

Town of Pictou Newsletter

WINTER 2017



Issue 19

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

In this Issue:

Mayor's Greeting

Community Happenings

Volunteering

Aquatics and Winter
Recreation Programs



www.townofpictou.ca



Dear Friends and Neighbours,

2016 has been another busy year for the Town of Pictou. I say 'thank you' to the many volunteers who made the celebrations of our community and our people possible. The observing of our rich educational history with the *PA200* event and the recognition of our strong connection to the sea with the annual *Lobster Carnival* were just a few of the highlights. More recently, the *Christmas Light-Up* attracted a large gathering and served as a great way to kick off the holiday season! A special thanks to all who contributed to the success of the

Light-Up and to those who generously supported the food drive held in conjunction with the event.

This year we will be celebrating with all Canadians the one hundred and fiftieth anniversary of our great country. The Town of Pictou has played many significant roles in our nation's history. As the 'Birthplace of New Scotland', the headquarters for Canada's Black Battalion: No. 2 Construction and the home of Pictou Academy, the first non-sectarian high school in Canada, we remain proud of our past and commit to working together to build our future. 'Canada 150' will serve as the focus of many of our special events and activities in 2017.

The new Town Council is looking forward to working with residents, community organizations, businesses and our neighbours to develop a long-range plan for the growth of our community. Meetings are being planned for early in the New Year to present an opportunity for residents to express their views and share their ideas on the best ways to move our town forward. Notices of meetings will be posted on the town website and in *The Advocate*.

I encourage everyone to review this Newsletter and the many winter activities available for your enjoyment during the winter months. I am looking forward to our Winter Carnival which is set for February 10-12!! On behalf of Town Council, I would like to take this opportunity to wish everyone a safe, happy and prosperous New Year!

Jim Ryan, Mayor

Your Town Council

Mayor Jim Ryan

Phone: 902-485-8748

Email: jim.ryan@townofpictou.ca

Deputy Mayor Dan Currie

Phone: 902-485-5231

Email: dan.currie@townofpictou.ca

Councillor Eric Daley

Phone: 902-485-6550

Email: eric.daley@townofpictou.ca

Councillor Malcolm Houser

Phone: 902-485-6715

Email: malcolm.houser@townofpictou.ca

Councillor Nadine LeBlanc

Phone: 902-485-1839

Email: 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 except on holidays.

All meetings take place at the Town Hall, 40 Water Street.

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

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Dog Control: Contact the Town Office at 485-4372. For emergencies contact the RCMP at 911.

Unsightly Property/Miscellaneous Complaints: Contact the Town Office at 485-4372.

Street Light Outages: Contact 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.

www.townofpictou.ca

**Administration Office,
Town Hall**

Hours Open
8:30 am-4:30 pm
Closed Stat/Civic
Holidays

40 Water Street
PO Box 640, Pictou
B0K 1H0
Ph: (902) 485-4372
Fax: (902) 485-8110

Email:
info@townofpictou.ca

Public Works

Ph: (902) 485-5390

Pictou Fire Department

Emergency 911
Fire Hall (902) 485-4136

**Pictou Recreation
and Parks**

Ph: (902) 485-4372

**Pictou Recreation
Aquatics**

73 Harbour Drive
PO Box 640
Ph: (902) 485-5301
Fax: (902) 485-6087
Email:
aquatics@townofpictou.ca

**FOLLOW PICTOU ON
FACEBOOK AND
TWITTER**

**Town of Pictou
Administration Directory**

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

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

Eldon MacDonald, CA
Town Accountant Ext. 224
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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



Birthplace of New Scotland



CALL FOR CITIZEN APPLICATIONS

The Town of Pictou is inviting citizens to apply to serve on the following committees that assist Council with meeting the goals outlined in the Town's Integrated Community Sustainability Plan (ICSP):

TOWN OF PICTOU PARKS & RECREATION COMMITTEE

The committee operates pursuant to the Pictou Recreation and Parks Committee Policy. The major focus areas include offering special community events and overseeing beautification projects, as well as serving in an advisory capacity to Council on recreation service delivery.

TOWN OF PICTOU PLANNING ADVISORY COMMITTEE

The committee operates pursuant to part VIII and specifically provision 200 of the Municipal Government Act. It reviews, evaluates and provides recommendation to Council on matters related to new development proposals, zoning and planning document amendments, and overall land use planning goals and objectives of the Town.

TOWN OF PICTOU POLICE ADVISORY COMMITTEE

The committee operates pursuant to provisions of the Nova Scotia Police Act. Its function is to provide advice to Council in relation to the enforcement of law, the maintenance of law and order, and the prevention of crime within the Town of Pictou by ensuring community needs and values are reflected in priorities. Members must pass the appropriate RCMP criminal check and be willing to take training provided by the Nova Scotia Department of Justice.

If you are interested in volunteering for one of the committee positions but would like additional information please contact the undersigned. A written application, together with a brief biography, can be forwarded on or before January 30, 2017.

Nicole Battist
Deputy Clerk, Town of Pictou
PO Box 640, Pictou, NS B0K 1H0
902-485-4372 X. 254
nicole.battist@townofpictou.ca



PICTOU TOWN COUNCIL

Mayor Jim Ryan, Deputy Mayor Dan Currie
Councillor Malcom Houser, Councillor Eric Daley
Councillor Nadine LeBlanc

LED Street Lighting

Over the past year, the Town of Pictou converted the traditional lights it rented from Nova Scotia Power to LED lights which are now owned and maintained by the Town.

Here are the facts!!

- This is a Nova Scotia wide program involving all municipalities that has replaced traditional street lights with LED lights.
- This conversion to LED lights has lowered the Town's power costs significantly.
- Not all lights in Town are classified as Town-owned public LED lights; some private lights that are normally square and considered floodlights are still maintained by Nova Scotia Power. Citizens must call Nova Scotia Power at 1-877-428-6004 to report these outages. **It is important that callers are clear with NS Power that they are calling about a private floodlight.**
- For LED street lights, call Jo-Anne at the Town Office at 902-485-4372 – please provide the civic address that is closest to the light outage.

Town Grant Program

Organizations requesting financial assistance through the Municipal Grants to Organizations Program for fiscal year 2017-18 must forward their application to the Recreation Coordinator no later than May 8, 2017. The application forms are available from the Recreation and Parks Office at 40 Water Street or you may download the forms from the Town website at www.townofpictou.ca.

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

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

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

2016/2017 WINTER PARKING REGULATIONS

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

When: December 15, 2016 to April 1, 2017

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

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

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

www.townofpictou.ca

Pictou Community New Horizons 50+ Club

14 Kempt Street, Pictou, N.S. B0K 1H0
485-2573

The Pictou Community New Horizons 50 + Club is a happening place located in the Town of Pictou near the waterfront. It is adjacent to Harbour House Restaurant and next to the RCMP station on Kempt Street.

The club offers many activities for older adults in Pictou and surrounding communities. The facility is renovated and upgraded and is barrier free, therefore; fully accessible by anyone with a physical disability or limited mobility.

The club is a great place to gather for social activities. Our club rooms are well maintained and provide a clean safe place for all events. The facility is used by other groups including Pictou Recreation for particular programs and is available for rent when not in use. To inquire call Alison at 902-382-2519.

A variety of activities include: Cribbage/Scrabble on Monday afternoon, Darts on Monday evening, Line Dancing on Wednesday and Friday Mornings, Rummikub on Wednesday afternoon, Choral Group on Thursday morning, Euchre on Thursday afternoon, Cribbage (open) on Thursday evening, Women's Circle and Men's Pool on Friday afternoon, Auction 45s (open) on Saturday evening and Pass the Ace on Sunday evening.

Starting in January there is room for new Line Dancers for both Wednesdays and Fridays classes. Wednesday class which is Beginner/Intermediate starts on January 4th (all new dances) and the Friday class which is Novice/Beginner starts on January 6th. Associated members (age 45+) are encouraged to join. There is a variety of music (not just country). It's good exercise for the brain and body and lots of fun as well!

Associated membership for those 45 + is available which entitles you to participate in any club event.

We welcome new members and anyone who wishes to drop in to see the facility is invited to do so. To join you can pick up an application form at the club during the day when there is an activity taking place. The annual fee is ten dollars (\$10).

We look forward to seeing you!

Following are the Winter Programs offered by Pictou Recreation and Parks. Pre-registration and payment for all programs are required. Men and women; youth, adults and seniors are welcome to all classes unless an age group is specified. Discounts are available for signing up for multiple exercise classes. Drop-in rates are also offered. Call for details at 485-4372.

Tai Chi with Bob Bennett (ongoing)

Gentle flowing movements that reduce the stress of today's busy lifestyles and improve health. It is a non competitive, self-paced system of gentle physical exercise and stretching. Anyone regardless of age or physical ability can practice Tai Chi. Every Monday beginning January 9th at the Odd Fellows Activity Room. Join in anytime.

Time: 9:00-10:00 am Cost: \$5.75 per class

Photography Class with Len Cheverie (8 wks)

Improve your photographic experience! This course is for anyone wanting to have a better understanding of the basics of photography. Classes are held on Tuesdays beginning January 17th from 7:00-9:00 pm. Fee is \$75 and pre-registration is required. For further info or to register contact the PRP Office at 485-4372.

Chair Yoga with Rachael MacLean (6 weeks)

Chair Yoga is a wonderful and uplifting program for all ages and abilities. This class will invite you to connect with breath and movement to improve your range of motion, flexibility and strength. Join us for this opportunity to feel better in this customized session to meet YOUR needs. Enjoy the benefits of Yoga, feeling rejuvenated, relaxed and well. Every Wednesday beginning January 11 at the Pictou New Horizons Club from 10:45am. Cost: \$45. **This program was made possible through our partner Pictou New Horizons Club.**

YOUTH PROGRAMS

Parent & Tot Yoga with Rachael MacLean (6 weeks)

An active and super fun parent and tot class. Enjoy yoga games and songs, breathing techniques, relaxing visualizations, and fun, fun yoga movements. Studies show that yoga is an effective self-help therapy for ADD/ADHD, Autism, and general health and well-being of all children. This is a great way to deepen your parent/child relationship, build balance and coordination, improve body and breath awareness and range of motion. Ages 3-5 yrs. Every Thursday beginning January 19th Location: The Palace, top floor, Water Street Times: 1:30-2:00 pm
Cost: \$35 (for two; parent/tot)



Active Start Ringette (January-March)

Pictou Recreation and Parks in partnership with Nova Scotia Ringette Association and Sport Nova Scotia will be offering an Active Start Ringette Program. In Active Start Ringette participants are identified by stage of development. Open to **boys and girls ages 5-11 yrs.** The General objectives of the Active Start Ringette Program are:

- 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

When: Saturdays beginning January 7th

Time: 5:30-6:30pm

Where: Hector Arena in Pictou.

Cost: \$50

Progressive Tennis Program (6 weeks)

Progressive Tennis introduces the sport of tennis in a fun and interactive way and ensures immediate success for young players and beginners. Using modified tennis balls, racquets, nets and courts, players are properly equipped to enjoy rallies and learn the fundamentals of the game early on. Skills are developed much quicker, allowing for an easy transition to full court. Mid- January at the PA Gym. Date /Time: TBD Cost: \$25.00

Self Defense Class for Girls (4 sessions)

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

Henna & The Art of Mehndi (4 weeks)

Explore your creative side with Hobby Henna Artist Laura MacDougall. Mehndi is an ancient form of body art, painting the body/ skin with an all-natural paste made from the powdered, dried leaves of the henna plant & essential oils. It leaves a red/ brown stain which can last up to 2 weeks. Come take a fascinating peek into the origins & history of henna, learn how to make your own natural & safe paste, roll your own applicator cones & learn step by step how to complete a simple henna design, explore the best methods of application with plenty of one-on-one time, not to mention lots of hands-on practicing! (Artistic skills are a plus, and absolutely not necessary!) This is a beautiful way to for Mothers & Daughters to spend time together. Ages 12+. All material supplied. Limited spots available Thursdays beginning January 26th at 6:00-8:00 pm.
Location: TBD Cost: \$30

A TOONIE OF FUN **Drop In Programs**

Pictou Badminton Club (Drop-in)

Tuesdays beginning January 3th at the Pictou Elementary Gym . 7:00-9:00 pm
Cost:\$2.00 Bring your own racket.



Adult Floor Hockey (Drop-in)

Sundays beginning January 8th at the Pictou Academy Gym
2:00-4:00 pm Cost: \$2.00

OPEN SKATES AND SWIMS

FREE Swims at the Fisheries Training Pool

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

FREE Skating at the Hector Arena

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



Bus Trip - Pictou to Halifax

Flying On Your Own - A Tribute to Rita MacNeil
Dalhousie Art Centre

March 19, 2017 - 2:00 pm show

Symphony Nova Scotia once again pays homage to Cape Breton's Queen of Song. Join our orchestra and long-time Rita collaborators Scott Macmillan, the Men of the Deeps, Lucy MacNeil of the Barra MacNeils, and Rita's niece Katriona MacNeil for an encore performance of Rita's most loved music. Highlights include *We Rise Again*, *Flying on Your Own*, *The Ballad of Springhill*, *Working Man*, *Home I'll Be*, and many more. Call Pictou Recreation and Parks to register, limited seats available. Cost: \$68



SWIM LESSONS - 8 wks
Winter Session - January 11th-March 1, 2017
Spring Session - March 22rd-May 10th, 2017

Red Cross Swim Kids

Pre-school, 1 & 2 \$65.00 / half hour session

Level 3 and up \$80.00 / hour session

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

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

Please Note: Families who register but have not attended by Week 2 will be charged a \$30 administration fee.

Red Cross Babysitter's Courses

March 15th 9am to 5pm Cost \$40. Participants must be at least 11 yrs.

First Aid Courses-Does your business need a First Aid Course? We can come to you or you can come to us. Emergency or Standard First Aid, all levels of CPR and AED training. Call us to set up a time.

Bronze Medallion (includes CPR "B")

Bronze Medallion will open the door to lifeguarding. Candidates who hold Bronze Star may take Bronze Medallion regardless of their age, otherwise, they must be at least 13 yrs old. January 29, February 5, 12, 19,2017

Bronze Cross (includes Emergency First-Aid)

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

Course Dates: January 29, February 5, 12, 19, 2017

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

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

Course Dates: TBA

Water Safety Instructor

The Canadian Red Cross has revamped their AWSI & WSI Instructor course into one course, using the "flipped classroom". A portion of the course will be done online and the second portion in the classroom and the pool. In this Red Cross course you will focus on strategies to teach and develop swimming and water safety skills in the Red Cross Swim programs. Prerequisite-15 years old.

Course date: TBA

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



**PICTOU FISHERIES POOL
WASN'T THAT A PARTY ?!**



That's what people will be saying if you let us be a part of your birthday!
Give us a call for rentals...we set up and clean up! For more details call 485-5301

Job Opportunities

Do you love the water? This is the place for you.
Work part-time while your children are in school.
For more information, give us a call.

Pool Memberships

Advantages of Membership, it includes:

- √ All public swims (family & open) and lane swims;
- √ 10% discount on Pro Shop merchandise;
- √ 25% discount on Instructional Programs **PLUS**
 - √ Access to **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

Bundle it and save.....15% discount if you purchase both an aquafit and swim membership.



Drop In Fees

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

NOTICE: the above fee increases are effective as of January 1, 2017.

SUN	MON	TUES	WED	THURS	FRI	SAT
		Aquafit 9:30-10:30		Aquafit * 9:30-10:30	Aqua/ Arthritis 9:30-10:30	
	Arthritis 11-12	Splash & Play 10:30-11	Arthritis * 11-12			Swim Lessons 9:30-12
	Adult Lane 12-1		Adult Lane 12-1		Adult Lane 12-1	FREE Swim 12-1
Family Swim 2-3:30		Adult Lane 2:30-3:30		Adult Lane 2:30-3:30		
	Swim Team 4-5:30	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 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

* True Potential Fitness Members pay half the drop in fee

DID YOU KNOW ?

An hour of vigorous swimming will burn up to 650 calories. It burns off more calories than walking or biking.

Check out the Pictou Fisheries Pool This Winter!

The 100km Club & 50km Challenge Challenge yourself! Adult lane swimmers can track their lengths and become a member of the “100 km Club”. Fun prizes to be awarded along the way. For youth try the “50km track your distance, challenge your buddy!

Adult Swim Lessons Whether you are scared stiff or wish to improve your strokes, this swim instruction session is designed to meet the individual needs of each participant. Lessons are held on Tuesday evening 7:00-8:00 pm beginning January 12th for 8 weeks.

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

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.

Deck Walking Keep up your walking program indoors over the winter when weather does not quite cooperate.....try deck walking every Monday and Wednesday beginning January 4 to March 8, 20167 10:00-11:00 am. Cost: \$2.00 for one hour. Did you know that 20 trips around the deck is equal to 1 mile?

Family Activities - February 20, 2017

Red Cross Babysitters Course 9:00-5:00 pm

Toonie Swim 1:00-3:00 pm. A tasty treat at the end of the swim.



Watch for details for the

“Parents Night Out”

coming in February for **Valentines Day**

Ladies Night Out—February 25, 2017

Pamper yourself and indulge in tasty bites. Details posted on Town website, keep watch.

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



Below are highlights of funding programs available for youth and community groups. **A list of funding sources is located at www.townofpictou.ca/funding**

Canadian Tire JumpStart

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

KidSport (offered through Sport Nova Scotia)

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

Regional Development Program (offered through NS Department of Communities, Culture & Heritage — Physical Activity, Sport and Recreation Division) Funding for up to 50% of the costs; types of projects approved include start up costs for new groups, leadership training, sport and recreation club development, presentation of workshops, clinics, conferences, physical activity initiatives for after school programs, youth and adult groups.

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

Gary Boone Leadership Development Fund

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

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

Examples of eligible initiatives include: courses to become certified instructors, coaching certification programs and more. This program is provided with support from NS Dept. of Communities, Culture & Heritage — Physical Activity, Sport and Recreation Division. The program is managed by the Highland Region Recreation Coordinators Committee.

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

DID YOU KNOW ?

Canadian kids aged 9 to 17 who play outside after school get 20 more minutes of heart-pumping activity per day, and are three times more likely to meet the Canadian Physical Activity Guidelines.

- 2015 ParticipACTION Report Card



Winter Carnival February 10-12, 2017

Sleigh rides, snow sculpture contest, team events, outdoor activities for all ages, Valentine

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

Watch town website for more details at www.townofpictou.ca



MARCH BREAK FUN at the POOL March 13-17, 2017

Pictou Fisheries Pool

Want to have a fun, exciting and an unforgettable

MARCH BREAK? Spend it with us. Pictou

Recreation Aquatics will once again have March Break swims. **FUN FOR THE WHOLE FAMILY.** Check the website for details in March.

Tartan Day April 2, 2017

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

COMING SUMMER 2017

Canoe/Kayak Program: The program aims to educate youth in the fundamentals of Canoe/Kayak by providing a fun, safe and memorable experience for all participants. Open to youth between the ages of 8-13.

Mobile Sailing School: It is designed to encourage youth to explore the sport of sailing. Open to youth between the ages of 8-14 years.

Please contact Pictou Recreation and Parks by May 31st if interested.

Hector Arena 2017 Skating Schedule

Adult & Preschool	Monday & Wednesday	10:00-11:30 am	FREE
Adult Skate	Friday	12:00-1:00 pm	donation
Public Skating	Fridays	3:00-4:30 pm	FREE
I Love to Skate	Sundays	11:30 am-12:30 pm	FREE

Walking at the Rink

The cooler weather is upon us, continue your walking routine at the Hector Arena inside Monday to Friday, 8:30-12:00 & 1:00-4:00 pm. Why not drop by with a friend. Donations accepted.

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

Helmets are now mandatory for children 18 years and under.

New Caledonian Curling Club

The club offers a full range of activities to suit all ages-junior, mixed, adult and industrial league. There are also fun spiels throughout the season. Qualified instructors are on hand to give assistance. Club House available for rentals and birthday parties. For further information call Alta Munroe at 485-4913 or the club at 485-5075.

Curl for Cancer - Friday, February 24, 2017

True Potential Fitness

We are open 7 days a week; 365 days a year. Remember, if you ever have any questions about TPF, personal health, or fitness in general, feel free to join our Facebook group 'True Potential Fitness' or e-mail Branden O'Brien at branden_obrien@hotmail.com. Telephone: 382-3303.

Therapeutic Touch

Receive a TT treatment. Very restorative.

Therapeutic Touch treatment sessions will be held at the Stella Maris Hall on Denoon Street in Pictou beginning Wednesday, January 4th. Sessions will be held every second Monday from 7:00-9:00 pm. Treatments are \$4.00 and all are welcome.

Art Classes with Carolyn Vienneau

Offering the following classes:

Drawing, Oil & Acrylic (all ages & levels), Beginner Water Color,
and Children's Classes - Ages 8 & Up

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

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

Canadian Red Cross Society

Located at 40 Water Street Tel: 485-1789

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

Interested in volunteering.....please call. Always looking for Volunteers.

VOLUNTEERING



Now is your chance to recognize an outstanding volunteer in our community. Nominations for **Volunteer Week 2017** (April 23 -29) are now being accepted. Application forms are available at the Pictou Recreation & Parks office or can be downloaded from the Town website. Pictou Volunteer of the Year Nominee must be a resident of the Town of Pictou. Deadline for nominations: Wednesday, February 15, 2017. Information on Pictou's Volunteer Reception will be sent to community

groups at a later date.

Other provincial awards include the Volunteer Family Award and Volunteer Youth Award. For more information visit:

<http://novascotia.ca/NonProfitSector/celebrating-volunteers.asp>

*Volunteers do not necessarily have the time;
they just have the heart.*

~Elizabeth Andrew

www.townofpictou.ca

Pictou Public Library & Innovation Centre

www.parl.ns.ca / 902-485-5021

Hours of Operation

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

ALL PROGRAMS IN THE PICTOU LIBRARY ARE FREE!

ABC's for Babies – Thurs. – 10:30 a.m. – We are now registering for sessions starting in January. This program is for infants up to 18 months old and their parents (Mom &/or Dad; beginning January 5th)

Preschool Storytime –Weds. Mornings 10:30 a.m. We are now registering for the next session starting January 4th. Child must be 3 by Jan. 1st.

Toddle Time –Tues. Mornings -10:30. We are now registering for winter session starting January 3rd. (Child should be 18 – 36 months old)

Wii Time – **Every Tuesday – 3-5 p.m.** – Lots of fun: dance, go Karting with Mario and try your hand at your favourite sport.

Imagination Saturdays – Drop by the library all day (10:00am-4:30pm) & 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!

Drop-in Knit and Crochet Group – Thurs. afternoons 3-4:30. Drop in to knit or crochet with others. If you don't know how, this is a great opportunity to learn. Bring your own needles and/or crochet hook or they can be provided. We have oodles of yarn for you to use. Patterns & written instructions will be available. Also, there will be books available for the novice as well as the more advanced. Tea & coffee are provided as well as a snack.

“Gaelic Friends” –Have you ever wondered what it would be like to speak Gaelic? A small group of people with interest in speaking Gaelic are planning to get together every **Thursday evening at 6:30.** If you would like to join them, drop by the Library and enjoy a cup of tea or coffee and meet someone who enjoys the Gaelic language as much as you do.

Thursday Book Club – 7 p.m.- Second Thursday of every month

Tuesday Book Club – 7 p.m. – Third Tuesday of every month

Pictou Library will have a **CAP Youth Intern** this winter. Mentoring can be provided on a drop in basis or by appointment. To find out more please visit the Library or go to our events page at www.parl.ns.ca.



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, line dancing, Chase the Ace, snowball draw 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 and Saturday 10:00 am - 7:00 pm
 Wednesday, Thursday and Friday 10:00 am—12:00 am
 Sunday 1:00 pm—7:00 pm

active
Pictou County.ca

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

Sally O'Neill, Coordinator

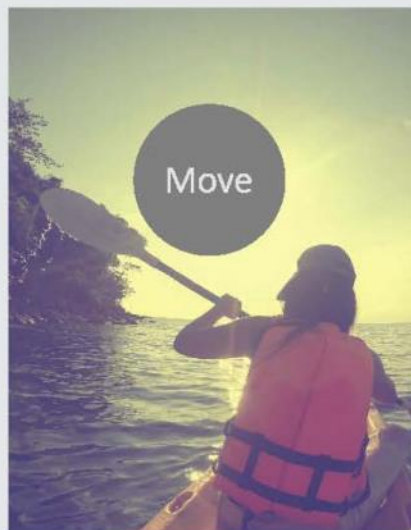
Pictou West Food Bank

The Pictou West Food Bank provides food assistance for families and individuals covering Pictou West including the Town of Pictou, out towards Saltsprings and River John. Supplies are always needed. Donations are welcomed and can be dropped off at:
 40 Water Street, Pictou

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

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WINTER BLAST FESTIVAL



See it live! See it local!

- January 19 NIGHT FEVER: TRIBUTE TO THE BEE GEES
DAVID BOWIE & PAUL MCCARTNEY \$38/\$33 Members
- January 22 THE SANCTIFIED BROTHERS \$25/\$20 Members
- February 10 PICTOU COUNTY POP CLASSICS \$35
- February 17 FOLK CLUB: EVANS & DOHERTY \$25/\$20 Members
- February 19 KEPPOCH KITCHEN PARTY \$28/\$23/\$10 Student (16-)
- February 24 MATT MINGLEWOOD: \$38/\$33 Members
CD RELEASE AND 70TH BIRTHDAY PARTY

To Get Your Tickets Call 902-485-8848 or Buy Online at decostecentre.ca

Memberships for 2017 are now available. For more information on memberships and gift certificates visit the deCoste website at www.decostecentre.ca.