

# Town of Pictou Newsletter



Photo credit: Bryce Haight, Summit Photography

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

**Issue 15**

## **Feature Articles**

**Memorandum of Understanding (MOU)**

2014-15 Budget Highlights

Recreation and Aquatic Programs

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



**[www.townofpictou.ca](http://www.townofpictou.ca)**

**FALL 2014**



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 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. Whenever I had a free moment, I mingled with our visitors to the downtown and waterfront. When I did, I bumped into individuals and families visiting here from far-away places, having a great time and enjoying our community.

On August 22<sup>nd</sup> the Town of Pictou, the Municipality of the County of Pictou and the

Town of New Glasgow formally signed a Memorandum of Understanding (MOU) regarding the study and formation of regional government. This was a momentous date in Pictou County. We can be so much stronger together. As we roll out a work plan for the MOU, I want to personally invite and engage our citizens to participate in this important process. Additional information can be found on page 6.

Over the past month, Pictou Town Council had approved the operating and capital budgets for the Town. Budget deliberations took place over a series of meetings. For the fiscal year ending March 31<sup>st</sup>, 2015 Council has adopted several changes in fiscal policy to improve our Town's position as a competitive and attractive community in which to build a home and do business. More information on the measures is contained in this newsletter. Council is pleased that the Water Meter Installation Program is close to completion; and that engineering plans for a new water treatment plant are well underway. More detailed information on the Town's Water Upgrade Program can be found on the Town's website.

How exciting to see the recent renovations to the former Stedman's property and the storefronts beside the Old Post Office. Both properties add to the charm of our downtown business district.

On behalf of Council, I would like to extend our congratulations to the Pictou Lobster Carnival Committee. Your hard work over the past year made it a Carnival to remember.

I hope you and your family 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 Cam Beaton, Ward 2 P.O. Box 897, Pictou, B0K 1H0	485-6764 cwbeaton@gmail.com
Councillor 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 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.

**IN THIS ISSUE**

	<b>Page</b>
<b>Mayor's Message</b>	<b>2</b>
<b>Your Town Council</b>	<b>3</b>
<b>Contact Information</b>	<b>4-5</b>
<b>Memorandum of Understanding</b>	<b>6-8</b>
<b>Town Budget &amp; Information</b>	<b>8-15</b>
<b>Pictou Recreation &amp; Parks Programs</b>	<b>16-19</b>
<b>Swim Lessons &amp; Courses</b>	<b>20</b>
<b>Pool Information</b>	<b>21-23</b>
<b>Keeping Active</b>	<b>24</b>
<b>Library</b>	<b>25</b>
<b>Grants</b>	<b>26-27</b>
<b>Round Town</b>	<b>28</b>
<b>Feature Article</b>	<b>29</b>
<b>Entertainment</b>	<b>30</b>
<b>Events</b>	<b>31</b>

**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 1-877-428-6004.

**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](http://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**

**Scott Conrod, CAO** Ext. 223  
scott.conrod@townofpictou.ca

**Nicole MacDonald Battist** Ext. 254  
Deputy Clerk  
nicole.macdonald@townofpictou.ca

**Eldon MacDonald, Accountant** Ext. 224  
eldon.macdonald@townofpictou.ca

**Jim Chisholm**  
Superintendent of Public Works  
jim.chisholm@townofpictou.ca

**Paul Janes, Fire Chief**  
paul.janes@townofpictou.ca

**Michelle Young** Ext. 255  
Recreation Coordinator  
michelle.young@townofpictou.ca





## **MEMORANDUM OF UNDERSTANDING: A New Approach to Municipal Governance and Operations in Pictou County**

On August 22, 2014 a Memorandum of Understanding was officially signed by the Town of Pictou, the Municipality of the County of Pictou, and the Town of New Glasgow. The objective of the Memorandum of Understanding (MOU) is to advance the common views on municipal reform. The current participating municipal units intend to make decisions by consensus through the study and examination of fact based information and by consulting widely with the public and various stakeholder groups. The MOU has been structured and contemplates the inclusion of the Towns of Stellarton, Trenton and Westville as full participating municipal units.

More detailed information, a copy of the complete MOU and a technical report can be found on the Town website or inquire at the Town Hall. The following outlines some typical questions and answers surrounding the MOU:

### **What is the Memorandum of Understanding (MOU)?**

The Memorandum of Understanding is a framework under which the participating municipal units will:

- (1) establish a work plan that includes a study on governance and administration, as well as the capital and operational requirements of regional government;
- (2) how the study process and work plan will be managed;
- (3) how study funding from participating municipal units will be administered; and
- (4) how the public will be kept informed and consulted during the process.

The current participating municipal units in the MOU are the Towns of New Glasgow and Pictou and the Municipality of the County of Pictou. These municipal units have formally approved their participation.

### **What is the goal of the MOU?**

If the preconditions detailed within the MOU can be satisfactorily addressed, then the MOU outcomes will serve as a blueprint for the implementation of Regional Government.

### **What do you mean by preconditions?**

The participating municipal units have agreed that the analysis must include and prove that certain preconditions, as contained in the MOU, can be met in a Regional Government structure.

For example, Regional Government would have no material impact on the Municipality of the County of Pictou's current tax rate and no material decrease on current service levels within the participating Towns. The participating municipal units are also committed to developing a "user pay" model to recover the cost of service delivery to specific properties. The participating municipal units also agree that those services that benefit all citizens equally, regardless of geographic location, should be paid by all taxpayers.

### **Why are there only three participating municipal units at this time?**

The participating municipal units felt that it was a more effective and efficient use of resources to have three participate in the development of the MOU. The three municipal units are engaged in many partnership projects. The MOU has been delivered to the other three municipal units within Pictou County for their consideration and participation.

**What are the largest benefits anticipated from Regional Government?**

The creation of a single vision. It is important to promote and attract investment to the region. It is the desired approach to obtain efficient and effective service delivery to the citizens and businesses of our region within a structure that recognizes the differences among urban, suburban, rural and commercial/industrial areas. Through Regional Government Pictou County will have a stronger voice to face the challenges and leverage the opportunities for our region.

**Which points in the provincial *Now or Never Report* resonate or are a reflection of what is happening in Pictou County?**

The Ivany Report references transformational change. The MOU approaches this type of change through the generation and tabling of fact-based information. We require one vision and a unified commitment towards growth and prosperity. Pictou County has the assets, opportunities and human capital to build a positive future for our region and contribute to the growth of our province.

**What are the next steps?**

The participating municipal units are now developing a work plan as required by the MOU. The work plan will include a comprehensive program of public engagement and consultation.

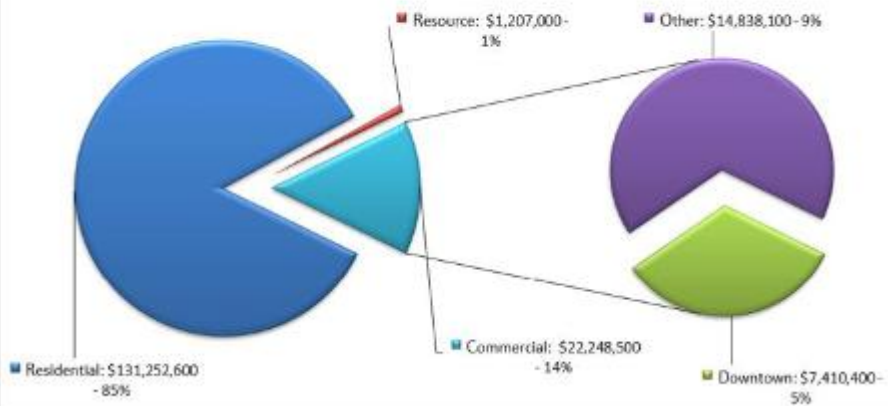
**SUMMARY OF PRIOR YEAR (2013/14)  
RESULTS FOR TOWN OPERATIONS**

The approved 2014-15 Operating Budget can be viewed on the Town website or you may pick up a copy at the Town Hall.

**OVERVIEW OF OPERATING BUDGET**

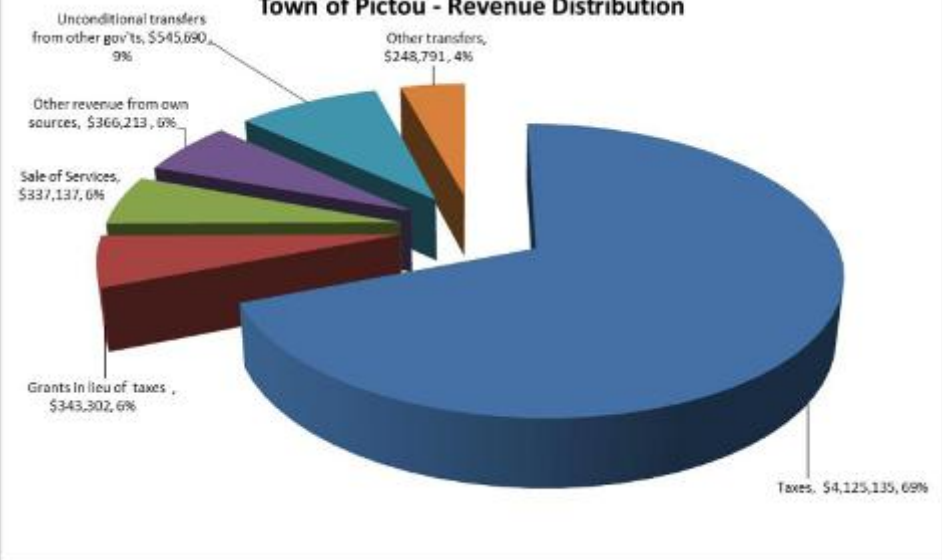
The Town has the following assessment profile on which to budget for the recovery of expenses for the fiscal year ending March 31, 2015.

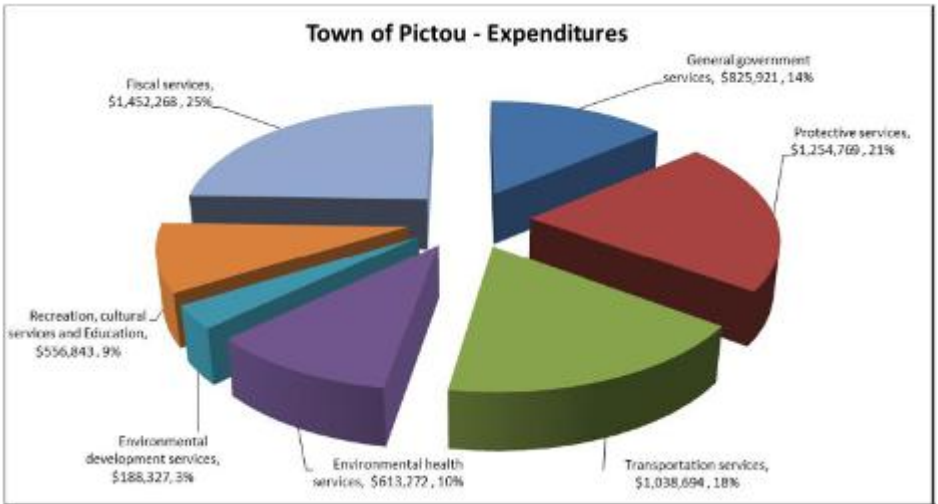
**Town of Pictou - Taxable Assessment**



The annual amount of Town revenue is based on recovering the net operating costs (operating expenses less non-property taxation income). Projected revenue and expense in the current year are as follows:

**Town of Pictou - Revenue Distribution**





Municipalities are required to contribute mandatory amounts, as prescribed by the Province of Nova Scotia or through other formal Agreements. These include contributions such as those provided to the Regional School Board, Provincial Corrections and the Public Housing Authority. The net projection for the current fiscal year has the Town's mandatory expenses rising by approximately \$32,000 (5%) as a result of increases in Provincial contributions and a decrease in provincial funding.

## PROPOSED CHANGES TO FISCAL POLICY

Council is proposing changes to the manner in which costs related to residential curbside collection of recyclables, organics and solid waste, in addition to, Town expenses related to the fire hydrant expenses are recovered.

The proposals are intended to redistribute costs through a flat tax for curbside collection and to increase the number of properties paying towards the hydrant rate expense through the creation of a specific area rate.

### **Flat Tax for Curbside Collection**

The Town of Pictou strives to maintain and improve its position as a competitive and attractive community. The introduction of a flat tax for curbside collection is being considered as part of a long-term strategy to encourage new property construction in the Town.

- 50% of the Town's residential assessment is made up of properties valued at less than \$100,000. Given these lower individual values, in order to increase revenue from assessment based taxation significant increases would be required in the residential tax rate. A high tax rate in relation to new construction valued over \$150,000 is a deterrent to build in Pictou. The financial benefits introduced by new construction are advantageous to all property owners.
- The flat tax is not an assessment-based tax; instead, it would follow a user pay principle.
- The flat tax is based on the usage of service rather than on assessment value of the property.
- Costs are therefore recovered by those who use the service directly.
- The flat tax would only apply to residential properties of four units or fewer.
- In order to determine the appropriate flat tax amount, the Town must consider the number of dwellings and divide those into the annual costs for collection.
- Since there are more lower-assessed properties in the Town than medium and higher-assessed properties, lower-assessed properties would experience an overall tax increase.
- Council has provided for increases in the Low Income Tax Exemption. This is intended to support residents receiving a lower income who both own and reside in a lower assessed property.

### **Area Rate for Hydrant Rental Charge**

Town Council has also introduced an area rate for the hydrant rental charge in order to offset increasing costs associated with this specific item.

- The hydrant rental charge is paid by the Town to the Water Utility each year for rental of the hydrants for fire protection.
- The hydrant rental charge is set by the Nova Scotia Utility and Review Board.
- This charge is increasing significantly in Pictou because of increases in the Utility's capital assets and operating expenses (rental expense: \$167,809 in 2014, \$178,041 in 2015 and \$182,653 in 2016).
- To offset these charges, the Town has instituted a specific area rate.

- Section 80 of the Municipal Government Act allows for municipal governments to apply an area rate to all assessed properties, except for those of her Majesty the Queen held by the Province.
- Therefore, some properties that were previously exempt would be included in this rate.
- Section 80 also allows Town Council to exempt certain properties through By-Law.
- More properties paying the hydrant rental charge decreases the expense for individual property owners.

### **How these taxes will be applied relative to the General Tax Rates?**

A flat tax for curbside collection would only be applied to residential properties of four units or fewer. This tax would not be applied to commercial accounts.

The hydrant rental area rate would be applied to properties that are both taxable and exempt from general property tax unless a property is exempt by Provincial law or Town By-Law.

General residential and commercial tax rates have been lowered in the 2014-15 budget to account for the introduction of the new flat tax and area rate. However, given the projected 2014-15 expenses, which are driven largely by inflation and increases in areas such as mandatory contributions, the budget indicates that most property owners would experience tax increases. For more complete information go to:

<http://www.townofpictou.ca/assets/PDFs/Town-Hall/Budget/BUDGET-DOCUMENT-AUG15-2014.pdf>

## **PROPOSED CHANGES TO TOWN'S PROGRAMS**

### **Closure of the Former CNR Station**

Within the 2014-15 budget, Council has decided to close the CN Station due to high operating costs and significant physical upgrades required to the building, including the installation of a new boiler. The suggestion is to seek requests for proposals (RFP) for repurposing of the building. The RFP document would stipulate a requirement of new owners (a restrictive covenant within a deed when and if the property is conveyed) to maintain the exterior façade of the structure for its built heritage values. Consideration would also be given to

granting financial support to the Youth Association to offset expenses that may be incurred by them in obtaining alternative space.

### **Library Space Review**

The Town is partnering with the deCoste Entertainment Society, the Municipality of the County of Pictou and the Pictou Antigonish Regional Library in a review of physical space requirements for the Pictou Branch. Proposals have been prepared and have or will be submitted to Provincial and Federal departments for cost-sharing on a study of the construction and operational requirements for a new library as part of the deCoste Centre building envelope. The objective of the study is to grow the programming and financial sustainability of both the library and deCoste operations. The 2014-15 budget includes a \$7,500 Town commitment towards the study/engineering work.

## **TOWN CAPITAL BUDGET AND RESERVE ESTIMATES**

### **Capital Projects**

The proposed capital budget for the March 31, 2015 year-end totals approximately \$196,000. The financing components of these capital expenditures include: \$161,000 from the operating budget, \$23,000 in capital grants, and \$12,000 from Town reserves. Projects range from the resurfacing of certain prioritized streets, upgrades of pumping equipment at lift stations, and the purchase and installation of heat pumps and other energy related items.

### **Reserves**

The federal and provincial governments recently announced that municipalities will not be allowed to use gas tax reserves/funds within upcoming larger infrastructure programs. The Town had been reserving gas tax proceeds to fund 17% of a proposed water treatment facility. Given this announcement, the Town is updating its five-year capital plan and more specifically financing plans related to the large scale water treatment project.

### **Upcoming Capital Priorities**

The Town is currently in the design/engineering phases for two projects.

The first is related to a mandated province-wide replacement of all street lights with LED technology. Other municipalities that have completed this work have realized significant saving in power costs, i.e. upwards of an 80% reduction. Currently the Town expends about \$80,000 per year on related energy costs. Upgrades may produce meaningful savings for the Town.

The second project involves opening up commercial land for development while addressing traffic problems at the West River Road entrance to Town. This project is proceeding in partnership with the Nova Scotia Department of Transportation and Infrastructure Renewal. Future information will be forthcoming as it is generated by the project engineers.

### **Upgrades to Water Infrastructure**

With the exception of gas tax, the above commentary primarily relates to Town operations. The Water Utility is a separate entity for financial purposes. The Town is well underway with engineering plans for the installation of a water treatment facility to address discolouration problems. A main financing component of this project will involve federal/provincial/municipal infrastructure cost-sharing. At present the Town awaits for the Province of Nova Scotia to sign-on to the federally announced "New Building Canada Fund" program. Given the extent of our water discolouration problems, the Town is hopeful the water filtration plant will be one of the first projects approved under this new program. Construction of the water treatment plant remains as Council's number one priority.

## **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, 2014 on forms supplied by the Town. Application forms can be found at [www.townofpictou.ca](http://www.townofpictou.ca) or by contacting the Town Office at 485-4372.



**FIRE PREVENTION CANADA**  
Protecting Canadians through fire prevention

### **FIRE PREVENTION WEEK**

October 5 - 11, 2014

The theme for 2014 is

**"Working smoke alarms save lives - test yours every month!"**

## **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 Saltsprings and River John. Supplies are always needed. Donations are welcomed and can be dropped off at:

40 Water Street, Pictou

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

## **Canadian Red Cross Society**

Located at 40 Water Street Tel: 485-1789

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

## **Fall Leaf Collection Program 2014**

Pictou County Solid Waste will be collecting leaves during the regular garbage collection day on Nov. 12th 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 20-25, 2014

### **PAPER SHREDDING EVENT**

Friday, October 24th, 9 am-12 noon

at Pictou County Wellness Centre Parking Lot

### **RESIDENTIAL HOUSEHOLD HAZARDOUS WASTE MOBILE**

Friday, October 24th, 9 am-2 pm

at Pictou County Wellness Centre Parking Lot

For questions call the Waste Reduction Hotline at

**902-396-1495**

## **Volunteers Needed!**

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

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. Call for details at 485-4372; space still available.

### **Tai Chi with Bob Bennett**

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 every Monday throughout fall and winter.

Cost: \$5.75 pay as you go

### **Chair Yoga with Rachael MacLean**

Chair Yoga is a wonderful and uplifting program for all ages and abilities. This class will invite you to connect with breath and movement to improve your range of motion, flexibility and strength. Join us for this opportunity to feel better in this customized session to meet YOUR needs. Enjoy the benefits of Yoga, feeling rejuvenated, relaxed and well.

Tuesdays beginning September 16th at the Odd Fellows Activity Room 2:00-3:00 pm Cost:\$40 **(next class beginning in January)**

### **Geocaching Clinic - Try It Out:**

Did you ever wonder what geocaching is all about? Do you enjoy a good treasure hunt? Enjoy the Jitney Trail for an afternoon of discovering new ways to enjoy the great outdoors while being active. Bring your bike for this clinic. Date: October TBA Cost: Free Call to register.

### **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. Classes are held on Tuesdays beginning September 16th from 7:00-9:00 pm. Fee is \$75 and pre-registration is required. **Another session will follow this one.**

For further info or to register contact the PRP Office at 485-4372.

## **DROP-IN PROGRAMS**

### **Pictou Badminton Club (Drop-in)**

Every Tuesday 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

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



## YOUTH PROGRAMS

### Youth Fit

Beginning September 26th, every Friday at Pictou Elementary School. Open to Primary to Grade 5, after school until 3:30 pm. Designed strictly for fun and encouraging youth to keep physically active. The introduction of fundamental skills used across all types of sports. Health smart refreshments provided. Cost: **FREE**. Call to register.

### Family Zumba Night (monthly)

Family Zumba Night will be offered once a month, dates for October, November and December will be confirmed at a later time. Join Kelli Cruickshank in an evening of family fun. Come see what the kids are talking about. They love it, come see why! **Exercise in disguise, show your children that sweating can be fun.** Lights, Music & health smart snacks available! Music and dance moves are family appropriate, and easy to follow.

First session: September 26th Location: PA Small Gym.

Time: 6:30-7:00 pm Cost: \$5/adult and \$1/child

### Tumblebugs with Kelli Cruickshank (4 wks)

**Tumblebugs** is an introductory program for **basic movement** and modified gymnastics that is fun, safe, inclusive and developmentally appropriate for **3 to 5 year-old children**. **Tumblebugs** is about fundamental movement skills that support healthy growth and development, and improve physical literacy. Sundays beginning September 28 at the PA Gym. 4 week programs will run fall and winter. Times: 12:30-1:00 pm OR 1:00-1:30 pm Cost: \$35

### Self Defense Class for Girls (4 wks)

This Program is intended to educate, promote awareness, build self-esteem and give young women the physical and mental tools they need to detect, avoid and escape potentially violent situations. Learn simple, effective physical self-defence techniques, explore verbal self defense - reasoning, confronting, using surprise, and more. Call to register.

Tuesdays beginning September 30th at the PA Gym

Times: 3:15-4:15 pm

Cost: \$20.00

## **Geocaching**

Did you ever wonder what geocaching is all about? Do you enjoy a good treasure hunt? Geocaching is a real-world treasure hunt happening right now, all around you. For **self guided tours** pick up a brochure at the Town Office. Geocaching is a great way to enjoy the Jitney Trail with your family or in a group treasure hunt.

## Active Start Ringette

Pictou Recreation and Parks in partnership with Nova Scotia Ringette Association and Sport Nova Scotia will be offering an Active Start Ringette Program beginning this fall.

In Active Start Ringette participants are identified by stage of development (not age). This is a community based learn to skate program provided by certified instructors. The General objectives of the Active Start Ringette Program are:

- Initiation of fundamental movement and development of physical literacy through general sport participation
- To introduce overall motor skills like balance, coordination, agility in a fun and safe environment that promotes self-confidence on skates.
- To introduce all fundamental movement skills, including skating
- To develop an awareness of ringette and create a welcoming environment for all participants
- To create a stimulating, positive learning environment through active, creative, imaginative play.

Active Start Ringette is open to boys and girls ages. Call Pictou Recreation and parks to register or find out more information at 485-4372

When: beginning in October      Where: Hector Arena in Pictou.

Time: TBD

Cost: \$40



## STEVE NASH BASKETBALL Coming this Fall

Are you 5-11 yrs and would like to learn basketball skills or advance your training, try out the Steve Nash Program! The program is designed to develop fundamental skills, sportsmanship and a love of the game of basketball. With the program, participants will have an opportunity to learn both basketball lessons and drills dedicated to conditioning and skill development as well as recreational play and life skills.

Clean Sneakers (indoor preferably), shorts and a t-shirt. Water bottle with their name on it! Call Pictou Recreation and Parks to register.

When: October 1, every Wednesday (8 weeks)      Where: Pictou Elementary

Time: 6-7 pm (5-8 yrs) and 7-8 pm (9-11yrs)      Cost: \$55

It is with great pride that the **Town of New Glasgow, the Municipality of the County of Pictou and DEANS** (Destination Eastern and Northumberland Shores) are working together to host the **Nova Scotia 55+ Games** in Pictou County **September 17-19, 2015**.



**Today's seniors are more active and play an important role in the vitality and progress of our community.**

It is a great privilege to host these games and we look forward to welcoming both new and returning participants. We guarantee we will roll out the red carpet and host a memorable and quality 55+ Games in 2015.

**NEW**

PICTOU RECREATION AND PARKS  
**An ACTIVE FOR LIFE PROGRAM**  
 PRE 55 + GAMES TRY IT REC NIGHTS  
 WEEKLY DROP IN

Come try something new or sharpen your skills in a fun and social setting. Activities include pickle ball, washer toss and tennis, you can pick one or all.

Beginning on Tuesday, beginning October 14th. When: 7:00-8:00 pm

Where: PA Small Gym

Cost: \$2.00 per evening

For information please call Pictou Recreation and Parks at 485-4372.

## ACTIVE PICTOU COUNTY

**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. There will be a variety of different activities happening at each site. Stay tuned to [www.activepictoucounty.ca](http://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](mailto:afterschool@activepictoucounty.ca).

## PICTOU FISHERIES TRAINING POOL

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

### RED CROSS SWIM LESSONS

Now accepting registration for the Fall Session of swim lessons. Please note that this session will be an 8-week session. Spaces are limited, register early.

#### Parent & Tot (ages 4 mths to 3 yrs)

Saturdays-Sept. 13 to Nov. 1

#### Pre-School & Swim Kids Level 1-10

Wednesdays-Sept. 10 to Oct. 29

Thursdays-Sept. 11 to Oct. 30

Fridays-Sept. 12 to Nov. 7

Saturdays-Sept. 13 to Nov. 1

#### Adult Swim Lessons

Tuesdays - September 9–October 28

Bronze Medallion A Lifesaving Society **21 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 19th	9:00 am-2:00 pm
October 20th	6:30 pm-8:30 pm
October 26th	9:00 am–2:00 pm
November 2	9:00 am-2:00 pm
November 3	6:30 pm-8:30 pm

Pre-registration is required. Course Fee \$135.00 (includes 21 hrs instruction, books & exam fees)

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 dates: Saturday, November 8 and 15th.



**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
		7:00-8:30 Lane Swim		7:00-8:30 Lane Swim		
		Aquafit 9:30-10:30		Aquafit * 9:30-10:30	Aqua/ Arthritis 9:30-10:30	
	Arthritis 11-12	Splash N Play 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	Active for Life 1-2pm	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.

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

**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.

**Aqua Zumba** – Join certified instructor Kelli Cruickshank, every Sunday, 7-8pm for dance fitness in the water; drop ins welcomed.

**Active for Life Swim** - Would you like to get back into the water and enjoy un-structured swim time? Open to those with mobility challenges and seniors 55+. Assistance provided by certified staff. Aqua wheelchair and hydraulic lift available to access water. No cost, bring a friend or family member.

**Splash N' Play Swim** -(Parent and Tot) A fun time for Moms, Dads and Caregivers. Tuesday from 10:30-11:00 am.

**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 (dates to be announced):**

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

### **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

**Belly Dance Classes**

with Griselda Manning 485-8287

A Free Trial class will be held on Friday, September 26 at Maritime Oddfellows Home. \$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.

**New Caledonian Curling Club**

The club will be starting mid October 2014, 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, new members will receive a discounted membership fee . 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. [www.truepotentialfitness.ca](http://www.truepotentialfitness.ca)

**Therapeutic Touch (TT)™**

Therapeutic Touch treatment sessions will be held at the New Horizons Club on Kempt Street in Pictou. Sessions will be held on every second Monday of each month at 7:00 pm. Treatments are \$4.00 and all are welcome. Very restorative.

**FACT:** More than 80% of adults do not meet the guidelines for both aerobic and muscle-strengthening activities, and more than 80% of adolescents do not do enough aerobic physical activity to meet the guidelines for youth.

## 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 10:30 am for children who will be 3 years old by January 1<sup>st</sup>, 2015. Children will enjoy action rhymes, fingerplays, stories and crafts. Register by Sept. 6.
- **ABC's for Babies** Thursday mornings at 10:30 am. 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.
- **Family Lego Time** – First Saturday of every month at 1:00 pm. Build to your hearts content, Lego provided.
- Saturday Morning Crafts for Kids - 10:15 am. Bring your imagination and creativity as you learn to make some unique projects. All materials provided. Free
- **Babies Best Start** – Thursday from 9:30 to 11:30 am. A Public Health Nurse will be here to weigh your baby and discuss any concerns you may have regarding your infant.
- **Seniors Café** – Every 3rd Monday of the month from 10–noon. Join us for an interesting guest presentation, light refreshments and full access to library services for seniors.
- **Armchair Travelers**, a monthly evening program every 3rd Thursday 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.
- **Drop-in"Knit & Crochet Group-** Thursdays, starting Sept. 11<sup>th</sup> from 3-4:30. Drop in to knit or crochet with others. Bring your own yarn and needles. Books, patterns & written instructions will be available.

#### Book Clubs:

##### For Adults:

- Thursday Book Club meets every 2nd Thursday of the month at 7:00 pm.
- Tuesday Book Club meets every 3rd Tuesday of the month at 7:00 pm.

#### Other Events:

Family Movie Matinees, Tuesday Movie Night, Puppet Shows and other special events. ***Just a reminder, all library programs are free.....***



**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%.

**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.

**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.

**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.

**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.

### **Gary Boone Leadership Development Fund**

The purpose of the fund is to provide financial assistance to new initiatives in leadership training development which result in:

1. Increased involvement in physical activity leadership roles
2. Increased and improved physical activity leadership skills of community recreation and sport leaders.

Examples of eligible initiatives include: courses to become certified instructors, coaching programs and more. Contact Pictou Recreation and Parks at 485-4372 for an application form or download form below. This program is provided with the support of NS Department of Health and Wellness and is managed by the Highland Region Recreation Coordinators Committee (A Collaboration between Pictou, Guysborough and Antigonish Counties). Applications must be submitted and approved before the course/event takes place.

## 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.**

### **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 volunteer contact Big Brother Big Sisters of Pictou county at 752-6260.

Big Brothers Big Sisters  
of Pictou County



**VISIT A LOCAL MUSEUM THIS FALL**

**McCulloch Heritage Centre**

**902-485-4563**

**Hours of Operation**

Monday to Saturday 9:00 am-5:00 pm (September)

Monday to Saturday 9:00-12:00 pm & 1:00-5:00 pm (Oct 1-June 1)

McCulloch House closes October 10th for the season & open by appointment only during the off-season.

**Upcoming Events:**

October 5 2:00-4:00 pm

Guest Speaker Lewis MacKinnon, Exe. Director of Gaelic Affairs of NS  
Topic: The Gaels of NS

October 26 2:00-4:00 pm

Guest Speaker: James Morrison, PhD, St. Mary's University  
Topic: Alfred Fitzpatrick

November 16 2:00-4:00 pm

Guest Speaker: Nancy Muzatti  
Topic: Twitter Johnson

**Hector Heritage Quay**

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

**902-485-4371**

hectorquaysociety@gmail.com www.shiphector.com

**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 cvienneau@ns.sympatico.ca for more information.

**Kids Sewing Base**

Glady Knowles 485-1676

Licensed Kids Can Sew Sewing Instructor  
Sewing Classes for Kids Ages 5 & Up

## Pictou Community New Horizons 50 + Club

Pictou Community New Horizons 50 + Club organize events throughout the week including card games, pool (billiards), and board games. Bus trips are planned and carried out when events that interest the group are identified and supported. Come out and enjoy yourself in a social setting and meet new friends. Membership fee is only \$5 annually and is due at the time of joining. Renewed membership is in January of each year. New members are always welcome; contact the Club for information.

### Upcoming Events:

- Health and Wellness Workshop –October 3, 2014 – This event will target senior health care needs and interests. Fourteen plus stations will be set up by health care providers or those who have programs to promote seniors healthy lifestyle. The event will be open to the public. It will run from 10 AM to Noon and from 1 to 3 PM.
- Shuffle Board: A new shuffle board has been recently purchased and it will be set up in the club for all members to use. Games will be organized for both men and women in September.
- Crokinole Boards have been donated and the club will be purchasing more as needed; this will be offered as a new activity beginning in September.
- Fund Raiser: Two quilts have been donated as fund raisers by Virginia Patriquin and Cecile Veniot. Tickets will be sold beginning in September and the draw will take place during the annual Xmas Dinner. The quilts will be on display at the club during card events and in various public venues.
- Line Dancing: A series of workshops will be held in September at the club on Friday mornings. When the workshops are complete we hope to have a scheduled time set for this activity to take place on a regular bases led by club members.
- A Women's Circle is being planned for the fall. The group will schedule a regular time to get together to do various activities, such as sewing, knitting, quilting, craft activities, and others as decided by the group. If you are interested in joining please contact Alison Arsenault at 382-2519 or Pat at 485-3337 to have your name put on the list.

For more information on Pictou New Horizons Seniors Club contact 485-2573 or drop by 14 Kempt Street in Pictou.



coming to Pictou, SEPTEMBER 25-28, 2014

**Contact East** ([www.contacteast.ca](http://www.contacteast.ca)) is the **Atlantic Presenters Association's** ([www.atlanticpresenters.ca](http://www.atlanticpresenters.ca)) hallmark event and Atlantic Canada's **premiere performing arts conference**. Now in its 24th year, the conference brings together performing arts presenters and in-demand, tour-ready artists from across North America to showcase in dance, music and theatre. Pictou and the deCoste Centre (<https://decostecentre.ca/>) is hosting this event **September 25-28, 2014**.

### **Tickets Now On Sale!**

Five exciting showcases are being hosted at the **deCoste Centre**. There are limited tickets available to the general public. For an extremely reasonable ticket price (\$15) you can see some of North America's top performing artists including **Amelia Curran, The Stanfields, Mocean Dance, Cöig, Robert Post** (comedy theatre) and more.

SHOWCASE 1-September 25 7:30 pm

SHOWCASE 2-September 26 7:00 pm

SHOWCASE 3-September 27 1:00 pm

SHOWCASE 4-September 27 7:00 pm

SHOWCASE 5-September 28 2:45 pm

Purchase tickets here. <https://decostecentre.ca/>

We are looking forward to seeing you in Pictou!

### **UPCOMING SHOWS:**

October 4 Jimmy Rankin

October 8 Members Night - Ray Bonneville

October 15 Celtic Colors Presents - The Hector Suite

October 17 Hotel California (Eagles Tribute)

October 19 Alpha Yaya Diallo

October 22 Coronation Street - Peter Barlow, Last Call Tour

**JUVENILE DIABETES RUN**  
**JITNEY TRAIL, PICTOU**  
**September 28th**

Run registration opens at 8:00 am, start time 9:30 am - 5 Km and 10 km fun runs. Registration and After-Party at "Old Pressroom Pub", Water Street. Download your pledge form at [www.pictoujdrf.ca](http://www.pictoujdrf.ca). To register go to: [www.atlanticchip.ca](http://www.atlanticchip.ca)

**Seniors HEALTH & WELLNESS FAIR**  
**October 3rd**

**Pictou Community New Horizons Club**  
**10am - 12pm and 1pm - 3pm**

The focus is to provide seniors with relevant information to help them stay healthy or deal with issues they maybe experiencing themselves or with their families. Over 17 exhibitors, bring a friend or family member.

**October 10th-13th, 2014**

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. Visit [activepictoucounty.ca](http://activepictoucounty.ca) or call 759-3502 to learn more.

Pictou County

*Walk Your Feast Off!!*

**Walk  
Fest**

**Upcoming Events**

- Oct 3 & 25    Cruise Ship Visits  
 Nov 15-16    Christmas at the deCoste  
 Dec 5         Pictou Christmas Light Up



Keep watch on the Town website and facebook for more details on other upcoming events.

# 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