

DESCRIBE YOU?
THEN YOU CAN BE
A BIG BROTHER.

#BeABigBrother

www.bbbsofpc.com



BIG BROTHERS BIG SISTERS OF PICTOU COUNTY
902-752-6260
bigbrothers@eastlink.ca
www.bbbsofpc.ca



Newsletter

Keeping Our Community Connected

FALL 2019

Issue 24



In this Issue:

Mayor's Greeting

Capital Projects

**Business
Development**

**Community
Happenings**

**Aquatics and Fall
Recreation
Programs**

AND MORE....

www.townofpictou.ca

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



Greetings!

It has been another busy summer in the Town of Pictou with lots of activity to keep us busy. I would like to express a special 'thank you' to those volunteers who work year round to ensure that the annual summer celebrations are filled with entertainment and activity for residents and visitors of all ages. The **85th Annual Lobster Carnival** was, by all indications, a great success and the many generous sponsors are deserving of our appreciation.

Thanks to our Parks and Recreation volunteers and staff for contributions to the beautification of the Town while providing extensive summer

programming enjoyed by many children from the Pictou West area. The Natal Day activities at Broidy Park were certainly a huge success and the Summer Musical Showcase, once again, attracted large crowds to the waterfront every week.

Construction activity continues at the roundabout with commercial development that will lead to increased services for the Town while attracting tourism traffic. Watch for more information over the next few months as Council pursues additional opportunities for promoting existing businesses and supporting new commercial development.

Thanks to residents for your understanding as we continue to upgrade our important infrastructure. The watermain replacements, storm water renewal, sidewalk construction and ongoing paving projects will go a long way toward much needed and overdue improvements.

As normal routines are re-established and we move into the fall season, be sure to take advantage of the many opportunities for exercise and enjoyment outlined in this newsletter. The many active community organizations represented offer a variety of programs for all ages and abilities.

All the best for a wonderful autumn!

Yours truly,
Mayor Jim Ryan

Celebrating
80 Years
Come Grow with Us



Pictou and Area Garden Club is celebrating their 80th anniversary! Fun activities so far were winning a first place in the Lobster Carnival parade, hosting a community garden tea party, and furthering their ongoing beautification of Market Square. This year the club has donated benches, planter and waste bin. The most recent addition is an interpretive panel featuring photos and stories of this location. The club continues to partner with the town creating and improving areas such as the Scammell Garden, the Dawson Monument and Pictou Academy Monument. Members of the club invite you to visit pictougardenclub.weebly.com and drop by for one of their meetings.

Pictou Academy Education
Foundation
Celebrates 100 Years



85 Years
Pictou Lobster Carnival



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

Community Development Grant 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.

Your Town Council

Mayor Jim Ryan

Phone: 902-485-8748

Email: jim.ryan@townofpictou.ca

Deputy Mayor Nadine LeBlanc

Phone: 902-485-1839

Email: nadine.leblanc@townofpictou.ca

Councillor Dan Currie

Phone: 902-754-0763

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

Front Cover Photo Credit: Gerry Farrell

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

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.

Unightly 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.

2019 Ship Hector Reunion & BBQ

September 15, 2019, 12:30 pm - 3:30 pm

McCulloch House Museum & Genealogy Centre, Entertainment & Activities; viewing of BBC documentary “The Hector, from Scotland to Nova Scotia”; performances by fiddler Amelia Parker & harpist Cristine Sonntag; mix n mingle; activities for kids; hamburgers, drinks and desserts available for purchase; meet hector descendants and celebrate the 246th landing of the Ship Hector in Pictou.

Please bring a lawn chair or two! Sponsored by McCulloch House Museum and Genealogy Centre, and the Ship Hector Descendants Project

Annual Art Show and Sale

September 1-September 30, 2019

The Pictou County Artists Association is hosting their 29th annual Art Show and Sale at the deCoste Centre



Upcoming Events (details on Town website)

- Sept. 4-8 Pictou North Colchester Exhibition
- Sept. 13 Ship Hector Golf Classic
- Sept. 14 Paint Pictou
- Sept. 14 Fall Fest in Downtown Pictou
- Sept. 15 Highland Homecoming & Ship Hector Golf Classic
- Sept. 15 Terry Fox Run
- Oct. TBA Cemetery Walk
- Oct. TBA Witches Den
- Nov. 16-18 Christmas at the deCoste
- Dec. 7 Christmas Light Up





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

UPCOMING

- Sept. 20 7:30 pm Dave Gunning—CD Release
- Sept. 22 2:00 pm Save our Keppoch School—Stories
& Songs from a Ceilidh House
- Sept. 27 7:30 pm The Good Brothers with Special Guest
Ray Legere
- Sept. 30 7:30 pm Valdy
- Oct. 2 7:30 pm Martin Simpson
- Oct. 3 7:30 pm Whiskey Jack-The Songs and Stories of
Stompin' Tom Connors
- Oct. 4 7:30 pm MILF Life Crisis
- Oct. 25 7:30 pm Derek Edwards/So Here's The Thing
- Nov. 5 7:30 pm Atlantic Blue
- Nov. 7 7:30 pm Ryan Cook-Members Night
- Nov. 9 7:30 pm PIGS: Canada's Pink Floyd North
American Tour 2019
- Nov. 16 10:00 am Christmas At the deCoste
- Nov. 17 11:00 am Christmas At the deCoste
- Nov. 21 7:30 pm Crash Test Dummies with Dahmnait Doyle
- Nov. 28 7:30 pm The East Pointers
- Dec. 13 7:30 pm 12 Days of Christmas with George Canyon
& Aaron Pritchett

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

**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**

**Town of Pictou
Administration Directory**

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

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

Jonathan Daye Ext. 224
Accountant
jonathan.daye@townofpictou.ca

Kyle Slaunwhite, P.Eng. Ext. 258
Superintendent of Public Works
kyle.slaunwhite@townofpictou.ca

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

Paul Janes
Fire Chief
paul.janes@townofpictou.ca

Town of Pictou



Birthplace of New Scotland



Message from Mayor Jim Ryan

Re: Water Distribution Upgrades

Within the past year significant improvements have been made to the Town's water distribution system as part of a long term plan.

The new watermains and valves put in service in August 2019 are in areas where service interruptions and water losses have been greatest over the past number of years. This year, watermains and valves were replaced on Pine Street, Poplar St. Ext. and Martha Street. These improvements represent a significant milestone in solving decade long issues. With the new water treatment facility, new wells, and the completed upgrades to address significant water loss, our Town has a safer and more reliable water distribution system than it has ever had in the past.

The Town Council would like to acknowledge our Town employees and the Pictou Volunteer Fire Department for their expertise and extra efforts in dealing with this situation. They were on the job and working tirelessly throughout the changeover and are deserving of our appreciation. Thanks to the office staff for their diligence in handling the many inquiries and providing updates throughout this very fluid situation.

Thank you to residents and business owners of the Town for your patience and understanding as we continue our work in making important improvements to our water infrastructure.

Contemplative Garden

Three years ago, a small group of Pictou United Church gardening enthusiasts began pondering the possibility of turning the north lawn of the church into a contemplative garden – a nurturing and restorative space for citizens of and visitors to our town.

The fully accessible garden of carefully chosen trees and shrubbery, planted over the 55 years Pictou United has been on the corner of Faulkland and James Streets, has been enhanced by 19 additional shrubs and one new tree, with ferns, ornamental grasses, and herbs. Raised garden beds will be a space for children to be mentored in vegetable gardening, deepening their understanding of nature's role in our food supply.

A meandering pathway will lead visitors to a sheltering gazebo, and gently curving benches will invite them to pause in the garden's embrace. Stonist Colin Craig has created a finger labyrinth to facilitate meditation to the rippling music of a water feature created by stone mason, Andrew Marshall.

With Pictou United's website offering "open doors...opening minds...opening hearts...a people of faith making a difference in our community and our world", we are now working in partnership with Mother Nature to extend our sanctuary into the out-of-doors. The garden's entrances will always be open for those who seek quiet contemplation, a space to grieve, to revel in the wonders of creation, to worship under the heavens, to be uplifted by music al fresco.

The garden project has been richly blessed through memorial donations by members and friends of Pictou United. In addition, significant financial grants have been received from: Community ACCESS-ability Program, Province of Nova Scotia; Pictou Mutual Community Foundation; Embracing the Spirit – United Church of Canada; Pictou West Community Health Board; and the United Church Foundation. Beyond our appreciation for these funds enabling our vision to come to life, we truly value the belief in the project signified by these investments. As the garden is a work in progress, to be fully developed over the next few years, anyone wishing to donate to the project in general, or a particular feature of it, may contact the church at 902 485-8081.



On Sunday, September 22nd, Pictou United will dedicate the garden in honour of the 55th anniversary of our current church building and we invite all of Pictou to share in a garden party celebration.



The Pictou-North Colchester Exhibition Through the Years

Experience the Exhibitions of the past and the people, animals, and entertainment that made over 128 years of tradition.



McCulloch House
MUSEUM & GENEALOGY CENTRE
86 Haliburton Road, Pictou
(902) 485-4563

Fall hours for Research Centre:
Monday - Friday 9-5 pm,

McCulloch Genealogy Centre is open year round. Available for research, genealogy requests, archives, and various exhibits. A variety of events and lectures are hosted on a regular basis.



THE HECTOR HERITAGE QUAY

Pictou, Nova Scotia

Hector Heritage Quay
902-485-4371

Open until October 12 - 10am-4pm,
closed Saturdays
shiphectortoursandevents@gmail.com
www.shiphector.ca

New volunteers always needed,
Sign up and come on board!!
**SHIP HECTOR GOLF CLASSIC AND
HIGHLAND HOMECOMING
SEPTEMBER 15**

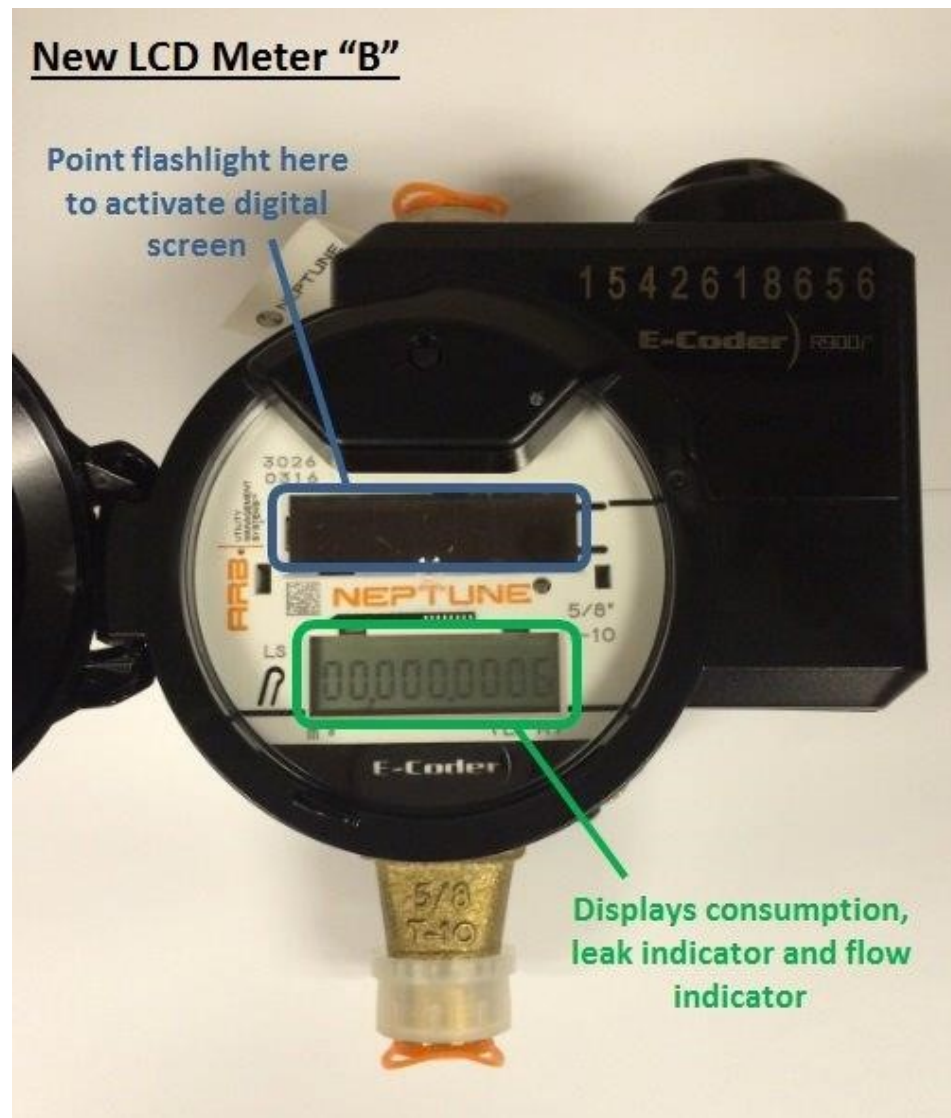


Northumberland Fisheries Museum

Located on the Waterfront at
21 Caladh Avenue Ph: (902) 485-8925
www.northumberlandfisheriesmuseum.ca
Fall Hours: Monday-Friday 10-3pm

The Main Museum contains artifacts depicting the heritage and culture of the fishing industry and boatbuilding. A gift shop is also on this site. The Museum also offers children's programs. The Lobster Stock Enhancement Research Facility is an operating lobster hatchery and lab. The Lighthouse Research & Interpretative Centre is housed in a replica 1905 lighthouse that showcases research material, artifacts, and photographs. **Find Us on Facebook**

HOW TO CHECK YOUR WATER METER



IS YOUR FACET RUNNING SLOWER THAN NORMAL?

It could be due to a clogged aerator.....particles can get caught in the screen, it just takes a little cleaning to produce better water flow.

Here's how: https://youtu.be/e_DaEA5UtqY

PROJECT UPDATES

Water Update

The Town and Water Utility would like to thank everyone for their patience and support over the last number of months. During that time everyone dealt with breaks, water shortages, low pressure and discoloured water. The Town apologizes to everyone impacted and wants to continue to move forward and improve the water system together.

The Water Utility has now created several changes that will minimize these interruptions in the future. The water treatment plant is now in service and producing fully treated water. Well #17 is online and has added 15% more flow to the water system. Well #11 has returned to service after extensive transmission main replacement. Several major water breaks have been fixed and a new leak detection program has been initiated. The water tower has reached a new maximum passing 60 feet this week, adding additional pressure to residents in low pressure zones, while the pressure zones have allowed pressure to stabilize in the waterfront water zone.

Some upcoming initiatives will include: investigation for new sources of water using new well drilling technology to ensure long-term viability of existing wells; additional hydrant flushing to help remove the sediment build-up from watermains; further investigation into leak detection and accounting of water losses; dry hydrants along the waterfront to help with fire protection and reduced impact on drinking water systems; abandoning old wells that are not connected to the water treatment plant; looping of watermain to eliminate dead end runs and improve water quality; and replacement of critical piped infrastructure to minimize disruptions during water breaks.

Capital Paving, Waterline and Sidewalk Work

Capital work has resumed for 2019. Watermains have been replaced on Martha Street, Pine Street and Poplar Street as these sites have been prone to water issues. These streets will also be repaved once water work is complete. Paving will also occur on Faulkland Street, Cottage Street and Browns Point Road, while sidewalks have been replaced along West River Road from the Lion Stone Inn to Atlantic Avenue.

A grit chamber will be installed behind the CN ballfield to help reduce pump and pipe wear inside of the sewer pumping station in the same area. This will reduce operational costs and allow the Town to focus on other priorities.

The first year of the Town ditching program is wrapping up. The Town is still working to replace several problem culverts but will resume ditching in spring 2020. Please keep the Town informed if you notice ditching issues that

Other Library Events:

Roald Dahl Day - September 13th, in celebration of Roald Dahl's Birthday
Paint with Sharon - Saturday, September 14th, 1:30-3:30 pm
Pebble & Beach Art Workshop - Thursday, September 26th, 6:30-8:30pm
Upcycling for Kids - Every Thursday at 3:00pm beginning September 12th
 Afterschool craft time.

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.

Also available to borrow with your library card:

Play Packs - Play Packs are kits with books & play equipment (skipping ropes, balls, scarves, a rubber chicken & more!)

Nordixx Walking Poles - Walking poles that improve cardio respiratory function; low impact activity and great way to improve overall fitness.

Adventure Day Packs - a backpack full of outdoor equipment to reconnect with nature.



Pictou-Antigonish
Regional Library

The *Just Ask* Initiative

Any female may receive one FREE feminine hygiene product. All you have to do is **Just Ask** one of the staff at Pictou Pharmasave.

The Pictou Pharmasave, along with some passionate members of the community, are looking to improve the access here. Women of all ages can visit the store and **Just Ask** to receive their free feminine hygiene product. The owner, Glen Hicks, and staff look forward to introducing this new initiative to the community.

Support from community groups, organizations, individuals and other local businesses is welcome in the form of monetary donations or product donations. Pictou Pharmasave will provide an initial supply of product and will match any product donations purchased in store.

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 10th. **Now taking registrations.**

Preschool Storytime - for children who will be 3 years old by January 1st, 2020. Children will enjoy action rhymes, fingerplays, stories and crafts with Ms. Bonnie & Ms. Jennifer. Sessions every Wednesday, starting September 11th at 10:30 am **Please register by September 7th.**

ABC's for Babies - every Thursday, starting September 12th at 10:30 am 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 12th from 3-4:30 pm. 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 12th at 7:00 pm. 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 1:00 pm. Beginning September 12th – learn simple Gaelic phrases & greetings and spend a social time with others who want to learn the language. *Call or drop in to register.*

Tuesday Book Club – Starting Tuesday September 17th at 7:00 pm. New members are always welcome. Call the Library or drop in to register. Bring your suggestions of book titles.

Community Quilters – every two weeks on Tuesday starting September 10th at 2:30 pm. An opportunity for anyone interested in learning/doing quilting. Space is limited so pre-registration is necessary.

Imagination Saturdays - Drop by the library all day (10:00 am-4:30 pm) & see what fun stuff we have planned! Every Saturday will be different. Games, puzzles, LEGO, crafts, blocks, scavenger hunts and more!... hands-on fun for families to share together! Themes include: Sept 7th—Back to School; Sept. 14—Apple Week; September 21—Boat Week; September 28—Cat Week.

Young Readers Club - Meet the third Tuesday of every month beginning Sept 17th, 4:00-5:00 pm. Grade 4-6 students welcome. Snacks provided.

include water backup, collapsed culverts or dangerous locations around your personal driveway.

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:

1. Make sure you are safe! Sewer backups create risks of electrical shock and bacteria infection. Stay out of the backup, if possible!
2. Contact a certified plumber to inspect and/or video the sewer lateral and correct the problem. If the plumber believes that the issues are 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.
3. 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.

Waterfront

The Town has engaged an engineering firm to review waterfront infrastructure at the marina on the Pictou Waterfront (Market Wharf). At this time, we have a preliminary design for a new breakwater as well as options on how to improve the physical appearance and usability of existing structure. We are continuing to work with designers and the different levels of government to determine cost sharing to improve Pictou's waterfront.

Upcoming Dates to Remember

October 15 - 18	Hydrant flushing; expect low pressure
December 15 - April 15	Parking ban will be enforced
January 2020	Property Tax sale; anyone who would like to be notified of upcoming tax sales please contact the Town Hall; pre-registration mandatory.

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

To begin you must have a separate payee for 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



Property Tax & Water Billing Schedule:

Tax bills are issued twice a year. The Interim levy is issued in May, due June 15. This levy is your current assessment with the previous year's rates, multiplied by 50%, as Council has not yet set the current rates. The Final levy is issued in September, due October 15. This levy is

for the entire year, less the Interim levy and reflects any changes Council may have made to the rates. Our property taxation year is April 1 – March 31.

Water is billed quarterly as follows: Jan – Mar levy issued in April, due in May; April – June levy issued in July, due in August; July – Sept levy issued in October, due in November; and Oct – Dec levy issued in January, due in February.

For updated water rates please visit our website at www.townofpictou.ca / on the website go to TOWN HALL, then double click WATER UTILITY
To be added to the Town's email notification list for water interruptions, etc. please contact: info@townofpictou.ca

Low Income Tax Exemption

Application forms are now available for the 2019-20 Low Income Tax Exemption. Forms can be picked up at the Town Hall at 40 Water Street. Income threshold is \$24,100; maximum exemption of \$385.



**Located at 41 Water Street
Top floor of The Palace building**

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. Find on facebook and keep up to date with upcoming activities & events.



- 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

Sewing classes are for kids 6 & Up 1 hour per week, 4 students per class, For more information call Gladly at 902-485-1676; e-mail: gladyknowles@eastlink.ca or Facebook.

Art Classes with Carolyn Vienneau

Art Classes in oil or acrylic with Carolyn Vienneau at Strokes of Colour Art Studio, 8 Irving Street. For more info: carolynvienneau.com or call 902-485-5005.



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

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 2019, 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.

Kick Boxing at the Pictou Youth Centre

TWO classes on Mondays at 6:30 pm beginning September 23rd! 6:30 - 7:30 is for youth ages 7 to 12, and from 7:30 - 8:30 is adults ages 13 - 99. \$10 per class, please inbox on Facebook to register!!! Kickboxing helps build mental resilience and your mental strength, along with helping relieve anxiety and builds self-confidence! You should try it!

MODERN LINE DANCING

Variety of music: Latin, Pop, Country, Classic
Great exercise for body and brain

When: Mondays, starting September 9th, 11am-noon

AND Wednesdays, beginning September 11th, 9:30-10:30am

Where: Stella Maris Hall, Denoon Street **Instructor:** Jill MacDonald
Beginners to Improvers, all levels welcome

Fee per class: \$1.00 Call 902-485-1817 or email

bjmacd@ns.sympatico.ca No registration necessary.



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*

Fall Leaf Collection Program 2019

Pictou County Solid Waste will be collecting leaves during the regular garbage collection day on **November 20th** 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 leaves (**ONLY**) 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. Only open Monday - Thursday, 7:30am-3:30pm & Friday from 6:00am-2:00pm

These items can be brought to Pictou County Solid Waste for a fee.

NEW BUSINESS OPENINGS



ALLIE'S SECOND CHANCE CLOTHING

6 Water Street

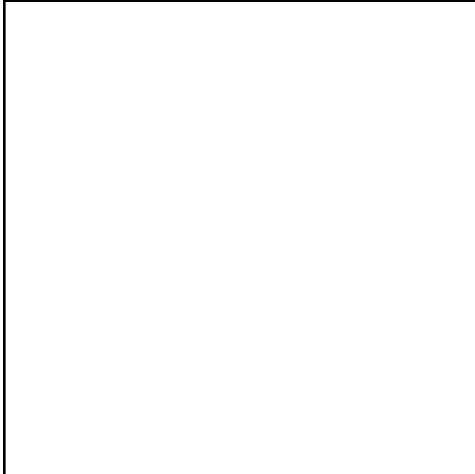
Women, men and children's clothing and more. Check us out on Facebook. Open Monday to Saturday. Owner/operator Tammy MacMillan.

POPPY'S

70 Water Street

Poppy's is a locally owned and operated general store. A wide range of items that change regularly. Please stop by and see our large assortment of kids toys, kids clothing, furniture, seasonal items and much much more.

Poppy is a proud supporter of the local area and believes in SHOP LOCAL "if we don't support the community we can't expect the community to support us"



DOLLARAMA

Located on West River Road

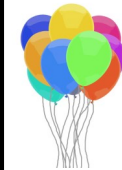
Dollarama is the leading dollar store operator in Canada, we offer a broad range of quality consumer products and general merchandise, in addition to seasonal products.

Advantages of Membership

Includes all public swims (family & open) and lane swims. 10% discount on Pro Shop merchandise, 25% discount on Instructional Programs. **Bundle it and SAVE.....15% discount if you purchase both an aquafit and swim membership.**

<u>Membership Type</u>	<u>3 Month</u>	<u>Yearly</u>
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

**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

Pictou County Mariners Swim Club

40 years in Pictou County



pictou county mariners

We have a number of new and exciting things happening this year!

Swimming is a unique sport in that it encompasses an activity that is both an essential life skill as well as being fun and competitive. In regard to the latter, it is important to emphasize that our program focuses on each swimmer striving to improve and doing "their personal best".

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.



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	
	Aqua Turbo 7-8	Adult Swim & Lessons 7-8	Aquafit 7:15-8:15		Open Swim 7:30-9	Open Swim 7:30-9

POOL FEATURES INCLUDE:

- 1 & 3 meter diving boards
- Tarzan rope & large water toys
- Shallow water slides
- Water Basketball Nets
- Red Cross National Lifeguards on deck
- Family Change Room and lockers
- Accessible Chair Lift & Aqua Wheelchair available



**ROBERT SUTHERLAND,
LAWYER, BA LLB**

45B Water Street
902-301-5750 office

Criminal law and child protection law; 32 years experience.



**CONGRATULATIONS ON YOUR NEW LOCATION &
RE-OPENING at the Pictou Rotary!**

THERESA FRASER, Maritime Play Therapy Centre

40 Water Street, 2nd Floor 902-301-9192

Theresa is a Registered Counseling Therapist and Certified Play Therapist. She is providing Neurooptimal neurofeedback (the other NS system is in Halifax) as well as counselling to individuals across the lifespan. Starting in September therapists from around the province will be coming to Pictou on weekends to engage in Play Therapy certification training.

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 9th running throughout fall and winter. Cost: \$5.75 pay as you go

Chair Yoga by Rachael MacLean (8 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 11.

Location: New Horizons Club

Time: 11:00am

Cost: \$57

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 17th from 7:00-9:00 pm at the McCulloch Education Centre. Fee is \$75 and pre-registration is required. Another session will follow.



A TOONIE OF FUN **Drop In Programs**



Adult Badminton Club Every Tuesday beginning September 10th at the McCulloch Education Centre.
7:00 - 9:00 pm Cost:\$2/night. Bring your own racket.

Adult Floor Hockey Sundays 2:00-4:00pm beginning October 20th at the Pictou Academy Gym Cost: \$2/day



Did You Know.....
you can follow Pictou on Facebook

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 25 OR Friday, November 15. Time is 9-5

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. 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 17 from 7-8 pm.

Aqua Turbo A high intensity class! It focuses on building cardiovascular strength and endurance through challenging routines of intervals and higher intensity options. Provides a definite challenge for veterans and avid participants. Every Monday, 7:00-8:00pm and Wednesday 7:15-8:15

Splash N' Play Swim (Parent and Tot) A fun time for moms, dads and caregivers. Tuesdays from 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.

Bronze Medallion Course Oct 4, 5, 6 Participants must be at least 13 years of age or hold a Bronze Star. Pre-registration is required.

Bronze Cross Course October 12, 19, 20 Participants must hold a Bronze Medallion

NLS Course (National Lifeguard) September 21, 22, 28, 29, 30. Participants must be at least 16 by the end of the course and hold a Bronze Cross

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

PICTOU FISHERIES TRAINING POOL

Offering Red Cross Swim Lessons for over 50 years in our community!
73 Harbour Drive 902-485-5301 aquatics@townofpictou.ca



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 18 to November 6
Thursdays, September 19 to November 7
Friday, September 20 to November 8
Saturdays, September 21 to November 9

Adult Swim Lessons

Tuesdays - September 17 to November 5
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 13—December 11
Thursday November 14—December 12
Friday November 15—December 13
Saturday November 16—December 14

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 !

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



Walk N Roll Indoor Walking Group

The Nova Scotia Health Authority and Pictou Recreation and Parks will be offering 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. From September 10th to December 17th. Every Tuesday at 1pm. Location: Pictou Legion. Find out more about Walk N Roll at www.walk-n-roll.ca. To register please call 902-485-4372.

Transform Live with Jennifer Boyce (6 weeks)



Do you feel like you need to be moving more, but joint pain or mobility issues hold you back? This is for you. This 6 week low impact, step aerobic program is designed especially for people who are older, have limited mobility, or suffer joint pain. No equipment required. No floor work.

6 weeks, 30-40 minute class.
\$45/person

Every Tuesday at 6:30 pm LOCATION: TBA
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 of 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, Nordixx poles and adventure day packs.

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,
 Pictou Fisheries Training Pool,
 St. FX University Recreation Facility!



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



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.

ADVENTURE DAY PACKS

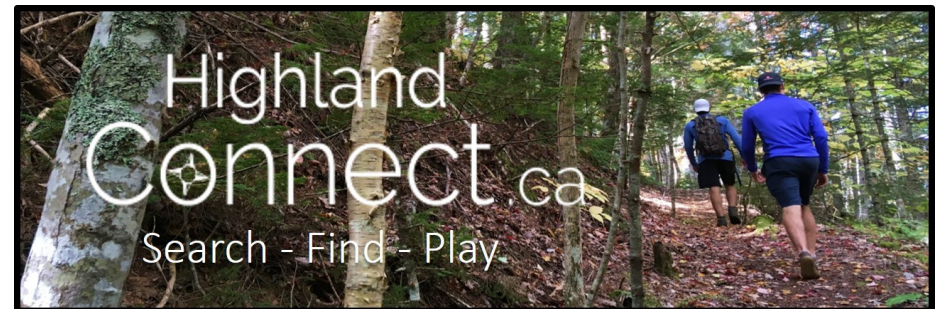
DISCOVER. LEARN. EXPLORE.

A backpack full of outdoor fun equipment to explore nature.
 Four packs available.



Hiking, bird watching, survival kit, star and moon gazing, tree and animal tracks, bug collecting, children's activities and more.

Available through the Pictou Library, sign out just like a book. Made possible through the Pictou West Community Health Board, Pictou Recreation and Parks and the Pictou Library.



DID YOU KNOW: The Jitney Trail in Pictou is part of the Trans Canada Trail, known as The Great Trail, which is a leg of a 24,000 kilometer trail system spanning Canada coast to coast?