



Municipality of the County of Antigonish COUNTY QUARTERLY SPRING 2012

BE AN OUTDOOR GUY/GIRL (BoG)



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CONTACT US

ADMINISTRATION OFFICE (863-1117)

Alan J. Bond, Municipal Clerk/Treasurer
 Debbie Cormier, Deputy Clerk
 Joyce Levangie, Administrative Secretary
 Judy Chisholm, Information Systems
 Allison Duggan, Director of Finance
 Sara Brown, Assistant to Director of Finance
 Lillian MacEachern, Data Entry/Cashier
 Darlene Thompson, Tax Revenue Clerk
 Tammy Feltmate, Director of Environmental, Safety and
 Community Affairs
 Alisha Chisholm, Receptionist/Billing Clerk

RECREATION (863-1141)

Marlene Melanson, Recreation Director
 Denise Fougere, Administrative Assistant
 Shirlyn Aker, Physical Activity Coordinator
 Heather Grant, Recreation Programmer
 Amy Juurlink, Aquatics Supervisor
 Kelsey Walton, Assistant Aquatics Supervisor

PUBLIC WORKS (863-5004)

Mike O'Leary, Director of Public Works
 John L. MacDonald, Certified Water/Wastewater Operator
 Josh Chisholm, Certified Water/Wastewater Operator
 Harold MacGillivray, Utility Operator

**SOLID WASTE MANAGEMENT FACILITY
(863-4744)**

Daryl Myers, Landfill/Road Maintenance Supervisor
 Pierre Benoit, Garbage Truck Operator
 Kevin MacCulloch, Heavy Equipment Operator
 Andrew Jessens, Mechanic
 John Chisholm, Mobile Dewatering Truck Operator/Utility Worker
 Dwayne MacDonald, Labourer
 Allan Boyle, Recycling Truck Operator
 Andrew Shea, Garbage Truck Operator
 Hugh MacMillan, Spare Collection Vehicle Operator/Utility Worker
 Mary Theresa MacCulloch, Scale House Operator
 Jim MacLean, Heavy Equipment Operator

MUNICIPAL COUNCIL OF THE MUNICIPALITY OF THE COUNTY OF ANTIGONISH

Councillor Mary Mac Lellan, District 1: McArras Brook, Arisaig, Malignant Cove, Georgeville, Cape George, Livingstones Cove, Maryvale, part of Big Marsh and Pleasant Valley. **Telephone:** 863-1101; **E-mail:** mmaclellan@antigonishcounty.ns.ca

Councillor Donnie MacDonald, District 2: Lanark, Cloverville, North Grant, Fairmont, Lakevale, Big Marsh, and Harbour Road. **Telephone:** 863-5449; **E-mail:** dfmacdonald@antigonishcounty.ns.ca

Councillor Jerome Grant, District 3: James River, Keppoch, Ohio, St. Joseph's, Lochaber, Ashdale, Copper Lake, College Grant, Gaspereaux Lake, Purl Brook and parts of Glen Road and Pinevale. **Telephone:** 867-1160; **E-mail:** jgrant@antigonishcounty.ns.ca

Councillor Vaughan Chisholm, District 4: Trotters Lane, Arbor Drive Ext., Pleasant Valley, Clydesdale, Sylvan Valley, Back Road, Brierly Brook, Somers Road, Brierly Brook, Post Rd., Addington Forks, and West River. **Telephone:** 863-5935; **E-Mail:** vchisholm@antigonishcounty.ns.ca

Councillor Remi Deveau, District 5: Pomquet, South Side Harbour, Glen Air Estates and Dagger Woods. **Telephone:** 386-2866; **E-Mail:** rdeveau@antigonishcounty.ns.ca

Deputy Warden, Owen McCarron, District 6: Lower South River, St. Andrews, Dunmore, Frasers Mills, Loch Katrine, Springfield, Caledonia Mills, Beaulieu, Meadow Green, Pomquet River and Glen Roy. **Telephone:** 863-0141; **E-Mail:** omccarron@antigonishcounty.ns.ca

Councillor Angus Bowie, District 7: Heatherton, Black Avon, Fraser's Grant, Summerside, part of Bayfield, Glassburn, New France and Paq'tnkek First Nations. **Telephone:** 386-2667; **E-Mail:** abowie@antigonishcounty.ns.ca

Warden Herb Delorey, District 8: Mattie Settlement, Grosvenor, Tracadie, Monastery, Merland, Afton, West Arm Tracadie, and parts of Linwood and Bayfield. **Telephone:** 232-2952; **E-Mail:** hjdelorey@antigonishcounty.ns.ca

Councillor Russell Boucher, District 9: Auld's Cove, East Havre Boucher, Havre Boucher, West Havre Boucher, Frankville, Cape Jack, and Linwood. **Telephone:** 234-2642; **E-Mail:** rdboucher@antigonishcounty.ns.ca

Councillor Bill MacFarlane, District 10: Salt Springs, Cameron-Kinney Hill, Cameron Loop, West River, Lower West River, Elliot Lane, MacInnis Way, Garvie Road, Greenhill Drive & Loop, Tamara Drive, Chisholm-Ponderosa-Heritage Drive. From MacDonald Chrysler - east on TCH, Spruce Lane, Church St. Extension, Cunningham Rd., Willowdale Lane, and Beech Hill, South River Road, William's Point, Gilfoyl Rd., JD MacDonald Rd., Grandview Dr., Trinity Ln., Greenwold, Old South River Rd., Governor's Ln. **Telephone:** 863-0240(h), 863-3833(w), **E-mail:** bmacfarlane@antigonishcounty.ns.ca



THANK YOU VOLUNTEERS!



**NATIONAL VOLUNTEER WEEK
APRIL 15 - 21, 2012**

Volunteers are involved in virtually every aspect of society including health, education, social services, youth, sports and recreation, culture, the arts and the environment. Some volunteers give just one hour of time each week; others devote many hours. Volunteers are involved in one-time events as well as ongoing commitments. Some choose to volunteer out in the community whereas others are virtual volunteers and do their volunteering from the comfort of home. Volunteers can work on their own or with others, do hands-on work or volunteer at an administrative or leadership level.

Municipal Council of the Municipality of the County of Antigonish would like to take this opportunity to thank the many individuals who volunteer and give tirelessly of their time throughout the year. Your efforts and dedication truly make Antigonish a better place to live.



Minister's Recognition Program

Nominate a deserving individual or organization in your community today!

Communities across our province rely on the dedication and support of community volunteers and organizations to make the places we live and work a better and healthier place.

The Department of Health and Wellness would like to help you acknowledge the contribution that these individuals and groups provide.

If you know of a person or group who may have received a national or provincial award for their outstanding contribution, work, or achievement; or who may have made a contribution in your community that deserves recognizing, let us know!

You can request a submission form from your regional Health and Wellness office. Please ensure all relevant information is provided, including a paragraph outlining achievement, and return on or before the 25th of each month.

For more information or to request a submission form contact:

Darlene Deveau

Department of Health and Wellness – Highland Regional Office

149 Church Street, Suite 4, Antigonish, NS B2G 2E2

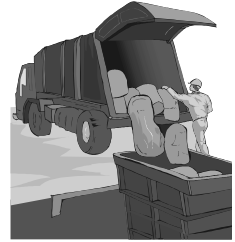
(902) 863-7380 or Darlene.deveau@gov.ns.ca

INFORMATION REGARDING GARBAGE COLLECTION

HOLIDAY SCHEDULE

It is the policy of the Municipality of the County of Antigonish that **Garbage, Organics and Recyclables are collected as normal on all holidays** throughout the year **except** for the following:

Good Friday
Remembrance Day
Christmas Day



Garbage and Organics normally collected on these days will be collected one week later on the regular day for collection.

Recyclables normally collected on these days will be collected two weeks later on the regular day for collection.

The Beech Hill Solid Waste-Resource Management Facility is closed on all holidays throughout the year. Residents are reminded that it is their responsibility to keep garbage boxes clean and in usable repair. During the winter months, it is extremely important to ensure snow removal around the garbage boxes is undertaken by the residents to provide easy access for collection.

SOLID WASTE RESOURCE MANAGEMENT FACILITY

Hours of Operation
Monday-Friday 8:00am - 4:30pm
Saturdays 8:00am - 12:00pm
CLOSED on ALL Holidays
Phone: 863-4744

Tipping Fees - Effective October 15, 2007

Asbestos	\$100.00 per tonne (flat fee)
Clean Construction & Demolition Debris	\$ 50.00 per tonne
Clean Concrete	\$ 45.00 per tonne
Compostable Organic Material	\$ 55.00 per tonne
Construction & Demolition (C & D) Debris	\$ 75.00 per tonne
Contaminated Soil	\$ 45.00 per tonne
Leaf & Yard Waste	\$ 55.00 per tonne
Mixed Loads	\$ 110.00 per tonne
Recyclables	\$ 45.00 per tonne
Refuse/Garbage	\$ 100.00 per tonne
Scrap Metal & White Goods (Appliances)	\$ 45.00 per tonne
Cardboard	\$ 100.00 per tonne
Tires	\$ 45.00 per tonne

The Solid Waste Management Facility is a paint and A.C.E.S drop off location.

RECYCLING/ORGANIC/WASTE COLLECTION

FOR FURTHER INFORMATION CALL 863-1117

BLUE BAG #1 (Paper Products)

- Newspaper & magazines
- Advertising flyers including glossy paper
- Periodicals, TV guides
- Game books (crossword puzzles, etc.)
- Pocket novels and joke books
- Paper egg carton (dozen and flats)
- Cores from paper towel and bathroom rolls
- Boxboard (cereal and cracker boxes, etc.)
- Letter, office and school paper, envelopes
- Corrugated cardboard (tied in bundles)

BLUE BAG #2 (All Other Recyclables)

- Plastic pop bottles
- Aluminum cans
- Tin cans
- Glass bottles and jars
- Plastic containers (#1-7)
- Plastic grocery bags (#4)
- Bread bags (#4)
- Juice boxes
- Milk cartons
- Liquor containers



BLUE BAG SAFETY

Always consider your safety and the safety of those collecting and sorting your recycling when preparing any item for the blue bag.

Step 1 (Safety Rinse)

Carefully rinse the can - some people use a bottle brush and it is easiest if you do it soon after opening the can!

Step 2 (Lid Safety)

- If the lid is attached to the can, carefully push it down into the can so that the sharp edge is not exposed.
- If the lid has been completely removed from the can, it is best to drop it into the can and then, if possible, squeeze the top of the can to close the opening as much as possible. Then place it into your blue bag.
- If you use a can opener that removes sharp edges, you will not be able to place the lid into the can. Place these lids into the blue bag separate from the can.

CLEAR BAG FOR REGULAR GARBAGE

- Lids, caps & covers from plastic and glass jars
- All styrofoam
- Bathroom waste
- Aluminum foil, pie plates and plastic wrap
- Potato chip bags and candy bar wrappers
- Hot and cold disposable drink cups (*Tim Horton cups*)
- Light bulbs
- Broken glass, ceramic, & dishes
- Empty paint cans & aerosol cans
- Empty motor oil containers
- Carbon paper
- Floor sweepings
- Hard covered books (*can be recycled if cover is removed*)
- Gift wrap, colored tissue paper
- Kitty litter
- Old shoes & clothing



ROAD/CURBSIDE ORGANICS COLLECTION (GREEN CART)

Food Products

- Table Scraps, Meat, Fish & Bones
- Vegetable and Fruit Peelings
- Shellfish (including shells)
- Solid Dairy Products (i.e. cheese, etc.)
- Cooking Oil, Grease & Fat
- Bread, Rice & Pasta
- Egg and Nut Shells
- Coffee Grounds and Filters, Tea Bags

Non-Recyclable Paper

- Soiled Food Napkins
- Paper Towel
- Pizza Boxes, Fast Food Wrappers
- Wax Paper
- Paper Plates (no styrofoam)
- Sugar, Flour & Potato bags
- Dog and Cat Food Bags (without plastic liner)

BUILDING IN ANTIGONISH COUNTY

Development and Building Permits

In the province of Nova Scotia, it is a legal requirement to obtain a **building permit** for any construction project, except for exemptions. Whether a new home, or renovation to an existing structure, **a building permit is normally mandatory in order to commence**. The building official will review the plans to ensure they meet all applicable Provincial/National Building Code requirements. He will also advise, when necessary, that one obtain approval from the **Departments of Transportation and Environment, and the Fire Marshal**. The inspector will conduct on-site inspections at various stages of the construction project.

In areas where a Land Use By-law is in effect, it is necessary to obtain a **development permit**. This permit is required for all *new construction and any change in use to an existing structure*. It is confirmation the project is in compliance with the regulations of the Land Use By-law with regards to the use, lot requirements, and any development requirements. The development permit must be issued prior to the issuance of the building permit. Application for both permits may be made at the same time.

Inspections

Inspections are required for all work for which a building permit has been issued. The **request for the inspections must be made by the owner/contractor** as certain stages of construction are complete. Applicant are informed as to when inspections are required at the time the permit is issued. The inspections are conducted using the 2005 National Building Code as a reference. ***The following five inspections are normally conducted during construction of standard homes:***

Inspection #1

Once the footings are in place.

Inspection #2 "Before Backfilling"

Before commencing backfilling of the laterally supported foundation.

Inspection #3 "Before Insulation"

After the framing, roof, plumbing and mechanical are completed.

Inspection # 4 "Before Gypsum Board"

Once the insulation and vapour barrier are installed and sealed, but before the wall framing is covered.

Inspection # 5 "Before Occupancy"

*On completion of Inspection #5, an **OCCUPANCY PERMIT** will be issued.

To verify whether a permit is required, contact **the Building Official** for the County of Antigonish: **863-2366**

Further information can be obtained from the Eastern District Planning Commission website:

<http://www.rcbplan.ns.ca/building.htm>

BUILDER'S CHECKLIST



- Submit one copy of the site plan showing building location with dimensions to property lines and other buildings
 - Submit one complete set of building plans, including foundation plan, floor plan, detail section; and where applicable, plumbing schematic, electrician's application.
 - A complete development permit (required in "planned" areas) and building permit application
 - Permit fee submitted with complete permit applications
 - Development Permit issued (where applicable)
 - Dept. of Transportation approval (where applicable)
 - Dept. of Environment approval (where applicable)
 - Water & Sewer Permit (where applicable)
 - Building Permit issued
 - Building Permit posted in a prominent on-site location
 - Foundation inspection requested and completed
 - Surveyor's location certificate submitted (for planned areas and areas serviced by municipal water and sewer only)
 - Framing inspection requested and completed
 - Occupancy inspection requested and completed
 - Occupancy permit issued
- ***** This checklist provides the general process prior to and during construction. You may be advised by the building official of the specific requirements at the time of application.

NOTICE TO MOBILE HOME & MINI HOME OWNERS!!!

Please notify the Municipal Office before you sell your Mobile Home/Mini Home so we can make the proper transfer to the new owner. If you are trading in your Mobile Home/Mini Home it is also necessary to notify the Municipal Office so the Mobile Home/Mini Home can be deleted from the tax roll.

Any questions concerning transfer of
Mobile Homes/Mini Homes?

Please call the Municipal Office at 863-1117;
or e-mail: reception@antigonishcounty.ns.ca



LET'S CLEAN ACROSS NOVA SCOTIA! WATCH FOR YOUR OPPORTUNITY TO JOIN AN INTERNATIONAL EVENT

On June 8th and 9th, Clean Nova Scotia wants 25,000 people from across the province to participate in the biggest volunteer effort in Nova Scotia history. Not only will volunteers be part of a massive showing of stewardship and community care, but they will be doing it in collaboration with more than 85 countries across the world - a truly amazing feat.

So if you are interested in being part of a group of local and international stewards of community and the environment, this is an event for you.

Please watch the Clean NS website for more details and an opportunity to register for the event on June 8th or 9th at <http://clean.ns.ca/programs/waste/cleanacrossns/>. Or you can call Eastern Region Solid Waste Management at 1-888-377-9622.



You can also register anytime to clean litter from along the highways in your community or other public spaces that you visit such as beaches, other waterways, parks, etc. through The Great Nova Scotia Pick Me Up Program through Clean NS. If interested, you can get help with supplies by registering at www.clean.ns.ca

Or adopt a section of highway through the Adopt A Highway Program by calling 1-902-893-6520.

PLEASE NOTE: Highway litter clean-ups must be approved by the Department of Transportation



YOUTH MARCH BREAK PROGRAMS

Registrations will be only be accepted until Wednesday March 7, 2012! To register please use the registration form on page 38 and read the March Break Notices on page 12. All programs will be run out of St. Andrew Junior School.

Dance!

Great way to start the day! Learn choreography to a song chosen by the instructor, then break into groups to create and teach your own routine! Dance styles include: line, swing, and hip-hop!

Day/Time :	Monday March 12	9:00am-11:00am	Grades 1-3
	Wednesday March 14	9:00am-11:00am	Grades 4-6
Instructors:	Stephanie Ferdinand		
Fee:	\$5.00/day		



Floor Hockey (Grades 3-6)



Participants will have just one quick hour to put their hockey skills to play in the gymnasium. Guaranteed to be a blast!

Day/Time:	Tuesday March 13, 10:00am-11:00am
	Thursday March 15, 10:00am-11:00am
Instructor:	Stephanie Ferdinand
Fee:	\$5.00/day

Volleyball! (Grades 3-6)



Come on down and learn new volleyball skills that lead you up to an exciting scrimmage!

Day/Time:	Monday March 12, 2:00pm-3:00pm
	Wednesday March 14, 2:00pm-3:00pm
Instructor:	Stephanie Ferdinand
Fee:	\$5.00/day

Irish Dancing Lessons (Grades 2-6)

"Riverdance" style dance classes! Come and learn the basics of Irish Dancing, in a fun, energetic environment! Learn to dance Irish reels, jigs, and group dances to upbeat music! No experience necessary, just bring lots of energy and a ready-to-learn attitude!

Date 1:	Monday March 12	Date 2:	Wednesday March 14
Time:	2:00pm-4:00pm	Time:	2:00pm-4:00pm
Instructor:	Beth MacNeil	Fee:	\$10.00/day

YOUTH MARCH BREAK PROGRAMS

Create a Dessert! (Grades 1-5)

Come and get crafty while decorating your very own cookies and cupcakes! We will have lots of yummy treats to choose from, so come on out and make your own delicious creation!

Date: Tuesday March 13
Time: 10:00am-11:00am
Instructor: Holly MacIsaac
Fee: \$5.00

A Goofy Morning! (Grades 1-5)



Come watch the Disney classic, "A Goofy Movie" with friends! Bring a blanket and wear comfortable clothes, and afterwards we'll play fun Disney games! Snacks will be provided!

Date : Thursday March 15
Time: 9:00am-11:00am
Instructors: Holly MacIsaac
Fee: \$5.00

Wii Games and Fun (Grades 4-6)

Come out for some Wii fun! Bring your friends and get ready to play some great Wii games!

Date : Monday March 12
Time: 12:00pm-1:00pm
Instructors: Amber Burgess
Fee: \$5.00

Create a Cookie! (Grades 2-6)



Who doesn't love a yummy cookie? And who doesn't love to decorate their own cookies? Well if you are someone who enjoys making their own cookie creations, there will be lots of goodies and cookies for you to get creative with!

Date : Wednesday March 14
Time: 11:00am-1:00pm
Instructors: Amber Burgess
Fee: \$5.00

Soccer Camp (Grades 3-6)



Participants will be able to learn and practice new skills that will be used in a final scrimmage!

Days/Times : Tuesday March 13
 9:00am-10:00am
 Thursday March 15
 9:00am-10:00am
Instructors: Stephanie Ferdinand
Fee: \$5.00/day

How to Tame your Dragon! (Grades 2-6)

Come watch a this great movie with friends and remember your comfy clothes!

Date: Tuesday March 13
Time: 10:30am-12:00pm
Instructor: Amber Burgess
Fee: \$5.00

YOUTH MARCH BREAK PROGRAMS

Be a Strong Kid Camp A (Grades 4-6)

Come take part in this jam packed hour of games & activities to target specific areas of fitness! Camp A focuses on upper/lower body strength and flexibility. So much fun that you won't even notice you are working out!

Day/Time: Monday March 12
3:00pm-4:00pm
Wednesday March 14
3:00pm-4:00pm
Instructor: Stephanie Ferdinand
Fee: \$5.00/day

Be a Strong Kid Camp B (Grades 4-6)

Come take part in this jam packed hour of games & activities to target specific areas of fitness! Camp B focuses on cardiovascular & muscular endurance and flexibility. So much fun that you won't even notice you are working out!

Day/Time: Tuesday March 13
3:00pm-4:00pm
Thursday March 15
3:00pm-4:00pm
Instructor: Stephanie Ferdinand
Fee: \$5.00/day

Fun and Games (Grades P-6)

Come for some team-building games using easy to find equipment! If weather permits we will be going outside so please dress warm!

Day/Time: Monday March 12
11:45am-1:45pm
Wednesday March 14
11:45am-1:45pm
Instructor: Stephanie Ferdinand
Fee: \$5.00/day

Glamour Party! (Grades P-3)



If you like nail painting, necklace making and getting all dressed up then this is your place! Come on down to our Glamour Party where you can strut your stuff on the runway! Come dressed in your fancy or silly play clothes!

Date: Monday March 12
Time: 11:30am-1:30pm
Instructor: Brianna Waterman
Fee: \$5.00

It's a Bugs Life! (Grades P-2)

Ever wonder what it is like to be a bug? Join us for an afternoon of bug related activities! We will be exploring a variety of different insects through crafts and games! You will also have a chance to create a bug inspired snack and participate in a scavenger hunt!

*Snack will be peanut free

Date : Monday March 12
Time: 10:30am-12:30pm

Instructors: Robin Scott & Jillian Scott
Fee: \$10.00



YOUTH MARCH BREAK PROGRAMS

Disney Princesses (Grades P-2)



Come dressed up as your favorite Disney Princess and enjoy our showing of Cinderella! Bring a blanket and your favorite teddy bear, and afterwards we'll have a tea party!

Date: Tuesday March 13
Time: 10:00am-12:00pm
Instructor: Jessica Slauenwhite
Fee: \$5.00

March Break Madness (Grades 2-6)

Come on out for a Run, Jump, Throw day! Have a blast with these fun and exciting games that you can also play at home!

Day/Time **Monday March 12**
 9:00am-11:00am
Tuesday March 13
 9:00am-11:00am
Instructor: Mary Catherine
 Thompson & Mike Tate
Fee: \$5.00/day

Fuel up and Have Fun (Grades 4-6)

Come on out for an afternoon of activity and games fueled by home made pizzas made with delicious and nutritious toppings!

Date: Wednesday March 14
Time: 11:30am-1:30pm
Instructors: Robin Scott &
 Jillian Scott
Fee: \$10.00

Badminton! (Grades 3-6)



Come and learn new badminton skills that will help you in a mini round robin singles or doubles tournament with your friends!

Day/Time : Tuesday March 13
 2:00pm-3:00pm
Thursday March 15
 2:00pm-3:00pm
Instructor: Stephanie Ferdinand
Fee: \$5.00/day

Outdoor Games! (Grades P-6)

Weather permitting we will do some awesome outside activities and games! If the weather is not nice we will move indoors. Please dress for the weather!

Days : Tuesday March 13
 Thursday March 15
Time: 11:45am-1:45pm
Instructors: Stephanie Ferdinand
Fee: \$5.00/day



Soccer Sundae! (Grades 2-4)



Come on down and play a fun game of soccer with your friends! Design your own jerseys and after the game cool off with a make your own sundae!

Date : Wednesday March 14
Time: 11:15am-1:15pm
Instructor: Brianna Waterman
Fee: \$5.00

MARCH BREAK NOTICES

Registration Options

Option # 1: Drop-in Registration:

Tuesday, February 28 - Wednesday, March 7
 Visit : Antigonish County Recreation
 Municipal Building, 285 Beech Hill Rd.

Option # 2: Mail Registration:

Complete the registration form on page 38 and mail the form and payment to:
 March Break Registration
 Antigonish County Recreation
 285 Beech Hill Road, RR6
 Antigonish, NS B2G 0B4

March Break Registration Deadline: Wed., March 7.

Note: Antigonish County Recreation's March Break programs are **PEANUT SMART**. Please ensure any food brought does **NOT contain peanuts or traces of nuts**.

Storm Cancellation

In the event of a storm during the March Break, a cancellation notice will be placed on 98.9XFM and 101.5 The Hawk radio stations and their websites at:

www.989xfm.ca/category/cancellations

www.1015thehawk.com/news/cancellations.asp

All youth programs scheduled for that day will be cancelled and registration fees refunded by mail.

Refund Policy - March Break

No refunds after Wednesday, March 7 unless County Recreation cancels due to a storm or if a parent requests a refund for medical reasons. A full refund will be issued for medical reasons upon receipt of a doctor's note from the parent. If participants wish to withdraw from a program they must notify Antigonish County Recreation by phoning 863-1141.

COMMUNITY MARCH BREAK ACTIVITIES

ANTIGONISH ARENA

Free Family Skates

Monday - Thursday 12-1pm

For more info, call:
863 - 1469

St.FX FITNESS & RECREATION MARCH BREAK COMBO

Swim and Skate: \$3.00/person or \$5.00 for a family

Monday March 12 - Wednesday March 14

Skate 12:00-12:50pm No hockey sticks, pucks, chairs, strollers, sleds, boots or shoes permitted on the ice! Helmets recommended.

All children under the age of 12 **MUST** be accompanied by an adult.

Swim 1:30-2:25pm all children under 12 **MUST** be accompanied by an adult and children under 7 **MUST** be no more than an arms reach from their guardian

For more info, call:

867 - 2181



Check out other activities going on during March Break in the Community Events Calendar, pages 27-29.

ADULT COMMUNITY EDUCATION CLASSES

For all Community Education Classes, please use Registration Form on page 38 and read refund policies on page 37. The registration deadline for Winter Courses will be **Friday, March 23**. A \$5 late will apply to all courses after the deadline. **All recreation classes will be canceled if school is canceled. Cancellations will be announced on the radio (98.9XFM & 101.5 The Hawk).** Any canceled classes will be made up at the end of the session.

BEGINNER BALLROOM DANCING

Would you like to move like they do on "Dancing With The Stars"? Take the first step and start this Ballroom beginners course with Angelika and Dietmar this Spring. Let's dance and have lots of fun together. This course is for adults only and all skill levels are welcome. You will learn, Viennesse Waltz, Slow Waltz, Tango, Quickstep, Jive, Rumba, Cha-Cha, Samba, Disco Fox, **Please register as a couple.**

Dates: April 4 - June 6 (10 weeks)
Time: Wednesdays, 6:30pm-8:00pm
Instructor: Angelika & Dietmar Liedy
Location: St. Andrew Junior School, MP Room
Fee: \$130.44 + \$19.56 (HST) = \$150/couple



INTERMEDIATE BALLROOM DANCING

Now that you have completed the beginner ballroom dance class with Dietmar and Angelika, it is time to advance your dancing skills. In this course you will learn more figures and more expression of the dance. You will learn figures for the Slow Waltz, Viennesse Waltz, Tango, Rumba, Cha-Cha-Cha, Quickstep, Jive, Samba and Disco Fox. **Please register as a couple.**

Dates: April 13 - June 15 (10 weeks)
Time: Fridays, 6:30pm-8:00pm
Instructor: Angelika & Dietmar Liedy
Location: St. Andrew Junior School, MP Room
Fee: \$130.44 + \$19.56 (HST) = \$150/couple

**SAMADHI:
 INTRODUCTION TO MEDITATION**



Meditation is a path that each person charts for him/herself, trying to reach beyond the limits of the mind. Samadhi is a state of meditative consciousness and contemplation of "being" in which you can transcend the limitations of the body and reach unity with the divine. Meditation helps to reorder the mind; to calm anxieties and to relieve stress; and also to focus on the present rather than worry about the future or live in the past. Breathing in meditative states improves health in general; corrects posture and regulates the body's metabolism, just to name a few of meditation's benefits. Feel better and better about yourself, and the world, in a new state of mindfulness.

Wear comfortable clothing and, if possible, bring a yoga mat.

Dates: April 3 - May 8 (6 weeks)
Time: Tuesdays, 6:30 - 7:30 pm
Instructor: Sole Carbone
Location: St. Andrew Junior School, Library
Fee: \$56.52 + \$8.48(HST) = \$65.00

ADVANCED BALLROOM DANCING

You have survived the first two courses! Now its time to work on details and more figures. Since your feet know what to do we can concentrate on the rest. That will be done with all the energy and excitement we have to offer. We will have lots of fun together again. You will work on Slow Waltz, Viennesse Waltz, Tango, Rumba, Cha-Cha-Cha, Quickstep, Jive, Samba and Disco Fox. **Please register as a couple.**

Dates: April 13 - June 15 (10 weeks)
Time: Fridays, 8:00pm-9:30pm
Instructor: Angelika & Dietmar Liedy
Location: St. Andrew Junior School, MP Room
Fee: \$130.44 + \$19.56 (HST) = \$150/couple

ADULT COMMUNITY EDUCATION CLASSES

YOGA

Yoga is a blend of movements that balances strength and flexibility with relaxation and awareness. It is a beautiful way to develop and maintain health. The continuing classes are for people who know basic yoga postures and are interested in moving more deeply into their practice. Beginner classes are for people new to yoga or wishing to review the core poses. Wear comfortable clothes and bring a yoga mat.
State your preferred class .



LOCATION 1: St. Andrew Junior School, MP Room
Dates: Mondays March 19 - May 14 (8 weeks)
Class A: All Levels 6:00pm-7:00pm
Instructor: Nancy Nunn-Stubbert
Fee: \$60.87 + \$9.13(HST)= \$70.00

Dates: Mondays and Thursdays,
 May 24 - June 18 (8 sessions)

Class B: Continuing, 7:00pm - 7:55pm
Class C: Beginner, 8:00pm - 9:00pm
Instructor: Ruth Young
Fee: \$60.87 + \$9.13 (HST) = \$70.00

LOCATION 2: East Antigonish Ed Centre/Academy
 Exit 37, Monastery, Perf. Arts Rm
Dates: Wednesdays, Apr 4 - May 23 (8 weeks)
Class D: Beginner/Continuing 7pm - 8pm
Instructor: Nancy Nunn-Stubbert
Fee: \$60.87 + \$9.13 (HST) = \$70.00

EARLY BIRD DRAW

All eligible registration forms received by

FRIDAY, MARCH 16TH, 2012

will be entered into a draw for one of
two \$30.00 County Recreation gift certificates
 redeemable for any County Recreation program.

Mail or drop off your form early for a chance to win!

Swim and March Break registration forms
are not eligible for this draw.



Nia is a living system that lives and breathes through the natural intelligence of the body, mind, motions and spirit of each person. Nia teaches us how to listen to the Voices of the Body in order to make changes that increase the sensation of Pleasure in our lives. The first "fusion fitness" program in the world, Nia blends Eastern and Western movements, concepts and philosophies into a powerful practice that inspires people to get healthy and fit while exploring their human potential and purpose.

Nia is done barefoot to music and delivers a cardiovascular and whole-body conditioning. Because Nia is self-guided and based on creating a loving relationship with the body, following The Body's Way----the innate intelligence of the body----it is adaptable and safe for all fitness levels, from stiff beginners to highly fit athletes.

Dates: April 4 - May 23 (8 weeks)
Time: Wednesdays, 5:00 - 6:00pm
Instructor: Kathi Ryan
Location: St. Andrew Junior School, Gym
Fee: \$60.87 + \$9.13 (HST) = \$70.00

HIP HOP GO-GO FUNK

Hip Hop Go Go Funk will be a fusion of styles, warm up, routine, ending with some choreography Classes will be up beat and fun so if you like to dance and have a few laughs this is your class!
 Come out and shake a tail feather!!

Dates: March 29 - April 26 (5 weeks)
Time: Thursdays, 8:00pm-9:30pm
Instructor: Heather Polson
Location: St. Andrew Junior School, MP Room
Fee: \$47.83 + \$7.17(HST) = \$55.00



LEARN TO RUN PROGRAM
 Check it out on page 20.

ADULT COMMUNITY EDUCATION CLASSES



Designed exclusively for kids aged 4-12, Zumbatomic classes are rockin', high-energy fitness-parties packed with specially choreographed, kid-friendly routines and all the music kids love, like hip-hop, reggaeton, cumbia and more. Parents love Zumbatomic because of the effects it has on kids, increasing their focus and self-confidence, boosting metabolism and enhancing coordination

Dates: March 22 - May 10 (8 weeks)
Time: Thursdays, 5:00 - 6:00pm
Instructor: Maria Jose Tate
Location: St. Andrew Jr. School, MP Room
Fee: \$69.56+ \$10.44 (HST) = \$80.00



Zumba is an alternative form of fun fitness. Zumba is a cardiovascular aerobic core workout to International and Latin Rhythms. The Zumba motto is to "Ditch the workout and Join the party!" Routine moves to fast and slow rhythms such as hip hop, salsa, reggaeton, meringue, samba and belly dancing "Zumba Style".

Dates: March 22 - May 10 (8 weeks)
Time: Thursdays, 6:00 - 7:00pm
Instructor: Maria Jose Tate
Location: St. Andrew Jr. School, MP Room
Fee: \$69.56 + \$10.44 (HST) = \$80.00



Zumba Gold takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, or those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere.

Dates: March 22 - May 10 (8 weeks)
Time: Thursdays, 7:00 - 8:00pm
Instructor: Maria Jose Tate
Location: St. Andrew Jr. School, MP Room
Fee: \$ (HST) = \$80.00

CONTEMPORARY AFRICAN DANCE WORKSHOP

Join dancer and choreographer Liliona Quarmyne for a couple of hours of movement fun and laughter! In a relaxed, lively atmosphere, we will explore some basics of African Dance, and look at how they function in our own bodies and how they relate to the world in which we live. Absolutely no dance experience is necessary - just a desire to move and a willingness to try something different! Come on out and celebrate International Dance Day in a new and exciting way!

Date: Sunday April 29
Time: 2:00pm - 4:00pm
Instructor: Liliona Quarmyne
Location: St. Andrew Jr. School, MP Room
Fee: \$21.74 + \$3.62(HST) = \$25.00

GOLF (AGES 10 AND UP)

This 4-week course will cover the entire game of golf:

1. **Set-up** - Gripping the club, stance, proper posture
2. **Take Away** - Proper way to take the club back to swing.
3. **Downswing** - Bringing club back to ball impact position.
4. **Follow through** -The importance of a properly balanced follow-through to complete the swing.
5. **Short Game** -Putting, pitching, chipping, sand play and specialty shots.

The first 3 weeks are instructed in the SAJS gymnasium, with the final session held at the Antigonish Golf & Country club. Golf clubs will be provided - but you can bring your own. A majority of class will be spent one-on-one. This course accommodates any level of golfer (from beginner to intermediate). Please indicate class preference on registration form.

Dates: Monday, April 16 - May 7 (4 weeks)
Times: **Class A**, 6:30 - 7:20pm
Class B, 7:30 - 8:20pm
Instructors: Head Professional Ed Ryan
Location: St. Andrew Jr. School, Gymnasium
Fee: \$52.17 + \$7.83 (HST) = \$60.00



ADULT COMMUNITY EDUCATION CLASSES

UNDERSTANDING YOUR COMPUTER SYSTEM

Confused about bits and bytes? Tired of your computer controlling you? Don't know the difference between ROM and RAM? Is your CPU overworked? Want to really know what a router does? What is a firewall and do you really need one? Then this course is for you!

With high speed internet coming soon to your home or business, it's time to understand and protect you and your computer. A practical guide through your computer, troubleshooting the main components and upgrading the bits that need assistance. Special emphasis on the new high speed internet system and home networking. Some of the topics include: identifying computer parts, troubleshooting both hardware and software problems and upgrading options. A small network will be setup - with wired and wireless connections. A strong emphasis will be on practical solutions and hands-on repair.

Dates: April 2 - April 30 (excludling April 9)
Time: Mondays, 6:00 - 9:00pm
Instructor: Craig Seaboyer
Location: TBA
Fee: \$43.48 + \$6.52 (HST) = \$50.00

CLAY SCULPTING

This clay participatory class will use the simple method of building in clay called hand building. We will be looking at examples of historical vessels from Greek vases, the Dutch Tulipiere and contemporary garden ornaments. Each participant will design and produce one large unique vessel that will be fired and returned on the last class. No experience what-so-ever necessary and all materials will be provided.

Dates: April 4 - May 9 (6 weeks)
Time: Wednesdays, 7-8:30pm
Instructor: Fenn Martin
Location: 319 Main St. (former laundromat beside the post office)
Fee: \$86.96+\$13.04(HST)+\$5(supplies)=\$105

ADVANCED COMPUTER REPAIR

Pre-requisite Any computer course taught by Craig Seaboyer.

A continuation of the hands on approach to computer repair. Students will be encouraged to bring in their own broken computer if they wish to work on with professional supervision. A brief review will be done on the first class. Many different computer problems are explored.

Dates: April 4 - May 2 (5 weeks)
Time: Wednesdays, 6:30 - 9:00pm
Instructor: Craig Seaboyer, CET
Location: TBA
Fee: \$52.17 + \$7.83(HST) = \$60.00

SPRING GARDENING AT THE WILLOW GARDEN

Two sessions to be held at "The Willow Garden", Maryvale. Both sessions should be of interest to both novice and experienced gardeners.

Topic #1 Soil Building: Every successful gardening endeavour begins with soil preparation. We will have a review of the basics. Aspects will include: soil types, amendments, mulches, fertilizers, weed control, bed preparation

Topic #2 Flowering Shrubs: care, pruning and propagation; specific varieties- azaleas, rhododendrons, hydrangeas, etc.

Topic#3 Participant selected topic(s): week one participants may submit a topic they would like to see addressed in the second session. If none are forthcoming we will "adapt".

Participants should dress appropriately and be prepared for an outdoor, hands-on experience. Garden gloves would be a good idea, and cameras are welcome. Visit www.willowgarden.net.

Dates: May 24 & 31 (Rain date June 7)
Time: Thursdays, 6:30-8:30pm
Instructor: Sharon Bryson & Bill Wilgenhof
Location: 407 Old Maryvale Rd
Fee: \$26.09 + \$3.91 (HST) = \$30.00

ADULT & YOUTH COMMUNITY EDUCATION CLASSES

BASIC PHOTOGRAPHY

Have fun with your camera and learn basic photography principles and techniques that will help you become more effective and creative. The emphasis is on digital photography but lessons apply equally to film formats. The course is equally divided into technical and creative aspects of photography and composition. Lots of tips and tricks are provided as well. Students are encouraged to submit photographs for the instructor to review and to participate in a voluntary photo contest. A half-day field trip allows students an opportunity to put theory into practice.

Equipment needed by students: any type of camera though preferably one that allows control over shutter and aperture settings (i.e. 35 mm film or digital SLR). Students should become familiar with their camera through use and reading of the manual before taking the course.

Visit instructors website at www.peterjowett.com.

Dates: March 19 - April 23 (6 weeks)
Class Field Trip TBA

Time: Mondays, 7:00 - 9:00pm

Instructor: Peter Jowett member of Antigonish Photographers Exhibit (APx)

Location: St. Andrew Junior School, Rm 112

Fee: \$65.22 + \$9.78 (HST) = \$75.00

MEDITERRANEAN CUISINE

Journey to the shores of the Mediterranean—from Spain through France, Italy, Greece, Turkey, Egypt and Morocco. Discover simple but delicious recipes that will let you travel through your senses to explore a whole new world of flavours and possibilities. In just three weeks you will learn the basics of this world-famous cuisine.

Dates: April 7 - April 21 (3 weeks)

Time: Saturdays, 12:00 - 3:00 pm

Instructor: Sole Carbone

Location: St. Andrew Junior School

Fee: \$56.52 + \$8.48(HST) + \$20(supplies) = \$85

IMPROVING BRIDGE

Become a better bridge player. Learn some bidding conventions, improve your play, and sharpen your skills on defence. Each week we will focus on different aspects of bridge and play some hands that will focus on our newly acquired skills.

Dates: April 3 - May 22 (8 weeks)

Time: Tuesdays, 6:30 - 9:00pm

Instructor: Gary Boone

Location: St. Andrew Jr. School, Rm # posted

Fee: \$52.17 + \$7.83 = \$60.00

RED CROSS - BABYSITTING WORKSHOP**Ages 11 years and up**

Babysitting is fun and rewarding and also a very important job. This Babysitting Course will help you know how to make good decisions and will help you have confidence in your skills and ability to be a successful babysitter!

Course content includes: the rights and responsibilities of the babysitter, family, kids and the babysitter's parents; skills for caring for babies, toddlers, pre-schoolers and school age children; safety; injury prevention; handling emergencies; first aid; personal safety and security. Participants should bring a lunch and an infant sized doll as well as a pen or pencil.

Date: Saturday, May 12

Time: 9:00am - 4:30pm

Location: St. Andrew Jr. School, Library

Instructor: Alicia Mills

Fee: \$ 35.00



SPRING POOL LEARN TO SWIM PROGRAM (April 1 - May 28, 2011)

To enrol, select from the time choices listed below, complete registration form on page 39 and mail form and payment to Antigonish County Recreation.

Tuesdays (April 3 - May 22)

3:00pm-3:35pm	Sea Otter,Salamander,Levels 1,2,3,4
3:40pm-4:15pm	Sea Otter,Sunfish,Crocodile, Levels 1,3,4
4:20pm-4:55pm	Sea Otter,Salamander, Levels 1,2,3,4
3:10pm-3:55pm	5
4:05pm-4:50pm	6
3:00pm-3:55pm	7/8
4:00pm-4:55pm	9/10

Wednesdays (April 4 - May 25)

4:00pm-4:35pm	Sea Otter,Salamander,Levels 1,2,4
4:40pm-5:15pm	Sea Otter,Sunfish, Whale,Levels 1,3,4
5:20pm-5:55pm	Sea Otter,Salamander,Levels 1,2,3
4:05pm-4:50pm	5/6
5:05pm-5:50pm	5/6
4:00pm-4:55pm	7/8, Rookie/Ranger Patrol
5:00pm-5:55pm	9/10, Star Patrol

Fridays (March 30 - May 26) excluding April 6th

3:00pm-3:35pm	Sea Otter,Salamander, Levels 2,3,4
3:40pm-4:15pm	Sea Otter,Sunfish,Crocodile, Levels 1,3,4
4:20pm-4:55pm	Sea Otter,Salamander, Levels 1,2,3,4
3:10pm-3:55pm	5/6
4:05pm-4:50pm	5/6
3:00pm-3:55pm	7/8
4:00pm-4:55pm	9/10

SATURDAYS (March 31 - May 26) excluding April 7th

8:10am-8:45am	Sea Otter,Salamander,Sunfish,Levels 2,3,4
8:50am-9:25am	Sea Otter,Salamander,Levels 1,2,3,4
9:30am-10:05am	Sea Otter,Crocodile,Levels 1,3,4
10:10am-10:45am	Starfish,Duck,Sea Turtle A,Sea Otter,Salamander,1
11:00am-11:35am	Sea Otter,Sunfish,Levels 1,2,3
11:40am-12:15pm	Sea Otter, Salamander, Whale, Levels 2,3,4
12:20pm-12:55pm	Sea Otter, Salamander, Sunfish, Level 1,3,4
8:35am-9:20am	5,6
9:25am-10:10am	5,6
10:15am-11:00am	5,6
11:15am-12:00pm	5,6
12:05pm-12:50pm	5,6
8:35am-9:30am	7/8
9:35am-10:30am	9/10
10:45am-11:40am	7/8
11:45am-12:40pm	9/10

First Time Enrolling: Choose the level below that corresponds with your child's age.

Red Cross Swim Preschool (4 - 36 months of age)

Child must be accompanied by a parent or caregiver in the pool for each of the following preschool levels:

Starfish: (4 - 18 months) Duck: (19 - 30 months)
SeaTurtle A: (31 - 36 months)

Red Cross Swim Preschool (3 - 5 years of age)

- Three year olds must be 3 years of age on or prior to the first day of the current session enrolled in.
- If enrolling in Red Cross Swim Preschool for the *first* time enrol in Sea Otter
- Parent or caregiver is *not* required to be in the water for the following preschool levels:

Sea Otter → Salamander → Sunfish → Crocodile → Whale

Red Cross Swim Kids - 5 years of age & over

- To enrol in Swim Kids, participants must be 5 years of age on or prior to the first day of the current session enrolling in; or have completed Whale of the Preschool program.
- Swim Kids consists of Levels 1 through 10
- If enrolling in Red Cross Swim Kids for the first time without having previously been enrolled in Swim Preschool, then enrol in level 1.

Moving from PRESCHOOL to SWIM KIDS

When a child reaches five years of age *or* completes Whale he/she moves from Swim Preschool to Swim Kids. Please refer to chart below to determine which Swim Kids level to enrol your child.

Last Preschool Level Enrolled In

Enrol in Swim Level

Sea Otter: (Completed or incomplete).....	1
Salamander: (Completed or incomplete).....	1
Sunfish: (Completed or incomplete).....	2
Crocodile: (Incomplete).....	2
Crocodile: (Completed).....	3
Whale: (Completed or incomplete).....	3

Pool Registration Fees:

Swim Preschool	\$40/child
Swim Kids Levels 1-4	\$40/child
Swim Kids Levels 5,6	\$45/child
Swim Kids Levels 7-10,Swim Patrol-	\$50/child

Family Rate:

- 3 children from the same family ----\$10 discount
- 4 children from the same family ----\$15 discount
- 5 children from the same family ----\$20 discount

BE AN OUTDOOR GUY/GIRL

LET'S GO ON AN OUTDOOR ADVENTURE!

BoG with us this Spring!

Be an Outdoor Guy! Be an Outdoor Girl!

BoG! BoG! BoG!

This Spring participate in a full day trip into the wilderness.

Depending on the weather, program could include: hiking, using compasses, building shelters, outdoor cooking and lighting a fire.

- When:** Saturday, April 21 (storm date April 22)
Time: 10am - 4pm (lunch & snacks included)
Who: 9-12 year old boys & girls
Instructor: Leslie Klapsein
Location: TBD
Fee: \$15 registration fee (use form on page 38)



Register early! The number of participants will be limited.
Registrations will be processed on a first come first serve basis.
No child will be denied participation for financial reasons.

For more information contact Antigonish County Recreation at 863-1141



CATCH KIDS CLUB

Want a healthy active afterschool choice for your child who is in Grade Primary - Grade 4?

Try CATCH Kids Club!



A place for kids to run, jump, throw & play afterschool.

CKC is an afterschool program 2 days a week that encourages Physical Activity and Healthy Living through games, activities, and weekly challenges. These activities happen in the gym and in the great outdoors, using minimal equipment so that play can continue at home.

Dates:	April 3 - May 24 (8 weeks)
Time:	Tuesdays & Thursdays 2:30pm - 5:00pm
Location:	Antigonish Education Centre
Grades:	Primary - Grade 4
Registration Fee:	\$55/child (no child will be denied participation for financial reasons)
Registration Deadline:	Friday, March 23, 2012

Spaces are limited to ensure a safe high quality program. Register early to avoid disappointment.
Use Registration form on page 38

ANTIGONISH COUNTY RECREATION LEARN TO RUN PROGRAM

This is a beginner running program to bring out the runner in all of you. If you have never run before or have done a little recreational running then this is the perfect program for you. It is open to males and females of all ages. The 7 week program will meet 2 days per week and work up to running 5 kilometers. All those who register will automatically be registered for the Fit4Lit 5km run of Sunday April 22. The regular registration fee for Fit4Lit is \$35 so this is a great deal! Come on out, get active and learn to run! For more information on the Fit4Lit run, see page 30.

Dates:	March 6 - April 19
Time:	Tuesdays & Thursdays at 6pm
Instructor:	Mary Gerrior
Location:	Columbus Field
Registration Fee:	\$40 includes tax & Fit4Lit Registration
Registration Deadline:	Monday, March 5th



Please use registration form on page 38.

HIGHLAND CONNECT

Members of the Guysborough Antigonish Active Living Network (GAALN) are quite excited about the upcoming unveiling of their most recent project: Highland Connect. It is an on-line, user-friendly, searchable database containing Active Living opportunities in the Antigonish/Guysborough area. The public will soon be able to access information on recreational programs, community facilities, trails, playgrounds and community groups within the Highland Region which encompasses Antigonish and Guysborough Counties. GAALN partners include representatives from the Town and County of Antigonish, The Municipality of the County of Guysborough, The District of St. Marys, Mulgrave, the Guysborough Antigonish Strait Health Authority (GASHA), Guysborough County and Antigonish Town and County Community Health Boards, The Department of Health and Wellness and Kids First.

Although the Highland Connect web-site is still under construction, the GAALN group anticipates that it will be operational and available to the public in the early spring.



Schools, community groups, clubs and businesses across Nova Scotia are signing up to "Take the Roof off Winter", a physical activity promotions campaign designed to help Nova Scotians of all ages improve their health and quality of life by getting outdoors and being more active this winter. The campaign, runs from December 21st to March 20th. So it is not too late to take part! Join in the fun!

Groups are invited to sign on as campaign supporters by visting www.taketherooffwinter.ca.

Antigonish County Recreation has recently purchased snowshoes to loan out to to the public. We also have Nordic Walking poles which would go great with the snowshoes or on their own for winter walking. Contact 863-1141 for more information.



The National Coaching Certification Program (NCCP) is a coach training and certification program for all coaches in more than 60 sports. The NCCP has moved towards a competency-based approach where coaches are:

- trained in NCCP outcomes relevant to the participants that they are coaching;
- evaluated by demonstrating coaching outcomes to a specified standard.

PART A (WAS LEVEL I – NCCP) MULTI-SPORT INTRODUCTION TO COMPETITION

June 1, 6pm – 10pm Make Ethical Decisions

June 2, 8:30am – 3:30pm Planning a Practice

June 2, 3:30pm - 4:30pm Nutrition

Municipality of the County of Antigonish – 863-1141

Registration deadline May 25th

PART B (LEVEL II) MULTI-SPORT INTRODUCTION TO COMPETITION

Sep 28 , 6pm – 10pm Design a Basic Sport Program

Sep 29 , 8:30 am – 4pm Teaching and Learning

Sep 30, 9am – 12pm Teaching Basic Mental Skills

Municipality of Pictou County – 485-8528

Registration deadline September 21st



ANTIGONISH COMMUNITY DIRECTORY

(Revised February, 2012)

RECREATIONAL GROUPS:

Afton & Area Recreation	863 - 2803
Ant. Hiking & Biking Trails Association	863 - 2571
Ant. Therapeutic Riding Association	863 - 4853
Arisaig Parish Community Rec. Assoc.	863 - 2156
Auld's Cove Recreation Assoc.	747 - 2941
Fresh Air Society	863 - 1099
Havre Boucher Recreation Association	234 - 3170
Highlander Curling Club	863 - 0052
Highland Quilt Guild	863 - 4798
Linwood Recreation	232 - 2658
Lwr. South Rvr. Recreation Club	863 - 1365
Monastery Recreation	232 - 3403
Pleasantdale Development Assoc.	863 - 0665
Pomquet Acadian Trails	386 - 2139
William's Point Recreation	863 - 6661
Winter Wanderers Snowmobile & ATV	234 - 2704
Heatherton Recreation Association	386 - 2960

DANCE GROUPS:

Ant. Creative Dance Association	863 - 6776
Ant. Highland Dancing Assoc.	735 - 2866
Maureen Fraser School of Dance	863 - 1731
St. Andrew's Ceilidh Step Dancers	863 - 1563
Les étoiles acadienne de Pomquet	386 - 2679

YOUTH ORGANIZATIONS:

Ant. District Girl Guides	867 - 1475
875 Antigonish Lions Air Cadet Squadron	1-800-797-9974#3
Scouts Canada	1-888-SCOUTS-NOW

CULTURAL ORGANIZATIONS:

Ant. Highland Society Pipe Band	863 - 5207
Chez Deslauriers	386 - 2365
Festival Antigonish Summer Theatre	867 - 4539
<i>Antigonish Culture Alive</i>	783 - 2948
Havre Boucher & Area Cultural Dev. Rec. Assoc.	234 - 2188
PARC (<i>Playwrights Atlantic Res. Centre</i>)	783 - 2084
Pomquet Development Society	386 - 2139
Silver Glen Art Center	867 - 1123
Theatre Antigonish	867 - 4539
Société acadienne Sainte-Croix (Pomquet and region)	386 - 2679
Heritage Pomquet héritage	386 - 2090
Musée de Pomquet Museum	386 - 2090

CARDS & GAMES GROUPS:

Havre Boucher 45s group	234 - 2188
Radio Bingo en ondes	318 - 0925
Soirée de cartes(Pomquet)	386 - 2679

4-H GROUPS:

Antigonish County 4-H Council	863 - 4705
Ant. Co. 4-H Leader's Council	863 - 7501
Heatherton 4-H Club	386 - 2362
Landing 4-H Club	
St. Andrew's 4-H Club	863 - 6995
St. Joseph's 4-H Club	863 - 6689
Tracadie 4-H Club	232 - 3447
West River 4-H Club	863 - 1637
Havre Boucher 4-H Club	234 - 2813

We welcome submissions about your organization. It can be a group that falls into one of the categories published here, or a new category that does not exist in our directory. Your listing will aid in people's awareness about your group.

SEND YOUR COMMUNITY DIRECTORY SUBMISSIONS OR UPDATES TO:

Community Directory c/o Antigonish County Recreation, 285 Beech Hill Rd, RR 6, Antigonish, NS B2G 0B4

Email: recreation@antigonishcounty.ns.ca

Phone: 863 - 1141

Fax: 863 - 5751

ANTIGONISH COMMUNITY DIRECTORY

SPORTS ORGANIZATIONS:

Antigonish Aikikai	863 - 4475
Antigonish Archery Association	386 - 2325
Ant. Badminton Assoc. Jr (U19)	863 - 8242
Ant. / Guys. Minor Softball Association	386 - 2396
Ant. Highland Skateboarding Assoc.	863 - 1956
Ant. Kinsmen Minor Baseball	863 - 6819
Ant. Minor Basketball Assoc.	863 - 3353
Ant. Minor Hockey Association	863 - 8339
Antigonish Celtics Soccer Club	863 - 1383
Antigonish Skating Club	735 - 2877
Antigonish Stoirm Volleyball Club	863 - 4627
Ant. Town & County Minor Football	863 - 6352
Antigonish Wee Lads & Lassies	863-2351 ext. 233
Eastern Highlands Special Olympics	863 - 6925
Havre Boucher Minor Ball	234 - 3350
Havre Boucher Tae Kwan Do	870 - 5592
PHAST (Port Hawkesbury Antigonish Swim Team)	863 - 5655 or 863 - 1754
Phee's Taekwondo	863 - 9230
RID Taekwondo	232 - 2557
St. Andrew's Softball Development	863 - 4788
St. Joseph's Chiefs Softball	863 - 1149
St. Joseph's Soccer Association	863 - 6131
Strait Richmond Minor Hockey Assoc.	625 - 5212
Tracadie Minor Ball Association	232 - 2273
WHAT-Women's Hockey After Thirty	863 - 6268
Xavier Tae Kwon Do	971 - 0977

HARBOUR AUTHORITIES:

Arisiag	863 - 6474
Ballantyne's Cove	863 - 8162
Cribbons Point	863 - 3907
Livingstone Cove	863 - 4640

SUPPORT SERVICES:

Al-Anon / Alateen Family Groups	1-888- 425 - 2666
Ant. Co. Adult Learning Assoc. (ACALA)	863 - 3060
Antigonish Career Resource Centre	863 - 8244
Antigonish Community Food Bank	863 - 0611
Ant./Guys. Early Childhood Intervention Program	863 - 2298
Antigonish SPCA	863 - 2111
Antigonish Women's Resource Centre	863 - 6221
Big Brothers Big Sisters	863 - 5332
Can. Nat. Institute for the Blind (CNIB)	867 - 1562
Canadian Red Cross - Antigonish office	863 - 8222
Cat Rescue Maritimes (www.car-r-ma.org)	863 - 8372
Family Services of Eastern Nova Scotia	863 - 2358
Havre Boucher Medical Centre	234 - 3435
Kids First Family Resource Centre	863 - 3848
L'Arche Antigonish	863 - 5000
La Leche League Canada	863 - 0056
Lindsay's Health Centre for Women	863 - 6221
Naomi Society for Victims of Family Violence	863 - 3807
VON Antigonish Volunteer Programs	863 - 5700
Seniors Safety Services	863 - 6500
Antigonish Emergency Fuel Fund	863 - 6221

SENIOR'S GROUPS:

Club 60 - (Centre - Main Street)	863 - 6976
Happy Tracadonians Senior's Club	232 - 2330
Heather Club 60	386 - 2923
Lochaber Sylvan Lakers Seniors	783 - 2532
Pomquet Parish Senior's Club	386 - 2490
St. Andrews Oak and Owl Club	863 - 1058

CHURCH / RELIGIOUS GROUPS:

Havre Boucher CWL	234 - 2486
Heatherton CWL	386 - 2687
St. Peter's Parish Council	232 - 2629
St. Peter's Parish CWL	232 - 3447

Activities, Events & Services listed in the "Community Information" section are run by organizations independent of Antigonish County Recreation and the Municipality of the County of Antigonish. Antigonish County Recreation and the Municipality of the County of Antigonish takes no responsibility for these postings and cannot verify the accuracy or suitability of the events/activities.

ANTIGONISH COMMUNITY DIRECTORY

COMMUNITY CENTRES:

Havre Boucher Community Centre	234 - 2188
Havre Boucher Fitness Centre	234 - 2188
Lower South River Community Centre	863 - 5247
Mini Trail Community Centre Assoc.	863 - 4292
Pomquet Community Centre	386 - 2679
St. Andrews Community Centre	863 - 3279
St. Joseph's Community Centre	867 - 2626



SERVICE CLUBS:

Antigonish Kinsmen	863 - 2434
Antigonish Lion's Club	863 - 3552
Challenge in Participation (CHIP) Volunteers	232 - 2361
Havre Boucher Kin Club	234 - 3350
St. Martha's Reg. Hospital Auxiliary	863 - 5363

VOLUNTEER FIRE DEPARTMENTS:

Antigonish County Fire Dept.	863 - 6911
Ant. County Chief Hugh MacFarlane	863 - 5772
Antigonish Town Fire Dept.	863 - 3359
Auld's Cove Fire Dept.	747 - 3053
Four Valleys Ladies' Auxiliary	863 - 3993
Four Valleys Volunteer Fire Dept.	863 - 6771
Havre Boucher Fire Dept.	234 - 2711
Havre Boucher Chief Christopher Grover	234 - 2601
North Shore Fire Department	863 - 5720
North Shore Chief Hughie MacEachern	863 - 3359
North Shore Ladies' Auxiliary	863 - 6042
Pomquet Fire Dept.	386 - 2987
Pomquet Chief Pierre Venedam	386 - 2743
St. Andrews Fire Dept.	863 - 1548
St. Andrews Chief Benny tenBrinke	863 - 5914
Tracadie Fire Dept.	232 - 2560
Tracadie Fire Dept.(Vernon Boudreau)	232-2845

C@P SITES (Community Access Program) :

Ant. Community Access Program (C@P)	863 - 0808
Havre Boucher C@P Site	234 - 2188
Lakevale Mini Trail C@P Site	863 - 2080
St. Joseph's Community Centre	867 - 2626
Site P@C de Pomquet	386 - 2679

OTHER:

Antigonish Garden Club	863 - 5017
Ant. North Shore Development Assoc.	863 - 1101
Black Congress of Women	232 - 2362
Cape George Development Assoc.	863 - 4206
Lochaber Comm'y Development Assoc.	783 - 2349
Mothers Against Drunk Driving (MADD)	863 - 4344
Pictou Antigonish Regional Library (PARL)	863 - 4276
PARL Outreach Coordinator (L. Fennell)	863 - 2486
St. Andrews Comm'y Dev. Assoc.	863 - 3583
St. Andrews Homecoming Committee	863 - 4573
West Arm Harbour Ecological Assoc.	386 - 2202
Antigonish Farmers Market	867 - 7479
Femmes en action (Pomquet)	386 - 2679

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COMMUNITY EVENTS CALENDAR

The purpose of the community calendar is to assist community groups with the distribution of materials and create awareness about the group itself. All non-profit, community based groups are invited to post upcoming events, program registrations, festivals, community picnics, fundraisers or just about any other activity that your group is undertaking. **Deadline to submit items for the Summer County Quarterly is Friday, May 4, 2012 by email: heather.grant@antigonishcounty.ns.ca.** Please Note: Antigonish County Recreation reserves the right to approve and edit any submission.

Disclaimer: The following activities are run by organizations independent of Antigonish County Recreation and the Municipality of the County of Antigonish take no responsibility for these postings and cannot verify the accuracy or suitability of the events/activities.

Antigonish Events Calendar checking out the details events calendar for Antigonish by visiting www.antigonishportal.ca.

Annual Road-Side Clean Up for Rte 337 (Morristown - Malignant Cove), Sunday, April 15th 1 - 3PM; Community members are encouraged to meet at one of the following spots (Mini-Trail Community Centre, North Shore Fire Hall on the Marsh Road, Georgeville Church) to get bags, gloves, etc and from there we will separate to collect! At the conclusion the fire department will host a BBQ at the fire hall. Thank You in advance for keeping our community clean!

Mini Trail Comm Center, Lakevale events, Sunday April 22nd - Annual Goods and Services Auction 1:00pm

Eastern Highlands Special Olympics provides sports training, recreation and competition for children and adults with an intellectual disability. A variety of sports are offered throughout the year, including bowling, track and field, swimming, Masters, soccer and floor hockey. More information can be obtained on the provincial website www.sons.ca or by contacting Joan Conrad (863-6925) or Marilyn McLellan (863-2046).

Antigonish Celtics Soccer has been providing soccer players an opportunity to learn, play and develop regardless of age, gender or ability for the past 35 years. These opportunities are granted in a safe, fun and progressive manner while encouraging development in the sport of soccer. We offer house league soccer for ages U4 to U16 which begins in mid May till the end of July and competitive soccer U8 up to Senior which begins in April and goes till end of August. For more information and registration please go to our web site at www.antigonishsoccer.com or call the Administrator Susan at 863-1383.

Highland Quilt Guild meets at the St. Andrew's Junior School in Antigonish every Wednesday at 7:00pm. New members are welcome. Contact Elizabeth Munroe (867-1375) for more information.

Pomquet Acadian Trails Enjoy the 5km coastal and inland Pomquet Acadian Trail in Monk's Head, Pomquet. Magnificent view of St. George's Bay, Cape George and Monk's Head cliffs. The inland trail weaves through forests of various ages, including 100-150 year old pine trees, Info on Chez Deslauriers and Pomquet Development Society can be found at www.pomquet.net or call Colette Rennie 386-2139.

Arisaig Hall will be hosting a Lobster Dinner, Mother's Day, Sunday, May 13, 11:00 am to 5:00pm. Quarter pound of fresh Lobster meat, Salads, Homemade pie or Strawberry Shortcake for desert.

Antigonish Heritage Museum Current hours of operation Monday through Friday 10:00am – 12:00pm; 1:00pm – 5:00pm. Upcoming: Guest Speaker: Fraser Dunn. Topic: "A S MacMillan, A Biographical Sketch" March 12th at 7:00pm. For more Info call: 863-6160.



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COMMUNITY EVENTS CALENDAR

Lindsay's Health Centre for Women provides women and adolescent girls with services and programs that can help them make informed decisions about their health. Services are provided by a multidisciplinary team that includes: a physician, nurse practitioner, Mental Health Services, Addictions Services, Public Health Services, and the Antigonish Women's Resource Centre. We are sensitive to the needs of those who experience difficulties in accessing appropriate health services. Lindsay's is open Thursdays, 9am – 4pm at the Antigonish Women's Resource Center, 204 Kirk Place, Call for an appointment 863-6221. Check our website or give us a call at 863-6221 to see a medical practitioner. www.antigonishwomenscentre.com

Health Connections is a community health resource centre located in the People's Place Library on 283 Main Street in Antigonish. It is a service of GASHA in partnership with the Pictou Antigonish Regional Library (PARL) and the Antigonish Town & County Community Health Board. We work with GASHA and other community agencies to provide health promotion programs and educational sessions that are free of charge and open to the public. Some examples of programs offered through Health Connections are: Women Alike Cancer Support Group facilitated by the Cancer Resource Room (GASHA), Being Doing Becoming facilitated by Mental Health Services (GASHA), Stop Smoking Program facilitated by Addiction Services (GASHA), Alzheimer & Related Dementia Family Support Group, Your Way to Wellness Program coordinated through Primary Health Care (GASHA), Diabetes Support Group, Varied Health Related Education Sessions. We also offer help in finding available health services, supports and information. We do not offer clinical health care services. Our website: www.gashahealthconnections.ca Drop in or contact us: 283 Main Street, Antigonish. Phone: 863-7369

Men's Health Centre Are you as healthy as you could be? Want more information? Need someone to talk to? The Men's Health Centre provides health services to men and boys 12 and older. Our services are provided by a team of health professionals that includes: a physician, Mental Health Services, Addictions Services, Public Health Services and Family Services. We are open on Tuesdays, 9am – 4pm and located at the Professional Building, 195 Main St. (between St. James United Church and CIBC). Call for an appointment 863-2358.

Your Way to Wellness Do you want to increase your confidence, develop coping skills and improve health? Attend the Your Way to Wellness Program. Improving communications, Working with your doctor, Personalizing a fitness and exercise program, Relaxation techniques, Dealing with negative emotions, Managing symptoms and chronic pain, Tips for eating well, Setting weekly goals, Effective problem-solving. We have programs starting soon in the following places: Guysborough, Arisaig, Antigonish, Sherbrooke. And we are open to suggestions for other locations. Please call Laurie Smith at 863-7369. Watch our video at www.yourway2wellness.gov.ns.ca

Making the Connection is a workshop for service providers, community leaders, and anyone interested in increasing their awareness of, and developing the skills to address, the hypersexualization of young women and girls. There will be a day-long workshop including a presentation on hypersexualization and alcohol by Sexual Assault Nurse Examiner Program Coordinator Angela Fougere (BScN, RN), a youth panel, small & large group discussions and a screening of the film "Generation M: Misogyny in Media and Culture" (2008). It will be an excellent professional development opportunity for those working in health, education, youth services and community development. The workshop will take place Wednesday, February 29 at the People's Place Library, from 9:00am-4:00pm. For more information, contact Betsy MacDonald at 863-6221

COMMUNITY EVENTS CALENDAR

St. Joseph's Community Centre offers a spacious gathering hall, fully-equipped professional kitchen, meeting rooms, games room & gymnasium. Book your wedding, family reunion or training event now! CAP Site open Sun / Tue / Wed 6-9pm, Thur 6-8pm. Serving residents in the Ohio, Gasperaux Lake, Addington Forks, Beaver Meadow, James River, Purl Brook, Pinevale, Ashdale, Marshy Hope, Antigonish town and county. website www.sjlcc.ca Email info@sjlcc.ca T: 867-2626 or 863-4261.

Havre Boucher Tae Kwon Do - provides Olympic style competition instruction to adults and children. Instruction is donated by qualified WTF (World Tae Kwon Do Federation) instructors. Club is under the direction of Head Instructor Morgan MacPherson, 3rd dan WTF black belt, with over 25 years' taekwon do experience. New students can register during any class at the Havre Boucher Community Centre. Children classes are held every Monday & Wednesday at 5:00pm and Friday at 6:00pm. Adult classes are held every Monday at 7:30pm and Wednesday & Friday at 6:00pm. Feel free to come and watch a class. The fall session lasts from September until December and costs \$40.00. The winter session lasts from January until June and costs \$60.00. A summer session runs from the end of June until the end of August, with classes every Wednesday evening from 7:30pm to 8:30pm & costs \$20.00. Any questions can be sent to the following e-mail address: havrebouchertkd@hotmail.ca or by calling 870-5592. Please visit our website located at havrebouchertaekwondo.weebly.com.

Antigonish Career Resource Centre offers all area residents a convenient location to drop in and use the resources available to help you in your job search. ACRC offers assistance with writing resumes and cover letters, free workshops and employment programs, an on-site Employment Counselor, high-speed internet access, an updated job board with daily postings, a computer training classroom, a well-stocked resource library with information on cover letters, resumes, interview skills and motivational material, fax and photocopy services, "Career Cruising" computer program to assist you with identifying career options, current labor market information, and helpful, free service! The centre offers personalized service designed to help you find the job you want. For assistance with your job search, please drop by the Antigonish Career Resource Centre, 50 James Street, visit www.theacrc.ca, or call 863-8244. Hours of operation: Monday to Friday, 9am - 5pm. We are here to help people find jobs.

Kids First Family Resource Center offer programs and services to families of children 0 to 6 years old as well as pregnant woman. Programs and services may change depending on the needs and wants of the participants and their children. Some core programs are Parent & Tot Drop-in (3 times a week) 9:30 to 11:30am; Healthy Moms/Healthy Babies (once a week) 9:30 to 11:30am; Parenting Programs - You Make the Difference, How to Talk so Kids Listen; Outreach Programs - Jump, Jiggle & Jive, Tumblebugs Hours of Operation are 9am to 3pm, 27 St. Andrews St., Phone: 863-3848 Email: antigonish@kids1st.ca Website: www.kids1st.ca. Kids First Assoc. is a non-profit community based family resource program operating in Antigonish, Guysborough and Pictou Counties.

Antigonish International Film Festival - Animated Films & Breakfast. Saturday, March 10 9:30am - 12:30pm Community Room, People's Place Library. Antigonish International Film Festival presents a selection of animated films from around the world. A healthy breakfast will be served and there will be activities following the films. Open to students grades 3 through 8. Films & Activities Friday, March 16. 9:30am - 2:30pm. Community Room, People's Place Library. Antigonish International Film Festival presents a variety of films from around the world. Activities to follow. Lunch provided. Open to students grades 3 through 8. Contact Sarah: 863-8570.

Multi-Media Exhibit - Month of April. Bistro area, People's Place Library. Artist Deborah Jenkins' multi-media exhibit will give viewers an opportunity to learn about her experiences leading a studio program at the RK MacDonald Nursing Home. This project is a partnership with Antigonish County Adult Learning Association (ACALA), Antigonish Culture Alive & the RK MacDonald Nursing Home under a Canada Council Grant. Contact info@antigonishculturealive.ca for more information.

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The People's Place: Antigonish Town and County Library
283 Main Street
Phone: 863-4276
www.parl.ns.ca

The library has books and other materials for all ages and interests. Use the C@P Site computers, access our programs, and more. All you need is a free library card.

Hours:

Mondays: 9:00 am to 5:00 pm
Tuesdays: 9:00 am to 9:00 pm
Wednesdays: 9:00 am to 9:00 pm
Thursdays: 9:00 am to 9:00 pm
Fridays: 9:00 am to 9:00 pm
Saturdays: 9:00 am to 5:00 pm
Sundays: Closed

Regular Programs:

Children

ABCs for Babies – Fridays at 10am
Toddle Time – Tuesdays at 10am
Preschool Storytime – Mondays at 10am
Lego – Thursdays from 9:30 – 11am and again from 3 – 4:30pm
Friday Night Flicks for Families – The 2nd and 4th Friday of the month at 6pm

Youth

Young Readers – 2nd Monday of the month at 3pm
Teen Readers – 1st Monday of the month at 3pm
Teen Advisory Group – 3rd Monday of the month at 3pm

Adults

Adult Book Club – 3rd Wednesday of the month at 7:30pm
Open Mic. – 3rd Friday of the month from 6:30 – 8:30pm
Armchair Travel – 2nd Thursday of the month at 7pm
Seniors' Café – 1st Wednesday of the month at 2pm

For information about special events, you can phone the library at 863-4276, check our website www.parl.ns.ca, "like" us on Facebook or follow us on Twitter @PARLevents.



EAST ANTIGONISH RURAL LIBRARY ACCESS SITE

Come check out your Public Library in Monastery!

It s free, and everyone is welcome!

- Sign up for a free library card
- Use C@P site computers
- Access the Pictou Antigonish Regional Library (PARL) website,
- Check out books from our cart or pick up books requested through the library catalogue
- Learn about our free "Books by Mail" Service



Spring Hours

Wednesday

6:00pm to 8:00pm

Located in the library of
East Antigonish School in Monastery



Whats New?

PARL is now offering downloadable digital books through OverDrive, found on our online catalogue. Anyone with a library card will be able to borrow and download e-books for reading, or audio books for listening. You can access the service for free from our website, www.parl.ns.ca, from a home computer or one of the C@P computers at the library.

There are now small book collections courtesy of the public library and the Adopt-a-Library Literacy Program in Paq'tnkek, the Havre Boucher Community Centre, and in the St. Joseph's Lakeside Community Centre.

Call 863-4276 for more information, or check out our website:

www.parl.ns.ca

Antigonish County Recreation and the Pictou-Antigonish Regional Library provide public library services at East Antigonish Education Centre/Academy in Monastery.



Active Bodies, Active Minds

5k & 10k Distances

1mile Fun Run (Ages 12 & Under)



We welcome the participation of families and individuals of all ages. Proceeds from these events will go towards supporting ACALA's adult learning initiatives in Antigonish town and county. ACALA is a not-for-profit charitable organization with a mission to provide free learning opportunities for adults and their families.

Sunday, April 22nd

Early Bird registration by March 31st \$35.00

Registration after March 31st \$40.00

Youth / Student Fee: \$20.00 or Free with \$20 in pledges

FREE Registration with \$100.00 in pledges

* All events will begin and end at the Oland Stadium Track (St. FX)

To register please visit

www.atlanticchip.ca or
ACALA office (People's Place)

Questions? Email: fit4lit@gmail.com





WILL BE HOSTING THE 3RD ANNUAL
ANTIGONISH COUNTY OLDER ADULT GAMES



MARK YOUR CALENDARS!

Saturday, June 16, 2012
St. Andrews, Nova Scotia



The 2nd Annual Antigonish County Older Adult Games were held on June 25, 2011 in St. Andrews. The games were open to all residents of Antigonish Town and County who were 55 years of age or older. There was an amazing response with approximately 270 people participating in the Games.

Participants took part in over 15 activities such as shuffleboard, cribbage, softball, indoor curling, scrabble, bowling, nordic walking and many more. Included in the day's activities were a luncheon and a catered evening banquet. There was also dancing and musical entertainment throughout the evening.

The older adult games benefit all seniors who participate, they are challenging both physically and mentally and provide a great opportunity for seniors to meet and socialize with other seniors. It also gives groups an opportunity to promote their local clubs and encourage more seniors to become involved in their communities.

Registration forms for the 2012 Games will be available in late May or early June.
Contact Antigonish County Recreation 863-1141 for more information.

ANTIGONISH AGEING WELL TOGETHER COALITION PRESENTS: WHO NEEDS A MOBILITY SCOOTER OR POWER CHAIR?

IF YOU HAVE MOBILITY ISSUES, AND YOU CAN DO THE FOLLOWING:

- Turn your head to the left and right to check for pedestrians and traffic
- Grip hand controls and pull the brake lever when needed
- Retain your balance when on rougher terrain
- Steer around obstacles
- Judge distances needed for braking and steering while driving forward and backing up
- Shift your body weight as necessary for going around corners and up and down hills
- Concentrate on both driving and the environment around you
- React quickly in emergencies
- Sit for long periods of time
- Use patience while in public
- Remember safety procedures
- Are aware of your surroundings and where you live
- Have good vision skills or wear corrective lenses that allow you to see all obstacles, traffic, and road signs,

A power chair or mobility scooter could help you get around more easily. Talk to a healthcare professional for help in making your decision.

WHEN USING A SCOOTER OR POWER CHAIR, BE SAFE

- Install reflectors and lights if the scooter will be used at night.
- Install rear view mirrors on both sides to ensure the scooter has proper clearance on each side and behind the scooter.
- Avoid busy roads and intersections.
- Never brake on an incline as that increases the scooter's risk of tipping.
- Never go faster than 15 kilometers per hour.
- Do not use your scooter if you are drowsy, have been drinking or taking medications.
- Remember to check with your technician when you need his advice.

MOBILITY SCOOTERS AND POWER CHAIR ETIQUETTE

Courteous drivers remember:

- To use a footpath or sidewalk when one is accessible. Drivers of mobility scooters and power chairs are considered a pedestrian and should avoid driving on the road.
- To move off a shared path if stopped, so others can pass.
- To travel at a speed (about 15 km) that doesn't endanger others.
- To keep right, and pass on the left, similar to how you drive a car.
- To warn others when approaching from behind, around a hidden turn. They use a horn, if available. Some scooters are silent and might not be heard by the hearing impaired.
- To always use mirrors to keep a lookout behind them, including before overtaking someone who is slower (they may hit someone on the side.)
- To pull over and stop to answer their cell phone. (Our driving ability becomes five times worse when our attention is on a phone call, and when we are using one hand instead of two to steer.)
- To park their scooter to the side in a dining room or restaurant, if they are able to get out of their scooter.
- That is illegal for them to ride, or let any person ride, in a way that may cause them or the other person injury.

2012 COMMUNITY NEWSLETTER



Responding to Disasters

When house fires, flash flooding and severe weather force Nova Scotians to evacuate their homes, trained volunteers from the Canadian Red Cross respond by bringing assistance and comfort to those impacted. This past year, the Red Cross responded to small and large scale disasters in areas such as Antigonish, Meat Cove, Pictou County and western Nova Scotia.

Find out how you can prepare your household for emergencies by creating a plan and assembling a kit. Visit www.redcross.ca/ready for a complete list of recommended items for your disaster kit and more.

Volunteer today!

Canadian Red Cross volunteers play a key role in the delivery of our programs and services. We are currently seeking volunteers to assist with reception and administrative duties at our office in Antigonish. Call us today!

Join the largest humanitarian organization in the world and make a difference in your community!

Providing mobility and greater independence



The Red Cross HELP program offers short term loans of items such as crutches, wheelchairs, canes, commodes and bath transfer benches to the public at no cost. HELP provides mobility and a greater sense of independence to people of all ages. A recommendation form from a health care provider is required. Donations to support the services are gratefully accepted.

The Red Cross hospital bed loan program is offered by referral only, through the Nova Scotia Department of Health's Continuing Care Services. For more information on accessing this program, call toll free at 1-800-225-7225.

Learn to Save a Life with First Aid

Do you know what to do in a medical emergency? The Canadian Red Cross delivers vital First Aid & CPR training, as well as babysitting courses for young people in your community. These programs are delivered by our Authorized Providers, who are trained and certified to give the highest quality of training. Visit www.redcross.ca/firstaid for a listing of courses being offered in Antigonish.

Stay Safe in the Water

As part of our commitment to offering high quality training to the Canadian public we are pleased to promote involvement in Red Cross Swim Preschool and Red Cross swim as the foundational step towards lifelong participation in aquatic activities.

Red Cross delivers swim and water safety programs in your area. For more information, visit www.redcross.ca/swim or call 863-8222.

Canadian Red Cross
Antigonish Service Centre
 36 Market Street, Antigonish, NS B2G 3B4
 Tel: (902)863-8222; Fax: (902)863-1701
www.redcross.ca

REGIONAL EMERGENCY MEASURES ORGANIZATION NEWS

SPRING FLOODING: With the unpredictable swings in weather conditions that can take place in Antigonish in springtime - snowstorms, heavy rains, melting snow and ninety kilometer per hour winds - flooding can occur! In recent years, there have been at least three major floods in Antigonish town and county. In March of 2005, there was an ice jam on the Wright's River which caused flooding at the Main Street bridge and below. It resulted in the closure of the bridge and made access to the hospital difficult. In July of 1999, a flood in Vince's Interval and other parts of town caused more than three million dollars in damage to basements and homes. On another occasion, houses on Court Street were evacuated when an ice jam caused the Brierly Brook to back up and more than once, ice jams have forced evacuation from the downtown parking lot behind the 5 Cents to \$1.00 Store.



BEFORE THE FLOOD

- Listen for weather warnings from EMO, 989XFM, 101.5 The Hawk, CBC, the Weather Channel, or the Internet Weather Office (www.weatheroffice.gc.ca/warnings).
- Make sure you have everything you might need in case of emergency. At a minimum, you should have a flashlight, a radio and batteries, food, medications and a first-aid kit. For further information consult "72 Hours: Is your Family Prepared" (<http://getprepared.ca/72>), published by Public Safety Canada.
- When a flood warning is issued, move all vulnerable objects out of the basement and bring them upstairs where they will be dry.
- Plug water pipes in the basement, then shut off the power. If the water level has begun to rise, make sure you have your feet on a dry surface and use a stick to turn the switch off.

DURING A FLOOD



- Leave the house if the water level makes it necessary or if the authorities ask you to. You will need to take your survival kit, medications, warm clothing, raincoats and ID papers for all occupants with you.
- If you are not going to a reception centre, notify municipal staff of where you can be reached.
- Listen to the radio to keep abreast of events
- Avoid driving in flooded areas.

EMERGENCY MEASURES ORGANIZATION NEWS

WHEN THE WATER SUBSIDES



- The most important concerns after a flood are safety and sanitation. Water that floods into houses is usually heavily contaminated.
- As soon as floodwaters have receded, listen to the radio for instructions. Your municipality will advise you when it is safe to return. If you encounter flooded roads, do not attempt to cross them. It takes only six inches of rapidly moving water to knock you off your feet. In the aftermath of a storm, floodwaters are at their most dangerous and unpredictable. Watch for downed power lines and give them wide berth.
- Check your home carefully for signs of damage, broken glass and debris. If a gas odor is present, leave your home at once and call the gas company immediately. Check your home carefully for snakes, rodents or other small animals forced in by floodwaters.
- Open all doors and windows to help dry out your home.
- Rake up and dispose of all flood-borne material in your yard.
- Have the electrical installations and heating equipment inspected by professionals.
- Make sure the water from the municipal water supply is drinkable. It is advisable to wait at least ten days before drinking water from a well. If in doubt, have the water analyzed.
- Beware of mildew; it can be a significant health hazard. You know there is mildew if it smells like dirt or alcohol, or if you see green or black stains on things.

FOR MORE INFORMATION

For on-line weather warnings, with particular emphasis on Antigonish, visit the Weather Office website at www.weatheroffice.gc.ca/warnings. To learn more about what to do in a flood, visit the Nova Scotia Emergency Measures website at www.gov.ns.ca/emo

ANTIGONISH EMERGENCY FUEL FUND

The Antigonish Emergency Fuel Fund is working well. To date, a total of 25 requests have been approved from Antigonish Town & County and we are well on our way to matching the total of 60 approved requests for all of last winter.

Limited funds are available and donations are greatly appreciated. For more information on how to apply OR to make a donation, please contact the Antigonish Women's Resource Centre, 219 Main Street, Suite 204, Antigonish, NS B2G 2C1 or call 902-863-6221

Thank You
Fuel Fund Committee

SPORT FUNDING PROGRAMS

Assisting families with registration and equipment fees so all kids can take part in sport and recreation activities.

KIDSPORT™



KidSport™ is a national children's charitable program that helps disadvantaged kids overcome the barriers preventing or limiting their participation in organized sport. KidSport™ Nova Scotia provides funding of up to \$300/year/child for sport registration and/or equipment.

Application Periods

Applications are accepted and reviewed six times a year.
Applications deadlines are: January 1, March 1, May 1, July 1, September 1 & November 1

For more information or to obtain an application, visit:
<http://antigonishcounty.ns.ca/kidsport.htm>

CANADIAN TIRE JUMPSTART



Canadian Tire Jumpstart® is a community based charitable program to get children active which will deliver assistance to financially disadvantaged children so they can participate in recreational activities and organized sport.

Canadian Tire Jump Start provides funding for children for sport or recreation registration fees.

Application Periods

Applications are accepted and reviewed six times a year.
Application deadlines are: January 1, March 1, May 1, July 1, September 1 & November 1

For more information or to obtain an application visit:
<http://antigonishcounty.ns.ca/jumpstart.htm>

HIGHLAND REGION LEADERSHIP DEVELOPMENT FUND



Highland Regional Leadership Development Fund provides financial assistance to new initiatives in leadership training development which result in:

- Increased youth involvement in Physical Activity Leadership Roles
- Increased and Improved Physical Activity leadership skills of Community Recreation and Sport Leaders.

Examples of eligible initiatives include: course to become certified instructors, coaching certification programs and more.

For more information or to obtain an application visit:
<http://antigonishcounty.ns.ca/highland-ldf.htm>

REGISTRATION PROCESS

Pool Learn to Swim

Registration will be accepted by **MAIL ONLY**. Registrations will be processed on a first received, first served basis. Please use the registration form on page 39.

All Other Programs

Registration will be **DROP-IN or by MAIL**. Drop-ins will only be accepted between 9:00 am and 4:30 pm, Monday to Friday by the Recreation Department. Registration is **NOT** accepted in class by the instructor. Participants must register with the recreation department, by mail or in person. Phone registration is not accepted. See registration form on page 38. All forms must be accompanied by payment. Receipts for mailed registrations will be distributed in class by instructors. Class locations for most community education programs will be posted on the bulletin board or in the foyer of the respective schools. With the exception of the swim program, registrants will **not** receive course confirmation. Applicants will be contacted **only** if a class is cancelled, or if the class is full upon receipt of their application form.

Registration Process

In order for our staff to effectively plan and carry out each event it is important to have accurate registration numbers. We have therefore listed a registration deadline for each program and event listed in this newsletter. Please check program description for deadlines for each activity. Community Education programs are subject to a late fee for forms received after the deadline. Cheques can be post-dated up to the day of the event.

General Information

If classes do not have the minimum number of participants by the registration deadline, they will be cancelled. Registration will **not** be accepted the first day/night of class.

Persons wishing to book community use of St. Andrew Junior School or East Antigonish Education Centre/Academy, see contact information on page 40 of the newsletter, or check our website www.antigonishcounty.ns.ca/community-schools.htm

Occasionally classes have to be rescheduled due to inclement weather. When this occurs, a cancellation notice will be aired by 98.9XFM and 101.5 The Hawk, or check the Hawk website www.1015thehawk.com/news/cancellations.asp, and 98.9XFM website www.989xfm.ca/category/cancellations

ANTIGONISH COUNTY RECREATION REFUND POLICY

If participants wish to withdraw from a program they must notify the Antigonish County Recreation Department by phoning 863 - 1141. All requests for refunds must be made at the Recreation office and not at the program site. The following conditions apply to refunds:

	Swim Program	Community Education Adult & Youth Programs <i>5 wks in length or longer</i>	Community Education Adult & Youth Programs <i>4 wks in length or less</i>	March Break, Special Events, or Day Trips	Multi-Day Summer Camps <i>(3 - 5 days)</i>
Conditions that apply: (See descriptions below)	1, 2, 4	1, 2, 4	3, 4	3, 4	1, 4

1. A **full refund** issued if participants inform the department **prior** to the start of the program.
2. A **partial** refund (registration fee less 10%) if the department is informed **before** the date of the second class.
3. No refunds within 2 weeks of the program start date. The last date a refund will be granted will be on the 15th day before the program begins.
4. A full refund will be granted for medical reasons upon presentation of a doctor's note.



PROGRAM REGISTRATION FORM

Participant's name	Age (if under 19)	Program and Location	Course Fee
		Total	

PLEASE MAKE CHEQUES PAYABLE TO ANTIGONISH COUNTY RECREATION. READ REFUND POLICIES ON PAGE 37.

Mailing Address: _____

Postal Code: _____ Email Address: _____

Home Phone #: _____ Work Phone #: _____

Parent/Guardian Name(s) if participant is under 19 years of age: _____

Does the participant have any medical conditions / special needs / allergies that our staff should be aware of? If yes, please indicate what they are and provide us with your health card #: _____

Emergency Contact: _____ Phone #: _____

Participant / Parent / Guardian Signature

I/We the undersigned, agree not to hold the Municipality of the County of Antigonish or any of its agents liable for any injuries resulting from or sustained by any person registered by me/us while he/she is participating in the program.

_____ Date

_____ Signature of Participant / Parent / Guardian

FOR OFFICE USE ONLY	DATE:	REC #:
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PLEASE MAIL OR DROP OFF REGISTRATION FORM TO:

ANTIGONISH COUNTY RECREATION
 ATTENTION: SPRING PROGRAMS
 285 BEECH HILL ROAD, RR 6
 ANTIGONISH, NS B2G 0B4



AQUATICS REGISTRATION FORM

Participants Name	Age	Date of Birth	Level	1st Time Choice	2nd Time Choice	3rd Time Choice	Reg. Fee
Swim Registrations will be accepted by MAIL ONLY!						Subtotal	
Please include payment when mailing registration						Discount	
Cheques can be made out to "Antigonish County Recreation"						Total	

PARICIPANT INFORMATION

Parent/Guardian _____
 Mailing Address _____
 Email Address _____
 Home Phone #: _____ Work Phone #: _____

MEDICAL INFORMATION

Does your child(ren) have any medical conditions/special needs and/or allergies that our staff should be aware of? If yes, please indicate what they are _____
 Name of family physician _____ NS Health Card No. _____

ADDITIONAL CONTACT PERSON

In case of emergency, please indicate another contact person _____ Phone # _____

PARENT/GUARDIAN SIGNATURE

I/We the undersigned agree not to hold the Municipality of the County of Antigonish or any of its agents liable for any injuries resulting from or sustained by any person registered by me/us while he/she is participating in the program.

_____ Date _____ Signature of Parent/Guardian _____



PLEASE MAIL POOL REGISTRATION FORM TO:
 ANTIGONISH COUNTY RECREATION
 285 BEECH HILL ROAD, RR6
 ANTIGONISH, NS B2G 0B4
 ATTN: SWIM PROGRAM

RECREATION STAFF

Marlene Melanson, Recreation Director
Denise Fougere, Administrative Assistant
Shirlyn Aker, Physical Activity Coordinator
Heather Grant, Recreation Programmer
Amy Juurlink, Aquatics Supervisor
Kelsey Walton, Assistant Aquatics Supervisor

Municipal Office

(902) 863-1117

Recreation office

(902) 863-1141

Facsimile

(902) 863-5751



Mail

Antigonish County Recreation

285 Beech Hill Road, RR6

Antigonish, NS B2G 0B4

Email

recreation@antigonishcounty.ns.ca

Thanks to the following organizations, individuals and affiliates for their support, assistance and guidance with our department's recreational endeavours:

Municipality of the County of Antigonish

Recreation Nova Scotia

Guysborough Antigonish Active Living Network (GAALN)

Canadian Red Cross Society

Department of Natural Resources

Service Canada

Antigonish Regional Development Authority

Local Businesses

Pictou-Antigonish Regional Library

Department of Health & Wellness

Lifesaving Society of Canada

Nova Scotia Lifeguard Service

Highland Regional Recreation Directors

Strait Regional School Board

Conseil scolaire acadien provincial

GASHA

StFX Service Learning Program

Community Sponsors & Volunteers

SODEXO

StFX University

This programs & services guide is produced by Antigonish County Recreation.