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NEW GLASGOW NOW

JUNE 2019

EIGHTH ANNUAL NEW GLASGOW ART AT NIGHT

The eighth annual *Art at Night* took place in downtown New Glasgow on Saturday, May 4. The event has grown substantially since it began in 2012, but "there is no doubt this was our biggest yet", said Art at Night organizer, Ian Grant. 250 individual artists participated this year, a 35% increase from 2018, with approximately 3000 attendees. This year's event also included four food trucks, the opening of the Roseland Theatre for artists to display their work and over 30 musical performances. Also new this year



Attendees at Art at Night visit the displays in the Roseland Theatre.



Over 30 musical performances were held at this year's event.

was the event's *venue passport*. Attendees could pick up a passport at the beginning of the evening and get a stamp at each venue they visited. Participants with completed passports were entered into a draw for a chance to win a prize package containing donations from local downtown businesses, valued upwards of \$500.

Congratulations to Ian Grant, Katie McFarlane and the Art at Night committee for another outstanding event!

PROTECTING YOURSELF FROM TICKS & LYME DISEASE

As the warm weather begins, many people spend more time outdoors, but protecting against Lyme disease and the tiny creatures that carry it might not be top of mind. Because awareness is key to preventing what can develop into a serious illness, here's what you need to know about ticks and Lyme disease before you head outside:

What is Lyme disease?

Lyme disease is an illness spread by the bite of a black-legged tick infected with a particular bacterium. According to Health Canada, it starts as a localized infection and if left untreated, the bacterium can travel through the bloodstream to other parts of the body causing a multitude of symptoms that can persist

for years.

While a distinctive bulls-eye rash around the area of the tick bite is often the hallmark of a Lyme infection, Lyme disease causes a number of symptoms including fatigue, fever or chills, headache, muscle and joint aches, swollen lymph nodes, numbness or tingling, and/or spasms or weakness.

How can I protect myself?

Apply insect repellent with DEET or icaridin; wear clothing that covers as much skin as possible and stay on trails when hiking, as opposed to venturing to a wooded or fielded area. Always remember to complete a full-body tick check when you leave the area. This includes hair and hairline, back of neck,

Tick Check Basics	Conseils relatifs aux tiques
<p>Check your body and clothing for ticks after spending time outside. Ticks like warm places on the body.</p>	<p>Vérifiez votre peau et vos vêtements après avoir passé du temps à l'extérieur. Les tiques aiment les endroits bien au chaud.</p>
<p>In hair and hairline Cheveux et contour de la chevelure</p> <p>Back of neck Nuque</p> <p>Elbows Coudes</p> <p>Back of knees Derrière les genoux</p>	<p>Behind ears Derrière les oreilles</p> <p>Armpits Aisselles</p> <p>Waist Taille</p> <p>Groin Aîne</p> <p>Between toes Entre les orteils</p>
<ul style="list-style-type: none"> • Don't forget to check your pets • A bath or shower within two hours of being outdoors makes it easier to spot ticks 	<ul style="list-style-type: none"> • N'oubliez pas de vérifier vos animaux de compagnie. • Il est plus facile de voir les tiques si vous prenez un bain ou une douche dans un délai de deux heures après avoir passé du temps à l'extérieur.
<p>For more information, including how to remove a tick safely, visit novascotia.ca/ticksafety</p> <p>NOVA SCOTIA NOUVELLE-ÉCOSSE</p>	<p>Pour obtenir plus d'information, y compris sur la façon d'enlever une tique de façon sécuritaire, consultez le novascotia.ca/ticksafety (en anglais seulement).</p>

elbows, back of knees, behind ears, under arms, waist, groin and between toes. Taking a bath or shower within two hours of being outdoors makes it easier to spot ticks. Don't forget to check your pets!

For more information, including how to safely remove a tick, visit www.novascotia.ca/ticksafety.



URBAN DEER INFORMATION SESSION

The Town of New Glasgow, in partnership with the Nova Scotia Department of Lands & Forestry, held an urban deer information session on May 27. A full house of New Glasgow residents gathered at Glasgow Square Theatre to hear valuable information and insights given by the Mayor of Truro, Bill Mills, West River Greenhouse, the Nova Scotia Health Authority and the Department of Lands & Forestry. The Town is planning to conduct a survey with our residents as we work to develop potential solutions to control the urban deer population in our community. New Glasgow implemented a Feeding of Wild Animals Bylaw in 2015 which prohibits the feeding of wild animals.

IN CASE YOU MISSED IT

NEW GLASGOW WELCOMES WARD I COUNCILLOR, JOCELYN DORRINGTON

The Town of New Glasgow welcomes and congratulates Jocelyn Dorrington, newly elected councillor for Ward I.

Jocelyn is the first woman of African Nova Scotian descent to be elected to a council seat in Pictou County's history. This seat is one she is familiar with, as Jocelyn's father, Francis Dorrington, had been a councillor for Ward I for over twenty years. "My



Town of New Glasgow's newly elected Ward I Councillor, Jocelyn Dorrington.



Jocelyn and her father, Francis Dorrington - former Ward I councillor.

dad instilled a love for politics in me", said Jocelyn. "Municipal politics is the most important to me because you are representing the people you live and work and play with", she said.

Jocelyn was sworn in during the New Glasgow Town Council meeting held on May 21, 2019. Congratulations, Jocelyn!

EASTLINK CELL TOWER UPDATE

New Glasgow Town Council has made a non-concurrence decision in regards to the recent Eastlink cell tower proposal location on Matheson Street. The concerns brought forward by the community to members of Council, both individually and collectively at the public meeting held in April, suggested that the tower proposal location was not in the best interest of the community at this time. Thank you to Eastlink's community consultation efforts and residents of New Glasgow for their inputs toward this decision by council.

MARATHON OF RESPECT AND EQUALITY

The *Marathon of Respect and Equality (MORE)* took place on May 8, 2019. Honorary Chairman, Henderson Paris, began this tradition and marked his journey toward a world of respect and equality 30 years ago. MORE, a continuation of the Run Against Racism, celebrates the uniqueness of each of us and encourages everyone to be confident of their own inherit worth and value. Congratulations to the 100 plus participants who took part in the run in various communities throughout Pictou County!



MORE Honorary Chairman, Henderson Paris, and participants get ready for a leg of the run.

UPCOMING EVENTS & ACTIVITIES

JUNE

- June 8-9: **Show & Shine Antique Car Show**, Scott W. Weeks Sports Complex
- June 8: **Relay for Life**, North Nova Education Centre
- June 8-15: **Pictou County Bike Week**, *see schedule of events on the next page*
- June 13: **Mini Pop-Up Market**, 4:00pm-8:00pm, New Glasgow Farmers Market
- June 15-16: **Johnny Miles Running Event Weekend**, downtown New Glasgow
- June 20: **International Tennis Day**, 4:30pm-6:30pm, West Side Tennis Courts
- June 21: **National Indigenous Peoples Day**, 4:00pm, Glasgow Square Gazebo
- June 21: **International Day of Yoga**, 11:00am, Goodman Rotary Park
- June 22: **Rhythms of Life Live Music Concert**, 7:00pm, Glasgow Square Theatre
- June 26: **Atlantic Arts & Appetites**, 4:00pm-8:00pm, New Glasgow Farmers Market
- June 27: **Canadian Multiculturalism Day Celebrations**, 11:30am-2:00pm, New Glasgow Farmers Market
- June 30: **Town of New Glasgow Pre-Canada Day Celebrations**, 7:00pm-10:00pm, Glasgow Square Theatre

JULY

- July 1-7: **Pride Week in Pictou County**
- July 17: **Atlantic Arts & Appetites**, 4:00pm-8:00pm, New Glasgow Farmers Market
- July 17-21: **Festival of the Tartans**, Scott W. Weeks Sports Complex
- July 26-27: **Race on the River Dragon Boat Festival**, East River/Glasgow Square Theatre
- July 28: **ABreastARiver 20th Anniversary Celebrations**, East River/Glasgow Square Theatre

AUGUST

- August 2-4: **New Glasgow Riverfront Music Jubilee**, Glasgow Square Theatre
- August 8: **Mayor's Tea & Garden Party**, 1:00pm-3:00pm, Carmichael-Stewart House Museum
- August 10: **New Glasgow Farmers Market Dinner by the River**, East River riverside
- August 21: **Atlantic Arts & Appetites**, 4:00pm-8:00pm, New Glasgow Farmers Market
- August 23-25: **Pictou County Ribfest**, Glasgow Square Theatre
- August 24: **Ride the River**, East River/Rotary Park

SEPTEMBER

- September 7: **Multicultural Association Fusion Festival**, 11:30am-4:00pm, Glasgow Square Theatre
- September 27-30: **New Glasgow Culture Days**, downtown New Glasgow



Pick up your *2019 Program & Event Guide* at Town Hall to check out what's happening this summer in New Glasgow!



NEW GLASGOW RECREATION

ParticipACTION COMMUNITY BETTER CHALLENGE

The participACTION *Community Better Challenge* kicked off on May 31. The challenge will run until June 16 and calls on all Canadians to get active and incorporate physical activity where they live, work and play.

New Glasgow has the chance to win the top prize of \$150,000 and the title of Canada's Most Active Community, but we need



your help! Track your individual physical activity minutes, as well as group (family, team, etc.) minutes

If you do not have access to a mobile device or computer and still want to participate, contact New Glasgow Recreation by calling 902-755-8363 or email recreation@newglasgow.ca.

via the participACTION app or on the website at community.participaction.com.

PICTOU COUNTY BIKE WEEK



Saturday, June 8th

Official Bike Week Opening at New Glasgow Farmers Market
216 Glasgow Street, New Glasgow
9:30 am – Official Bike Week Proclamation with New Glasgow Town Crier – Ian Stewart
Sponsor: Town of New Glasgow

Official Bike Week Opening Ride (34kms)

10:00 am start: New Glasgow Farmers' Market
Route: New Glasgow-Trenton-Pictou Landing-Trenton-New Glasgow with stop in Pictou Landing for refreshments
Parking: Glasgow Square
Lead riders: Pictou County Cycle
Sponsor: Pictou Landing First Nation

Sunday, June 9th

Michelin Junior Bike for Ages 5 to 11 at Pictou County Wellness Centre

2756 Westville Road, New Glasgow
1:00pm to 3:00pm
Registration is free plus participants receive a free bicycle helmet and a chance to win one of two gift cards for a new bicycle. www.michelinjuniorbike.ca
Sponsor: Michelin Pictou County

Sunday, June 9th

First Nations Flavours Family Ice Cream Ride
6:30 pm Start: First Nations Flavours
A relaxed ride through the community of Pictou Landing from Pictou Landing First Nation School to First Nations Flavours Ice Cream to enjoy a complimentary ice cream and then back
Lead riders: Cynthia Denny
Sponsor: First Nations Flavours

Wednesday, June 12th

Pictou County Cycle Weekly Road Ride (22kms/36kms/44kms/66kms)
2619 Westville Road, New Glasgow
5:30pm start: Pictou County Cycle
Pick your distance with four route options to accommodate the beginner to the advanced cyclist.
Participants have a chance to win one of two 2019 Bicycle Nova Scotia memberships.
Lead Riders: Pictou County Cycle
Sponsor: Pictou County Cycle

Friday, June 14th

Kinsmen Family Ice Cream Ride
6:30 pm Start: Kinsmen Lookoff
A relaxed 8km ride along the Samson Trail from corner of Churchill Drive and Terrace Street to Corina's Ice Cream on Bridge Avenue to enjoy a complimentary ice cream and then back
Parking adjacent to Kinsmen Lookoff on Terrace Street
Lead riders: Chris and Jack Higdon
Sponsor: Kinsmen Club of New Glasgow

Saturday, June 15th

Bike Week Street Festival on Caladh Avenue in Pictou
33 Caladh Avenue, Pictou
10:00am to 2:00pm
You are invited to come and join Ian MacLean who at 73 years old will be completing a bicycle ride in support of the restoration of Duart Castle.

10:00am – Ian will provide a presentation on the historic MacLean castle located in Scotland on the Island of Mull and his fundraising goal to assist with the ongoing restoration.

11:00am – 5km Tartan Ramble bicycle ride out the Jitney Trail and a celebration of Scottish culture with all participants encouraged to wear their best tartan. All participants will have a chance to win a prize for their tartan costume.

1:30pm – Ian MacLean will depart Pictou as he continues on the next leg of his journey.

10:00am to 2:00pm – There will be a bicycle tire/tube collection booth where old tires can be dropped off to be recycled.

Monday, June 10th to Friday, June 14th

FREE Cycle Fit Classes to Non-Members at the YMCA of Pictou County
2756 Westville Road, New Glasgow
Check online schedule of classes at www.pcvymca.ca or call the YMCA at (902) 752-0202
Please note that participants must be 16 years of age or older and present a government photo ID.
Sponsor: YMCA of Pictou County

Saturday, June 8th to Saturday, June 15th

"Get Out and Bike" Bike Week Contest
FREE!
Each time you bike to work, school or simply go for a ride you increase your points and your chance of winning the grand prize.
For details on how to enter call Pictou County Cycle at (902) 928-0331 or drop by the shop at 2619 Westville Road, New Glasgow
Sponsor: Pictou County Cycle

INTERNATIONAL TENNIS DAY

Celebrate *International Tennis Day* on June 20 with a few matches and a BBQ social at the New Glasgow West Side Tennis Courts. From 4:30pm-6:30pm, stop by to try the sport for the first time, socialize with other tennis enthusiasts and play a few matches. This is a free, all-ages event, open to members and non-members. Registration is not required.

INTERNATIONAL DAY OF YOGA

In 2014, the United Nations proclaimed June 21 as the *International Day of Yoga* to celebrate the benefits of practicing this ancient activity. Join Rachael MacLean on June 21 at 11:00am at Goodman Rotary Park for a gentle and relaxing outdoor chair yoga practice for all ages. There is no cost to participate. To register, email recreation@newglasgow.ca or call 902-755-8363.

SPOTLIGHT ON LOCAL BUSINESS

ANGELA'S HOME DECOR

Angela's Home Decor opened in downtown New Glasgow in March of 2016. Store owner, Angela, moved from Wolfville to New Glasgow in 2013 to pursue her former occupation. She decided on a career change and wanted to open her own retail store in downtown New Glasgow. The store offers a variety of home decor and accessories, as well as the top selling FAT paint, used for DIY paint projects such as furniture and kitchen cupboards. They also offer weekly paint workshops, and have a customer loyalty program - Customer Appreciation Points. Angela's Home Decor also has an online store at www.angelashomedecor.com, YouTube channel, Pinterest page and Facebook & Instagram pages. Make sure to check them out!



Some of the beautiful decor available at Angela's Home Decor.

MICHAELS

Michaels is a popular North American craft and DIY store, and opened locally at the Highland Square Mall four years ago. Offering a wide variety of arts & crafts supplies, home decor, floral selections, children's activity kits and a custom frame shop, this is the spot where many of our New Glasgow Farmer's Market artisans get their supplies! The store also offers the *Michaels Community Classroom*: a place where the public can share and teach their creative skills to other makers in the community. There are also plenty of children's activities held in the classroom, including a summer *Camp Creativity*. The camp is held Mondays, Wednesdays and Fridays from July 1-August 16, 2019. Fun fact: Michaels is a pet friendly location!



Michaels Camp Creativity is a seven week summer camp of screen-free fun for kids 3 & up.

WHITE LOTUS

The White Lotus is a unique shop in downtown New Glasgow with a focus on wellness for the mind, body and spirit. The store sells a wide variety of health and wellness products such as vitamins, herbals, tinctures, all-natural skin care, essential oils and jewelry. Spiritual health is a big part of The White Lotus - they also sell stones and crystals (one of their biggest sellers) and offer customer readings. Owner Cindy Hemphill opened the store 16 years ago and since then it has grown into a popular, busy location with very knowledgeable, helpful and friendly staff. It offers special, customized attention and leaves you with a sense of relaxation and peace.



The White Lotus store front on Provost Street, downtown New Glasgow.