

Town of Pictou Newsletter

FALL 2015



© Gerry Farrell

Photo credit: Gerry Farrell

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

Issue 15

Feature Articles

Memorandum of Understanding (MOU) on Municipal Reform

2014-15 Budget Highlights

Recreation and Aquatic Programs

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



www.townofpictou.ca



Dear Friends and Neighbours,

The Town of Pictou has had a busy year working on a number of projects and initiatives. As the number one priority of Council, I am happy to report some exciting news on the water treatment plant. As many residents may have heard, two-thirds of the required \$5.04M has been secured from the federal and provincial governments for Phase 2 of the Pictou Water Upgrades Project. Over the next year or more, the Town will be busy managing the design and construction of the plant and preparing for online operations. More detailed information on the Town's Water Upgrade Program can be found on the Town's website.

It was exciting to welcome the cruise ship "Pearl Mist" to our port over the spring. I had an opportunity to speak with visitors who had favorable comments about their time in Pictou County and our hometown friendliness. With more cruise ship visits scheduled for this fall I encourage everyone to drop by Pier C to give a welcome or wave.

The Town continues to work on the Memorandum of Understanding for Municipal Reform. As you may be aware it is a complicated process which is discussed in further detail within this newsletter on page 10. Suffice to say we are fully engaged in moving forward towards a stronger united Pictou County.

On behalf of Council, I would like to extend our congratulations to the Pictou Lobster Carnival Committee and the Pictou North Colchester Exhibition. Your hard work over the past year made these events truly memorable.

And finally, I encourage everyone to shop or eat locally. With several new restaurants and retail businesses opening in our downtown, there is more variety than ever to choose from.

All the best for an enjoyable fall season!

Yours truly,

Mayor Joseph Hawes

Your Town Council

Mayor Joseph Hawes P.O. Box 316, Pictou, B0K 1H0	902-485-6025; cell 902-396-8077 joe.hawes@townofpictou.ca
Deputy Mayor Alta Munroe, Ward 2 P.O. Box 1305, Pictou, B0K 1H0	902-485-4913 alta.munroe@townofpictou.ca
Councillor Lynn Vigneault, Ward 1 P.O. Box 1243, Pictou, B0K 1H0	902-485-5789 lynn.vigneault@townofpictou.ca
Councillor Bob Naylor, Ward 1 P.O. Box 839, Pictou, B0K 1H0	902-485-5737 bobnaylor@eastlink.ca
Councillor Cam Beaton, Ward 2 P.O. Box 897, Pictou, B0K 1H0	902-485-6764 cam.beaton@townofpictou.ca

Meetings

Committee of Council Meetings

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

Regular Town Council Meetings

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

Pictou Recreation and Parks Committee

Generally meets on the last Tuesday of each month.

All meetings take place in Council Chambers on the 3rd floor at the Town Hall, 40 Water Street.

NOTE: Meeting dates may change. Please check website for changes or call the Town Hall at 902-485-4372.

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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 1-877-428-6004.

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.

**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 Ext. 223
CAO
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
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Paul Janes
Fire Chief
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Michelle Young Ext. 255
Recreation Coordinator
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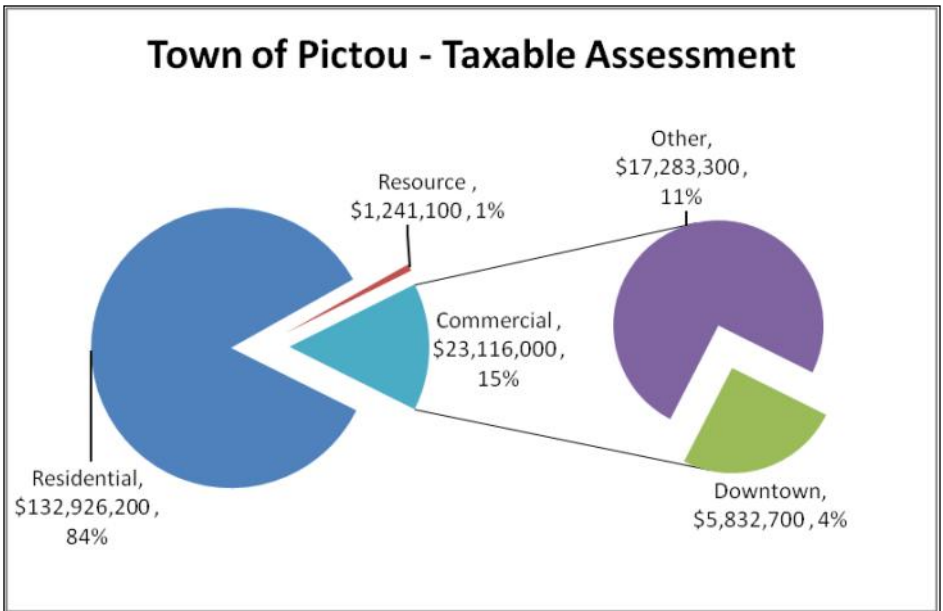
2015/16 TOWN OPERATING BUDGET

Summary of Prior Year Results

Two years ago the Town incurred an operating deficit \$(72,352) due primarily to weather conditions affecting snow and ice removal costs. Last year the Town budgeted to recover half of that deficit. 2014/15 actual results exceeded projections with the Town's surplus covering the entire prior year deficit.

Overview of Operating Budget

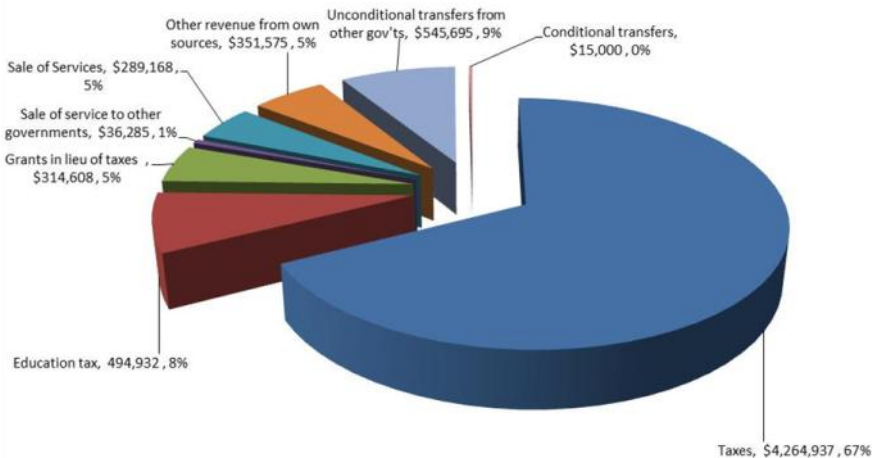
The Town has the following assessment profile on which to budget for the recovery of expenses for the fiscal year ending March 31, 2016:



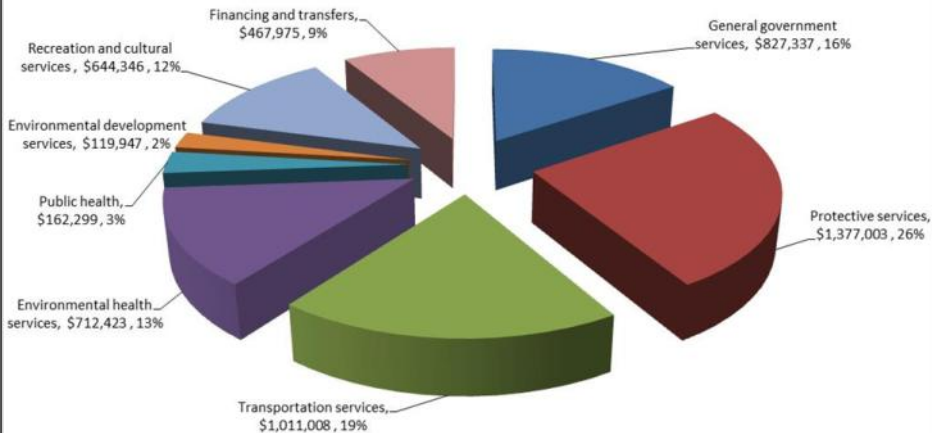
Revenue and Expense Overview

The annual amount of Town revenue is based on recovering the net operating costs (operating expenses less non-property taxation income). **The approved 2015-16 Operating Budget can be viewed on the Town website or you may pick up a copy at the Town Hall.** Estimated Town revenue and expenses in the current year are as follows:

Town of Pictou - Revenue Distribution



Town of Pictou - Expenditures



Mandatory Contributions to the Province

Municipalities are required to contribute mandatory amounts, as prescribed by the Province of Nova Scotia or through other formal Agreements. The net projection for the current fiscal year has the Town's expenses rising by approximately \$36,363 (2.8%) as a result of increases in Provincial contributions and a decrease in Provincial funding.

Taxation for Curbside Collection and Hydrant Rental Charges

Council has approved maintenance of a flat (equal sharing) tax to recover costs related to the residential curbside collection and disposal/processing of recyclables, organics and solid waste.

Council has further approved maintenance of a specific area rate levied on properties assessed as taxable and exempt to recover expenses related to fire hydrants. Fire hydrants are owned by the water utility and rented to the Town. The rental amount is a key revenue source required by the water utility to pay for its annual expenses. This charge is set by the Nova Scotia Utility and Review Board. The Town is permitted to charge exempt properties through section 80 of the *Municipal Government Act*.

The flat and area rates are intended to distribute costs uniformly for curbside collection and to increase the number of properties paying towards the hydrant rate expense.

CHANGES TO TOWN PROGRAMS

Closure of the Former CNR Station

Last year Council closed the CN Station due to high operating costs and significant physical upgrades required to the building. During the current year the Town will seek requests for proposals (RFP) for repurposing of the building. The RFP document will 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.

Library Space Review

The Town, Municipality of Pictou County and the deCoste Entertainment Society, with financial assistance from the Atlantic Canada Opportunities Agency, plan to commission an architectural study to review physical space requirements for a new library within an expansion of the deCoste Centre.

The objective of the study is to grow the programming and financial sustainability of both the library and deCoste operations. The current budget includes a \$7,500 Town commitment towards possible generation of construction design drawings.

2015/16 CAPITAL PROJECTS

Town Projects

A partnership with the Province of Nova Scotia on the realignment of West River Road and construction of a roundabout at the entrance to Town, designed to address traffic problems in the area, open up commercial land for development, and to visually improve the entrance of Town. This project is

currently at the construction tendering stage.

The reconstruction of Veterans Drive. This project is currently at the construction tendering stage.

The Province of Nova Scotia has mandated all municipalities to replace all street lights with LED technology. Other municipalities that have completed this work have realized significant savings in power costs, i.e. upwards of an 80% reduction. Currently the Town expends about \$86,000 per year on related energy costs. Upgrades would produce meaningful savings for the Town. Tenders for this project have just closed.

The resurfacing of limited sections of West River Road and Denoon Street. Project is in the tendering process.

Water Projects

The Water Utility is a separate entity for financial purposes. The Town has made application to a national infrastructure program for the installation of a water treatment facility to address discolouration problems and uneven and fluctuating water pressures. It was announced in July that the federal and provincial governments have earmarked their two-third share of a \$5.04M project (each level of government is committing \$1.68M). It is a large initiative that will take well over a year to complete, but will address Council's number one priority and a longstanding issue.

PROPOSED CHANGES TO GOVERNANCE AND MUNICIPAL STRUCTURE

Last year the Town executed a Memorandum of Understanding (MOU) on municipal reform with the Municipality of Pictou County and the Towns of New Glasgow and Stellarton. Under the MOU a series of studies and recommendations are being generated for public consideration on a regional approach to municipal government. The study will, without limitation, call for a review of programs, physical assets, operations and governance, and will involve an extensive public consultation component. The Town budget contains a \$25,000 financial commitment towards the MOU. Additional and ongoing information related to the MOU can be obtained from <http://onepictoucounty.ca/> or by contacting the Town Office at (902) 485-4372.

FOR BUILDING PERMITS AND RELATED INSPECTIONS, LAND USE BY-LAWS AND FOR SUB-DIVISION OF LAND AND MATTERS RELATED TO THE LAND USE BY-LAW

(for property located in the Town of Pictou):

Telephone: 902-755-8351 / 902-755-7534

Office Location: 235 Park Street, New Glasgow

Information and documents on the above can be found and downloaded from the Town of Pictou website or visit the Town Hall at 40 Water Street.



Pictou County Municipalities involved in the MOU for Municipal Reform File Conditional Application for Voluntary Amalgamation

Pictou, NS (August 27, 2015) – The Municipality of Pictou County and Towns of New Glasgow, Stellarton and Pictou have filed a conditional application to voluntarily amalgamate with the Nova Scotia Utility and Review Board. The application is required prior to August 31st in order to meet 2016 municipal elections. Approval of the application will be subject to the outcome of public consultation including a plebiscite and the municipalities meeting six preconditions detailed within a November 10, 2014 Memorandum of Understanding (MOU).

The conditional application cites three reasons for merger. The first being a response to the *Report of the Nova Scotia Commission on Building Our New Economy* wherein recommendations are made to accelerate municipal reform. The second relates to a perceived need for one elected leadership to provide for a stronger voice targeting improvements in the local economy, social conditions and streamlined decision making. While the third states an updated organizational structure including a longer term prioritized municipal infrastructure and related financing plan, harmonized land use controls along with the attraction and siting of new commercial and industrial enterprise, as being required to address economic growth and current day demographic trends.

The application is being filed with a related governance study recently completed by consultants from Grant Thornton LLP. The Grant Thornton report compares the participating Pictou County municipal units to similar municipalities located in Quebec, Ontario and Alberta and makes recommendations on the size of a new Council, together

with related costs. The application notes that several other studies are to be filed with the Utility and Review Board including reports on proposed polling districts, human resources, as well as detailed cost and taxation projections.

Work plans of the MOU Steering Committee call for engagement of the public throughout the process as draft reports and studies become available. The first of this type of engagement is starting with public discussion on proposed polling districts of a new municipality. Public meetings in this regard have been scheduled over the next three weeks.

Debi Wadden, Councillor with the Municipality of Pictou County is urging citizens to... *“come out and provide input on the proposed municipal polling districts and to participate in upcoming sessions on other municipal topics. We truly need the public views on these important matters for Pictou County’s future”*.

The complete conditional application and related exhibits can be retrieved on September 1, 2015 from the MOU website **www.onepictoucounty.ca** or by contacting one of the participating municipal offices. There are also a number of social media tools available:

www.facebook.com/1pictoucounty, [twitter@onepictoucounty](https://twitter.com/onepictoucounty) and Instagram – One Pictou County.

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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

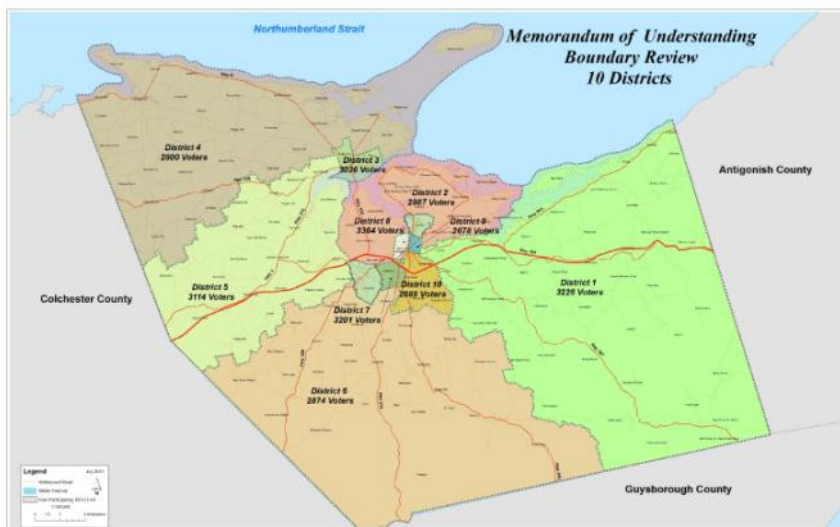
Hours: Monday, Wednesday, Friday 1:00 pm-3:00 pm

www.townofpictou.ca



PUBLIC NOTICE

MOU OPEN HOUSES: PROPOSED ELECTORAL BOUNDARIES



Date	Time	Location	Address
Thursday, September 3rd	10:00—11:30 am 2:00—3:30 pm 7:00—8:30 pm	PC Wellness Centre Advocate Room	2756 Westville Road, Pictou County
Wednesday, September 9th	10:00—11:30 am 2:00—3:30 pm 7:00—8:30 pm	deCoste Centre Murray Room	99 Water St, Pictou
Thursday, September 10th	10:00—11:30 am 2:00—3:30 pm 7:00—8:30 pm	PC Wellness Centre Advocate Room	2756 Westville Road, Pictou County
Tuesday, September 15th	7:00—8:30 pm	NSCC Cafeteria	39 Acadia Ave, Stellarton
Tuesday, September 22nd	10:00—11:30 am 2:00—3:30 pm 7:00—8:30 pm	Thorburn Fire Hall	738 Marsh Rd, Thorburn

If you are unable to attend an open house or for more information regarding this consultation - visit: www.onepictoucounty.ca



Mobile Household Hazardous Waste Drop-Off Event

Hosted By: John’s Bottle & Recycling Depot

Location: 28 Depot Street, Pictou

Date: Thursday, September 24th Time: 9:30 a.m. - 2:00 p.m.

Acceptable Items

Aerosol Cans
Batteries
Poisons
Solvents, Strippers
Glues, Adhesives
Cleaners, Waxes
Gasoline, Kerosene

Acceptable Items

Lawn/Garden Chemicals
Pool Chemicals
Automotive Fluids, Antifreeze
Small & Large Propane Tanks
Paint, Stain
Asphalt Sealer
Fluorescent Light Bulbs, CFLs

Items Not Accepted

PCBs
Needles, Sharps
Radioactive Materials
Explosives, Ammunition
Fireworks, Flares
Pathological Waste
Industrial/Commercial Waste



Questions? Hotline 902-396-1495; www.pcwastemgmt.com or find us on Facebook

John’s Bottle & Recycling Depot is a designated ENVIRO-DEPOT drop-off for refundable beverage containers; they accept electronics and paint products for recycling. There is also a bin on site for donations of used clothing and textiles.

Hours of Operation

Mon. - Fri. 9:00-4:30
Saturday 9:00-2:00
902-485-4624



Fall Leaf Collection Program 2015

Pictou County Solid Waste will be collecting leaves during the regular garbage collection day on **November 25th** 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 19-25, 2015



Pictou-Antigonish
Regional Library

Architectural firm selected for the first design phase of the Pictou Public Library Project

(Pictou, N.S.) Monday, August 17, 2015 - The Pictou Public Library Project Committee has awarded the contract for the first design phase for the new library (to be joined with the current deCoste Centre) to Archibald and Fraser Architects Limited. Archibald and Fraser Architects Ltd., based in Antigonish County, was the lead firm for the Antigonish Town and County Library - popularly called The People's Place. The firm has an extensive portfolio, having designed many public buildings across northern Nova Scotia and in the waterfront area of Pictou. The proposals received by the committee were impressive, but after careful consideration the decision was made keeping key factors, like energy sustainability and community collaboration, in mind.

"Speaking on behalf of the committee, we've carefully and thoughtfully reviewed each of the 10 proposals received from the Request for Proposals (RFP)." explains Town of Pictou Councillor Cam Beaton, Committee Chair. "There's tremendous architectural talent in Nova Scotia, but in the end the final decision was based on previous success in library design, energy sustainability experience, a proven ability to work within a highly intensive public consultation process, and price" he adds.

The Committee, who will guide the project through this first phase, has representation from the Town of Pictou, the Municipality of the County of Pictou, the deCoste Centre, and the Regional Library Board. The first step will be an onsite assessment of the deCoste Centre to explore options for locating a library on the property. This will be followed by public consultations to gather ideas from the general public and county and town groups, led by Regional Library Staff and lead Architect Dale Archibald. There will also be

opportunities for input via the web and social media. Information gathered from all of these key stakeholders in various ways, in combination with the expertise of the architects, deCoste Centre and Regional Library staff, will factor into schematic design along with detailed costs for construction.

“Like other new library projects around the province, this can really act as a catalyst for growth in the Town of Pictou and the surrounding area. Public libraries today are vibrant community gathering and learning spaces and we have the benefit of partnering with the deCoste, a tremendously successful performance theatre. It’s a winning combination.” says Beaton.

Funding for this project has been provided by the Atlantic Canada Opportunities Agency (ACOA), Nova Scotia Communities, Culture, and Heritage (CCH), the Municipality of the County of Pictou, the Town of Pictou, and our communities.

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Partial Exemption – Curbside Collection Charge

The Curbside uniform charge is a form of user based taxation. If you own a residential property, which is charged this tax and if your property is not occupied for nine months of the year or more, you can apply for a partial exemption. To determine if you qualify for this tax credit, and to obtain an application form, please contact the Town Office at 902-485-4372 or visit <http://www.townofpictou.ca/town-hall/policies-by-law-applications/>.

Property owners must apply annually.

Partial Exemption – Low Income

Property owners with family incomes below \$22,900 may apply for partial tax relief of \$360 provided the owner lives at the property for which they are applying for an exemption. To determine if you qualify for a low income tax exemption, and to obtain an application form, please contact the Town Office at 902-485-4372 or visit <http://www.townofpictou.ca/town-hall/policies-by-law-applications/>. **Property owners must apply annually.**



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

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. Every Monday at the Odd Fellows Activity Room 9:00-10:00 am beginning September 14th running throughout fall and winter. Cost: \$5.75 pay as you go

Chair Yoga with Rachael MacLean (6 weeks)

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. Mondays beginning November 2nd at the Odd Fellows Activity Room 2:00-3:00 pm Cost:\$40

Photography Class with Len Cheverie (8 weeks)

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 15th from 7:00-9:00 pm at the Pictou Elementary School. Fee is \$75 and pre-registration is required.

Qigong with Muriel Agnes (6 weeks)

Qigong is a practice of gentle, flowing movements, along with still positions, that increases the circulation and balancing of healthy "qi", or energy. Sheng Zhen Gong lowers Stress, increases Energy and uplifts the Spirit. Qigong is effective self-help for conditions such as: Chronic Pain, Insomnia, Fatigue, Hypertension, Indigestion, Fibromyalgia, Depression and Anxiety. Instructor: Muriel Agnes, certified Qigong Teacher Every Wednesday beginning October 14 at the Odd Fellow Activity Room. Time: 10:30 am-12:00 pm Cost: \$40

Learn to Run (12 weeks)

A program for runners who would like to improve and reach their 5km goal. The Learn to Run program will teach you all you need to know about running in all kinds of weather, biomechanics, nutrition, goal setting, injury prevention, motivation, pacing and much more. Join our instructor, Michelle Sutherland, a Boston Marathoner, who will lead you through a program designed to have you running approximately 5 Km by the end of a 12 week instruction period. Included with the program is one swim a week at the pool (several designated times to choose from). Run times: Monday & Wednesday 7-8pm beginning September 14 Location: Meet at CN Station (inside space weather pending) Cost: \$60.00

Gentle Exercise & Eat Smart Program (6 weeks)

A nutrition and exercise program offering chair yoga. Nutrition topics include sodium reduction, label reading, probiotics, brain foods, hidden sugars and healthy aging. The sessions conclude with the creation of a healthy snack related to the topic of the day. Weekly program includes 45 minutes of exercise and a 45 minute nutrition session.

Wednesdays beginning October 14th at the Pictou New Horizons Club
Time: 9:00-11:00 am Cost: \$20

YOUTH PROGRAMS**Tumblebugs with Michelle & Katie (6 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. Saturdays beginning September 26 at the PA Gym. 6 week programs will run fall and winter.
Times: 12:00-12:30 pm Cost: \$40

Self Defense Class for Girls (2 sessions)

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.
Saturday, September 26 at the CN Station, ground floor.

Times: 1:00-3:00 pm

Cost: \$10.00

**A TOONIE OF FUN**
Drop In Programs

Pictou Badminton Club Every Tuesday beginning September 15th at the Pictou Elementary Gym
7:00-9:00 pm Cost:\$2/night. Bring your own racket.

Adult Floor Hockey Sundays beginning October 18th at the Pictou Academy Gym 2:00-4:00 pm Cost: \$2/day

Youth Floor Hockey 13 years +. Saturdays beginning September 26th at the Pictou Academy Gym. 1:00-3:00pm Cost: \$2/day Bring your own stick (some sticks available)

Ringette

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

This is a community based learn to skate program provided by certified instructors. The General objectives of the 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 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.

Ringette is open to boys and girls ages 5 to 11 years. Call Pictou Recreation and parks to register or find out more information at 485-4372

When: beginning in late October

Where: Hector Arena in Pictou.

Time: TBD

Cost: \$100 for fall/winter session

OPEN SKATES AND SWIMS

FREE Swims at the Fisheries Training Pool

Saturdays beginning November 7th 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 beginning late October from 11:30 am-12:30 pm. The "I Love To Skate" program in made possible through funding from Canadian Tire and the Province of NS Thrive Strategy. For info call 485-5122.

OFF LEASH DOG PARK SURVEY



The purpose of this survey is to gather community input on the interest in creating an off-leash dog park within the Town of Pictou. Your feedback is valuable whether you may own a dog or just would like to provide suggestions or ideas. The survey will only take four minutes to complete. Survey open until September 28.

Please visit the following link online:

<https://www.surveymonkey.com/r/off-leash>

or contact Michelle at michelle.young@townofpictou.ca

NEW

Kick It Up Line Dancing

Jill MacDonald leads this energetic and up beat line-dancing class! Come join the fun, increase your energy, and get some exercise at the same time! A program open for ladies and gents.

Mondays beginning October 26th for 8 weeks, 7:00-8:00 pm.

Location: Pictou New Horizons Club Cost: \$30

Register by calling Pictou Recreation and Parks at:
902-485-4372



WOW Women On Wheels

If you're curious about cycling or want to go on rides with a group, join a women's cycle group. For **BEGINNERS** or the **EXPERIENCED** cyclist, drop in for our info session. Relax after work and meet other women who are interested in cycling, enjoy health smart snacks and listen to an informative session about cycling topics such as: simple bike maintenance, change a tire; find the best bike and gear to suit your needs and more. Guest speakers. All ages welcome.

Weekly beginning September 18, 12:00-2:00 pm. Lunch and Learn with Lynn Pascoe of Bicycle Nova Scotia LOCATION: Pictou Library
Call Pictou Recreation and Parks to register at 902-485-4372.



FREE

BACK TO SCHOOL LUNCH AND LEARN

Wednesday, September 30th

11:00am—1:00pm, First Presbyterian Church Hall

"Learn about Packing Healthy and Safe School Lunches that Appeal to Kids" Session will begin with some Family Fun Physical Activity! Bring your children, Kids First will provide on-site childcare during the session!

Call to register at 485-4372.

PICTOU FISHERIES TRAINING POOL

Offering Red Cross Swim Lessons for over 50 years in our community!
73 Harbour Drive 485-5301 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-September 19 to November 7

Pre-School & Swim Kids Level 1-10

Wednesdays-September 16 to November 4

Thursdays-September 17 to November 5

Fridays-September 18 to November 6

Saturdays-September 19 to November 7

**CALL POOL FOR CHANGES IN
START DATES FOR LESSONS**

Adult Swim Lessons

Tuesdays - September 15 to October 27

Bronze Medallion A Lifesaving Society course that 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 18	9:00 am-2:00 pm
	October 19	6:30 pm-8:30 pm
	October 25	9:00 am-2:00 pm
	October 26	6:30 pm-8:30 pm
	November 1	9:00 am-2:00 pm
	November 2	6:30 pm-8:30 pm

Pre-registration is required. Course Fee \$185.00 (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 7 and 14.



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
		Aquafit 9:30-10:30		Aqua-fit 9:30-10:30 *	Aqua/ Arth 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		Adult Lane 2:30-3:30		
	Swim Team 4-6	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	
Masters 7-8	Aqua- Turbo 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		

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!

Don't miss the **HUGE 50%** off sale at the Pro Shop. All stock swim suits have been reduced. Please note there will be no exchanges or refunds.



WASN'T THAT A PARTY ?!

That's what people will be saying if you let us be a part of your **birthday or get-together!** 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.

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 Turbo with Darlene A high intensity class! It focuses on building cardiovascular strength and endurance through challenging routines of intervals and higher intensity options. You will keep your heart rate and pace up throughout the class and learn to train in both aerobic and anaerobic zones. Provides a definite challenge for veterans and avid participants. Every Monday, 7:00-8:00pm

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.

OTHER COURSES (dates to be announced):

Bronze Medallion & Bronze Cross

National Lifeguard NLS, (includes Standard First Aid)

RED CROSS WSI (Water Safety Instructor)

Please call 485-5301 to put your name on an interest list

WATCH FOR IT!!

Every month there is an exciting special. For September.....

MOVE IT MONDAYS - jump start your week.....get off the couch and into the pool. Swim for \$2 from 6:00-7:00 pm.

GET MOVIN'-Recreation Kits & Washer Toss

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. We also have washer toss sets to loan. Reserve by calling 485-4372



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 for more details.

PROGRAM LEADERS: We have the perfect after school job for those looking to gain experience in the recreation/education field. Apply online at <http://www.activepictoucounty.ca/active-schools-2/program-staff/apply-online/> Contact Brittany Lowe at afterschool@activepictoucounty.ca.

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 the end of October 2015, 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, beginners clinic offered. 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

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 Wednesday beginning October 7th at 7:00 pm. Treatments are \$4.00 and all are welcome. Very restorative.

Pictou Library & Innovation Centre

Fall Program Schedule, All Library Programs are FREE

Call to register, space is Limited. 902-485-5021

Toddle Time for children ages 18 months up to and including 3 year olds- every Tuesday at 10:30. Rhymes, fingerplays, songs, crafts & stories Sessions will start September 15th.

Preschool Storytime for children who will be 3 years old by January 1st, 2016. Sessions every Wednesday, starting September 16th at 10:30 am.

ABC's for Babies every Thursday, starting September 17th at 10:30 am. This is an excellent opportunity for moms/dads and newborns to 18 months to get together to share & interact with nursery rhymes and fingerplays.

Family Lego Time every Saturday starting September 6th at 3 till 4:30 pm Drop in and create a Lego masterpiece from our huge tote of Lego. Families welcome.

NEW Saturday Morning Puppetry Club 10:30 am a weekly program for children ages 5+, (pre-registration required). Learn how to make puppets from all different kinds of materials and then have your puppet join other puppets to tell a story. It could be one of your favorite stories or one that you create out of your imagination. Program starts September 19th

Other Programs

A "Drop-In" Knit & Crochet Group Thursdays, starting Sept. 10th 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.

Thursday Book Club-Thursday, September 3rd at 7 pm (*for this month only*) New members are always welcome. Call the library or drop in to register and arrange for a copy of "Making Rounds with Oscar" by David Dosa, M.D. to read. We will be selecting the books that we want to read this year so bring your suggestions and recommendations along.

Seniors Café-Monday Morning; September 21st, 10 – 12pm. Seniors have exclusive access to all library services and gluten-free refreshments are provided. Joining us this month will be Griselda Manning, Founder of Eastern Lights Belly Dance Performance Troupe, professional dancer, choreographer & teacher to explain and demonstrate the art of belly dancing. Come prepared to participate.

Tuesday Book Club-Tuesday Sept. 15th at 7 pm. This month we will be discussing "The Book Thief" by Markus Zusak. New members are always welcome. Call the Library or drop in to register and arrange for a copy to read. Bring your suggestions of book titles as we will be selecting our books for the coming year.

Puppet Shows are back! Our puppets are back after their summer vacation & they are ready to entertain you! How many of you remember "Little Red/blue/green/purple/orange Riding Hood" Well, on Thursday, September 24th at 2 pm, we will be sorting out what color that "hood" really was and what happened at the end of the story to the wolf.



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.

Looking for VOLUNTEERS

DEANS, who is operating the **Visitor Information Centre** at the Pictou Rotary this season, is pleased with how things have been going so far. The numbers have been steady and we have been able to keep visitors in the area longer enjoying our many attractions. We have been open all summer 7 days a week but with the end of August and our students heading back to school we will be looking for some volunteers who would be interested in meeting new people and helping out at the centre. If you have a few hours that you would like to offer please drop into to see Kara at the VIC or you can call at 902-301-3466.

VISIT A LOCAL MUSEUM THIS FALL
McCulloch House Museum & Genealogy Centre

Telling the Story of Scots in the New World
902-485-4563

Hours of Operation

Monday to Saturday 9:00 am-5:00 pm (until Thanksgiving weekend)
Monday - Friday 9:00 am - 5:00 pm (winter hours)
McCulloch House closes October 10th for the season &
open by appointment only during the off-season.

Upcoming Events:

Blueberry Social - September 20



**THE HECTOR
HERITAGE QUAY**
Pictou, Nova Scotia

Hector Heritage Quay

902-485-4371

Sept.-mid Oct., 11:00 am-5:00 pm
hectorquaysociety@gmail.com
www.shiphector.com

New Volunteers always needed, so sign up and
come on board!!
Check the website for special events.

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



Hear the **BEEP**
where you **SLEEP**



**EVERY BEDROOM
NEEDS A WORKING
SMOKE ALARM.**

**FIRE PREVENTION WEEK
OCTOBER 4-10, 2015**

firepreventionweek.org



start something

Do You Want To Make An Impact In Your Community!

In School Mentoring is one of many programs that Big Brothers Big Sisters offers to the community. This program is great for people who want to make a difference, but are not sure how to fit it in to an already busy schedule.

The commitment for this program is:

- Only one lunch hour each week
- During the school year and on school property

Start ...more Role Models Start ...more Success Stories...
Start...more Possibilities....Start Something

Contact Big Brothers Big Sisters for more information:

752-6260 bigbrothers@eastlink.ca

Big Brothers Big Sisters
of Pictou County



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 ARE CURRENTLY
LOOKING FOR VOLUNTEERS TO ASSIST IN RUNNING
THESE TWO PROGRAMS.**

Canadian Red Cross Society

Located at 40 Water Street Tel: 485-1789
Hours: Mon., Wed., Thurs. - 1:30 pm-3:00 pm



Water Street
P.O. Box 39,
ph: 485-8848

www.decostecentre.ca

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on FACEBOOK

decostecentre@eastlink.ca

Northern Nova Scotia's Premier Presenter of the Arts

UPCOMING PERFORMANCES

Foster & Allen	September 16
Four by Four	October 6
Classical Series - Maritime Brass Quintet	October 25
Classical Series - Bogdan Dulu	November 3
Nova Scotia Youth Orchestra	November 21



BLUE ROUTE

The Blue Route provincial cycling network will connect Nova Scotia's communities through designated cycling routes on secondary highways with paved shoulders, low traffic volume roads, hard surfaced trails, and city streets with bicycle infrastructure. Once completed the Blue Route will comprise of a 3000km network of signed bicycle routes, connecting riders with communities across the province.

The first section of the Blue Route was launched and opened this past August beginning on Pictou's Waterfront. This included the installation of Blue Route signs on a segment of the provincial road network and on a short segment of the Jitney Trail, which is managed by the Town of Pictou. This segment of the entire planned route is 56 km in length, including 53km on Provincial Roadways and 3km on the Jitney Trail. The opening of the first section of the Blue Route was a historical event celebrated on our very own **Jitney Trail**.

JUVENILE DIABETES RUN

JITNEY TRAIL, PICTOU

September 27th

Run registration opens at 8:00 am, start time 9:30 am - 5 Km and 10 km fun runs. Download your pledge form at www.pictoujdrf.ca.
To register go to: www.atlanticchip.ca

35th Annual TERRY FOX RUN

September 20, 2015

Visitors Marina on Pictou Waterfront

Inspired by a dream, grounded in tradition, volunteer driven.

The Annual run in Canada is usually hosted on the second Sunday after Labour Day, the month chosen by Terry to reflect when he had to stop running and when Canadians had to start.

To sign up, go online at www.terryfox.org

September 17-19, 2015

WELCOME SPECTATORS & VOLUNTEERS



Pictou County boasts high quality recreation facilities that will provide the backdrop to memorable moments at the NS 55+ Games in September.

Come out and cheer on local athletes at venues across Pictou County.

A full schedule of events can be found at www.activepictoucounty.ca

Upcoming Events

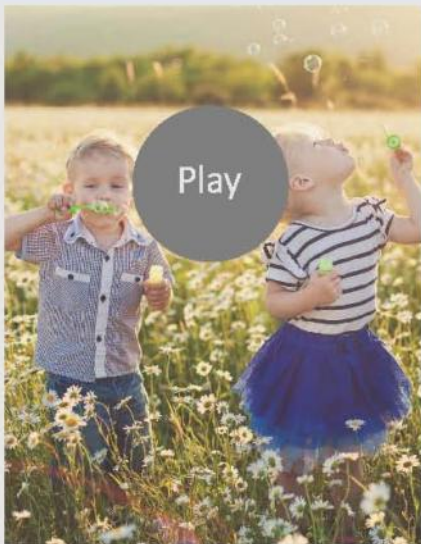
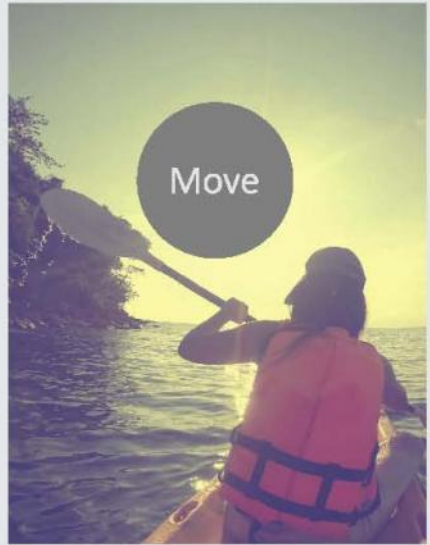


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|------------|-------------------------------------|
| Sept 20 | Blueberry Social - McCulloch Centre |
| Sept & Oct | Cruise Ship Visits |
| Nov 14-15 | Christmas at the deCoste |
| Nov 21 | Sport Day in Canada |
| Dec 4 | Pictou Christmas Light Up |

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

Highland Connect.ca

Search - Find - Play



www.highlandconnect.ca