

MONTHLY ANNOUNCEMENTS FOR RESIDENTS AND VISITORS  
OF ANNAPOLIS ROYAL AND AREA [ANNAPOLISROYAL.COM](http://ANNAPOLISROYAL.COM)



Photo Credit: Laura Boyko

Send your photos to [admin@annapolisroyal.com](mailto:admin@annapolisroyal.com) for a chance to be featured!

## WHAT'S UP ANNAPOLIS?

### Hello 2022!



We've made it through a challenging year, and as the sun begins to set a little later each day, there will be brighter days ahead. We hope that everyone enjoyed a safe and happy holiday, and were able to connect with family and friends, whether in person or virtually.

The new year is a time for many of us to make resolutions, to get more active, to learn something new, etc. And while we may be enthusiastic in the beginning, the excitement often dwindles and our resolutions lose priority or are completely forgotten. Can this be avoided? The simple act of making resolutions, recognizing the changes we'd like to make could be enough for now - the beginning of something new and positive - and eventually we just might fulfil some of those resolutions. Or, if resolutions seem an impossible task, you could try something different like - make up a bucket list, create a monthly personal challenge, create a list of things you are looking forward to, you can be as creative as you'd like. If you need a little inspiration, there are some ideas on page 5 and some events, observances and awareness days for January and February listed on page 7.

*What's a New Year's resolution? Something that goes in one year and out the other.*

## Members of Council

Mayor Amery Boyer  
[mayorboyer@annapolisroyal.com](mailto:mayorboyer@annapolisroyal.com)

Deputy Mayor Pat Power  
[patpower@annapolisroyal.com](mailto:patpower@annapolisroyal.com)

Councillor Holly Sanford  
[hsanford@annapolisroyal.com](mailto:hsanford@annapolisroyal.com)

Councillor Paula Hafting  
[phafting@annapolisroyal.com](mailto:phafting@annapolisroyal.com)

Councillor Michael Tompkins  
[mtompkins@annapolisroyal.com](mailto:mtompkins@annapolisroyal.com)

Soldiers & Sailors Memorial Town Hall  
285 St. George Street, PO Box 310  
Phone: 902 532 2043  
Fax: 902 532 7443  
Toll Free: 1 877 522 1110  
Email: [admin@annapolisroyal.com](mailto:admin@annapolisroyal.com)  
[www.annapolisroyal.com](http://www.annapolisroyal.com)  
Open Mon to Fri / 8:30 am-4:30 pm

Mayor Boyer Office Hours  
Available by Appointment

The Town Crier is a publication of the Town of Annapolis Royal.  
Copies are available online at [www.annapolisroyal.com](http://www.annapolisroyal.com) and by email subscription.  
Contact [admin@annapolisroyal.com](mailto:admin@annapolisroyal.com) to be added to the email list.

Submissions are welcomed and deadlines vary monthly, with the deadline for the March/April edition on February 21, 2022.  
Please contact [admin@annapolisroyal.com](mailto:admin@annapolisroyal.com) or 902-532-2043 ext. 102 if you have any questions.

Police Emergency: 911  
Police Non-Emergency:  
902-532-2427

Public Works Emergency:  
902-532-8347

## MAYOR'S MESSAGE

### Happy New Year from Council and staff!

In looking back at what was achieved in 2021, with the help of the community, a strategic plan was developed. That plan outlined two other priorities for the Town. The first was dealing with the potential decommissioning of the tidal generating plant and the second was the development of a climate change plan.

Although the Town participated in the Nova Scotia Utility and Review Board hearing in September, as of date of writing, no decision has yet been issued. The good news is that the valuation of the plant has not yet dropped and therefore the Town's grant in lieu of taxes for the property will be maintained for another year.

Thanks to the efforts of the Environment Committee, several versions of a climate change plan have been produced and staff and members of the committee have been working hard to identify and apply for funding for a Climate Change Intern, an engineering study for the downtown core to develop feasible options to deal with sea level rise, a community small scale tidal project, and other projects to generate revenue and reduce green gas emissions. The grant applications have now been completed for these projects and we are waiting to hear the results.

Other achievements this year include the successful Beyond Oqwa'titek celebrations in September planned and presented by the Beyond Oqwa'titek Committee with funding from the Province, the comprehensive accessibility audits of Town owned facilities completed by the Accessibility Advisory Committee, as well as the identification and implementation of revenue generation opportunities by the Police Department.



Photo Credit: Trish Fry

Yet looking ahead to 2022, there is still much to do. The Town is part of an intermunicipal working group that includes all of the municipal units in Kings and Annapolis counties. Together, we are looking at all of our current and potential intermunicipal agreements to find areas of common interest and agreement. One of the first projects that you will see is a two-year pilot project to provide additional executive staff to oversee the operations of Valley Waste and Kings Transit under one Board of Directors comprised of the mayors and wardens of all seven municipal units. We hope to be in a position to begin consultations on a regional climate change plan pending completion of an engineering study for the downtown core. There is also the need to review and follow-up on our strategic plan.

So here is hoping for a better year in 2022 for our residents, business, and visitors. And there is no better time than this year to support the business community in our town and surrounding area by buying local as much as possible. Thank you to all who support our community in so many different ways!



Mayor Amery Boyer,  
B. Mus., MBA



### Winter Parking

Although we do not have an overnight parking ban, you are reminded that you cannot park your vehicle on the road during or after a snow storm. If your vehicle interferes with snow removal operations your vehicle may be ticketed and/or towed. Thank you for your anticipated cooperation.



### Online Survey About Cycling in Annapolis Royal

The Town has partnered with Bicycle Nova Scotia on the [Blue Route Hubs](#) Project. Through the project, we will be developing an active transportation network plan and a concept design for an active transportation route in Town. We are seeking community feedback through an online survey about cycling in Annapolis Royal to help us develop the active transportation network plan. We will be accepting responses until January 31st. Fill out the survey now: <https://forms.office.com/r/u4jEbkM2RC>



Use your device's camera or QR code reader app to go directly to the survey!

### RECYCLING FOR PEOPLE AND PLANET

Your local Lions Club collects the following items that will be recycled or refurbished and reused!

- CPAP machines
- Pill Bottles
- Ink Cartridges
- Aluminum can tabs
- Hearing aids
- Eye glasses

**ANNAPOLIS  
ROYAL  
Lions Club**



Contact Sabrina for details: [Mueller\\_sabrina@live.ca](mailto:Mueller_sabrina@live.ca)



### When a little help is needed

Below is a list of programs to help those with low-income, or who have had income affected by Covid-19. These programs are offered through Service Nova Scotia and Internal Services and the Salvation Army.

[Home Energy Assistance Top-Up](#) (HEAT): \$400 rebate for emergency home heating or power bills.

[Nova Scotia Covid Relief Fund](#) (NSCR): \$400 rebate to help households impacted by the Covid 19 with their home heating or power bills.

[Heating Assistance Rebate Program](#) (HARP): \$200 rebate for home heating costs.

[Seniors Care Grant](#): up to \$500 to help low-income seniors with the cost of household services such as snow removal, grocery delivery, lawn care and small home repairs.

Covid-19 specific resources can be found at [Government of Canada Covid-19 Benefits & Services](#) which included services for individuals and businesses

[Annapolis Royal Food Bank](#), 143 Ritche St. 6pm-8pm (second and third Wednesday of each month)

[Caregivers Nova Scotia](#) provides programs, services, and strong advocacy for caregivers

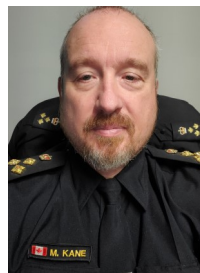




# CHIEF'S CORNER



Emergency Line: 911  
 General Police Line: 902-532-2427  
 Office Location: 285 St. George Street, Annapolis  
 Royal (right side of the Town Hall)  
 Police Facebook: @ARPoliceD  
 Town Facebook: @townofannapolisroyal  
 CRIMESTOPPERS: 902-422-8477 OR [crimestoppers.ns.ca](http://crimestoppers.ns.ca)



Chief Mark Kane

CALLS FOR SERVICE December 2021	
Nature of the Call	#
Traffic Collision(s)	1
Non-Moving Traffic Seatbelt violations	1
Moving Traffic inter- section related	1
Moving Traffic Speed- ing violations	3
Other Moving Traffic Violations	2
Other Non-Moving Traffic	2
Check stop	120
Other Provincial/ Territorial (Not Speci- fied)	2
Mental Health Act - Other Activities	2
Municipal Bylaws - other	1
Written Traffic Of- fence Warnings	9
Other Inspections (Except Protective)	1
False Alarms	3
Items Lost/Found - Except Passports	3
Crime Prevention	8
<b>Total of 159</b>	

## Elder Abuse & Safety Tips part 1

What is Elder Abuse? Elder abuse is not committed by strangers. It is harm done to an older person by a relative, friend, or anyone the elder depends on for their basic needs. Elder abuse can occur anywhere, including homes, institutions, and health care facilities. It is a universal issue that is not impacted by socio-economic status.

There are four main categories of elder abuse:

1. **Physical abuse** - May consist of assault, sexual assault, forcible confinement and/or murder
2. **Financial abuse** - Includes theft, theft by person with Power of Attorney, fraud, extortion, forgery and/or stopping mail with intent
3. **Neglect** - May involve criminal negligence causing bodily harm or death and/or failing to provide the necessities of life
4. **Mental cruelty** - Includes intimidation and/or uttering threats

*These categories usually do not exist separately or in isolation.*

### Prevention Strategies for Families and Caregivers:

#### Do:

- Learn how your aging parent or relative wishes to be cared for in the event they become dependent or require medical care
- Find out how they want their assets spent and/or maintained
- Carefully assess your own ability to provide care for an increasingly dependent relative
- Consult with other family members about how caregiving arrangements will affect them
- Examine the physical layout of potential homes to ensure they are appropriate (i.e. is a first floor bathroom required?)
- Learn about all community resources available to help

#### Don't:

- Undertake the care of an older relative on the spur of the moment or out of guilt
- Assume that a difficult relationship will suddenly improve when the person comes to live with you
- Feel you have failed if you are unable to provide home care at any time and must seek an alternative



Your business grows here!

**OPENING SOON**

**Rental opportunity**  
 143 Ritchie St. (The Academy)  
 Annapolis Royal

→ [CLICK HERE FOR DETAILS](#)

# EVENTS FOR THE MONTH

Please forward March/April submissions by February 21, 2022 to: [admin@annapolisroyal.com](mailto:admin@annapolisroyal.com).

**Events may be subject to  
Covid-19 restrictions.  
Please check ahead**

## Events

**Resuming Saturday January 8  
9am to 12pm**

**Annapolis Royal Winter Market**  
at the Legion 66 Victoria St.

**January 29 to March 5  
At ARCAC**

**A Proposition of Organisms**  
Exhibition & Residency Eryn Foster

**The David Series**  
Exhibition & Residency Ian McKinnon

**January 8  
Catch 22 Comedy Crew**  
7:30 pm Live Comedy Show at  
**King's Theatre**

**January 21  
Pearle Harbour: Agit-Pop!**  
7:30 pm Live Drag Comedy Show at  
**King's Theatre**

**Fridays  
Lab or One-on-One Tech Help Hour**  
Annapolis Innovation Lab  
143 Ritchie St.

**Wednesdays  
AA and Al-anon**  
Annapolis Royal First United Baptist  
Church Address: 762 St. George St.

**January 27  
Royal Canadian Legion**  
Combined General/Executive meeting, the Executive meeting at 6:30pm, followed by the General meeting at 7:00pm. This is the Annual General Meeting that was to take place in December 2021. The regularly scheduled Executive meeting for January 13th will be cancelled.

All members are asked to attend the meeting on January 27th, as this will be our Branch Election Meeting.

## New Year-New You Ideas

**Hike, Bike or Stroll  
The Harvest Moon Trailway**  
From Annapolis Royal to Grand Pré  
110 kms in length!

**Practice New Language Skills**  
Take up or expand your skills in one of Nova Scotia's traditional languages Mi'kmaq, French or Gaelic. Or pick a one from somewhere you want to visit!

**The Confederacy of Mainland  
Mi'kmaq**  
<http://cmmns.com/>

**Kwilmu'kw Maw-klusuaqn**  
<https://mikmaqrights.com/>

**Acadian Affairs and Francophonie**  
[https://acadien.novascotia.ca/en/  
community](https://acadien.novascotia.ca/en/community)

**Centre acadien - Université Sainte-  
Anne**  
[https://www.usainteanne.ca/centre-  
acadien](https://www.usainteanne.ca/centre-acadien)

**Gaelic Council of Nova Scotia**  
[https://www.gaelic.ca/nova-scotia-s-  
gaelic-culture](https://www.gaelic.ca/nova-scotia-s-gaelic-culture)



## Town Hall Closure

Monday February 21, in recognition of Heritage Day. This is a day to reflect on the people, places and events that have shaped our collective heritage.

## COVID-19 Updates

For up to date information contact NS Public Health (<https://novascotia.ca/coronavirus/>) or the individual event organizers. Also remember to keep your proof of vaccine handy as it is a requirement for all non-essential events.

For more information about COVID-19 testing and online booking, visit: [https://novascotia.ca/coronavirus/  
symptoms-and-testing/](https://novascotia.ca/coronavirus/symptoms-and-testing/)

## Upcoming Meetings

*Open to the public  
Agendas available online*

**Committee of the Whole**  
February 2 @ 6pm

**Planning & Heritage Advisory  
Committee**  
January 10 @ 9am  
February 7 @ 9am

**Board of Police Commissioners**  
January 12 @ 10am  
February 9 @ 10am

**Accessibility Advisory Committee**  
January 12 @ 5pm  
February 9 @ 5pm

**Traffic Flow Advisory Committee**  
January 13 @ 1pm  
February 10 @ 1pm

**Marketing & Economic  
Development  
Committee**  
January 11 @ 6pm  
February 8 @ 6pm

**Council**  
January 19 @ 6pm  
February 16 @ 6pm

**Environment Advisory  
Committee**  
January 26 @ 2pm  
February 23 @ 2pm

**Legion events: Facebook for details on  
their events.**

**All King's Theatre events & films:**  
[www.kingstheatre.ca](http://www.kingstheatre.ca)

**ARCAC (ARTsPLACE) events:**  
[arcac.ca](http://arcac.ca)

**All Community Hub events:**  
[www.valleylibrary.ca/calendar/](http://www.valleylibrary.ca/calendar/)

**Historic Gardens events:**  
[www.historicgardens.com](http://www.historicgardens.com)

**For up-to-date events, visit the online  
Community Calendar at**  
[annapolisroyal.com](http://annapolisroyal.com)

## Grants and Donations Cancelled for 2022

Due to the significant impact on the Town's budget from the closure of the Tidal Generating Station, we regret to announce that we will not be accepting proposals for grants and donations in 2022. We do wish you continued success in all your endeavours and look forward to brighter days ahead for all.



## Tax Reduction for Non-Profit Organizations

A reminder to non-profit organizations wanting to apply for a tax reduction; in order to apply for the next fiscal year beginning April 1st, the deadline to submit a request is March 31, 2022. For details on the by-law and eligibility, please see [annapolisroyal.com/non-profit-tax/](http://annapolisroyal.com/non-profit-tax/)



## Appointments

We would like congratulate and thank all the fine folks who put themselves forward, and were appointed to our various committees of council. We would also like to acknowledge the following one-year appointments (term ending December 31, 2022):

- Dale Roberts as the Valley Waste Resource Management Bylaw Enforcement Officer
- Tanichia Hamm and Zachary Cromwell as the Animal Control Officers
- Hank Sawhuck as the Town of Annapolis Royal Fire Inspector
- Alfred Doucet and Cathy Barr as the Town's Building Inspectors
- Chris Millier as the Town of Annapolis Royal Planner
- Ken Knox as the Civic Addressing Coordinator for the Town
- Chief Mark Kane as the Traffic Authority

## Of Note

On the recommendation of the Traffic Flow Advisory Committee, Council has approved the installation of a rock barrier at the Market parking lot and Church St. and a second post so that the closing of Church St. begins at the Masonic Hall.

To ensure that there will be no interruptions to sewer service in the new subdivision, Council has approved the purchase of a portable generator capable of handling the service during any power outages, as well as funding for required lift station upgrades.

The tide is high but we're holding on... catchy tune aside, we are awaiting additional funding opportunities to move forward with a new and exciting tidal power pilot project.

We continue to see weekly water testing (for bacteria levels) come in all clear!

Funding is currently being sought to assist with the implementation of the Town's Climate Change Plan and we are seeking a Climate Change Intern click [here](#) to learn more.

## Volunteer Opportunities

The Town of Annapolis Royal is looking for residents interested in volunteering to serve as part of the following committees:

### The Board of Police Commissioners

we are also looking for

### Members to join the Marketing and Economic Development Committee

Do you have a head for business and a heart for community? The Marketing and Economic Committee needs you. The committee needs folks who understand what we face, what our assets are, and can inspire others to follow. If you saw the incredible "Rural Renaissance" documentary and felt a thrill, this is the committee for you. Contact Ken at [kknnox@annapolisroyal.com](mailto:kknnox@annapolisroyal.com) to submit your name.

For more information contact  
CAO Sandi Millett-Campbell  
at [cao@annapolisroyal.com](mailto:cao@annapolisroyal.com) or  
902-532-2043 ext. 104.

\*\*\*\*

The Audit Committee is seeking a citizen volunteer. Contact Director of Finance Melony Robinson at [finance@annapolisroyal.com](mailto:finance@annapolisroyal.com)

\*\*\*\*

### Short-Term Volunteers Needed

Task teams come together short term to address an issue. We would like volunteers for 2 task teams, the first looking at ideas for the waterfront and downtown core and the second for appropriate development at First Pond. Please contact Ken at [kknnox@annapolisroyal.com](mailto:kknnox@annapolisroyal.com)

## Did you know...

The name February comes from the Latin "februum" meaning purification. In 713 B.C., February was officially added to the Roman calendar.

Julius Caesar assigned February 28 days and 29 days.

The Beatles first appeared on the Ed Sullivan Show on February 9, 1964.



## Inspiration for New Year Resolutions, Goals, Activities, or Challenges

### Observances & Awareness Days at Home & Around the World

Click on the event name for more information

#### January 2022

- [International walk your dog month](#)
- [World Braille Day](#) January 4
- [World Religion Day](#) January 16
- [International Day of Education](#) January 24
- [Bell Let's Talk Day](#) January 26
- [International Day of Commemoration in Memory of the Victims of the Holocaust](#) January 27

#### February 2022

- [African Heritage Month](#)
- [Psychology Month](#)
- [Recreation Therapy Month](#)
- [Chinese New Year](#) February 1
- [World Wetlands Day](#) February 2
- [World Cancer Day](#) February 4
- [International Day of Human Fraternity](#) February 4
- [International Day of Zero Tolerance to Female Genital Mutilation](#) February 6
- [World Pulses Day](#) February 10
- [International Day of Women and Girls in Science](#) February 11
- [World Radio Day](#) February 13
- [International Childhood Cancer Day](#) February 15
- [World Day of Social Justice](#) February 20
- [Nova Scotia Heritage Day](#) February 21
- [International Mother Language Day](#) February 21
- [Pink Shirt Day](#) February 23
- [Rare Disease Day](#) February 28

### *Happy birthday!*

To everyone born in  
January and February!

Chinese year of the Ox  
ends Jan 31 2022, Feb 1  
marks the year of the Tiger

A few familiar Canadians  
born in January:  
Jim Carey, Wayne  
Gretzky, Oliver Platt,  
Jagmeet Singh, Sarah  
McLachlan, John A.  
Macdonald, Kirk Furey,  
Sarah Polley

A few familiar Canadians  
born in February:  
Elliot Page, Leslie Nielson,  
Kim Coates, Lorne Greene,  
Michael Ironside, Don  
Cherry, Gord Downy,  
Stephen McHattie,  
Loreena McKennitt

## GET MOVIN'

### Fall/Winter 2021-22 Recreation Programs at the Community Hub Gym.

Sport and recreation programs have resumed at the Community Hub Gym. Annual membership is open for Pickleball, Ping Pong, Volleyball, and Soccer programs, and with fitness classes, ball hockey, youth basketball, and other offerings resuming shortly. For current schedules and rates, please visit the "Recreation Programs and Events" page under "Residents"



2022 Heritage Day Nova Scotia Honouree: [The Landscape of Grand Pré World Heritage Site](#)

SINCE  
1982

Annapolis Region Community Arts Council

# ARTSPLACE

Contemporary Art | Workshops | Films

396 St. George St. Annapolis Royal, NS arcac.ca

Paul Wear



Sales Associate  
c: 902-532-8463  
o: 902-532-7501  
paul.wear@remax.net



www.remaxbanner.com  
www.paulwear.ca

**RE/MAX**  
BANNER REAL ESTATE  
324 St. George St. Annapolis Royal, NS

## YOUR AD HERE!

### Effective Advertising Tips

- be relevant to your target audience
- use exciting visual elements
- use consistent messaging
- use catchy or powerful headline
- include special offers, calls to action and/or testimonials
- include your complete and accurate contact info
- be honest
- be unforgettable!

contact Krista: kgrear@annapolisroyal.com  
902-532-2043 ext. 110

Get in on the Deal!  
3.5x4" ad space just \$30/issue

\*three issue minimum



contact Krista: kgrear@annapolisroyal.com  
902-532-2043 ext. 110

**CLOSED** **The Courtyard** **CLOSED**  
**Artists & Artisans**

## THANK-YOU!

To all the talented artists and artisans who have shared their work with us and to all our wonderful customers, thank-you!  
Will miss you, Grace & Sally

## THIS IS TOO GOOD TO PASS UP!



**3.5x2" ad space just \$15/issue**  
\*three issue minimum

contact Krista: kgrear@annapolisroyal.com  
902-532-2043 ext. 110

## Soar to new heights!

with an ad in the Town Crier



**YOUR AD HERE!**

contact Krista: kgrear@annapolisroyal.com  
902-532-2043 ext. 110

**3.5x2" ad space just \$15/issue**  
\*three issue minimum

**WE MIGHT NOT HAVE THREE BILLBOARDS OUTSIDE OF ANNAPOLIS ROYAL, BUT YOU CAN GET AN AD IN THE TOWN CRIER!**



3.5x2" ad space just \$15/issue  
\*three issue minimum

## YOUR AD HERE!

contact Krista: kgrear@annapolisroyal.com  
902-532-2043 ext. 110



## SPECIAL SUPPLEMENT

### Winter Blues & Pandemic Fatigue

Information and resources to help us through these  
challenging times





### Winter Blues:

Often described as waves of low emotion and energy experienced during the cold, dark days of winter. The winter blues generally present as feelings of lethargy, increased sleep and/or sleeping in and turning to comfort food more often than usual.

The winter blues do not usually affect one's ability to experience joy in life or negatively impact one's relationships or employment. If they do, professional intervention can help identify, diagnose and treat other causes.



### Pandemic Fatigue:

Becoming less likely to follow public health practices or simply ignoring pandemic messages can occur as people get tired of hearing pandemic messages, media stories, and changing public health measures.

Everyone will experience the pandemic and pandemic fatigue differently, but generally presents itself as feelings of restlessness, irritability, lack of motivation, difficulty concentrating, self isolating and withdrawing from social connections, and may also include changes in eating and sleeping habits.



**Check out these cute Sloths for ideas and activities that may help to combat the Winter Blues and Pandemic Fatigue!**

### Get outside

Walk the dog



Move your body  
Stretch, dance, yoga



Read a new book



Try a new hobby  
Be kind to yourself



Set your alarm



Create a routine

Spend time  
with others



### Helpful Resources

When we need something more than cute Sloth graphics - here are some excellent resources

Mental Health Crisis Line 1-888-429-8167

Kids Help Phone 1-800-668-6868

Trans Lifeline Canada 1-877 330-6366

Hope for Wellness Helpline 1-855-242-3310  
(Indigenous mental health counselling and crisis intervention)

NS Problem Gambling Help Line 1-888-347-8888

[Teen Mental Health](#)

[Valley Youth Project \(2SLGBTQ+\)](#)

[811.novascotia.ca](http://811.novascotia.ca)

[Adult Mental Health Services](#) Nova Scotia

[CMHA Nova Scotia Division](#)

[Chrysalis House](#) or call 1-800-264-8682

Women & children's shelter & outreach services

[Mental Health First Aid Training](#)

In an emergency situation, call 911