

Town of Pictou Newsletter

WINTER 2014



Issue 12

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

Feature Articles

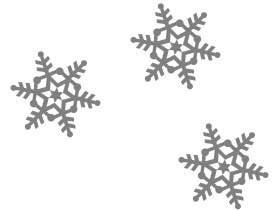
Water Utility Upgrades

Volunteering

Swimming and Winter Recreation
Programs

Grants to Organizations

AND...Upcoming Community Events



 **town of
pictou**
Birthplace of New Scotland

www.townofpictou.ca



Dear Friends and Neighbours,

As we start the New Year, I would like to take this opportunity to update residents on some topics currently before our Council.

Over the past year the Town has focused primarily on drinking water. We are pleased with the progress made on the water utility upgrades and refurbishment of the water tower. Our well sites have been equipped with municipal grade ultraviolet light disinfection systems and electronic monitoring devices.

These installations will ensure the Town continues to produce safe drinking water. On behalf of Council we extend our appreciation to residents and customers for taking measures to conserve water while the tower was recently out of commission.

As we enter the New Year, the Town is concentrating on the design and sourcing of funding for a centralized water treatment plant. The plant is required to address our discolouration problems. An important part of operating a new plant will include the ongoing cleaning (backwashing) of filters. This will involve the use of additional water and heighten the need for conservation as we rely on a limited supply of well water. Water meters will play an important part of water conservation. If you have been contacted by Neptune Meters to arrange for a date to install a water meter but have yet to respond, we encourage you to do so as soon as possible. Detailed information of water upgrades can be found on the Town's website.

Since our last newsletter, the Town has completed a Municipal Climate Change Action Plan. The plan lays out Council's priorities in regards to the installation of municipal infrastructure to address climate change. A copy of the plan can viewed on the Town's website, or if you would like a hard copy please don't hesitate to drop into or contact the Town Office.

I had the pleasure of attending the annual Christmas Light Up this past month and was delighted to see such a wonderful turn out at this community event. I would like to extend Council's appreciation to all the volunteers and participants who made this event possible.

Best wishes to you and your families in the New Year,

Joseph Hawes, Mayor

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
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Councillor Lynn Vigneault, Ward 1
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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.

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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
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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Nicole MacDonald-Battist Ext. 254
Deputy Clerk (on Maternity Leave)
nicole.macdonald@townofpictou.ca

Eldon MacDonald, CA
Town Accountant Ext. 224
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Paul Janes, Fire Chief
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Michelle Young Ext. 255
Recreation Coordinator
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Birthplace of New Scotland



Important Water Information

Meters

The Town of Pictou is nearing the completion of the Water Meter Installation Program. As we approach the end of the project, there are still a number of homes and businesses which have not contacted the Neptune Technology (meter installers) call desk to schedule an appointment. If this applies to you, the Town requests your follow-up to enable completion of the project.

Everyone who has not contacted the call desk will soon receive a letter from the Town, which states: "In accordance with Water Utility regulations set out by the Nova Scotia Utility and Review Board, the Town has the right to suspend service to any customer who refuses access to complete a water meter installation." Appointments can be booked by following the direction on one of the letters received from Neptune or using the final contact notice sent by the Town.

With the exception of major plumbing alterations or repairs that may be required as part of the installation, the Town is funding the majority of the cost of meters and related installations through grants obtained from the Federal and Provincial governments, provided that, the installation occurs as part of the Neptune Technology contract. If your property is presently unoccupied or winterized, arrangements can be made for a dry installation and a future inspection when the property is placed back in service (at no direct cost). If you fail to make appropriate arrangements with Neptune, and the Town needs to complete an installation outside of the Neptune contract, the property owner will be billed for the installation. We ask that the property owners do everything possible to have an installation completed now.

The Nova Scotia Utility and Review Board agreed to Town Council's request for continued flat rate residential billings until a central treatment plant has been constructed and water discoloration has been addressed. In the meantime, meters will be used by the Town for leak detection and reduction of wasted water. As the Town relies on a limited supply of ground water from thirteen wells, conservation continues to be an issue. For example, a new central treatment plant will filter out manganese the cause of discoloration. These filters will be cleaned on an ongoing basis through a backwashing process. Backwashing will require additional water from an already limited supply. Meters will, in the future, play a significant role in ensuring the Utility has sufficient quantities of water to supply customers and effectively maintain filters.

Quarterly Water Rates and Upcoming Plans

The Town of Pictou has recently received approval from the Nova Scotia Utility and Review Board to increase water rates. This rate change is intended to pay for \$3.3 million in Phase 1 costs after the Utility accounts for grants and the use of reserves. Phase 1 upgrades include: new disinfection equipment and increased automated monitoring at wellheads, water meters, water tower revitalization and treatment piloting. The rate changes that have been approved and applied do not account for costs associated with constructing the central treatment plant (Phase 2). It is anticipated the treatment plant/phase 2 costs will total \$4.5 million. As can be seen in the photos on page 8, the Town with the assistance of a professional engineering firm and a collaboration agreement with Dalhousie University, is currently piloting both conventional and biological treatment technologies. The piloting results will be used in the design and selection of treatment technology for the new plant and to predict future ongoing operating costs.

The timeline for constructing a treatment plant is dependent on Provincial/Federal infrastructure funding programs. The Town believes that it requires, at a minimum, 66% funding from the Provincial and Federal Government to make a treatment plant financially feasible. The Town has application prepared for filing when a new Provincial/Federal funding program is announced.



December 7, 2013 announcement of joint infrastructure funding for the Towns of Pictou and Trenton from Provincial-Territorial Base Fund. \$500,000 was announced for important upgrades to the Pictou Water Utility. Picture: Pictou Mayor Joe Hawes, Trenton Deputy Mayor Fergie MacKay, Cumberland North MLA Terry Farrell (representing Mark Furey, Minister of Service Nova Scotia and Municipal Relations), Hon. Peter MacKay, Pictou East MLA Tim Houston, Pictou West MLA Karla MacFarlane, Pictou Centre MLA Pat Dunn and Trenton Mayor Glen MacKinnon.



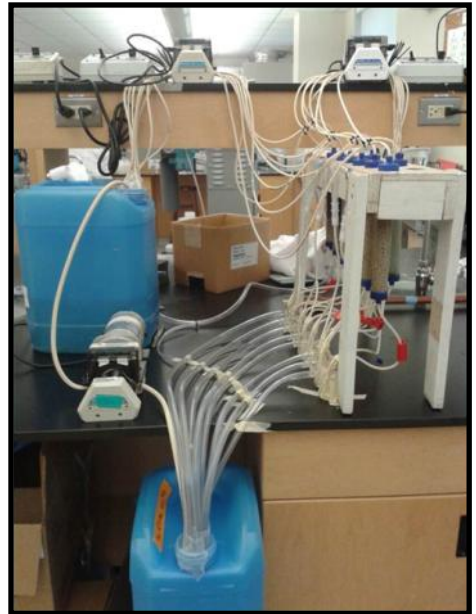
Drain on Floor of Water Tower Interior Before Refurbishment



Drain on Floor of Water Tower Interior After Refurbishment



This Picture is Inside Division Road Well House; Process Related 2013



Town of Pictou Biological Piloting Equipment to be set up at Division Road Well House



Water Treatment Ultra Violet System at Town Well on Beeches Road 2013

Town Grant Program

Organizations requesting financial assistance through the Municipal Grants to Organizations Program for fiscal year 2014-15 must forward their application to the Recreation Coordinator no later than May 9, 2014. The application forms are available from the Recreation and Parks Office at 40 Water Street or you may download the forms from the Town website at www.townofpictou.ca.

Applications will be considered in accordance with the Grant Program Policy for the Town of Pictou. Grant categories include:

- Youth Travel
- Community Programming
- National /Provincial/or Local Event
- Community Economic Development Initiative

Only grant requests completed on application forms will be considered. All first-time applicants are encouraged to contact the Recreation Coordinator at 485-4372 x. 255 or email michelle.young@townofpictou.ca to discuss their proposal and receive assistance in completing the application form. Guidance will also be provided in identifying ineligible projects/expenses or referral to other grants programs. Organizations and individuals who have previously received funding from the Town of Pictou will also be required to fill out an application form to be considered for financial assistance.

2013/2014 WINTER PARKING REGULATIONS

The Winter Parking Ban is now in effect in the Town of Pictou. Here's what you need to know.

When: December 15, 2013 to April 1, 2014

What: No cars can be parked on the streets, sidewalks or shoulders of the streets in the Town of Pictou from 1:00 am to 7:00 am & during daytime hours, when snow plows are trying to plow the streets.

Exemptions: Physicians, police & fire officials while carrying out their official duties and operators of commercial vehicles while loading & unloading.

Violations: All vehicles will be ticketed and towed at owner's expense. This applies whether there is snow or not. Additional penalties provided by Section 292 of the Motor Vehicle Act.

Offered by Pictou Recreation and Parks. 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. Discounts are available for signing up for multiple exercise classes. Drop-in rates are also offered. Call for details at 485-4372.

Tai Chi with Bob Bennett (ongoing)

Gentle flowing movements that reduce the stress of today's busy lifestyles and improve health. 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. Every Monday at the Odd Fellows Activity Room 9:00-10:00 am Cost: \$5.75 per class.

Step and Tone with Pauline Marks (8 wks)

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 January 16th at the Pictou Elementary School Gym, pre-registration required.

6:30-7:30 pm Cost:\$50

Qigong with Zane deNoncourt (6 wks)

"The practice of qigong helps induce a relaxation response that profoundly impacts the body's natural healing ability. Qigong increases our sense of balance in a seemingly stressful world. Qigong works with the primordial and all pervasive pulsating energy that permeates and animates all living things. We access this energy by learning & practicing repetitive, fluid, graceful movements that guide the qi (the life force) in releasing the suppleness and compassion of one's original heart. This teaching is multi-level, for all levels of fitness/health. It will be taught at a beginner level. Pre-registration required. Mondays beginning January 20th at the Oddfellows Activity Room 6:30-8:00 pm Cost: \$80

OPEN SKATES AND SWIMS

FREE Swims at the Fisheries Training Pool

Saturdays from 12:00-1:00 pm made possible through funding from the Province of NS Thrive Strategy. For further info call the pool at 485-5301.

FREE Skating at the Hector Arena

Sundays from 11:30 am-12:30 pm. The "I Love To Skate" program is made possible through funding from Canadian Tire and the Province of NS Thrive Strategy. For info call 485-5122.

YOUTH CLASSES

Youth Fitness Program

Beginning January 17th, Fridays at Pictou Elementary School. Open to ages 5-12 years, 2:15-3:15 pm. 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.

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 January 12th at the PA Gym.

1:00–1:30 pm

Cost: \$35

Run, Jump, Throw with Gena Henderson (8 wks)

What is Run/Jump/Throw?

Children who learn fundamental running, jumping and throwing movement skills through track and field acquire a strong foundation for success in all other sports and physical activities. To help prepare them for a lifetime of excellence and diversity in active living. Ages 5-12 years. Run/Jump/Throw includes:

- A fun and active learning environment ;
- Individual improvement and positive reinforcement ;
- Developing the skills of running, jumping and throwing in age appropriate progressions ;
- Improvement in physical and emotional well-being; and
- Safety and certified instruction

Every Wednesday beginning February 12th at the Pictou Elementary School Gym, pre-registration by email at genahenderson@icloud.com

6:00-7:00 pm

Cost: \$60

Community Instructors Needed!

Earn extra cash, meet new people and have some fun. Pictou Recreation and Parks is looking for dance instructors to teach adults/seniors. If you have a passion for dance and would like to would like to teach, we can look after everything else in organizing classes. Dance classes could range from ballroom to rumba.....whatever is your interest is.

Contact Michelle Young to discuss your ideas at 485-6057 ext.255
or e-mail michelle.young@townofpictou.ca

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

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. Tuesdays beginning January 14th at the Pictou Elementary School Library, preregistration required.
7:00-9:00 pm; cost is \$60.

DROP-IN PROGRAM

Pictou Badminton Club (Drop-in)

Tuesdays beginning January 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 January at the Pictou Academy Gym
2:00-4:00 pm Cost: \$2/day

COMING THIS SUMMER

Canoe/Kayak Program

The Atlantic Division Canoe Kayak Canada in partnership with Pictou Recreation and Parks will be offering a mobile kayak program this coming summer. The program aims to educate youth in the fundamentals of Canoe/Kayak by providing a fun, safe and memorable experience for all participants. The importance of water safety will be taught over the course of three days. Interested youth between the ages of 8 to 13 years are asked to call Pictou Recreation by April 30th at 485-4372 to determine number of participants and interest. Limited space available.

Mobile Sailing School

The NS Yachting Association in partnership with Pictou Recreation and Parks will be offering a mobile sailing school program this summer. It is designed to encourage youth to explore the sport of sailing. The program will certify participants in Sail Canada's Learn to Sail Levels, Wet Feet, CAN Sail 1 & 1 included water safety. The program is open to youth between the ages of 8-14 years and is accessible to those who have disabilities. Please contact Pictou Recreation by April 30th to determine number of participants and interest. Limited space available.

Bus Trip to the International Tattoo—Halifax

Have you always wanted to see the Tattoo? Here is your chance, a bus will be leaving Pictou for a matinee show in July 2014. If you are interested please contact Pictou Recreation by May 1st at 485-4372.



SWIM LESSONS - 8 wks

Winter Session—January 9th - March 1st, 2014

Spring Session—March 19th - May 10th, 2014

Red Cross Swim Kids

Pre-school, 1 & 2

\$65.00 / half hour session

Level 3 and up

\$80.00 / hour session

Lessons are available Wednesday, Thursday or Friday evenings or Saturday mornings. Discounts available for additional family members.

Call the pool at 485-5301 to register now for the Winter & Spring Sessions!!

Water Polo

If there is enough interest in the community, the Fisheries Training Pool will host a Water Polo Training Session. If you think you may be interested in coaching and/or learning more about Water Polo, please register your name at the Pool by Jan. 31st.

Bronze Medallion (includes CPR “B”)

Bronze Medallion will open the door to lifeguarding. Candidates who hold Bronze Star may take Bronze Medallion regardless of their age, otherwise, they must be at least 13 yrs old.

Bronze Cross (includes Emergency First-Aid)

Required for all advanced training awards in lifeguarding. Candidates who hold Br. Medallion and Emergency First-Aid may take the Br. Cross regardless of their age.

National Lifeguard Service (includes Standard First-Aid, CPR “C”, AED)

Must have Br. Cross (need not be current). Must be 16 by exam. This is an intense 56 hour course that will prepare you for the job of lifeguard.

Assistant Water Safety

The first step toward becoming a Water Safety Instructor of the Red Cross Swim Program. As an AWSI you will influence the lives of your swimmers every time you head into the water to teach. Prerequisite-15 years old. (30 hour course)

Water Safety Instructor

In this course you will focus on strategies to teach and develop swimming and water safety skills in the Red Cross Swim programs. Prerequisite-15 years old.

(25 hour course)

Call the pool at 485-5301 to register or for further information.

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.



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
Arthritis Fitness Class	\$5.50

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	FREE 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

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



Check out the Pictou Fisheries Pool This Winter!

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.

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. For youth try the "50km 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.

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

Aqua Zumba – Join certified instructor Kelli Cruickshank, every Sunday, 7-8pm for dance fitness in the water; 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. Also available Youth Aquafit (14 yrs+).

Red Cross Babysitter's Courses

March 10 & 11; 9:00am-1:00pm both days. Cost \$40.

Deck Walking - Keep up your walking program indoors over the winter when weather does not quite cooperate.....try deck walking every Monday and Wednesday beginning January 13 to March 5, 2014, 9:00 - 10:00 am. Cost: \$2.00 for one hour. Did you know that 20 trips around the deck is equal to 1 mile?

For more information or to register call the Fisheries Training Pool at 485-5301.

Below are highlights of funding programs available for youth and community groups. [A list of funding sources is located at www.townofpictou.ca/funding](http://www.townofpictou.ca/funding)

Canadian Tire JumpStart

Canadian Tire Foundation for Families has created a community based charitable program to get children active called “Canadian Tire JumpStart”, which delivers assistance to financially disadvantaged children so they can participate in recreational activities and organized sport.

KidSport (offered through Sport Nova Scotia)

Assists children by overcoming financial barriers which prevent or limit their participation in organized sport. www.sportnovascotia.ca/kidsport

Regional Development Program

(offered through NS Health Promotion and Protection — Physical Activity, Sport and Recreation Division) Funding for up to 50% of the costs of a program/initiative with applications accepted throughout the year; projects may be up to three years in duration; types of projects approved include start up costs for new groups, leadership training, sport and recreation club development, presentation of workshops, clinics, conferences, physical activity initiatives for after school programs, youth and adult groups.

Additional information and application forms for these programs are available from Pictou Recreation and Parks, 40 Water Street, Pictou, by calling 485-4372 or emailing info@townofpictou.ca.

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:

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

Examples of eligible initiatives include: courses to become certified instructors, coaching certification programs and more.

Contact PRP for an application form or visit our web site at www.townofpictou.ca/funding

This program is provided with support from NS Health Promotion and Protection — Physical Activity, Sport and Recreation Division. The program is managed by the Highland Region Recreation Coordinators Committee.

Winter Carnival

February 14th and 15th

Watch town website for more details.

Sleigh Rides, Snow Sculpture Contest, Snow Shoe Hike, Hot Drinks, Coasting Party

Valentine Chocoholic at the Pictou United Church
Fun for the Whole Family!



Fun at the Pool during MARCH BREAK



Want to have a fun, exciting and an unforgettable **MARCH BREAK?** Spend it with us.

Pictou Recreation Aquatics will once again have March Break swims. Special themed swims include: Birthday Bash, Johnny Appleseed Day, Plant a Flower Day, Jewel Day and National Potato Chip Day. Check the website for details in March.

Tartan Day April 6, 2014

What is Tartan Day? Tartan Day in Canada has become an annual event. The concept of "Tartan Day" began at a meeting of the Federation of Scottish Clans in Nova Scotia on March 9, 1986. **Tartan Day** is a celebration of Scottish heritage on April 6th each year, the date on which the Declaration of Arbroath was signed in 1320. In Canada, on Tartan Day, Canadians are encouraged to wear tartan in commemoration of the contributions of Scots and their descendants to the fabric of our society. **Keep watch on the town website for celebrations in Pictou. Annual event takes place at the McCulloch Heritage Centre.**

deCoste Centre



The deCoste Centre will be operating on reduced hours during January and February with no performances scheduled for that time. The centre will re-open March 2014 with a new season of wonderful live entertainment. Memberships for 2014 are available. For more information on memberships visit the deCoste website at www.decostecentre.ca.

Hector Arena
2014 Skating Schedule

Adult & Preschool	Wednesdays	10:00-11:30 am	FREE
Public Skating	Fridays	3:00-4:30 pm	\$2.00
I Love to Skate	Sundays	11:30 am-12:30 pm	FREE

Birthday Parties welcome at Friday Skating. Reservations a must. Skate sharpening available. For further info call the Hector Arena at 485-5122.

New Caledonian Curling Club

The club offers 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. Club House available for rentals and birthday parties. For further information call Alta Munroe at 485-4913 or the club at 485-5075.

Curl for Cancer - Friday, February 28, 2014

True Potential Fitness

As many of you may be aware, there is a new gym in town at the former YMCA location **on** 24 Ross Street in Pictou. True Potential Fitness has been up and running since September 3rd. Fitness classes are included with the membership and are well attended and appreciated by our members. Classes help to bring our members to new levels of fitness while having fun and mutual support along the way.

We also have added discounts and deals with various merchants, a bonus for our members. As well, we offer personal training and classes for individuals which are available at very reasonable rates. A distinct True Potential Fitness advantage is the amount of days we are open. We are open 365 days of the year.

After Christmas is one of the busiest times of the year for gyms. The first thing I have to say about 'New Years Resolutions' is that if you have a goal or a change you want in your life, you don't need to wait until a certain date on the calendar in order to start it. If you want to start losing weight or putting on muscle mass, quit smoking, or training for a marathon, whatever your goal is, don't wait, start now. Start small and work your way up.

Remember, if you ever have any questions about True Potential Fitness, personal health, or fitness in general, feel free to join our Facebook group 'True Potential Fitness' or e-mail Branden O'Brien at branden_obrien@hotmail.com. We look forward to seeing you at True Potential Fitness- your friendly and convenient neighborhood fitness facility. Telephone: 382-3303.

Therapeutic Touch

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, January 13th. Sessions will be held every second Monday from 7:00-9:00 pm. Treatments are \$4.00 and all are welcome.

Yoga and Belly Dancing Classes

Classes begin January 17, 2014 at Maritime Oddfellows Home

Belly Dance for Beginners: Fridays 6:00-7:00 pm (first week free trial class)

Belly Dance for Intermediate/Advanced: Fridays 7:00-8:00 pm

Cost: \$50 for 6 weeks (ongoing), pre-registration is required by contacting Griselda Manning 485-8287

Art Classes with Carolyn Vienneau

OFFERING THE FOLLOWING CLASSES in January-February:

Beginner Oil and Water Colour classes, Intermediate Oil and Acrylic classes, Fused Glass Classes, Children's Classes

Teen Class - Ages 13-19 Exploring Acrylic paints and mediums,

Tuesday evenings starting January 21st.

For more information call 485-5005 / 759-3771 or email:

cvieneau@ns.sympatico.ca Website: [Carolyn Vienneau.com](http://CarolynVienneau.com)

VOLUNTEERING

Now is your chance to recognize an outstanding volunteer in our community. Nominations for **Volunteer Week 2014** (April 6-13) are now being accepted. Application forms are available at the PRP office or can be downloaded from the Town website. Pictou Volunteer of the Year Nominee must be a resident of the Town of Pictou. Deadline for nominations: **Friday, February 20, 2014**. Information on Pictou's Volunteer Reception will be sent to community groups at a later date.



Other provincial awards include the Volunteer Family Award, the Volunteer Youth Award and the Building Healthier Futures Corporate Award. For more information visit www.recreationns.ns.ca.

VOLUNTEERISM proves that in every straining, there is a training; in every training, there is a learning; and in every learning, there is an earning

Pictou Public Library & Innovation Centre

www.parl.ns.ca

Hours of Operation (485-5021)

Tuesdays & Thursday	10:00 am-9:00 pm
Wednesday, Friday & Saturday	10:00 am-5:00 pm

ALL PROGRAMS IN THE PICTOU LIBRARY ARE FREE!

Babies Best Start—First Thursday of every month 9:30-11:30 am, public health nurse is available to weigh your baby and discuss any concerns you may have.

ABC's for Babies—Thursday mornings 10:30 am, newborn to 15 months

ToddleTime—Tuesday mornings at 10:30 am, stories, songs and more.

Preschool Storytime—Wednesday mornings at 10:30 am, 3 yrs plus

Lego Club for Kids—First Saturday of every month at 1:00 pm

Seniors Café—Third Monday morning of each month from 10:00-noon.

Join us for 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 and the other side of the globe.

Book Clubs:

Adult Book Clubs:

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

PICTOU YOUTH CENTRE

Open Hours:

Sunday - Thursday: 3:30 pm - 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 is available on the Town website. The Youth Centre is looking for volunteers to assist during open hours, if you are interested please get in touch with David Porter at the Youth Centre!

www.townofpictou.ca



After School Activities

www.activepictoucounty.ca

“Only 7% of 5-11 year olds and 3.5% of 12-17 year olds met the physical activity guideline of 60 daily minutes of moderate to vigorous physical activity” See what’s happening in Pictou County during the after school time period and get moving.

Contact Karri at afterschool@activepictoucounty.ca or 921-0706



Please take a moment and complete the following survey and drop off at the Town office by February 28th and have your name entered into a draw for a Grohmann Knife. Your comments are important to us to ensure quality of service and facilities.

1. Which category best describes your household?

- Single single with children student
 couple couple with children retired
 retired Other, please list _____

2. Are you aware that Pictou Recreation & Parks provides the following services?

- Operation of the Hector Quay Visitors Marina
 Operation of the Fisheries Training Pool
 Jitney Trail management
 Operation of playgrounds (Broidy Park, Veteran's Drive & Pine Street)
 Operation of soccer and baseball fields
 Support to community groups
 Special events programming
 Town communications

3. Please indicate your primary source for obtaining information on programs and services offered by Pictou Recreation & Parks.

- Town Newsletter The Advocate The News
 East Coast FM Eastlink CBC Radio
 Big Dog/ Cat Country Telephone call to Town Recreation Department
 Word of mouth Facebook Website
 Schools Other (please specify) _____

4. How can Pictou Recreation improve the way we serve you?

- I am satisfied with how Pictou Recreation serves me
 By providing more leisure and recreational activities
 By updating "Pictou Recreation" Facebook Page more often
 By updating Town website more often
 By working towards making active transportation safer
 By taking better care of trails/parks/facilities

Please elaborate if you wish: _____

5. What types of recreation and leisure programs/classes would you be interested in?

- Fitness Classes Educational Classes
 Social Activities Enrichment Classes (Hobbies/Crafts)
 Other (please specify) _____

6. If you do not participate in any recreational activities, why not?

- Admission fees or other charges for facilities or programs
 Equipment cost (rental or purchase)
 Transportation
 Recreational facilities/ areas are poorly maintained
 I can't find activities that I am interested in
 I am not at ease in social situations
 I am too busy with work and/or family
 I am physically unable to take part Other (please specify) _____

**PICTOU RECREATION AND PARKS
COMMUNITY SERVICES SURVEY**

7. Are you satisfied with cleanliness of Pictou Recreation & Park facilities?

- Yes No

If no, please specify which park or facility _____

8. What Active Transportation method do you use?

- Walking Cycling
 Skateboarding Skating
 Running/Jogging Other (please specify) _____

9. Please rate how safe you feel when doing the following in Pictou

	Very Unsafe	Unsafe	Safe	Very Safe	N/A
When Biking	_____	_____	_____	_____	_____
When Skateboarding	_____	_____	_____	_____	_____
When Jogging/Running	_____	_____	_____	_____	_____
When Walking	_____	_____	_____	_____	_____

10. How important is recreation for you and your family?

- Very Important Somewhat Important
 Not Important

11. Are you satisfied with the Pictou Pool facility?

- yes No Reasons why _____

12. What programs would you like additional sessions included in the Pictou Pool schedule:

- fitness classes arthritis fitness
 swim lessons rescue courses
 public swim times Other, please list: _____

13. What are the primary reasons that prevent you from using the Pictou Pool:

- cost
- times are inconvenient
- not interested
- do not know how to swim
- do not want to wear a bathing suit
- not interested in programs offered
- personal physical barriers

others, please list: OR list types of physical barriers such as handrails, steps into pool, slippery floors. _____

14. Have you done volunteer work connected with culture, tourism, recreation or sports in the Pictou area?

- Yes, I currently am a volunteer
 - I have volunteered within the past 12 months
 - I used to volunteer but not anymore

If you would like to volunteer supply contact information or call 485-4372.

15. Are you aware of the activities of the Pictou Recreation and Parks Committee and that the monthly meetings are open to the public?

- Yes No