

A man with a beard and sunglasses on his head is sitting on a large black leather sofa in a modern loft apartment. He is holding a green mug and looking towards the camera. A silver laptop is open on the sofa next to him. The room features large windows with black frames, a tall arched floor lamp, and several framed pictures on the wall. A white blanket with black text is draped over the left side of the sofa.

ah!

AT HOME

on

THE NORTH SHORE

Fall 2016

lofty IDEAS

Fall in love with apartment living

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TROY AND JENNIE GREENCORN
SNACKS TO FUEL AFTER SCHOOL**



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EAST COAST

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editor's LETTER

Here it is, the predictable editor's message lamenting the end of summer where I extend a wary welcoming to the crisp and heavy-dewed mornings of fall, the layering of favorite sweaters and for those of you with school aged children the dreaded return to the home work routine.

So we dedicate this issue to homework, the stuff that your kids take home in their backpacks, but also to the emerging 'work-from-home' trend that is proving that the way we work is shifting.

In her feature *Work@home*, Sarah Butland meets several individuals who epitomize the work-from-home trend. Whether they are an employee of a larger company and telecommuting through the means of technology or described as self-employed, more people are making the decision to work from home. They are making the choice for different reasons however, they all have one thing in common, they are all very happy in their environments of productivity.

Technology, of course, has had a tremendous impact on the work-from-home trend. There is not much that you cannot do with a phone and a computer unless you live in one of the un-serviced areas of rural Nova Scotia still waiting for a broadband connection solution.

According to the most recent survey conducted by Stats Canada in 2008 the number of employees working from home (meaning they are paid by business or organization) in 2008 was 1.7 million compared to 1.4 million in 2000. Not a dramatic increase, however in the last 8 years since the study was conducted, work-at-home continues to trend up as companies try to reduce overhead dumping commercial real estate, tech continues to become more sophisticated and more people act on their desire for many to find a better work/life balance.

The situation is a little different for the work-from-home self-employed contingent who now number a little over \$1.8 million in the Canadian labour workforce. The combined effect has pushed the overall proportion of people working from home to slice 19 % of the labour force pie.

And while we don't have a recipe for pie in this issue we do have a few great snack ideas to keep both the grown



Photo by Tara Gillis, Pure Images Photography.

ups and our students well-fueled after school to maintain the energy needed to get through the harried evening agenda.

But let's escape from our desks for a bit and find some fun. Flip to page 28 and you will land on the complete calendar of events for the deCote Performing Arts Centre and to tie it all together we introduce you to Troy and Jennie Greencorn in our *At Home With* conversation. They know the entertainment biz inside out and two years ago brought their contact list and passion for the industry to Pictou County. Again, another example that you can have it all outside of the big city.

And in every issue we open the door and take you on a little tour of some interesting spaces. Lori Byrne writes *Lofty Ideas* and photographer Steve Smith gives us a snap shot of two upscale apartment developments that have been given a new lease on life and release a breath of fresh air to liven up our downtown cores.

There is one thing for sure about the people living, working, learning and contributing in our communities - we are never short on good ideas. The days might be getting shorter and your circadian rhythms might be slowing you down a little as our bodies respond to the changing season but I think the fall is when we can do some of our best work.

I hope you enjoy the work that we have put into our fall issue and be sure to visit our web site www.athomeonthenorthshore.ca for on-line exclusives and updates to our stories that will keep us connected until next time.

Crystal Murray

ON OUR COVER:

Film maker and photographer Jeff Babineau relaxes in his new apartment in the Walker Lofts in Truro.

www.athomeonthenorthshore.ca

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BY RACHAEL MACLEAN

WHAT MATTERS MOST IN YOUR LIFE?

I'm going to hedge a bet that if you take a minute (some may need longer) that the answer isn't going to be your worldly possessions or latest Pokemon capture, it's the people in your life that you love and care about; your family, friends and neighbours. Thing is, all too often these people get put behind the "stuff" that fills our day to the brim.

Ray Oldenburg, an urban sociologist, Professor Emeritus at the Department of Sociology and Anthropology at the University of West Florida, has a book *The Great Good Place* written all the way back in 1991. He has worked with designers, communities and people around the world. So what has he got to say? Ray breaks down our physical world into 3 places.



First place, HOME.

Second place, WORK.

Third places are where you
go to connect with people.
Relax. Talk. Listen. Connect.



The Third place is the jam that holds both the first and second together. These places, are essential to community vitality, says Oldenburg.


Your everyday third place has traditionally been barber shops, post offices and local pubs but not so much any more. More often than not, hangouts and watering holes are now populated

with WiFi seekers and laptop loners. I'm one of them! Times have changed. We seem to need a reason to hang out and be social these days. Where do we do that? Is it still important?

As a whole, WE need to do a better job at the important things listed above. When was the last time you checked in with your neighbour? Listened to your mother, relaxed with your kids, really talked to your friend. Things seemed to have gotten a lot busier these days. We are connecting all the time, to our devices... virtually communicating with people around the world but something is still missing.

So, how do we do better? Ray is totally on to some thing with third places. We need to make third places a priority. This is where we are better people, nurture community, be kind and CARE. They are neutral spaces. What do these third places look like? Well, we have a great example in our community. The New Glasgow Farmers Market is a blooming example of a vital component in our regional fabric. People come to get their local goods with most staying to soak up the company, listen to some music and contribute to positive population health. Wow!

A little church in Alma is creating a neutral place for community to come every Monday night and hear local music and beyond (Check out the line up for Music Monday's at Green Hill-Alma United Church, on FaceBook). A friend of mine organizes a free-flowing group of parents and kids that go into the woods and explore every week. I don't always know everyone there, which is great! I'm meeting new friends and catching up with old friends and the same goes for my boys.

The logistics of rural life often challenge certain demographics. We have some hurdles to get around, no question but in the mean time, do your best to connect. Don't go to town or an event with empty seats in your vehicle. Pull people together. Be it to the weekly market or back woods romp. Make more room for these types of connections in your life. Your community and humanity thanks you! 

...make third places a priority.
This is where we are better people,
nurture community,
be kind and CARE.

CONTRIBUTORS

Kim is a born and raised Alberta girl who moved to the East Coast in 2010, and now calls Pictou County home. Kim is an outdoor enthusiast, and has a love for paddle boarding through the warm waters in the back harbour. Kim sheds some light on easing the back to school homework woes, and is thrilled to contribute to *At Home Magazine*!

KIM MARTIN



LORI BYRNE

As an Interior Decorator, writing 'Lofty Ideas' was right up my alley. I love exploring homes and seeing how people live in them, and these apartments are incredible! With fall around the corner, I'll be adding cozy layers to my home and soaking up the splendor of my favourite season.

I spend a lot of time working on commercial photography studio so getting outside working with people like Troy and Jennie Greencorn and seeing neat spaces like the new loft apartments in Truro and New Glasgow is a lot of fun and a different aspect to my work. It's been a great summer of road trips with my family but looking forward to the fall and the start of my favorite time of the year... hockey season.

STEVE SMITH



DEBBIE HARVIE

This month I had a chance to catch up with Natalie MacMaster at her homestead in Ontario and what it's like juggling her career and ever-growing family. Fall is my favourite time of year, although I hate what comes after. I love the vibrant red, gold, amber and orange colours that take over the beautiful landscape of the North Shore. There's nothing better than feeling the crispness in the air and holding a Pumpkin Spice Latte as you revel in the beauty we call home.

As discussed in my newest article, Working From Home offers perks such as the opportunity to work outside and from a home office of your choosing. The fall season brings such splendid views of colour, change and promises of shifts in all of our lives - a few of my favourite things about this season.

SARAH BUTLAND



JAKE CHISHOLM

'Oversized knits, crunchy leaves and apple crumble is fall for me. One of my favourite times of the year to lean back and appreciate the stunning magic of the Nova Scotia highlands.' What doesn't Jake do? Originally from Ontario, Jake chooses to call Pictou County home where he works in the entertainment industry. A model, actor and now writer, Jake dives into home renovations in 'Switch It Up'.

Deelle makes health a priority in her life and in the lives of many others, including her young son. She believes it's paramount for children to learn healthy habits they can carry into adulthood. In her article, about childhood obesity, she explains why this epidemic is occurring and what you can do to prevent it. My two favourite things about fall are the crisp fall air and beautiful fall colors.

DEELLE HINES



RACHAEL MCLEAN

Rachael is a local Landscape Architect with a whole lotta love for life. As much as she longs for the promise and excitement of summer, fall is a welcome shift. You will find her bawling at the end of her driveway this month as she watches her first born start school. But beyond that, looking forward to new and exciting projects that routine and crisp air seem to bring on.

OFF the WALL

BY CRYSTAL MURRAY

Euyral calls out from the ocean. She is captivated and curious about what she sees. Her life was with the ancients until she was caught by the wind and moved to what would be her resting place at that moment when she breaks on the shore. She is unlike no other, not the endless number that came before her or will follow in her wake. She will disappear like a lost love that slips through the sands of time.



"Euyral" by Jaye Ouellette

The tide was just starting to pull away from the shore when Jaye and I kicked off our sandals for a stroll on the beach to talk about her work and her involvement in a new exhibit at the Art Gallery of Nova Scotia.

It was late August and the colours of summer were starting to change. Subtleties that most of us would simply dismiss with our acceptance that summer was coming to an end but for Jaye Ouellette they are the details that resonate in her painting of waves that have become her signature work. A move from Toronto to Antigonish 16 years ago brought a shift to Jaye's creativity. She was once focused on glass as a medium and then moved to acrylics capturing both the sky and the water in her paintings. Her sight line gradually shifted from the horizon to the water for a clearer reference point and it is here that she has made some of her own discoveries.

As we walk our conversation wades in and out of her work and where our own lives have taken us. There was only a slight breeze and the waves on the sand bar were merely ripples however enough evidence to how they have become a metaphor of life's changes and one of the few things that

we celebrate for their impermanence. Waves create a balance thrilling us with their power at the same time soothing our souls and finding their place amongst the elements of the earth. It is the essence and ephemeral quality of Jaye's waves that no doubt landed her amidst 29 other artists in the new and ongoing "Terrior" exhibit at the Nova Scotia Art Gallery.

The exhibit references the cultural and organic landscape of our region while juxtaposing the traditional with more contemporary work and has been heralded as a long overdue survey of the nuances of Nova Scotia art.

Selected from over 100 submissions, Jaye believes that she was chosen simply because her painting was about water.

"We are mostly made of water so waves are very compelling. They are always reacting differently. Most people will look at a wave and think it is just blue foam. I have heard people say that after they see one of my paintings that they look at waves differently. They take a harder look. There is a myriad of moods in a wave. Not that I think my paintings are political but I also hope that people think more about what we are doing to the ocean," says Jaye.

As her interest in what the wave was doing intensified, Jaye started to pay more attention to the reflection of light and colour inside the wave itself. The result, influencing new dynamic personalities emerging with each completed work, a fascination and reverence for the ocean that is also revealed in the naming of many of her more recent paintings. Euryal, Iiliah, Axta and Dirae are a few of a sisterhood of sea goddesses surfacing from mythology to her artist studio in Antigonish.

"I might eventually run out of sea goddess names but I will just make up my own. They are my sea goddesses."

We make our way back down the beach. We talk some more about a commissioned piece she is working on and how long it usually takes her to finishing a painting-four months for a larger canvas. We talk oil versus acrylic and galleries and private collections. I learn that she admires the work of Vermeer and Manet and that she was likely most influenced by a group of young painters that she lived with in a Toronto warehouse when she was in her twenties. I ask Jaye if I can take photo of her by the water. She turns and lifts her hands as if commanding the water but I think it is more of an embrace and a thank you to what it has given her and what it allows her to share. 

For more information and to view Jaye's work, visit www.jaye.ca

Jaye Ouellette is a visual artist living in Antigonish. She has exhibited her work many times in galleries in Canada, the U.S. and France. Ouellette's work is included in a number of private and corporate collections. Her commission work is extensive, most notably the Skydome Hotel in Toronto. Her primary focus is painting in her studio by the ocean.

INSIDE STORY

IF THESE WALLS COULD TALK





BY LORI BYRNE

If your walls could talk, they would ask for some of today's wallpaper!

Wallpaper is no longer tiny flowers with a border and plastered all over the four walls of a room. Wallpaper has come so far from what we remember in our grandparents' house. Wallpaper is now a stylish way to bring more oomph to your home, drawing your eye to a special wall or area.

Wallpaper patterns have evolved over the years from matchy-matchy to strong, dominate patterns for a hit of wow within a space. Accent walls are in and borders are out. Wallpaper is a great way to add some subtle shine to a wall, or fabulous texture. It can set the tone for the rest of the décor in a room, tying a certain theme or style together better than a coat of paint could ever do for your home.

Wallpaper can also hide a multitude of sins, if done right. If your walls are rough, wallpaper without much sheen but lots of texture, can help mask the unevenness. But be warned, if you are living in an old house without a level line, you'll want to avoid anything with a straight line as that can just make the unevenness more obvious.

As with any product we use within our homes, knowing what prep work is required can make the job go smoothly and the finished product look the way it was meant. And, as we know, if the right prep work is done when the wallpaper is hung, taking it down is so much easier. So many people won't use wallpaper because of a bad experience trying to remove it. Talk to your wallpaper supplier about the proper prep work so you are satisfied with the finished product.

So, where should you use a hit of wallpaper?

- Create a dramatic headboard wall in a bedroom.
- Make your focal wall really pop.
- Design a stunning powder room.
- Bring some drama into the dining room.
- Add some character to a bland hall.
- Pack some punch on the back of a bookcase or cabinet.
- Add some interest above wainscoting or in the recessed portion of a paneled wall.

There are so many ways to use wallpaper within your home without having to paper all your walls. Just adding a little here or there can dramatically change the way your room feels. So, let your walls do some of your talking for you with a layer of wallpaper that says, 'Wow, look at me!'



Phillip Jefferies Wallcoverings

THRESHOLDS

BY LORI BYRNE

Photos by Steve Smith VisionFire Studios

Layer it Up

The air is shifting and the days are drawing to a close earlier every evening. This is the time of year we start to make the transition into fall, with its cooler temperatures and our desire for added warmth in our homes and in our wardrobes. So, add those layers and get ready for fall!

JEWELRY

Hammered brass, soft, heart-shaped silhouettes nestled into a bed of wool and ready to be your new go-to pieces for your fall wardrobe, this set is the work of Little Acorns. Locally made and available through Etsy at etsy.com/ca/shop/LittleAcorns2015 or check out their page on Facebook.

CLOTHING

One of the best things about fall wardrobes is layering. This dress by Toad & Co, in this stunning green called Ponderosa, pairs well with a great scarf, tall boots and a warm cup of coffee. Toad & Co. is now available at Take It Outside at 65 Inglis Street, Truro, plus so many other options for creating a fall look that is perfect for you. You can also drop by their website at takeitoutside.ca



SARA BONNYMAN POTTERY

Local Tatamagouche potter, Sara Bonnyman, uses a combination of clay and glass to create these stunning bowls in her studio. Her work can be found far and wide in gift shops and stores throughout the province, but a visit to her studio is highly recommended where you might find her at the wheel or packing orders but always willing to chat. Visit her website at sarabonnympottery.com

WOODEN BOWL & GLASS PUMPKIN

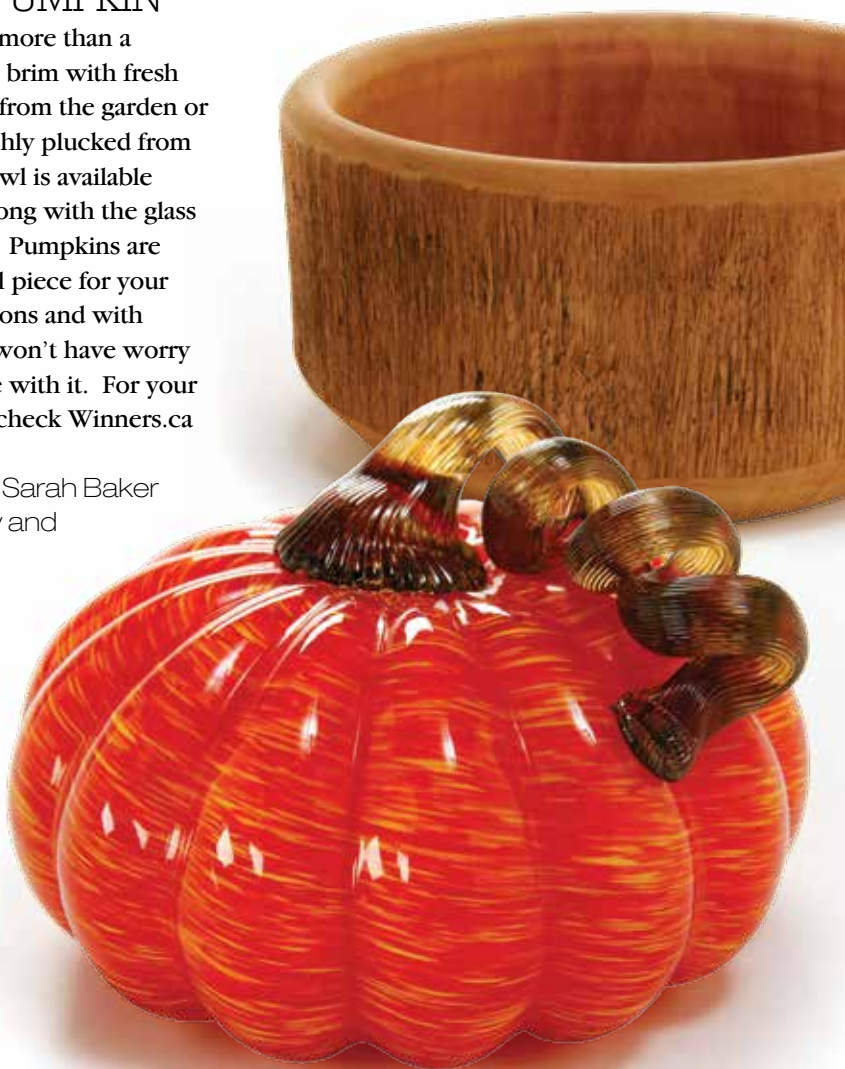
Nothing says fall more than a bowl filled to the brim with fresh produce straight from the garden or sweet apples freshly plucked from the tree. This bowl is available from Winners, along with the glass blown pumpkin. Pumpkins are the quintessential piece for your seasonal decorations and with this beauty, you won't have worry about making pie with it. For your closest location, check Winners.ca

Bowl photo by Sarah Baker
Forward Family and
Business
Photography



LAMP

The warm tones and texture of the hammered base paired with the crisp linen shade, this Flow Décor 'Palermo' lamp is the perfect way to cozy up your home for the fall. It will pair well with a classic wood side table or a more boho inspired interior, as well. This lamp, and many more options, are available at Costandi Designs in North River, visit their website at costandidesigns.com



SWITCH IT UP

Looking for an easy update to almost any room in the house? Well, swap out those old light switches for something with a little more smarts and style. The smallest detail can have a dramatic affect. Whether you want something to run off your own tech or just set the mood, there are lots of options to explore. You don't need to be in the dark any longer. Visit one of your local lighting retailers and they can help you *Switch It Up!*

THREE'S PLENTY!

Why have one when you can have two, and why have two when you can have three! The most innovative outlet on the market, Adorne's Pop-Out Outlet is useful beyond words. With a simple push in, out come three outlets that are ideal for bathroom's, children play areas, kitchens and entertainment areas.

Due to the style of the outlet, there is no need to spend money on bulky flush-mount attachments.

Adorne's futuristic design allows furniture such as couches or television stands to press gently upon walls for a clean look in your space.

In addition to the subtle but always appreciated space-creating design is the clever way the outlet all but vanishes when not in use. This prevents cold drafts in winter, water entering in bathrooms and for a tidy look on more outlet apparent areas such as countertops. The Pop-Out Outlet not only is hidden in the wall but has patented shutter system that helps prevent objects from entering which will protect curious minds at home. An easy D.I.Y. install, it will be achievable to create a seamless, elegant look for all areas of your home.

LOOK, MA, NO HANDS

There's nothing worse than walking into a room with hands filled with laptops, school bags and groceries and not being able to see where you're going. Now with the Wave feature from Adorne, you can give a wave towards your light switch and, ta-da, the lights will come on. There's even the SensaSwitch that will detect motion and turn on and then when you leave the room, turn off again. You can adjust it to turn off when you walk back by or even turn off after a certain amount of time has passed, making it perfect for pantries, garages or bathrooms.

NIGHT OWLS!

Sleek, efficient and modern. The new way to navigate in dark is here and it's super affordable. Adorne provides us with two different and interesting styles; Portable Nightlight and the Accent Nightlight. The traditional standard night light has too many flaws from taking up outlet space, giving off too much light.

The portable nightlight feature actually pops right out of the wall safely for you to use as a flashlight which can be helpful during power outages. Finding your way to the fridge just became a whole lot easier, too. It keeps getting better! The second great feature are the different lighting options that allow you to customize brightness with a simple tap of your finger. The LED light gives two first-class purposes of illuminating your space and finding the light switch painlessly.

MOOD LIGHTING, CHECK!

Every hostess, book reader or museum care-taker, your needs have been met. Adorne's variety of dimmer switches are just as impressive as the candles you'll light at next week's book club. With a choice of six different dimmers; a favourite is the Softap Dimmer Switch. We all know we love that one light setting that somehow, somehow ends up being moved and cannot be duplicated again. Now Adorne has solved our problems. This device gives you the freedom to choose the exact desired light setting, keep it and remember it for next time. The touch pad allows you to pick your setting and save it for as long as you like. Excellent for chandeliers, tiffany lamps or under the counter lights.

Adorne your home with a new slick flick of the switch

BY LORI BYRNE AND JAKE CHISHOLM



The Accent Nightlight by Adorne

With this new line of switches, swapping out the old for the new is not usually labour intensive. The majority of these upgraded switches use a regular junction box. Not only does this save a little time but it is also a little easier on the pocket book. If you are planning a new home, now is the time to think about some little features that really pack a lot of punch for style and function. Many people who have built a new home will say that they wish they put more thought into the location of their light switch and outlets. Take some time to talk this over with your contractor and electrician and they can help you with placement.

You don't need to make big changes to a room for big results. Swapping out your old light switch plates for sleek and tech smart products is a sure way to have your guests talking. Say good bye to drab and dated beige and white switch plates and choose a colour and design that fits your style. Adorne is just one of many new companies shining a light on switch plate style. There is a new market for the overlooked household feature and taking what used to be an eyesore and transforming it into another attractive addition to your home.

The options are endless. Take time to check out all of the possibilities for your

switch and outlet needs. The next time you fumble your way to the bathroom in the middle of the night you might be wishing you had already gone to your favourite local lighting store and to Switch it Up!



We'd like to say a special thank you to Debbie at Stellar Lighting for sharing her expertise so we could introduce you to the innovative line of Adorne switches.



At Home with TROY & JENNIE GREENCORN

Photos by Steve Smith
VisionFire Studios

BY CRYSTAL MURRAY

It is 8 am on Monday morning when I swing by the Greencorn household on the corner of Prince Street in Pictou. Troy has a cup of coffee in his hand and his wife Jennie comes down the stairs, hair still wet from an early morning swim. They both have to work today, at the same time trying to hang on to the last few weeks of summer before becoming empty nesters. Their youngest child, Brae, will leave soon to study nursing at Saint Francis Xavier University in Antigonish. Like many families on the East Coast, making a living meant living apart for many years but a change in fate brought the Greencorns to Pictou County and although they are not far from where they were born 40 or so years ago, some days they feel worlds apart from where their story began.

In the late 1980s when Troy and Jennie left for university in Halifax, Troy went to St. Mary's for business and Jennie was enrolled in the nursing program at the Akerley Campus of the NSCC, their hometown of Canso was still a solid place to find good honest work. The fish plant was thriving and young people were being hired almost off the street before they had their high school diplomas in hand. But with the downturn in the fishing industry Canso's fortunes sank quickly, and within a couple of years of university graduation, Troy and Jennie found themselves back in a community that was unraveling as fast as the fish were disappearing from Chedabucto Bay.

Despite the challenges to find work in a withering town, Troy and Jennie wanted to follow through on a promise they had made to their young selves: establish



The move to Pictou creates more time as a couple and a healthier, balanced lifestyle.

their own roots and raise a family in their hometown.

The day Troy received his university diploma he and Jennie went to city hall and bought their marriage licence. Jennie had already finished her nursing program at the Akerley Campus of NSCC and she waited a year in Halifax for Troy to wrap up his own studies. They were married in July and bought a house in August. Three children - Christopher, Connor and Brae - quickly filled the rooms of their big old house and the hard work of raising children and building careers was upon them.

Troy says that like a lot of young people he and Jennie had a dream to go back home and contribute to a community where their families had lived for

generations. They idealized a "Huck Finn" childhood for their children, a line Troy says he borrows from his friend and musician Garnet Rogers who spent his summers in the modest fishing town and eventually moved back to make it his vacation roost.

"We wanted a simple, safe life for our family," says Jennie.

While jobs were scarce, Troy was lucky and landed a position as a finance clerk for the town. Jennie had a tougher time: she eventually found work as a cashier that would keep her busy until a nursing job eventually became available.

"I was lucky to have work but it was also a tough position to be in," says Troy. "Part of my job was collecting tax and utility bills and many people

It would have been easy for the young couple to pull up stakes and follow the wagon train west like many of their friends and family. But Troy had what he thought would be a solution to his own growing weariness with his accounting job and asked the town to set him free to do some work in economic development.

including friends and family were in financial crisis with the closure of the fishery. Our town was in economic turmoil.”

It would have been easy for the young couple to pull up stakes and follow the wagon train west like many of their friends and family. But Troy had what he thought would be a solution to his own growing weariness with his accounting job and asked the town to set him free to do some work in economic development. While there was no turning back the clock on the fishery Troy saw several new opportunities. There was some success with a small call centre that provided new employment for five years before it eventually ran out of available labour in the region. Then came a spark of innovation that would put Canso on the cultural map for years to come and be a defining moment in the life of the Greencorn family.

Troy and Jennie had little idea how the creation of the Stan Rogers Festival would eventually define who they were as a family or create other roads for them to follow. At the time Troy was feeling tremendous pressure to help the community adapt and survive. He was also an active musician.

“Having seen how other festivals drove economic activity and “lit up” their host communities, I and a group of friends decided we were going to create a major festival. Ours would be bigger and bolder than those that had inspired us, a



return to Woodstock, Canso style. The first festival attracted approximately 2,000 patrons a day. Today, 20 years later, the festival tops 5,000 patrons a day and has become one of Nova Scotia's signature festivals," says Troy.

Like most Maritimers and East Coast music lovers, Troy knew of the man who brought us Barrett's Privateers, Fogarty's Cove and dozens of other classics, but never knew Stan Rogers personally. When the folk musician died in a plane fire in 1983, Troy was only 13 years old. But he knew the excitement

felt by the community when Stan and his brother Garnet were in town. Their mother was from Canso and they spent their summers there.

"I remember a famous story of Stan and Garnet opening for Ryan's Fancy at the Canso High School for 12 people. I also remember being in junior high and hearing about the plane fire and his passing. It was a major tragedy for the community. He was an adopted son. It's amazing to see the body of his music and the success he achieved in such a tragically short life."

This short but emboldened life now celebrated by Stanfest is something that the Greencorns cherish. Those three days the first weekend in July are like Christmas for the entire community. In the weeks leading up to the Festival hundreds of volunteers, roll up their sleeves and do their part to make Stanfest the world-class festival that it has become. For Troy, Stanfest became a part-time job but not one that would sustain his family. He would keep the festival rolling but he needed

Troy's collection of instruments and memorabilia. A quiet room, a creative space to listen to music, read or just be alone.

something more. His growing connections in the music industry created another opportunity and one that again would bring about change for his family when he became Event Manager of the East Coast Music Awards. For the better part of nine years Troy was on the road building event hosting teams, working with musicians and producing eight events throughout Atlantic Canada. It was an exciting time and Troy continued to earn a reputation of respect in the music industry, but it was not without a cost. He would spend more than 200 hundred days a year away from his young family and the community that he so desperately wanted to be part of.

"And I was home raising his babies," says Jennie, who by then had decided to take a break from nursing to run the Eastern Communities Youth Association and participating on many initiatives and committees in town.

Jennie's roots in Canso run even deeper than Troy's. She is a seventh generation Canso citizen. Her father was a teacher and her grandfather was involved in the oil business, a rarity in a town where the majority of the population was somehow tied to the fishery. Like her father, who could see opportunity in transformational projects (he was the mastermind behind an engineering project that demolished a dam to drain land for the town recreation centre and eventually the festival), Jennie herself is an innovator.

Her job with the Youth Association involved taking on management of the Canso arena which was facing fiscal strain. A failure of the rink's physical plant closed the facility for months, forcing hockey teams and figure skaters to travel for an hour or more just to get ice time for practice. The closure of the arena would have been one more blow to the





The timing was perfect. John Meir, the long-time Artistic Director of the deCoste Entertainment Centre was retiring and the Greencorns turned the page on another chapter in their lives.

community. With Jennie's leadership the community rallied and raised the funds needed not only to get the physical plant replaced but to upgrade the facility as well. During this time Jennie learned her way around a rink, a skill that would open another door for her when opportunity came knocking again. Once again, the Greencorns found themselves making a life-changing decision.

In the years that Troy was on the road promoting and building the ECMA program, the two older children finished high school in Canso and began following their own dreams. Brae was still at home and loving life with a circle of friends that she knew from the time that she started school. Jennie, however, was beginning to tire from the stress of her community

responsibilities that she shouldered passionately. Troy had been keeping an eye out for something different, that would bring him closer to his family and facilitate a healthier, better balanced lifestyle, but still keep him in the world of entertainment that had become part of his identity.

The timing was perfect. John Meir, the long-time Artistic Director of the deCoste Entertainment Centre was retiring and the Greencorns turned the page on another chapter in their lives.

The move to Pictou wasn't easy. Troy and Jennie had to take stock what they had accomplished so far. Even though Troy had spent years travelling, the decision to leave Canso weighed heavy on their hearts. They had to consider Brae's last couple of years of high school

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and what that meant to her. They had lived in the same house for 21 years, and the community for over 40 years. They wondered if they were deserting a town they fought so hard to protect.

Three years later Troy, Jennie and Brae agree that the soul searching was an exercise that helped them land in a good place when they all needed it the most. Troy is now into his third year as Creative Director at the rebranded deCoste Performing Arts Centre. Jennie's expertise in arena management and community development and sustainability inspired the management of the Pictou County Wellness Centre to select her for a newly created Special Events Manager position. In June, Brae donned her cap and gown and walked across the stage at the deCoste Centre,

the very venue that brought her family to Pictou as part of the 200th graduating class from Pictou Academy.

The Greencorns are little more than two hours away from the place that was first to shape the people they are today. They maintain a strong connection to Canso and for as long as Stanfest continues to make music the Greencorns will stay at the helm. While Troy and Jennie say they are enjoying a little anonymity and are more guarded with their time they are embracing their new community and enjoying its avails.

"We see loads of potential here," says Troy. "Rural areas clear across North America are struggling, but Pictou County seems to be fairing out better

than most. In Pictou we see a great spirit amongst the business community to try new things and grow their businesses. There is a vibrancy here."

It's quiet in the Greencorn house the morning that I visit. In a family that is so entrenched in the entertainment industry one would expect a household of performers. But Troy and Jennie are not about being centre stage. They are the strength behind the scenes that quietly get things done. Although there is no music playing that morning I leave their home smiling and in my head I hear the words of someone who continues to inspire much of that they do. Troy and Jennie Greencorn... I hope to see your smiling faces 45 years from now.





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A WEIGHTY CONVERSATION

BY DEELLE HINES

Local health care professionals share their opinion on why some kids are carrying too much weight and what we can do as parents to keep them healthy in body and spirit.

Obesity is an epidemic. It affects 1 in 4 Canadian adults and 1 in 10 Canadian children. According to Health Canada, the obesity rates among children have nearly tripled in the last 30 years. Let me repeat that, the obesity rates among CHILDREN have nearly TRIPLED in the last 30 years! This alarming statistic proves we have a major issue on our hands.

What is childhood obesity?

Childhood obesity is a serious medical condition that affects children and adolescents. It occurs when a child's weight is way above the norm for their height and age. These children carry abnormal or excessive fat accumulation that may impair their health.

"It is important to note, there are many healthy, overweight children. It is normal for some children to carry more weight depending on their stage of development," says Barbara MacLean, a local registered psychologist. "We have to recognize that if our children's diets are nutritious and they are physically fit, their body development is otherwise out of their control."

The big concern parents should have is when a child goes from being slightly overweight to obese.

What are the leading causes of childhood obesity?

Dr. Alexandra Laskowski, a local pediatrician says "the leading causes of childhood obesity, in my opinion, are lifestyle and family history. Today's lifestyle of computers, gaming and TV are at a high.

Kids are not going outside and playing as much. Quick meals for working parents and endless screen time contribute to the health of children.

A lot of times family history plays a part in obesity. Children are brought up in an environment where home cooked meals are not implemented. Fast food is readily available, quick, affordable and plentiful. They grow accustomed to these meals and the cycle continues on to the next generations that follow."

What are the risks of childhood obesity?

Dr. Amy Punke, a local naturopathic doctor says "childhood obesity will increase the risk for early onset of diabetes, cardiovascular disease, arthritis, and mental health concerns such as depression and substance abuse."

The emotional toll that comes along with being an obese child is great. These children suffer from bullying, self-esteem issues, depression, emotional eating, and discrimination. This leaves them struggling to obtain balance and happiness within themselves.

If at an early age, children are labelled as overweight or obese, their entire relationship with food and the perception of themselves is in jeopardy, sometimes leading to eating disorders.

As a parent it is difficult to know when to wait it out and when to worry and have to address the health issue with your child.

"In addressing a child's weight, one does have to exercise sensitivity. Some of my work is with clients with eating disorders. The causes of these disorders are complex. However, in every client I have worked with, the disorder was triggered by a comment, often well-intended, or innocent teasing," says Barb MacLean.

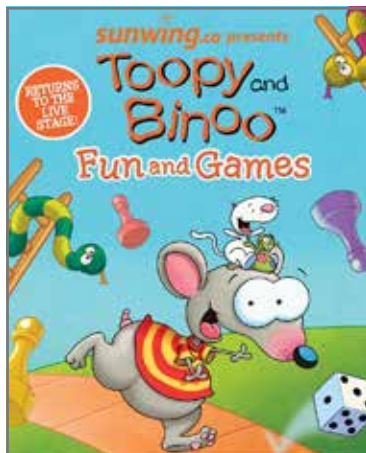
"We have to recognize that if our children's diets are nutritious and they are physically fit, their body development is otherwise out of their control."

WHAT WE CAN DO TO HELP

1. Be a healthy role model for your children. Children learn by example.
2. Make meal time a priority. Learn how to cook healthy, homemade meals and include your children in the process and eat your meals together.
3. Limit the amount of processed food and sugary drinks in your home.
4. Allow your children to talk openly about their feelings.
5. Play outside with your children as a family.
6. Involve your children in sports.
7. Regulate screen time on computers, TV and electronics.
8. Make sure your child gets the proper amount of sleep. 10-11 hours a night for children 5 to 12 years old.
9. Help your children understand the many benefits of eating well and exercising.
10. Do not use food to motivate your child.
11. Never make comments about your child's weight.
12. Encourage your children to drink lots of water.

If you are concerned about your child's weight, please speak privately to your family doctor. They can determine if your child's weight is in an unhealthy range by using growth charts and checking their history of development.

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BY DEBBIE STEWART
Registered Holistic Nutritionist

What's all the stink about?

“Let food be thy medicine
and medicine be thy food”

Hippocrates

Hippocrates was considered the father of medicine and he was definitely onto something when he made that statement. We often look to “medicine” to fix what ails us, when all we really need to do is eat our medicine. Food really can heal you. Take garlic as an example. It has been known for centuries as a medicinal food.

In ancient Greece and Egypt it was given to workers to enhance their work capacity. It was prescribed to treat respiratory disorders, improve circulation and cure worms. It was even recommended to early Olympic athletes to enhance their performance. In ancient times it was recommended by many different countries and cultures to treat many ailments.

Now centuries later many studies have been done on the health benefits of consuming garlic. Entire books have been written about garlic. It has been affectionately called “the stinking rose”. It is used to treat common colds, yeast infections, lower blood pressure and so much more.

Garlic is a member of the allium family. It belongs with vegetables like onions, leeks and chives. Garlic is rich in a variety of sulphur containing components which gives it its health benefits. Garlic is an excellent source of B-6, vitamin C, manganese and selenium.

The best way to get maximum benefits from garlic is to consume it raw. There are many ways to get more garlic into your diet. Foods like bruschetta, guacamole and salsa. If you can't stomach raw garlic right away, add it to your meals, but add it last to preserve its health benefits.

For a small vegetable, it definitely has a big and well deserved reputation. It may not always ward off evil spirits or keep vampires at bay, as was reputed folklorically, but it is sure to enhance any meal in a bold, aromatic and healthy way.



GET YOUR GREENS GIRL!



Research continues to prove that what you eat, even when you are young will influence your health as an adult. While there is no food that can completely prevent or cure any disease eating a healthy diet full of vegetables, fruits and whole grains in childhood and continuing in to adult life decreases your breast cancer risk.

On-going research has shown that girls who eat a high calorie, low nutrient diets and get very little exercise are more likely to start their periods earlier. This means that the body is exposed to estrogen for a longer period of time, which can increase the risk for developing breast cancer. (breastcancer.org)

Follow these strategies to reduce your breast cancer risk and live by example for your daughters.

- Eat your veggies, fruit and whole grains
- Be physically active
- Avoid gaining weight as you age
- Limit or avoid alcohol
- Don't smoke



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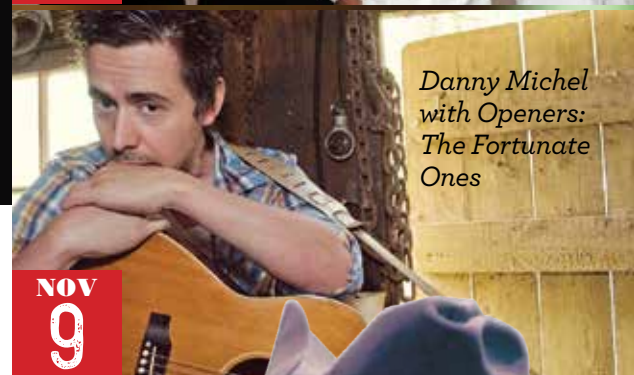
Everything Fitz

OCT
3



The Nylons

OCT
11



Danny Michel
with Openers:
The Fortunate
Ones

NOV
9

Welcome to our fall season!

Coronation St. Beth & Sinead, The Factory Girls

September 27th | Tickets: \$42 / VIP Pass \$75

Sponsored by Maritimes & Northeast Pipeline

Natalie MacMaster & Donnell Leahy

September 29th | Tickets: \$ 52 / \$49 Members

Sponsored by Northern Pulp

Everything Fitz

October 3rd | Tickets: \$25 / \$22 Members

Sponsored by Maritimes & Northeast Pipeline

The Nylons

October 11th | Tickets: \$38 / \$35 Members

Sponsored by Maritimes & Northeast Pipeline

The Strawbs

October 14th | Tickets: \$25 / \$22 Members

Sponsored by Maritimes & Northeast Pipeline

George
Canyon



NOV
23



CORONATION ST.

Beth & Sinead



SEPT
27

OCT
28

CBC's
Gavin
Crawford



Outerbridge Clockwork Mysteries

October 24th | Tickets: \$25 / \$22 Members

Gavin Crawford "FRIEND" "LIKE" #ME

October 28th | Tickets: \$35 / \$32 Members

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Abbamania - Tribute to Abba

October 30th | Tickets: \$38 / \$35 Members

Sponsored by Advocate Printing

Carroll Baker

November 1st | Tickets: \$35 / \$32 Members

Sponsored by Northern Pulp

John McDermott

November 5th | Tickets: \$49.50

Sponsored by Maritimes & Northeast Pipeline

Danny Michel & Fortunate Ones

November 9th | Tickets: \$25 / 2 for 1 Members

Ron James

November 20th | Tickets: \$55

George Canyon - "I Got This" Album Tour

November 23rd | Tickets: \$40 / \$37 Members

Sponsored by Northern Pulp

The
Strawbs



OCT
14

Abbamania



OCT
30

Ron
James



NOV
20

Carroll
Baker



NOV
1



SEPT
29



Completing the Circle

Debbi Harvie

Growing up in the Maritimes, celtic music and, in particular, the sounds of the fiddle becomes ingrained in your soul. There's something about the toe-tapping tunes that moves you to your core.

Natalie MacMaster has become synonymous with fiddle music in the Maritimes and after a bit of an absence from the area, she is returning to the deCoste Centre stage with her husband Donnell Leahy.

"I played the deCoste for years while living at home," recalls MacMaster. "I would have been in my teens and my first manager was John Meir so I would often go to the deCoste Centre to meet with him and talk about my career."

Things have changed quite a bit since then for MacMaster.

Now a mother of six, she and her fiddling

husband take what time they can to teach their craft to their children and tour North America.

Having been together more than a decade, MacMaster jokes it only took 13 years to record their first album together which they titled "One." They will soon wrap up the recording of their second project, a Christmas album that is slated for release late in the fall.

This is the first time the couple have shared the deCoste Centre stage and MacMaster is looking forward to returning to her old stomping grounds.

"You certainly appreciate things more as you get older. It (the deCoste Centre) is such a lovely stage and theatre in such a small area and takes in such great talent. It's not insignificant the cultural importance of that place. To go back to that stage and take my husband completes the circle for me."



A Coig Christmas

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Bette MacDonald & Maynard Morrison starring in Tis the Season 10

December 8th & 9th | Tickets: \$42 / \$39 Members

Barra MacNeils Christmas

December 14th | Tickets \$45

Woodhouse Jazz Band

Home for Christmas – A Holiday Jazz Show

December 20th | Tickets: \$25 / \$22 Members

Dave Gunning – Christmas Show

December 21st | Tickets: \$30 / \$27 Members



John McDermott



*Woodhouse
Jazz Band*



Dave Gunning



*Tis' the
Season 10
Featuring
Bette
MacDonald*





NEW ALBUM, OLD STOMPING GROUNDS

BY CRYSTAL MURRAY

What everyone loves about George Canyon is that he knows how to keep it real. He's a husband, father and a man devoted to his faith. He remembers where he came from and he celebrates this part of his life in every aspect of what he does professionally.

On November 23 George will take the best of himself back to a place that he refers to as his second home. A place where he had his first taste of the big stage and place that helped launch a musical career that is still flying high after 26 years.

"In grade seven my class did a tour of the deCoste. We saw the whole place and I remember walking out on to the stage and thinking about how big it was. I was back as a teenager performing in a couple of school musicals and many times on stage with my

"I am planning something just for the deCoste."

Mum and Aunt Vicki for Christmas Daddies. When I went on the road in the 90s I really missed the deCoste and I wondered if I would ever get to the stature of having a show of my own back on that big stage."

There is no doubt that George has achieved that stature and the stage

likely doesn't feel as big anymore. He has sold over 400,000 albums world-wide and this year marked his eleventh full-length release, "I Got This."

When he comes back home in November, George says that he is planning something unique for an audience that means so much to him. This is an acoustical tour for me and I try to tailor my show to where ever I am. "I am planning something just for the deCoste. I like to have a little hint of mystery around what I will perform but it will be special."

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LOFTY IDEAS

BY LORI BYRNE

Imagine soaring ceilings, exposed mechanics and loads of texture. Imagine industrial spaces turned into residential living. Imagine redefining our downtown areas into a happening place to live, work and play. These are the ideas that have brought about both the Industrial Centre Lofts in New Glasgow and the Walker Lofts in Truro, based in the downtown core of each town. Those images and the fact that there was space available to build this type of rental unit in both downtown areas are changing the face of what renting an apartment looks like.

This is the type of rental that people in large cities can't get enough of and so, it may strike us as unusual in small town settings. Is there a call for this style? Does this appeal to us on the east coast? The fact that these units have a waiting list would clearly indicate that, yes, there is a call for them. Sure, it may not appeal to everyone, but you can't deny these lofts have style. And given that these loft units are being rented by all ages and walks of life, from social media managers to doctors to retirees, speaks volumes.

These teams, which will be introduced in a bit, had vision and innovative ideas for northern Nova Scotia. It was risky, doing something so out of the norm for this region, would it flop or fly? But as we seek to bring change to our region, as we try to revitalize our downtowns, change and something out of the ordinary is called for. And these lofts are a step in that direction. Narrowing our focus so that everything from groceries, to work, to entertainment is all within walking distance means that these downtown cores again take on a role similar to what they would've had many years ago. Both communities have a thriving farmer's markets that is very nearby, as well, again, building on the fact that everything is close at hand and you don't have to hop in your car to get your essentials.

WALKER LOFTS

If you lived in Truro in the past 100 years, there's a chance you would've shopped for your hardware in what is now the Walker Lofts. Back in 1891, the first building by A.J. Walker went up with more being built on as the years progressed. There were five buildings joined with one façade when fire destroyed one of the buildings in 2013. And that is where the story of Walker Lofts starts.

The team of Linda and Charles MacQuarrie, Alain Begin and Jon Keddy

began to visualize what the vacant building could be in the spring of 2014. With architect, friend, and uncle, Geoff Keddy, the first concept of the redesigned Walker building was put on paper. With the main concept established, the details and floorplans were laid out, rearranged and rearranged again to suit the unique space, the business plan and the lives of the future tenants. Now, the Walker building has commercial space on the main level and 14 rental units on the second and third level.

Exposed brick, reclaimed components,



Above: Jeff Babineau, of Babineau Photography, happily hangs out in the kitchen of his Walker Loft apartment where one of the original brick walls forms the backdrop.





Below, left: The transom window featured above the master bed is an example of some of the salvaged materials put to use in the apartments while the exposed mechanics of the building add to the industrial vibe.

Below, centre: Exposed beams make up part of the structure of the building, but also add charm and character along side Babineau's furniture and decor, which in turn, compliment the building.

Below, right: Age paired with function, the essence of Walker Lofts, as spotted in the loft.





Above, left: Large windows that let in plenty of light, and high ceilings are just a few of the things that Mills enjoys about life in her loft home.



Above, centre: Concrete floors polished to a high shine pair well with the modern furnishings, while being easy to maintain.



Above, right: The bathroom cabinetry is in keeping with the aesthetic of the clean lines of the loft and still have the industrial look with the conduit lighting.

Right: Trudy Mills prepares to entertain in her sleek, stainless kitchen of her loft apartment in downtown New Glasgow.

structural elements and stunning design details give the Walker Lofts a real warmth in what could be a cold, uninviting space. But these units are far from that, they exude character and charm, and yet have elements like the exposed duct work that scream 'New York loft'. It is the perfect mix of industrial and reclaimed that gives each unique space its own charisma.

And with new business tenants moving into the commercial space on the main level, the draw to these units will be even greater. The revitalization and re-branding of the downtown core in Truro is working wonders and Walker Lofts is right in the middle of it all.

INDUSTRIAL LOFT CENTRE

Grounded in the heart of New Glasgow, was a building that was showing its age. But with a team like Jamie MacGillivray and Donnie Clarke of MacGillivray Properties Ltd., new life was breathed into the entire Mac MacGillivray building, not just the upper level which houses the Industrial Loft Centre. The journey of these lofts started about 5 years ago with a wide open space on the upper level and a rough idea forming of creating a space that would be unique to New Glasgow. With the help of a young designer,

MacGillivray and Clarke took their ideas and brought that vision to life.

Each of the 8 units is different, maximizing the space on the upper level and giving potential renters options of what will suit their lifestyle better. The tenants even get the benefit of an onsite gym for their own use. The polished concrete floors, stainless steel cabinetry, industrial lighting and vast windows are just a few of the details that contribute to the loft-living ideal. Having the dividing walls only going up to standard wall height and the entire ceiling exposed throughout feeds into the loft appeal and truly makes the space feel even larger than it is.

Even though these spaces are new, well-planned out and in the center of town, the thing that has made the biggest impression on the tenants is the incredible care that has been given to them by their landlords. The first tenant to move in is quoted as saying, "We've been astounded as to the level of personal service we've received from every member of staff or person related to MacGillivray Properties Limited." When Trudi Mills first laid eyes on her unit, she knew she had to grab her chance because she realized the vacancy wouldn't last long enough for her to think it over, and she has not one regret in that quick decision.

These visionary teams are changing the landscape of the rental scene and providing their fellow townsfolk with more stylish and unique spaces to live in while preserving the history of our towns. They are retaining people within our communities who are seeking something more urban and chic. Yes, these lofty-ideas are great ideas that are most definitely working for our communities.



How telecommuting and home base business is reshaping our ideas of work.

WORK@HOME

BY SARAH BUTLAND

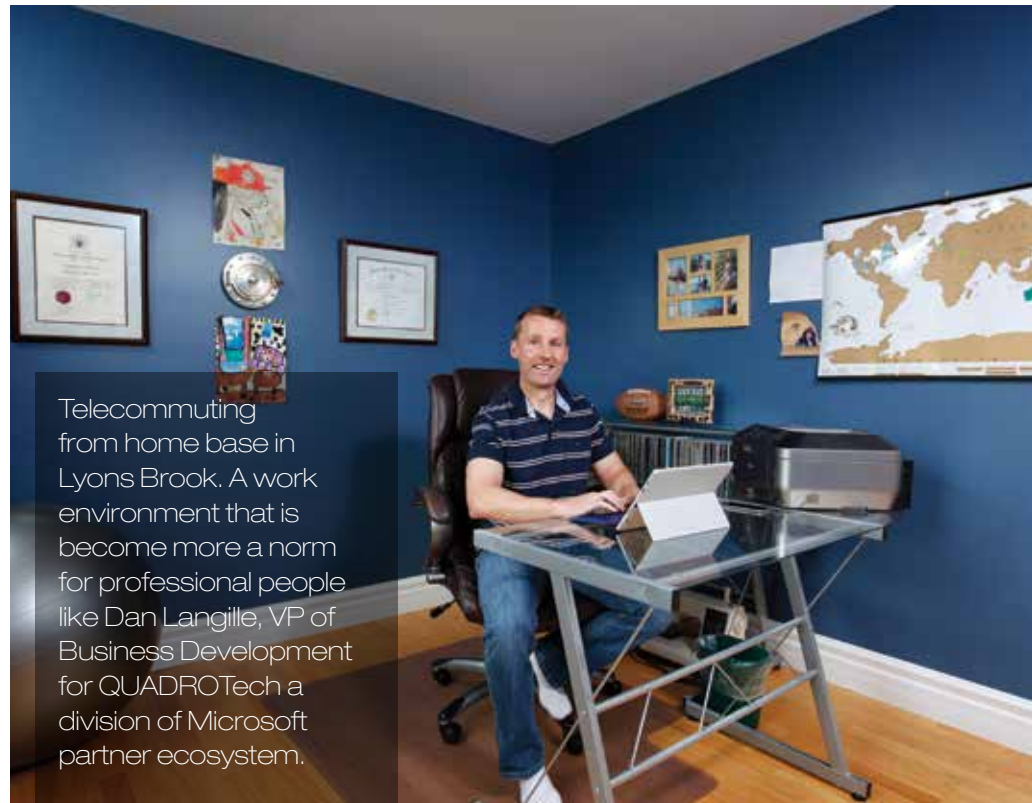
Photos by Steve Smith
VisionFire Studios

By the looks of their faces and warmth of their smiles, working from home for both Dan Langille and Marilyn Roy is a lot different than having to do 'homework'. I caught up with Dan at the Harbour House Ales & Spirits in Pictou to celebrate Independence Day and I realized how fitting that was considering his ability to work from anywhere.

Dan officially had the day off based on following American holidays for ease of doing business with his employer. He's been working from home for about thirteen years, starting when the concept was new to most companies and employees. He is now a veteran of the Microsoft partner ecosystem. His job as VP of business development for the software giant allows him to thrive with the close collaboration between his colleagues and the Microsoft personnel from his home office in Lyons Brook, Pictou County.

"Understanding telecommuting is an important for the long-term economic viability of our region because it provides evidence that people do not need to leave to gain lucrative employment. Telecommuting allows anyone to have the best of both worlds - a laid back east coast life style and a "big city" salary," he says.

Dan's transition into this emerging realm of employment was an evolution like many others. He was tired of



Telecommuting from home base in Lyons Brook. A work environment that is become more a norm for professional people like Dan Langille, VP of Business Development for QUADROTech a division of Microsoft partner ecosystem.

travelling to his office in Halifax when he and his growing family lived in Lantz, he began testing the waters of staying home to work, doing so one or two days per week, and quickly got a taste for it. By the relaxed conversation and his positive demeanor I could tell it was the best for him, too, and he didn't have to tell me directly.

Marilyn Roy was much the same way when she invited me into her home that is nestled into a quiet property on Mt. Thom. The splashes of colour from her garden continued into her office with warm walls made vibrant with pictures of her family and a collection of straw sun hats. Continuing to be professional, her

office was made her own and the warmth of her spirit was evident while still being workplace functional. Working at Sobeys for twenty-nine years she "accidentally" fell into being the event planner for many corporate celebrations and conferences. As fate would have it, she fell in love with the chaos that comes with ensuring the minutest of details were taken care of and company executives were quickly convinced she was the best person for the role.

Marilyn is a great example of everything happening for a reason as her experience with a large corporation taught her more about herself than any other experience could. Taking home

practices of efficiency as well as lifetime memories, she is now able to set her own schedule and reach further out into the community of Nova Scotia with her passion for planning.

Marilyn Roy Events is her new business name while she brings home her skills at planning both corporate and wedding events of any size. Marilyn takes great pride in ensuring even the smallest of details receive the greatest attention to ensure everything is just like you imagined, often even better than!

Keeping busy, Marilyn Roy also offers cake decorating and, she admitted, starting from a humble few cakes a year for her kids and grandkids, she has come a long way. Showing magnificent creations and taking great pride in having the latest of tools to ensure she can offer her clients exactly what they ask for – including gorgeous edible calla lilies!

Working from home is certainly not for everyone as it does require focus, discipline and drive but for people like Ann Lawson McGee, a self-proclaimed introvert, it can be ideal. Ann owns Millstream Cottage Crafts out of Westville and she understands the importance of focus as she sets her voicemail to take her calls when she's

working on her soaps and candles. As a business owner, she can also appreciate the need for connecting with others so she sets up shop at the Pictou Market each summer, making as many friends and connections as she does sales.

Being recognized and hearing great things about your product as a business owner is exactly what is strived for. After deciding to leave Colchester County in 2008 Ann was in search of a community that offered a Farmer's Market much like the one she was leaving in Truro. She talked with Joyce Battist, former owner of the Pictou "Crafters" Market, to understand this was too good of an opportunity not to take as it offered local artisans a spot to shine. Ann eventually decided to take over the Market from Joyce and began looking for a house in the area, settling in Westville.

Although I wasn't able to meet Ann in person, her passion and pride was expressed beautifully in her thorough replies to my questions. Her advice is to know yourself and says working from home is not for everyone but can be the best thing you have ever done.

There are many work-at-home opportunities available so there is no need to look beyond the North Shore for

a way to follow your dream. Even if your passions are not in line with what local companies are in need of, if you have the drive to work from home you can expand your location preference in your job search to be worldwide. It's possible for you to work for a company based in Germany just down the hall from a family or roommate who works for a company in British Columbia!

Jean Nicol, Kings Head residence, understands this. Retired from working in the school system, Jean created a tool to help parents with Autistic children avoid stress related to meal time. The Eating Game, GAME standing for Get Awesome Meals Everyday, is a support tool for people with a broad range of eating challenges. Local business can sometimes seem like it is at a standstill but internationally seem to be just beginning.

Through her passion and dedication, Jean was making the right connections to lead her to Vancouver, British Columbia in 2015 to speak at an Autism Conference and Festival. She was also recognized by Tim Houston in December 2015 in the Nova Scotia House of Assembly for her hard work and dedication. She is a great example showing that working from home doesn't mean staying within four walls.

This journey was just the beginning for Jean in respect to working from home as she was soon asked to work as the Communications Director for the ANCA World Autism Festival Team. Based out of British Columbia and beyond, it was not an issue for Jean to fulfill her duties from her home just minutes away from our beloved Melmerby Beach.

Jean, like Dan, is a veteran for working from home, making the opportunity available for herself when it was not as popular as it is now. After retiring twelve years ago she set up her home office to promote, create and ship her Eating Games through her own company EYECAN Creations. She enjoys the flexibility of setting her own hours, choosing where she works – "at a desk, in my lazy boy chair, sitting in my screened in deck space, anywhere that has WiFi, at the beach if I don't need an Internet connection!"

Marilyn Roy plans weddings and events from her cozy nook in Mt. Thom.



As an early riser, even while working for ANCA, Jean can begin her work when she wakes at 5 AM and can break for tea without any of the preamble often required while working in an office.

For everyone, the perks of working from home – whether for their own small business or for another company – include flexibility, independence, convenience and the cost savings.

Social events are certainly not what you may expect for employees who are working out of their home, or really anywhere they have an Internet connection. Dan Langille commented that he carries his office in his pocket, referring to his cell phone which offers the ability to be called upon at any time, send emails and even video chat with a co-worker. Isolation has become less of an issue for the telecommuting set, Apps such as Slack have become the answer to the office water cooler. “There are so many ways to keep connected to your coworkers. Some times it is just a couple of jokes through the day on a social media platform that can keep people connected. Slack is great it gives my team a chance to meet daily on a social level and you know that there is a real person on the other side of the computer,” adds Dan.

Working from home allows for a new mobile way of working while maintaining your productivity, whether

you’re in your pj’s at 3 PM on a Tuesday afternoon or watching a keynote presentation with your toes in the sand.

The few people described work a wide variety of jobs from the comfort of their respective homes. Completing an Internet search for “work from home jobs in Nova Scotia” results in a variety of websites with a vast amount of opportunities, no experience necessary for some. While there are postings with qualifications listed there are others which are flexible in who they are looking for. Being comfortable calling clients or skilled at writing reports are just two talents you may possess which companies are looking for. Another positive is that the company doesn’t have to exhaust their own community for skilled workers as you can live where you want to and offer what they need.

Job fairs are being held specific to opportunities which offer a better work/life balance that is inevitable when you can avoid travelling into an office. This has the potential savings of a second car, gas and, most importantly, a lot of time as your resources are just down the hall or stairs. With our well-known winters staying at home can be much safer, too, not to mention cozier!

As many great opportunities as there are, and more so if you have a business plan of your own, applying to some postings require a bit of research and

gut instincts. Before sending your application online ask yourself a few questions such as – Is this a realistic job offer? Am I familiar with the company? How long have they been in business?

Find something that works with your schedule and ensure you put back as much as you would if you were in an office. It can be easy to get distracted with household chores or friends visiting so be sure to respect your schedule and deadlines.

TEN REASONS to Keep Receipts for Tax Deductions

1. Deduct part of your power bill based on your work space.
2. Maintenance costs to upgrade your office if necessary.
3. Technology upgrades and systems
4. Mileage when travelling for work purposes.
5. Heating bill, whether it’s lumber, oil or electric costs
6. Cleaning materials to maintain a tidy workspace
7. Furniture
8. Promotional expenses
9. Business education/ workshops/ courses
10. Professional memberships or subscriptions



WHO'S @home IN NORTHERN NOVA SCOTIA

These are the latest statistics from an in-depth study by Statistics Canada on “teleworking” or working from home.

	Total Employed Population aged 15 years and over by place of work status	Work at home	Work outside of Canada	No fixed work place address	Worked at usual place
Nova Scotia	435,895	25,900	1,425	53,305	355,265
Pictou County	20,060	925	20	2,160	16,955
Colchester	23,475	1,630	75	2,975	18,790
Antigonish	9,850	670	25	1,475	7,680

Source 2011 National Household Survey Statistics Canada

WORK SPACES THAT WORK



BY LORI BYRNE

If you have made the move to working from home, you need a space that works well for you. Having that space organized and functioning at top notch will be key in your success.

When it comes to designing your home office, start by listing the activities you'll be doing in the space. This will help you determine what you need in the way of furniture and storage. Whether you need a packaging area, a drafting table, more than one computer, a large surface for spreading out paperwork or blueprints, or a spot to meet with clients.

The other key to successfully working from home is to know your habits. Schedule your days to be in your office when you are most productive, whether that's first thing in the morning or the middle of the afternoon. Have a separate space with closed doors if you are distracted by dirty dishes or kids or other triggers. Plan some days to be interactive if you're missing the bustle of an office building. Get dressed if you know you have an important phone call and take it standing up, you'll feel and sound more attentive and professional. Take scheduled breaks so you are more effective while you are working.

Working from home can be very rewarding and positive, if you take the time to set yourself up correctly. Even though it may take time away from your essential work at the beginning, the benefits of being organized from the get-go will have you reaping the rewards before long.

The Home Office Essentials

COMFORTABLE CHAIR

adjustable is the ideal

DESIGNATED DESK SPACE

close to plugs, lots of storage

FILE STORAGE

easy to get to and organized

STATIONARY SUPPLIES

good pens, lots of paper and sharp pencils

GOOD LIGHTING

ambient and task lighting

EQUIPMENT THAT WORKS WELL

shredder, printer, camera, fax

On Trend – The Standing desk

We all know that sitting for too long is hard on the body. If you find yourself in front of a computer for hours a day, maybe you'd like to consider a standing desk. So, what do you need to know about a standing desk?

Here's a few quick facts:

- Adjust your computer screen to be at eye level with a 10 to 20 degree angle
- Screen should be 20-28" away
- Your Keyboard should be at standing elbow height or slightly below
- Keep your knee slightly bent, don't lock your knees
- A comfort mat and no heels is the best for your feet, sock foot is even better
- Periodically take a seat, whether you perch on a stool or sit at a desk



GOING ALL GRANOLA



I usually make mine with certified gluten-free and organic ingredients. That way I can convince myself it's ok to eat more than one at a time.



ON YOU!

Photo: Steve Smith, VisionFire Studios

Well here you have it. My favorite granola bar recipe. It is a hybrid of lots of different recipes that I attempted years ago and I have played with it enough to make it my own but who really owns a recipe...unless you are the Colonel.

BY CRYSTAL MURRAY

Everywhere I take them people ask me to share my secret and to be honest for a long time I liked to keep my magic mix to myself. However, if you have an old Pictou Elementary School Cookbook you might find a reasonable facsimile that I shared there.

Because I make them a little different each time I reach into the pantry it is hard to nail down exact proportions and ingredients but this should get you started and then you can add you own favourite flavours and textures and claim it's your own secret recipe too!

I usually make mine with certified gluten-free and organic ingredients. That way I can convince myself it's okay to eat more than one at a time. I have made them with whole wheat flour as well and they turn out just fine. Depending on how virtuous I am feeling and what is in the cupboard I may or may not include the brown sugar. I have also switched to baking with coconut oil instead of canola oil that I used to use when I mixed up a batch.

Get out you mixing bowl and away you go!

RECIPE

- 2 cups of oats (gluten free)
- 1 cup of quinoa flour (or gluten free baking flour)
- ½ cup of brown sugar (optional)
- ¼ cup ground flax or chia (toss both in if you want!)
- ½ cup unsalted organic sunflower seeds
- ½ cup unsalted organic pumpkin seed
- 1 cup organic dried cranberries
- 1 cup of chocolate chips (I like to use Enjoy Life brand)

Sprinkle in a little cinnamon if you like.

Mix all of your dry ingredients. Add 1 cup of coconut oil melted and cooled a bit, 1 cup of honey. You can add an egg unless you are trying to keep the recipe vegan.

Combine all ingredients together. You may want to add more honey or oil to get a mixture that holds all of the ingredients nicely and is sticky.

Preheat over to 350°F degrees. Prepare your favourite 9x13 baking pan. I like to use a glass one. Place all ingredients in the baking pan and spread evenly. Bake for about 15-20 minutes depending on your oven. Remove when the edges start to brown. Let sit for a few minutes. Cut granola bars into desired size and then refrigerate for several hours. This is important or your granola bars will fall apart. I like to make mine in the evening before going to bed and then they are ready to lift out of the pan in the morning.

You can add or substitute any nuts you want however this recipe is peanut free and good for lunch boxes.

Enjoy!



Let me know how these molten morsels of yumminess turned out for you. Send a note to our Facebook page At Home on the North Shore.

RE-FEUL AFTER SCHOOL

BY KIM MARTIN

The kids just got home from school and they barely have time to drop their back packs before they are out the door again. Keep your kids fueled up with healthy snacks that will keep them moving until dinner is on the table.

Kim Martin and her friend Kelly Jones and holistic nutritionist Annabelle Cameron share their favorite after school snacks that are quick and easy to prepare and kid approved.

RECIPE

Energy Balls KIM MARTIN

- 1 cup dry oatmeal
- 2/3 cup toasted coconut flakes
- 1/2 cup peanut butter (or other nut butter)
- 1/2 cup flaxseed or wheat germ
- 1/2 cup chocolate chips
- 1/3 cup honey
- 1 tsp vanilla

Directions: Stir all ingredients in a medium bowl. Refrigerate for 1/2 hour. Roll into balls.

Can be stored in an airtight container in the fridge for up to one week.

My go to after school snack is what we call the Picky Plate. I grab a big plate or cutting board and put an array of food choices. It will usually include some of the following:

A couple of kinds of cut up fruit.

Raw veggies like broccoli, cauliflower, mushroom, carrot, snow peas, cherry tomatoes, celery sticks and even some spinach leaves.

Some nuts or seeds.

Either a hummus or guacamole for dipping.

Sometimes even some organic cheese cubes or cooked happy chicken pieces.

A few pieces of organic dried fruit.

The picky plate offers lots of choice. It can be left at the end of the counter for kids to come and go from. If lots of veg are eaten here and raw, you gain a little insurance if dinner vegetable consumption is low. Many kids prefer the texture of raw over cooked.

Any left overs are easily packed up for another day.

This is my version of hummus. Super easy to make with food processor. Amazing nutrition and the garlic can help keep away the back to school cold season.

RECIPE

Banana Bread KELLY JONES

- 1 cup sugar
- 4 Tbsp melted butter
- 2 eggs
- 3 mashed bananas
- 1 1/2 cups flour
- 1/4 tsp salt
- 1 tsp baking soda

Directions: Cream the sugar and butter with a mixer. Add the eggs and mashed bananas and mix until incorporated. Mix in the flour, salt and baking soda. Pour into a greased loaf pan and bake at 375 for 1 hour.



RECIPE

Berry smoothie KIM MARTIN

- 1 cup milk
- 1/4 cup plain or vanilla yogurt
- 1 cup mixed berries (fresh or frozen)
- 2-3 ice cubes

Directions: Place all ingredients in a blender. Blend on high until smooth. Add extra milk if too thick. Note: If using frozen berries, no ice cubes will be needed.



RECIPE

Hummus BELLA CAMERON

- 1 can of chickpeas OR
- 2 cups of cooked chickpeas
- 3-5 cloves of garlic
- 1/2 half lemon, freshly squeezed
- 2 Tbsp ground sesame seeds (use coffee grinder or magic bullet) or you can use tahini if you wish.
- Cayenne pepper to taste.

Place above ingredients in a food processor and mix until creamy.

Store in refrigerator for a few days.

Can be frozen for later use. I have put in ice cube trays so I can take out the amount needed.

Can be eaten cold or room temperature but I recommend trying it warmed. Warm hummus is a traditional presentation of hummus and is a favourite with my after school crew.



HOMework 101

Keep Calm and Study On

BY KIM MARTIN

How to keep the energy up, the kids motivated and get that home work done

September. It's a love/hate month. It means back to school, overbooked weeknights, and strict routines.

It can be overwhelming, and can take some serious time management to get back on track. With September comes the ongoing battle of balancing homework and activities, and it can be a struggle to fit it all in.

Nancy MacConnell-Maxner, mother of four, knows these challenges first hand. "Often it [homework] is "feast or famine" - they have very little or they have huge amounts. The ideal goal would be for them to have their homework done before they do other fun activities but that's not always the case. I find they will sometimes wait until I get home because they need "help"...that translated is that they don't want to do it until I get home!"

So how can we help ease the struggle of getting homework completed?

1. POWER UP YOUR LITTLE GENIUSES with a healthy snack before they begin their homework. Because many parents aren't home after school, snacks tend to be whatever is in the house at the time. An easy solution is to have precut veggies in the fridge and a good supply of fresh fruit on hand. Keeping the snack light and fun will help curb their hunger but not fill them up right before dinner.

2. KEEP IT SIMPLE. Not all homes have the extra square footage for a dedicated homework 'nook,' however, if space allows, design an area that is simple and functional. The more welcoming the space, the better the chances of actually getting your scholars to attend! "The kitchen table tends to be the common space for doing homework," Nancy said. "The high schooler does her homework in her room. Our family computer is in the kitchen and the kids can access that if they needed."


3. HAVE THE RIGHT TOOLS FOR THE JOB and a variety of supplies in the room, including pencil crayons, calculators, scissors, glue, etc. This helps reduce the number of times your child gets distracted and needs to get up in search of something. Older children may require a computer, tablet or printer, so ensure chargers and accessories are available as well. Have a few "fun" items such as Mr. Sketch markers or a chalkboard, and ensure everything has a 'home' so supplies get put back for easy access next time. When talking about objects of encouragement, Nancy added, "It [homework] might be more fun if we had a black board/white board to do practice problems on, etc."

4. GET PERSONAL. Hang photos, inspirational quotations and your child's artwork in the area to create a unique atmosphere. These will serve as a reminder of their hard work, and will show that you are proud of their accomplishments. If the kitchen is the dedicated spot, hang them on the fridge. If wall space is available, hang twine or ribbon from the ceiling or wall, and use clothespins to hang assignments, artwork etc.

5. STAY ON TASK by hanging a calendar or bulletin board within eyesight so your child can keep track of deadlines and due dates. This serves as a visual reminder and encourages good time management and personal responsibility.

6. BE AVAILABLE. "When one of us sits with them to help, they enjoy spending that time with one of their parents, and that motivates them to keep working," Nancy said. "They really are individuals in terms of how much they need/want support from us. We try to adjust how much or how little we do based on their wants/needs."

7. WHAT'S IN IT FOR ME? Create a reward system to encourage neat, completed homework with anything from stickers to points that can be redeemed for a privilege such as screen time or a special outing.

At the end of the day, we all want to give our children what they need to succeed, and with a little planning and persistence, you'll have them bringing home straight A's. 



YOUR HEADQUARTERS



FOR FALL IMPROVEMENT



Central

Antigonish 35 Market Street **Guysborough** 4931 Larry's River Rd. **Inverness** 15818 Central Ave. **Port Hawkesbury** 16 Paint Street **Stellarton** 60 Lawrence Boulevard **Sydney** 530 Grand Lake Rd. **Windsor** Fort Edward Mall

DIY Rake Storage Unit

I love good storage, unique wall décor and rustic wood. This DIY storage unit brings all those together and can have so many uses around the house.

BY LORI BYRNE

Photos by Steve Smith, VisionFire Studios



You can set up a coffee station or hot chocolate station in your kitchen. It could be used for wine bottles and glasses. You could even use it to store jewelry. Depending on your style, you can leave the wood natural or you could paint it. DIY projects like this are so adaptable, you can even change up the size to meet your own needs for storage. All in all, a bit of style and storage that you can't beat!



SUPPLIES:

Screws (I used 2", 1 1/4" wood screws)
Old wood
Old rake head
Square nails
Wall hooks

TOOLS:

Safety glasses
Cordless drill with screw and drill bits
Skill saw
Sand paper
Tape measure
Pencil
Straight Edge

SIZES OF WOOD:

Back Piece: 20" wide by 31" tall
(made up of two pieces of tongue and groove in this case)
Back strapping: 2 pieces
1" wide by 18" long
Shelf:
Front - 1 piece 15" long by 4 1/2" tall
Side - 2 pieces 4 3/4" long by 4 1/2" tall
Bottom - 1 piece 4 3/4" wide by 13 1/4" long



STEP 1. Select your wood. I used boards from an old table top I found in our basement. The older the wood, the more character your finished product will have. You can also paint this, if that suits your décor better than rustic wood.

STEP 2. Cut and join your back pieces together with a board running horizontally along the top and the bottom. In all cases, I would recommend you pre-drill all your holes before screwing everything together.

Nothing is more frustrating than having your project split on you - trust me!! Sand each raw cut, too, as this will make the finished product easier to handle.

STEP 3. Build your shelf by cutting the four pieces of wood to form the sides, bottom and front of the shelf, pre-drilling and sanding as you go. I made mine shelf deep enough to hold a large mason jar. I also used square nails to attach the front of my shelf for some

added character.

STEP 4. Attach your shelf to the back piece using several long screws, your shelf will be holding some weight.

STEP 5. Attach your old rake below the shelf.

STEP 6. Attach hooks on the back that will carry a fair amount of weight and secure it into studs when you hang it up.

STEP 7. Store your coffee supplies and mugs or wine and glasses on your newly built storage unit.



Feather your Nest with a **MEADOW BALL**

“Let’s make meadow balls!” Crystal said. “Sure, sounds fun! Umm what the heck are meadow balls Crystal??” I said. First stop, Google. Of course! Google knows everything. Apparently Google doesn’t know about meadow balls... Crystal’s idea had come from a British magazine that she had picked up earlier in the year while on vacation. Upon seeing the pictures, I’ll admit I was skeptical. BUT they are European so they

have to be cool on some level. So after quick study, off I went to the field and you guessed it, the ditch. I cut a large bucketful of material and hauled it over to Crys’s house to see what we could assemble. To my pleasant surprise the result was simple, beautiful and unique. Our end result was more of a nest but Crystal was on the money all along. Here’s what and how we created our wildflower wonders.





Photos by Crystal Murray



1. With a sharp pair of pruners or scissors head to fields (or edges if they are farmed) and ditches to collect Vetch (purple flower) and other matting vine-y like weeds. Cut big bunches of it close to the ground. This will be your base material so take lots.
2. Walk around and notice what's in bloom. There are an abundance of beautiful wildflowers in Nova Scotia and our backyards. Many we throw into the compost regularly. Here's your chance to embrace the weeds!
3. When I was out, Queen Ann's lace was everywhere. Lots of Golden Rod, Purple Clover and grasses. Cut the flowers with a long stem so you have something to work with.
4. Head back in with your haul and lay everything out. Seeing is half knowing. Take the "base" materials and gather them together at one end. Like you would pony tail.
5. With the 3/4 of the base materials gathered in one hand at the end, with your other hand brush, smooth the out. So they aren't in a big ball, more of a long strand. Think of a horse's tail!
6. Then start to loosely twist the "tail" together. This will make it more of a garland and you can then begin to circle it into a nest shape. Tuck the ends in.
7. Once into the shape, pull the garland apart slightly, fluffing it up to give more volume.
8. With the remaining base material gather and layer the inside of the nest.
9. Then take the wildflowers and weave them, randomly into the outside of the nest. Break the stems part way so they will fit in and go around the curve of the nest.

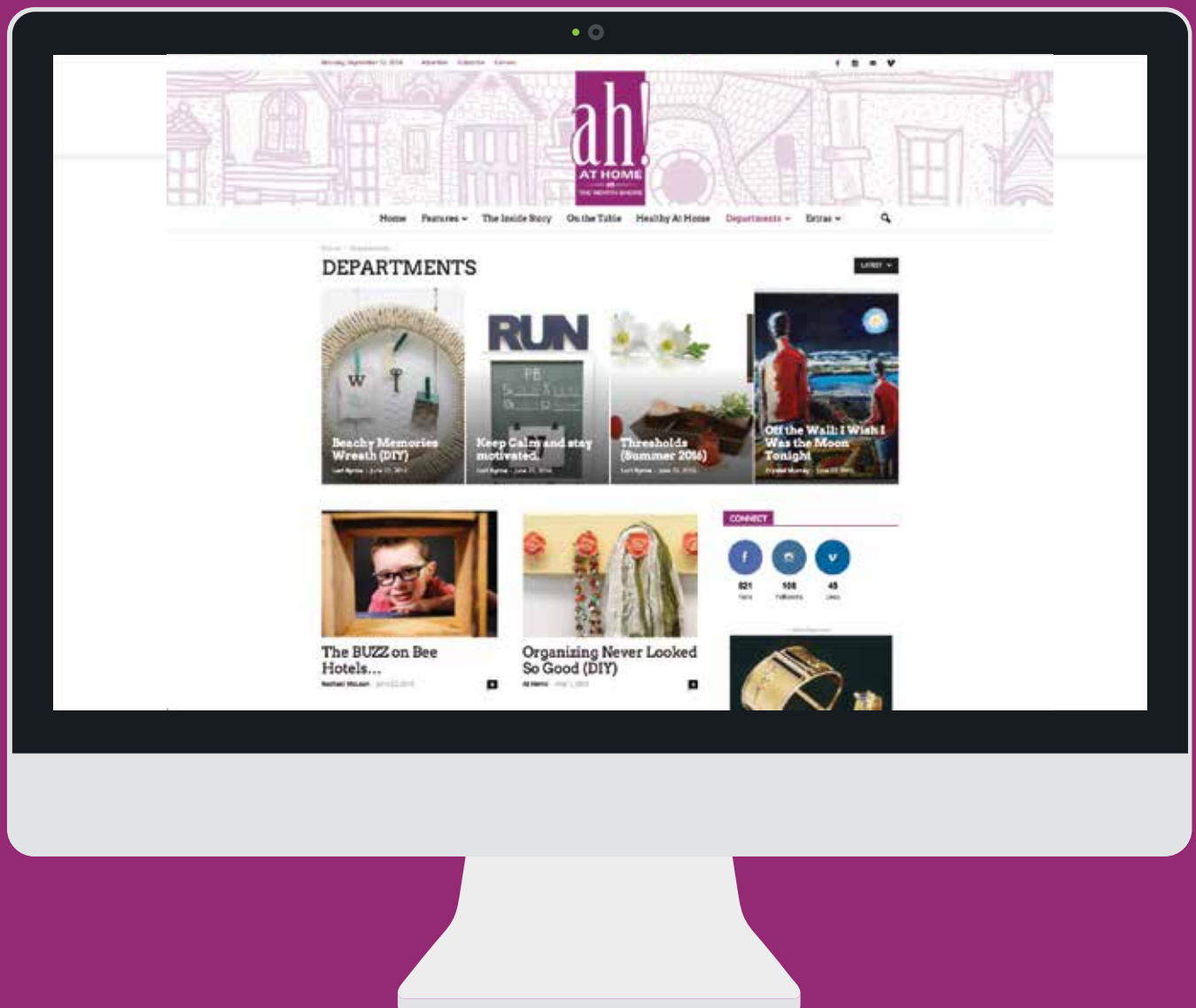
Place it in a bird bath or as a centre piece on an outdoor table. Be creative! When you're finished those pesky weeds that often go unnoticed, will give you a new appreciation of their simple beauty that naturally grows all around us.



INDULGE

Visit **athomeonthenorthshore.ca**

Jam packed with exclusive articles, DIY videos & curated content



ah!