Lodge. From traditional craftsmanship to contemporary art, there's plenty to discover!

Explore the Trail



The Pictou-to-Oxford Shortline Rail Trail, part of the Trans Canada Trail, is a scenic multi-use rail trail with multiple access points. Highlights include Creamery Square, Farmers' Market, Train Station Inn, Patterson Wharf Park, Nelson Park, and the Sutherland Steam Mill Museum. Marvel at the stunning Tatamagouche Bay views, and traverse bridges that stretch across the French and Waugh Rivers - all within walking distance of village amenities.

Savour the Sea



The North Shore is a seafood lover's paradise, famous for its fresh lobster and world-class oysters. Enjoy a classic lobster supper, grab a lobster roll from a local eatery, or taste the region's briny, delicious oysters, harvested straight from the Northumberland Strait. Whether you're dining at a seaside restaurant or picking up fresh seafood from a market, the flavors of the ocean are always on the menu!

Outdoor Lovers



The North Shore is an outdoor playground, perfect for kayaking along scenic coastlines, biking picturesque trails, and horseback riding through rolling countryside. Paddle the peaceful waters of the French River, cycle the Trans Canada Trail, or explore nature on horseback at Waugh's River Stables. Whether on land or water, adventure awaits in this stunning coastal region!

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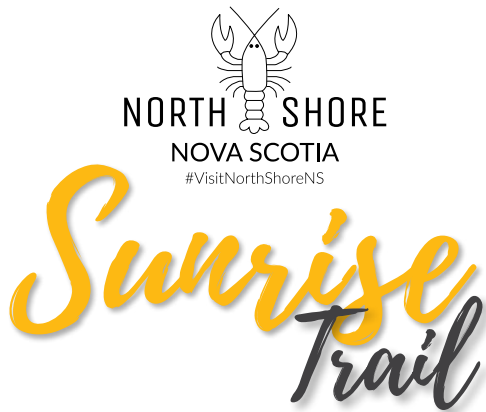
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MARSHALL FEIT is the executive director of the Marigold Cultural Centre in Truro. He is also a member of the Creative Nova Scotia Leadership Council, a board member for Debut Atlantic, and a founder of Folly House Press. He lives in Central New Annan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

marigoldcentre.ca



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



Welcome TO THE NORTH SHORE!

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.



 wallacriverrevival.ca

KELLIE MACMILLAN is an award-winning sommelier with over two decades of experience in the service industry. Passionate about the intersection of craftsmanship and hospitality, she has cultivated a deep appreciation for the art of food, wine, and design. Based in Wallace, Nova Scotia, Kellie has stepped beyond the traditional restaurant world to create something entirely her own.

Alongside her husband, she transformed a humble shipping container into a thoughtfully curated retail space—a place where vintage charm meets artisanal craftsmanship. Their shop is a testament to their shared vision, showcasing handcrafted pieces that celebrate heritage, creativity, and the beauty of repurposed design. Whether through her expertise in wine or her eye for unique home decor, Kellie brings an inviting warmth and authenticity to everything she does.



ELIZABETH SPENCE's interest in gardening began during her childhood in Wales. Her professional life was spent in academia when she had little time for practical gardening, but she did read voraciously on the subject and took many courses from the Royal Horticultural Society. When she moved to a heritage property with four acres in Tatamagouche, she was able to apply the knowledge she had gathered over the years. In her non-gardening life, she directs the Tatamagouche Chamber Ensemble music group and holds piano recitals in her home.




JENNIFER LANGILLE has loved gardens and the natural world since she was a child. Her own garden in Tatamagouche, Nova Scotia, has brought her immeasurable joy over the years. Jennifer recently completed the Master Gardener program at Dalhousie University, where she learned so much and recognized clearly that the learning never stops. When not in her garden, Jennifer trains in Shotokan Karate and also enjoys skiing, yoga and playing in the kitchen.



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

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THERESA FRASER is a Registered Psychotherapist and Registered Counselling Therapist. She is also a Play Therapy Supervisor, professor and author.

Theresa has a counselling practice with four locations including Tatamagouche.

Her team works with all family members. You can contact her by emailing maritimeptc@gmail.com

 maritimeptc.com



JACKIE JARDINE feels there's always a story to share and a cause to support. That's how she's spent her working life as a journalist and community volunteer. She began her three-plus decade career in journalism in 1988 and during that time, was privileged to be welcomed into many Pictou County homes to share a cup of tea and have a conversation. She's met many wonderful people through the course of her career.

Throughout her life Jackie, has been privileged to have served on many boards of local non-profits and has enjoyed volunteering for other organizations such as the deCoste Performing Arts Centre. Retired since 2021, she now occupies her time writing, volunteering and spending time with her husband Mike, family and friends.

Land ACKNOWLEDGEMENT

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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@sunrisetrailmagazine





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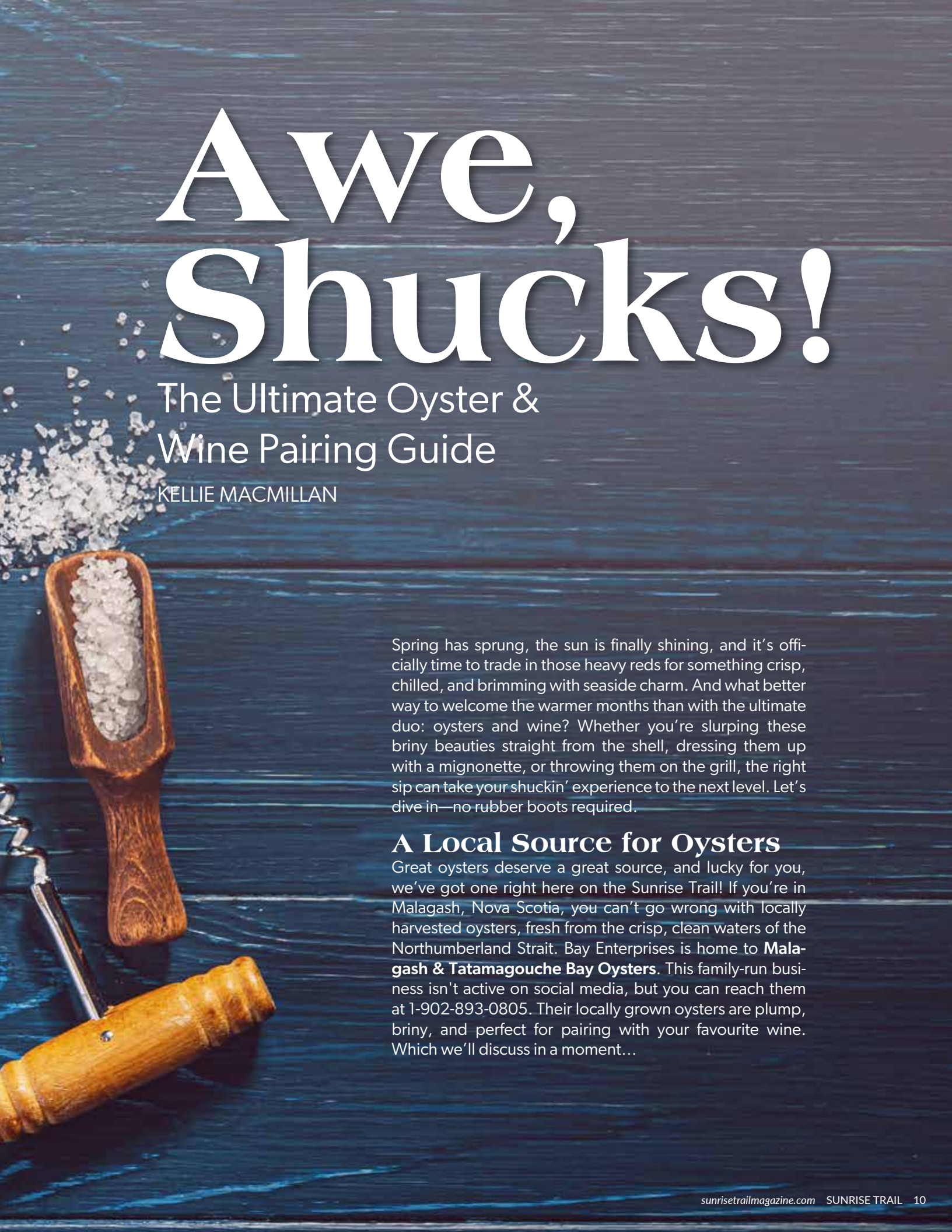
Your Next Adventure



Awe, Shucks!

The Ultimate Oyster & Wine Pairing Guide

KELLIE MACMILLAN



Spring has sprung, the sun is finally shining, and it's officially time to trade in those heavy reds for something crisp, chilled, and brimming with seaside charm. And what better way to welcome the warmer months than with the ultimate duo: oysters and wine? Whether you're slurping these briny beauties straight from the shell, dressing them up with a mignonette, or throwing them on the grill, the right sip can take your shuckin' experience to the next level. Let's dive in—no rubber boots required.

A Local Source for Oysters

Great oysters deserve a great source, and lucky for you, we've got one right here on the Sunrise Trail! If you're in Malagash, Nova Scotia, you can't go wrong with locally harvested oysters, fresh from the crisp, clean waters of the Northumberland Strait. Bay Enterprises is home to **Malagash & Tatamagouche Bay Oysters**. This family-run business isn't active on social media, but you can reach them at 1-902-893-0805. Their locally grown oysters are plump, briny, and perfect for pairing with your favourite wine. Which we'll discuss in a moment...

Oyster Fun Facts

Cool Things You Probably Didn't Know

- It takes two years to grow an oyster!
- Oyster aquaculture is completely sustainable and supports marine ecosystems.
- A single oyster filters up to 50 gallons of water every day!
- Oysters take on the flavour of their environment, a concept known as merroir—think of it like terroir for wine!

Oyster Care 101

How to Keep Your Oysters Happy

Fresh oysters deserve a little TLC before they hit your plate. Here's how to keep them at their best:

Storage: Keep oysters in the fridge, cupped side down, covered with a damp cloth. Never store them in a sealed bag or submerged in water—they need to breathe!

Freshness Check: A good oyster should be tightly closed or snap shut when tapped. If it's open, unresponsive, or smells fishy, it's time to say goodbye.

Shuck It Off

Oyster Shucking Tips

- Use a proper oyster knife (available at our store in Wallace - see page 14) and go slow - this is a marathon, not a sprint. And for the love all things briny, protect your hands!
- Hold the oyster firmly with one hand, hinge facing you.
- Insert an oyster knife into the hinge and twist gently to pry the shells apart.
- Slide the knife along the top shell to separate it, then cut the muscle attaching the oyster to the shell.
- Lift off the top shell, detach the oyster, and inspect for debris before eating or grilling.
- Grill oysters until the edges begin to brown.



Oysters & Wine Pairing Guide

Pop, Fizz, Slurp: Bubbly & Oysters

Oysters and sparkling wine are the power couple of the seafood world. A crisp Champagne, Prosecco, or Spanish Cava cuts through the richness of the oyster like a well-placed pearl knife. The tiny bubbles cleanse your palate between bites, making each oyster taste as fresh as the first. It's basically a sea breeze in a glass.

The Bright & Briny Match: Sauvignon Blanc

If you want to taste the ocean in stereo, pair your oysters with a zippy Sauvignon Blanc. Think Sancerre from France or a coastal pick from New Zealand. High acidity, citrusy zest, and a hint of salinity? Perfection. Bonus points if you're eating oysters on the beach with your toes in the sand.

The Unexpected But Brilliant Choice: Muscadet

Never heard of Muscadet? You need to fix that immediately. This French, Loire Valley white is basically made for oysters—light-bodied, bone-dry, and with a whisper of sea spray. It's like drinking the sea, minus the sand in your teeth. As your local Sommelier this would be my top recommendation for you. It's both exotic and unpretentious, just like all the great people you will meet on The Sunrise Trail!

The Wild Card: Chablis

For those who like a little elegance with their shellfish, Chablis (unoaked Chardonnay from Burgundy, France) is a knockout. It's got all the minerality of a rocky shoreline and just enough citrus to keep things fresh. Ideal for when you want to feel fancy.

The Rule-Breaker: Rosé

Who says you can't drink pink with oysters? A dry, crisp rosé (especially one from Provence) brings a bit of fruit, a bit of minerality, and a whole lot of summer vibes. It's the move when you want something light but not too serious—perfect for a dockside hangout.

The Don't-Even-Think-About-It Category

Big, buttery Chardonnays? Nope. Heavy reds? Absolutely not. Local Nova Scotia wines with way too much sugar? No way, stay away! Oysters are delicate little ocean jewels, and you don't want to drown them in an oaky, tannic, or a sweet tidal wave. Stick to light, fresh, and zingy wines, and you'll be smilin'.



What About Beer?

Dry stouts or pilsner work beautifully with oysters.

For Those Who Don't Drink / Non-Alcoholic Pairings

Cucumber water or mineral water gives your guests an elevated experience.

Serving & Presentation Tips

Serve Oysters Like a Pro

Want to impress your guests (or just treat yourself)? The way you present your oysters can take the experience from simple to spectacular. Here's how:

The Ice Bed: Arrange freshly shucked oysters on a bed of crushed ice to keep them chilled and looking luxe.

Garnish Wisely: A classic lemon wedge is always a win, but a little fresh seaweed or edible flowers add a gourmet touch.

Perfect Pairings: Serve with small ramekins of rhubarb mignonette.

The Right Tools: Have small forks ready for easy eating and napkins on hand—oyster indulgence can get a little messy!

Glassware Matters: A chilled coupe or flute for your bubbly or a crisp white wine in a classic stemmed glass makes all the difference. We carry a great selection in store.

Now, with your oysters looking as good as they taste, it's time to slurp, sip, and pop some corks!



Turn It Into a Curated Culinary Road Trip, Sunrise Trail Style

Now that you've got your oyster and wine pairings sorted, why not turn it into a full-blown adventure? The journey deserves a stop by our store at 2241 North Wallace Road for a selection of fun and unique oyster-themed merchandise.

Find the following in our Foodery section:

- Seasonal rhubarb mignonette
- Signature Spice blends for grilling oysters and other seafood
- Shucking tools
- Cast iron grilling pans
- Stainless steel serving trays
- Timeless enamelware for nostalgic beach suppers
- The perfect curvy cocktail/wine glass
- Wine cooler bags (because wine outlets don't offer chilled bottles here in Nova Scotia) if you'd like more information please check out last year's issue online
- And other sea-inspired finds

Whether you're an ostreophile (*lover or aficionado of oysters*) or just along for the ride, our shop is the perfect pit stop on your culinary road trip. Come visit, stock up, and make your oyster experience even more memorable! And don't be shy about picking my brain—I'm your friendly neighbourhood Sommelier, always happy to help you find the perfect sip to go with Spring/Summer in Nova Scotia.



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Discover Canada's First Rock Salt Mine at the Malagash Heritage Museum



Step back in time and explore a unique chapter of Canadian history at the Malagash Heritage Museum, where the story of the first Canadian rock salt mine in the British Empire comes to life.

Long before European settlers arrived, the Mi'kmaq people of Nova Scotia knew the land's natural salt springs. But it was in 1912, when a farmer accidentally discovered brine in his well while searching for water, that the idea for mining rock salt took root. Just six years later, on Labour Day, September 2nd, 1918, the first rock salt was mined in Malagash, marking a historic milestone in the region.

The mine operated for 41 years, producing over 2 million tons of salt and supporting local industry. It boasted its own 10-mile railway and shipping facilities on Tatamagouche Bay, where salt was transported by diesel locomotives and large vessels. The Malagash Salt Mine was no small operation – the miners used the open stope overhand method to extract the salt, creating vast underground caverns, some so large they echoed like cathedrals.

The hardworking men of Malagash were central to the mine's success, using drills and manual labor to bring the precious salt to the surface. The sorting, crushing, and

shipping processes were meticulous, ensuring that the salt was sent all over the region. Over 100 men worked at the operation, which meant the mine supported a thriving village of Malagash that had 5 schools, pool hall, fishing factories, cheese factory, two general store, multiple ship yards, and a blacksmith.

After nearly four decades of production, the mine closed its doors in 1959, but its legacy lives on. Visit the Malagash Heritage Museum and dive into the fascinating history of this once-thriving operation. Through black-and-white photos, historical documents, interviews, and even a unique underground mining video, you'll experience the excitement and challenges of those who worked beneath the earth.

Come discover the history, the stories, and the people that made Malagash the salt mining hub it once was – and explore the rich heritage that still shines through today.

Visit us at the Malagash Heritage Museum, 1926 North Shore Rd, Malagash Mine.

For more details, check out our website:
www.malagashmuseum.ca



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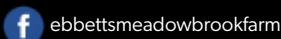
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The **BIG** Splash

JACKIE JARDINE

The compact space heater in Vern Shea's office inside the Hector Heritage Quay is pumping out welcomed heat on a cold day. Despite the chill, the sun is streaming its warmth through a window that overlooks Pictou Harbour, a beacon of light and hope on this early spring day.

This tiny office has been a home away from home for Pictou's Shea, a boat builder by trade, who has been the project manager for the ambitious venture of revitalizing the Ship Hector and revamping the Hector Heritage Quay.

After five years of restoration work, Shea is close to seeing the fruits of his labour. The Ship Hector has been overhauled stem to stern and is now poised to become the marquee draw at the Hector Heritage Quay. The Quay has also been overhauled as part of a massive project on Pictou's revitalized waterfront, which includes the ship itself as well as surrounding workshops and an interpretive centre. The revamped ship, as well as the Interpretive Centre, will play a pivotal role in drawing tourists to the North Shore and helping shape a better future for Pictou County.



The relaunch of the Ship Hector will mark a new era for the ship's legendary history when it makes a giant splash into the waters of Pictou Harbour on July 12, 2025.

The relaunch of the Ship Hector will mark a new era for the ship's legendary history when it makes a giant splash into the waters of Pictou Harbour on July 12, 2025, just as the original Hector splashed into the harbour more than 250 years ago in 1773, representing part of the first significant migration of Scottish settlers to Nova Scotia.

Difficulty booking a crane for the planned traditional launch meant the organizers had to pivot. Now, the ship will slip back into the familiar waters during a spectacular sideways launch on July 12.

"We're removing the existing wharf and have started preparations to put the launch ways in (the timbers, etc., down which a vessel is launched into the water)," Shea said in late March.

The Hector is almost ready: A few more topside planks, fairing the hull (simplified: sanding down the fibreglass to make it smooth) and a few finishing touches.

"The boat is completely watertight now, all the through hull fittings are in, shafts are in, it's mostly painted and ready to go. The ship had to be totally refitted, inside and out."

The restoration work was started in earnest in 2021, after coming out of the water in late 2020. The worldwide Covid-19 pandemic at that time put a two-year hold on everything. "Covid really put the kibosh on it – that's why we had to cancel the 2023 launch and we had to cancel a 2024 launch because of (lack of) a crane," Shea said.

The biggest surprise along the way for the project manager was what secrets lie beneath the surface ... "I was truly surprised at how deteriorated the ship was once we started removing the ship's components," he said. "It's like an old car or an old house: once you start taking things apart you really start seeing things."

The second biggest surprise was the increase in costs. "World events changed the pricing of everything. Materials were going up three, four, five hundred per cent – it was just unbelievable."

Now, plans are underway to celebrate half a decade of hard work in a spectacular re-launch. The event will include a formal ceremony, cultural performances and heritage displays. Opening ceremonies will start at 10 a.m. and the launch is scheduled for 11 a.m.

Plenty of special guests including national, provincial and municipal dignitaries and major sponsors of the Ship Hector Rebuild will be on hand to witness the event. Also invited are the 84th Regiment of Foot (Royal Highlanders) Encampment,

the Royal William Sea Cadets, the AEF and the Stadacona Band as well as other pipe bands. The Bluenose II will slide into the harbour on July 11.

In addition to the launch, the waterfront will be alive with cultural and heritage experiences that bring history to life including Gaelic song workshops and a milling frolic, Highland dancing and bagpiping performances to celebrate Scottish heritage. Members of Pictou Landing First Nation will contribute, highlighting the connection between the Mi'kmaq people and early settlers. Workshops and hands-on maritime activities, such as blacksmithing and knot-tying will showcase skills that shaped seafaring life in the 18th century and genealogy experts will be on hand to help Ship Hector descendants trace their family roots, connecting past and present.

Free outdoor waterfront concerts, a Pictou Yacht Club regatta and a headline Launch Day concert at the deCote Performing Arts Centre will round out the festivities. And local restaurants will be hosting live entertainment and offering themed specials.

The event is expected to draw upwards of 10,000 to the historic Pictou waterfront.

"This is something that nobody is going to see in this province ever again. They don't launch boats like this anymore ... so if anybody wants to see a traditional launch, this is their last kick at the can."

"We're hoping a lot of people come home to see it."



The Ship Hector Society is also completing a major transformation of the Hector Heritage Quay Interpretive Centre that will feature interactive exhibits that tell the story of the Scottish settlers' partnership with the Indigenous Mi'kmaq people of Pik'tuk.

Once launched, the Ship Hector will be Canada's largest fully rigged, electric-powered passenger sailing vessel, offering tours and sail training programs.



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Feasting on the Flowers

An Introduction
to Culinary
and Medicinal
Blooms

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Back when I first began growing food, it never crossed my mind that flowers could be eaten. So when someone handed me a packet of nasturtium seeds and mentioned they were edible, I was instantly intrigued. When I looked into it, I discovered that flowers have long held a place at the table.

Ancient Greeks, Romans, and Chinese added violets, roses, and chrysanthemums to their dishes for both flavor and medicine. In medieval Europe, marigolds, borage, and violets enriched stews and salads, while Middle Eastern and Indian kitchens infused sweets and syrups with floral essences. Even in the Victorian era, candied blooms decorated cakes and confections. And still today, edible flowers like nasturtiums, calendula, and hibiscus captivate us with their delicate beauty and unique flavors.

Let's explore a few blooms you can bring to your plate:

Spring Blooms

Violets appear early in spring, offering delicate floral notes perfect for syrups, candied garnishes, or fresh in salads. Long celebrated for their soothing properties, violets can calm coughs, ease sore throats, and promote healthy circulation.

Pansies, with their cheerful faces, add color to cakes, ice cubes, and spring salads. Their mild flavor pairs well with both sweet and savory dishes. Pansies also offer anti-inflammatory benefits and promote clear, radiant skin.

Dandelions, often dismissed as weeds, are among the first foods for pollinators — and for us. Their sweet, honey-like petals can be made into fritters, teas, or sprinkled over salads. Rich in vitamins A, C, and K, dandelions support digestion and liver health.

Summer Blooms

Lavender captures the very essence of summer — grounding, floral, and aromatic. Infuse it in lemonade, bake it into shortbread, or steep it in honey. A little goes a long way, as its flavor can easily overpower. Lavender is prized for its calming properties, easing stress and encouraging deep sleep.

Nasturtiums are a gardener's delight, with edible leaves, buds, seeds and flowers. Their bright, peppery flavor pairs well with salads, pestos, and cheeses. High in vitamin C and antioxidants, nasturtiums boost immunity and promote skin health. Try stuffing the blossoms with herbed goat cheese for a vibrant summer snack.

Marigolds, with their deep orange and gold hues, offer a pungent and warm flavor. Scatter the petals in salads, stir them into pickles, or blend them into compound butters. Marigolds also support digestion and promote healthy skin with their anti-inflammatory properties.





Bringing Flowers to the Table

Incorporating edible flowers into your meals is simpler than you think. Here are a few easy ways to begin:

Salads: Toss together fresh greens, garden herbs, and a handful of colorful petals for a salad that looks as beautiful as it tastes.

Flower-Infused Drinks: Experiment with floral syrups in iced tea, lemonade, kombucha, or cocktails. Lavender, hibiscus, or chamomile make especially lovely infusions.

Desserts: Decorate cakes, cookies, or ice cream with fresh or candied petals. Violet ice cream, lavender shortbread, or edible flower tarts are all delicious places to start.

Garnishes: Scatter petals on finished dishes just before serving; their colors will instantly brighten any plate, turning a simple meal into a feast.



Harvesting and Preserving

Harvesting: Pick flowers early in the morning when their oils and flavors are most concentrated. Always avoid blooms sprayed with pesticides or growing near roadsides. Frequent harvesting, especially for flowers like nasturtiums or calendula, encourages more blooms.

Preserving: Dehydrate edible flowers by spreading them in a single layer on a tray in an oven or dehydrator on low. Once dried, store them in airtight glass jars. These preserved blooms are perfect for winter tea blends, garnishes, or baked goods.



Cooking with edible flowers is a beautiful way of deepening our relationship with the land. When we eat what's truly in season, we become more in tune to nature's cycles, nourishing both our bodies and our connection to the earth.

If you can't grow your own edible flowers, look for them at your local farmers' market. Supporting small growers keeps these timeless culinary traditions alive and brings beauty, flavor, and nourishment to your table. So go gather what's blooming — and let your meals become a garden.





Volunteers Make the World Go Round

Volunteering
for Yourself
and Others

MARSHALL FEIT



VOLUNTEER

I disagree that many hands make light work. Many hands make good work. Looking at our arts and culture sector, whether its museums, performance and visual arts, or otherwise, to bring a vision to action takes labour. A large part of that labour is donated — volunteers.

This past September, Nova Scotia celebrated its 50th Provincial Volunteer Awards. The event was hosted by Jonathan Torrens at the Rath Eastlink Community Centre in Truro with Joe H Henry and Heather Rankin performing. The ceremony was over three hours long, a testament to the volume of dedicated individuals who make the non-profit and charity sector function. There are awards for individuals and groups working in everything from radio to social development to every far reach of the arts. As each recipient took the stage, it was hard to not be blown away by the massive engine of unpaid labour that is volunteerism in Nova Scotia.

Let's dig into why people volunteer. There are obvious reasons; religious, a desire to give back, or to build a sense of community. And these are all exceptional reasons. Communities give us so much: friends, networks, support, and space — it's vital to return those contributions. It takes a village to raise a child and do pretty near anything else. But, further down, there are other reasons to volunteer. Contributing your time to a cause you care about supports better mental health, emotional well-being, and can help build careers. Volunteers may not be paid in cash, but there is compensation that is equally important. I've had the privilege of seeing first-hand the friendships and excitement that come from volunteering for an organization someone cares about.

There are a thousand ways to volunteer. Each year, the provincial government puts out a call to join ABCs (associations, boards, and committees). These are groups that advise various parts of government and arms-length organizations. For example, for four years now I've sat on the Creative Nova Scotia Leadership Council, the council that advises the Department of Communities, Culture, Tourism and Heritage. We had the privilege of playing a vital role in consulting on how arts and culture centres can receive more effective operational funding. But, these ABCs could be any area—trails, ecology, arts, museums, anything you can think of that you feel passionate about. And know what? It was a really amazing experience to be a part of something I care about so much.

Then we have our charities, non-profits, and social enterprises. Every venue, art gallery, museum, and similar organization can attribute their success to their volunteer base. This is a two way street as well; these organizations work hard to create avenues where people can engage how they want, in an accessible way. Larger organizations have entire departments committed to volunteer development, and it isn't to save money from unpaid labour. It is because our social organizations understand the importance of volunteerism to a community's soul. The better an organization can create atmospheres, training, and accessibility to volunteer positions, the better it can provide opportunities for engagement.

Let's dispel a common assumption that volunteering is just for retirees. It's true that our older generations volunteer en masse, and it's a beautiful thing to see happening, but volunteering is for every stage of life! Yes, life may seem to get more hectic, more expensive, and more tiring as of late. However, volunteer work can help reinspire your view of the world. Something as simple as taking a dog from your local animal shelter on a walk can show you that joy comes from donating your time. The personal reasons for volunteering can change with age, but one thing holds true: volunteering improves our lives, improves our communities, and is worth the time.

In a world where everything seems to have a price tag, there's something truly powerful about giving your time freely. So often, we're told that if something doesn't offer a financial return, it isn't worth doing. But volunteering challenges that idea. When you give your time to a cause you believe in, you're investing in the economy of kindness and community — not for money, but for stronger mental health, richer connections, and a more meaningful life. I hope you find a place where you can share your time and make a real difference.



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ARTIST SPOTLIGHT



Kiva-Marie Belt

Illustrator

Seafoam, Pictou County, NS

A lot of your work features imagery from nature, where in Pictou County do you find most of your inspiration?

I am fortunate to live on a large property in Seafoam, so most of my work is based on what's around me at home. In the summer, I take photos and video of as many plants and critters as I can, and use them as references for illustrating later. Pictou County is a place of such natural beauty with highlands, lowlands, and everything in between. We have waterfalls, beaches, wetlands, and forests. I have lived in a lot of other places, but I really do think I belong to this, the most beautiful place on earth. Part of my obsession with home may also be that I love things that are overlooked, like insects and weeds. I don't want Pictou County to be overlooked, though. I want everyone here to step outside and think, 'Wow - I am so lucky to be here!'

How important is it for artists to consider sustainability and the environment when producing work?

I think it's as important for artists as anyone else to consider the impact of their work on the environment and future generations. I do my utmost to reduce waste from art materials by avoiding plastics, purchasing in bulk/large containers, and using rags instead of paper towels. I am currently learning how to mix my

own paint from raw pigments, because I hope in the future to avoid any paints made with petroleum byproducts and plastics. The art world has, like everyone else, fallen victim to the plastic behemoth, with many art materials made of plastic, wrapped in plastic, or being single/limited-use. Because my art practice is so nature-focused, I am probably more concerned than most about sustainability. But this is our home, and we are part of everything. What we do matters. So I am doing what I can.

How have you seen your work evolve over time?

When I first taught myself to draw in 2017, I was really interested in sacred geometry and incorporating hexagons and circles into my drawings. Those elements still pop up in my work, but much more loosely. For example, I may not draw a hexagon in a piece, but instead choose six blossoms or six pairs of leaves to include. I use a lot of halos to show that everything is sacred if we choose to honour it. My creative work has also expanded from my start in ink and watercolour illustrations to poetry, zine-making, and, as of last year, garden design. I was given the great honour of planting a garden at the deCoste Culture Hub, which I filled with native, wildlife-friendly plants. So my creative practice has really shifted from once being a task that I would try to accomplish to more just a state of being.



The *Artist Spotlight* shares the stories and works of the members of Creative Pictou County, a not-for-profit organization founded in 2013 to support arts and culture in the region. Their mission is to create connections between artists, organizations and the local community to support the growth of the creative sector in Pictou County.

To find out more about Kiva-Marie's work as well as Creative Pictou County, please visit our website creativepictoucounty.com

Follow Creative Pictou County  



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Phin Performing Arts – The Three Questions

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6:30 PM



Kane & Potvin

SAT.,
SEPTEMBER 20
7:00 PM



North Shore Players
Halfway There
by Norm Foster

JULY 4, 5, 11, 12
7:00 PM
JULY 6 | 2:00 PM



Tanya Davis

FRI.,
OCTOBER 17
7:00 PM



Debut Atlantic
Buzz Brass

FRI.,
NOVEMBER 14
7:00 PM



Ol' Billy Bob Boy

THURS.,
JULY 31
7:00 PM



A Very Very Cassie & Maggie Christmas

THURS.,
DECEMBER 4
7:00 PM



THE GRACE'S 10TH ANNIVERSARY CELEBRATION

SAT.,
AUGUST 9
2:00 PM



North Shore
Players

The Best Christmas Pageant Ever by Barbara Robinson

DEC. 11, 12,
13, 18, 19
6:30 PM
DEC. 13,
14, 20
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SAT., AUGUST 23
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ICE HOUSE GALLERY 2025 EXHIBITS

Familiar Transformations
Corinne Redden
MAY 3 - JUNE 15

Infuse
Stephanie Kossman
JUNE 21 - JULY 27

Geology
Frances Dorsey
SEPT 13 - OCT 26

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Heather Gabriel Smith
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Your Next Adventure

Explore the Trails at Wentworth Bike Park

Nestled in the scenic Wentworth Valley of Nova Scotia, Wentworth Bike Park has rapidly become a premier destination for mountain biking enthusiasts. It was recently voted one of the top 10 best mountain bike parks in Canada. As the province's only lift-accessible downhill mountain bike facility, it offers a diverse range of trails catering to riders of all skill levels.



Photo Credit: Tourism Nova Scotia / Photographer: PhototypeHFX

Trail Zones and Features

The park encompasses a network of trails that span 30 kilometers, offering a mix of bike park trails, climb trails, and cross-country trails. There are two primary zones. Both feature beginner, intermediate, and advanced trails:

Lift Zone: Operates Fri - Sun, mid-June till October. Located on the south side of the mountain, this area provides chairlift access to a variety of trails. It consists of progressive mountain bike features and downhill-focused trails. It also features a 4km beginner trail for newcomers to the sport.

Climb Zone: Open 7 days a week starting early May. Situated on the north side, this zone offers trails accessible via climbing. It features smooth treads with berms and rollers, accommodating both beginners and seasoned riders. The Climb Zone includes a 2km climb trail and 10km of downhill trails with a new green trail coming this season.



Amenities and Accessibility

Beyond the trails, the park offers a range of amenities to enhance the visitor experience. The Barn serves as a central hub where guests can enjoy fresh food and beverages, including local craft beer and wine, making it an ideal spot to relax after a day of riding. Additionally, the park provides bike rental equipment and 'Learn to Downhill Mountain Bike' lessons, ensuring that both locals and tourists have access to quality gear and the skills needed.

Plan Your Visit

Whether you're a local rider or a tourist seeking adventure, Wentworth Bike Park offers a comprehensive mountain biking experience. With its diverse trails and lift-access options, it's a must-visit destination for those looking to explore Nova Scotia's natural beauty on two wheels.

For the latest information on trail conditions, operating hours, and events, visit the official Wentworth Bike Park website at bikewentworth.ca.



Hikers Are Welcome Too!

If you'd rather explore on foot, Wentworth has you covered. The park also features a network of hiking trails that take you through beautiful forested terrain to the top of the mountain, where you'll be rewarded with sweeping views of the valley and beyond. Accessible year-round, these out-and-back trails are perfect for a peaceful walk or a more vigorous climb. Start your hike at the trail entrance in the north parking lot and choose from three scenic routes: GUT Trail (1.6 km), Ridge Trail (2 km), and High Head Trail (2.9 km). No matter the season, the trails offer a chance to connect with nature and soak in the beauty of the Wentworth Valley.

Be sure to catch the stunning 'Fall Colours' with a scenic chairlift ride—running from late September through the end of October. It's the perfect way to take in the vibrant foliage from above. For dates and details, visit bikewentworth.ca.

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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."

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THE FRASER GALLERY IN TATAMAGOUCHE

Moving into the Future with Confidence and Artistic Vision

PETER MARTYN | PHOTO BY GEORGE KLASS

Art is too important not to share. To promote art and artists are the primary missions of The Fraser Gallery, explained Jackie Robertson. Robertson, who is serving her second term as the gallery's president, put it this way, "We want to give artists and artisans a welcoming and accessible place to display and sell their work." Alongside the fine art gallery, the curated Gallery Artisan Shop features the work of local artisans crafting in every medium from clay to wood. The shop is a must see for visitors and residents alike.

Robertson praises the many volunteers that make The Fraser's project viable. "We couldn't possibly do it without our dedicated volunteers and we are always looking for more. Show up and we will find a place for you."

One of those committed volunteers is Lyn Sutherland, the gallery coordinator. "We have an amazing programme, starting with our youth show and ending in September with Sean Benton, an artist from Antigonish whose show will focus on portraiture."

The members' show will begin on May 23rd and is open to all members wishing to display or sell their work. "The theme this year is My Favourite Things," said Sutherland. "And we're thinking of having live music at the opening to liven things up."

This season the gallery will focus on accomplished local artists and on artists from far and away. On June 20th, Susan Sweet will open with a selection of rural themed paintings entitled, "Pasture Party." Her mostly acrylic paintings of livestock and landscapes are beautiful. She will show alongside Jose Urbay, a Cuban-Canadian who has exhibited in Havana, Madrid, Venice and Vancouver. Now located in Kentville, his Nova Scotia landscapes, some of them surreal, are stunning.

Works of the ever-popular Pugwash Collective will open on July 11th. Robertson said that, "the Collective is always a big hit." Sutherland concurred, "The opening is dynamic. The artists in the Collective always bring exuberance to The Fraser."



On August 1st, Lufei Pan, Linda Johns and Anna Syperek, will open their show. Focusing on the beauty of the natural world, the show will include drawings, and paintings, some with a surrealistic edge and others in the style of poetic realism.

Ronald Headland, an artist from Montreal, will show later in August. A series of paintings titled The Memory of Things, that are made of mostly of ordinary things collaged to his canvases, will fill the gallery. He will also show his series of Improvisations, a spontaneous collection of eight by ten paintings.

The Fraser is making a name for itself as a consequential gallery in the Nova Scotia art world. In the past few years, much of the building has been renovated. As a non-profit, this wouldn't be possible without fundraising and the support of local businesses and government. Heading up the fundraising committee is Shelley Lefresne. She has a variety of events lined up for the season. The pre-loved art sale will happen again this year. "People donate art that they are no longer enjoying or that they have replaced with something else," she explained. "The Fraser sells it and uses the money for programming or to maintain the building."

The Blueberry Festival is a decades old tradition. The bake table and a tea are community institutions. October brings The Fraser Gala, a major fundraiser. "It's become bigger and better over the years," Lefresne said. "The dinner is a leading event in the fall social season." She gave a shout out to Scotiabank, a generous corporate sponsor of the gala. Another long running custom is the Festival of Trees. "Since the 1980s, Community organizations and local businesses have decorated trees that are displayed in the gallery. It's fun for the whole family," Lefresne said.

For more information on The Fraser including specific dates and times, please visit their website at thefraser.org or follow them on Facebook.



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The Watchers of Big Island

Photos by Nelly Koops-Smees

On the quiet shores of Big Island, Nova Scotia, stood four mysterious wooden figures—weathered by time and salt air, and brought to life by the hands of a retired doctor with a vivid imagination and a chainsaw.

Dr. Shaw, who first summured on Big Island decades ago, was 75 when he heard a whisper from the tall, nine-metre aspen outside his neighbor's property in 2009: "You've got to do something with me." And so began a project born of curiosity, creativity, and a desire to stay active.

Though he'd never carved before, Shaw taught himself with a YouTube video, built scaffolding, and slowly revealed a robed figure from within the tree. The figure was soon named Inns—an ancient Scottish leader meant to watch over the island. Inspired, Shaw carved three more "clansmen," each with their own silent strength and presence. He carved the last one at the age of 81.

Over time the four figures have all fallen and rest beside the Shaw family's cottage, a former one-room school-house lovingly restored.

In Carol Pounder's world of art, there are no limitations, only boundless possibilities waiting to be explored. Her work invites you to embark on a journey of discovery, where each piece is a reflection of her passion, courage, and unwavering love for the canvas.



Carol Pounder Art
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Makers Market

Nova Scotia's North Shore is bursting with creativity! We've highlighted a selection of talented artisans you definitely won't want to miss.



Wolf

preloved.wolf@gmail.com

Wolf creates one-of-a-kind handmade clothing and accessories, crafted from preloved and vintage garments. Each piece is thoughtfully designed with sustainability in mind, giving new life to timeless fabrics. Based near Amherst, Wolf embraces the principles of slow fashion—unique, eco-conscious, and made to last.



Tabitha + Co.

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

Tabitha crafts high-quality leather bags and accessories that embody the principles of slow fashion. Each piece is made individually or in small batches, ensuring attention to detail and lasting quality. Designed for versatility, these timeless pieces transition effortlessly from a busy day to a night out.



Zimply

zeldamclaren@gmail.com

Each of Zimply's designs begin as a watercolor painting, which is then reproduced as a high-quality print. The artwork is primarily nautical-themed, often incorporating playful wordplay, and reflects a deep connection to her maritime roots and Scottish ancestry. Custom work is also available.



Martin Ceramic

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

Sculpted, functional ceramics crafted from natural materials using ancient techniques and classic designs. Denise's style is inspired by cherished memories of antique hunting with her Nana. She creates molds from antique objects, capturing their unique character and incorporating the castings as sculptural details in her work. These thoughtful embellishments can be seen on the edges of a vase, the foot of a plate, or as an accent on a tumbler.

BOOK REVIEW

SARAH BUTLAND

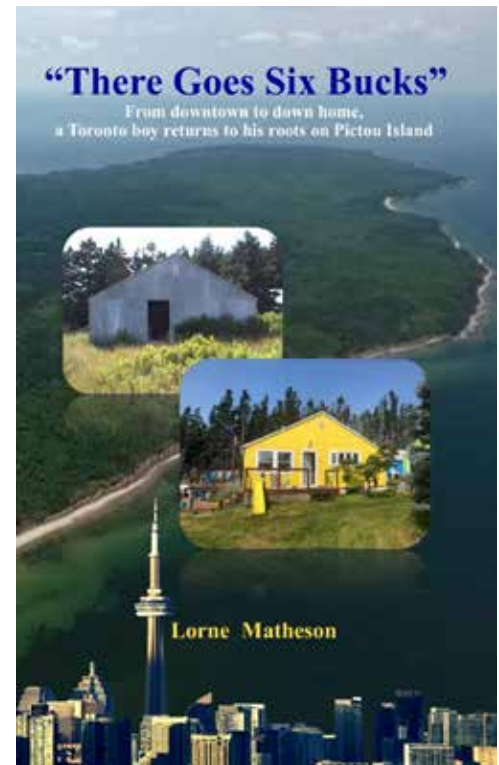
There Goes Six Bucks

by Lorne Matheson

For those who love to explore their own neighbourhood, who have missed out on catching the boat at the right time, *There Goes Six Bucks* takes you across the water and back again. Lorne Matheson has taken his experience to write part memoir part travel guide and all adventure as he settles on Pictou Island, a rural community not far from the mainland yet a world away.

With tales from my grade eight teacher, Pictou Island was always an elusive dream I hoped to experience some day. With *There Goes Six Bucks*, I feel like I have been on Pictou Island, played a round of golf and known Lorne and his family all my life.

The brilliant way he weaved his conversion from hectic city life to four months of rural life offers great insight to a shift in lifestyle and perspective. As a hardworker, a four-month sabbatical from an office job does not necessarily mean you're slowing down, simply changing your daily routine. Lorne beautifully shows that hard work can continue and how to use muscles and realize dreams that you didn't know existed.



Buying land on Pictou Island, on the North Shore of Nova Scotia, the author takes us through a daily diary of life in isolation surrounded by good, hardworking people, who embrace a different kind of life, at the mercy of a ferry and the weather. Lorne describes the twenty-five-year history of abandoned land on the island to share the tale of the Wooden Tents property and hosting groups and explorers in a reprieve from their everyday chaos.

With humour, perseverance and joy in his heart, a house and a man are built story by story. So if you're unable to get aboard the boat to adventure to the island, be sure to pick up the book and let Lorne take you there.





Canadian Sustainability

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CRIPPS & SONS WOODWORKING

OH CANADA! — has there ever been a better time to show our pride?! Although we originate from the UK, we brothers, owners of Cripps & Sons Woodworking Inc. are proud Canadian citizens. In this ever-turbulent political climate we are proud to be creating Nova Scotian-built bespoke cabinets using truly Canadian materials.

Think GREEN — in this ever-evolving world the need to focus on sustainably sourced and green products has never been more important and will continue to increase in importance as we follow in the footsteps of many European countries, where sustainability is the norm.

At Cripps & Sons we focus on using recycled and green-certified materials for our cabinet boxes and panels from Tafisa and Uni-board, both advanced Canadian manufacturers. Our doors are sustainably sourced and come from Caron Industries, a Canadian company that plants more trees than they use to make their quality products.

Though truthfully not Canadian, our top-quality Blum hardware is produced using sustainable and green methods in Europe and imported directly to Canadian-owned distributors. Our popular Cosentino Dekton and Silestone countertops are produced in an advanced state-of-the-art facility in Spain that is 100% (yes, 100%) carbon neutral.

As our climate, both physically and politically, continues to change, the importance of sustainability and producing truly Canadian products is one of our top priorities at Cripps & Sons as we try to lead the way in Canadian pride and green products so that with every top quality cabinet we produce we are also preparing the way for our children's future.





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Beaches

on the Northumberland Shore

Along the Northumberland shoreline, summer waters can reach a balmy 22°C (72°F)—some of the warmest ocean waters in Canada! Pack your snacks, sunscreen, and beach gear, and discover endless stretches of soft, sandy beaches just waiting for you. Whether you're looking to splash in the waves, build sandcastles, or simply relax under the sun, the Northumberland Shore offers the perfect seaside escape.



Photo Credit: Tourism Nova Scotia / Photographer: Adam Cornick / Acorn Art Photography

Ready to hit the beach? Here are a few favorites you won't want to miss:

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.

Cape John Public Beach, River John

End of Cape John Road, River John

Public Beach access. Lots of parking, wharf and boat launch. Picnic area with several tables and benches.

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.

Skinner's Cove Beach, River John

140/154 Skinners Cove Road, River John

Beautiful Sandy Beach that has parking as well as access to a wharf and boat launch.

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Breaking Barriers

Expanding Mental Health Support in Rural Nova Scotia

Theresa Fraser, CYC-P, MA, RP, RCT, CT

According to the Canadian Mental Health Association, 1 in 5 Canadians experience a mental illness in any given year (Smetanin et al., 2011).

The Mental Health Landscape in Canada

Concerning statistics also include that by the time we are 40 years of age in Canada, 1 in 2 individuals have experienced mental illness. Additionally, we know that physical and mental health are not only connected but linked. For example, those who have physical pain are likely to have experienced a mood disorder and those who have had a mood disorder are at risk of developing a medical condition that can be long term (CAMH, 2024). A concern is that those Canadians living in rural areas are less likely to seek support given concerns about confidentiality, lack of resources due to geography, but also an ingrained sense of “rugged individualism (Mental Health Commission of Canada, 2022)”. The Tatamagouche community is one such rural community with a population of 2,037. Though this community is full of people with “rugged individualism” there are mental wellness resources that can be obtained by contacting Addictions and Mental Health Nova Scotia, **1-855-922-1122**. Emerging resources are new private therapists who community members can access with insurance and (in the future) MSI.

Expanding Access to Mental Health Support in Tatamagouche

In January 2024, the Nova Scotia chapter of Canadian Counselling and Psychotherapy Association (CCPA, 2024), met with members to discuss how counselling therapists would be able to provide services to the general public

through (MSI) Medical Services Insurance. Specific details have not yet been released by the government but it sounds like resources, including Counselling Therapists, will be available according to a CBC article dated January 28, 2024.

Counselling Therapists have different professional specialities and backgrounds. The approach a therapist uses depends on their training and experience and the needs of the client. Emerging local private resources for adults include our program Maritime PTC with therapists that have specialties like Eye Movement Desensitization Reprocessing (EMDR), Dialectical Behaviour Therapy, Couples Therapy, Cognitive Behavioural Therapy as well as Play Therapy. We work with individuals across the lifespan addressing issues such as grief, trauma, anxiety or depression. Another practice, Many Moods Counselling, is located in Tatamagouche and utilizes a holistic and client-centered approach with children and adults also focusing on trauma, anxiety, self-esteem, depression through modalities such as EMDR and play therapy informed interventions. Many Moods Counselling also shares that they infuse the power of nature walk and talk, art informed practices and music inclusion in each clients unique journey highlighting that one size fits one. There are also other private therapists that can be found by looking on Psychology Today.

It is hoped that by the time MSI comes into being that the 1 in 5 Tatamagouche community members that struggle with mental health challenges will have additional support to feel better.

Theresa is the Executive Director of Maritime PTC. They provide support to all family members including children and have locations in Pictou, Dartmouth, and Bedford as well as provide services online.



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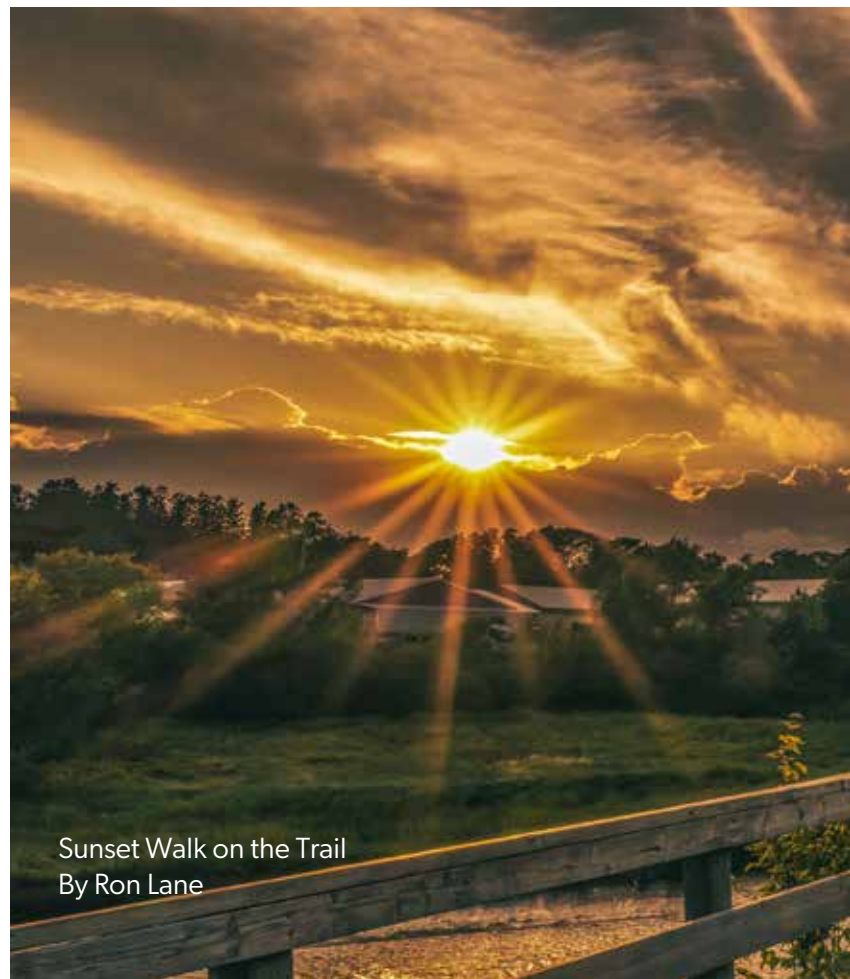
Blue Heron
By Candice Rehill

A Picture-Perfect Cover Contest

Last fall, we invited our readers to help shape the next issue of Sunrise Trail Magazine by submitting their best photos of Nova Scotia's North Shore—and you delivered! We were thrilled to receive so many stunning entries that captured the beauty, spirit, and charm of the region.

While only one photo could be selected as our Spring/Summer 2025 cover, we couldn't let the other amazing submissions go unrecognized. Featured here are a selection of our talented runners-up—each one offering a unique and beautiful perspective of life along the Sunrise Trail.

A heartfelt thank you to everyone who participated. Your creativity and love for the North Shore truly inspire us!



Sunset Walk on the Trail
By Ron Lane



Tatamagouche Bay
By Dana Bryant Ferguson



Meg's Cove
By Sharon Potter



Big Island Totem
By Nelly Koops-Smees



Wallace River Ranch

Where Nature Meets Comfort



Tucked away on 36 peaceful acres in Wallace, Nova Scotia, Wallace River Ranch is a hidden gem for travelers looking to reconnect with nature—without giving up comfort. Since opening in 2022, this family-run retreat has quickly become a must-visit destination on the North Shore.

At the heart of the ranch are its cozy glamping domes, thoughtfully designed for relaxation and adventure. Each dome offers a private hot tub, scenic views, and a chance to recharge in style. Whether you're planning a romantic escape, a solo recharge, or a unique family getaway, the domes provide a luxurious base for your stay.

But the magic of Wallace River Ranch doesn't stop at the accommodations. Guests are invited to explore

tranquil walking trails that wind through the property, alongside pastures home to friendly farm animals like Highland cows, Babydoll sheep, ponies, goats, and more. You can visit the animals at your own pace or book a private, hands-on tour that's fun for all ages.

With its welcoming atmosphere, peaceful setting, and charming experiences, Wallace River Ranch is the perfect escape for those looking to unwind and enjoy a slower pace on Nova Scotia's North Shore.

Learn more at wallacerriverranch.ca

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Farm Fresh & Local

Celebrating the farmers, growers, and producers who bring fresh, local food to our communities. Discover the people behind the food, their passion for sustainable growing, and how buying local supports both the economy and the environment.



The Cardamom Pod Cafe

Pugwash

[@cardamompodcafe](#)

Meet Emma and Cal. Emma is the primary baker and barista at the Cafe, whereas Cal is primary cook and Halva extraordinaire. They make homemade baked goods for all dietary needs featuring flavours and styles from around the world. (They're big fans of cardamom). Selling at the Pugwash Farmer's Market throughout the summer season and at the Market Hub in Pugwash on select weekdays.



Nourishing Circles Farmstead

Oxford

[nourishingcircles.newzenler.com](#)

A small scale regenerative farm raising meat rabbits, Icelandic sheep for wool and meat, duck eggs and other in season food and plant medicines. They sell teas, honey and even offer reiki and yoga as part of their approach to holistic living! Available at the Tatamagouche Farmers Market on Saturdays from 9-1.



Odd Bulb Farm

Earlton

oddbulbfarm@gmail.com

Karina & Rylan grow vegetables and flowers using organic and no spray practices. Both are first generation farmers with experience working on several urban and rural farms, and have studied agriculture in different capacities (Rylan majored in Organic Agriculture, and Karina did some master's research on barriers to new farmers and farm incubators). Find them at the Tatamagouche Farmers' Market and the Earlton General Store.



Hayloft Honey Co.

River John

[@haylofthoney](#)

Raw, small batch, hand poured & bottled wildflower honey. You can find their honey in a few local stores along the north shore. What started as a simple interest in beekeeping has grown into a love for producing pure, delicious honey straight from the hive to your table. Their bees forage on local wildflowers, creating honey that's rich in flavor and naturally sweet—just the way it should be.

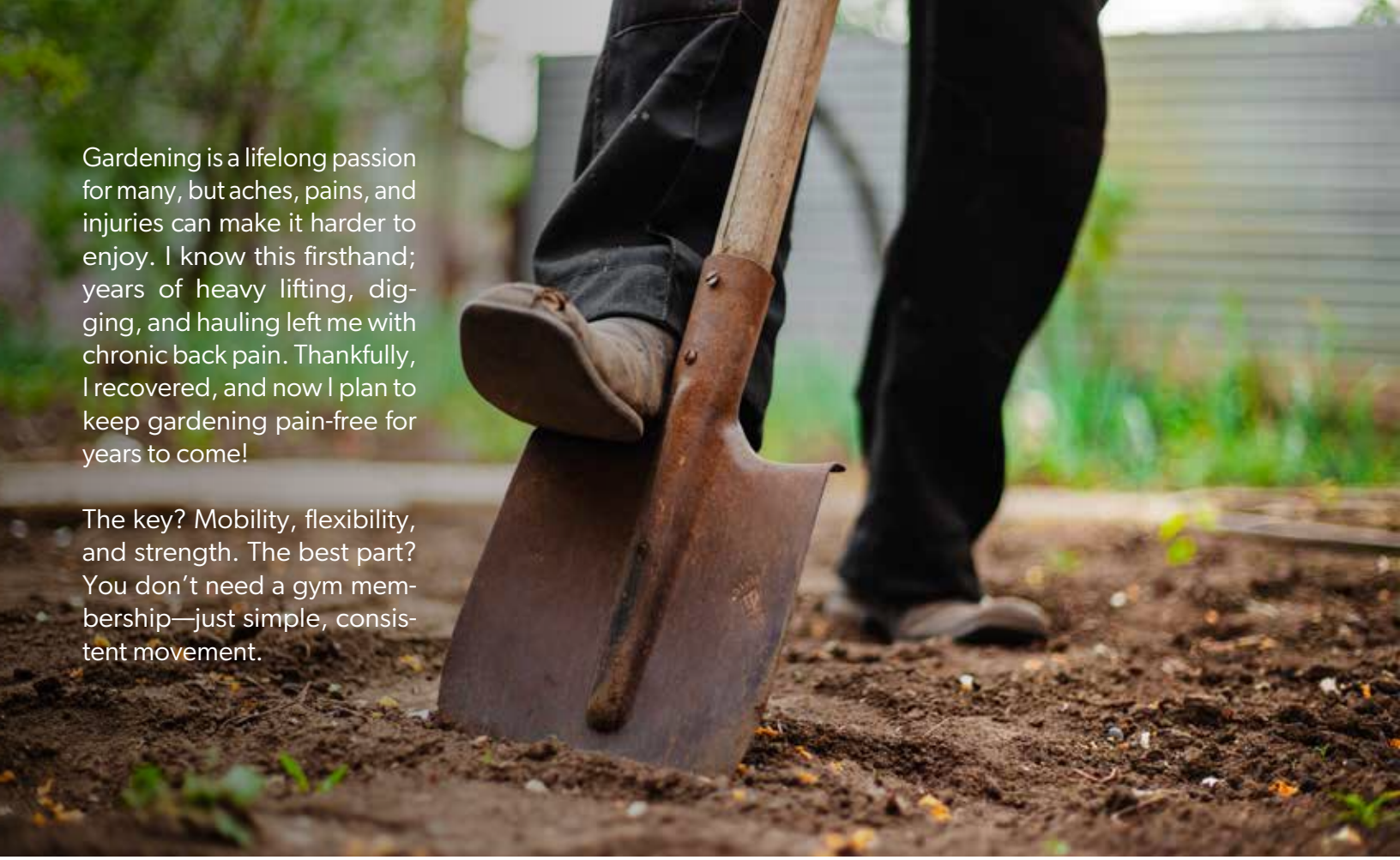


Gardening
on the North Shore

Move Well, Garden Well

Keys to Staying Active & Injury-Free





Gardening is a lifelong passion for many, but aches, pains, and injuries can make it harder to enjoy. I know this firsthand; years of heavy lifting, digging, and hauling left me with chronic back pain. Thankfully, I recovered, and now I plan to keep gardening pain-free for years to come!

The key? Mobility, flexibility, and strength. The best part? You don't need a gym membership—just simple, consistent movement.



Move Well, Garden Longer

Overcomplicating fitness leads to burnout. The secret is small, sustainable efforts. Focus on moving more, stretching regularly, and building strength.

Mobility The Foundation of Movement

Walking is one of the best ways to stay mobile. It improves circulation, lubricates joints, and supports heart health. Aim for at least 30 minutes, three times a week. No fitness trackers needed—just walk like you're late!

Movement is a mindset shift. Everyday activities—pacing while on the phone, carrying groceries instead of using a cart—add up to significant physical activity.

Flexibility

Reach, Lunge, Bend, and Kneel with Ease

Flexibility makes gardening movements—lunging, reaching, kneeling—easier and more enjoyable. Try these simple stretches before heading into the garden:

Neck Stretch – Tilt your head to one side, ear toward shoulder. Hold, then switch.

Shoulder Stretch – Clasp hands behind back, straighten arms, lift chest.

Side Stretch – Reach one arm overhead, lean to the opposite side. Switch sides.

Hamstring Stretch – Extend one leg forward, hinge at hips. Switch sides.

Calf Stretch – Step one foot back, press the heel down, and bend the front knee slightly. Switch sides.

Yoga is a fantastic way to improve flexibility while balancing the mind and body. Check out Yoga with Adriene or Yoga with Tim on YouTube for accessible at-home routines. Another great resource is GardenFit on PBS, which teaches safe movement techniques for gardeners.

Alignment

The Overlooked Key

Tatamagouche yoga instructor Debbie Davis-Maybee teaches that most injuries happen during transitions—lifting awkwardly, twisting too quickly, bending without support. A strong, flexible, and mobile body helps prevent these mishaps.

Key Alignment Tips:

- Keep a straight spine—hunching leads to pain.
- Square your hips and shoulders to your task instead of twisting unnaturally.
- Distribute weight evenly between both feet for balance.

For more on Debbie's yoga classes, contact her at davismaybee@gmail.com.

Strength

Lifting, Carrying & Pushing with Ease

Strength training is vital, especially for women at higher risk of osteoporosis. Strong muscles make gardening tasks easier and reduce the risk of injury.

Dumbbells are a great investment, but bodyweight exercises work too. Explore YouTube channels like Lift with Cee and Fitness Blender for beginner-friendly strength workouts. Use weights heavier than you think—progressive overload builds resilience.

The Takeaways

Small, consistent efforts lead to long-term results. A little walking, stretching, and strength work will keep you gardening with ease for years to come.

At North Shore Gardening Life, we believe gardening isn't just about plants—it's about nurturing the body that makes it all possible. Movement fuels endurance, boosts mental clarity, and enhances overall well-being. Care for your body like you care for your garden, and both will flourish.

Visit Jen & Elizabeth's website at northshoregardeninglife.ca, to read more about gardening on the north shore.

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The Enjoyment of Food KIM LANGILLE, BUTTER TRAIL NATURALS

"Nature will castigate those who do not masticate" Horace Fletcher was an American food nutritionist and faddist who earned the nickname "The Great Masticator" during the turn of the 20th century. He argued that food should be chewed thoroughly until liquefied before swallowing. This sentiment further lamented in another diction read, "drink your solids and chew your liquids"!!

Eating begins with the simple art of chewing. Chew well to polarize the food with your system and in order to make smooth digestion possible. If under pressure at meals, simply chew and let the chewing relax you. Then you can be grateful and enjoy the whole spectrum of tastes and aromas that make up the meal.

Carbohydrate digestion begins in the mouth. These are foods from whole grains, legumes, fruits, vegetables and milled flours. Thorough chewing turns grains and other complex carbohydrates into satisfying sugars and makes oils, proteins and minerals available for maximum absorption. Amylase, an enzyme secreted from cheeks of your mouth is required for the breakdown of your carbs and why it is so important to keep this food group in your mouth as long as one can. Hurrying our children to eat is teaching bad food habits in early stages of life. Without adequate chewing you will feel heavy and dull, develop gas and be undernourished. Poor choice meats, fats, sweets and processed foods satisfy the immediate desire for taste, but soon dull the taste buds. The more they are chewed, the

worse they taste. The more whole carbohydrate foods are chewed, the sweeter they become.

To get started in the correct habit of chewing, try counting the chewing of each bite thirty to fifty times. Thirty bites certainly will have food greatly masticated so fifty chews will more than likely have the food disappeared and swallowed!! It helps to put down your eating utensil in between bites.

Ancient Chinese and Japanese traditions also teach the benefits of chewing well. Most modern people must re-learn this forgotten art in order to make a successful transition to whole foods.

Set aside a special time and place for meals in a clean environment, surrounded with pleasant sounds, aromas, colors and conversation. Avoid emotionally charged subjects and confused, scattered talk or thoughts. Avoid eating while tired, too hot or too cold, worried angry, standing, watching TV, reading or before bathing. These activities make the food hard to digest. Relax and get comfortable. Perhaps undertake self-reflection about your condition. Eating is a time to receive offerings in the form of food to nurture and revitalize your body. Consider your manners insofar as they represent your intention toward others. Give attention to the unique qualities of each food and the work involved in bringing it to you.

Live well...Age well



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