



# The Town Crier

T O W N O F A N N A P O L I S R O Y A L

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**For Public Works Emergencies**

please contact the Public Works Department at 902-532-8347

**Mayor Tompkins is available by appointment**

Call 902-532-2043 or email [mayor@annapolisroyal.com](mailto:mayor@annapolisroyal.com)

**Town Hall**

**Hours of Operation**

The Town Office is open Monday to Friday from 9:00am to 3:00pm 902-532-2043

**OPEN HOUSE**



**Jan. 7<sup>th</sup>, 2016 at 7:30 pm**

The Annapolis Royal Town Council and Tim Tanner of Jacob Tanner Development, will hold an Open House/ Information Session at ARRA on Thursday, January 7<sup>th</sup>. The session is designed for those who are thinking of purchasing a condo or those interested in learning more about the condo development for friends or family members.

Tim Tanner will provide 3D models of the condos as well as samples of the building materials and finishes. Attendees will be able to take a walking tour of the building and have their questions answered.

Tim will be available for **private consultations** on **Friday, January 8<sup>th</sup>**. You may book an appointment with Tim at either [timtanner1@hotmail.com](mailto:timtanner1@hotmail.com) or 902-293-1288, or contact Heather McCormick at 902-526-0220 or Gregory Barr at 902-532-3146.

\*\*\* Please check the town website for the ARRA Condo Development Proposal ([www.annapolisroyal.com](http://www.annapolisroyal.com)). A list of Frequently Asked Questions (FAQ) is listed inside this newsletter on page 7 and can also be found on the town website.

**If you witness any vandalism or unlawful behavior within the Town of Annapolis Royal, please report the incident to the Annapolis Royal Police Department. Thank you for your help in this matter.**

To contact the Annapolis Royal Police Department  
CALL 902-532-2427

### MEMBERS OF COUNCIL

Mayor Michael Tompkins  
mayor@annapolisroyal.com

Deputy Mayor Pat Power  
patpower@annapolisroyal.com

Councillor Paul Paquette  
paulpaquette@annapolisroyal.com

Councillor Sherman Hudson  
shermanhudson@annapolisroyal.com

Councillor Byron Mersereau  
byronmersereau@annapolisroyal.com

### Next Meetings

Planning and Heritage Advisory  
Committee  
Jan 5th @ 9:30am

Committee of the Whole  
Jan 6th @ 6:00pm

Marketing & Economic  
Development Committee  
Jan 12th @ 6:00pm

Board of Police Commissioners  
Jan 13th @ 9:00am

Council  
Jan 18th @ 6:00pm

Waterfront Development  
Committee:  
Jan 21st @ 6:30pm

Town Hall - 285 St. George Street  
PO Box 310  
Phone: 902-532-2043  
Fax: 902-532-7443  
Toll Free 1-877-522-1110  
E-mail:  
[admin@annapolisroyal.com](mailto:admin@annapolisroyal.com)  
[www.annapolisroyal.com](http://www.annapolisroyal.com)

## MOTIONS FROM COUNCIL– NOVEMBER 16, 2015:

### **MOTION #C-2015-11-16-03: Municipal Effectiveness Advisory (MEAC) Appointments**

It was moved by Councillor Mersereau, seconded by Councillor Paquette that the Town of Annapolis Royal re-advertise the committee openings on MEAC and that the wording be broadened to make it clear that anybody, whether a resident or not, who can demonstrate a vested interest will be considered. Motion carried.

### **MOTION #C-2015-11-16-04: Revisions to the MEAC Policy**

It was moved by Deputy Mayor Power, seconded by Councillor Paquette to make the following changes to the MEAC Policy: make a change to Section 4 of the Policy to remove “could” and replace it with “will”, change the “ones” to “a”, and to add “a resident of Annapolis Royal and/or area who demonstrates a vested interest in the Town”. Motion carried.

### **MOTION #C-2015-11-16-05: Proposed Berm at Nova Scotia Tidal Plant**

It was moved by Councillor Hudson, seconded by Councillor Paquette that Council accept the berm with plant material as being in general conformity with the site plan. Motion carried.

### **MOTION #C-2015-11-16-06: Development Permit Application**

It was moved by Councillor Paquette, seconded by Councillor Hudson that Council gives the applicant at Roll #01085824 heritage approval to add the extension of the roof over the front door as detailed in the application AR15-020-HER, providing the requirements of the Land Use By-Law are met. Motion carried.

Deputy Mayor Power abstained from voting due to a conflict of interest.

### **MOTION #C-2015-11-16-07: New Crosswalk by French Basin Trail**

It was moved by Councillor Mersereau, seconded by Deputy Mayor Power that Council request that staff and the traffic authority install a crosswalk that consists of paint and signage at the French Basin Trail on Prince Albert road. Motion carried.

### **MOTION #C-2015-11-16-08: Purchase of a Replacement Kubota Tractor**

It was moved by Deputy Mayor Power, seconded by Councillor Mersereau to approve the CAO’s recommendation of the acquisition of a replacement Kubota tractor as recorded in his email of October 30, 2015 at a net cost of \$36,350. Motion carried.

### **MOTION #C-2015-11-16-09: Town Strategic Review**

It was moved by Councillor Paquette, seconded by Councillor Hudson that that the Town initiate the process for a strategic review as presented by the CAO. Motion carried.

### **MOTION #C-2015-11-16-10: Town Hall Closure for the Holiday Period**

It was moved by Councillor Hudson, seconded by Councillor Mersereau that Town Hall be closed on December 24, 2015 to January 4, 2016 and further, that Town Hall staff use vacation time, unpaid leave or time in lieu in the equivalent amount of three days, or use the option to work part or all of the three days that are not holidays during the period. Motion carried.

### **MOTION #C-2015-11-16-11: Tax Write-offs**

It was moved by Councillor Mersereau, seconded by Deputy Mayor Power that Council write-off the tax on property Roll #04997409 in the amount of \$2803.50 and property Roll #00092398 in the amount of \$660.83, both of which are town properties. Motion carried.

### **MOTION #C-2015-11-16-13: Interest Write-off**

It was moved by Deputy Mayor Power, seconded by Councillor Paquette that Council write-off interest accrued in the amount of \$56.06 to water utility account 00000643.00, as the account is provincial government and their policy is that they do not pay interest. Motion carried.

The Town Crier is produced by Town Hall. If you want to advertise an event in Annapolis Royal or the immediate surrounding area, or a business within Annapolis Royal, contact us at [admin@annapolisroyal.com](mailto:admin@annapolisroyal.com)



**Want to know about events and announcements in the community? Contact us at [admin@annapolisroyal.ca](mailto:admin@annapolisroyal.ca) to be added to the email list.**

January Calendar of Events

Jan 1	New Year's Levee at the Legion, 12pm-4pm
Jan 3	Annapolis Royal Christmas Bird Count. See pg. 5 for details
Jan 8	Movie at King's Theatre: Bridge of Spies, 7pm
Jan 10	Movie at King's Theatre: Bridge of Spies, 2pm
Jan 11	Reel Art Film Series at King's Theatre, 7:30pm. See pg 4 for details.
Jan 12	Geocaching for Kids, 3:30pm-5pm. See pg 5 for details.
Jan 15	Movie at King's Theatre: Alvin & The Chipmunks, 7pm
Jan 17	Movie at King's Theatre: Alvin & The Chipmunks, 2pm
Jan 19	WeDo LEGO Robotics, 3:30pm-5pm. See pg 5 for details.
Jan 22	Movie at King's Theatre: In the Heart of the Sea, 7pm
Jan 24	Movie at King's Theatre: In the Heart of the Sea, 2pm
Jan 25	Reel Art Film Series at ARTsPlace, 7:30pm. See pg 4 for details.

**RECURRING EVENTS:**

**Mondays:** Seniors' Afternoons Out 1:00pm-4:00pm

**Tuesdays:** Weekly Fun Pool Tournament at the Legion

**Wednesdays:** Bingo at the Legion

Seniors' Afternoons Out 1:00pm-4:00pm

**Thursdays:** Drink & Draw at the Legion 7:00pm

**Fridays:** Friday Night Music at the Legion

**Saturdays:** Weekly Fun Pool Tournament at the Legion

Farmers' Market at the Historic Gardens 9:00am-12:00pm

See pg 4 for details on recurring events, including Legion events.

**You're Invited!**  
**Annapolis Royal Legion, Branch #21**  
**& The Town of Annapolis Royal**  
 Cordially invite you to our Annual  
**New Years Day Levee at the Legion**  
 January 1st, 2016  
 12pm - 4pm  
 With Kathys Famous Seafood Chowder  
 And Other Homemade Delectable Delights!

**Snow and Ice Control**

This is a reminder to owners or occupiers of building or vacant lots, that they are responsible for clearing snow and ice from the sidewalks on St. George Street in the business section as well as removing accumulated snow or icicles from roofs overhanging St. George Street. The business section is defined as the area from the Dargie Plaza (324 St. George Street) to the wharf at the lower end of St. George Street. Sidewalks must be cleared of snow and ice within four hours of daylight or four hours from the time it ceases to snow, if snowing occurs after daylight.

Compliance with this by-law is necessary in order to make the business section of the Town of Annapolis Royal safe for pedestrians. Failure to comply may result in prosecution under the Town of Annapolis Royal Streets By-law, Section 9 through 11 inclusive. A copy of this by-law is available on line at [www.annapolisroyal.com](http://www.annapolisroyal.com) or from Town Hall.

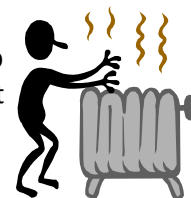
**Thanks for keeping our sidewalks safe!**

*Did you know that the most depressing day of the year occurs in January? Yup, Blue Monday is upon us. Find a way to stay happy in the hibernation months. Catch up on your rest after the holidays, socialize with friends and family, exercise, stay warm, expose yourself to light, take up a new hobby, talk your problems through, allow yourself to have new experiences, and get out and take in some fresh, frigid air.*



**2015-16 Heating Assistance Rebate Program (HARP)**

Nova Scotians who need help with home heating costs may apply for a rebate of up to \$200 towards heating costs. To find out about eligibility requirements, call the number below or visit the website listed below.



Applications are available at all Access Nova Scotia Centres, MLA offices, Community Services offices, online at <http://www.novascotia.ca/sns/access/individuals/consumer-awareness/heating-assistance-rebate-program.asp> or by calling 1-800-670-4357.



Happy New Year to all!  
 Have lunch with us in January and receive a non-alcoholic drink free. Lunch served daily  
 11am-4pm  
 Sat 10am-4pm  
 Sun 12pm-4pm



**ANNAPOLIS ROYAL BRANCH**

285 St. George Street  
 Phone: 902-532-2226  
<http://www.valleylibrary.ca>

**HOURS**

Monday	2:00 pm—5:00 pm 6:30 pm—8:30 pm
Wednesday	10:00 am—5:00 pm
Thursday	10:00 am—5:00 pm 6:30 pm—8:30 pm
Friday	10:00 am—5:00 pm
Saturday	10:00 am—2:00 pm



**Annapolis Royal Seniors Afternoon Out**

When: Mondays & Wednesday  
 1:00 p.m. – 4:00 p.m.  
 Where: Annapolis Royal Nursing Home - North Living Room  
 What: Musical entertainment, exercise, guest speakers, quizzes, singing, refreshments and more.  
 Cost: \$5.00 – First Visit is Free!  
 How: For more information, please contact Brenna MacDonald at – 532-8389



Seniors LINCS – Living Independently with Community Supports  
 Annapolis Valley Health

ARCAC & KING'S THEATRE PRESENT

# REEL ART 2016 film series

- Monday January 11 @ 7:30pm  
 KING'S THEATRE  
**VAN GOGH:** EXHIBITION ON SCREEN  
 A NEW WAY OF SEEING \$14
- Monday January 25 @ 7:30pm  
 ARTSPLACE (film & discussion) By Donation  
**GEORGIA O'KEEFE**  
 STARRING JOAN ALLEN AND JEREMY IRONS
- Monday February 8 @ 7:30pm  
 KING'S THEATRE EXHIBITION ON SCREEN \$14  
**THE IMPRESSIONISTS**  
 Monet, Renoir, Cezanne, Degas, Pissarro...
- Monday February 22 @ 7:30pm  
 ARTSPLACE (film & discussion) By Donation  
**WINDS OF HEAVEN**  
 A film about Emily Carr.
- Monday March 7 @ 7:30pm  
 KING'S THEATRE EXHIBITION ON SCREEN \$14  
**MATISSE**  
 From Tate Modern and the Museum of Modern Art
- Monday March 21 @ 7:30pm  
 ARTSPLACE (film & discussion) By Donation  
**LOUISE BOURGEOIS:**  
 THE SPIDER, THE MISTRESS & THE TANGERINE

ARTSPLACE Gallery: 396 St. George St., AnnapolisRoyal www.arcac.ca 902.532.7069  
 KING'S THEATRE: 209 St. George St. AnnapolisRoyal www.kingstheatre.ca 902.532.7704

ANNAPOLIS ROYAL  
**WINTER FARMERS' MARKET**  
 EVERY SATURDAY MORNING  
 9am to 12noon  
 at the HISTORIC GARDENS  
 441 St. George Street  
 Meet you at the Market!  
 BUY FRESH... BUY LOCAL



**Legion Events**

**Bingo** – The Port Royal Branch #21 Legion in Annapolis Royal holds bingo every Wednesday evening, starting at 7pm. Please arrive early to buy ticket books. **Open to the Public & Everyone is welcome.**

**Weekly Fun Pool Tournament** - The Port Royal Branch #21 Legion in Annapolis Royal holds weekly 8 Ball Tournaments each Tuesday afternoon, starting at 1:30pm. \$5 to play, all proceeds go into prizes. **Open to the Public & Everyone is welcome.**

**Drink & Draw** – Do you paint, draw, quilt or are otherwise artistically gifted (or not!)? Come out for Drink & Draw at the Port Royal Legion, Branch #21 in Annapolis Royal, every Thursday night, starting at 7pm. **Open to the Public & Everyone is welcome.** (Drinking not required!).

**Weekly Music** - Port Royal Legion, Branch #21 in Annapolis Royal is happy to announce that our great local musicians will play a music set from 8 – 10pm (or later) each Friday night! The **Chase the Ace** draw will begin the night, with the draw at 8pm sharp, so arrive early to ensure your chance to win the jackpot! Tickets are on sale all week long. See the schedule on our Facebook page or drop by the Legion for more info. **Open to the Public & Everyone is welcome.**

**Weekly Fun Pool Tournament** - The Port Royal Branch #21 Legion in Annapolis Royal holds weekly 8 Ball Tournaments each Saturday evening at 7pm. \$5 to play, all proceeds go into prizes. **Open to the Public & Everyone is welcome.**

**Thank you:** Port Royal Legion, Branch #21 in Annapolis Royal would like to thank all of the Vendors, Volunteers, Sponsors and everyone who visited the Craft Sales in Annapolis Royal this year! We all had a great day, and look forward to an even better experience next year! A special thank you to the Town of Annapolis Royal, The Explorer, The Spectator, The Reader, ARCAC, Kim Gunn, Annapolis Technical Services and everyone who helped get the message out this year. Great Job everyone!

**LEGION** Port Royal, N.S. Branch #21

**New Fall / Winter Hours**  
 Monday – Closed  
 Tuesday to Thursday: 12pm – 9:30pm  
 Friday: 12pm – 12am  
 Saturday: 4pm – 10pm  
 Sunday: 2pm – 6pm



# 2015 Annapolis Royal Christmas Bird Count

**Sunday January 3, 2016**

We are looking for Area Leaders and interested participants for field surveys and feeder watches.

Please contact Katie McLean at Clean Annapolis River Project, (902)-532-7533 ext. 1 [katiemclean@annapolisriver.ca](mailto:katiemclean@annapolisriver.ca)

For more information on the Christmas Bird Count, including count dates for other areas:  
**Nova Scotia Bird Society:**  
<http://www.nsbirdsociety.ca/index.php/volunteer/christmas-bird-counts>  
**Audubon Society:**  
<https://www.audubon.org/conservation/science/christmas-bird-count>

**PAY BY JAN. 12 AND \$AVE**  
 Get Locator Map & \$150 Internet FREE

# EXPLORER

Official Visitors Guide

25,000 Print Distribution  
 Locator Map & Internet  
 All from 22 Cents a Day!

**EXPLORER GUIDE**  
[Explorer@ns.sympatico.ca](mailto:Explorer@ns.sympatico.ca) 902-532-3035  
[www.ExploreAnnapolisRoyal.com](http://www.ExploreAnnapolisRoyal.com)

**Kids Programs at the Library**

**Geocaching for Kids**

Jan 12th @3:30pm-5:00pm  
 Learn about Geocaching, hide a geocache in your community and find others. Have some hands-on fun with a GPS. For ages 7 years and up.

**WeDo LEGO Robotics**

Jan 19th @3:30pm-5:00pm  
 Looking for young builders to work in groups, using LEGO WeDo Construction Kits. Build models with mechanically moving parts you program with a computer. Come join the fun. For ages 6 to 12 years.

Pre-registration is required for both programs. For more information call the Library at 902-532-2226 during open hours.

## COMMUNITY EDUCATION COURSES ARE COMING TO ANNAPOLIS AND KINGS COUNTIES!

The Valley Community Learning Association, in partnership with PeopleWorx and Community INC will be launching a series of Community Education courses in February 2016 in Kings and Annapolis Counties. Input on the topics for these courses has been sought in order to provide sessions that are both educational and engaging.

"Lifelong Learning" is a catchphrase that puts the emphasis on knowledge that can be accessed by all, provided it is offered with the needs, interests and resources of all in mind. To that end, some of the Community Education courses to be offered are Computer Basics, Computers and Social Media, Stained Glass Mosaics, Herbal Medicine, Traditional Native Crafts, Passive Solar Construction, Local Foods Made Easy, English as an Additional Language (EAL) and General Education Diploma (GED), Computer Troubleshooting and Optimizing, Quilting, German Language Instruction, Negotiation Tools and Tips, and Rug Hooking, to name a few.

Please watch for information flyers, and online advertisements in Annapolis and Kings Counties regarding Community Education course descriptions, registration, and locations, and help us spread the word about this worthwhile initiative!

Partnership Coordinator Anna Roch, Valley Community Learning Association, welcomes all inquiries at: [aroche@research@gmail.com](mailto:aroche@research@gmail.com)

Soirée française à Annapolis Royal

Une soirée sociale pour les gens qui aiment parler le français.  
 Réunions à tous les 2 semaines.

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A social evening for those who love to speak French.  
 Meetings every 2 weeks.

Contact Paul for information:  
 902-778-1049



**Organic, Local, and Specialty Foods**  
 253 St. George St. Annapolis Royal  
 (902)532-7766 [annapolishnaturalfoods/facebook.com](http://annapolishnaturalfoods/facebook.com)

Come in and check out our new selection of  
**Bear River Sourdough Rye Bread**  
**D'Aubin's Meats and Eggs**  
**Doe "T" Go Pastry**  
**Fundy Farm Vegetables**  
**Holmestead Cheeses**  
**Holistic Blend Pet Food and Supplements,**  
 and lots of other great products!!

Now open weekdays 10am to 6pm!  
 Saturdays 9am-6pm  
 You are what you eat!!

**We are open all winter!!**

**From the Annapolis Royal Lions Club**

An announcement to the parents, guardians and students in Annapolis Royal and area:  
 The Annapolis Royal Lions Club is joining with the Lions of Nova Scotia in sponsoring a public speaking contest known as *Speak Out*. This contest is open to either full-time or home-schooled students in grades 9 through 12. This contest is co-educational and involves being judged on the presentation of a five minute speech on a topic of the students' choice. The student will be judged on their presentation and response to questions asked by the judges. There are three levels of competition; local, zone and district, with a prize for the winner at each level. The winner of the zone level will go on to the District Competition to be held in the spring at the District Lions Convention in Baddeck. Students interested in participating should contact the Annapolis Royal Lions Club for information.

**Town of Annapolis Royal  
 TENDER FOR MUNICIPAL INSURANCE  
 PROGRAM**

The Town of Annapolis Royal is interested in inviting bids for a three year (with option for a fourth year) municipal insurance program effective April 1, 2016. The program would include all municipal assets in Annapolis Royal. Details of existing and planned coverage are available from the Town office at:

285 St George Street, Annapolis Royal, B0S 1A0  
 Tel (902) 532-2043, Fax (902) 532-7443,  
 e-mail [finance@annapolisroyal.com](mailto:finance@annapolisroyal.com)

The closing date for tenders is 1:00pm on January 29, 2016.



**Town of Annapolis  
 Royal Tender  
 Janitorial  
 Services**

The Town of Annapolis Royal invites sealed tenders to supply janitorial services for Town Hall and the Public Works building for the period April 1, 2016 to March 31, 2017 with the option for renewal by mutual written agreement for a further period of one year. Specifications regarding services can be obtained from Town Hall prior to tender. A site visit is encouraged. Tenders will be received until 1:00 p.m. January 29, 2016. Lowest or any bid not necessarily accepted.

Please submit sealed tenders to:  
**TENDER FOR JANITORIAL SERVICES**  
 Town of Annapolis Royal  
 285 St. George Street, PO Box 310, Annapolis Royal, N.S. B0S 1A0  
 Telephone (902) 532 3146; Fax (902) 532 7443

**POLICE NEWS**

**From the Chief of Police:**

Be sure to let the Police know when you are away; don't let Facebook know.



I want to take the time to thank all our residents for their support over the last year. Hope you all had a wonderful holiday season and best wishes for the New Year!

Police Statistics for the Month of November	
Nature of the Call	
2	911 Act Complaints
1	Disturbing the peace Complaint
3	Criminal record checks
1	Indecent Exposure complaint
1	Assault Charge
3	False Alarm calls
1	Lost & Found Complaint
1	Mischief Complaint
3	Assistance to the general Public
2	Property Checks
1	Speeding SOT
3	Traffic accidents
2	Traffic warnings
Total	24

**Frequently Asked Questions About the ARRA Condo Development****Answers by Tim Tanner, Jacob Tanner Developments Inc.*****Q: Who decides what will be allowed in the condos?***

**A:** Regular condo rules will apply at first. Once the new owners meet, they will establish a Condo Board of Directors and the Condo Board and the residents will determine the specific rules for their building.

***Q: I have a dog. Would I be allowed to move in?***

**A:** You would own your home so pets would be allowed. The number of pets per unit may be determined by the Condo Board.

***Q: Will the building have an elevator?***

**A:** The building currently has a lift designed to hold up to 1000 pounds. Whatever needs to happen to make the lift operable for residents will be done, including removal and replacement of the current lift with an elevator if necessary.

***Q: Condos #301 and 302 are a prime location for me ...could compatible windows be added facing the front street to allow for more light and cross ventilation?***

**A:** This is something I would discuss with the potential owner and approval would be required from the Town. However, I wouldn't want to change the existing look of the building by the additional extra windows.

***Q: In the lower part of the loft condos, will the "sidelight windows" currently in the Science Lab, be able to be opened?***

**A:** Yes, they will be able to be opened.

***Q: I don't anticipate living in the condo all year around. Could I do short term rentals? What about a long term rental?***

**A:** Certainly rentals will be permitted. The Condo Board will decide the number and length of rentals.

***Q: Could balconies be on the second floor as well on the east and north sides; it would make a huge difference to me?***

**A:** South and east facing condos on second and third floors will have balconies.

***Q: Would there be HST on the listed prices?***

**A:** HST is included in the price.

***Q: Is there a Common Lounge Area in the building?***

**A:** Room 211, on the first floor is a Common Lounge for residents and their guests.

***Q: If I purchase a condo and the project does not sell how can I be sure I will get my 5% deposit back?***

**A:** If the project does not reach its sales target to begin construction, you will get 100% of your deposit back. Deposits are held in a non interest bearing lawyers trust account.

***Q: I need a bigger condo than those on offer. Is this possible?***

**A:** All building plans can be changed before construction begins and should you require more space the developer will combine apartments if necessary. Combining condos will be cost effective as much less infrastructure needs to be built and the square footage price drops dramatically. Please speak with the developer regarding possibilities.

***Q: Is there any warranty on the condos?***

**A:** Your condo will have a 5 year new construction warranty if any of the systems break or problems arise from construction. This coverage is extended to the body corporate for common areas of the building as well. It does not cover regular wear and tear. Appliances will have a warranty but the length will be as offered by the manufacturer, typically 1-2 years.

***Bad Joke of the Month:***

*Q: Where does a polar bear keep its money? A: In a snow bank!*



# Active Living News

Here's what's happening in the Town of Annapolis Royal to help keep you active, healthy, and happy.



## **Winter Session of Power Hour Begins January 4th**

**Power-Hour Class** @ ARRA: Mon 8:05pm -9:05pm, Wed 7:00pm-8:00pm, and Thurs 7:00pm-8:00pm.

Monday classes are designed to accommodate new participants who may be new to fitness classes, but all classes are open to all skill levels. *All skill levels will be accommodated at any class, with workouts modified to suit the individual's needs!* No equipment is necessary, and various hand weights are available for use. Winter Session \$70 for 20 classes, \$40 for 10, or a drop in fee of \$4. Starts January 4th, with registration taking place at the first class.

## **Volunteer Week in Annapolis County**

The Municipality of the County of Annapolis and the towns of Annapolis Royal and Middleton each year sponsor Volunteer Week in Annapolis County, this year being April 10th-16th. You are encouraged to nominate a deserving volunteer from your community to receive an award. The volunteer may be involved in any form of voluntarism, i.e. hospital work, serving on boards, 4H leader, fire department, recreation committee member, coach, service club member, choir director, etc.

Application forms may be picked up at Town Hall in Annapolis Royal, or message Noah Scanlan at [alc@annapolisroyal.com](mailto:alc@annapolisroyal.com) to have an electronic version of the application sent to you via email, or visit the County of Annapolis website. The **deadline for nominations is February 5, 2016.**

## **Expanded use of ARRA Gymnasium beginning in January**

There are a number of exciting new opportunities and possible ways to utilize the ARRA gymnasium during these upcoming cold winter months.

Along with joining one of the existing evening recreation programs, there are now timeslots available to book the gym for recreational use during the day and on weekends. We're also interested in hearing community feedback about using the gymnasium on a drop-in basis for a nominal fee for new recreational programs, personal fitness, and winter walking. If you are interested in seeing a new program or opportunity that could serve the community, or being a volunteer leader yourself, please contact Noah Scanlan at [alc@annapolisroyal.com](mailto:alc@annapolisroyal.com), or 902-955-1205 to help make it happen!

For more information on any of the above, or to sign-up or apply for any programs or events, please contact Noah Scanlan, Active Living Coordinator, at [alc@annapolisroyal.com](mailto:alc@annapolisroyal.com), or call 902-955-1205.

## **WASTE COLLECTION PICK-UP**

**Pick-Up Dates: Wednesday, January 13th and 27th.** For more information contact Valley Waste at 1-877-927-8300 or see their website for email addresses:

[www.vwrm.com](http://www.vwrm.com)