

Town of Pictou Newsletter



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

Issue 18

Feature Articles:

Elections Information

2016-17 Budget Highlights

Pictou Roundabout Project

Recreation and Aquatic Programs

AND.....Upcoming Community Events



www.townofpictou.ca

FALL 2016



Dear Friends and Neighbours,

It has been an exceptional summer in the Town of Pictou this year. The community was busy with visitors travelling from afar to visit family or take in our many festivals and events. On a number of occasions, I had the opportunity to speak with visitors who had favourable comments about their time in Pictou and our hometown friendliness.

On behalf of Council, I would like to extend our congratulations to the Pictou Lobster Carnival Committee, the PA 200 Committee and Pictou North Colchester Exhibition.

Your hard work over the past year made these events truly memorable.

The Town of Pictou has had a busy year working on a number of projects and initiatives. Significant advances have been made relative to the roundabout being constructed by the Nova Scotia Department of Transportation and Infrastructure Renewal, and the construction of a central water treatment plant and the installation of water pressure zones. More detailed articles on these topics are included within this newsletter.

With the municipal election close at hand, I would like to extend a heartfelt thank you to the outgoing Councillors and Town staff for their pride and work in our community. To the new incoming Council, I wish you all the best in your endeavors over the next term of office.

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 Cam Beaton, Ward 2 P.O. Box 897, Pictou, B0K 1H0	902-485-6764 cam.beaton@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 Alta Munroe , Ward 2 P.O. Box 1305, Pictou, B0K 1H0	902-485-4913 alta.munroe@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 the Town of Pictou at 902-485-4372.

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

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Michelle Young Ext. 255
Recreation Coordinator
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Town of Pictou



Birthplace of New Scotland



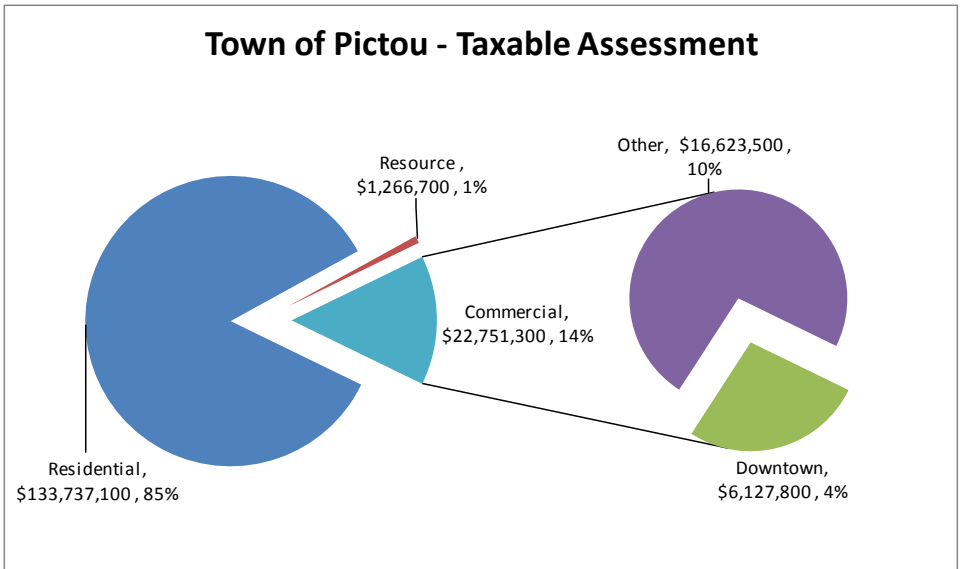
2016/17 TOWN OPERATING BUDGET

Summary of Prior Year Results

For the fiscal year ending March 31, 2016, the Town achieved a modest surplus of approximately \$50,000.

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, 2017:



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 2016-17 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 relative to the prior year are as follows:

TOWN OF PICTOU

General Section

Statement of Proposed Operations - Operating Fund

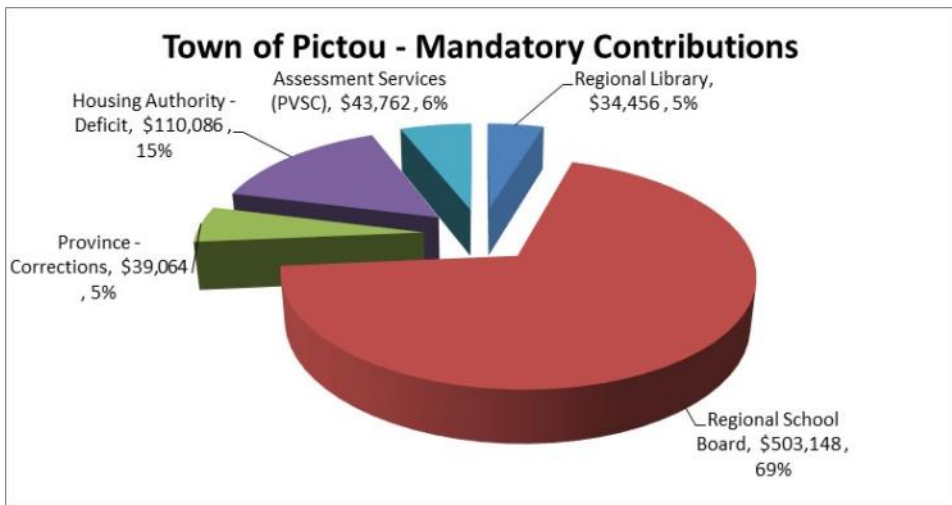
For Year Ending March 31	2017 Budget	2016 Actual	2016 Budget
REVENUE			
Assessable property taxes	\$ 4,287,708	\$ 4,276,100	\$ 4,264,937
Less: School Board Requisition	(503,148)	(494,928)	(494,932)
	3,784,560	3,781,172	3,770,005
Grant in lieu of taxes	317,648	320,348	314,608
Services provided to other governments	17,685	27,872	36,285
Sale of services	263,152	288,770	289,168
Other revenue from own sources	357,706	341,885	351,575
Unconditional transfers from other governments	545,685	536,506	545,695
Conditional transfers	-	50,909	15,000
	5,286,436	5,347,464	5,322,337
EXPENDITURES			
General government services	875,367	930,840	827,337
Protective services	1,383,161	1,361,770	1,377,003
Transportation services	965,012	975,339	1,011,008
Environmental health services	728,604	674,269	712,423
Public health services	135,915	126,817	162,299
Environmental developmental services	115,420	106,380	119,947
Recreation and cultural services	642,473	657,859	644,345
	4,845,951	4,833,274	4,854,361
Excess of revenues over expenses before the following	440,485	514,190	467,976
FINANCING AND TRANSFERS			
Debtenture and term loan principal installments	(278,973)	(278,973)	(278,973)
Transfers from (to) own reserves, funds and agencies	(161,513)	(185,340)	(189,002)
Net financing and transfers	(440,486)	(464,313)	(467,975)
ANNUAL SURPLUS / (DEFICIT)	(0)	49,877	0
ACCUMULATED SURPLUS, BEGINNING OF YEAR	(0)	(0)	(0)
TRANSFER TO OPERATING RESERVE		49,877	
ACCUMULATED SURPLUS, END OF YEAR	\$ (0)	\$ (0)	\$ 0

2016-17 Rates and Charges

Residential / \$100 of assessed value	\$ 1.644
Commercial / \$100 of assessed value	\$ 4.344
Sewer Operating Flat Tax	\$ 169.06
Sewer Capital Flat Tax	\$ 117.52
Hydrant Rental Area Rate / \$100 of assessed value	\$ 0.105
Curbside Collection Flat Tax	\$ 185.27

Mandatory Contributions to the Province and Others

Municipalities are required to contribute mandatory amounts as prescribed by the Province of Nova Scotia or through other formal Agreements. The projection for the current fiscal year has the Town collecting and remitting to others \$730,516. This amount has increased over the prior year by \$17,403 (2.4%). The following details where these funds must be directed.



2016/17 CAPITAL PROJECTS

Town Projects

The Town is investing in the repaving of Weaver Road and a portion of Pine Tree Road in conjunction with work being carried out by the Province (the Province is constructing the new roundabout). More detailed information is contained within a separate article in this newsletter.

The resurfacing of limited sections of West River Road, Denoon, and Oak Street will also proceed later this fall. This paving is in addition to the patching currently underway.

New roofs for the Town Office and RCMP stations are to be installed this year in addition to a limited amount of equipment purchases/installations.

Update on Town Water Projects

As detailed in previous articles and releases, the Town has been engaged in a two-phase improvement program related to Town drinking water infrastructure. The first phase was completed over the past several years and included upgrades to each of the Town's 13 wells (new pumping, disinfection and monitoring equipment), the installation of a transmission line in the Caribou wellfield, refurbishment of the water tower, and installation of water meters. Phase 1 upgrades included the development of a cluster of wells intended to supply a proposed central treatment plant. Preliminary engineering work on the new treatment plant, including full scale testing of filtering technologies, has also been completed.

Phase 2 includes the full design and construction of a Water Treatment Plant to remove concentrations of iron and manganese, which are causing discolouration problems; and the installation of pressure zones to stabilize water pressure in the Town's distribution system during periods of peak demand.

Most recently the Town released a Request for Proposals from qualified engineers to prepare construction design drawings, specifications and tenders. The engineering RFP closes on September 22nd. The Town has also received funding commitments for two-thirds of the cost from the Federal Government and Province of Nova Scotia. The Town is responsible for one-third of the project costs. The funding commitment and engineering timelines will require the bulk of the construction to occur during the 2017-18 fiscal year.

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

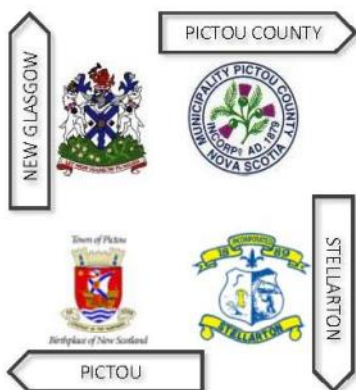
Telephone: 902-755-8351 / 902-755-7534

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.

ADVANCE POLL INSTRUCTIONS for MUNICIPAL COUNCIL and SCHOOL BOARD ELECTION

(by INTERNET or TELEPHONE E-VOTING)



VOTE ONLINE
OR
VOTE BY TELEPHONE

E-VOTING IS OPEN

October 3 · 8:00am

Until

October 11 · 8:00pm

Using the PIN which you will receive in the mail (3-5 days before voting begins) use internet or telephone voting anytime during the E-voting period!

any internet enabled device · any telephone from anywhere

(laptop, PC, smartphone, tablet or Access Nova Scotia)

THIS WILL BE THE ONLY ADVANCE VOTING AVAILABLE!

If you do not vote electronically by internet or telephone before end of day October 11th, you may vote by PAPER ballot on October 15th at the polling location identified in your letter between the hours of 8am and 7pm.

Changes in Town (Municipal) Elections

On March 19, 2016, the Nova Scotia Utility and Review Board (URB) issued a decision that confirmed the number of Councillors and eliminated polling districts (wards) in the Town of Pictou.

Starting in this October regular election voters in the Town of Pictou can vote for a Mayor and up to four Councillors at large. The decision of the URB has eliminated the ward boundaries.

Election information will be publicized by the Returning Officer starting the week of September 18th.

The Town is also utilizing electronic voting for the October 2016 election. Electronic voting (telephone or internet enabled device) will be the only means of casting an advance vote.

More specific information released by the Returning Officer on e-voting is on page 10 of this newsletter.

Thank You!

The staff at Pictou Recreation and Parks would like to thank everyone who made this summer such a success! Over 225 children participated in the day camp program this summer. Your commitment to investing in your community is genuinely appreciated. A special thank you to local businesses and organizations who provided donations and to the Pictou RCMP Detachment and Fire Department .



Canadian
Heritage

Patrimoine
canadien



big8

sobeys
Better food for all.

Atlantic
superstore

Alf's Taxi



freelander
bicycles



Royal Canadian Legion 902-485-5790

The Royal Canadian Legion Branch 16 in Pictou is located on Veterans Drive across from the Sobeys Plaza. Activities at the Legion include darts, pool, karaoke, Chase the Ace and bingo. Besides offering support and social activities for Veterans of the Armed Forces the Legion supports the local cadets, the food bank, 4H, the local Fire Department, and bursaries for students.

We are always looking for new members and encourage you to visit and see what we have to offer. Many activities are open to the public such as Monday night bingo, Friday Night Chase the Ace, Thursday night Karaoke, Steak Darts, Sunday Meat Roll and pre teen dances; a few activities are member benefits. The Legion has a very active Ladies Auxiliary that offers catering for weddings, birthdays, anniversary and other activities; call Agnes at 902-485-4044 for details.

Open Hours:

Monday, Tuesday, Saturday and Sunday 10:00 am - 7:00 pm



Pictou Business & Marketing Society

The Pictou Business and Marketing Society is a non-profit organization representing commercial property and business owners in downtown Pictou which includes a diverse range of businesses and services. There are approximately seventy five members offering a unique blend of affordable yet diverse shops, eateries, and personal and business services available at your fingertips. Over the past several months there have been a number of new business openings.

Downtown Pictou is the place to shop for unique gifts or your special occasion and Holiday gift buying. Check out the Town of Pictou website on upcoming promotions or how you can become a member.



Foam Polystyrene (Styrofoam™) Recycling

Effective September 1st, 2016, Residents of Pictou County are Now Able to Recycle Foam Polystyrene (Styrofoam™)

The following list of foam (Styrofoam™) items can be RECYCLED by placing them in the SAME BLUE BAG as the plastics, glass, metal and milk containers:

- ✓ Plates, Cups & Bowls
- ✓ Meat Trays - (Plastic Wrap & Absorbent Pads Removed)
- ✓ Take-Out Food Containers
- ✓ Egg Cartons
- ✓ Protective Packaging Blocks - (From Computers, Appliances, Etc.)
- ✓ Disposable Beverage Coolers

X NO Spray Foam or Packing Peanuts

Prior to placing these items in the BLUE BAG, please...

- ✓ Remove leftover food, absorbent pads/plastic wrap; remove card board, packing tape, etc.
- ✓ Rinse, if necessary; ensure items are “loose” and not wrapped in grocery bags.

Facts about recycling foam polystyrene (Styrofoam™)

- The air inside the items is removed by a machine which densifies the foam into blocks
- The blocks are sold and used to make picture frames and decorative mouldings
- The Styrofoam™ will no longer be taking up space in Nova Scotia's landfills!

Questions? Hotline 902-396-1495; www.pcwastemgmt.com;

Fall Leaf Collection Program 2016

Pictou County Solid Waste will be collecting leaves during the regular garbage collection day on **November 23rd** 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.

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.

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 12th running throughout fall and winter. Cost: \$5.75 pay as you go

Chair Yoga (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. Beginning mid October Location and Time: TBD Cost:\$45

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 20th from 7:00-9:00 pm at the Pictou Elementary School. Fee is \$75 and pre-registration is required. Another session to follow.



A TOONIE OF FUN **Drop In Programs**



Pictou Badminton Club Every Tuesday beginning September 13th at the Pictou Elementary Gym 7:00-9:00 pm Cost:\$2/night. Bring your own racket.

Adult Floor Hockey Sundays beginning October 16th 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

Self Defense Class for Girls

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-defense techniques, explore verbal self defense - reasoning, confronting, using surprise, and more. Call to register.

Saturday, October 22nd 11:00 am Location: PA Small Gym

Cost: \$10.00

Tumblebugs with Silvia Schaaf (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. The program will begin Sunday, October 23 at the PA Gym. Time: 10:00am Cost: \$40

Nature Connect Program

Grow your child's love of nature with this **two day** earth adventure program. Register your kids for this eco-program that is taught by certified instructors. This program will include forest games, crafts, storytelling, nature exploration and other activities which are intended to be play-based, hands-on and focused on connecting youth with nature in our communities outdoor trails and natural play spaces.

When: October, dates to be determined.

Register by calling 902-485-4372

Learn to Run Workshops

Would you like to learn how to begin a running program? Well, with the Learn To Run workshop you'll learn effective breathing techniques that allows you to run more efficiently, pacing and form, best choices in clothing, how to keep hydrated and best of all, meet new people and have some fun! Even if you have run before or you are looking to start, this Q & A info session is for you. From beginner to advancing your distance. With these new running skills you'll enjoy a more active lifestyle and gain great health benefits whilst enjoying the wonderful sport of running. Cost: \$5.00
Location: PA Small Gym Registration required, please call 485-4372.

Learn to Run Workshop for Adults: September 22 6:00-8:00 pm

Learn to Run Workshop for Youth: September 21 3:30-5:30pm

Ringette

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

This is a community based learn to skate program. 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 January

Where: Hector Arena in Pictou.

Time: TBD

Cost: \$50 for 5 weeks

OPEN SKATES AND SWIMS

FREE Swims at the Fisheries Training Pool

Watch for details on FREE Swims at the pool beginning in November running to March 2017 is made possible through funding from the Province of NS Thrive Strategy. Saturdays 12:00-1:00pm For further info call 485-5301.

FREE Skating at the Hector Arena

Watch for details on FREE Skates at the Hector Arena beginning in the fall; Sundays 11:30-12:30 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.

Fisheries Training Pool Survey

The Pictou Fisheries Training Pool is conducting a survey on what types of programs and features that the community wishes to see happen at the Pictou Pool. Your feedback is important in improving our current services. The survey is open until October 31.

Please visit the following link online:

<https://www.surveymonkey.com/r/pictoupool>

Or pick up a copy at the pool or Town Hall.



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.

Every Friday at 10:00am LOCATION: Pictou Library
Call Pictou Recreation and Parks to register at 902-485-4372.

Bus Trip - The Piano Man

A tribute to Elton John & Billy Joel

November 19, 2016 to the Rebecca Cohn, Halifax

Relive the best of the '70s with the legendary music of Billy Joel and Elton John! Symphony Nova Scotia teams up with award-winning singer/pianist Jim Witter and his four-piece band for an exhilarating multimedia tribute to the music that defined a decade. Hear hits like Piano Man, Your Song, Daniel, Only the Good Die Young, Candle in the Wind, and so much more in this symphonic celebration of epic proportions!

Call Pictou Recreation and Parks to register at 902-485-4372

DID YOU KNOW you can borrow the following equipment for **FREE** ?
For details call Pictou Recreation and Parks at **485-4372**

Kit Bag— tug a war rope, soccer ball, skipping ropes, badminton, volley ball, games, and more.

Baseball Bag—bats, gloves, balls, catchers gear, helmet

Washer Toss—2 game kits

Road Hockey equipment

Flag Football kit bag

Rollarblades

PLUS the Pictou Library has **PLAY PACKS** available & bike locks

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.

Wednesdays, September 14 to November 2

Thursdays, September 15 to November 3

Friday, September 16 to November 4

Saturdays, September 17 to November 5

There will also be a 5 week session for Red Cross Swim Lessons from November 16-December 17th.

Adult Swim Lessons

Tuesdays - September 13 to November 1

These lessons are from 7:00-8:00 pm and the fee is \$80 for 8 weeks.

New This Fall

Morning Lane Swims on Tuesdays and Thursdays beginning Tuesday, September 13th from 7:00-9:00 am.

Arthritis Fitness Classes will include Aqua Yoga. Aqua Yoga is a gentle and very low impact aquatic activity. With the release of gravity, the body is able to find the optimum stretch. By using the rhythm of the breath an inner sense of relaxation can be achieved. Aqua Yoga strengthens and tones the body whilst relieving tensions and renewing energy.

Arthritis/Yoga classes are held on Monday and Wednesday from 11:00-12 noon.

Bronze Medallion and Bronze Cross Course - is set to run on November 12 & 13 and November 19 & 20. Participants must be at least 13 years of age and committed to putting in the times and effort it requires. Preregistration is required.

Red Cross Babysitters Course: offers basic first aid and care giving skills for youth 11-15 years old. Participants learn how to provide care to younger children in a variety of age groups, and how to prevent and respond to emergencies. Pre-registration is required.

Course fee \$40. Course date: Friday, October 28.



Drop In Fees

Parent & Tot	\$4.00
Student/Senior	\$3.50
Adult Swim	\$6.00
Family Swim	\$13.00
AquaFit	\$7.00
Sr. AquaFit	\$6.00

SUN	MON	TUES	WED	THUR	FRI	SAT
		AquaFit 9:30-10:30		AquaFit * 9:30-10:30	Aqua/ Arth 9:30-10:30	
	Arthritis 11-12:00	Splash N Play 10:30-11	Arthritis* 11-12:00			Swim Lessons 9:00-12
	Adult Lane 12-1		Adult Lane 12-1		Adult Lane 12-1	Toonie Swim 12-1
Family Swim 2-3:30		Adult Lane 2:30-3:30		Adult Lane 2:30-3:30		
	Swim Team 4-6:30	Swim Team 4-5:30	Swim Team 4-5:30	Swim Team 4-5:30	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 Swim & 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

**Looking for goggles & caps
Visit the
Pro Shop**



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 gym (**True Potential Fitness**) during designated times.

<u>Membership Type</u>	<u>3 Month</u>	<u>Yearly</u>
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
Come in and see what were all about!
~New members are always welcome~
Contact Janice Currie at 485-1983 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. There will be a Standard First Aid Course held December 10 & 11. For further info call the pool.

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. Tuesdays beginning September 13 from 7-8 pm.

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.

THANKSGIVING SCHEDULE

Pool closed Sunday, October 9

Open Monday, October 10

1:00-3:00 pm Toonie Swim

6:00-7:00 pm "Free" Family Swim

7:00-8:00 pm "Turkey Buster" - Aqua Turbo with Darlene

OTHER EVENTS TO WATCH FOR

- | | |
|-------------|--|
| October 14 | 1:00-3:00 pm Toonie Swim |
| October 22 | 7:00-9:00 pm Ladies Night—"Ghostly Tales, Angel Wings" Stay turned for more info |
| October 28 | 1:00-3:00 pm Toonie Swim Friday |
| October 29 | Watch for a Spooky Swim |
| December 22 | 1:00-3:00 pm Open Swim-admission will be a donation for the SPCA |
| December 23 | 1:00-3:00 pm Open Swim—a visit from Santa |
- PLEASE NOTE: The pool will close at 1:00 pm on October 31st and for the full day on November 11th.**



The purpose of this cooperative partnership amongst the **six municipalities in Pictou County** is to educate and motivate all citizens to increase their daily physical activity in an effort to create a happier, healthier and active community. The brand Active Pictou County was created as the driving force for this purpose. Looking to get more active or incorporate physical activity into your daily routine, visit the Active Pictou County website at: www.activepictoucounty.ca or like on Facebook.

Sally O'Neill, Coordinator

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.

Hector Arena Opening Mid-October

For further information on skating/rentals/parties call the Hector Arena at 485-5122.

A full schedule of skate times for the season can be found on the Town website at www.townofpictou.ca.

New Caledonian Curling Club

The club will be starting the end of October 2016, 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.

Therapeutic Touch (TT) TM

Therapeutic Touch treatment sessions will be held at the Stella Maris Church Hall on Denoon Street in Pictou. Sessions will be held every second Wednesday beginning September 14th at 7:00 pm. Treatments are \$4.00 and all are welcome. Very restorative.



True Potential Fitness

Phone # 902 302 3303

24 Ross Street, Pictou

OPEN 365 Days a Year!

Branden O'Brien

Gym Manager and Personal Trainer

Family Owned and Operated

Email: truepotentialfitness2013@yahoo.com

Instagram: [truepotential.fitness](https://www.instagram.com/truepotential.fitness)

OPEN Hours

Monday	6:00-1:30/ 3:30-8:00
Tuesday	6:00-1:30/ 3:30-8:00
Wednesday	6:00-1:30/ 3:30-8:00
Thursday	12:00-8:00
Friday	6:00-1:30/ 3:30-6:00
Saturday	10:00-2:00
Sunday	10:00-12:00

AGES 12 and Up! ALL Fitness Levels.

Daily, Bi-Weekly, Monthly & Yearly Rates

Personal Training available

High Quality Whey Protein available.

**Protein Shakes prepared for your
after workout needs.**

FREE Daily Classes with Membership.

Join TPF for Fun, FITNESS, and Friendship! ☺

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, 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 starting September 13th.

Preschool Storytime for children who will be 3 years old by January 1st, 2017. Sessions every Wednesday, starting September 14th at 10:30 am.

ABC's for Babies every Thursday, starting September 15th 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.

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 17th.

Other Programs

A "Drop-In" Knit & Crochet Group Thursdays, starting Sept. 15th 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-Second Thursday of every month at 7 pm. New members are always welcome. Call the library or drop in to register and arrange for a copy of this month's book selection to read.

Seniors Café-Third Monday of every month, 10 am–2 pm. Seniors have exclusive access to all library services and gluten-free refreshments are provided. Each month we will be joined by special presenters and discussing timely topics. Come prepared to participate.

Tuesday Book Club– Third Tuesday of every month at 7 pm. New members are welcome. Call the Library or drop in to register and arrange for a copy to read.

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 22nd 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. "Poultrygeist" - October 27th—6:15 pm—"Something" is scaring 2 rowdy roosters out of the barn.....

Santa Claus is coming to the Library - Saturday, December 17th - 11:00 am

St. Mary's University Course: "Soccer: a history of Brazil" starting Wednesday, Sept. 7th and ending November 30th—1:00-2:15 pm Students will trace the historical forces behind the evolution of soccer in Brazil—from an elite sport to a national passion with unifying powers.

Imagination Saturdays: Drop by the library all day (10-4:30) & see what fun stuff we have planned! Every Saturday will be different. Games, puzzles, LEGOs, crafts, puppets, how about being a "tinker" and seeing what you can make from our Tinker Trays, Scavenger Hunts and more!...hands-on fun for families to share together!

NFB FILM CLUB

Pictou-Antigonish
Regional Library

One again the Pictou Library is offering screenings of some excellent NFB films.

“Michaëlle Jean: A woman of Purpose” - Tuesday, Sept. 13 at 7 pm - An intimate & thoughtful portrait of Michaëlle Jean—a dedicated journalist & citizen of the world who became our Governor General in 2005.

“Pipelines, Power and Democracy” - Tuesday, Oct. 11 at 7 pm - A film that urges action at a time when our planet’s fragile ecological balance is threatened by those who embrace economic growth at any cost.

“When the Mill Closes” - Tuesday, Nov. 8 at 7 pm - This film delves into the industry’s glorious past and gauges the true impact of mill closings on local populations and on the way the forest is managed.

“Grassroots in Dry Lands” - Tuesday, Dec. 13 at 7:00—This intimate documentary reveals a unique human-rights-based approach to democratic change taking root in neighbourhoods across Palestine, Israel and Jordan.

Story Boards Writing Workshop

researching, writing & presenting community history

with John Ashton - Pictou Library

October 4, 2016 6:30-8:00 pm

Join author, columnist, historian and visual artist **John Ashton**, as he takes participants on a journey of discovering community history. Mr. Ashton has worked with many Pictou County communities to present their histories by means of graphics, text and photos on interpretive panels. Learn the different traditional and online methods and sources of historical research. Join us for a writing workshop at the library. All ages welcome. Class size is limited to 12 participants, please pre-register by contacting the Pictou Library (902-485-5021). Financial support for this workshop was provided by the Town of Pictou - Parks & Recreation, through a New Horizons grant (“Each one, Teach one” project) from the NS Department of Seniors, and an endowment from the Pictou County Writers Group.

About the Author/Instructor: Author and columnist John Ashton will offer participants tips on selecting historical subject matter, developing and writing a story from beginning to end. He will also discuss utilizing factual historical research from libraries, archives, museums, universities, genealogists, manuscripts, research papers, personal interviews, books, microfilm and online. John Ashton is a self employed graphic artist and historical author. He has operated Ashton Creative Design for over thirty years from his studio/office in Bridgeville, Pictou County. Mr. Ashton has won several national and provincial awards for his design work.

VISIT A LOCAL MUSEUM THIS FALL



Telling the Story of Scots in the New World

902-485-4563

Hours of Operation

FRIDAYS FREE ADMISSION—Tours & Research

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.

www.mccullochcentre.com



**THE HECTOR
HERITAGE QUAY**

Pictou, Nova Scotia

Hector Heritage Quay

902-485-4371

Sept.-mid Oct., 10:00 am-4:00 pm

shiphectortoursandevents@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

Art Classes in Oil or Acrylic with Carolyn Vienneau Starting September 12th afternoon and evening at Strokes of Colour Art Studio. Paint with Vino Night held at Stone Soup Cafe and Catering on the Third Thursday of every month. Children art classes, fused glass classes and painting workshops will be available. Check dates and times at carolynvienneau.com or call 902-485-5005

Northumberland Fisheries Museum & Heritage Association

Located on the Waterfront at 21 Caladh Avenue

PO Box 1489 Pictou NS Ph: (902) 485-8925

Facebook: Northumberland Fisheries Museum & Pictou Lobster Hatchery

- Over 3000 Fishing Related Artifacts
- Boat Building Models
- Adopt a Lobster Program
- Maritime merchandise at the Gift Shop; including books, jewelry, fused glass, artwork and more



Sparks Age 5-6

Brownies Age 7-8

Guides Age 9-11

Pathfinders Age 12-14

Rangers Age 15-17

Pictou Girl Guides

Register now at girlguides.ca.

We have opportunities for adult volunteers as well.

#Power Of An Hour



Big Brothers Big Sisters



#PowerOfAnHour



WWW.BBBSOFPC.COM

902-752-6260



deCoste Entertainment Centre
Northern Nova Scotia's
Premier Presenter of the Arts

UPCOMING PERFORMANCES

September 21
September 27
September 29

Marty Haggard
Coronation Street: Factory Girls, Beth & Sinead
Natalie MacMaster & Donnell Leahy

October 3
October 11
October 14
October 20
October 28
October 30

Everything Fitz
The Nylons
The Strawbs
Comic Strippers
Gavin Crawford: "FRIEND" "LIKE" #ME
ABBAMANIA

November 1
November 3
November 5
November 9
November 12-13
November 17
November 20
November 23
November 27

Carroll Baker
Four by Four
John McDermott
Danny Michel & Fortunate Ones
Christmas Craft Sale
MEMBERS NIGHT
Ron James
George Canyon "I Got This" Tour
Pictou County Christmas Telethon

December 8 & 9
December 11
December 14
December 20
December 21

Tis the Season-Bette MacDonald/Maynard Morison)
Irish Christmas (Irish Dance)
Barra MacNeils Christmas
Home for Christmas: A Holiday Jazz Show
Dave Gunning Christmas Show



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

LIKE the deCoste Centre
on FACEBOOK
decostecentre@eastlink.ca

PAINT PICTOU

September 10-29, 2016

Local businesses will be displaying paintings in their windows during September. Pictou County Artist Association will be holding their annual art show at the Northumberland Fisheries Museum from Sept. 7th to Sept. 29th.

Kids Sewing Base

Glady Knowles 485-1676

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



Nova Scotia BIKE SUMMIT

October 22-23, 2016

Location: deCoste Centre, Town of Pictou & Other Cool Places

Conversations and Information Sessions
on Active Communities PLUS Adult Bike Rodeo,
Free rides for cyclists and families on Sunday

To register visit www.bicycle.ns.ca



©2016 NFPA

Upcoming Events



Sept 29 & Oct 10

Nov 12-13

Dec 2

Cruise Ship Visits

Christmas at the deCoste

Pictou Christmas Light Up

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

PICTOU ROUNDABOUT

The Nova Scotia Department of Transportation and Infrastructure Renewal (NSTIR) is constructing the Pictou Roundabout at the entrance to the Town of Pictou.

NSTIR owns and maintains the current roads from the rotary to approximately the intersection of Pine Tree and West River Roads. The project is mainly about the Province making improvements to their infrastructure. The objective is to ease traffic problems associated with entering and exiting the Shopping Plaza, Home Hardware, Tim Hortons and the Visitor Information Centre. NSTIR is financially responsible for the majority of the project including the centre and legs of the roundabout. The construction contract is between NSTIR and SW Weeks Construction Ltd. Once complete the related portions of West River and Pine Tree Roads will be removed (see adjacent graphic).

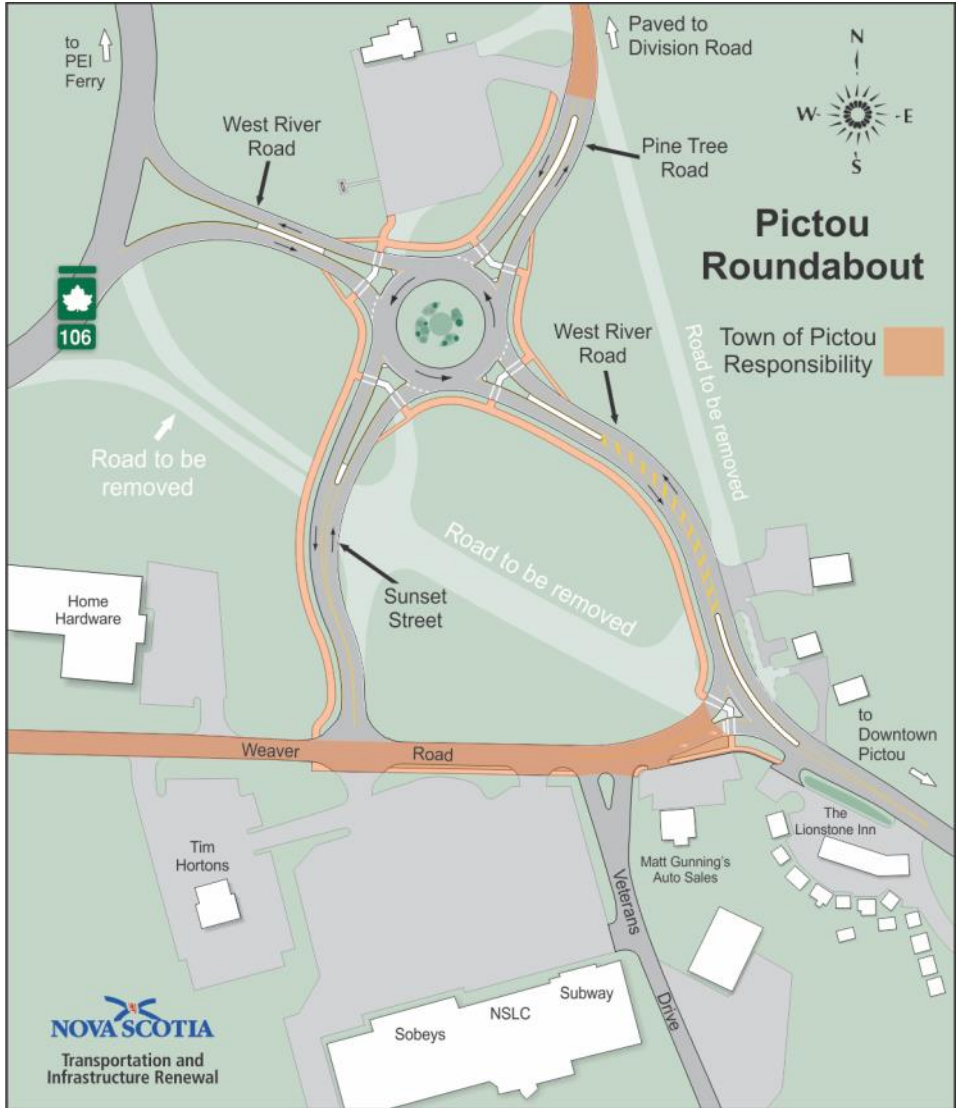
NSTIR funds cannot be used to reconstruct or resurface Town streets.

The Town felt it was an appropriate opportunity to resurface Weaver Road and a portion of Pine Tree Road in addition to construction of pedestrian trails at the same time as the NSTIR upgrades.

Once the new road infrastructure is complete the Province has committed to deeding surplus land to the Town. The Town intends to provide commercial developers an opportunity to develop the lands by issuing a Request for Proposals. The Town's Land Use By-Law requires a different scale of development in this area of Town compared to the downtown/waterfront area. The Town is hopeful that commercial development at the entrance to town will positively impact Town finances.

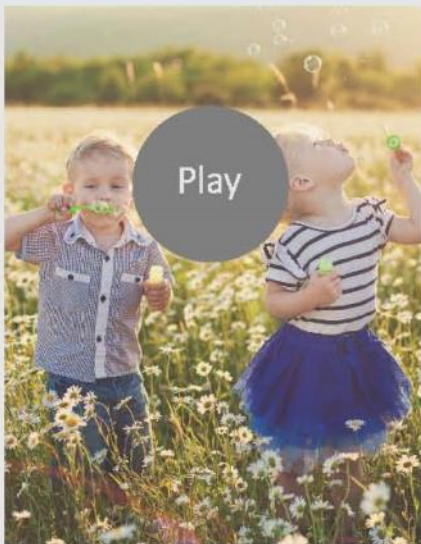
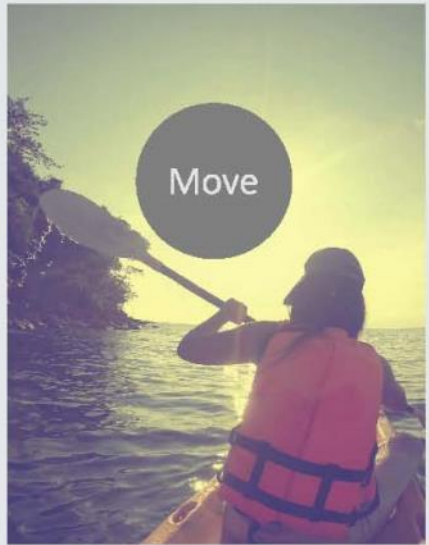
Most recently NSTIR decided to eliminate two road access points to Highway 106 (a controlled access highway) – one off Pine Tree Road, the second off Mill Dam Road. NSTIR's reasoning is to improve safety and prevent slow moving traffic from entering / exiting a high speed 100 series highway at an unintended location.

The Town appreciates the Province investing in infrastructure upgrades in this area. The overall project will ease traffic problems, improve the look to the entrance of town and pedestrian/active transportation linkages, while creating new space for commercial development.



Highland Connect.ca

Search - Find - Play



www.highlandconnect.ca