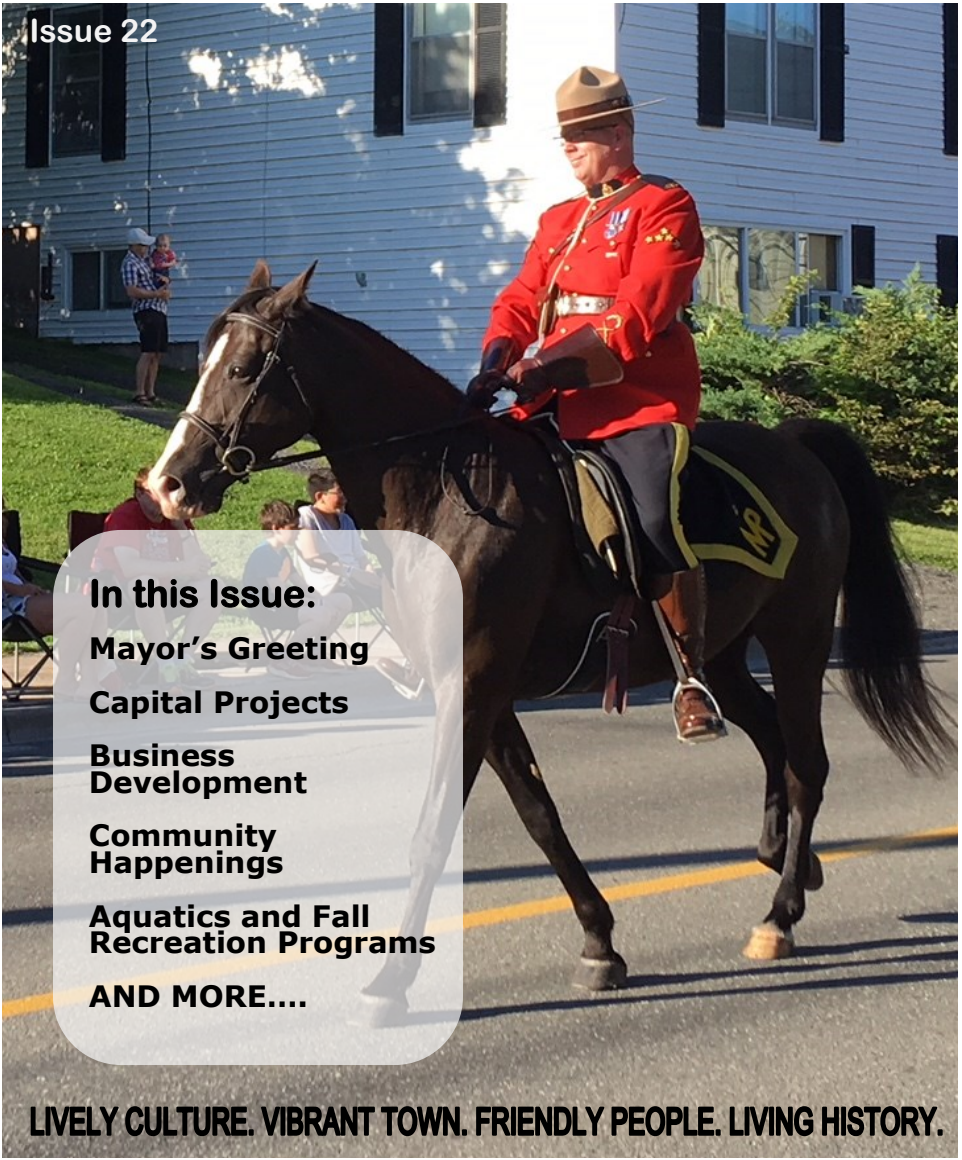


Newsletter

Keeping Our Community Connected

FALL 2018

Issue 22



In this Issue:

Mayor's Greeting

Capital Projects

**Business
Development**

**Community
Happenings**

**Aquatics and Fall
Recreation Programs**

AND MORE....

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

www.townofpictou.ca



Dear Friends and Neighbours,

Following what has been a busy summer in Pictou, we are looking forward to exciting new developments this fall as Council continues to move forward on initiatives as part of our Integrated Community Sustainability Plan. The 2018 Lobster Carnival was, by all accounts, a great success, and a visit by the Bluenose II, and the first annual Waterfront Motorcycle Show attracted many visitors to our community. Thanks to the many volunteers who continue to give their time in support of our wonderful attractions.

Hector Square is getting a much-needed face lift compliments of a partnership between the Pictou Garden Club and the Town. These beautiful upgrades will certainly lead to increased usage of the area and greater opportunity to showcase our community. Thanks to the Garden Club for their continuing efforts throughout the Town.

We welcomed a number of new businesses to our Town this summer and ten existing businesses in the downtown area have taken advantage of the Downtown Façade Program. The program was initiated in partnership with the Pictou Business and Marketing Society with the goal of making our downtown a more attractive and inviting place for visitors to our community.

Construction has started on properties near the roundabout and we are expecting increased activity within the next few months. All three lots surrounding the roundabout have been sold with 'buy back' clauses to discourage 'land banking'. This commercial development, while bringing new services to residents and visitors, will provide much needed tax revenue to put toward future infrastructure upgrades. The construction of the water treatment plant is nearing completion which will mean improved water quality and pressure for our residents. We are expecting the plant to be online in October.

I encourage everyone to take advantage of the many recreation programs the Town has to offer as we enter the fall season. Please feel free to contact the Town Office with questions or concerns.

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
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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 Thursday 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 902-485-4372. For emergencies contact the RCMP at 911.

Unsightly Property/Miscellaneous Complaints: Contact the Town Office at 902-485-4372.

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.ca

**FOLLOW PICTOU ON
FACEBOOK AND
TWITTER**

**Town of Pictou
Administration Directory**

Dan Troke Ext. 223
CAO
dan.troke@townofpictou.ca

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Deputy Clerk
nicole.battist@townofpictou.ca

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corey.smith@townofpictou.ca

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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

Pictou's Water Treatment Plant is nearing completion. The project has entered into its commissioning phase and is scheduled to go online in September.

The pressure zone portion of the project is expected to start in September and be complete by October. With the pressure zones, the water in the tower will be raised to its maximum level, increasing the pressure to all Utility customers in the higher elevations of Town.



What to Expect: When the treatment plant and pressure zones are complete, customers will immediately experience an increase in water pressure but **quality improvements may take some time**. The reason for this is the treatment plant will start removing all iron and manganese from newly produced water, but cannot eliminate the sediment build up on pipe walls immediately. The Utility will act diligently to remove as much sedimentation as possible through flushing programs but it will take time before the pipes come fully clean.

The Town and Utility are very excited to finally have a centralized treatment plant and to be producing water of higher quality!



Capital Paving, Waterline and Sewer Work

Pine Tree Road is having new water and sewer mains installed to provide servicing to the lots around the new roundabout, as well as future development along that road. This work is expected to be completed by September.

Beeches Road will have its distribution waterline replaced, a new transmission line installed to cluster Beeches Road Well and will be repaved. This work is combined with:

- Paving on: Louise Street (Patterson to Wellington, Welsford to End), James Street, Naylor Avenue, Marine Street, Lorne Street, Atlantic Avenue, and Jitney Trail;
- Curb installation: Acadia Street, Grange Street; and
- Sidewalk, guardrail and curb replacement on West River Road between Haliburton Road and Acadia Street.

This work will take place between now and December.



Water Rate Hearing

The Pictou Water Utility has applied to the Utility Review Board for water rate adjustments. The NSUARB will be holding a hearing on October 17, 2018. Residents wishing to make presentations should be aware of these dates:

August 30 – last day to submit evidence as intervenors

October 15 – last day to submit a request to speak

For information of how to submit evidence or request to speak, or to find out more about the water rate application, please visit: <http://www.townofpictou.ca/town-hall/water-utility/>

What to do to Prepare: The Water Utility would like to advise residents that this application is based on all water utility customers converting to consumption-based billing. This change offers residents the opportunity to have better control over their water bills. The Utility recommends that all customers check their water fixtures for leaks (toilet flappers are the main culprits for wasted water) and to take all measures to control water use.

Efficiency Nova Scotia offers free programs to the public that includes installation of low flow fixtures, as well as other green incentives. For more information visit: <https://www.energycns.ca/service/product-installation-service/>

What to Do If You Have a Sewer Backup

With fall around the corner, instances of sewer back-ups increase with fall rain. The Town would like to provide you with a few tips on what to do if you are ever put into one of these situations:

- Make sure you are safe! Sewer backups create risks of electrical shock and bacteria infection. Stay out of the backup, if possible!
- Contact the Town Office and we will send someone to check the sewer in front of your home. If its not running, we will fix it. If everything appears to be normal, there may be other issues – tree roots, grease and other debris can cause blockages in sewer laterals.
- Contact a certified plumber to inspect and/or video the sewer lateral and correct the problem. If the plumber believes that the issue is on Town property, have the plumber contact the Town Office to report his findings including: location, depth and source of blockage and condition of connection/pipes.

If the issue is on the Town's portion of your lateral, we will fix it!

How to Protect Yourself: Being prepared is the best defence against sewer backups. Installing a backflow preventer will help protect your

property and may also be required by your insurance provider. Additionally, ensuring that downspouts and storm drains are not connected to your sanitary sewer connection will also reduce the flow and load on your lateral. Finally, make sure you dispose of product the proper way. Paper products, food/grease, diapers and hygiene products can all cause blockages in your and the Town's sewer system.

Former Pictou Academy

The Town has been accepting Expressions of Interest for the former Pictou Academy since July 9. Anyone who wishes to discuss a business plan for the site should contact Dan Troke at 902-485-4372.

For more information on the Expression of Interest requirements please visit: <http://www.townofpictou.ca/meetings-and-public-notice/expressions-of-interest-pictou-academy/>

Commercial Development

The Town has entered into agreements for Lots "A", "B", and "C" at the new roundabout. Commercial development has begun and should continue over the next year. Please watch for additional commercial opportunities in that

HOW TO SET UP ONLINE BANKING TO PAY TAXES AND WATER BILLS

To begin you must have a separate payee for each taxes and water.

FOR TAXES

1. Search Pictou
2. Select "Pictou (Town of) Taxes"
3. Enter account number - must be 8 digits; if not add 00s in front of the account number.

For example:

Account Number: 102436; enter as 00102436

FOR WATER

1. Search Pictou
2. Select "Pictou (Town of) Water"
3. Enter account number - must be 6 digits; do not include the .00 in the account number. If you need more digits add 00s in front of your account number

For example:

Account Number: 17042.00; enter as 017042

SPECIAL NOTICE:

Please be advised that Canada Post will no longer deliver any mail in the Town of Pictou that does not have a post office box number. If you have not been receiving your quarterly water bills or your interim property tax levy, please contact the office to update your mailing address.

Interested in FREE Home Upgrades to Save on Heating Bills?

HomeWarming helps Nova Scotians living on a low wage save money on heating bills and feel more comfortable at home. There's no catch!

HomeWarming offers no-charge energy assessments and home upgrades to income-qualified homeowners. If an efficiency audit discovers that upgrades will help reduce heating and power bills, they will be installed at **no** cost to the homeowner. A typical house loses 45% of its heat through the walls, floors and roof. Upgrades like improving insulation and draft-proofing can help keep a home warmer in the winter and cooler in the summer. Since heating and cooling make up around 60% of energy costs, reducing these bills can make other household expenses more manageable.

HomeWarming reduced Norman's energy consumption by 37%. And Louizella is saving almost \$400 a year in heating costs.

HomeWarming is offered by Clean Foundation and Efficiency Nova Scotia, and proudly sponsored by Nova Scotia Power and the Province of Nova Scotia.

Speak confidentially with a Service Advisor: call 1-877-434-2136 (toll free), or visit www.HomeWarming.ca

Home Warming Income Eligibility	
Number of people living in your home	Maximum annual household income (Line 236 from your tax Notice of Assessment)
1 person	\$21,822
2 to 4 people	\$40,548
5 or more people	\$57,747

PICTOU PUBLIC INFORMATION SESSION HOME WARMING PROGRAM



Date: September 19, 2018 at 6:00pm
 Location: Pictou Town Hall, Council Chambers
 Find out more information on the program and meet directly with representatives who can answer your questions.



Pictou County Solid Waste's online service has been in place for two years and has proven to be an easy-to-use and effective means of receiving/providing updated collection information. Residents who don't use a computer or smartphone are also able to have access to this service through their home phones.

Questions you won't have to ask again after signing up for the FREE Waste App include:

When is my collection day? Will collection be cancelled today? When is the make-up day for the holiday? Where do I put this item?

You will be able to.....create a personalized collection calendar, receive alerts about weather related service disruptions, receive notices about holidays and special events, find out what goes where.

How.....go to www.pcwastemgmt.com & type in your address **OR** on your smart phone go the App Store & download **OR** by phone call 902-396-1495. It just takes a minute to sign up. You can choose to receive an email, text or phone call.

Congratulations.....you've just become a part of an ever-growing waste reduction trend !

Fall Leaf Collection Program 2018

Pictou County Solid Waste will be collecting leaves during the regular garbage collection day on **November 21st** 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.

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.**

NEW BUSINESS OPENINGS



WATER STREET MARKET & BAKERY
 We're more than just a bakery!
 Stop in Thursdays to Sundays, 9 to 4 and visit with the many local craft vendors, artists and musicians. Browse through the delightful results of the hours and hours of crafty labour by these friendly people. They are waiting to meet you.

PICTOU SEASIDE MARKETPLACE

The Pictou Seaside Marketplace (formerly the Pictou County Weekend Market) is the new launch of a market that has been established for over 20 years. Under new ownership, the market is now open four days a week. Lots to experience, hand crafts, fine wine, farm produce, ethnic foods, kayak & bike rentals, entertainment, historic walking tours and more!



CHERRY ON TOP Ice Cream

Located on Front Street

A new take out Ice Cream shop, proudly serving Scotsburn hard ice cream. Drop by for a tasty treat, cones, milkshakes, sundaes and banana splits! Check out their facebook page!

Cherry On Top



Cones, Shakes and Sundaes

FLORA'S FINDS

Water Street
Pictou's newest antique shop; collections of vintage goods, antiques, toys, tools and household items. Reminders of a simpler time. Drop in for a visit.



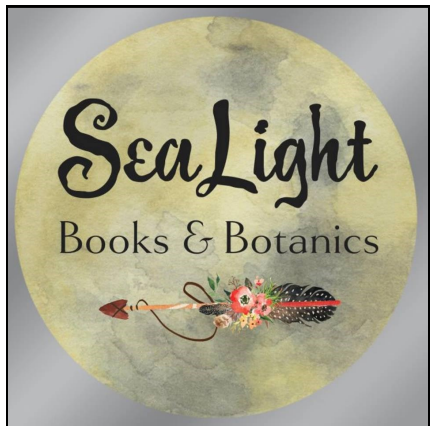
JSC VAPES

Water Street
New e-cigarette store in downtown Pictou. Lots of stock and juice selection. Visit their facebook page.

SEA LIGHT BOOKS & BOTANICS

45 Water Street

Books, Botanicals, Crystals, Art, Gifts, Metaphysical Supplies and Oddities. Tarot card readings. Find them on facebook!



Pre-registration and payment for all programs is required. Men and women; youth, adults and seniors are welcome to all classes unless an age group is specified. Call for details at 902-485-4372.

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 10th 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 12.

Location: New Horizons Club

Time: 11:00am

Cost: \$50

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 October 16th 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**



Adult Badminton Club Every Tuesday beginning September 11th at the McCulloch Education Centre
7:00-9:00 pm Cost:\$2/night. Bring your own racket.

Adult Floor Hockey Sundays beginning October 14th at the Pictou Academy Gym 2:00-4:00 pm Cost: \$2/day



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



Walk N Roll Indoor Walking Group

The Nova Scotia Health Authority and Pictou Recreation and Parks are excited to start a Walk N Roll Program this fall. It is designed for those with mobility challenges. We welcome people of all mobility levels - bring any walking aid that you have, such as canes or walkers. If you have a 4 wheeled walker bring it with you. If you don't have one, there are 4 wheeled walkers available on site for you to try. Our goals are to increase your walking endurance, heart health and independence. Your goal is to enjoy the companionship and music while improving your fitness level. Originally developed by Wendy-Lee Hamilton, Seniors LINC'S Physiotherapist. It will take place once a week in Pictou and it's FREE ! For more information call 902-485-4372.

Starting September (date TBD) and location TBD. Find out more about Walk N Roll at www.walk-n-roll.ca.

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. All ages welcome.

Every Friday at 10:00am

LOCATION: Pictou Library

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



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**, bike locks and Nordixx poles.

Fun Fit Pass @ Library!

**All you need is your library card*,
 to borrow a Fun Fit Pass for two weeks to visit the
 YMCA of Pictou County,
 or Pictou Fisheries Training Pool & True Potential Fitness.**



* Must be a Pictou-Antigonish Regional Library adult card holder.

MODERN LINE DANCING

Variety of Genre: Latin, Pop, Country, Oldies

Good exercise for Body and Brain

Starting: Wednesday, September 26, 9:30-10:30

for Beginners/Improver

AND Friday September 28, 9:30-10:30am for Novice/Beginners

Where: Stella Maris Hall, Denoon Street **Instructor:** Jill MacDonald

All inclusive, any age, women and men encouraged to join in !

Fee per class: \$1.00 Call 902-485-1817 or email bjmacd@ns.sympactico.ca

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; made possible through funding from the Province of NS Thrive Strategy. 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; 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.

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, monthly or annual fee.



THE GREAT TRAIL TREASURE HUNT

The Great Trail Treasure Hunt is an adventure that gets Canadians exploring the longest recreational trail in the world! August 26, 2018 marked the first anniversary of the unification of this 24,000 kilometre network. To celebrate, Canadian Geographic Travel wants you, your family, and friends to get out there on The Great Trail and **WIN** some great prizes.

FIND A TREASURE ON THE JITNEY TRAIL in PICTOU

between August 26 to October 31.

Find out how by visiting: <https://cangeotravel.ca/greattrailtreasurehunt>

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 12 to October 31 (Halloween will be on Tues, Oct 30)
Thursdays, September 13 to November 1
Friday, September 14 to November 2
Saturdays, September 15 to November 3

Adult Swim Lessons

Tuesdays - September 18 to November 6
These lessons are from 7:00-8:00 pm and the fee is \$75 for 8 weeks or \$10 Pay as you Go.

6—Week Mini Swim Lesson Session

Wednesday November 7—December 12
Thursday November 8—December 13
Friday November 9—December 14
Saturday November 10—December 15

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 4 & October 26.

DID YOU KNOW: Swimming works your whole body, improving cardiovascular conditioning, muscle strength, endurance, posture, and flexibility all at the same time. Your cardiovascular system in particular benefits because swimming improves your body's use of oxygen without overworking your heart. So.....when are you dropping by the Pictou Pool ? We can help find the right activity for you !

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 an Emergency First Aid Course held September 18th and 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. Tuesdays 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 (Date -TBA) Participants must be at least 13 years of age and committed to putting in the times and effort it requires. Preregistration is required.

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 Saturday Open Swim 7:30-9:00pm

STAY ACTIVE—GRADE 6

Students attending Grade 6 at
McCulloch Education Centre
Beginning in October
You are invited to swim FREE the 3rd Saturday of the month



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	Arthritis* 11-12:00			Swim Lessons 9:30-12
	Adult Lane 12-1		Adult Lane 12-1		Adult Lane 12-1	Open Swim 12-1
Family Swim 2-3:30		Adult Lane 2:30-3:30		Adult Lane 2:30-3:30		
	Swim Team 4-6:30	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

SWIM CLUBS AT THE FISHERIES TRAINING POOL

Ancient Mariners Masters Swim Club

Swim for fitness or train for competition

Sundays, 7-8pm, Tuesdays 8-9pm, 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 we're all about!

~New members are always welcome~

Contact Janice Currie at 485-1983 for club details.

**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



The purpose of this cooperative partnership amongst **five 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, follow Active Pictou County 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 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 2018, 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, there will be beginners instruction nights for only \$25 and if you join that will be deducted from the dues. 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 12th 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 & Personal Trainer

Family Owned and Operated

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

9:00-12:00

Sunday

Closed

Membership - AGES 12 and Up! ALL Fitness Levels. Personal Training – Ages 10 and Up! FREE Daily Classes, FREE Senior Classes, FREE Teen Classes, FREE Classes for Men, FREE Pool Swims for Contract Members

FUN | FITNESS | FRIENDSHIP

Art Classes with Carolyn Vienneau

Art Classes in Oil or Acrylic with Carolyn Vienneau Starting September 4th afternoon and evening; also beginner watercolour class starting on September 10, at Strokes of Colour Art Studio, 8 Irving Street. Paint with Vino Night held at Stone Soup Cafe on the Third Thursday of every month starting October. Fused glass classes and painting workshops will be available on demand. For more: carolynvienneau.com or call 902-485-5005.

Kids Sewing Base

Sewing classes are for kids 6 & Up 1 hour per week, 4 students per class, use my sewing machines and one sewing machine per child.

For more information call Glady at 902-485-1676;

e-mail: gladyknowles@eastlink.ca or Facebook.

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 a variety of activities, special projects and leadership development.

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 11th. ***Now taking registrations.***

Preschool Storytime—for children who will be 3 years old by January 1st, 2019. Children will enjoy action rhymes, fingerplays, stories and crafts with Ms. Bonnie & Ms. Jennifer. Sessions every Wednesday, starting September 12th at 10:30 a.m. ***Please register by September 9th.***

ABC's for Babies—every Thursday, starting September 13th 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.***

Knifty Knitters – Thursdays starting September 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—Starting Thursday September 14th at 7 p.m. New members welcome. Call the library or drop in to registerbring your suggestions and recommendations of what we could read as a group.

Gaelic Friends – Every Thursday at 1 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 – Starting Tuesday September 18th at 7 p.m. New members are always welcome. Call the Library or drop in to register. Bring your suggestions of book titles.

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.

**New: Community Quilters – 2nd & 4th Tuesday starting September
Community Quilters – 2nd & 4th Tuesday starting
September 11th & 25th @ 2:30 p.m.**

**An opportunity for anyone interested in learning/doing quilting.
Space is limited so pre-registration is necessary**

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 bear” button, pin the newt on Miss Trunchbull, find your Roald Dahl name, and build a dream catcher. Refreshments.

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, LEGO, crafts, blocks, puppets, learn 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.

Pebble & Beach Art Workshop: Thursday September 27th 6:30-8:30
Join Diana as she leads this session on creating a unique piece of art using pebbles or beach glass found on our local shores. So keep your eyes peeled for unique pebbles and beach glass during your summer adventures and bring them with you to the workshop! Also, bring your own “shadow box”. To register in advance, please call (902) 485-5021. Registration is required as space and supplies are limited.



Pictou-Antigonish
Regional Library

McCulloch House 
 MUSEUM & GENEALOGY CENTRE

Telling the story of Scots in the New World

Tel: 902 485 4563 www.cmccullochcentre.ca

Fall hours: Monday - Friday 9 am - 5 pm, open by appointment after Oct. 5

September 30th 2:00pm

Darby Lectures - John Westlie
'Skye Pioneers & the Genealogy of
Malcolm MacQueen'

October 10th 6:00pm

Malcolm Bangor-Jones
'John Ross of the Hector'

October -Aboriginal Month

Guest speaker Trevor Sanipass
Mi'kmaq Culture in Nova Scotia

October 21st 2018 2:00 pm



**THE HECTOR
HERITAGE QUAY**

Pictou, Nova Scotia

Hector Heritage Quay

902-485-4371

Open in September

ship Hector tours and events@gmail.com

www.ship Hector.ca

New volunteers always needed,
so sign up and come on board!!

**HIGHLAND HOMECOMING
SEPTEMBER 15-16**



**Northumberland Fisheries
Museum**

Located on the Waterfront at

21 Caladh Avenue

Ph: (902) 485-8925

HOURS: Monday Closed,

Tuesday—Sunday 10:00 am—4:00 pm

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. **Facebook: North-
umberland Fisheries Museum & Pictou Lobster Hatchery**



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.




Big Brothers Big Sisters
of Pictou County

Who Mentors in Your Community?
Here are 2 men raised in Pictou that decided to become Big Brothers and have been matched for 3 years!





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

UPCOMING PERFORMANCES

Voyage: A Journey of Hope	Sept. 7 & 8 - 7:30 PM Sept. 9 - 2:30 PM
The Bitterest Time- The War Story of Mona Parsons	Sept. 14- 7:30 PM
Classical Series: Stéphane Tétreault & Marie-Ève Scarfone- Cello & Piano	Sept. 18 - 7:30 PM
Bessie's Keppoch Wedding	Sept. 23 - 2:00 PM
Jim Cuddy	Sept. 24- 7:30 PM
Barra MacNeil's CD Release	Sept. 29 - 7:30 PM
Martin Simpson	Oct. 2- 7:30 PM
The Young'uns	Oct. 5 - 7:30 PM
Classical Series: Les Songes - Baroque	Oct. 23 - 7:30 PM
Fortunate Ones- Members Night	Oct. 24 - 7:30 PM
Bruce Guthro Songwriter's Circle with Heather Rankin, Terry Kelly & Kim Dunn	Oct. 26 - 7:30 PM
Jake & Shaun's Big Gay Affair	Oct. 27 - 7:30 PM
George Canyon - Made In Canada Tour	Nov. 1 - 7:30 PM
Menopause the Musical	Nov. 4 - 2:00 PM
ABBA Revisted- Tribute Tour	Nov. 5 - 7:30 PM
Buddy Wasisname	Nov. 6 - 7:30 PM
Songs of Remembrance	Nov. 8 - 7:30 PM
Ron James	Nov. 15 - 7:30 PM
Christmas at the deCoste	Nov. 17 & 18
Jimmy Rankin- Moving East Tour	Nov. 19 - 7:30 PM
Classical Series: Cowan & Cicchillitti-Guitar Duo	Nov. 20 - 7:30 PM
Garrett Mason and Earle & Coffin	Nov. 23 - 7:30 PM
The Once	Dec. 1 - 7:30 PM
Christmas Series: RyLee Madison & Clay Krasner	Dec. 3 - 7:30 PM
Gord Banford- Honky Tonks & Dive Bar Tour	Dec. 5 - 7:30 PM
Christmas Series: T'is the Season 12	Dec. 6 & 7 - 7:30 PM
Christmas Series: The Men of the Deep	Dec. 8 - 2 & 7:30 PM
Christmas Series: A Celtic Christmas	Dec. 15 - 7:30 PM
Christmas Series: An Acoustic Christmas with Roxeen & Dalrymple	Dec. 16 - 2:00 PM
Christmas Series: The Ennis Sisters	Dec. 18 - 7:30 PM

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

Cemetery Walk

October 26, 2018 (and 27th depending on registration)

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!

Contact the Pictou Library for details.

Annual Art Show and Sale

September 1-September 29, 2018

The Pictou County Artists Association is hosting their 28th annual art show and sale at the Northumberland Fisheries Museum

Opening Reception on September 1st at 7pm.

Guest Speaker: Nancy Dicks, Mayor of New Glasgow

LOOK. LISTEN. LEARN.

Be aware.
Fire can happen anywhere.™

FIRE PREVENTION WEEK: OCTOBER 7-13, 2018
firepreventionweek.org



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Upcoming Events

- Sept. 5 - 6 Pictou North Colchester Exhibition
- Sept. 8 Paint Pictou
- Sept. 15 Pictou Light the Night
- Sept. 15 - 16 Highland Homecoming
- Sept. 16 Terry Fox Run
- Oct. 26 Cemetery Walk
- Nov. 17-18 Christmas at the deCoste
- Dec. 7 Christmas Light Up



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

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

JumpStart

Canadian Tire Foundation for Families has created a community based charitable program to get children active called “Canadian Tire JumpStart”, which will deliver 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 and Heritage (Physical Activity, Sport and Recreation Division). Funding for up to 50% of the costs of a program/initiative with applications accepted throughout the year; projects may be up to three years in duration. Types of projects approved include start up costs for new groups, leadership training, sport and recreation club development, presentation of workshops, clinics, conferences, physical activity initiatives for after school programs, youth and adult groups.

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

Gary Boone Leadership Development Fund

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

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

Examples of eligible initiatives include: courses to become certified instructors, coaching programs and more. Contact Pictou Recreation and Parks at 485-4372 for an application form. This program is provided with the support of NS Department of Communities, Culture and Heritage and is managed by the Highland Region Recreation Coordinators Committee (a collaboration between Pictou, Guysborough and Antigonish Counties). Applications must be submitted and approved before the course/event takes place.



TRANSPORTATION ASSISTANCE

CHAD Transit is a critical part of the non-profit community in Pictou County. We help the disabled, seniors and anyone else who is transportationally disadvantaged. Our clients are taken to hospital appointments, work, grocery store, or wherever else they are required to go to lead a healthy and happy life. Without CHAD, the quality of life of our clients would be severely diminished.

CHAD Transit is funded through municipal governments, provincial government, fare revenue and general contributions. With this funding, CHAD operates on a shoestring budget that is watched and managed closely. Each source of funding is critical to the ongoing sustainability of CHAD.

CHAD Transit's vision is helping people in our community. Our mission is increasing community access through safe, reliable door to door, on-demand service. CHAD Transit's values are those of respect, safety, compassion, customer-centred, inclusive and community partnerships.

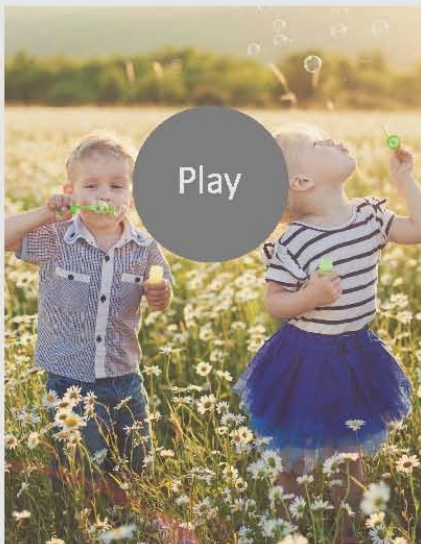
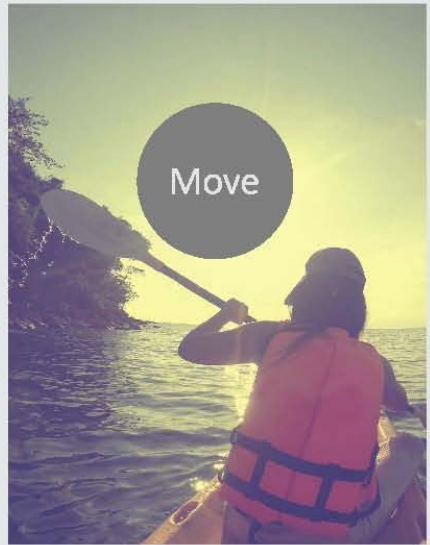
CHAD Transit makes well over 32,000 one way trips annually, covering at least 225,000 kilometers of driving, all of which is done for residents of Pictou County. CHAD Transit services the community in a variety of ways. We are a door-to-door service. All drives must be booked the day before by 1:00pm.

CHAD Transit is also available for charter trips. We take bus loads of children to locations throughout the Province of Nova Scotia. CHAD also caters to adults, some examples being charter trips, wedding parties, Christmas events and even providing safe transportation for those attending event parties. CHAD Transit is here to fill the varied transportation needs of the people of Pictou County.

If you would like to find out how we can serve you, and the pricing of transportation, please call 902-928-1234.

Highland Connect.ca

Search - Find - Play



www.highlandconnect.ca