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Monthly Newsletter
2024 Fulbright Project

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"Farm Prom" at Front Porch Farm in Margaree , NS

An Lùnastal [September]

Monthly Recap

It's hard to believe October is already here. Later this month, I'll be heading back home to the Appalachian region, bringing my time abroad in Cape Breton for my Fulbright project to a close. Back at home, multiple states throughout the Southeastern US have recently been hit with catastrophic flooding due to Hurricane Helene. Currently my heart is heavy and thinking about the people in Appalachian and beyond who have been affected by this devastating natural disaster. You can find verified resources here and in this newsletter with details on how to help contribute to relief and recovery efforts.





Scenes from Farm Prom, a harvest meal and end of summer celebration



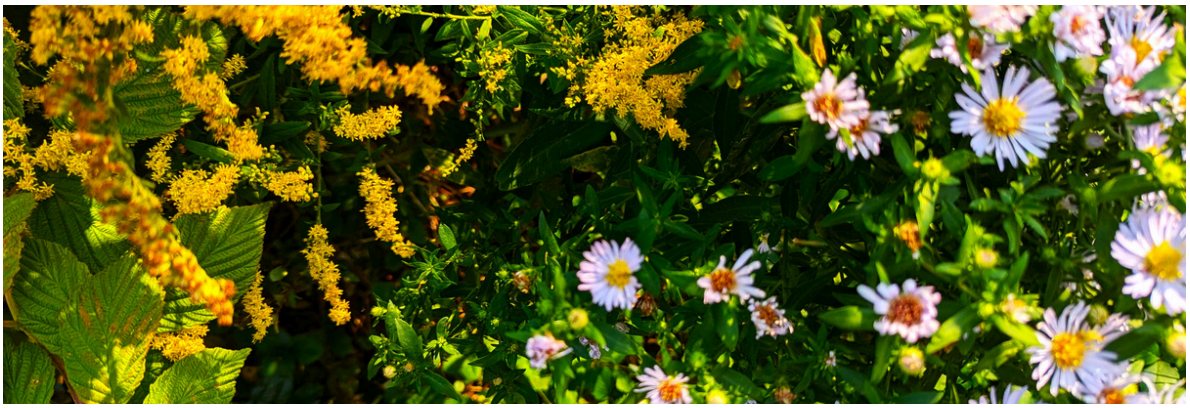
A fall scene along the hiking trails at Cape George, Antigonish NS

This past month in Cape Breton has been relatively quiet as work continues on my project, including analyzing and combing through the interviews and the media I've collected this year. While the air begins to cool down and summer fades, I've been reflecting on the time I've spent here. It's bittersweet to feel my time getting shorter, knowing I'll be leaving in a few weeks. The entire experience has been a transformative, life-changing and positive one that I'll easily carry with me. September has flown by, with the days growing shorter and the ocean waters getting colder (which hasn't stopped me from getting in until a few days ago!).

I recently took a harp workshop instructed by my dear friend Màiri Britton at the Antigonish Gaelic Society (Comunn Gaidhlig Antaiginis). The group learned a few beginner tunes, including MacDonnell's March / Allistrum's March and Chuir iad mise dh'eilean leam fhìn, two lovely marches. Throughout the year I've unfortunately had chronic pain in my hands that has made it difficult to play any instrument, so I was thrilled to be able to participate in this workshop as the issues seem to finally be on the mend. This month I've been able to continue to take part in many community based get togethers like Monday night's regular Brook Village square dances, Tuesday morning's Toast and Tea community breakfast, and events organized by friends like "Farm Prom", an end of harvest dinner at Front Porch Farm in Magargee, NS. September has been a brief break from the summer rush, which won't last long with the upcoming Celtic Colors International Festival gearing up for kick off in mid October - easily one of the busiest times of the year in Cape Breton.



Harp workshop group led by Màiri Britton at the Comunn Gaidhlig Antaiginis (Antigonish Gaelic Society)



Seaside goldenrod and aster flowers

Fulbright Project Updates

This month has been devoted to continuing the in-depth analysis phase of the project, which is planned to continue through this Fall. Little updates since last month with the projects' current phase being analysis. As a reminder of the timeline, the release of the audio stories is planned from Spring 2025 along with the development and launch of the project's companion website. The second phase of the project is the creation of a companion documentary acting as a visual component to the audio stories podcast and planned to be developed and released by the end of 2025.

RESOURCES & INFORMATION: Hurricane Relief for Southern and Central Appalachia

This is an extensive list of information and resources supporting disaster relief efforts in Southern Appalachian, including verified organizational resources who are accepting online donations for relief. Thank you!







(Top) Scenic view near Cape George, NS (bottom left) Farm Prom attendees, dusting off their best attire (bottom right) Mother Webb's restaurant in Antigonish, a local staple where you can eat free on your birthday!



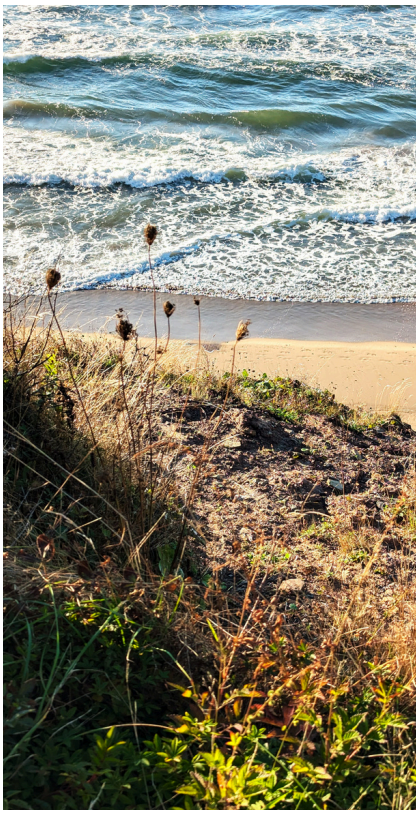




(Top) Beinn Mhàbu campus (bottom left) post Brook Village dance selfie (bottom right) summit overlook at Salt Mountain, Whycocomagh, NS





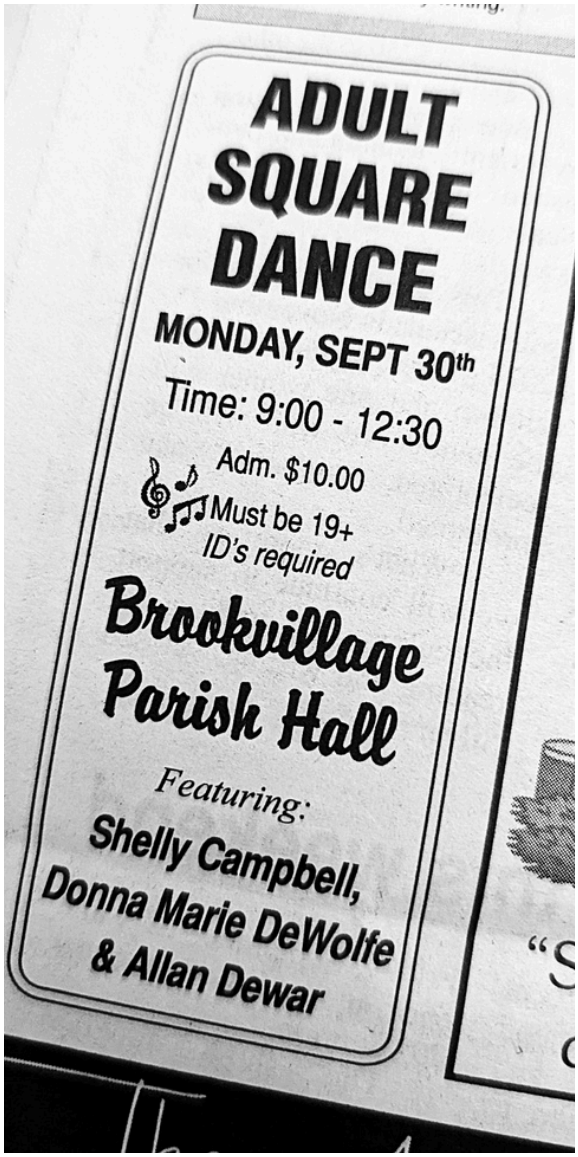


(Top left) Gathering on a fall evening in Mabou (bottom left) Beach fire (right) waves meeting the sand along the shore of Cape Breton

Check out the video below - or click here to access

too see what I've been up too during the month of September!











Looking Ahead

It's hard to believe that my time in Cape Breton is coming to a close and that I'll be heading back to Virginia at the end of this month. As mentioned, the month of October will be full of many music events during the annual Celtic Colors. With so much happening this month in Cape Breton, it's sure to be a memorable and bittersweet close to this incredible chapter.

Se'n lughad a gheibh thu de'n olc
[The more you get of what's good, the less you will get of what's bad]

-Toni

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