

Town of Pictou Newsletter

LIVELY CULTURE. VIBRANT TOWN.
FRIENDLY PEOPLE. LIVING HISTORY.

FALL 2013



Issue 11

Feature Articles

- Town Information and Projects
- Recreation and Aquatic Programs
- Water Metering Program
- Royal Canadian Legion

AND.....Upcoming Community Events,
Who's Who, and more

 town of
pictou
Birthplace of New Scotland

www.townofpictou.ca



Dear Friends and Neighbours,

I invite you to enjoy the stories and briefs presented in this newsletter. We hope you will read it and offer input and suggestions for future issues. If you are new to our community, feel free to visit or call the Town Hall for copies of previous newsletters and to obtain other information on the Town. We had a glorious summer this year with many people out and enjoying our Town. Whenever I had a free moment this summer I mingled with our visitors to the downtown and waterfront. Whenever I did, I bumped into individuals and families visiting here from far-away places, having a great time and enjoying our vibrant Town.

Over the past month, Pictou Town Council had approved the Town Operating Budget; the budget deliberation process takes place over a series of several meetings. For the fiscal year ending March 31st, 2014 both residential and commercial taxes will not change from the previous year. Council is pleased that the Water Meter Installation Program is well underway, there have been several areas in the Town that water meters have been installed already. The Town has contracted Neptune Technology Group to carry out the installation. The Town has been divided into 12 areas, installation will be carried out in each area sequentially between now and January. A copy of this map is found on our Town website or can be viewed at the Town Hall.

I'm pleased to report that Council is addressing many of the priorities detailed within the Town's Integrated Community Sustainability Plan. Over the summer the Town worked on the realignment of West River Road installing curbing, sidewalks, and paving. Public safety is a priority of the Town, this project was identified as a concern for pedestrians and vehicle traffic. In the month of September Town Council will be working with Jeffery Turnbull who has been hired as a Development Officer with his time shared between the Town and the Town of New Glasgow. Work will also continue on the refurbishment of our water tower and other required upgrades to our drinking water system.

In addition to the important information on recreation and community groups, this edition contains articles on some day to day Town activities that are not necessarily seen by residents. I hope you find the information useful and you have an opportunity to participate in the many activities Pictou has to offer this fall.

Yours truly,

Mayor Joseph Hawes

Your Town Council

Mayor Joseph Hawes P.O. Box 316, Pictou, B0K 1H0	485-6025 cell 396-8077 joe.hawes@townofpictou.ca
Deputy Mayor Lynn Vigneault, Ward 1 P.O. Box 1243, Pictou, B0K 1H0	485-5789 lynnvign@gmail.com
Councillor Bob Naylor, Ward 1 P.O. Box 839, Pictou, B0K 1H0	485-5737 bobnaylor@eastlink.ca
Councillor Cam Beaton, Ward 2 P.O. Box 897, Pictou, B0K 1H0	485-6764 cwbeaton@gmail.com
Councillor Alta Munroe, Ward 2 P.O. Box 1305, Pictou, B0K 1H0	485-4913 al.alta@bellaliant.net

Meetings

Regular Town Council Meetings

Meets on the third Monday of each month, except on holidays.

Committee of Council Meetings

Meets on the first Monday of each month except on holidays.

Pictou Recreation and Parks Committee

Generally, meets on the last Tuesday of each month except on holidays.

All meetings take place at the Town Hall, 40 Water Street.

NOTE: Meeting dates may change. Please check website for details or call the Town Hall at 485-4372.

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Dog Control: Contact the Town Office at 485-4372. For emergencies contact the RCMP at 911.

Unsightly Property/Miscellaneous Complaints: Contact the Town Office at 485-4372.

Street Light Outages: Contact Nova Scotia Power at 1-877-428-6230.

Tax Billing: Billed twice a year (tax year is April 1-March 31).

Water Billing: Billed four times a year - February, May, September and November (subject to change).

Bill Payment Options: Cash, debit, cheque, online and telephone banking; payments made at Town Administration Office at 40 Water St.

www.townofpictou.ca

**Administration Office,
Town Hall**

Hours Open
8:30 am-4:30 pm
Closed Stat/Civic
Holidays

40 Water Street
PO Box 640,
Pictou,NS
B0K 1H0

Ph: (902) 485-4372
Fax: (902) 485-8110

Email:
info@townofpictou.ca

Public Works

Ph: (902) 485-5390

Pictou Fire Department

Emergency 911
Fire Hall (902) 485-4136

**Pictou Recreation
and Parks**

Ph: (902) 485-4372

**Pictou Recreation
Aquatics**

73 Harbour Drive
PO Box 640

Ph: (902) 485-5301
Fax: (902) 485-6087

Email:
aquatics@townofpictou.com

**FOLLOW PICTOU ON
FACEBOOK AND
TWITTER**

**Town of Pictou
Administration Directory**

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Birthplace of New Scotland



PICTOU COUNTY SHARED SERVICES AUTHORITY

IMPORTANT INFORMATION REGARDING CHANGES TO SERVICE DELIVERY AFFECTING APPLICATIONS FOR DEVELOPMENT/BUILDING PERMITS, DEVELOPMENT AGREEMENTS, PLANS OF SUB-DIVISION AND FIRE INSPECTIONS

Mayor Barrie MacMillan (Town of New Glasgow) in his capacity as Chairman of the Pictou County Shared Services Authority, announced in July that after a thorough organizational review, the Authority's Planning and Development division had closed August 30, 2013. The Planning and Development Division had managed land use planning, building inspection and development control for the five Pictou County Towns.

APPLYING FOR BUILDING PERMITS, DEVELOPMENT AGREEMENTS AND PLANS OF SUB-DIVISION, IN ADDITION TO, INQUIRYING ABOUT MUNICIPAL FIRE INSPECTIONS AFTER SEPTEMBER 3rd, 2013.

Towns of New Glasgow, Pictou, Stellarton, Trenton and Westville

Under the direct municipal model, the Town of New Glasgow is providing planning/development and building inspection services for the Towns of New Glasgow and Pictou. The Town of Trenton will also be hiring personnel to share these same services with the Towns of Stellarton and Westville. The Municipality of the County of Pictou County will be undertaking municipal fire inspection for all municipal units with the exception of New Glasgow.

Municipality of the County of Pictou

The Town of New Glasgow is providing land use and sub-division administration to the County of Pictou.

Property owners will continue to file applications for building permits and make inquiries about building and municipal fire inspections to the County Offices, 46 Municipal Drive, Pictou, N.S. (902) 485-4588 (ph).

Please check the website for Pictou County Shared Services for periodic updates with respect to specific details on applying for permit and sub-division applications.

Additional Information Regarding the Closure of the PCSSA Planning Division

The Chairman, with the support of the Mayors and the Warden, unveiled a plan on July 18th to deliver inspection and development services through a direct municipal delivery model. The new model will see building and fire inspectors and land use officials work directly for municipal units.

The new direct municipal delivery model for planning and development will achieve the following:

- Streamlined application process for building permits and property-related development agreements;
- Save money for the property tax payers of the region;
- Allow planning staff to work directly with the municipalities rather than in a separate entity; and
- Harmonize 15 land-use by-laws to achieve regional consistency.

Planning and Development is one of three divisions operated by the Authority's Board of Directors comprising the Mayors of the five Pictou County Towns and the Warden of the Municipality of the County of Pictou. The Solid Waste division located at Mt. William and the wastewater management functions of the East River Environmental Control Centre will be unaffected.

The new delivery model commenced on September 3rd, 2013. Information regarding accessing planning and development services under the new model will be available to residents in the coming weeks.

Fall Leaf Collection Program

Pictou County Solid Waste will be collecting leaves the week of **November 12th to the 22nd** during the regular garbage collection day (Nov. 20 in Pictou). All residents are encouraged to ensure that your leaves are in clear or orange bags; there is no limit to the number of bags.

WASTE REDUCTION WEEK

OCTOBER 21-27, 2013

WATCH FOR DETAILS IN THE NEWSPAPER

For questions call the Waste Reduction Hotline at

902-396-1495

Water Metering Program

Frequently Asked Questions

On May 21, 2013 the Nova Scotia Utility and Review Board granted the Town of Pictou approval to purchase and install residential and commercial water meters for all customers served by the Water Utility. The installations will be taking place between September 2013 and January 2014. Please visit the Town Office, 40 Water Street, or check the Town's website at www.townofpictou.ca for additional information including when water meters will be installed in your area of Town.

Why Install Water Meters?

The Town of Pictou Water Utility operates at present on thirteen wells. The amount of water pumped from these wells is controlled through a water withdrawal permit issued by Nova Scotia Environment. At times, our water usage approaches the upper limit set out in the permit. Meters are useful in helping reduce water production by providing the Utility with a means to more quickly identify system leaks. Meters also help customers conserve usage by tracking the amount of water used during each billing period. As you may be aware, a centralized water treatment plant will be constructed within a couple of years to minimize water discolouration. It is anticipated that additional water will be required to assist in the operation of filters within the new water treatment plant. It is expected that meters will help the Utility reduce water production by 15 to 20 percent.

Who will have a water meter installed?

All customers of the Town's Water Utility will have water meters installed. This is a mandatory program. The intent of the water meter program is aid in quickly identifying leaks in the system and to promote more responsible and sustainable use of the water by the Utility and its customers.

Who will be installing these water meters?

The Town of Pictou has contracted Neptune Technology Group to carry out the installation of 1,400 water meters in our community. The meters will be installed on a scheduled area-by-area basis within the Town. It is important for you to schedule an installation when Neptune is in your area. Please check the Town website (www.townofpictou.ca) or contact the Town Office for more information. Please be advised that someone 18

years of age or older must be on-site in order for Neptune to complete the water meter installation. Neptune will be forwarding more specific information directly to customers on how to schedule appointments.

How will Neptune installers be identified?

Neptune's installation crew is comprised with certified Neptune water meter installers who will be in uniform and carrying a company issued photo ID.

What steps can I take to make the installation process go as smooth as possible?

There are a number of measures you can take to make installation proceed smoothly. Neptune asks that you:

- Locate your main shut-off valve and test to see if it is working properly.
- Clear out an area close to the main shut-off valve that is large enough so there will be no interference when the plumber is installing your water meter.
- Ensure an area of 12" x 6.5" x 6" is clear immediately downstream of your main shut-off valve. In most cases this is where your new water meter will be located.

Please check the Town website (www.townofpictou.ca) for more information.

How much will the installation cost?

The Town of Pictou will supply and install each water meter at no direct cost to the property owner. It is the owner's responsibility to ensure the meter is not damaged or vandalized. The majority of funding for this project comes from federal and provincial government funding programs.

After the new water meter has been installed what should I expect in terms of a bill?

The Town will continue to bill its residential customers on a quarterly flat rate basis. A shadow (or sample) bill will also be included to provide the customers information on their water consumption. The shadow bill will allow customers to correct plumbing or fixtures that may be leaking. Once the water treatment plant is constructed, residential customers will be billed based on their water consumption. Commercial customers will continue to be billed on metered rates.

If I have questions about the Town of Pictou's Water-Metering Program who can I contact?

If you have any questions about the Town of Pictou's Water-Metering Program please check the Town website (www.townofpictou.ca) for more information or contact the Town Office at 485-4372.

APPLICATIONS FOR PARTIAL RESIDENTIAL PROPERTY TAX EXEMPTION – LOW INCOME

Please be advised that the Town of Pictou is currently accepting applications for partial residential property tax exemption. Applications can be filed up to December 31, 2013 on forms supplied by the Town. Application forms can be found at www.townofpictou.ca or by contacting the Town Office at 485-4372.

Partial exemptions can be granted to owners/principal residents of homes of up to \$300 in situations where the total income of all residents over the age of 18 in the household was under \$22,000 for 2012.

For more information please contact Susan Benson at 485-4372.

GARBAGE COLLECTION

All garbage, organics and recycling must be at the curb by 7:00 a.m. to ensure pickup. Garbage must be placed as close as possible to the roadway, without obstructing traffic or pedestrians.

Each household is permitted four items of garbage (one solid color bag & 3 clear bags) every two weeks, one organic cart and an unlimited number of bags of material for recycling. Material that is not sorted properly will not be picked up on collection day.

An item of garbage is defined as:

- 1 plastic nontransparent refuse bag, securely fastened.
- 1 plastic transparent refuse bag securely fastened.
- 1 container of refuse, metal or plastic, weighing no more than 75 pounds.
- 1 box, not exceeding 75 pounds in weight, securely fastened with a stout cord.

Weighty or bulky items such as stoves, furnaces, bed springs, mattresses, furniture, water or fuel tanks, auto parts, etc. will not be collected. These items may be taken to the transfer station or metal pile by the owner.

For further information call the Waste Reduction Hotline at 396-1495 or check out their website at <http://www.pcwastemgmt.com>

PICTOU RECREATION AND PARKS WHO WE ARE, WHAT WE DO

The Pictou Recreation and Parks Committee, composed of community members and Council representatives, is the group designated by Town Council to provide input on the activities of the Pictou Recreation and Parks Department (PRP). The committee defines result areas for the department in accordance with the Town of Pictou Vision and makes recommendations to Council on matters concerning recreation and leisure services, parks, trails, green spaces and facilities. Other activities of the Committee include assisting in organizing community events such as the Winter Carnival, Christmas Light Up, annual Volunteer Award Reception, Go Clean Get Green Litter Pick Up and special projects promoting health and wellness. Meetings are open to the public and are held the last Tuesday of each month. Check the Town website for details. If you are interested in becoming a Committee member please contact PRP at 485-4372.

ACTIVE PICTOU COUNTY



The purpose of this cooperative partnership amongst the six municipalities in Pictou County is to educate and motivate all citizens to increase their daily physical activity in an effort to create a

happier, healthier and active community. The brand Active Pictou County was created as the driving force for this purpose. Looking to get more active or incorporate physical activity into your daily routine, visit the Active Pictou County website at: www.activepictoucounty.ca.

AFTER SCHOOL ACTIVITIES: Are you looking for something to do after school? Active Pictou County will be offering FREE after school drop in programs starting in October at the YMCA, Pictou Youth Center, and the Stellarton Youth Center. There will be a variety of different activities happening at each site. Stay tuned to www.activepictoucounty.ca for more details and prizes!

PROGRAM LEADER: We have the perfect after school job for those looking to gain experience in the recreation/education field. Check it out... <http://activepictoucounty.ca/about-us/job-opportunities/after-school-program-leader/> Contact Karri Trowell at afterschool@activepictoucounty.ca.

Pre-registration and payment for all programs are required. Men and women; youth, adults and seniors are welcome to all classes unless an age group is specified. Drop-in rates are also offered. Call for details at 485-4372; space still available.

Tai Chi with Bob Bennett (10 wks)

Gentle flowing movements that improve health and reduce the stress of today's busy lifestyles. It is a non-competitive, self-paced system of gentle physical exercise and stretching. Anyone regardless of age or physical ability can practice Tai Chi. Mondays at the Odd Fellows Activity Room 9:00 - 10:00 am Cost: \$52 or \$5.75 pay as you go

Gentle Yoga (beginning in October)

An invitation to welcome relaxation, flexibility & strength while connecting body, mind & spirit through breathing. Yoga postures, guided breathing & meditation. No experience necessary - yoga is accessible to all! If you are interested in a yoga class please contact the PRP Office to let us know.



Step and Tone Class (8wks)

Step and tone class with Pauline Marks, an easy to follow cardio and toning workout using a step together with body conditioning exercises to burn calories and strengthen and tone muscles.

Thursdays beginning October 3rd at the Pictou Elementary School Gym
6:30-7:30 pm Cost: \$50

Photography Class with Len Cheverie (8 wks)

Improve your photographic experience! This course is for anyone wanting to have a better understanding of the basics of photography.

Fall session is full, if you are interested in the next session please contact the PRP Office at 485-4372.

GET MOVIN'-Recreation Kits

A kit bag full of the equipment and resources necessary to entertain family and friends-Frisbees/Tug of War rope/bat/balls/pylons and more. Reserve by calling PRP at 485-4372

YOUTH PROGRAMS**Youth Fitness Program**

Beginning September, Fridays at Pictou Elementary School Field. Open to ages 5-12 years, 2:15-3:15pm. One hour fitness sessions will consist of a warm up, strength training, aerobic training and then a 15 minute session designed strictly for fun. Health smart refreshments provided. Cost: FREE. Offered in partnership with Pictou RCMP. Call to register.

Afterschool Art Program with Leslie Morin

Drawing skills and techniques, painting with acrylics and water colors. Open to Grade 5 students for 6 weeks. At the Pictou Elementary School in the music room. Every Thursday beginning October 3rd, 2:15-3:30 pm. Limited space available, maximum 10, fee is \$60. All materials supplied, please bring a paint shirt. View Leslie Morin's art work at Indigo Blues Café in Pictou. To register call 485-4372.

Teen Zumba with Kelli Cruickshank

Zumba® Fitness is an exhilarating workout designed specifically for teens. Teenagers will enjoy movement and exercise while being exposed to a world wind of Latin and pop music. The perfect way to show boys and girls how exercise and staying fit can be a blast! Come dance with Kelli Cruickshank, in a safe, comfortable environment...while a light show surrounds us! After school from 4-5pm, Fridays. Call PRP to register for the fall session.

Pre-registration and payment for all programs are required. Space still available, inquire at 485-4372.

DROP-IN PROGRAMS**Pictou Badminton Club (Drop-in)**

Tuesdays at the Pictou Elementary Gym
7:00-9:00 pm Cost:\$2.50/night. Bring your own racket.

Adult Floor Hockey (Drop-in)

Sundays beginning in October at the Pictou Academy Gym
2:00-4:00 pm Cost: \$2/day

PICTOU FISHERIES TRAINING POOL

Offering Red Cross Swim Lessons for over 50 years in our community!
73 Harbour Drive 485-5301 aquatics@townofpictou.com

Registration is on NOW open Aquatic Programs

RED CROSS SWIM LESSONS

Now accepting registration for the Fall Session of swim lessons. Please note that this session will be a 4-week session. Dates are: Wednesday, Nov 13 – Dec 4, Thursday, Nov 14 – Dec 5, Friday, Nov 15 – Dec 16 and Saturday Nov 16 – Dec 7. Spaces are limited, register early.

Winter Session of Swim Lessons

Wednesday January 8 – February 26, 2014
Thursday January 9 – February 27, 2014
Friday January 10 – February 28, 2014
Saturday January 11 – March 1, 2014

Adult Swim Lessons

Tuesday, September 10 – October 29, 2013.

Bronze Medallion A Lifesaving Society **20 hour course** teaches an understanding of the lifesaving principles embodied in the 4 components of water rescue – judgement, knowledge, skill and fitness. Rescuers learn tows and carries, defence methods and releases in preparation for challenging rescues involving both conscious and unconscious victims. Prerequisite: Minimum 13 years of age or Bronze Star certification.

Course Dates:

October 7	6 - 8:30 pm
October 12	11 am - 3 pm
October 14	9 am – 1 pm
October 19	11 am – 3 pm
October 21	6 – 8:30 pm
October 26	11 am – 3 pm includes practical exam

Pre-registration is required. Course Fee \$135.00 (A minimum of 6 is required to run course)

Red Cross Babysitters Course: offers basic first aid and care giving skills for youth 11 – 15 years old. Participants learn how to provide care to younger children in a variety of age groups, and how to prevent and respond to emergencies. Pre-registration is required. Course fee \$40. Course date options:
Saturday, October 12, 2013
Saturday, December 14, 2013
Saturday, March 1, 2014



Drop In Fees

Preschool Swim	\$4.00
Pre-school (age 1-school)	\$2.20
Student/Senior	\$3.50
Adult Swim	\$6.00
Family Swim	\$13.00
Aquafit	\$7.00
Sr. Aquafit	\$6.00

SUN	MON	TUES	WED	THURS	FRI	SAT
		6:30-8:30 Lane Swim		6:30-8:30 Lane Swim		
		Aquafit 9:30-10:30		Aquafit * 9:30-10:30	Aqua/Arthritis 9:30-10:30	
	Arthritis 11-12	Parent & Tot 10:30-11	Arthritis * 11-12			Swim Lessons 9:30-12
	Adult Lane 12-1		Adult Lane 12-1		Adult Lane 12-1	Open Swim 12-1
Family Swim 2-3:30		Adult Lane 2:30-3:30	Splash 'N Play 1-2	Adult Lane 2:30-3:30		
	Swim Team 4-6:30	Swim Team 4-5:30	Swim Team 4-5:30	Swim Team 4-5	Swim Team 4-5:30	
Family Swim 6-7		Family Swim 6-7	Swim Lessons 5:30-7	Swim Lessons 5:30-7	Swim Lessons 5:30-7	
Aqua Zumba 7-8	Aquafit * 7-8	Adult Lessons 7-8	Aquafit 7:15-8:15		Open Swim 7:30-9	Open Swim 7:30-9
Masters 8-9		Masters 8-9		Masters 8-9		

Shaded areas are included in True Potential Fitness memberships
 *TPF memberships pay half the drop in fee

Pro Shop Carries All Your Swim Gear Needs!

No matter what you are looking for we have it! Bathing suits, goggles and swim caps for the pool or beach, we have it here!

PICTOU FISHERIES POOL WASN'T THAT A PARTY ?!

That's what people will be saying if you let us be a part of your birthday! Give us a call for rentals...we set up and clean up! For more details call 485-5301

Job Opportunities

Do you love the water? This is the place for you. Work part-time while your children are in school. For more information, give us a call.

Advantages of Membership

Includes all public swims (family & open) and lane swims. 10% discount on Pro Shop merchandise, 25% discount on Instructional Programs and access to new gym (True Potential Fitness) during designated times.

Membership Type	3 Month	Yearly
Student/Senior	\$75.00	\$236.00
Adult	\$150.00	\$478.00
Family	\$222.00	\$705.00
Aquafit	\$213.00	\$673.00
Sr. Aquafit/Arthritis	\$145.00	\$455.00

SWIM CLUBS AT THE FISHERIES TRAINING POOL

Ancient Mariners Masters Swim Club

Swim for fitness or train for competition
Sundays, Tuesdays and Thursdays 8:00-9:00 pm
Contact Victoria Reich at 485-8906 or Pictou Aquatics at 485-5301

Pictou County Mariners Swim Club

For youth ages 7 years and up — Monday to Friday 4:00-5:30 pm
Come in and see what were all about!
~New members are always welcome~
Contact Shaun Briand at 485-8349 for club details.

Check out the Pictou Fisheries Pool This Fall!!

First Aid Courses-Does your business need a First Aid Course? We can come to you or you can come to us. Emergency or Standard First Aid, all levels of CPR and AED training. Call us to set up a time.

Movie Nights-Continued from last year. Watch to see what our first movie will be?

The 100km Club & 50km Challenge -Challenge yourself! Adult lane swimmers can track their lengths and become a member of the "100 km Club". Fun prizes to be awarded along the way. New this fall, "50km Club" for youth, track your distance, challenge your buddy!

Adult Swim Lessons-Whether you are scared stiff or wish to improve your strokes, this swim instruction session is designed to meet the individual needs of each participant. Times to be announced.

NEW Splash N' Play Swim -(Parent and Tot) A fun time for Moms, Dads and Caregivers. Wednesdays from 1:00-2:00 pm.

NEW Aqua Zumba with Kelli Cruickshank, Sundays, 7-8pm beginning September 15th, drop ins welcomed.

Job Opportunity-Are you 15 or 16 years old and looking for a part-time job? Love the water and would like to be a swim instructor and/or lifeguard?? Call us at 485-5301 for more information.

Aquafit and Arthritis Fitness Classes

Fun, Fitness and Friendship. Come and join us in the water. Work at your own pace. Structured to fit your fitness needs. Bring a friend, or come and meet a new one. Have fun and get fit. Check our pool schedule. We'd love to see you. New Youth Aquafit this Fall (14 yrs+).

OTHER COURSES:

Bronze Medallion & Bronze Cross

National Lifeguard NLS, (includes Standard First Aid)

RED CROSS AWSI (Assistant Water Safety Instructor) &

RED CROSS WSI (Water Safety Instructor)

Please call 485-3501 to put your name on an interest list

Dates to be announced.

Pictou Youth Centre

By Morgan MacKinnon
Grade 9 student

Having a teen center in Pictou is an opportunity. The teen center offers a fun environment, keeping kids off the streets but still occupying them and allowing them to have fun. The teen center gives Pictou kids a temporary place to have an escape and get away from parents although still having an adult present so you are comfortable yet safe.

A teen center gives us a place to go where we are not loitering or trespassing on private property. You are not exposed to drugs or alcohol in the teen center like you would be if hanging out around town because the streets are not a supervised or a parental-controlled environment. The teen center offers games like ping pong, air hockey, darts, pool and foosball. It gives us a place to look forward to coming. Being inside the teen center you can definitely recognize that the kids really enjoy the privileges.

Open Hours:

Sunday - Thursday: 3:30pm - 9:00 pm

Friday & Saturday: 3:30 pm - 10:00 pm

Everyone is encouraged to drop by and check out the new Pictou Youth Centre. More information will be available on the Town website.

If you are interested in volunteering please get in touch with the Youth Centre!

Shout Out to.....

CONGRATULATIONS to the Pictou Maripacs Junior Hockey Team from 1982-86 who have been inducted into the Pictou County Sports Hall of Fame.

Pictou West Food Bank

The Pictou West Food Bank provides food assistance for families and individuals covering Pictou West including the Town of Pictou, out towards Salt Springs and River John. Supplies are always needed.

Donations are welcomed and can be dropped off at:

40 Water Street, Pictou

Hours: Monday, Wednesday, Friday 1:00pm - 3:00pm

Canadian Red Cross Society

Located at 40 Water Street Tel: 485-1789

Hours: Mon., Wed., Thurs. - 1:30 pm-3:00 pm



Big Brothers Big Sisters
of Pictou County

Big Brothers Big Sisters -In School Mentoring

What if Every Child could fulfill his or her potential...

Imagine what that could Start!

Big Brothers Big Sisters believes in the value of Mentoring.

Why not check out the many programs we have to offer that could fit your needs as a volunteer. Go to www.bbbsofpc.com or call 752-6260

For just a short amount of time each week,
you could start something BIG...start something today.

Pictou Business & Marketing Society

The Pictou Business and Marketing Society is a non-profit organization representing commercial property and business owners in downtown Pictou, in an area designated as the Pictou Business District and includes a diverse range of businesses and services. There are approximately seventy five members offering a unique blend of affordable yet diverse shops, eateries, and personal and business services available at your fingertips.

Over the past several months there have been a number of new business openings. **Downtown Pictou** is the place to shop for unique gifts or your Holiday gift buying. Check out the Town of Pictou website on upcoming promotions or how you can become a member.



Discover Our Fall Season

A JAM PACKED LINE-UP

October

Saturday, October 5th

Discovery Series: Belle Starr (ONT) & Jordie Lane (AU)

Sunday, October 6th

For Children and Families: Shelley Bean and the Duckety Muds

Friday, October 18

Irish Rovers, Farewell to Rovin Tour

Thursday, October 24

Dylan Holton

November

Saturday, November 2nd

Red Green

Sunday, November 3rd

Ted Outerbridge

Monday, November 4th

Jake's Gift - Remembrance Day Play

Thursday, November 14th

John McDermott

Fri/Sat, November 15/16

Craft Fair

Sat/Sun, November 24

Pictou County Christmas Fund Telethon

Thursday, November 28th

David Francey

December

Wednesday, December 4th

Ron James

Fri/Sat, December 6th C 7th

Bette and Maynard

Wednesday, December 11

Frank Mills

Fri/Sat, December 13, 14

Little Match Girl – Northumberland Youth Ballet

Saturday, December 21

Dave Gunning

Call or email and we will be happy to send you a copy of our Fall Season Program and add you to our e-newsletter list for regular updates. Let us help you enjoy the many winter nights ahead.

www.decostecentre.ca ~ (902) 485-8848 ~ 1-800-353-5338

Belly Dancing Classes

With Griselda Manning 485-8287

Classes begin Friday, September 27 at Maritime Oddfellows Home
Every Friday 7:00 pm-8:00 pm. \$50 for 6 weeks, please pre-register.

Hector Arena Opening Mid-October

For further information on skating/rentals/parties
call the Hector Arena at 485-5122. If no answer, leave a message.
For updates find us on FACEBOOK.

New Caledonian Curling Club

The club will be starting mid October 2013, with a full range of activities to suit all ages—junior, mixed adult and industrial league. There are also fun spiels throughout the season. Qualified instructors are on hand to give assistance. Watch for opening week, as new members will receive a discounted membership fee if they sign up during the first 2 weeks. The club room and ice surface are also available for rental. For details or further info call Alta at 485-4913.

True Potential Fitness

24 Ross Street

Various classes will be offered based on membership requests.

Personal training and small group sessions available.

Private workout room available for members to book.

Open everyday of the week. Membership plan includes swims and aquatic programs (discount) at the Pictou Fisheries Training Pool at designated times. For further information call 382-3303.

JUVENILE DIABETES RUN

September 29th

Run registration opens at 8:00 am, start time 9:30 am - 5 Km and 10 km fun runs | Fun Run Kit for first 100 registered! Registration and Post-Race celebrations at BIA Maith Gastro Pub, Water Street Pictou.



Regional Development Program

Eligible applicants may apply for assistance for projects which increase opportunities for participation in physical activity, sport and recreation; increase awareness of the benefits of participation; improve the capacity of organizations to provide opportunities; increase/improve leadership. The expected level of contribution from the applicant from other sources is 50%. Maximum contribution from the Regional Development Program is \$15,000.

Recreation Facility Development

The Recreation Facility Development Program assists municipalities and community groups in the planning, construction, renovation, conservation or acquisition of facilities for public recreation purposes. Types of projects generally eligible for assistance are community centres, pools, sport facilities, parks, playgrounds, trails and other outdoor recreation facilities. Applicants can apply for up to 1/3 of total capital cost of a project.

Community Recreation Capital Grant Program

The Community Recreation Capital Grant Program (CRCG) assists with the development of small scale indoor and outdoor capital recreation projects. CRCG program funding must be used for public, community recreation purposes; items of a permanent, non-consumable, capital nature; and, projects where the need for financial assistance is demonstrated. Applicants can apply for up to 1/3 of total capital cost of a project to a maximum of \$5,000. Applications can be made year round – until funding is depleted.

Planning Assistance Program

Assists municipalities and community organizations obtain professional assistance in planning, designing and researching proposed and existing recreation facilities. Applicants can apply for up to 50 per cent of total cost of consultants' fees, to a maximum of \$5,000.



HIGHLAND REGION

Physical Activity

Leadership Development Fund



KidSport is a national children's charitable program that helps under-resourced kids overcome the barriers preventing or limiting their participation in organized sports. Funding is available up to \$300/year/child for sport registration and/or equipment for kids under 19 years old. Applications are accepted four times per year.

Canadian Tire Jumpstart helps financially disadvantaged kids get involved in organized sport and recreation by covering the cost of registration, equipment and/or transportation.

The **Community Health Boards** in this region provide various resources to take an active role in improving the health of their communities. The Community Wellness Fund provides funds to community groups and schools to address the underlying determinants of health and keep people healthy.

Highland Region Leadership Development Fund, a leadership development program, is one of many initiatives that have been established to increase the physical activity levels of children and youth in Nova Scotia. While this fund is directed to leadership development, financial support can be considered for creation of new programs as long as there is a leadership development component.

Thanks!

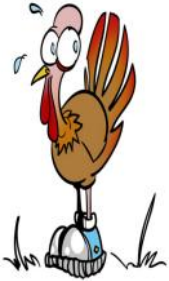
The staff at Pictou Recreation and Parks would like to thank everyone who made this summer such a success! Over 200 children participated in the day camp program this summer. Your commitment to investing in your community is genuinely appreciated. A special thanks goes out to local businesses and organizations who provided donations in order to enhance our programs.

Did You Know.....you can follow Pictou on Facebook & Twitter !



www.townofpictou.ca

Pictou County



Walk Fest

October 6th-14th, 2013

Repeatedly chosen as a favourite among Canadian adults, walking is a simple way to stay active, interact with neighbours and prevent chronic disease. **Active Pictou County** is coordinating a week's worth of activities to celebrate this body-friendly mode of transportation across the County. Some highlights include: strollercise, nordic walking clinic, guided hike, walk with your Mayor (in Pictou), wagon walk, fun run and school events. Visit activepictoucounty.ca or call **759-3502** to learn more.

Walk Your Feast Off!!

Go Girls

A group mentoring program for girls aged 12-14 focused on balanced eating, physical activity, and self-esteem. This program consists of 7 mentoring sessions designed to positively shape the lives of young women.

Game On

A group mentoring program for boys aged 12-14 focusing on eating smart, playing smart, and living smart. This program consists of 7 mentoring sessions teaching boys about healthier choices through fun, games and activities.

For more information on either of these programs and how you could volunteers contact Big Brother Big Sisters of Pictou county at 752-6260.

Therapeutic Touch (TT)™

Receive a TT treatment. Very restorative.

Therapeutic Touch treatment sessions will be held at the New Horizons Club on Kempt Street in Pictou beginning Monday, October 8th. Sessions will be held on every second Monday of each month from 7:00-9:00 pm. Treatments are \$4.00 and all are welcome.

Royal Canadian Legion Branch 16 Pictou

Phone 485 - 5790 President William Echlin 485-5204

Secretary Sheila Daley 485-5596

NEW MEMBERS ALWAYS WELCOME

Open for bookings for banquets, dances and other functions. Catering available.

Phone Agnes MacNeil, President, Ladies Auxiliary - 485-4044

Regular activities include:

Monday - Bingo 6:45 p. m.

Wednesday – Men’s Dart League – members only – 8 pm

Thursday – Karaoke – 8 p. m.

Friday—Pre-teen Dances, 7-9 p.m.—upstairs hall

Friday – Open Mike 7 p. m. in the lounge

Saturday – Steak Darts 2 p.m. (start Sept. 24th)

Sunday – Meat Rolls – 2 p.m.

SPECIAL EVENTS

Oct. 1ST - Neil Diamond Tribute 8 pm

Oct. 15th – Johnny Cash Tribute 7:30 pm

Nov. 10—County Remembrance Day Service 2:15 pm

Nov. 11—Remembrance Day Activities

Dec. 31st – New Years Eve Dance – Still Doin’ Time

For further information call the Legion at 485–5790

PICTOU NEW HORIZONS SENIORS CLUB

14 Kempt Street, Pictou, 485-2573

New members welcome, contact the Club for information.

Events throughout the week, card games, darts, and board games. Come out and enjoy yourself in a social setting and meet new friends.



Pictou Christmas Light Up

Friday, Dec 6th at 6:00 pm

Save the date for the Christmas Light up! There will be lots of fun activities with hot chocolate and treats for the kids.

Pictou Library & Innovation Centre

Fall Program Schedule

Register Now for the Following Programs,
Space is Limited



Ongoing Programs:

- **Toddle Time** for children ages 15 months up to 3 year olds, Tues. mornings at 10:30. Stories, songs and more.
- **Preschool Storytime** Wednesday mornings at 10:30am for children who will be 3 years old by January 1st, 2014. Children will enjoy action rhymes, fingerplays, stories and crafts.
- **ABC's for Babies** Thursday mornings at 10:30 a.m. This program is an excellent opportunity for moms/dads and newborns to 15 months to get together to share and interact with nursery rhymes, songs and fingerplays.
- **Lego Club for Kids** – First Saturday of every month at 1 p.m. Build to your hearts content, Lego provided.
- **Babies Best Start** – Thursday from 9:30 to 11:30. A Public Health Nurse will be here to weigh your baby and discuss any concerns you may have regarding your infant.
- **Seniors Café** –Monday Mornings from 10 – noon. Join us for an interesting guest presentation, light refreshments and full access to library services for seniors.
- **NEW Armchair Travelers**, a monthly evening program every 3rd Tuesday of the month at 7pm. Join our staff for this new program as friends and neighbors share their photos and stories from around Nova Scotia or the other side of the globe.

Book Clubs:

For Adults:

- Thursday Book Club meets every 2nd Thursday of the month at 7pm.
- Tuesday Book Club meets every 3rd Tuesday of the month at 7pm.

Just a reminder, all library programs are free.....

For more information or to register, please call 485-5021 or visit 'www.parl.ns.ca'



Pictou-Antigonish
Regional Library
Pictou

VISIT A LOCAL MUSEUM THIS FALL

McCulloch Heritage Centre

Hours of Operation until Oct. 15:

Monday to Saturday 9:30 am-5:30 pm

Sunday—Closed

Winter hours: Mon. - Fri. 9:00 am - 12:00 pm & 1:00 pm - 4:00 pm

Northumberland Fisheries Museum & Heritage Association

Monday - Friday: 10:00 am - 5:00pm at CN Station

Hector Heritage Quay

Sept. - mid Oct., 11:00 am - 5:00 pm

Art Classes with Carolyn Vienneau

Strokes of Color Art Studio offers art classes for adults and youth with instruction in oil and acrylic.

Contact Carolyn Vienneau at 485-5005 or [cvieneau@ns.sympatico.ca](mailto:cvienneau@ns.sympatico.ca) for more information.

Sewing Classes for Kids

Ages 5 and up with Gladys Knowles

Call 485-1676

Email at: gladyknowles@eastlink.ca

Or find Kids Sewing Base on FACEBOOK

Just like reading and writing,
children need to learn how to move!
Discover more at: www.activeforlife.ca

Volunteers Needed!

If you are interested in volunteering with any activities listed in this brochure, please contact PRP at 485-4372.

Looking for something to do?

Look here

HIGHLAND CONNECT.ca

Search

Find

Play

No internet? No problem!
Contact your local Rec. Dept.



**An online guide
for active living
resources.**


NOVA SCOTIA
Health and Wellness


sport
nova scotia



GAALN


active
Pictou County.ca

Highland Region
Recreation Coordinators

SEARCH ~ Our database of over 1000 records- by keyword; by organization; by community

FIND ~ Descriptions, contact names and numbers of active living opportunities

PLAY ~ Get up, Get out, Get active