County Connect

YOUR CONNECTION TO MUNICIPAL SERVICES.
RECREATION. COMMUNITY INFORMATION. TRAILS. SAFETY.
ONLINE SERVICES. COUNCILLOR INFORMATION. CONTACTS.

SPRING/SUMMER 2020

Hilde van den Heuvel Photography
Welcome, Kwe, Bonjour,

Well, I think we can all agree that we never expected to live through an international pandemic, but here we are. These past few weeks have certainly been challenging but I am very proud of how the people from Antigonish have been adhering to the requests of Premier McNeil and Dr. Robert Strang. Although it is difficult to do, staying home is the least we can do to help keep pressure off our health care system and help to flatten the curve.

Now, perhaps more than ever it is important to continue our social connections while maintaining physical distance. Pick up the phone and call someone you love, write a letter, facetime, zoom conference with your friends. People are finding new and innovative ways to communicate with their friends and loved ones. Let’s keep doing what we need to do to flatten the curve of COVID-19.

Our Municipal staff team are continuing to work through this: our solid waste collection drivers are still on their routes, and our water and sewer systems are being maintained. The remainder of our staff are working from home, but it is business as usual so please feel free to reach out to staff if you have any questions or concerns. The Municipal Team is here to continue to provide the high level of service you’ve come to expect. We will just be doing it a little differently for a while. On behalf of council and staff, thank you for your patience.

Municipal Council will continue to meet, however meetings will take place via teleconference and minutes will be posted within 24 hours after the meeting.

To the grocery clerks, truck drivers, service providers, restaurant workers, business owners and everyone else who are finding ways to provide our community with the stability and services we need: THANK YOU! And to our first responders and healthcare workers in the community and at St. Martha’s Regional Hospital: THANK YOU! To all of you; we will never forget your commitment and courage during these challenging times.

The days are getting longer and signs of spring are starting to show! Our agriculture and fishery workers continue to prepare for the upcoming season. We wish farmers and fishers all the best for a plentiful and productive season.

Have a wonderful spring and summer.

Respectfully,

Warden McCarron

A MESSAGE FROM THE WARDEN & your Antigonish County Council
CONTACT YOUR COUNCILLOR

DISTRICT 1
Councillor
Mary MacLellan
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mmaclellan@antigonishcounty.ns.ca

DISTRICT 2
Councillor
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DISTRICT 3
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DISTRICT 4
Councillor
Vaughan Chisholm
902-863-5935
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DISTRICT 5
Councillor
Rémi Deveau
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DISTRICT 6
Warden
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DISTRICT 7
Councillor
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DISTRICT 8
Councillor
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DISTRICT 9
Councillor
Neil Corbett
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ncorbett@antigonishcounty.ns.ca

DISTRICT 10
Councillor
Bill MacFarlane
902-870-7707 (c)
bmacfarlane@antigonishcounty.ns.ca
Recreation

“The experience that results from freely-chosen participation in physical, social, intellectual, creative and spiritual pursuits that enhance individual and community wellbeing.”

Find recreational opportunities in our community by visiting:

Antigonish County Recreation’s online registration portal
http://recreation.antigonishcounty.ns.ca

Highland Connect
https://highlandconnect.cioc.ca/
Fun on the Run  Ages 3 - 12
This action packed camp offers a variety of activities including exciting games, creative and outdoor play, art, singing, and science experiments! This camp will take place one week in each community: Pomquet, Lakevale, Monastery, Heatherton, Arisaig, St,Joseph’s, Havre Boucher, and St. Andrews.

Moovin’ & Groovin’ Ages 3 - 6
Movin’ and Groovin is a camp for making friends and having fun, while learning the basic fundamental skills for movement.

Outdoor Adventure Camp Ages 10-15
Prepare for the great outdoors! This one-week camp will introduce participants to a variety of outdoor activities such as hiking, mountain biking, canoeing and camping!

GO! Back to Nature Ages 5+
GO! Back to Nature is a camp for those who love being outdoors. This camp incorporates team work and respect for each other and the environment.

KidVenture—Ages 5-7
KidVenture is designed for young school-aged children that want a fun-filled day of camp! KidVenture activities include: sports on the playing field, outdoor adventures, art fun, imaginative play, stories and songs.

Red Cross Swimming Lessons
The Summer session of the Red Cross Learn to Swim Program will take place at the Alumni Aquatic Centre (StFX).

Due to COVID-19, the fate of our Summer Camps is up in the air, stay tuned to our Facebook Page and Website for updates.
http://recreation.antigonishcounty.ns.ca
Antigonish County Recreation (ACR) is expanding its current equipment loan program to incorporate its newly acquired adapted equipment. This program will allow all of ACR’s equipment to be loaned out without any financial or logistical barriers.

Equity of available programs and services in our community is of the utmost importance and ACR hopes to continue to support community members of all abilities in recreation pursuits. Our main goal with this program is to enhance accessibility in the community by increasing opportunities for fun and healthful recreational activities for people of all abilities.

TO BORROW ANY EQUIPMENT CONTACT OR VISIT:
Antigonish County Recreation
285 Beech Hill Rd,
902- 863-1141
recreation@antigonishcounty.ns.ca

If you have pictures using any Antigonish County Recreation Equipment send them to us by email or tag us on twitter @AntigonishCo

HTTPS://RECREATION.ANTIGONISHCOUNTY.NS.CA/EQUIPMENT-LOAN-ACCESSIBILITY-LOAN-PROGRAM/
**NEW** Mobi-Chair® is a high quality floating beach wheelchair that provides a seamless transition from boardwalk-to-beach-to water.

**Skates:** Multiple pairs of hockey skates and figure skates are available for use

**PFD-A:** These PFD’s combine the safety of other PFD’s while also providing extra head support. They allow the user to float while lying on the back. These PFD’s are very difficult to overturn because of their large surface width and they do not dip the head in water. They are safe, easily adjustable and fun! 6 available 1xxs, 1xs, 1s, 1m, 2l

**The Lj-A:** A PFD that supports the upright position for disabled person. It allows individuals to swim comfortably on their stomach and to float on their back.

**PFDs:** Personal Floatation Device. They are available in 4 different sizes and they allow users to stay afloat. 24 child, 18 youth, 42 adult

**Community Bags:** These bags are great for family reunions, fun days, birthday parties and any other event in which you would like to have equipment for children. Bags may include: skipping ropes, balls, pylons, parachute, and/or hoola-hoops. Bag contents are subject to availability.

**Hippocampe:** A Hippocampe is an all terrain wheelchair that gives its rider the freedom to go anywhere and is designed to enable everyone to enjoy the great outdoors. The Hippocampe gives the rider accessibility to difficult terrain such as: beach, snow, sand, mountains and swimming areas. This all-terrain wheelchair is lightweight, compact, waterproof, buoyant and can be pushed or self-propelled. The Hippocampe has a weight restriction of 250-300lbs.

**Snow Shoes:** Child, youth and adult snowshoes available to loan to the public free of charge. They cannot be reserved due to the high volume of requests. Approximately 75 pairs available.
EQUIPMENT AVAILABLE

Nordic Walking/Trekking Poles: Trekking poles help you propel forward and upward while providing traction and stability. These new trekking poles have bell shaped hand grips for more stability and support. Nordic walking is a total body version of walking that can be enjoyed both by non-athletes as a health promoting physical activity and by athletes as a sport. The activity is performed with specially designed walking poles similar to ski poles. Trekking (13 available) Walking (21 available).

Snow Coach: Everyone can get out this winter with the Snow Coach sled. This is a great sled for sledders who need lateral support and who have good head, neck and trunk control. This sled features padded seats, safety straps, raised back support, a head rest and steel runner. Not only is this a great sled for winter fun, it is also nice for anyone helping out the sledder since it comes with push handles for the back. 2 available

Sledge: Sledges are used to allow participants to enjoy a game of hockey or just go for a glide on the ice in a seated position. A push bar allows the rider to be pushed or the rider can self-propel using two sticks with picks. These sledges are great for riders with limited mobility or compromised balance. There is also a wheel kit that transforms the sledge into a floor hockey sled. 3 available, 3 sets of hockey sticks and 2 wheel kits

Triad TMX T-5 is a robust tricycle for older children, it is fitted with 20" wheels and has a caliper brake with parking brake feature. It is suitable for children with an overall height of 47" (120cm) to 57" (145cm) and maximum recommended weight is 150 lbs.

FRE DCP16 tricycle is small enough for an average 7-year-old, but adaptable to fit most kids in their early teens. Direct drive and low gear ratios make pedaling easy for a beginner, yet challenging for an aggressive rider. Inseam 20”-26”, maximum of 150 lbs.

**NEW** AS 2000 is an adapted bike designed for riders 14 and up. It is fitted with 20” wheels and seven speeds give the option of selecting easy or challenging pedaling. Suitable for those with inseam 23”-34”. Maximum recommended weight is 225lbs.

HTTPS://RECREATION.ANTIGONISHCOUNTY.NS.CA/EQUIPMENT-LOAN-ACCESSIBILITY-LOAN-PROGRAM/
KIDSPORT

KidSport is a national children’s charitable program that helps disadvantaged kids overcome the barriers preventing or limiting them from participating in organized sport. KidSport Nova Scotia provides funding up to $300 per year per child for sport registration or equipment.

CANADIAN TIRE JUMPSTART

Canadian Tire Jumpstart is a community based charitable program to get children active. Jumpstart provides funding for sport or recreation fees to financially disadvantaged children so they can participate in recreational activities and organized sport.

BONVIE-MACDONALD RINKS TO LINKS

NHL’ers Dennis Bonvie and Craig MacDonald founded the Rinks to Links Golf Classic in 2004, they wanted to show their thanks and appreciation to their home communities by assisting children to get involved with minor hockey that might otherwise not have the opportunity. Funds raised at the tournament assists children with their registration and gear costs.
SPORT & RECREATION FUNDING PROGRAMS

GARY BOONE LEADERSHIP DEVELOPMENT FUND

The Gary Boone Leadership Development Fund provides financial assistance to non-profit community groups and organizations for leadership training and development, which result in:

- More youth assuming leadership roles within the organization.
- Increased and improved leadership skills of Community Recreation and Sports Leaders.

Eligible Projects

Training or support for Community Leaders leading to increased participation in community recreation, sport, physical activity, music and art. (i.e. Program leaders, course instructors, referees, coaches, fitness leaders, accessibility training, outdoor recreation certifications, and more).

Recreation Sport Cultural and Leadership Travel Assistance:

(part of the Municipality’s Community Partnership Grants program)

Provides travel assistance to youth teams, clubs, or organizations travelling to sport or cultural competitions/tournaments outside of Antigonish County.

Provides travel assistance to local youth who have been selected as members of a provincial or national team.

HTTPS://RECREATION.ANTIGONISHCOUNTY.NS.CA/FUNDING-PROGRAMS/
EXPLORE ANTIGONISH COUNTY

BEACHES

* Pomquet Beach Park
* Bayfield Provincial Park Beach
Dunn’s Beach
Cape Jack Beach
Mahoney’s Beach
Cribbon’s Beach
Ballantyne’s Cove
Livingstone’s Cove
Malignant Cove
Arisaig Beach

*The Nova Scotia Lifeguard Service will be providing lifeguard services at Pomquet Beach Park and Bayfield Beach for July and August from 10am-6pm daily (unless otherwise noted).

TRAILS

Fairmont Ridge Hiking Trail
Cape George Hiking Trail
Antigonish Landing
Beaver Mountain Provincial Park
The Keppoch
Pomquet Acadian Trails
Arisaig Provincial Park
Mahoney’s Beach Trail
Linwood Heritage Nature Trail & Picnic area
IMPORTANT NOTICE REGARDING PAYMENTS & INTEREST CHARGES

Payment Options:
• Credit card or debit payments online through your bank or financial institution (payments can be phoned in with a credit card)
• Through your bank or financial institution
• By mail with a cheque or money order
• Cash

Bills are due upon receipt:
• Please allow sufficient time for payments to reach the Municipality of the County of Antigonish. Seven business days may be required for payment by mail and three business days for bank payments. We will credit payments to your account(s) on the day that we receive them.
• Interest charges will be applied if we do not receive payment by the DUE DATE shown on the bill.

COVID-19 AND MUNICIPAL BILL PAYMENTS

Our office is currently closed to the public due to COVID-19, residents have several ways to pay their bills:
• Mail a cheque
• Pay through online banking
• Call 902-863-1117 and provide credit card payment.
DEVELOPING AND BUILDING IN ANTIGONISH COUNTY

In Nova Scotia, it is a legal requirement to obtain development and/or building permits before site development or building begins. The Municipality is a member of the Eastern District Planning Commission (EDPC) and has a team available to support you through the building and development process. Remember wherever a Land-Use Bylaw is in effect a Development Permit is required before a Building Permit can be issued.

**MEET OUR PLANNING STAFF**

Sean Donovan is a Building Inspector. Contact Sean before you start construction to discuss your project, permits and inspections required, and timelines. He will also advise you when it is necessary to obtain permits from other provincial bodies, Public Works or the Development Officer. He can be reached at 902-863-2366.

Wanda Ryan is the Development Officer. Contact Wanda regarding any development plans—she will be happy to navigate the development process, whether it be questions about land use planning, zoning or development permit requirements. Wanda can be reached at 1-888-625-5361 or on Tuesdays at 902-863-1117.

Andrew Jones is a Senior Planner. Andrew will assist you with land use planning and help you to navigate zoning inquiries and rezoning. He can give you planning advice if you are considering developing your land. He is also the contact person for the Eastern Antigonish Municipal Planning Strategy review process. Andrew can be reached at 1-902-625-1259, or on Wednesdays at 902-863-1117.

**PERMITS & INSPECTIONS**

For more information regarding development and building permits or to apply for a permit, contact the Planning Staff above. A copy of your plan including site and construction/building plans will be required.

Once you have a permit and work has begun, inspections are required at various stages, and are the responsibility of the homeowner. Inspections must be arranged with Inspector by the owner, the contractor or the developer.

**Inspections Conducted Using 2015 National Building Code**

1. Footings in place
2. Subfloor plumbing
3. Subfloor and foundation insulation
4. Pre-backfill
5. i) the framing, roof, plumbing and mechanical systems; (ii) insulation and vapour barrier before wall framing is covered (except in manufactured and modular homes).
6. For Manufactured and Modular homes: (i) superstructure installation and anchorage systems, (ii) foundation, insulation and vapour barrier before wall framing is covered and plumbing connections below the first floor.
7. Before Occupancy (so that an Occupancy Permit may be issued.)
RESPONSIBLE OWNERSHIP OF DOGS BY-LAW

The Dog Control Officer for the County can be reached at 902-863-9501

On March 20, 2019, the Municipality’s new dog by-law came into effect. Copies of this new by-law can be found on the Municipality’s website or can be picked up at the Municipal Administrative Centre.

Responsible dog ownership includes:

- Being familiar with and following the Municipality’s Dog By-law
- Keeping your dog(s) on your property and properly controlled
- Cleaning up your dog’s waste
- Ensuring that your dog is not causing a disturbance (e.g. barking continuously, chasing people or their pets, or destroying property)

When your dog accompanies you off of your property, it remains your responsibility to restrain your dog(s) appropriately; on a leash. A summary offense ticket can be issued for failure to do so. Leashing your dog keeps them and others safe. Dogs act differently away from home and can be distracted by wildlife and new scents. Away from home, you have no control of other people, cars, or other dogs, so be responsible and use a leash.

Make sure your dog(s) are healthy through a vet check-up, and make sure that their vaccinations are up to date. Ticks, fleas and worms are all important to check for this time of year.

With warm weather approaching, make sure that your dog has shelter from the sun and heat, with plenty of access to water. If you have concerns about the welfare of an animal, contact the Antigonish SPCA at 902-863-2111.
One in seven Canadian adults currently lives with a mobility, vision, or hearing disability. These Canadians struggle every day to grab coffee with a friend or interview for a job because of physical barriers to accessibility. Within the next 20 years, the number of Canadians with disabilities is expected to grow to more than 9 million - or one in five of us.

Whether disability is caused by the natural effects of aging, or by an accident or injury, the simple truth is that each of us will experience disability at some point in our lives and will need our communities to be accessible so that we can continue to participate and live full lives.

Providing universal access to safe, inclusive and accessible public spaces ensures that everyone is able to participate and live to their full potential, and is an important part of the United Nation’s "Envision2030" sustainable development goals that our program supports.

The Municipality of the County of Antigonish is currently looking for members of an Accessibility Advisory Committee. This committee will provide advice to Council on identifying, preventing and eliminating barriers to people with disabilities and varying ability levels in municipal programs, services, initiatives and facilities. This committee will play a pivotal role in helping the Municipality of the County of Antigonish become an accessible community and meet its obligations under Nova Scotia’s Accessibility Act.

Some of the ongoing work of the County includes our accessible equipment and programming with County Rec. A new level entrance way to the Municipal building at 285 Beech Hill is available with lots of parking in upper parking lot to the side of the building. A sign will be installed in early spring. If you have any ideas or thoughts on accessibility you would like to share please contact Tammy Feltmate, Director of Sustainable Communities at tammy.feltmate@antigonishcounty.ns.ca.
Each year, communities all across Canada celebrate National Volunteer Week during the third week of April to thank and honour people who donate their time to help others.

In celebration of National Volunteer Week, Recreation Nova Scotia hosts an annual Awards Day Ceremony to honour all “representative volunteers”. The Nova Scotia Representative Volunteer Award is given to volunteers who have made an outstanding contribution to their community.

The Municipality calls for nominations from the community for Representative Volunteer Award and one volunteer is randomly selected to attend the Awards Day Ceremony. Unfortunately this year’s ceremony is postponed. We wanted to take this opportunity to congratulate all volunteers and say THANK YOU! You make Antigonish County a wonderful place to live by the countless hours you give back to your community!

2020 Volunteer Representative of the Year
Shirley DeCoste

Shirley has dedicated countless hours to the rejuvenation of the Monsignor Donnelly Hall in Tracadie over the past six years. She has been involved with fundraising, grant writing, event planning, food prep and serving. Shirley plays an important role in helping individuals and families plan events at major life moments, including events like wakes, funerals and happier occasions such as weddings and parties.

Behind the scenes Shirley has had an even bigger impact in the 40+ years she has helped students, seniors and youth in the community complete student loan forms, access funding, writing grant applications for housing, school and health. She is the go to for so many who need help navigating and searching for resources.

Thank you Shirley and to everyone who was nominated!
2020 Family Volunteer Award Nominees
Harry & Annette Daeman

In addition to the Provincial Volunteer Representative Award, the Province of Nova Scotia also calls for nominations for the Family Volunteer Award. We are happy to say this year Harry and Annette Daemen have been nominated for this award. Harry and Annette are both dedicated community workers, and their commitment to the Tri Heart Society has been outstanding. They have been 100% dedicated to the cause since it first began. From the beginning of the Tri Heart Society, Harry and Annette worked to raise money, gather household materials, and set up a house for the family of six who arrived from a refugee camp in Syria. Harry and Annette have given this family care, love and support since the day they arrived. A second family has since arrived and they have once more taken them under their wing and have guided them day to day in every aspect possible.

They have also done a lot of work with the Highlander Curling Club. For many years they ran the junior program at the club, giving many hours of instruction to the young curlers. This is a small snapshot into the volunteer work that Harry and Annette take part in, thank you for everything you do for the community.

The Municipal Election is on Saturday October 17, 2020
The Nomination Deadline is Tuesday September 8, 2020
Linda Arsenault has been appointed as our Returning Officer for this election.
More information will be available on the Municipal Website later this spring. www.antigonishcounty.ns.ca
**ANTIGONISH COUNTY’S**

### BLUE BAG #1
**Paper Products**
- Newspaper & Magazines
- Flyers
- Paper Egg Cartons
- Paper, envelopes
- Boxboard (cereal & tissue)
- Corrugated Cardboard
- Soft Cover Books
- Paper Towel Rolls
- Toilet Paper Rolls
- Paper Bags
- Phone Books

### BLUE BAG #2
**All Other Recyclables**
- Plastic Pop Bottles
- Aluminum Cans
- Tin Cans
- Glass Bottles and Jars
- Plastic Containers (#1-7)
- Plastic Grocery Bags
- Bread Bags
- Shampoo Bottles
- Juice Boxes
- Liquor Containers
- Aluminum Foil & Pie Plates
- Styrofoam
- Yogurt & Pudding Containers
- Milk Cartons

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**BLUE BAG SAFETY TIPS**

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.

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Not sure when your collection day is: [www.erswm.ca/collection-calendar](http://www.erswm.ca/collection-calendar)

All plastic containers and packaging must be empty, clean and contain no food residue.
**GREEN BIN**

**Organics**

- **Food Products**
  - Table scraps
  - Meat, Fish & Bones
  - Vegetable & Fruit Peelings
  - Shellfish (including shells)
  - Solid Dairy Products (cheese)
  - Cooking Oil, Grease, Fat
  - Bread, Rice & Pasta

- **Non-Recycled Paper**
  - Soiled Food Napkins
  - Paper Towel
  - Pizza Boxes
  - Fast Food Wrappers
  - Wax Paper
  - Paper Plates
  - Sugar, Flour & Potato Bags

Please **DO NOT** place plastics, metals, glass, tin, aluminum, Styrofoam or diapers in your green bin.

**DO NOT** use plastic bags to dispose of organic waste in your green bin.

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**REGULAR GARBAGE**

**Clear Transparent Bags**

- Bathroom Waste
- Plastic Wrap
- Potato Chip Bags
- Candy Bar Wrappers
- Hot & Cold Disposable Drink Cups
- Light Bulbs
- Broken Glass, Ceramic &Dishes
- Empty Paint & Aerosol Cans *
- Empty Motor Oil Containers
- Carbon Paper
- Floor Sweepings
- Gift Wrap, Colored Tissue Paper
- Kitty Litter
- Old Shoes & Clothing
- Toothpaste Tubes
- Crayons, Markers, Pens & Pencils
- Hard Covered Books
  (can be recycled if cover is removed)

* Unused or unwanted paint can be taken to any ENVIRO-DEPOT ™.

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Please **DO NOT** place Needles, Syringes, Lancets, Auto-Injectors & Infusion sets CURBSIDE for collection.
WHAT GOES TO THE SOLID WASTE MANAGEMENT SITE?
(ITEMS NOT FOR CURBSIDE PICKUP)
These items are subject to a tipping fee and residents are responsible for bringing these items to the Solid Waste Management Site.

**Tipping Fees - Effective October 15, 2007**

- Clean Concrete: $45.00 per tonne
- Compostable Organic Material: $55.00 per tonne
- Construction & Demolition 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 Landfill **DOES NOT** accept Cash payments. Payment must be by Debit, Visa, Mastercard or American Express.

**IMPORTANT UPCOMING DATES**

**May/June**
Bulky Waste Collection
*Watch for the flyer in early May*

**SOLID WASTE MANAGEMENT FACILITY**
1356 Beech Hill Road
Monday-Friday 8:00am—4:30pm
Saturdays 8:00am—12:00pm
CLOSED on ALL Holidays
Phone: 902-863-4744
It is the responsibility of the **Homeowner** to keep their garbage box shoveled out and accessible for the Collection Vehicle Operators.

It is the responsibility of the **Homeowner** to place their garbage and recyclables on the side of the road along which the Garbage Truck is traveling.

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**Did you know?**

The Beech Hill Solid Waste Management Facility is an approved drop off location for residential used oil. Used oil will no longer be accepted during regular collection. The items below can be dropped off to our facility at no charge from residents.

Large oil generators (business/industrial users) can register with UOMA. Once registered, any products in the stewardship program will be collected free of charge if the product is not contaminated and is sorted. [www.uoma-atlantic.ca](http://www.uoma-atlantic.ca)
Safe & Secure Recycling
Wipe your devices. Clear your SIM cards. Protect your privacy.
Clear all personal information from computers, cell phones and electronics prior to drop off.
recycleMYelectronics.ca/NS
April 22, 2020 is Earth Day. What does it mean to you this year? A global pandemic like we have never experienced has many looking at things differently. Is this an opportunity for earth to heal? Are we reconnecting and paying attention in a new way? What are you doing to celebrate Earth Day 2020, do you have an Earth Day resolution? Share your ideas and commitments to our Facebook page.

The County, in partnership with StFX University, the Town of Antigonish and Paqtnkek Mi’kmaw Nation have started conversations on what to do together to build climate resilience in our community. The County is also on the StFX President’s Environmental Sustainability Committee looking at initiatives we can do together to provide information and opportunity for action. On May 6, 2020, this committee is planning to host a workshop titled: Supporting Resident Action to Protect Homes from Flooding

2020 will bring an additional 72kWh ground mounted solar PV system to Beech Hill at the municipal property. In partnership with Paqtnkek Mi’kmaw Nation we are exploring the feasibility of joint energy planning and a large-scale renewables project. The feasibility study will be completed by April 2021 and include ways to work with local business community and educational institutions to ensure opportunities for capacity to be strengthened locally happens. This directly links the implementation phase to economic development. Updates on these projects will be highlighted on our website and social media. If you have questions contact Tammy Feltmate at tammy.feltmate@antigonishcounty.ns.ca.
COUNTY CONNECTIONS

This new section will feature different organizations, businesses, and groups from around the County. If you have a business or are part of an organization that you would like featured, please contact shirlyn.donovan@antigonishcounty.ns.ca.

Antigonish Farmers' Mutual Agricultural Centre

The Antigonish Farmers’ Mutual Agricultural Centre plans to open late Spring, Of course this now depends on the state of COVID-19. The beautiful new facility includes room for 72 vendors inside and 15 vendors under the canopy in the front of the building. It has a spacious multi use area and large state of the art commercial kitchen. The Centre has partnered with StFX Nutrition program to give students access to a commercial kitchen for training and to allow them to explore and pursue food value added projects. The kitchen will also be available to vendors and others in the community who need access to a commercial kitchen. The market and kitchen will serve as a small business incubator to help support local producers and entrepreneurs. The market is ramping up its recycling program this season with proper receptacles that will allow vendors and customers to reduce the amount of material that goes into our landfills. They are also hoping to secure some funding for a solar installation that would take the agricultural center a big step forward toward true sustainability.

They are currently preparing to relaunch the markets online store in early to mid may to help support vendors and customers this season. More details will be available via social media and their website as the start of the season gets closer.

www.antigonishfarmersmarket.ca
Are you looking for a way to spend the perfect summer day? Head to Arisaig on Antigonish County’s Northumberland Shore. You can spend your day at the beautiful beach, check out the Lobster Interpretive Centre, have lunch at the dockside café and grab an ice cream at the Lighthouse Canteen.

The Arisaig Lighthouse is currently a functioning navigational aid and ice cream canteen during the summer months. It is a replica of the original Arisaig Point Lighthouse, which burned in the early 1930s. Interpretive panels are located on rocks around the Lighthouse which tell the story of the historic fishing community of Arisaig.

The Lobster Interpretive Centre displays information on the local lobster fishery. Exhibits include lobster specimens and videos on lobster life cycles. Did you know that lobster can live up to 50 years?

The Dockside Café is open from 11am-7pm daily during the summer months. Guests have a choice of seafood specialties including their famous lobster rolls, fish cakes and fish chowder. Customers have the choice to dine in the café or eat out on the spacious deck overlooking the Northumberland Strait.

Check out this blog post to read about a wonderful day in Arisaig.
Antigonish County District 9 Community Development Assoc. was established in 2019 in the community of Havre Boucher to identify and develop the needs of the community and surrounding area for the betterment of current and future generations. Our mission is to work with all members of the community to identify, research, fund raise and develop projects that will improve the quality of life for the community as a whole. In 2020 a management agreement will be in place with the Province under Department of Lands and Forestry, Parks Outreach Division to construct, operate, and maintain "Cape Jack Beach Provincial Park", a provincial day use park at Cape Jack as per attached conceptual graphic. ACD9CDA will proceed with parking space, beach access, landscape, put in washroom facilities, waste management, benches, picnic tables working in partnership with Parks for approval of each step to ensure Provincial Park standards consistency.

On a hot summer day Cape Jack Beach can attract 75 beach goers without improvements. We need clear access to our beautiful coast and provide facilities to ensure environmental friendliness. The beach is used for swimming, walking and small scale remote control boats and aircraft. In the early 1990's the Cape Jack Wharf was dismantled and the original access road to the wharf has been destroyed by coastal erosion and a new beach is being created naturally. In 2015 a new roadway was constructed to allow access to coastal properties which created a small piece of land where we want to build a Park but also want to shield our investment by reducing coastal erosion by building a bolder breakwater. We hosted a successful St. Paddys Supper & Dance fundraiser and plan to continue to raise funds as well as work in the community this year. We were successful in getting a Community Partnership Grant from the Municipality that is helping us achieve our goals!
CrossFit Actuate first opened its doors at 1644 Brierly Brook Road in December 2018 and has since been welcomed in Antigonish with open arms. In the first month of operations the new gym started with 35 members and has since soared over 150+ with consistently over 75 members through the door everyday.

CrossFit Actuate’s surge in popularity has been thanks to the supportive & non-judgemental environment, world class programming and top tier coaching that is offered. What really sets Actuate and CrossFit in general apart from most conventional gyms is the focus on community support. You can feel this from the moment you walk in the door. It’s been said the egos are checked at the door. Everyone is there for the same reason essentially, to improve their wellness. That wellness may look very different for the varsity athlete than the retiree however the CrossFit philosophy is that their needs differ in degree, not kind. Every workout is scaled to the athletes strengths and abilities with a coach in every class.

Actuate’s ongoing efforts go beyond the CrossFit “Box”, and social distance has not kept their members apart. The Actuate community continues to have programming extended to the home environments of their members via social media and other online platforms, as well as online virtual zoom classes for both CrossFit and Yoga.

CrossFit Actuate truly is an incredible gym to be involved in and offers a holistic environment suited to the multi-sport athlete, weekend warrior, or anyone in the pursuit of lifelong fitness and wellness no matter your background, ability, or fitness level. For more information email contact@crossfitactuate.com.
Since 2016, the **St. Martha’s Regional Hospital Foundation** has been pleased to support simulation-based education at St. Martha’s Regional Hospital.

Simulation is a practice-based learning. In healthcare, that practice is on mannequin-humanoid computer-based figures that are physically designed to mimic real patients. Currently at St. Martha’s, there is one adult, one pediatric and one infant mannequin. These mannequins, although “low fidelity” or lower technology, have set the stage for extensive team-based learning at St. Martha’s.

In April 2020, the St. Martha’s Regional Hospital Foundation was pleased to announce **$130,000, in additional funding for the purchase of two new high-fidelity mannequins** to support physician and staff education, new physician residents practicing at St. Martha’s, and inter-professional practice initiatives aimed to support the growth of high performance teams in rural medicine.

“I want to thank St. Martha’s Regional Hospital Foundation for their ongoing support of the simulation program at St. Martha’s.” said Dr. Tania Sullivan, Simulation Lead for Northeastern Nova Scotia and ER physician at St. Martha’s. “The mannequins we currently own have been instrumental in helping hospital staff and physicians prepare for COVID-19. We have been using simulation-based training daily as a critical part of this preparation. We are incredibly grateful and looking forward to adding the two new high-fidelity mannequins to our training team. Simulation based education continues to have a pivotal role in assisting our teams to provide the best healthcare possible.”

Thanks to donations received through the **St. Martha’s and You...the Time is NOW campaign**; the St. Martha’s Foundation will be able to continue to provide innovative and high-technology equipment for hospital staff and physicians well into the future.

For more information or to make multi-year pledge, please call 902-863-6414 or 902-863-1131 or email our Executive Director, Sarah MacDonald at sarah.macdonald@smrhfoundation.com

A special thank you to everyone who has donated to date. Your donations continue to make a difference in our community.
Antigonish Community Transit is a non-profit, community-based organization, focused on responding to Antigonish Town and County residents’ request for access to services, programs and community activities by facilitating more accessible, barrier-free, inclusive, efficient, reliable, safe, green and sustainable transportation options for all community members.

It’s your transportation service!

Accessible ~ Inclusive ~ Reliable

For more information, please visit the Antigonish Community Transit Website or Facebook Page
Email: antigonishcommunitytransit@gmail.com
Phone: 902-867-0411
Have you had a chance to visit your library? The library has a wide variety of books, movies, magazines, audiobooks, eBooks, and much more, all available to borrow for free with your library card. The library also has free public access computers, meeting space for non profits, a 3D printer, conversion equipment for VHS tapes and records, a MakerSpace, Nordic walking poles, Fun Fit Passes, and offers programs for all ages and interests. Everyone is welcome, whether you attend a program or borrow a book or not. Give us a call or send us a message if you need more information.

**Children & Teen Programs**
- Preschool Storytime – Mondays at 10am
- Toddle Time – Wednesdays at 10am
- ABCs for Babies – Fridays at 10am
- Block Play—Tuesdays from 10am-4pm
- LEGO - Thursdays 9am– 5pm
- Family Singalong—First Tuesday of the month at 10am
- Youth Book Club—Second Monday of the month at 3pm

**Adult Programs**
- Book Clubs – We offer a variety of book clubs. Ask us to find out more.
  - Open Mic. – 3rd Friday of the month at 6:30pm
  - Armchair Travel – 2nd Thursday of the month at 7pm
  - Community Café – 1st Wednesday of the month at 2pm
  - Knitting Circle—Wednesdays 2:00pm

**Books by Mail**
Books by Mail is a free mail-order library for rural residents of Pictou & Antigonish counties. You can select material such as books, magazines, audio books, and DVD’s from our online catalogue [www.parl.ns.ca](http://www.parl.ns.ca), by mail, phone or email and we will mail it to you. Return these books with the included postage paid label and we will mail you more. All postage is paid by the library, there is absolutely no cost to you! Simple as that!

**FoAL supports library collections, programs and services through fundraising and advocacy. Find out more at [www.friendsofantigonishlibrary.ca](http://www.friendsofantigonishlibrary.ca) or follow FoAL on Facebook @AntigonishLibraryLovers.**

**Hours of Operation**
- Mondays: 9:00am to 5:00pm
- Tuesdays: 9:00am to 9:00pm
- Wednesdays: 9:00am to 9:00pm
- Thursdays: 9:00am to 9:00pm
- Fridays: 9:00am to 9:00pm
- Saturdays: 9:00am to 5:00pm
- Sundays: Closed

[PARL Peoples Place](https://www.facebook.com/PARLPeoplesPlace)  [PARLevents](https://twitter.com/PARLevents)  [PeoplesPlaceLibrary](https://www.instagram.com/PeoplesPlaceLibrary)
MISCELLANEOUS ON-GOING EVENTS

Antigonish Farmers Market  8:30am - 1pm  every Saturday
Antigonish Heritage Museum  7pm every Thursday in July and August
Pomquet Acadian Trails  Open year round
Chez Deslauriers, Monks Head, Pomquet  Colette Rennie crennie@stfx.ca  902-870-3051
Mountain Bike Shuttle runs Every Sunday 11am – 5pm, June to October
Keppoch Mountain thekeppoch.ca

THE TOWNHOUSE BREWPUB & EATERY Thursday Jazz Night  9pm  Sunday Irish Music  6:30pm
antigonishtownhouse.wordpress.com ~ FB.com/AntigonishTownhouse
Piper’s Pub FB.com/ThePipersPub
St. Joseph’s Lakeside Community Centre  FB.com/stjosephs.lakeside

**RECURRING EVENT**

**MAY 2**  Antigonish Farmers Market  8:30am - 1pm  Every Saturday, James Street

May 7  Fashion Show, Havre Boucher Community Centre  11am-4pm. Tickets at Trendy's

May 22-24  Jays Care Challenger Baseball Workshop, Sand Lot Baseball Field

May 24th  Community Breakfast, 8:30am – 11:30am  St. Josephs Lakeside Community Centre

May 29th  Relay for Life, Central Sports Field

**JUNE 6th**  Truck Prostock Tour Race, Riverside Speedway, riversidespeedway.ca

**JUNE 7th**  World Oceans Day, Biology Department  StFX University

June 13th  Rumble by the River: Antigonish Truck and Tractor Pulls

June 26th  Antigonish Art Fair  6pm-9pm, Chisholm Park

**JULY 1ST**  Canada Day Celebrations  For more info: antigonishcounty.ns.ca townofantigonish.ca

**JULY 1ST**  Havre Boucher Classic Car Show  10am - 2pm  Havre Boucher Ball Field

**JULY 1ST**  Canada Day Celebrations  Mini Trail Community Centre

July 4th  Havre Boucher Salmon Supper, 4pm-7pm, Havre Boucher Community Centre

July 4—Aug 22  Festival Antigonish Summer Theatre, festivalantigonish.ca

July 5th  Cape George Lighthouse Concert Celebration, 2pm-4pm

July 5-12th  157th Antigonish Highland Games,  For list of events: antigonishhighlandgames.ca

July 6—Aug 23  Free Community Workshops, Antigonish Arts House, antigonishartfair.ca/the-arts-house

July 10th  Chez Deslauriers Acadian Lunch  11am-2pm, $12 Fishcakes OR Pâté & Apple Crisp

July 10th  Antigonish Art Fair  6pm-9pm, Chisholm Park

July 12th  Lochaber Strawberry Festival. Lochaber Centre  1pm-4pm

July 14th  Heartland Cycling Tour

**At the time of publishing many events could not be confirmed due to COVID-19, please check with event organizers to see if event is still taking place.**
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>July 16th</td>
<td>IWK 250 Races, Riverside Speedway, riversidespeedway.ca</td>
</tr>
<tr>
<td>July 17th</td>
<td>Chez Deslauriers Acadian Lunch 11am-2pm, $12 Fricot OR Pâté &amp; Caramel Pudding</td>
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<tr>
<td>July 19th</td>
<td>Strawberry Tea, Mini Trail Community Centre, 12pm-3pm</td>
</tr>
<tr>
<td>July 24th</td>
<td>Chez Deslauriers Acadian Lunch 11am-2pm, $12 Seafood Chowder OR Pâté &amp; Strawberry Shortcake</td>
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<tr>
<td>July 25th</td>
<td>Daryl MacLean Beach Party, 7pm-1am, St. Joseph’s Lakeside Community Centre</td>
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<tr>
<td>July 26th</td>
<td>Arisaig Lighthouse Variety Concert at the Beach, 7pm-9pm</td>
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<tr>
<td>July 31st</td>
<td>Chez Deslauriers Acadian Lunch 11am-2pm, $12 Seafood Chowder OR Pâté &amp; Gingerbread</td>
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<tr>
<td>August 1st</td>
<td>John Arthur Murphy Memorial Run and Community Breakfast 8:30am-11:30am, St. Joseph’s Lakeside Community Centre.</td>
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<tr>
<td>August 2nd</td>
<td>Concert on the Wharf, Ballentyne's Cove 6pm-8pm</td>
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<tr>
<td>August 7th</td>
<td>Chez Deslauriers Acadian Lunch 11am-2pm, $12 Fricot OR Pâté &amp; Strawberry Shortcake</td>
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<td>August 7th</td>
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<td>August 7-8th</td>
<td>Rumble by the River: Antigonish Truck and Tractor Pulls</td>
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<td>Challenger Baseball Atlantic Jamboree, Sandlot Baseball Field</td>
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<tr>
<td>August 15th</td>
<td>Rev It Up Riverside Show &amp; Shine, Riverside Speedway</td>
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<tr>
<td>August 15th</td>
<td>Napa Sportsman Series Race, Riverside Speedway, riversidespeedway.ca</td>
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<td>August 16th</td>
<td>Lochaber Blueberry Festival, Lochaber Centre, 1pm-4pm</td>
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<tr>
<td>August 21st</td>
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<td>August 22nd</td>
<td>Cape George Wilderness Trails Hike-a-thon 10am-1pm</td>
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<tr>
<td>August 27-29th</td>
<td>Nova Scotia Summerfest, Keppoch Mountain</td>
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<tr>
<td>August 28th</td>
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<tr>
<td>August 29th</td>
<td>Pro Stock Tour Race, Riverside Speedway</td>
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<tr>
<td>Sept 1-19th</td>
<td>Antigonight: Art After Dark Festival</td>
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<td>Sept 2—6th</td>
<td>Eastern NS Exhibition Antigonish Arena Fairgrounds ense.ca</td>
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<tr>
<td>September 13th</td>
<td>Chez Deslauriers Lobster Roll Dinner 3pm-6pm</td>
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<tr>
<td>Sept 17-20th</td>
<td>Plein Air Art Festival</td>
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<tr>
<td>Sept 26-27th</td>
<td>Windfall Fine Art and Handcraft Market</td>
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SUMMER FUN
Word Search Puzzle

WATERPARK VACATION
FRIENDSWSTZGHNAIG
TSAZQPABQCNPNMDCS
EWONCHIYIASURXEN
BICYCLECPCRYOZMCF
OMPWIZJMNEFJAAPRR
UMEIFMATTIUIGMEOI
TIHGACOKXCCBSNAPAS
DNNJXONPSPMBKEHSMB
OGWVFIIPIXDRTAIXE
OOUERROCOOKOUTCNE
RARPILFUWSSCVQLHG
SASDFOLEMONADEETA
BAAPEQRSUNSHINEMN
WOIFAIRGROUNDPXBM
RLWNFEKNBASEBALLX
FBBMYPMTDGISWORV

BAREFOOT FISHING PICNIC
BASEBALL FLIP FLOPS POPSICLE
BEACH FRIENDS ROAD TRIP
BICYCLE FRISBEE SPRINKLERS
CAMPING GAMES SUNSHINE
COOKOUT ICE CREAM SWIMMING
FAIRGROUND LEMONADE VACATION
FIREWORKS OUTDOORS WATER PARK

3 1 4 6 2 5
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1 5 6 8
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7 9 4 1
Visit our online registration portal which allows you to browse and register for all Antigonish County Recreation programs anywhere, anytime and on any device: https://recreation.antigonishcounty.ns.ca
<table>
<thead>
<tr>
<th>Name</th>
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</tr>
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<tbody>
<tr>
<td>Daryl Myers</td>
<td>Director of Public Works</td>
</tr>
<tr>
<td>Debbie Cormier</td>
<td>Public Works Administrator</td>
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<tr>
<td>Josh Chisholm</td>
<td>Working Supervisor, W&amp;S Operations</td>
</tr>
<tr>
<td>Harold MacGillivray</td>
<td>Utility Operator</td>
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<tr>
<td>Allan Boyle</td>
<td>Utility Operator</td>
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<tr>
<td>Matt McKeen</td>
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<tr>
<td>Tony Geisbrecht</td>
<td>Utility Worker/Mechanic</td>
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<tr>
<td>John Chisholm</td>
<td>Operator/Utility Worker</td>
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<tr>
<td>Craig Chisholm</td>
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<tr>
<td>Stewart Jessens</td>
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<tr>
<td>Kevin McCulloch</td>
<td>Heavy Equipment Operator</td>
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<td>Jim MacLean</td>
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<tr>
<td>Dwayne MacDonald</td>
<td>Labourer</td>
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<tr>
<td>Mary Theresa McCulloch</td>
<td>Scale House Operator</td>
</tr>
<tr>
<td>Hugh MacMillan</td>
<td>Collection Vehicle Operator</td>
</tr>
<tr>
<td>Adam McCoul</td>
<td>Collection Vehicle Operator</td>
</tr>
<tr>
<td>Shane Benoit</td>
<td>Collection Vehicle Operator</td>
</tr>
</tbody>
</table>

Wondering what day your garbage, organics and recyclables will be collected? Enter your civic address here to find out: [www.erswm.ca/collection-calendar](http://www.erswm.ca/collection-calendar)

Download the Waste Wizard App

[Eastern Region Solid Waste Management](https://www.erswm.ca/)


[Get it on Google Play](https://play.google.com/store/apps)
QUESTIONS, COMMENTS?
CONTACT US:

Municipal Administration Centre
902-863-1117

Recreation Department
902-863-1141

Dog Control
902-863-9501

Public Works Department
902-863-5004

Mailing Address
285 Beech Hill Road
Beech Hill, NS  B2G 0B4

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Twitter: @Antigonishco

WWW.ANTIGONISHCOUNTY.NS.CA