



CELEBRATING the contributions of local women, the book, "Cooking Over Time," was officially launched at an informal ceremony at the CACL Workshop last week. The cookbook, featuring stories of Antigonish and area women, was written by women who have been inspired by them, is a project by the Antigonish Women's Association. Jane Barter (center) compiled the stories with the assistance of Nancy Forestell (left) and Lucille Harper.