



# 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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**NATAL DAY PARADE AWARDS**

1. Best Float - must reflect the 2014 theme "History in the Making" - Home Hardware
2. Runner-up float - must reflect the 2014 theme "History in the Making" - Annapolis Heritage Society
3. Queens' Choice -Annapolis Heritage Society
4. Judges' Special Award - Home for Care
5. Best Community Spirit - Heart and Stroke Big Bike Ride
6. Best Walking Entry - Junior Town Criers
7. Best Musical Entry - East Coast Celtic Cowboys
8. Runner-up Musical Entry - Fred Bailey Band
9. Best Band - Corner Brook Cadet Band
10. Best Vehicle - Donny Milne Tractors
11. Best Young Person Prize - TSR Lakeside Cottages
12. Special Mention - Village of Kingston
13. Special Mention - Dunromin Campground
14. Special Mention - Town of Kentville
15. Special Mention - Ben Barteaux Horses

Congratulations to all who participated and congratulations to all who received awards.

**A HUGE THANK YOU  
TO ALL . . .  
WHO HELPED MAKE  
NATAL DAYS  
A HUGE SUCCESS!!!  
HOPE TO  
SEE YOU  
NEXT YEAR!**

**FOR PUBLIC WORKS EMERGENCIES PLEASE CONTACT PUBLIC WORKS AT 532-8347**

**Town Hall will be closed September 1, 2014, Labour Day. Regular office hours will resume September 2, 2014.**

**Mayor's Open Office Hours  
6-8 pm  
September 11th  
September 25th  
or email  
mayor@annapolisroyal.com**

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 532-2427**

Any time, 24 hours a day

**MEMBERS OF COUNCIL**

Mayor Michael Tompkins  
mayor@annapolisroyal.com

Deputy Mayor Pat Power  
pat.power@ns.sympatico.ca

Councillor Sherman Hudson  
idontknow@ns.sympatico.ca

Councillor Byron Mersereau  
byron.artown@gmail.com

Councillor Paul Paquette  
paulpaquette@annapolisroyal.com

**The public is welcome to attend all meetings.**

**Next Meetings**

Planning and Heritage Advisory Committee

September 2nd at 6:30 pm

Committee of the Whole  
September 3rd at 6 pm

Marketing & Economic Development Committee  
September 9th at 6 pm

Board of Police Commissioners  
September 10th at 9 am

Council  
September 15th at 6 pm

**Town Office Hours of Operation**

The Town Office is open  
Monday to Friday  
from 9am to 3pm

**Motion from Unapproved Minutes of Regular Council Meeting Held August 18, 2014**

**MOTION a)** Order under Section 63 of the Municipal Government Act

It was moved by Deputy Mayor Power, seconded by Councillor Hudson to rescind Motion C-2014-JUL-21-14 "That Administration issue an Order under Section 63 of the *Municipal Government Act* and the Town of Annapolis Royal "Tree Inspection and Removal Powers Policy 2002-1" to the owner of 238 St. Anthony Street;

that the Order stipulate the requirement within 30 days for removal of trees growing along the side of the house located at 232 St. Anthony Street and which are located between the house located at 232 St. Anthony Street and the driveway of 238 St. Anthony Street as the trees are deemed to be hazardous to persons and property of 232 St. Anthony Street;

and that if the property owner of 238 St. Anthony Street does not comply with the Order within 30 days of service of a copy of the Order, Section 63 of the Municipal Government Act and Policy 2002-1 will be actioned **CARRIED.**

**GARBAGE AND RECYCLING TIPS**

**AVOIDING MAGGOTS and DECREASING ODOURS**

Maggots are a common, naturally occurring problem with organic collection programs. There are preventative measures to use to reduce the likelihood of them occurring. Maggots are fly larvae and occur when flies lay eggs on organic waste. They typically have a 7-day life cycle. To prevent maggots from occurring we have to prevent mature flies from laying eggs in the green cart by eliminating odours and reducing their access to the green cart.

**AVOID MAGGOTS IN YOUR GREEN BIN BY:**

- Wrapping your meat scraps and bones in a sheet of newspaper before putting them in your green bin.
- Freezing your meat scraps until your pick up day.
- Putting some weather stripping along the top of your green bin where the lid rests.
- Putting a layer of yard waste on top of your food scraps.
- Rinsing your green bin with a mild detergent and water. For those hard-to-reach spots at the bottom of your green bin consider using an old broom.

If you end up with maggots in your green bin, try getting rid of them by:

- Opening the lid to allow the birds to eat the maggots.
- Spraying the top and inside with vinegar.

Flies are attracted to your green cart by the odour of rotting food.

**SANITATION IS IMPORTANT TO REDUCE ODOUR!**

- Your green cart should be cleaned regularly using a solution of borax and water or vinegar and water or mild soaps and water.
- Please ensure no cleaning solution is left in cart for collection and the cart is dry.
- Remove all residual liquid from the bottom of your cart after collection to detract flies.
- Line the bottom of your cart with paper products such as crumpled newspaper to absorb liquid and prevent material from sticking to the bottom of the cart.
- Odours can be eliminated by using deodorizers or try sprinkling your cart with vinegar or baking soda.
- Store your cart in a well-ventilated area.
- Cover your green cart with black plastic sheeting such as a garbage bag to trap heat and reduce fly survival.
- Flies are particularly attracted by protein sources, mostly meat and bones. Try waiting until the night before the collection before placing these items into the cart. Meanwhile, wrap in paper and store in freezer.
- Drain as much liquid as possible from the organic waste.
- Wrap food tightly in newspaper or other paper products (such as boxboard) before placing it in the green cart.
- When cleaning out your fridge, try waiting until the day before your collection, rather than the day after.
- Certain odours will repel flies such as camphor, eucalyptus, mint or bay. Try hanging some bruised leaves of these herbs in clusters or applying dabs of herbal oil to the outside of your cart.
- Line the outer rim of the cart with salt or vinegar to prevent flies from entering the container. Sprinkle rock salt or lime inside the cart as a further preventative measure.

Let's do what we can to reduce odour.

## September Calendar of Events

Aug 28 to Sept 1	<b>Wharf Rat Rally</b> Old friends reunite and new acquaintances are made as thousand of motorcycles and their riders converge on downtown Digby to say one last "hoorah" to a great summer. Fore more info 902-245-5924 or admin@wharfrat rally.com	13	<b>Annapolis Royal Walkabout</b> Join the Valley Trekkers for a 5-10 km walk around Annapolis Royal and Granville Ferry area. Rating is 1-B—very little hill or climbing, almost entirely paved, suitable for a baby stroller. This is a Volkssport Club event. 5:45pm at Ye Olde Towne Pub, 9 Church Street, Annapolis Royal. For more info call John 902-532-0503
Aug 29 to Sept 1	<b>Celebrating Wharf Rat Rally at the Historic Gardens</b> Some very special themed events in celebration of this great motorcycle rally! 9am to 5 pm at the Historic Gardens, St. George Street. For more info call 902-532-7018.	14	<b>Terry Fox Run</b> Whether you walk, run, jog or bike, any level of participation is gladly accepted. Come out and support a great cause. 1pm at Town Hall 285 St. George Street. For more info contact Noah at 902-955-1205 or email alc@annapolisroyal.com.
2	<b>Boyhood</b> King's Film Society: Using the same cast from start to end, we watch the groundbreaking story of a little boy growing from six to 18 before our eyes. \$8.00 - General Admission . For more info contact 902-532-7704 or kingstheatre.ca	16	<b>Tim's Vermeer</b> King's Film Society: Tim Jenison, a Texas-based inventor, attempts to solve one of the greatest mysteries in all art: How did 17th century Dutch Master Johannes Vermeer manage to paint so photo-realistically – 150 years before the invention of photography? \$8.00 - General Admission 7:30 pm For more info contact 902-532-7704 or kingstheatre.ca
2	<b>Robert Wiebe, Drum Making</b> Robert will take visitors through the process of creating a native style drum. He'll show visitors how he creates a frame and then stitches a prepared deer hide over the frame. Visitors can work on making a beater or lacing the drum; truly a unique experience. (12-4:30 & 6:30-8 pm) ARTsPLACE	16	<b>Nyna Cropas, Digital Imagery</b> As professional web designer and artist, Nyna builds sites for community organizations, artists, craftspeople and businesses. She will answer your questions on digital images and help you with manipulating or uploading images. Bring your laptop or iPad along if you'd like, as well as your questions. (11- 5pm) ARTsPLACE
3	<b>Sheila &amp; Emery Salsman, Stained Glass</b> Owners of Sun Room Glass Studio in Upper Clements, the Salsmans have extensive experience in stained glass creations. They will display their glass panels and commissioned pieces and explain how these intricate projects are developed. Visitors will be able to experiment with their own stained glass pieces. (11-5pm) ARTsPLACE	17	<b>Sarah Pavia, Weaving Baskets</b> Sarah will share her years of experience as a designer and creator of woven baskets. Sarah will have a display of her native style coil baskets. She will take you through the process of selecting local materials, and creating a design. You'll have the opportunity to create your own small basket. (11 – 5 pm) ARTsPLACE
5 & 7	<b>Chef</b> King's Film Society special presentation A skilled chef in a high-end Los Angeles restaurant is encouraged by his ex-wife Inez to start a Cuban food truck. \$7.00 Youth / \$8.00 Adult - General Admission Friday, September 5 - 7:00pm: Sunday, September 7 - 2:00pm For more info contact 902-532-7704 or kingstheatre.ca	21	<b>Shanneyganock</b> Their songs represent the past, present and future of the beautiful province of Newfoundland. \$18 Advance, \$16 Members, \$20 Door, \$5 Youth 7:30 pm For more info contact 902-532-7704 or kingstheatre.ca
6	<b>Port Royal Family Fun Festival</b> Visitors are invited to come, explore and enjoy the Port Royal Habitation and its grounds. Learn the story of Port Royal through presentations by heritage leaders, Mik'maq and Acadian performers and local musicians. On this day, visitors will have their entry paid courtesy of the County of Annapolis. 1-4pm	23	<b>Great Collectors &amp; Patrons of the Arts</b> , 10:00am - 12:00pm, or 1:30 - 3:30pm. A presentation on the great Canadian patrons and their contribution to our heritage, with a focus on Robert Patterson and his collection at North Hills. Salt Box Lecture Series. North Hills Museum, 5065 Granville Road, Granville Ferry. \$8.00 per person. Registration required 902-532-2168.
7	<b>250th Anniversary Garden Party</b> , 2:00 - 4:00pm. The afternoon will feature special guests, live music and wonderful food. North Hills Museum, 5065 Granville Road, Granville Ferry. Free Admission. Everyone Welcome!	23	<b>Heather Killen, Feature/Editorial Writing</b> Heather has been a reporter and editor for numerous papers in Atlantic Canada and currently works for the Spectator. She will offer writing workshops on writing for newspapers. She will help participants understand what editors are looking for, how to frame & write community events and offer tips for getting published. Bring along any questions and be ready for an informative session. ARTsPLACE (7- 9 pm)
9	<b>Tapestries - Painting in Thread</b> , 10:00am - 12:00pm, or 1:30 - 3:30pm. A presentation on the history of European tapestry with Paul Paquette. Salt Box Lecture Series. North Hills Museum, 5065 Granville Road, Granville Ferry. \$8.00 per person. Registration required 902-532-2168.	24	<b>Bonnie Baker, Printmaker</b> Bonnie will demonstrate various methods of printmaking which can be used without using an actual printing press. These will include digital image transfer, direct drawing, layering, using objects to create texture as well as stencilling and stamping. Visitors will have the opportunity to ask questions, use the various tools and materials and even create their own small prints. ARTsPLACE (11-5 pm)
9	<b>Carter Jahncke, Acting</b> Here is your chance to work with a professional actor. Carter is a professional actor/director who has worked in film, TV and theatre. The day will start with discussion of acting methods and work toward applying these to one's work. If you like, bring a short memorized piece from a play, poem, song or prose work that you may wish to work in the second part of the day. (12-4:30 & 6:30-8 pm) ARTsPLACE	27 & 28	<b>Einstein, Niels Bohr and Grandmothers ... A Fairy Tale</b> In this performance, real grandmothers will tell tales of these two great men to inspire and delight us. \$18 Advance, \$16Members, \$20 Door, \$5 Youth Saturday, September 27 - 7:30pm: Sunday, September 28- 2:00pm For more info contact 902-532-7704 or kingstheatre.ca
10	<b>Nancy Cole: Textiles</b> Using her 1910 sewing machine, PEI artist and resident will demonstrate machine quilting using free motion design. If you have a sewing machine, please bring it along to the workshop and be prepared to enjoy an informal "sewing bee." (11- 5pm) ARTsPLACE	30	<b>We Are The Best</b> King's Film Society: Stockholm 1982. Three 13 year old girls form a punk trio to vent their day-to-day adolescent problems. \$8.00 - General Admission 7:30 pm For more info contact 902-532-7704 or kingstheatre.ca
11	<b>The Champlain Garden Club</b> hosts Karen Achenbach who will speak about future projects for the Historic Gardens. 7:30 pm at the United Church (by the lights). All welcome.		
12	<b>David Myles</b> A compelling performer on stage, and a recording tour de force. David Myles headlines the Tournament of King's Tee Up Concert \$25 Admission - Reserved Seating Available, 7:30 pm For more info contact 902-532-7704 or kingstheatre.ca		



**Getting Ready for Back to School?**

Make sure you come out and enjoy our deck before the best of the summer days end!

Food served daily 11am-10 pm  
 Saturday 10am-10 pm  
 Sunday 12 noon -8pm



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 Make sure you come out and enjoy our deck before the best of the summer days end!  
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Located at 262 St George St, Annapolis Royal  
 Offering professional **Photography and Design**  
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**Leslie Erickson Art Gallery**  
 29 Victoria St.  
 Annapolis Royal, N.S., Canada  
 902-532-1359  
[fribius@yahoo.ca](mailto:fribius@yahoo.ca)

**contemporary art**  
 handmade paper  
**African jewelry**  
 Japanese calligraphy  
**art & photo cards**

**Farmers & Traders Market**

**Saturday mornings** May - October 8 am to 1 pm  
**Wednesday afternoons** July and August 10 am to 2 pm

Local trades and farmers gather to sell their produce, crafts and collectibles. Live entertainment every market, weather permitting.

For Market information,  
 call Corinne Warner at (902) 245-4824  
<http://www.annapolisroyalfarmersmarket.com>

**Do you have your 2014 Membership?**



**One of the BEST DEALS in Town!**

**Adult Membership \$40**  
**Senior/Student Membership \$35**  
**Family Membership \$85**

**Membership Benefits:**

- ✓ Unlimited admission during regular operating hours (for pennies a day!)
- ✓ FREE admission to Spring Speaker Series
- ✓ Discount pricing for most events
- ✓ Input and voting privileges in the Society
- ✓ Society newsletter and early notice of events
- ✓ And that warm fuzzy feeling that comes in supporting these wonderful gardens!

Jenn Smith is pleased to announce the opening of the

## Valley House Daycare

7130 Highway 1 (8km from Bridgetown and 14 km from Annapolis Royal)

- ★ Jenn is a licensed elementary teacher in both N.S. and England, a professional artist and art teacher (graduate of NSCAD) with experience running fun daycares.
- ★ The Valley House Daycare is an approved daycare home under the license of Family Matters Daycare Agency.
- ★ A play-based curriculum, stressing creativity and personal/social development.
- ★ Healthy, locally-sourced homemade food, and an eco-friendly environment.
- ★ Outings to libraries, playgroups, playgrounds and parks, plus lots of outdoor play.

Hours are 7:30 a.m. – 5:30 p.m., shift and overnight care accommodated  
 665-4621 <http://thevalleyhousedaycare.weebly.com/>

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

# First Friday

6pm-9pm  
September 5



## SEPTEMBER SOUL



**Evening Farmers Market**  
@ Market Square  
6 - 8pm

**Music at the Market**  
@ Market Square  
6 - 8pm

**Jane Seary and the Cripple Creek Band**  
@ Town Hall  
7 - 9pm

**First Friday Free Film**  
Sponsored by Loose Ends Trading Co.  
"Mrs. Doubtfire"  
@ Outside Behind Loose Ends  
8:30pm  
*BYO Chair or Blanket. Weather permitting.*



**FRIDAY**  
Sep 5

Proudly Sponsored by the Annapolis Board of Trade




Contact for further information:  
Holly @ 532-2070 / Cindy @ 532-0179

### ANNAPOLIS ROYAL SENIORS' AFTERNOON OUT


- \* A safe, supervised, and enriching afternoon
- \* An opportunity to keep active and maintain independence
- \* A chance to socialize and exercise
- \* A respite opportunity for caregivers

Come and enjoy an afternoon of fun!  
Monday and Thursday 1 to 4 pm  
at the Annapolis Royal Nursing Home  
Cost \$5.00  
(A nutritious snack will be served)  
For more information call  
Jane MacKay, Coordinator 532-8389

### Port Royal Legion Br 21

Monday - Bridge 1:15 pm  
Tuesday - Senior Pool 1:30 pm  
Tuesday - Darts 7:00 pm (Start date is 23 Sept at 7:00 pm)  
Wednesday - Bingo 7:00 pm

The Dart League will have a meeting on Tuesday 16 Sept at 7:00 pm and start playing darts on Tuesday 23 Sept at 7:00 pm. This is open to all paid up legion members.



**Annopolis**  
LIVING & LEARNING INSTITUTE

**SEPTEMBER 6, 2014**  
9:00 am - 4:00 pm  
with a one-hour lunch

Annapolis Royal  
Community Arts Centre  
396 St George Street  
2nd floor  
Annapolis Royal NS

With award-winning journalist & writer  
**MARJORIE SIMMINS**

## WRITING A MEMOIR WITH HEART & POWER

**THE TIME TO WRITE A MEMOIR IS NOW:**

Do you have a rollicking good tale you'd like to record for posterity?

Is your life rich with history and adventures?

Do you want to write a memoir about your forebears or a family business? Perhaps a unique love or passion - horses, dogs, car racing, antiques, poker, or the art of moonshine making.

You can write a memoir however you wish to. Include art, maps, photographs, recipes or poems. It is your memoir.

Do it as you want.

**SEMINAR AGENDA:**

We will:

- discuss types of memoir, and our motivations to write one.
- try some writing exercises.
- talk about content - themes and events.
- compare the "how to" / nuts and bolts of your favourite memoirs.
- consider your best structure
- spend some time on readings, and small and large group discussions.

Space is limited, so please reserve well ahead of time by calling 532-6556 or reaching us at admin.alf@gmail.com. Cost: \$100/person (includes lunch, snacks and taxes).

Join us for a book signing of *Coastal Lives* by Marjorie Simmins and *The Living Beach* by Silver Donald Cameron from 5:00 to 8:00 pm on September 5<sup>th</sup> at Barton's Tannery Outlet & Mad Harbor Bookstore, 213 St George Street. There will be refreshments.

Plan to make a weekend of it in Annapolis Royal. Visit [www.annapolisoroyal.com](http://www.annapolisoroyal.com) for a complete listing of places to stay.



## With Great Appreciation

On behalf of the Annapolis & District Natal Days Princess Committee, I would like to express our sincere gratitude to the Town of Annapolis Royal, Mrs. Jane Nicholson, the 2014 Royal Party In-Kind Sponsors, the many local businesses, community groups, and individuals sponsoring the 2014 Natal Days Booklet, as well as everyone near and far who came out to contribute to and support the 2014 Royal Party in so many ways. All of this year's young ladies sponsored by area community minded businesses: Princess Hillsdale House Inn, Ashlee Aptt-Weir; Princess Queen Anne Inn, Lindsay Brown; Princess Annapolis Foodland, Cecelia Cress; Princess Garrison House Inn, Chantal Harlow; and Princess Annapolis Home Hardware, Patience Johnson all brought a great deal of poise and grace to their leadership skills development program and certainly made the judging for our new Queen a challenging process. We do so appreciate the time, care, and commitment of the panel of judges; Mrs. Susan Barker, Mrs. Grace Butland, and Mr. Paul Paquette in their deliberation process. Congratulations to 1<sup>st</sup> Lady In Waiting, Ashlee Aptt-Weir; and Miss Friendship and 2014 Queen Annapolis Royal, Cecelia Cress. A very special note of acknowledgement to Annapolis Foodland for their continued support of their Princess and now Queen, Cecelia Cress by taking her and the Town of Annapolis Royal parade float to the Digby Scallop Days Parade, the Lawrencetown Exhibition parade winning 3<sup>rd</sup> place overall, and soon to the Bridgetown Ciderfest Parade in September. In closing, I look forward to seeing many of you at the 2015 Queen Annapolis Royal Dinner to be held in the Spring of 2015.

Sincerely, Ann Marie Monk

Annapolis & District Natal Days Princess Committee Chairperson



# Did you know???

Within the Royal Charter granted in 1621 to Sir William Alexander lies the origin of Nova Scotia as a Province.

### Do you want to be the first in the know? Interested in what is going on in Town?

If you are interested in getting important public information (remember Tropical Storm Arthur); or how to get the Town Crier emailed to you directly; or be kept up to date on what is happening in and around Town . . . then just send an email to [admin@annapolisroyal.com](mailto:admin@annapolisroyal.com) and ask to be added to the mail out list. It is just as easy at that!

Starting Labour Day weekend Fort Anne and Port-Royal revert once again to a five day per week operating schedule -- the sites are closed Sunday and Monday into the fall. This means on August 31 and September 1 Fort Anne and Port-Royal will be closed. Fort Anne's final day of operation for 2014 is Tuesday September 30, and Port-Royal's final day of operation for 2014 is Saturday October 11th. The grounds at both sites continue to be accessible, but washrooms are closed on the days that the sites are closed.

### Are You Ready?

Hurricane season lasts until December 1. Winter storms are possible into March. Have your emergency plan in place! Have your emergency kit ready! Know the risks which could affect you! Don't forget to check on your neighbours. Call or visit them to ensure they are safe. Have your battery-powered or wind-up radio available to listen for important announcements! A car radio serves as a good back up. Don't venture out during a storm. Keep the roads clear for emergency vehicles. Be calm and keep safe.

Visit [www.GetPrepared.ca](http://www.GetPrepared.ca) or check with your municipal office for more information.  
Phone: (902) 532-0258 Fax: (902) 532-2096  
Email: [remo@annapoliscounty.ns.ca](mailto:remo@annapoliscounty.ns.ca)  
Website: [www.annapoliscounty.ns.ca](http://www.annapoliscounty.ns.ca)

## Port-Royal Family Fun Festival



53 Historic Lane (off Granville Rd.), Port Royal, NS

Come and join us for an afternoon of pure entertainment, featuring such favourites as Mike Charlton, Sebastien Dol & Simon Robichaud, World Drumming and so much more. Visit [AnnapolisCounty.ca](http://AnnapolisCounty.ca) for more details.

Bring your chair and a picnic lunch!

*Rain location: Lower Granville Community Hall (3551 Granville Rd., Port Royal)*

While you are in the area, don't forget to visit the Historic Gardens, our local museums and the children's play area in Annapolis Royal.



Saturday, September 6, 2014

1:00 p.m. – 4:00 p.m.



\*\* Entries pre-paid for visitors on this date courtesy of the Municipality of the County of Annapolis

### A ROYAL CONSORT FALL CHORAL WORKSHOP 2014

DATE: Saturday, September 6, 2014

LOCATION: St. Luke's Anglican Church, Annapolis Royal

TIME: 10:00 A.M. - 4:00 P.M. (lunch included)

COST - \$20.00

Bach to Basics: Get a Handel on your singing and Go for Baroque

Clinician: Elsie Hepburn

10:00 - Basics of the singing voice

Posture, breath, sound

11:00 - Basics of music

Rhythm and Pitch

12:00 - Lunch

1:00 - Baroque Basics I

What the music is doing: Homophonic or Polyphonic

Which translates as : am I singing chords or an independent line

2:00 - Baroque Basics II

Fun with Fugues

3:00 - Baroque Basics III

Getting the music to dance

Attendance is limited to 40 participants, so register early for a fun filled, singing day.



## Active Living News

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

### **The 34<sup>th</sup> Terry Fox Run Sunday, September 14, 1PM start at Town Hall**

The 34<sup>th</sup> Terry Fox Run will be held in Annapolis Royal on Sunday, September 14<sup>th</sup> at 1PM. This is a fun filled, non-competitive event to raise money for cancer research. To learn more about how the Terry Fox Foundation supports cancer research, view a route map, or download a pledge form, please visit [Terryfox.org](http://Terryfox.org), or call 1-888-836-9786. To pre-register for the run please contact Noah at 902-955-1205, or email [alc@annapolisroyal.com](mailto:alc@annapolisroyal.com). Pledge forms are available at Town Hall. See you there!

### **Fall/Winter 2014 Weekly Recreation Programs in Annapolis Royal**

**Power-Hour Class** ARRA: Mon 8:05 -9:05PM and ARRA: Wed 7:15-8:15pm Fall Session \$70 for 24 classes, \$40 for 12. Starts Sept 15 Instructor: Jane Power Grimm

**Indoor Field Hockey** ARRA: Mon 7:00 – 8:00PM Grade 9 +, Starts Sept 22, \$30 Leader: Mike Fearon

**Indoor Soccer** ARRA: Wed 8:20 – 9:30 Grade 9 +, Starts Sept 24, \$30 Leader: Paul Lalonde

**Volleyball (Co-ed)** ARRA: Sun 7-9pm Ages 16 +, Starts Sept 21, \$30 Leader: Amanda Huston

**Badminton** ARRA: Thursday 7:30-9pm Grade 9+, Starts Sept 18, \$30, Leader: Mike Scott

**Table Tennis** ARRA: Tues & Thurs 7-9pm Grade 9 +, Starts Oct 23, \$20 Leader: John Rodie

ARRA =Annapolis Royal Regional Academy

For more information on these programs please contact Noah at [alc@annapolisroyal.com](mailto:alc@annapolisroyal.com), or call (902)-955-1205. You can pre-register, or register at the first session. Student discounts are available.

**“Welcome to First Lake” Walk-n-talk Saturday Sept. 20, 10AM, time (1 hour)** Join Katie McLean from CARP for a guided interpretive walk where we will discuss local conservation issues. First Lake is one of many lakes in Nova Scotia that has been impacted by non-native invasive species. Learn about the history of aquatic invasive species in Nova Scotia, and the actions being undertaken locally to conserve native species while enjoying a moderate walk/hike. The event is rain or shine, meet at the gated entrance, located at Highway 8, across from the carpool lot. Pre-registration is required, please contact Noah at [alc@annapolisroyal.com](mailto:alc@annapolisroyal.com), or call (902)-955-1205

### **“4 The Health of It” Free Wellness Program!**

4 the Health of it is a FREE, six-week program, led by healthcare professionals that can provide you with the information and support you need to make those healthy lifestyle choices. This healthy living program offered by Annapolis Valley Health is for adults looking to live a healthy life or who have or are concerned about developing a chronic health condition. Sign up today for our upcoming fall session on Tuesdays from 1pm – 3:30pm from Sept.9-Oct.14 at the Fundy YMCA. For more information please contact Megan MacNeil at 902-538-1315 or [4thehealthofit@avdha.nshealth.ca](mailto:4thehealthofit@avdha.nshealth.ca)

For more information, please contact Noah Scanlan, Active Living Coordinator at [alc@annapolisroyal.com](mailto:alc@annapolisroyal.com), or call (902)-955-1205. For up to the minute info on events and cancellations, please “Like” the Town of Annapolis Royal on Facebook.



**ANNAPOLIS  
ROYAL**

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)

### **WASTE COLLECTION**

#### **Pick-up Wednesday**

**September 10th and September 24th, 2014**

For more information contact Valley Waste  
at 1-877-927-8300 toll free  
or [www.vworm.com](http://www.vworm.com)

REMINDER: The Town of Annapolis Royal  
Waste Collection is Wednesday as per Week #1  
of the Valley Waste Calendar