

MONTHLY ANNOUNCEMENTS FOR RESIDENTS AND VISITORS
OF ANNAPOLIS ROYAL AND AREA ANNAPOLISROYAL.COM



Send your photos to kgrear@annapolisroyal.com for a chance to be featured!

WHAT'S UP ANNAPOLIS?



The Town of Annapolis Royal has designated June 18th to be the Journée Pierre Dugua de Mons Day.

The inauguration and the unveiling of a new bilingual interpretive panel, funded by The Historical Association of Annapolis Royal, will take place in a community ceremony at the Oqwa'titek Amphitheatre at 2 pm on Sunday, June 18th.

You are invited to attend this ceremony where you will be entertained by Acadian dancers from La Baie en Joie troupe from Clare and will be able to meet the members of the delegation from our twinned city of Royan, France, the birthplace of Dugua de Mons. Mayor Patrick Marengo and his delegation will be visiting Annapolis Royal for the very first time.

You will also have the opportunity to meet the delegation when Acadian music duo Madouesse play at the Oqwa'titek on Friday, June 16th at 6 pm and then again to speak with Mayor Marengo at Market Square along with Warden Morrison and Mayor Boyer on Saturday, June 17th at 10 am.

Pierre Dugua, sieur de Mons, (1560-1628) in establishing the Habitation at Port-Royal in 1605, is recognised as playing a major role in the first successful site of French presence in North America. Thanks to the friendship of Grand Chief Membertou and the Mi'kmaq people, the settlement survived and developed. Although the English burned the Habitation to the ground in 1613, French presence here in Acadie would continue to grow.

We hope you will join the Annapolis Royal Twinning Committee in welcoming our visitors and participating in this event.

Members of Council

Mayor Amery Boyer
mayorboyer@annapolisroyal.com

Deputy Mayor Michael Tompkins
mtompkins@annapolisroyal.com

Councillor Holly Sanford
hsanford@annapolisroyal.com

Councillor Paula Hafting
phafting@annapolisroyal.com

Councillor Paul Wear
pwear@annapolisroyal.com

Soldiers & Sailors Memorial Town Hall
285 St. George Street, PO Box 310
Phone: 902 532 2043
Fax: 902 532 7443
Email: admin@annapolisroyal.com
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 and by email subscription.
Contact admin@annapolisroyal.com to be added to the email list.

Submissions are welcomed and deadlines vary monthly, with the deadline for the March edition on April 20, 2023.
Please contact krgear@annapolisroyal.com or 902-532-2043 ext. 110 if you have any questions.

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

Public Works Emergency:
902-824-5360

MAYOR'S MESSAGE

News and Updates

Welcome incoming Councillor Paul Wear

Town Council and staff are pleased to welcome Paul Wear to Town Council. With strong family ties to Annapolis Royal stretching back nearly 150 years, Paul has considered our community home his entire life. After completing high school at AWEC, he attended Acadia University (BA) and the University of New Brunswick (MA) and studied Heritage Conservation at Carleton University. Following university, he worked in communications with the federal government in Ottawa before returning home where he has operated his own local construction business and now works as a Realtor. An active volunteer, Paul is Treasurer at the Annapolis Royal Baptist Church, Secretary/Treasurer of Woodlawn Cemetery, and a past executive member of the Annapolis Heritage Society and Fort View Golf Course. Paul lives in the Academy with his partner Erin and son Daniel.



Mayor Amery Boyer,
B. Mus., MBA

Twinning Highlights

This summer, the Annapolis Royal Twinning Committee will be hosting an 11-person delegation from our Twin City, Royan, France which arrives on the evening of June 15 at Halifax airport. The events for that weekend include a welcome breakfast on June 16 and a visit to Bear River First Nation. On Saturday, June 17, there will be a "meet and Greet" event at the Farmers' Market at 10:00 am with the Mayor of Royan, Warden Peter Morrison and your mayor, followed by a wine and cheese event at the Habitation sponsored by the French Consul-general, and an official dinner later that evening. On June 18, the public is invited to the inauguration of the new Pierre Dugua de Mons plaque at the amphitheatre at 2:00 pm. The event will feature Acadian dancers and special presentations. The Lieutenant Governor will also be in attendance. On Monday, June 19, the Société acadienne de Clare will host both Royan's and the Town's twinning committees, with the French delegation heading to Grand Pré and the airport on June 20. Hats off to Christine Igot and the Annapolis Royal twinning team for all of the planning and work that has gone into making this a landmark event for our town this year!

Congratulations Annapolis Royal Refresh!

Thanks to representatives of the Farmers' and Traders' Market, the Annapolis Board of Trade, AIRO and Town staff, a collaborative project is underway to introduce new elements and new activities to the wharf and market square this summer. A very successful community input session was held on May 11, with a diverse group of people in attendance who offered various suggestions and comments on how the two areas could be improved and enhanced to encourage greater use of both spaces by locals and tourists alike. The community is being invited to think of new and creative ways to use the space for events like skits, plays, costumed interpretation, performances, exhibits, interactive displays, presentations, etc. Additional tables and chairs are being added and local tradespeople are contributing their skills to a new and improved stage for the market square. Your ideas are welcome, so please share them!

Summer Events

Be sure to consult the most recent editions of The Explorer, the Reader, and the Town website (www.annapolisroyal.com) for the latest information on all of the events coming our way. From the church events to the weekly markets, to ARCAC, King's Theatre, Historic Gardens and other special events, this summer promises to be very busy and you don't want to miss out.



TOWN OF ANNAPOLIS ROYAL NOTICE Municipal By-election

A Municipal (Council) By- Election that was slated for June 10, 2023, in the Town of Annapolis Royal, for the position of Municipal Councillor is no longer required because of acclamation.

Candidates standing for election are as follows:

Candidate		Office
Paul Wear	Acclaimed	Councillor

Melony Robinson
Returning Officer
May 16, 2023, 5:00 pm

Concert June 21st at 12 Noon!

The members of the congregation of St. George and St. Andrew United Church are holding a special event to celebrate the installation of our amazing array of 44 solar panels on the roof of our church. The Church in Action Committee and the United Church Women are co-hosting a concert featuring professional entertainer Kim Doolittle, accompanied by our minister, accomplished musician Alex Constable. They will be performing a diverse program of music including familiar folk songs by Joni Mitchell, Anne Murray and John Prine, as well as some of Kim's original songs. Kim has more than thirty years in the entertainment business, has performed all over the world, and has now returned to her Nova Scotian roots. The concert is being held at 12 noon on Wednesday, June 21st, in the sanctuary of the church - a venue with ramp access from the south side of the building. Admission is \$10 at the door and includes lemonade and cookies following the performance. A supply of our crocheted "earth worms" - worry worms and bookmarks will be available at a cost of \$1 each, as well as catnip cat toys at \$2 each. All proceeds from the concert will be applied to the cost of the solar panels.



Annapolis Royal Refresh! Update

Thank you to the many community members who came out for our first information session on May 11th! For those who missed it, there will be future opportunities...stay tuned. Both Market Square and the Annapolis Royal Wharf are getting a bit of a refresh to help support community engagement and economic activity in Annapolis Royal. One of the first things you'll notice is a brand new stage at Market Square and, in coming days, some new seating to make Market Square more inviting on days when the Farmers Market isn't underway. Not sure what we're talking about? Just email annapolisroyalrefresh@gmail.com and we'll send you an overview of the projects we're working on and how you can get involved.

ANNAPOLIS ROYAL FIRE DEPARTMENT'S

NATAL DAYS FIREWORKS

fundraiser

SATURDAY JUNE 10TH
9AM - 1PM

CAR WASH

BBQ

BOOT DRIVE

COME SEE OUR NEW FIRE TRUCK!

IN SUPPORT OF *Natal Days*



Photo by Andrew Tolson

The new stage being rolled into place at Market Square by Annapolis Royal Refresh! project team members.

Why did Beethoven get rid of his chickens? All they said was, "Bach, Bach, Bach..."

CHIEF'S CORNER

Emergency Line: **911**
General Police Line: **902-532-2427**
Office Location: 285 St. George Street
Police Facebook: [@ARPoliceD](#)
Town Facebook: [@townofannapolisroyal](#)
CRIMESTOPPERS: **902-422-8477** OR crimestoppers.ns.ca



Chief Mark Kane

CHIEFS CORNER

Burglary Prevention

If burglars are certain that no one is at home, they will feel safer committing a crime. Would-be burglars often canvass neighbourhoods looking for uncut lawns and stuffed mailboxes. They spend spare evenings in search of darkened houses or lights that have been left on too long. To reduce the possibility of burglary, the Annapolis Royal Police Service recommends the following series of tips:

At Home or Work:

- Keep a record of serial numbers and descriptions of your household possessions.
- Inscribe your possessions with your name or other easily identifiable marking so that the police can confirm them as yours and return them to you.
- Install secure locks in your home.
- Use the locks you already have.
- Do not leave notes on your door.
- Change locks if keys have been lost or stolen.
- Doors should have sturdy frames, with hinges that cannot be removed.
- When moving into a new house or apartment, change all the locks.
- Always lock your garage.
- Secure your gas barbecue with a chain and padlock.

High value items such as lawn mowers, snow blowers, and gas barbecues should be stored out of sight when not in use. Garden sheds and cabanas should also be locked.



we're HIRING

Annapolis Royal
— Nova Scotia —

SUMMER STUDENT EMPLOYMENT OPPORTUNITY EVENTS COORDINATOR

Do you like music, festivals, and special events?
Do you like summer recreations activities?
Do you have great communication, time management
and organizational skills? Are you a student?

If you answered yes to these questions, this job could
be for you! For complete details and how to apply visit
[https://annapolisroyal.com/employment/events-
coordinator-summer-student-position/](https://annapolisroyal.com/employment/events-coordinator-summer-student-position/)

deadline to apply June 16 @ 3:00 pm



JOIN US FOR OUR 2ND ANNUAL ACCESSIBILITY AWARENESS DAY

JUNE 3, 2023
BRIDGETOWN SPORTS HUB
10:30AM-1:30PM

WHEELCHAIR BASKETBALL EXHIBITION 11-12
INTERACTIVE ACTIVITIES
KIDS' COLORING CONTEST GRADES 5 AND UNDER
INFORMATION TABLES
DOOR PRIZES
BRCS SPRING FLING AT THE SCHOOL 10-2
FREE KINGS TRANSIT TRANSPORTATION ALL DAY
BETWEEN MIDDLETON AND CORNWALLIS
NON-PERISHABLE FOOD DONATIONS GRACIOUSLY ACCEPTED



EVENTS FOR THE MONTH

Please forward March submissions by Jun 20, 2023 to: kgrear@annapolisroyal.com

ARCAC (ARTSPLACE)

Exhibition May 2-Jun 24

For the Love of Lichens & Old Forests /
curated by Susan Tooke

Exhibition Jun 3-Jul 29

The Chicken Is Just Dead First / Racquel
Rowe

Exhibition Jun 3-Jul 1

Through Young Eyes / Bill Curry &
ArtSmarts

Exhibition Jun 3-24

Underwater / Pat Lohrenz

Opening Receptions: Four new June exhibitions

Sat Jun 3 12:00pm - 2:00pm

FILM & TALK / Sharkwater, with talk
by Zoe Lucas on Sable Island Sharks
Jun 8 7:00pm - 9:00pm

Joy, Art, Science & Activism - A Conversation

Jun 13 7:00pm - 8:30pm

Art Talk | Kindred Spirits: How Art
Transformed Ways to Appreciate the Nat-
ural World, with Ted Lind
Jun 19 7:00pm - 8:30pm

King's Theatre

June

1, 6:00 pm	It's Okay to be Different
2, 7:30 pm	Are you There God? It's me, Margaret
3, 7:00 pm	The Caledonian Show
4, 10:00 am	Youth Song Writing Work shop
7, 7:30 pm	Bones of Crows
9, 7:00 pm	S.O.S. The Abba Experience
10, 7:00 pm	S.O.S. The Abba Experience
11, 3:00 pm	Don Giovanni
14, 7:30 pm	Book Club: The Next Chapter
15, 7:30 pm	Capella Regalis
17, 7:30 pm	Nava Ensemble
18, 3:00 pm	Youth Creative Showcase
29, 12:00 pm	The Fog

Annapolis Royal Legion, Br. #21

Jun 10, 11:30am Cribbage Tournament

Jun 2, 7:00pm The Phil & Clark Expedition

Jun 9, 7:00pm Pat O'Brien & Paul Ryan
with special guest Gerry Thurber

Chase the Ace

Draws take place Fridays at 8pm sharp, so
arrive early to purchase your tickets! Ticket
sales at satellite locations will be cut-off at
5pm, with ticket sales at the Legion cut-off
at 7:45pm.

Jun 2, 6:30 pm - 7:30 pm **Annapolis
Skippers Jump Rope Show** Oqwa'titek
Amphitheatre

Jun 3, 7:30 pm **Annapolis Voices
Choral Concert** - New Day St. George
and St. Andrew United Church. For
reservations, contact any choir member
or annapolisvoices@gmail.com Any
tickets left will be available at the door.

At the Historic Gardens

Jun 15, 4:00 pm Guided Photo Walk for
Nature Photography Day

Jun 17 9:00-5:00, Canada's Garden Day
Activities

Jun 18, 9:00-5:00, Father's Day
Activities

Jun 21, 9:00-5:00, #nationalselfieday in
the Gardens

Jun 23 & 24, 5:00 pm onward, A Mid-
summer Night's Stroll

Jun 24-Jul 29, daily, Celebrating Roses

ONGOING

**Annapolis Royal Farmers and
Traders Market**
Saturdays 9:00 am-1:00pm at Market
Square!

AA and Al-Anon

Wednesdays, 8:00 pm

Annapolis Royal First United Baptist
Church Address: 762 St. George St.

Upcoming Meetings

Open to the public

Committee of the Whole
Jun 7, 6:00 pm

**Planning and Heritage
Advisory Committee**
Jun 6, 9:00 am

**Board of Police Commis-
sioners**
Jun 14, 10:00 am

Accessibility Committee
Jun 14, 5:00 pm

**Traffic Flow Advisory
Committee**
Jun 8, 1:00 pm

**Marketing and Economic
Development Committee**
Jun 13, 6:00 pm

Council
June 21, 6:00 pm

**Environment Advisory
Committee**
Jun 27, 10:00 am

**TOWN HALL CLOSED
JULY 3 Have a wonderful
Canada Day!**

Legion events: see Facebook for details
on their events.

All King's Theatre events & films:
www.kingstheatre.ca

ARCAC (ARTsPLACE) events:
arcac.ca

All Community Hub events:
www.valleylibrary.ca/calendar/

Historic Gardens events:
www.historicgardens.com

For up-to-date events, visit the online
Community Calendar at
annapolisroyal.com

TOWN HALL... STAY CONNECTED

Notes, Notices and Updates from Town Hall



- The Outdoor Fire and Orderly and Peaceful Conduct By-laws have passed and adopted
- Paul Wear is acclaimed to the role of Councillor and will be sworn in at the June 7 Committee of the Whole meeting
- Council approved the purchase of a new blower, and repair of the old blower (as a back up) for the sewer system
- Council pre-approved the Scada system for the water system
- There will be a public meeting for the Municipal Planning Strategy amendment regarding the new provincial minimum planning requirements on June 6 at 9:00 am.
- Council approved two low-income tax exemptions and eight non-profit tax reductions
- Council nominated Jeff Hafting for the Provincial Volunteer Awards
- Council approved application to Provincial Capital Assistance and Community Works Programs for funding needed projects
- Council approved that the Town enter into an agreement with the property owner regarding the walkway from the parking lot to St George Street by the Artelli building
- Council approved four applications for heritage renovations
- Council agreed that the Fire Society Agreement be signed. This is the first approved and signed agreement since 1955!
- Give your input at annapolisroyal.com/engage

**Notice of Adoption
By-laws**

TAKE NOTICE THAT Annapolis Town Council approved 2nd reading and passing of the following By-laws at the May 17, 2023, Council meeting:

**Orderly and Peaceful Conduct By-law
Outdoor Fire By-law**

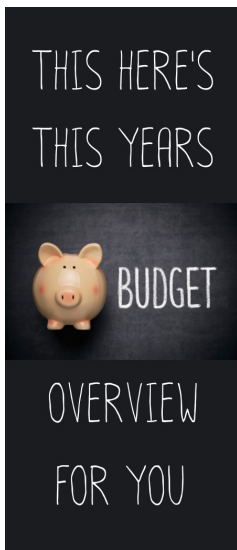
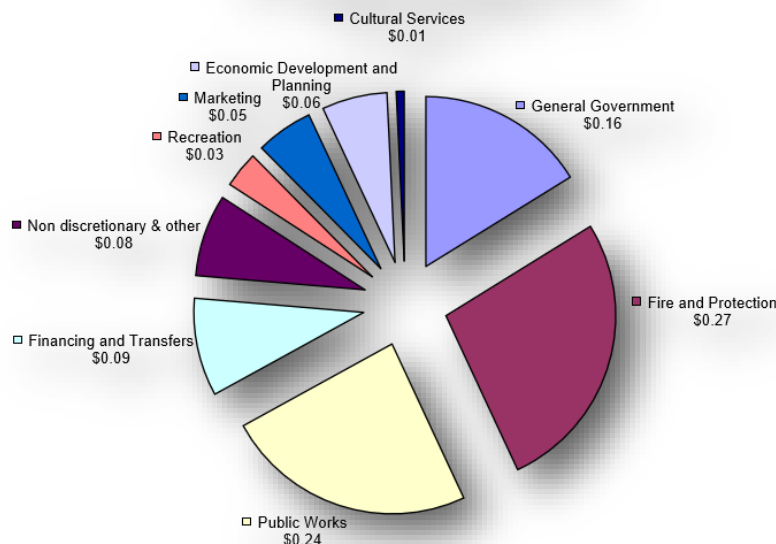
These by-laws becomes law as of the date of this advertisement.

Copies of the by-laws are available at Town Hall, or by emailing admin@annapolisroyal.com.

Sandi Millett-Campbell
Chief Administrative Officer
P.O. Box 310
Annapolis, NS BOS 1A0
Phone (902)532-2043 Ext. 104



Town of Annapolis Royal Budget 2023-2024
Breakdown of Each \$1.00 Spent



Volunteer Opportunities

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

The Audit Committee is seeking a citizen volunteer. Contact Director of Finance Melony Robinson at finance@annapolisroyal.com

Environment Advisory Committee is seeking a volunteer.

Contact: CAO Sandi Millett-Campbell at cao@annapolisroyal.com or 902-532-2043 ext. 104.

Did you know...

June is...

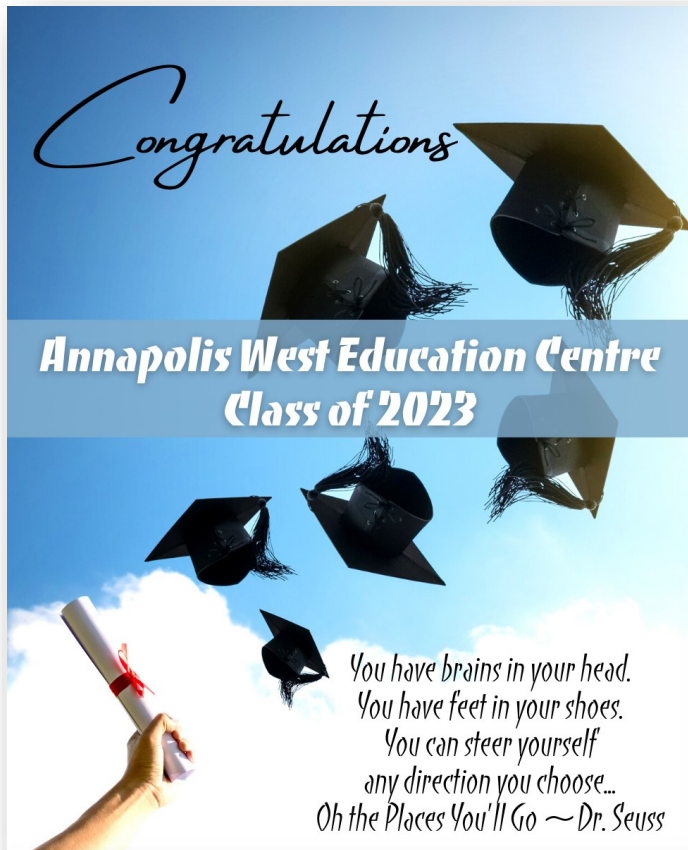
ALS Awareness month
Brain Injury Awareness month
Canadian Men's Health month
Cataract Awareness month
CMV (cytomegalovirus) Awareness month
Migraine Awareness month
Parks and Recreation month

And in June there is...

Intergenerational Day Canada - June 1
National Health and Fitness Day - June 4
Spinal CSF Leak Awareness Week - June 4 to 11
World Environment Day - June 5
Hidradenitis Suppurativa Awareness Week - June 5 to 11
World Food Safety Day - June 7
World Oceans Day - June 8
Action Anxiety Day - June 10
World Blood Donor Day - June 14
World Elder Abuse Awareness Day - June 15
World Sickle Cell Day - June 19
International Day Against Drug Abuse and Illicit Trafficking - June 26
National Cancer Wellness Awareness Day - June 26
PTSD Awareness Day - June 27
World Scleroderma Day - June 29

There's more to find at
www.un.org/en/observances/list-days-weeks
&
www.canada.ca/en/health-canada/services/calendar-health-promotion-days.html

AROUND THE COMMUNITY



Congratulations

**Annapolis West Education Centre
Class of 2023**

*You have brains in your head.
You have feet in your shoes.
You can steer yourself
any direction you choose...
Oh the Places You'll Go ~ Dr. Seuss*



Need a resume or cover letter? Require job search assistance? Starting a new business? Interested in information on programs which you may be eligible for?

Chat with Helen and Sue at our Annapolis location for one-on-one assistance. We are a non-profit organization; all it will cost you is your time. **253 St. George St., 902-532-0605 (by appointment)**




Best wishes to everyone with a birthday in June!

Your Birthstones are Pearl, Alexandrite and Moonstone
Your Flowers are Roses and Honeysuckles
June 1-20 Zodiac sign is Gemini
June 21-30 Zodiac sign is Cancer
And we think you're just swell!

Environment Advisory Committee
New Members Wanted
email cao@annapolisroyal.com





*The Town of Annapolis Royal
will be welcoming
Mayor Patrick Marengo
and his delegation from
our twinned city of Royan, France,
birthplace of Pierre Dugua,
sieur de Mons.*

The public is welcome to attend these free events

Friday, June 16th 6 – 8 pm:
Music at the Oqwa'titek Amphitheatre:
Acadian Duo Madouesse.

Saturday, June 17th 10 – 11:30 am:
Community meet and greet at Market Square:
Mayor Patrick Marengo and Mayor Amery Boyer.

Sunday, June 18th 2 pm – 3 pm
Ceremony at the Oqwa'titek Amphitheatre:
Inauguration of the new, bilingual interpretive panel
on the life of Dugua de Mons.

I recently went to the "World's Tiniest Wind Turbine" exhibit. Honestly, not a big fan.



what's on at your library



Innovation Lab or One-on-One Tech Help

Thursdays, June 1, 8, 15

Fridays, June 2, 9, 16, 23

Saturdays, June 3, 10, 17

Various time slots available

Welcome to the Annapolis Innovation Lab! Sign up for a one-hour session and explore our exciting tools and technologies including a 3D Scanner and Printer, Cricut Maker, recording equipment, sewing machines, and **more!** Our instructor will walk you through the basics. Once we have determined that you are comfortable with the equipment, you'll receive a membership card that will allow you to book the lab whenever the library is open and use the equipment unsupervised.

This session can also be booked for one-on-one tech assistance with our digital literacy instructor. Please help us prepare for your visit by letting us know what you would like to cover in this session. Registration Required

Craft Time for Adults: Sashiko Stitching

Saturday, June 17, 2023, 11:00am - 12:00pm

Location: Dugua Room at Annapolis Royal Library

Until August 2023, host Angela Reynolds will lead adults in creating a different craft each month. This month, get started with **Sashiko Stitching**. All materials supplied. Registration is required. Sponsored by Xplore.

Braveheart Babysitting Course

Saturday, June 3, 2023, 9:30am - 2:00pm

Caring for children requires patience, engagement, positive energy, and knowledge of what to do in an emergency.

The Braveheart Babysitting course motivates and trains youth to be able to handle a variety of difficult caretaking situations, including first aid skills such as the recovery position, choking saves, and techniques for stopping bleeding, as well as an overview of how to manage asthma, allergies, Epi-Pens, and more.

Whether or not you plan to be a babysitter, this course will teach you some very important life skills!

Ages 11+. Registration is required.

Monday Morning Storytime 10-11 am

Monday, June 5, 12, 19, 26

Location: Dugua Room at Annapolis Royal Library

Preschool children and their caregivers are invited to our Monday Morning Storytime. We'll have stories, crafts, sometimes music, and always a good time! Registration not required.

Cute Cactus Rock Garden

Wednesday, June 7, 2023, 7:00pm - 8:00pm

Location: Dugua Room at Annapolis Royal Library

Make your own cute painted cactus garden! Ages 16+. All materials supplied. Registration required.



SOCIABLE!

EAST COAST KITCHEN PARTY



Annapolis Royal Legion

66 Victoria St.

Saturday Kitchen Party hosted by Theresa Porter
June 10 & 24 from 3-5 pm

BraveHeartFirstAid



BABYSITTING COURSE

Caring for children requires patience, positivity, and knowing what to do in an emergency. This course trains youth to handle a variety of difficult caretaking situations.



Our first aid skills overview includes:

- the recovery position
- choking saves
- how to stop bleeding
- asthma
- allergies
- EpiPens
- ...and more!



Saturday, June 3, 9:30am - 2:00pm

This course is for ages 11+. Registration required.



Annapolis Royal Library
143 Ritchie Street
902-532-2226
www.valleylibrary.ca





Summer Pickleball in Annapolis Royal at the Community Hub Gym!

Jun 10, 2023 to Sept 1, 2023

Open Play (skill level: any skill level)

2 times a week – Monday and Wednesday 6-8 PM

Cost: \$30 plus \$5 ball fee

Register when you first come to play. No need to call in to register.

Payment by cash or cheque to "Town of Annapolis Royal"

A 2-visit pass is available at the cost of \$10 (2 visits at two hrs each).

This session is for all skill levels. However, each court will be designated for a certain TYPE of play. Court 1 is for beginners and will use the shortened serve/ return of serve lines. Court 2 will be for intermediate play and will use regular lines. Court 3 will be for intermediate with smashing allowed.



Bicycle Fix It Stands in Annapolis Royal

If you find yourself needing a bit of air in your tires or a quick tune-up before you hit the trails, bicycle Fix It stands and tools are located at the Skatepark at 112 Prince Albert Rd., and at the Library located at 143 Ritchie Street



Physical Activity, Sedentary Behaviour, and Sleep (PASS): a new way of tracking healthy daily activity

Source: <https://health-infobase.canada.ca/datalab/pass-blog.html>


- Only 22.2% of Canadian adults get the recommended amount of weekly physical activity.
- On average, Canadian adults spend 9.8 hours of their daily waking hours being sedentary.
- Canadians adults get an average of 7.1 hours of sleep each night.
- 21.5% of Canadian adults report walking or cycling to work/school at least occasionally.
- In 1992, 45% of Canadians 15 and older participated in sports. In 2010, that participation rate had dropped to 26%.
- Canadian adults report that they accumulate 23.6 hours of screen-time each week during leisure time. Activities like watching television or videos, spending time on the computer and playing video games are considered 'screen-time'. [Physical Activity Guidelines]
- 78% of Canadians report free or low-cost recreation facilities in their neighbourhood.

Learn more about the full study and get all the latest statistics at <https://health-infobase.canada.ca/pass/>


Or the conceptualizing and visual framework at: <http://bitly.ws/FgPb>

ARE CANADIAN ADULTS GETTING ENOUGH SLEEP?

Current recommendations¹ are:



Ages 18-64
7-9 HOURS
of sleep/night




Ages 65+
7-8 HOURS
of sleep/night

But...

1 in 4
adults aged 18-34

1 in 3
adults aged 35-64*

1 in 4
adults aged 65-79
are **not** getting
enough sleep.



*Significant difference between males and females


Let's talk about **sleep quality**, shall we?

1 in 2 adults have trouble
going to sleep or staying asleep.

1 in 5 adults **DO NOT**
find their sleep refreshing.

1 in 3 adults have difficulty
staying awake during waking hours.


A number of factors are related to **insufficient sleep** in adults:



- **MORE SEDENTARY TIME**
Adults who get **insufficient sleep** report an average of **4.0 hours** of sedentary time a day compared to an average of **3.5 hours** for adults who get **adequate sleep**.
- **CHRONIC STRESS**
36.3% of adults who get **insufficient sleep** report having chronic stress compared to **23.2%** of adults who get **adequate sleep**.
- **POOR MENTAL HEALTH**
12.3% of adults who get **insufficient sleep** report having poor mental health compared to **5.8%** of adults who get **adequate sleep**.

Good sleep hygiene could lead to better sleep^{2,3}:

- Avoid alcohol, caffeine, and nicotine before bed
- Maintain a regular bedtime/waketime
- Practice relaxation and mindfulness-based stress reduction techniques
- Reduce noise in the sleeping environment
- Restrict naps to 30 minutes
- Exercise regularly
- Review medications with your physician/pharmacist regularly



GOOD SLEEP. PART OF A HEALTHY LIFESTYLE.

LEARN MORE ABOUT SLEEP HEALTH AT CANADA.CA


> SEARCH Physical activity, sedentary behaviour and sleep

> GET DATA PASS Indicators


> FOLLOW US @GovCanHealth

> LIKE US Healthy Canadians Facebook page (www.facebook.com/healthycdns)

Data source: Canadian Health Measures Survey (CHMS) 2014-2015.
¹ Hirshkowitz M, Whitton K, Albert SM, et al. National Sleep Foundation's updated sleep duration recommendations: Final report. *Sleep Health* 2015; 1:233-43.
² Irish LA, Kline CE, Gunn HE, Buysse DJ, Hall MH. The role of sleep hygiene in promoting public health: A review of empirical evidence. *Sleep Medicine Reviews* 2015; 22:23-36.
³ Suzuki K, Miyamoto M, Hirata K. Sleep Disorders in the elderly: Diagnosis and management. *Journal of General and Family Medicine* 2017 Apr; 18(2):61-71.



Public Health
Agence de la santé
publique du Canada





Improving Access to Primary Care

Nova Scotians deserve access to healthcare when and where they need it. Whether you're attached to a primary care provider or not, access has been a challenge for too many. Over the past decade not enough was done to recruit for doctor retirements or plan for population growth.

Many Nova Scotians are attached to a family care provider but can't easily get an appointment. Others have access through virtual care, primary care clinics, mobile clinics or at their local pharmacy – but may want to be attached to a consistent provider who can follow their care.

Our government is working to improve both access and attachment so Nova Scotians get the care they need the way they want to receive it.

Recently, we announced plans for more than 60 new and strengthened clinics, including collaborative family practice teams, primary care clinics and urgent treatment centres across the province.

What does that mean for you? As clinics open, patients who might have had to go to an emergency department or wait weeks to see a provider will get better care, faster.

Expanding options and team-based clinics will help get Nova Scotians off the Need a Family Practice Registry and boost options for same-day/next-day appointments. It will also mean more healthcare providers will get the support they need. This is just one of many actions we're taking to improve primary care.

There are now 26 pharmacy clinics offering appointments for patients with common illnesses or who take medications for chronic diseases. There are also several pharmacy walk-in clinics and ALL pharmacies can renew prescriptions.

VirtualCareNS is free for everyone on the Need a Family Practice Registry. If an in-person visit is needed, people will be seen at a primary care clinic. Mobile clinics are also travelling the province. You can find out when they'll be in your area by visiting <https://www.nshealth.ca/mobileprimarycareclinics> or calling 811.

We're also recruiting nationally and internationally. More than 160 new doctors started practising in Nova Scotia between April 2022 and March 2023. After factoring in retirements, there are now 86 more family and specialty physicians in the system than there were last year.

We're changing how healthcare is delivered to help Nova Scotians get the care they need, faster. We will do what it takes to fix the system because when we invest in healthcare, we invest in Nova Scotia's future.

Premier Tim Houston



Premier Tim Houston

MP  **YOUTH LEADERSHIP AWARD**

NOMINATION DEADLINE:
JUNE 12, 2023

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See website for details: chrisdentrement.ca/mp-youth-leadership-award/



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- June 23rd The Hupman Brothers Band
- June 30th Joker's Right
- July 7th The Rhinestone Romeos
- July 14th The Melburns Band
- July 21st The Sundries
- July 28th The Hupman Brothers Band
- Saturday August 5th Ruth Manning & The Prospectors
- August 11th The Sundries
- August 18th The Slow Burn Blues Band
- August 25th Kim Doolittle & Band
- September 1st Joker's Right
- September 8th The Mark Riley Project
- September 15th The Rhinestone Romeos
- September 22nd The Miss Aurora Scott Quartet

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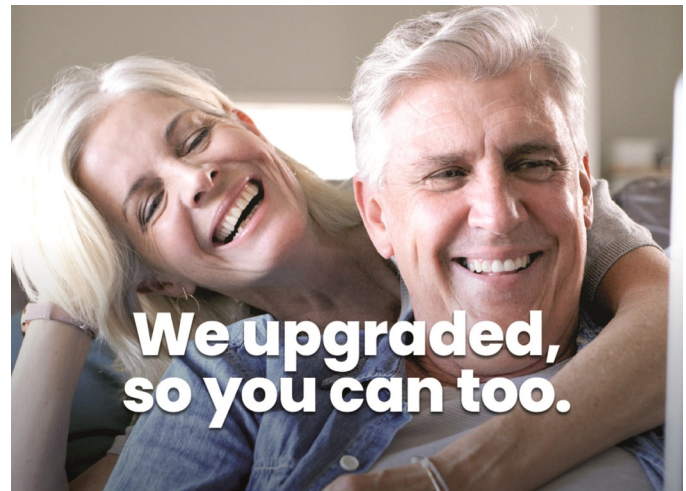


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