

Newsletter

Keeping Our Community Connected

WINTER 2019



Issue 23



In this Issue:

Mayor's Greeting

Capital Projects

**Important Updates
on Tax and Water**

**Community
Happenings**

Volunteering

**Aquatics and Winter
Recreation Programs**

AND MORE....

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

www.townofpictou.ca



Greetings!

2019 has been a busy and productive year for the Town of Pictou as both new and existing businesses have invested in our community with new construction and improvements to existing buildings. Council continues to work with developers and the Business and Marketing Society to look for new and innovative ways to promote our beautiful Town as a great place to live, work and enjoy the many services and activities that are available to all.

A significant milestone has been met with our new Water Treatment Facility becoming operational in October. The completion of Phase II of the project has signaled the successful removal of the iron and manganese from the distribution system. This along with the soon to be increased pressure is great news for all users.

This past year, we welcomed two new Syrian families to Pictou, who through their work ethic, generosity and optimism are creating a wonderful sense of community within all of us. It is due to the efforts of a very committed group of volunteers with CAIRN who work tirelessly to bring these families and continue to offer support and guidance after they have arrived. We look forward to continuing to celebrate our history and culture in new ways with more new residents and visitors.

There are new and exciting initiatives being discussed by Council including better signage, the re-development of Veteran's Park and a commemorative display to showcase the historical significance of Victory Heights. These are all in the early planning stages, so more information will be available once plans are more detailed.

As always, I want to acknowledge the organizations and volunteers who support the many programs and activities that make Pictou the wonderful Town it is. Please take the time to explore this newsletter and the many opportunities available for winter fun.

All the best in 2019!

James J. Ryan
Mayor

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: 902-485-5231

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

Meetings

Committee of Council Meetings

Meets on the first Monday of each month except on holidays (re-scheduled to the following Monday)

Regular Town Council Meetings

Meets on the third Monday of each month, except on holidays (re-scheduled to the following Monday).

Pictou Recreation and Parks Committee

Meets on the last Thursday 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 902-485-4372.

IN THIS ISSUE

	Page
Mayor's Message	2
Your Town Council	3
Contact Information	4-5
Town Information	6-9
Pictou Recreation & Parks Programs	10-12
Funding Programs	13
Swim Lessons & Courses	14
Pool Information	15-17
Upcoming Events	18
Keeping Active	19
Volunteering	20
Pictou Library Programs	21
Organizations	22
Article—144 Construction Engineering Flight	23

Photo Credits: Gerry Farrell

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 Town of Pictou at 902-485-4372.

Tax Billing: Billed twice a year (tax year is April 1-March 31) - June and September, subject to change.

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
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, CAO Ext. 223
dan.troke@townofpictou.ca

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

Corey Smith, CRA, CMA Ext. 224
Town Accountant
corey.smith@townofpictou.ca

Kyle Slaunwhite Ext. 258
Acting Town Engineer
kyle.slaunwhite@townofpictou.ca

Paul Janes, Fire Chief
paul.janes@townofpictou.ca

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



Birthplace of New Scotland



Water Updates

The water treatment plant is now online and is performing above expectations. All tests have shown a consistent 100% removal of the discolouration causing element in our water (iron and manganese). Additionally, the Town has performed its seasonal flushing program to help remove any sediment from the lines. These two items are the first steps to making sure Pictou has better water quality.

Pressure zones are also under construction. Willow and Wellington Street stations are in the ground and approaching the commissioning phase. When these stations come online this will allow the Town to fully fill the standpipe and increase water pressures in the higher elevations of Town by almost 20 PSI.

Finally, the Nova Scotia Utility and Review Board has set new water rate for the Town of Pictou. Rates can be found on the Town's website at www.townofpictou.ca. Consumption based charges will be in the New Year. Bills will consist of base and consumption charges. Base charges are flat rates that will be based on meter size (marked on the meter inlet/outlet). Consumption will be based on water use. The consumption cost of water will be between \$1.08 and \$1.57 per 1000 litres over the approved rate schedule.

In preparation for consumption-based billing you can:

- Check your home for leaky taps, toilets and other water using devices. If you shine a flashlight on your water meter, it will display a drip symbol if water is being used.
- Install low flow/flush devices to help reduce water use – Efficiency Nova Scotia is a good resource for energy and water saving suggestions.
- Flush hot water tanks and systems before water rates come into effect.
- Notify the Town when discoloured water is noticed so we can help reduce the impact on other residents.
- Check aerators on taps for sediment. This is the primary cause of low water pressure.

Remember you can control your consumption and bills by being aware of your water use.

First metered bill will be for Q4, January 1st – March 31st, 2019 and will be issued in April to be paid in May.



New Water Treatment Plant - located on Wellington Street

Road Work Updates

All capital road work is beginning to wrap up, despite challenges from the early snowfall.

This year the Town has repaved: Beeches Road, Louise Street, Naylor Avenue, Atlantic Avenue, Grange Street, Marine Street, James Street and a section of the Jitney trail.

Curb was added and replaced on Grange Street, Acadia Street and James Street.

Curb, sidewalk and guardrail work is still scheduled to be complete on West River Road between Haliburton Road and Atlantic Avenue. Willow Street and Wellington Street will be partially repaved this year and then completed when the weather improves.

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

Town Grant Program

Organizations requesting financial assistance through the Municipal Grants to Organizations Program for fiscal year 2019-20 must forward their application to the Recreation Coordinator no later than May 6, 2019. The application forms are available from the Town Hall 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.

2018/2019 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, 2018 to April 1, 2019.

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

Call for Citizens Application

The Town of Pictou is inviting citizens to apply to serve on the following committees:

TOWN OF PICTOU AUDIT COMMITTEE

The role of the committee is to carry out the responsibilities contained in section 44 of the Municipal Government Act. Main responsibilities include reviewing the financial statements and evaluating internal control systems.

TOWN OF PICTOU PARKS & RECREATION COMMITTEE

The committee operates pursuant to the Pictou Recreation and Parks Committee Policy. The major focus areas include planning and organizing special community events and serving as an advisory group to Council on recreation service delivery.

TOWN OF PICTOU VOLUNTEER FIRE FIGHTERS SOCIETY

As a registered CRA charitable society, the main purpose of this group is to facilitate fund raising efforts for the replacement of heavy equipment for the fire department.

PICTOU/CARIBOU SOURCEWATER PROTECTION ADVISORY COMMITTEE

This committee provides resources and recommendations to residents in the Central Caribou area and the Pictou Water Utility to ensure effective source water management. One position is open to a resident at-large.

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.

Further information on the committees can be found on the Town website. If you are interested in volunteering for one of the committee positions, please forward a brief biography outlining related experience to the undersigned on or before February 28, 2019.

Nicole Battist
Deputy Clerk, Town of Pictou
PO Box 640, 40 Water Street, Pictou, NS B0K 1H0
902-485-4372 X. 254
nicole.battist@townofpictou.ca

Following are the Winter Programs offered by Pictou Recreation and Parks. Pre-registration and payment for all programs are required. Adults, youth 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 7th** 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 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 **January 15th** 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 (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. Every Wednesday beginning **January 9th** at the Pictou New Horizons Club from 11:00am. Cost: \$57 / \$47 Club members. **This program was made possible through our partnership Pictou New Horizons Club.**

Walk N Roll Indoor Walking Group

The Nova Scotia Health Authority and Pictou Recreation and Parks are excited to continue the Walk N Roll Program this winter. 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 LINCS Physiotherapist. It will take place once a week in Pictou and it's FREE ! Beginning in January at the Pictou Legion, a drop in program. Find out more about Walk N Roll at www.walk-n-roll.ca. For more information call 902-485-4372.

YOUTH PROGRAMS

Youth Floor Hockey (ongoing until June)

A drop in and play opportunity for youth to enjoy playing floor hockey in a safe environment. Bring your own stick and protective equipment, nets provided. Ages 10-14 yrs. Every Saturday, beginning February 2nd, 1-3pm
Location: PA Gym Cost: \$2.00 drop in

Self Defense Class for Girls with Kelli Cruikshank

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



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

Snow Shoes - adult and youth

Nordic Walking Poles - great for winter walking

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

2 Sport Wheel Chairs, also roller blades, road hockey equipment, bikes & helmets, canoe, baseball bag, washer toss, tennis rackets, flag football kit bag and more; full list on Town website.

PLUS the Pictou Library has **PLAY PACKS**, bike locks, Nordic Poles.



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, visit the Active Pictou County Facebook page for more information. **New accessible equipment for lend: hippocampe, an all terrain wheelchair is available for use, contact the office to sign out.**

Sally O'Neill, Coordinator

A TOONIE OF FUN Drop In Programs

Pictou Badminton Club (Drop-in)

Tuesdays beginning January 8th at the Pictou Elementary Gym . 7:00-9:00 pm
Cost: \$2.00 Bring your own racket.



Adult Floor Hockey (Drop-in)

Sundays 2-4pm and Tuesdays 8-10pm beginning January 6th at the Pictou Academy Gym
2:00-4:00 pm Cost: \$2.00



Communities, Culture and Heritage

OPEN SKATES AND SWIMS

FREE Swims at the Fisheries Training Pool

Starting in January made possible through support by the Province of Nova Scotia's Facility Access Program. **Times will be posted soon on the Town website.** For further info call the pool at 485-5301.

FREE Skating at the Hector Arena

Sundays from 9:15 am-10:30 am. The "I Love To Skate" program in made possible through funding the Province of Nova Scotia's Facility Access Program. For info call 485-5122. **Subject to change due to tournaments.**

Bus Trip - Nova Scotia International Tattoo

Scotiabank Centre, HALIFAX

June 30, 2019 - 2:00 pm show

Celebrating 40 years; don't miss this epic show of groups from across Canada and around the world. Looking for a taste of true Nova Scotia? There's bagpipes, highland dancers and military traditions. Hoping for something more modern? The Tattoo also features innovative acrobatic acts, modern music, contemporary dancing, trampoline routines and cutting-edge videos. Call Pictou Recreation and Parks to register, limited seats available. Cost: \$68 Reserve your seat/ticket early, call Pictou Recreation and Parks at 902-485-4372.

Below are highlights of funding programs available for youth and community groups. **A full 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

Community Development Grant (offered through NS Department of Communities, Culture & Heritage) 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, fitness leadership training 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 Association. **Contact Pictou Recreation and Parks for an application form or visit our web site at www.townofpictou.ca/funding**

DID YOU KNOW ?

Only 35% of 5 to 17 year-olds are reaching their recommended physical activity levels as outlined in the Canadian 24-Hour Movement Guidelines for Children and Youth.

- 2018 ParticipACTION Report Card

PICTOU FISHERIES TRAINING POOL

73 Harbour Drive 485-5301 aquatics@townofpictou.ca

Pictou Recreation Aquatics has been offering Red Cross Swim Lessons for over 50 years in our community!

RED CROSS SWIM LESSONS

Now accepting registration for the Winter 2019 Session of swim lessons. Please note that this session will be an 8-week session. Spaces are limited, register early.

Wednesdays, January 16 to March 6

Thursdays, January 17 to March 7

Friday, January 18 to March 9

Saturdays, January 19 to March 3

Spring Session of Swim Lessons begins on March 27

Adult Swim Lessons

Tuesdays - January 15 to March 5

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

Arthritis Fitness Classes providing a balanced approach to train and target cardiopulmonary benefits, functional fitness, muscular endurance and strength, balance, posture and flexibility . Join us Mondays and Wednesdays 11:00-12:00 pm

Bronze Medallion, Bronze Cross Course - Date to be Announced

Participants must be at least 13 years of age for the Medallion and hold a Bronze Medallion Award for the Bronze Cross.

National Lifeguard Course Date to be Announced. Participants must be 16 years old by the end of the course and hold a Bronze Cross. This is an intense course and requires 100% commitment.

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: Wednesday, March 20. Register early to avoid disappointment

DID YOU KNOW ?

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



Drop In Fees

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

SUN	MON	TUES	WED	THUR	FRI	SAT
		Aquafit 9:30-10:30		Aquafit * 9:30-10:30	Aqua/ Arth 9:30-10:30	
	Arthritis 11-12:00	Splash N Play 10:30-11	Arthri- tis* 11- 12:00			Swim Lessons 9:30-12
	Adult Lane 12-1		Adult Lane 12-1		Adult Lane 12-1	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	
Senior Mariners 7-8	Aqua Turbo 7-8	Adult Swim & Lessons 7-8	Aquafit 7:15-8:15		Open Swim 7:30-9	Open Swim 7:30-9
		Senior Mariners 8-9				

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

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



**WASN'T THAT A
PARTY ?!**

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

GET ACTIVE GRADE 5

Calling all Grade 5 students attending
McCulloch Education Centre

FREE admission to the pool every Saturday Open Swim 7:30-9:00 pm

STAY ACTIVE GRADE 6

Swim Free 3rd Saturday of the month Open Swim 7:30-9:00 pm

Advantages of Membership

Includes all public swims (family & open) and lane swims.

<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

Pictou County Mariners Swim Club

For youth ages 7 years and up

Come in and see what were all about!

~New members are always welcome~

Any further questions?? Email: pcm-president@outlook.com

Senior Mariners Swimmers

For anyone ages 18+ with previous swim team experience

OR for those wishing to do some serious swimming for

Health and Fitness. For details call 902-485-5301.

Check out the Pictou Fisheries Pool This Winter!!

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.

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 from 7:00-8:00 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, 7:00-8:00 pm and Wednesday 7:15-8:15 pm

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

Job Opportunity Are you 15 or 16 years old and looking for a part-time job? Love the water and would like to be a swim instructor and/or lifeguard?? Call us at 485-5301 for more information.

Aquafit and Arthritis Fitness Classes Fun, Fitness and Friendship. Come and join us in the water. Work at your own pace. Structured to fit your fitness needs. Bring a friend, or come and meet a new one. Have fun and get fit. Check our pool schedule. We'd love to see you.

MARCH BREAK

March 18 –22

Toonie Swims

Monday through Friday from 1:00-3:00 pm

Adult Lane Swims 12:00-1:00 pm

Babysitters Course, March 20

Watch for Surprises during the week

OTHER EVENTS TO WATCH FOR AT THE POOL

Pictou Winter Carnival February 9-11, themed swim

Heritage Day February 18 Join us for a Toonie Swim in the afternoon from 1:00-3:00 pm. Serving up hotdogs after the swim.



Winter Carnival February 8-10, 2019

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

*Chocoholic at the Pictou United Church, pancake breakfast and more.
Fun for the whole family!*

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



MARCH BREAK FUN at the POOL March 18-22, 2019

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

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 event details at McCulloch House Museum and Genealogy Centre on April 7, 2019.**



Hector Arena 2019 Skating Schedule

Adult & Tot	Monday & Wednesday	10:00-11:30 am	donation
Adult & Tot	Friday	11:30-1:00 pm	donation
Public Skating	Fridays	3:30-5:00 pm	FREE
I Love to Skate	Sundays	9:15-10:30 am	FREE

Walking at the Rink

The cooler weather is upon us, continue your walking routine at the Hector Arena inside Monday to Friday, 8:30-11:30 am & 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.

Note: Skating schedules are subject to change without notice due to special events or tournaments. Please call ahead to confirm or check out their facebook page.

New Caledonian Curling Club Lots Happening this Winter!

We have recently completed plant upgrades and the stones have all been reconditioned resulting in excellent curling conditions! The club offers a full range of activities to suit all ages - junior, mixed, adult and industrial league. Adult curling is on Monday, Wednesday and Thursday evenings with doubles action happening every second Friday. We also have a junior program on Tuesday afternoons. There are fun spiels throughout the season. Qualified instructors are on hand to give assistance.

We are always pleased to have new members and you can give the game a try by enrolling in a four week instructional program for new curlers for \$25.

Our Club House is available for rentals and birthday parties. For further information call Alta Munroe at 485-4913 or Vicki Campbell at 485-4702.

Upcoming Events at the Club:

Ship Hector Bonspiel

January 25 - 27, 2019

Contact Scott Maston for further information:

scottmaston8736@gmail.com

Curl for Cancer

Friday, February 22, 2019



Looking to Make a Difference in Your Community? Join the Pictou Recreation and Parks Committee

The Pictou Recreation and Parks Committee, composed of community members and Council representatives, is the group designated by Town Council to provide input on the activities of the Pictou Recreation and Parks Department (PRP). The committee defines results areas for the department in accordance with the Town of Pictou vision and makes recommendations to Council on matters concerning recreation and leisure services, parks, trails and green spaces and facilities. Other activities of the Committee include assisting in organizing community events, such as Winter Carnival, Christmas Light-Up, annual Volunteer Award Reception, Go Clean Get Clean Litter Pick Up and special projects.

If you are looking for something new to get involved with to make a difference in your community, the Town of Pictou is looking for interested youth and adults to serve on its Recreation and Parks Committee (PRP). Committee Meetings are generally held the last Thursday of each month in the Town Hall at 7:00pm and are open to the public. We encourage you to find out more information by visiting our Town website or by contacting 902-485-4372.



VOLUNTEER OF THE YEAR



Now is your chance to recognize an outstanding volunteer in our community. Nominations for **Volunteer Week 2019**, April 7-13, 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 13, 2019. 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>

DID YOU KNOW.....

More than 410,000 Nova Scotians volunteer, contributing an average of 192 hours per year. That's almost 79 million hours of volunteering!

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 – Thursdays, 10:30 am. This program is for infants up to 18 months old and their parents; beginning January 3rd

Preschool Storytime – Wednesdays 10:30 am. Starting January 9th. Child must be 3 by Jan. 1st.

Toddle Time – Tuesdays, 10:30 am. Starting January 8th. (Child should be 18 – 36 months old)

Imagination Saturdays - Drop by the library all day (10:30 am-4:30 pm) and see what fun stuff we have planned! Every Saturday will be different. Games, puzzles, LEGO, 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!

Knifty Knitters - Thursday afternoons 3-4:30 pm. 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, snack provided.

Young Readers Club – 3rd Tuesday of every month beginning Jan. 15

Thursday Book Club – 7:00 pm, second Thursday of every month

Tuesday Book Club – 7:00 pm, third Tuesday of every month

Community Quilters – 2nd & 4th Tuesday of every month 2:30-4:00 pm.

An excellent opportunity to learn how to quilt & do small quilted projects.

NFB Films – last Friday in every month starting at 10:30 am. List of films found on website below.

To find out more please visit the Library or go to our events page at www.parl.ns.ca.

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.



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, line dancing, 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, Meat Darts on Saturday and Sunday Meat Roll; a few activities are member benefits.

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

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.

Opportunity Shop

The Pictou Opportunity Shop provides assistance for housewares and clothing to individuals and families in the Pictou Area. Donations accepted.

Located at 40 Water Street
 Hours: Tuesdays 10:00-12:00 pm & 1:00-3:00 pm

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 and donations are always welcomed; drop off at: 40 Water Street, Pictou

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

DID YOU KNOW: there is a new KINDNESS METER located outside of the Pictou Post Office, all donations go to the Pictou West Food Bank, a project of Pictou Rotary Club

144 CONSTRUCTION ENGINEERING FLIGHT

Who we are: 144 CEF is an Air Force unit located in Pictou NS. We employ Reservists in the Construction and Mechanical trades of the Canadian Military Engineers. Personnel participate in local community construction projects, national and overseas construction and maintenance tasks. As a Reserve Unit, all personnel are voluntary members and are paid for their service.

What we do: 144 CEF trains and employs members in the engineering trades. In order to train effective technicians we complete national level training, international operations and national operations and tasks. As well, we complete community projects **for non-profit organizations** in Pictou County.

How we train: Successful applicants will attend the Basic Military Qualification Course in St-Jean, QC. This 13-week course is common to all Canadian Armed Forces personnel and provide recruits with the basic core skills and knowledge needed by all trades, including basic weapon handling, drill instruction, first aid, etc. Following this course members attend trades training at the Canadian Forces School of Military Engineering in Gagetown NB. Training is broken up by any trade and varies from 3-6 months. All training is conducted full-time with accommodations and meals provided. You will also be paid while attending Basic Training.

Following the basic training and trades training, you will be employed at the Flight in Pictou. Employment consists of full-time and part-time labour dependant on project workload. Additional full-time opportunities are usually available for members who are willing to travel. All travelling expenses are paid for by the military.

How to Join: We are always looking for new recruits in a variety of trades. Please contact us at the details below or visit your local Recruiting Center for additional information.

Contact us: In person at 237
Welsford Street, Pictou NS.
Phone: 902-485-1069 ext. 235



For additional information

National Recruiting Website: www.forces.ca

144 CEF Facebook page: www.facebook.com/144CEF

advocate  media inc.

PRESENTS

WINTER BLAST FESTIVAL

GREAT SHOWS YEAR ROUND!

The Stadacona Band of the Royal Canadian Navy	January 27	*
Luke McMaster & Ian Sherwood	February 3	
Rolston String Quartet	February 19	
Aaron Pritchett <i>Out on the Town</i> Tour with David James	February 23	
Pictou County Pop Classics	March 2	*
Thank You for Being a Friend: The Ultimate Golden Girls Experience	March 6	
Steven Bowers	March 9	
Alan Doyle	March 10	
Yesterday Once More: Tribute to ABBA, The Mamas & The Papas, The Carpenters and The 5th Dimension	March 14	
Gordie MacKeeman & His Rhythm Boys	March 15	
Trent McClellan's <i>Laugh Everyday</i> Tour	March 16	
Pictou Rotary Club Musical	March 28, 29 & 30	
Ian Stewart: Chainsaw Juggler	April 4	
Stampeders	April 6	
Catherine MacLellan <i>If Its Alright With You:</i> The Songs of Gene MacLellan	April 12	
Leahy	April 13	
Steve Patterson <i>Anonyfamous Comedy Show</i>	April 26	
Bruce Guthro <i>Songwriter's Circle</i> featuring Laura Smith, JP Cormier & Makayla Lynn	April 27	