

Town of Pictou Newsletter



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

Issue 20

Feature Articles:

Integrated Community Sustainability Plan

Town Projects

Events

Recreation and Aquatic Programs

The Great Trail and more.....



www.townofpictou.ca

FALL 2017



Dear Friends and Neighbours,

At this time of year, when summer vacations are quickly becoming memories and students are heading back to school, I reflect on the many wonderful changes and events that have taken place in Pictou during the past few months.

The Tall Ships event and the Lobster Carnival provided two solid weeks of exciting entertainment for both our residents and visitors to our Town. The Summer Musical Showcase at the Marina, Summer Sounds and the production of the musical *Pictou Our Town:*

Our Story at the deCoste Entertainment Centre were but a few of the events that highlighted our culture and the talents of our people. All indications are that our tourist attractions are experiencing a banner year with a significant increase in the number of visitors. I would like to express my thanks to the many responsible volunteers and talented performers who continue to support and promote our community.

I would like to extend a wonderful Pictou welcome to Nada Alaaeddin, Yasser Albarri and their children Nagham and Ghazal. The Albarri family is from Syria and we look forward to their increased participation in the growth of our community.

The Town is also very pleased to welcome and congratulate a number of new and growing businesses to our Town. A number of those businesses are featured in this publication.

Fall 2017 is looking busy for Town Council and staff with the numerous changes in personnel and the re-alignment of roles taking place. With many exciting plans in the development stage, we will be seeking input from residents, business owners and community organizations on the best ways to ensure growth in our community. Watch for upcoming public meetings.

All the best for an enjoyable fall season!

Yours truly,

Mayor Jim Ryan

Your Town Council

Mayor James Ryan
Phone: 902-485-8748

jim.ryan@townofpictou.ca

Deputy Mayor Dan Currie
Phone: 902-485-5231

dan.currie@townofpictou.ca

Councillor Eric Daley
Phone: 902-485-6550

eric.daley@townofpictou.ca

Councillor Malcolm Houser
Phone: 902-485-6715

malcolm.houser@townofpictou.ca

Councillor Nadine LeBlanc
Phone: 902-485-1839

nadine.leblanc@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.

IN THIS ISSUE

	Page
Mayor's Message	2
Your Town Council	3
Contact Information	4-5
Town Projects	6
Business Development	7
Town Planning	8-9
Town Administration	10
Natural Resources	11
Organizations	12
Pictou County Solid Waste	13
Pictou Recreation & Parks Programs	14-17
Swim Lessons & Courses	18
Pool Information	19-21
Keeping Active	22-23
Library	24-25
Around Town	26
Youth Groups	27
What's Happening	28-29
The Great Trail	30
Veterans Drive Update	31

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**

CAO Position Vacant

Town Council is acting as CAO until a suitable replacement is found.

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

Cory Smith
Accountant Ext. 224
cory.smith@townofpictou.ca

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

Paul Janes
Fire Chief
paul.janes@townofpictou.ca

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

Town of Pictou



Birthplace of New Scotland



PROJECT UPDATES

Water Treatment Plant and Pressure Zone

The Pictou water treatment plant is now fully designed and out for construction tender. Tenders are scheduled to close September 14 with an anticipated construction start of early fall 2017 and plant start-up in summer 2018. The treatment plant will be located behind McCulloch Education Centre and consist of two rows of four treatment tanks. The treatment tanks will remove iron and manganese which are the main discolouration causing elements within the raw water supply.

Along with the treatment system, pressure zone chambers will also be installed. These chambers will allow the Utility to increase water pressure in the higher elevations of town while simultaneously maintaining those downtown.



Paving 2017

Tenders have been received for capital paving work we hope to complete in 2017. The identified priorities for this year are portions of Haliburton Road, Water Street, Beeches Road and West Cottage Street. Included in the tendered work is significant watermain replacement and repairs. The extent of the actual work being completed will be contingent on budgetary constraints.

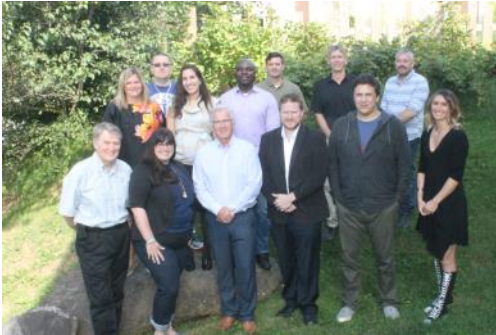
Pictou Academy

The operations of former Pictou Academy building will be turned over to Town of Pictou in September. At that time, the Town will have to complete a condition assessment to determine possible alternative uses for the site. A meeting to share ideas for the future of the building will be convened sometime this fall. Notification will be given through local media outlets and the Town website.

Roundabout Commercial Development

The Town has issued a request for proposals for the land surrounding the new roundabout. These proposals invite interested companies to submit commercial development plans for the lots surrounding the roundabout. Extensive unsolicited interest from developers has the Town excited about the possibilities.

NEW BUSINESS OPENINGS

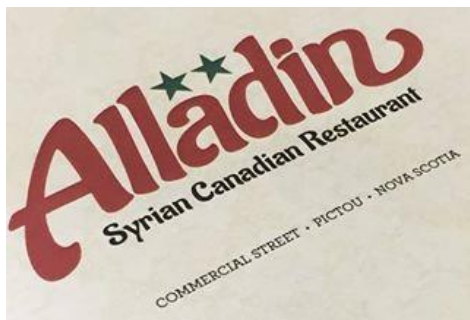


Riva CRM Integration

Riva, the leader in CRM and email integration, has chosen Pictou to open a technical support and success center to better serve global customers. Opened October 1, 2016, there are now 10 team members who work out of the Pictou office.

Aphrodite Art and Fashion

Aphrodite Art & Fashion is a spectacular women's fashion clothing and jewellery boutique independently owned and operated in downtown Pictou in the Old Foundry on Front Street. Congratulations are extended to Tiiu Poder on her grand opening which took place in August.



BREAKWATER RESTAURANT
ON 91 Water Street



INTEGRATED COMMUNITY SUSTAINABILITY PLAN

Early 2017 Pictou Town Council and staff have been developing a five year Integrated Community Sustainability Plan (ICSP). The ICSP has yet to be formally adopted by Pictou Town Council. A draft of the ICSP can be found on the Town website or at the Town Hall. The ICSP contains the Town's proposed program and departmental priorities over the next five fiscal years (2017/18 – 2021/22). The plan further provides a framework which is to be used as a guide by Town Council in their establishment of multi-year capital budgets, referred to as Capital Investment Plans (CIPs), and annual operating budgets.

Program priorities have been laid out under one of four pillars of sustainability (social, cultural, economic and environmental), while operational priorities are described within core initiative tables with specific references to CIPs and annual budgets.

The plan was developed through community consultation, namely input from citizens during the October 2016 municipal election and stakeholder groups.

Considerable effort and focus was placed on the social and environmental pillars over the course of the last ICSP. Examples of investments included: an approximate \$7M investment in central wastewater treatment, and \$4M in phase 1 drinking water well and compliance upgrades. Additionally, the groundwork has been laid for phase 2 water upgrades (treatment plant and pressure zones installations) and growth in the Town's commercial assessment base through the realignment of West River Road and the installation of a traffic roundabout at the entrance to Town.

Within this ICSP, the focus over the next five years will primarily be placed on initiatives categorized under the economic and social pillars with a continued emphasis on environmentally related projects.

In part, these priorities relate to:

- Council's concern about declining population;
- the current environmental infrastructure being inadequate, e.g. discoloured water and the poor condition of streets; and
- property assessment growth being outpaced by the fiscal requirements of the Town, e.g. the cost of program delivery continues to increase for mainly inflationary reasons, while property assessments have entered negative growth.

To address the strategic directions and concerns the following initiatives are being advanced:

Environmental pillar: Investments in phase 2 drinking water infrastructure (central treatment plant, pressure zones, and distribution lines), and the continued separation of storm water from sanitary sewer in combination with a street resurfacing program.

Economic pillar: Promotion and readying for investment and commercial development, e.g. promotion and sale of lots surrounding the roundabout. Additionally, time and financial effort will be placed in working with the downtown business community reorganizing the business improvement taxation and the rollout of a wayfinding signage program. Council also intends to enact a By-law enabled under provision 71(c) and (d) of the *Municipal Government Act* to allow for the phase-in of new commercial assessment.

Social pillar: Planning for the provision of water and wastewater services and the sale of Town owned land to promote housing growth; direct involvement in the provision of immigrant housing; and through partnerships with other governments the construction of a modern library (renovation and addition to the deCoste Entertainment Centre) – to be known as Pictou Place, i.e., adding to the town's appeal to persons and families considering a relocation to Pictou. Council also plans to work with community groups and ratepayers on the construction of a new park to house artifacts relocated from the rotary area of town, and to share and promote the heritage associated with Victory Heights. With the exception of projects noted, emphasis with respect to recreation over the term of this ICSP will be on improving the useful life condition of existing Tangible Capital Assets (TCAs), e.g. the floating breakwater, the non-owned Pictou Fisheries Training Pool, and the condition of the paved portion of the Jitney Trail prior to the addition of new recreation/cultural TCAs.

The Town will also undertake a series of changes and initiatives within each Town department – notably investments in Public Works equipment, limited investments in fire related equipment, heightened focus on fire inspections, and staff succession plans.

To fiscally plan and ensure affordability of the above noted capital investments, Council has committed to an in-depth examination of financing options including: maintenance of an acceptable long-term debt ratio; engagement in funding partnerships with other governments; the management of special reserves (e.g. gas tax); and an increase in annual contributions towards capital made from the operating budget. With respect to the latter, Council will pursue a review of the current day policing model and associated costs. The Town will continue to utilize RCMP but will examine contract options.

Staff Changes Announced

It is with gratitude and best wishes that Pictou Town Council announces Scott Conrod's resignation as Chief Administrative Officer effective September 8, 2017.

Mayor Jim Ryan stated that "Council wants to thank Scott for his 10 years of dedicated service to the community which involved the oversight of many significant and necessary improvements aimed at moving the Town of Pictou forward, including among others, wastewater and water upgrades and the re-alignment of traffic at the west entrance to the Town to promote commercial growth. His unmatched knowledge of municipal operations and his strong leadership skills have placed us in a positive position for future development of our assets. Scott has played a critical role in the success of the Town and we wish him the best of luck in his new role as the CAO for the County of Kings."

Town Council has already begun the process of recruiting a new Chief Administrative Officer to replace Mr. Conrod and hopes to have someone in the position later this fall.

Town Accountant Eldon MacDonald announced earlier this summer his plans for retirement effective September. Eldon was with the Town for just under six years. His professionalism and accounting expertise will be greatly missed. Town Council and staff wish Eldon all the best in the next phase of his life.

Replacing Eldon will be Corey Smith. Corey started his work with the Town of Pictou on September 5, 2017. He has over four years experience working in the private sector and is a certified public accountant and certified management accountant. Town Council is pleased to welcome Corey to the team!

NOTICE: Brush and Leaf Disposal

With fall approaching, the Town is reminding Pictou residents that brush and leaf disposal is available behind the public works garage. The Town is asking residents to refrain from dumping any other items including lumber and C&D material. These materials pose risks to the environment and incur high removal costs. **These items can be brought to Pictou County Solid Waste for a fee.** See page 13 on Fall Leaf Collection Program by PCSW.

FEEDING WILDLIFE IN BACKYARD REQUIRES THOUGHT AND CARE

Many people enjoy the viewing opportunities provided by feeding wildlife in their yards. Others think it is necessary to help wildlife survive. However, this practice may cause more harm than good to the health and safety of both animals and humans.

In most cases, birds and other wildlife do not require food provided by humans. Maintaining natural habitat throughout Nova Scotia is of greater benefit to wildlife populations. Most wildlife populations vary in abundance over time due to habitat conditions, disease, predation and weather severity. Feeding wildlife will increase local populations through higher survival rates, which quite often interferes with natural processes. As more animals survive, there are fewer resources for the group as a whole, as well as for other species that depend on the same resources. Eventually a shortage of food, or disease, will affect un-naturally high populations.

Providing an abundant and consistent food source affects foraging patterns. Wildlife will continue to return to where they found an easy meal, and in residential areas, the animals' natural fear or shyness of humans will decrease. This has a particularly negative impact on juveniles, as they don't learn the necessary skills of recognizing and finding natural foods. Feeding frequently increases animals' travel near or across roads and highways endangering not only the wildlife, but the travelling public as well.

Bird feeding is very popular, but the practice is primarily for humans' own viewing pleasure and entertainment. Remember that feeders often attract deer, raccoons, mice, rats, squirrels and even black bears. This can be minimized by reducing spillage. For the safety of the birds, feeders must be kept clean. Be vigilant about removing wet, spoiled seed and bird droppings that can contaminate the feed and cause disease.

We are fortunate in Nova Scotia to share our environment with an abundance of wildlife. Attracting wildlife into populated and developed areas, however, has the potential to cause a host of problems for the animals and for ourselves, neighbours and pets. The best "care" we can provide wildlife to ensure their health and continued existence, is to maintain quality habitat and healthy ecosystems where possible... and keep wildlife "wild".

For the full article visit the Nova Scotia Department of Natural Resources at <https://novascotia.ca/natr/wildlife/living-with-wildlife/feeding-wildlife-full.asp>

Article by: Albert Rand



Let Abilities Work Partnership Society (LAWPS) is a registered Canadian charity located in Pictou County. It is a non-profit society that is directed and managed in the community by a board of directors. LAWPS currently concentrates its efforts on the inclusion of local persons with disabilities in social and recreational activities to help meet their community social needs.

Some examples of activities or events that we have or hope to organize include archery, bowling, bus trips to LORDA Park in Lansdowne, music events, movie & game nights, picnics, and fishing events! Please contact us to find out about our upcoming events!

LAWPS also has a grant program in place, "Parastart", to assist with funding costs of organized recreation and sport for persons with disabilities (19 years or older) who are financially disadvantaged. Application forms for Parastart are available at local recreation departments. All ages welcome.

FIND LET ABILITIES WORK PARTNERSHIP SOCIETY ON FACEBOOK for more information or email: letabilitieswork@gmail.com

Thank You!

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 thank you to our volunteers, local businesses and organizations who provided donations for our community events and to the Pictou RCMP Detachment, Fire Department and Pictou West Community Health Board.



Canadian
Heritage

Patrimoine
canadien



NOVA SCOTIA



Pictou-Antigonish
Regional Library



freelander
bicycles

big8

Sobeys
Better food for all.

TRA
ATLANTIC



Youth Corps



Foam Polystyrene (Styrofoam™) Recycling 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 2017

Pictou County Solid Waste will be collecting leaves during the regular garbage collection day on **November 22nd** 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 11th 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.

When: Wednesdays beginning September 13th

Location: New Horizons Club

Time: 10:45pm

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 26th 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 12th at the McCulloch Education Centre
7:00-9:00 pm Cost: \$2/night. Bring your own racket.

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



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

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. Great opportunity for Mom's and daughters to try a new activity together.

Instructor: Michelle Sutherland Cost: \$5.00 Location: PA Small Gym

When: Sept. 18 6:00-8:00 pm Registration required, call 485-4372.

**PICTOU YOUTH CENTRE**

Located at 41 Water Street
Top floor of The Palace building

OPEN: Thursday to Monday, 4:00-9:00pm

A gathering space for youth in the Pictou area.

Drop in and relax, recharge, meet friends. Youth can participate in variety of activities, special projects and leadership development.



DID YOU KNOW you can borrow the following equipment for **FREE** ?

For details call
Pictou Recreation and Parks
at 485-4372



Canoe (including paddles, PFDs, safety kit)

Bikes (including helmets, safety kit)

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

2 Sport Wheel Chairs

Also snow shoes, Nordic walking poles, roller blades, tennis rackets, flag football kit bag, road hockey equipment and more; full list on Town website.

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

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 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.

NOW AVAILABLE **STORAGE LOCKERS FOR CANOES, KAYAKS & PADDLE BOARDS**

On the Pictou Waterfront at the Marina

If you are looking for convenient storage for your small recreational water craft near a launch ramp please call Pictou Recreation and Parks at 902-485-4372

Individual units available, annual fee.



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.

LINE DANCING

Variety of Genre: Spanish, Pop, Rock, Country
Good exercise for Body and Brain

Beginning: Wednesday, September 20 for Beginners/Intermediate
AND Friday September 22 for Novice/Beginners

Where: Pictou New Horizons Club **Instructor:** Jill MacDonald
45 yrs and over. Come join us and have some fun
Registration—\$5.00 and Classes \$1.00

“SONG OF THE PADDLE” & Learn to Canoe October 10, 2017

1:00pm at the Pictou Library - This documentary film features outdoorsman Bill Mason and his family as they camp and canoe in the wilderness. The film fosters an appreciation for the art of canoeing while celebrating the sheer joy and beauty of nature. Along their trip, the Masons experience countless adventures and some breathtaking scenery, including indigenous rock carvings by Lake Superior.

2:00pm - Learn to Canoe; following the film there will be an introduction on how to canoe on the Pictou Waterfront, learn basic strokes, water safety, equipment and how to get started.

**Provided in partnership by Pictou Antigonish Regional Library and
Pictou Recreation and Parks**

PICTOU FISHERIES TRAINING POOL

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

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 13 to November 1

Thursdays, September 14 to November 2

Friday, September 15 to November 3

Saturdays, September 16 to November 4

Adult Swim Lessons

Tuesdays - September 12 to November 7

These lessons are from 7:00-8:00 pm and the fee is \$75 for 8 weeks or \$10 Pay as you Go. Note: Pool is closed the evening of October 31

New This Fall

Front Crawl Workshop (Ages 6-12)

Learn basic front crawl arms, breathing, body position and coordination.

Recommended for those who need extra help in Swim Kids 4 and up.

5-Week Session Wednesday Nov 8—Dec 6 \$30

Back Crawl Workshop (Ages 6-16)

Focus is on the mechanics of the arm action, body position, flutter kick and underwater pull. Recommended for those who need extra help in Swim Kids 5 and up. 5-Week Session Wednesday Nov 8—Dec 6 \$30

Whip Kick Workshop (Ages 6-16)

Learn the mechanics of whip, front and back. Recommended for those who need extra help in Swim Kids 5 and Up. 5-Week Session Thursday Nov 9—Dec 7 \$30

Breast Stroke Workshop (Ages 6-16)

Focus is on the mechanics of whip kick, underwater pull, timing and body positioning. Recommended for those who need extra help in Swim Kids 8 and Up. 5-Week Session Thursday Nov 9—Dec 7 \$30

Introduction to Floating—Try It (Ages 8 and Up)

Learn to be comfortable in the pool. Gain basics on how to get in the pool, get your face wet, and how to get your feet off the ground.

5-Week Session Thursday Nov 9– Dec 7 **FREE**

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 Emergency First Aid Course held September 18th. A Standard First Aid Course September 18 & 19 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 12 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.

Bronze Medallion Course— will be held on November 12, 13, 17, & 19. Participants must be at least 13 years of age and committed to putting in the times and effort it requires. Preregistration is required. Please note there will be a swimming skills session for this course on Friday , Nov 10 5:30-7:30.

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 27

GET ACTIVE—GRADE 5

**Calling all Grade 5 students attending
McCulloch Education Centre**

**Beginning in October you will have FREE admission
to the pool for the Friday and Saturday Open Swims 7:30-9:00pm**



Drop In Fees

Parent & Tot	\$4.25
Student/Senior	\$3.75
Adult Swim	\$6.50
Family Swim	\$13.50
Aquafit	\$7.25
Sr. Aquafit	\$6.25

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	Arthri- tis* 11- 12:00			Swim Lessons 9:30-12
	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 4-6:00	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	Masters 7:30-8:30	Open Swim 7:30-9	Open Swim 7:30-9
		Masters 8-9				

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

THANKSGIVING DAY SCHEDULE

Pool closed Sunday, October 8

Open Monday, October 9

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

October 27 Red Cross Babysitters Course 9-5
Toonie Swim 1-3

October 28 Watch for a Spooky Swim

November 17 Toonie Swim 1-3

Coming Soon Spring Board Diving Beginner Level Dates to be announced.

PLEASE NOTE: The pool will close at 1:00 pm on October 31st and for the full day on November 11th.

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

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.

Membership Type

3 Month

Yearly

Student/Senior

\$78.00

\$245.00

Adult

\$155.00

\$500.00

Family

\$230.00

\$740.00

Aquafit

\$220.00

\$700.00

Sr. Aquafit/Arthritis

\$150.00

\$475.00

SWIM CLUBS AT THE FISHERIES TRAINING POOL

Ancient Mariners Masters Swim Club

Swim for fitness or train for competition

Sundays, 7-8, Tuesdays 8-9, and Thursdays 7:30-8:30pm

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.

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. or email

hectorarenamanager@gmail.com

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 2017, 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 13th at 7:00 pm. Treatments are \$4.00 and all are welcome. Very restorative.



True Potential Fitness

Phone # 902 382 3303

24 Ross Street Pictou

Branden O'Brien

Gym Manager and Personal Trainer

Family Owned and Operated

PICTOU PROUD

Instagram: truepotential.fitness

OPEN Hours

Monday - Thursday 6:00-1:30/ 3:30-8:00

Friday 6:00-1:30/ 3:30-6:00

Saturday 9:00-2:00

Sunday 10:00-12:00

OPEN 365 Days a Year!

Membership - AGES 12 and Up! ALL Fitness Levels.

Personal Training – Ages 10 and Up!

FREE Daily Classes, FREE Senior Classes,

FREE Pool Swims

Anniversary Specials in September

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

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, stories help children and their parents/caregivers interact to make learning fun. Sessions will start September 12th. **Now taking registrations.**

Preschool Storytime for children who will be 3 years old by January 1st, 2018. Children will enjoy action rhymes, fingerplays, stories and crafts with Ms. Bonnie & Ms. Jennifer. Sessions every Wednesday, starting September 13th at 10:30 a.m. **Please register by Sept. 9th.**

ABC's for Babies every Thursday, starting September 14th at 10:30 a.m. This program is an excellent opportunity for moms/dads and newborns to 18 months to get together to share and interact with nursery rhymes, songs and fingerplays. **Now taking registrations for fall sessions.**

Other Programs:

A "Drop-In" Knit & Crochet Group- Thursdays, starting Sept. 14th from 3-4:30. Drop in to knit or crochet with others. Bring your own yarn and needles or they will be provided. Books, patterns & written instructions will be available.

Thursday Book Club—Thurs. September 14th –7 p.m. New members welcome. Call the library or drop in to register and arrange for a copy of "The Forest Lover" by Susan Vreeland to read.....bring your suggestions and recommendations along.

Gaelic for the Beginner – First Thursday of every month – starting Sept. 7th from 6:30-8 p.m. – learn simple Gaelic phrases & greetings and spend a social time with others who want to learn the language. **Please pre-register.**

Tuesday Book Club - Tuesday Sept. 19th at 7 p.m. This month we will be discussing "The Girl on the Train" by Paula Hawkins. 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.

Pebble & Beach Art Workshop: Tuesday September 12th 6:30-8:30 (Sept 12 class is full; October 3rd tentative date for second class) Join Diana as she leads this session on creating a unique piece of art using pebbles or beach glass found on our local shores. Supplies provided! Bring your own beach treasures. To register please call (902) 485-5021. Registration required. This event is part of the 150 Library Makers project and a province-wide Canada 150 initiative made possible by funding from the Department of

Communities Culture and Heritage (CCH)'s 150 Forward Fund, the Community Technology Network of Nova Scotia, and the regional libraries across the province.

Nordixx Walking Poles available—They are available to borrow from the library with your PARL library card! About Nordic Walking: Nordic walking improves cardio-respiratory function and is the most effective low-impact physical activity and efficient mode of exercise.

Play Pack Available— Play Packs are kits with books & play equipment (skipping ropes, balls, scarves, a rubber chicken & more!) available to borrow with your free library card in partnership with Active Pictou County. This initiative is made possible with Community Wellness Grants from the Pictou Central/East, Pictou West, the North Shore Area and the Antigonish Town & County Community Health Boards.

Puppet Shows — 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” join us on Thursday, Sept. 21st at 2pm.

Roald Dahl Day: September 13th—In celebration of **Roald Dahl's Birthday**, we have some **GIGANTIC EVENTS for a Delumptious Roald Dahl Party** planned. We will have a Dahlicious Dress Up Day all day. Come in costume, make a party hat, color the BFG, make a “human bean” button, pinning the newt on Miss Trunchbull, and find your Roald Dahl name, see how many jelly worms you can get out of a plate of spaghetti in a minute blindfolded and build a dream catcher. Refreshments.

Community Café – Tuesday September 26th 2 p.m.

Tea/Talk & Technology- Come meet Holly our Community Outreach Assistant as she talks us through our technology woes and what we would like to do next.

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, blocks, 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!

Introducing “**Indestructibles for Babies**” - A revolutionary new baby book invented by a mother of triplets who wanted to share books with her babies, hassle- free. Water-proof, tear-resistant & baby-durable.

Numbers 2 Know Clinic
September 27th at 1:30-4:30pm,
NS Heart & Stroke Foundation.



Pictou-Antigonish
Regional Library

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 September
Monday to Friday 9:00 am -5:00 pm October/November
McCulloch House closes October 6th 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
shipectortoursandevents@gmail.com
www.shiphector.com
New Volunteers always needed,
so sign up and come on board!!

**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
HOURS: Wednesday-Saturday 10:00-4:00pm and Sunday 12:00-4:00pm
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. Community Room rentals available.

Art Show and Sale - September 4 - October 10

Art Classes with Carolyn Vienneau

Art Classes in Oil or Acrylic with Carolyn Vienneau Starting September 11th
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



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.**

Kids Sewing Base

Glady Knowles 485-1676
Licensed Kids Can Sew Sewing Instructor
Sewing Classes for Kids Ages 6 & Up

#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 15
September 17
September 22

Hat Fitz and Cara
Keppoch The Last Wake
Red Dirt Skinners

October 11
October 14
October 20

Rumours-The Ultimate Fleetwood Mac Tribute
Joel and Bill Plaskette
Lunch At Allen's

November 5
November 9
November 18
November 19
November 24
November 27

An Evenings With Frank Mills
Danny Michel & Fortunate Ones
Christmas Craft Sale
Christmas Craft Sale
Menopause The Musical
Mud Bay Jugglers



Water Street, P.O. Box 39,
ph: 485-8848 www.decostecentre.ca
LIKE the deCoste Centre on FACEBOOK
decostecentre@eastlink.ca

Cemetery Walk

October 27, 2017 (tentative)

Join St.. Clair Prest and a cast of "characters" on a historic walk of Laurel Hill Cemetery to re-visit some of the most "notable" residents of the Town of Pictou who are now residents of Laurel Hill. Locally known as the "old burial ground". Be sure to bring a flashlight and a friend!

Annual Art Show and Sale

September 4 - October 12, 2017

The Pictou County Artists Association is hosting their 27th annual art show and sale at the Northumberland Fisheries Museum from



Upcoming Events

- | | |
|------------------------|-----------------------------------|
| Sept 4 – Oct 12 | Art Show & Sale (details above) |
| Sept 9 | Paint Pictou |
| Sept 17 | Terry Fox Run |
| Sept 26 & Oct 6,16, 26 | Cruise Ship Visits |
| Oct 27 (tentative) | Cemetery Walk |
| Oct. TBA | Witches Den |
| Nov 18-19 | Christmas at the deCoste |
| Dec 1 | Pictou Christmas Light Up |



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



BY



EXPLORE THE GREAT TRAIL

On the Town of Pictou's historic waterfront you may enjoy our trail system by land, by water and by road. Proud to be a part of **The Great Trail** by Trans Canada Trail, the longest recreational trail in the world. Whether you're into paddling, walking, cycling, or simply hooked on the outdoors, Pictou County's network of multi-activity trails provides a scenic perspective into the heart of the Northumberland Shore.

True to its name, The Great Trail embodies the vastness of our terrain and the diversity of our people. The Great Trail of Canada offers all the natural beauty, rich history and enduring spirit of our land and its peoples. The Trail stretches nearly 24,000 kilometres, giving Canadians, now and for generations to come, a way to honour our shared history by retracing many of the routes that charted our nation's development. This year, communities across Canada celebrated that our nation is now 100% connected by trail. Pictou had joined these celebrations on August 26th. Here is how you may enjoy The Great Trail experience here in Pictou.....

By Land

The Jitney Trail is a beautiful recreational trail from Pictou's waterfront to scenic Lyons Brook. Walkers, cyclists and in-line skaters can enjoy a 3km trail to the site where the Ship Hector made its historic landing in 1773 bringing the first permanent Scottish settlers to Nova Scotia. Over 1km of this trail is paved and ideal for strollers and other mobility devices. Following the former CN rail line, the Jitney trail has a number of historical points of interest along the route. In the winter months one can enjoy cross country skiing and snow shoeing.

By Water

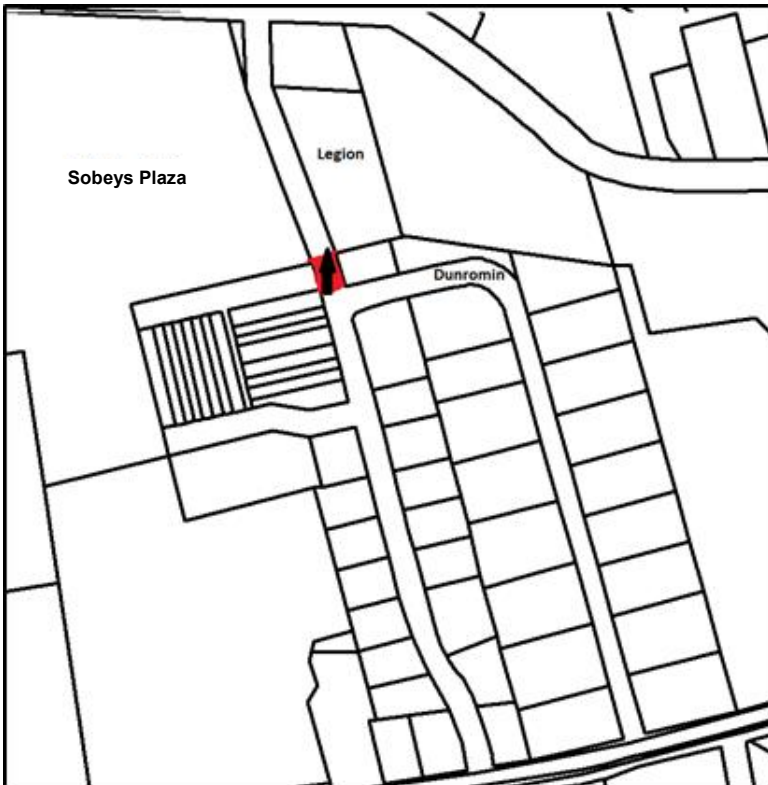
Enjoy the Trans Canada Trail by water; canoe, kayak or paddle. The launch ramp for small recreational watercraft located on Pictou's waterfront is an official registered Trans Canada Trail Blueway launch site. Venture out and paddle Pictou County's scenic waterways; open to recreational paddlers of all experience levels.

By Road

Cycle the Great Trail from the Pictou Waterfront through rolling countryside by the ocean to Caribou, where you may board the ferry to Prince Edward Island. Pedal through farmlands and water vistas with scenic stops at beach parks, camping and ocean side hikes. This scenic road route is 13 km long.

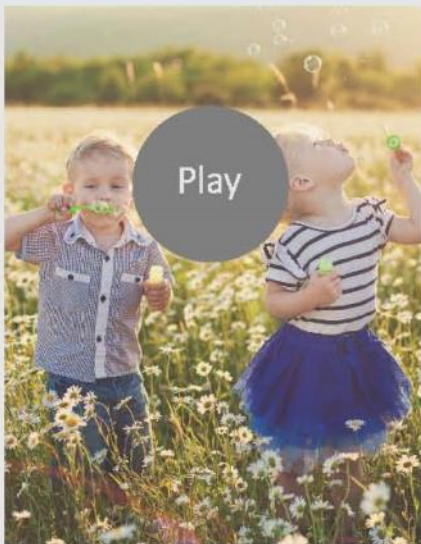
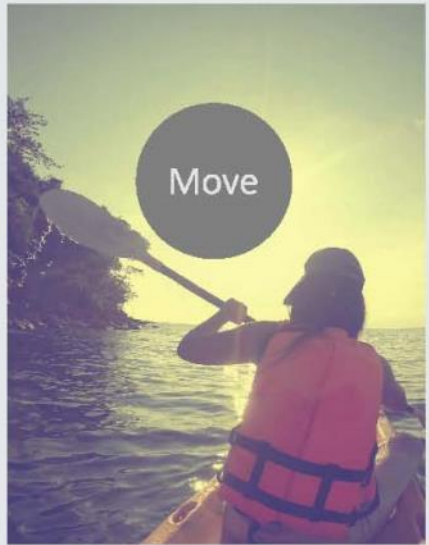
Veterans Drive Update

The Town of Pictou has recently voted to change the traffic configuration on Veterans Drive. Later this fall, Veterans Drive, between the Dunromin Terrace intersection with Veterans Drive and the Legion parking lot, will become one-way travelling north (towards the Sobeys Plaza). The Town will conduct a public awareness campaign prior to the approved measures are put in place. These changes, with the goal of reducing traffic to improve pedestrian safety, will be reviewed following a one-year trial period.



Highland Connect.ca

Search - Find - Play



www.highlandconnect.ca