



MAYOR'S COLUMN

Well, its time for the summer newsletter!

The bridge is coming along well and on schedule.

The Aulds cove intersection has been pushed back due to issues with CB Rail. I'm being told this should be completed by October.

The Town of Mulgrave would like to wish Heather all the best at her new job, you will do well and will be missed.

We are very excited to be having Scotia Days Festivities this year! We are hoping to see lots of volunteers out, as this is the 40th Anniversary.

Keep a watch out for ticks when walking, mowing or any activity in grassy or wooded areas. They are very active this year!

Hope everyone has a great & safe summer!



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NOTES FROM THE TOWN OFFICE

- Please note that Council minutes are online at www.townofmulgrave.ca
- Please note that there will be no Council Meetings for the month of July & August
- Starting June 1, 2022 garbage (clear bags), recyclables (blue bags) & green carts will be collected each week.
- Bulk waste will continue to be picked up on the last Thursday of the month.

ST. ANDREW'S ANGLICAN CHURCH



St. Andrew's Anglican church in Mulgrave is collecting recyclables as one of our fundraising projects throughout the year.

If you would like to donate your recyclables please drop them off at Walter Crant's home located at 601 Main Street in Mulgrave. If you would like someone to pickup your recyclables from your home please call 902-747-2893 and let us know.

St Andrew's Anglican church wishes to thank the community for their continued support throughout the year!

MULGRAVE VOLUNTEER FIRE DEPARTMENT

Our Chase the Ace jackpot continues to grow each week & we welcome you to come try your luck at winning over \$9500 on Saturday nights from 7pm to 9pm with tickets drawn at 9:15pm. We want to thank the community for supporting us with this fundraiser & we are excited to announce that because of your contributions we will be welcoming a new Argo rescue vehicle to the MVFD. This will help with our emergency calls & those of surrounding communities. We couldn't have done it without you!

Also, don't forget to keep trying your luck at the online Fire Fighter's 50/50 every Thursday! Prizes each week are in the six digit range & every ticket bought in support of the MVFD contributes to our operations.

As we move into the summer months, be sure to check before you burn. Make sure you're checking the novascotia.ca/burnsafe website before bonfires, brushfires or anything in between to keep the community safe.

Finally, we'd like to remind everyone that we're always looking for new recruits. If you've got a passion for community spirit, team work & helping in emergencies, we'd love for you to join us! Don't hesitate to reach out to our Facebook page or to one of the members to get an application today.

GUYSBOROUGH COUNTY CBDC

Are you interested in starting your own business?

THE CBDC Guysborough County can help...

- Need financing for your business? Loans available to any legally operated business in Guysborough County. Some sectors include, fishing, trucking, retail, manufacturing, service, accommodations, food service, etc.
- Business loans up to a **maximum of \$600,000** with flexible interest rates starting at prime plus 2% with flexible re-payment schedules.
- Loans available for business start-up, expansion, renovations, line of credit, etc.
- Quick approval Micro Loans available up to **\$10,000**.
- Business start-up information and counseling available.

Self-Employment Benefits Program -. (SEB) - Qualifying participants can receive benefits and training opportunities during business startup.



Guysborough County Community Business Development Corporation Limited

PO Box 199, 46 Main Street, Guysborough County, NS B0H 1N0

Guysborough Office: phone: (902)533-2770 fax: (902) 533-2016

Email: wanda.macdonald@cbdc.ca

ROYAL CANADIAN LEGION; BRANCH 37

Hours of Operation

The Legion bar is normally open on Friday and Saturday evenings from 8:30 pm until 1:00 am; however, at the time of this writing, the bar is only opened upon request due to lack of attendance because of Covid-19. So if you have a group that would like to come some evening and enjoy a sociable drink and play Pool or Shuffle Board, please call our bar manager at 902-227-5246 to make arrangements or check if we have changed back to our normal hours.

Meetings

The regular monthly meetings are held on the second Tuesday of every month at 7:00 pm. All members are urged to attend and voice their ideas and opinions and vote on the motions that are brought to the floor. Our Legion branch membership fee is currently only \$37 per year and we would like to invite anybody that is interested to become a member. The only requirement is that you have to be 18 years of age or older and be a Canadian citizen or a citizen of an Allied nation.

ROYAL CANADIAN LEGION; BRANCH 37 CON'T

Hall Rental

Our air conditioned Hall is also available to rent for meetings or private parties or any other occasion. The daily rate for non-members is \$100/day and for members it is \$50/day. Optionally the Legion charges an extra \$50 for cleaning and reconfiguration; otherwise, the hall must be left as it was before the rental. It's a great place for birthday parties or any special event of moderate size. The hall has a small kitchen with appliances and has a maximum table seating capacity of 96. Bar services can be provided by special request for an extra fee.

Regular Legion Events

45 Card Play – Wednesday, 7:30 pm

Our 45 Card Play is every Wednesday at 7:30pm and the doors open at 6:45pm. There are 1st, 2nd and 3rd place prizes based on a percentage of the total card fee. There are also up to four Toonie Jars per week as well as a special Bonus Pot. All of the above are included in the \$7 entry fee. In addition you can optionally enter in the Chase-the-King and/or the Winner-Take-Half draws. Get the current weekly Pot values by visiting our Face Book page at www.facebook.com/MulgraveLegion or by visiting us on Twitter at www.twitter.com/MulgraveLegion. Seating is limited to a maximum of 48 teams on a first-come-first serve basis.

Mini-Cribbage Card Play – Sunday, 1 pm

Our Mini-Cribbage is every Sunday at 1:00pm and the doors open at 12:30pm. There are 1st, 2nd and 3rd place prizes based on a percentage of the total card fee. There are also up to four Toonie Jars per week as well as a special Bonus Pot and a money prize for a perfect hand. All of the above are included in the \$7 entry fee. In addition you can optionally enter in the Chase-the-Queen and/or the Winner-Take-Half draws. There is a short half-time break with complimentary tea, coffee and sweets. Seating is limited to a maximum of 48 teams on a first-come-first serve basis. Get the current weekly pot values by visiting our Face Book page at www.facebook.com/MulgraveLegion or by visiting us on Twitter at www.twitter.com/MulgraveLegion.

Special Legion Events

Scotia Days BBQ – Saturday July 9th, 4:30pm-6:30pm

Legion Hall (all ages) – Come and enjoy a grilled 5oz Prime Rib Hamburger, a Sausage-dog or a Hotdog along with a cold beer or pop in the comfort of our air conditioned hall. The usual condiments go along with the BBQ'ed items as well as complimentary tea, coffee. All other items are purchased individually.

Scotia Days Mini-Cribbage Card Play – Sunday July 10th, 1:00pm

Legion Hall (ages 19+) – Get a partner and come to our regular Sunday afternoon Mini-Cribbage Card Play. There are 1st, 2nd and 3rd place prizes and up to four Toonie Jars as well as a Bonus Pot and a money prize for a perfect hand. All of the above are included in the \$7 entry fee. In addition you can optionally enter in the Chase-the-Queen and/or the Winner-Take-Half draws. There is a short half-time break with complimentary tea, coffee and sweets. Seating is limited to a maximum of 48 teams on a first-come-first serve basis. Visit www.facebook.com/MulgraveLegion for the latest values of our Jar Prizes.

ROYAL CANADIAN LEGION; BRANCH 37 CON'T

Scotia Days Scat Card Play – Sunday July 10th, 7:30pm

Legion Hall (ages 19+) – Get a partner and come to our Special Scat Card Play. There are 1st, 2nd and 3rd place money prizes and a special Crazy Pot. All of the above are included in the \$7 entry fee. In addition you can optionally enter in the Winner-Take-Half draw and/or a Chase-the-Jack draw.

Scotia Days Blind 45 Card Play – Monday July 11th, 7:30pm

Legion Hall (ages 19+) – Get a partner and come to our Special Blind 45 Card Play. There are 1st, 2nd and 3rd place money prizes and a special Crazy Pot. All of the above are included in the \$7 entry fee. In addition you can optionally enter in the Winner-Take-Half draw and/or a Chase-the-Jack draw.

Scotia Days 45 Card Play – Wednesday July 13th, 7:30pm

Legion Hall (ages 19+) – Get a partner and come to our regular 45 Card Play. There are 1st, 2nd and 3rd place prizes and up to four Toonie Jars as well as a Bonus Pot. All of the above are included in the \$7 entry fee. In addition you can optionally enter in the Chase-the-King and/or the Winner-Take-Half draws. Visit www.facebook.com/MulgraveLegion for the latest values of our Jar Prizes. Get the current weekly Pot values by visiting our Face Book page at www.facebook.com/MulgraveLegion or by visiting us on Twitter at www.twitter.com/MulgraveLegion. Seating is limited to a maximum of 48 teams on a first-come-first serve basis.

Scotia Days Blind Mini-Cribbage Card Play – Thursday July 14th, 7:00pm

Legion Game Room & Bar (ages 19+) – Get a partner and come to our Special Blind Mini-Cribbage Card Play. There are 1st, 2nd and 3rd place money prizes and a special Crazy Pot. All of the above are included in the \$7 entry fee. In addition you can optionally enter in the Winner-Take-Half draw and/or a Chase-the-Jack draw. You don't even have to know how to play cribbage because your partner or even an opponent can help you count your hand. A few rules will be explained before the card play starts.

Scotia Days Memorial Pool Tournament – Friday July 15th, 7:00pm

Legion Game Room & Bar (ages 19+) – Get a partner and come to our 6th annual memorial pool tournament in honor of our late life-time member Ambrose DeCoste. The winning team will get their names engraved on the memorial plaque. The tournament fee is \$10 per person (tables included). 70% of the registration money will be given out as prizes. There will also be a 50/50 draw.

Scotia Days Mini-Cribbage Card Play – Sunday July 17th, 1:00pm

Legion Hall (ages 19+) – Get a partner and come to our regular Mini-Cribbage Card Play. There are 1st, 2nd and 3rd place prizes and also up to four Toonie Jars as well as a special Bonus Pot and a money prize for a perfect hand. All of the above are included in the \$7 entry fee. In addition you can optionally enter in the Chase-the-Queen and/or the Winner-Take-Half draws. Get the current weekly Pot values by visiting our Face Book page at www.facebook.com/MulgraveLegion or by visiting us on Twitter at www.twitter.com/MulgraveLegion. Seating is limited to a maximum of 48 teams on a first-come-first serve basis.

AUTISM NOVA SCOTIA; STRAIT AREA CHAPTER

Family Events:

- ◆ June 11th, 2022, 1pm—3pm: Come to the Guysborough Figure 8 for roller blades and scooters, as well as their inside gym
- ◆ June 18th, 2022, 1:30pm—2:30pm: Family Swim
- ◆ June 25th, 2022, 11:30am: Autism NS will be visiting Six Littler Farms, Mabou

“Try-It” Soccer Baseball will be held in Port Hawkesbury in June. There will be 4 sessions for \$20 each.

- ◆ Dates and Registration information will be posted on our Facebook page once a schedule is produced.

We have partnered with Mulgrave Recreation & Port Hawkesbury Recreation for Summer Camps in July & August. This partnership allows individuals on the spectrum to join in the day camps and have staff support.

We are also supporting autistic individuals to join in the fun at Whitty’s Sports Camp in July at Tamarac Education Centre

Challenger Baseball is coming to Port Hawkesbury this Summer. Details can be found on our Facebook Page or on Strait Area Sting Challenger Baseball Facebook Page.

We have 2 exciting events planned for August 1st!

- ◆ August 19-21, 2022: We have booked Camp Rankin in Roberta for the weekend take families camping
- ◆ August 27th, 2022: Tubing on the Margaree River through Live Life in Tents.

Registration is not open for these events at this time, but will be posted on our Facebook Page closer to the program dates.

Registration is now open for our Walk YOUR Way for Autism event. The walk will be held in-person this year at the Port Hawkesbury Playground / Recreation Grounds on Saturday, Sept 25th from 11am—3pm.

To Register, please visit www.walkyourwayforautism.ca



MULGRAVE & AREA WELLNESS HUB

Thank –You

Thank you to the Hon. Greg Morrow, MLA for hosting a pop up office on May 16, 2022, at the Mulgrave and Area Wellness Hub.

A Roof Over Your Head

We would like to welcome April Christie, Housing Support Worker with “A Roof Over Your Head”. A Roof Over Your Head Society is a non-profit organization aiming to address the lack of affordable & safe housing for those who find themselves homeless, precariously housed or at risk of homelessness due to various contributing factors such as poverty, mental illness, and addiction. April will be at the Mulgrave and Area Wellness Hub every second Friday starting Friday, May 20 from 1-4pm. Please feel free to drop by and chat with April during this time or call 902.870.9919 to make an appointment.



Strongest Families Institute (SFI)

SFI is an award-winning charity grounded in twenty years of social science research. Evidence-based, bilingual mental health services are available for children/youth, adults, and their families, when and where they need them. Anyone inside of Nova Scotia is able to get referred for the program by calling the Provincial intake number, 1-855-922-1122 or by calling the IWK numbers which are (902) 464-4110 or toll-free 1-855-635-4110. <https://strongestfamilies.com/>

Foot Care Clinics

Foot care clinics are being offered by Dee White, LPN at the Mulgrave and Area Wellness Hub (\$25/client appointment). Please contact Dee for more information and to make an appointment at 902.631.3569.

Food Pantry

The Food Pantry is located at the Mulgrave and Area Wellness Hub building at 403 Murray Street. The Food Pantry is always open, it is anonymous, and stocked by volunteers with a variety of food, sundries, and used books. A friendly reminder that we can not accept expired or soon to be expired food items, so please check the date before you donate! While donations are greatly appreciated, we do not accept used household items, used clothing, medications or alcohol-related items. Please contact mulgravefoodpantry@outlook.com for more information. If you would like to make a donation, popular items include: powdered milk, canned milk, Chunky soups, Alphaghetti, bread, canned meats, canned fish, cereal, and personal hygiene products. The Food Pantry is an initiative of the Mulgrave and Area Wellness Hub with funding from the Province of NS and the Community Health Board. Food security is a concern for everyone and affects the overall health of our communities;

1 in 5 Nova Scotians face food insecurity

NS has one of the highest rates of food insecurity in the country

1 in 3 children in Guysborough County face food insecurity

Did you know ? We are on Facebook @mulgraveandareamedicalcentre, please like our page to stay up to date with what's happening!

MUSEUM NEWS

ALL ABOARD!

As the 2022 tourism season is set to begin we are looking to hire two summer students to act as museum guides for the summer months. The positions have been advertised, the closing date for applications is June 8th.

Are you a history buff? Are you friendly and outgoing? Are you proud of your community and its heritage? Interested candidates can email George Freer at georgefreer@ns.sympatico.ca.

WELCOME

Effective June 1st the museum will have a new tenant occupying the lower level offices. We would like to welcome DSM Nutritional Products to 54 Loggie St. and hope they enjoy their new facilities and the view!

SHIPSHAPE!

The museum building recently received new siding and decking courtesy of a government grant.

CELEBRATING MULGRAVE

In 2023 Mulgrave will celebrate its 100th Anniversary.

Helen Michel, who moved from Ontario to Mulgrave in November 2020 has offered to design a centennial calendar celebrating the history of Mulgrave. Helen worked as a graphic designer and production manager for WHA Publications in Fergus Ontario for 13+ years creating award winning ads and publications. Ad design will be provided complimentary to all advertisers. This will be a fundraising initiative for the museum.

The calendar will be available later this year and funds from calendar sales and advertising revenue will help the museum with refreshing exhibits and hosting events for the 2023 season.

We are also looking for good quality images of past Mayors to include in this project.

If you are interested in advertising in the calendar or have photos of mayors to share please contact Helen by email: moonstonephotography@hotmail.com. Space is limited, reserve your space soon - first come, first served.



**OPENING
JUNE 28TH
9AM-5PM DAILY**



54 LOGGIE ST., MULGRAVE



MHC

THE FRONT PORCH

Great news!!

The ice cream barn is moving down to The Front Porch to serve ice cream and milkshakes. We will be opening early June.

Stay tuned for our extended hours - We will be posting these at the end of June!

Watch for special events to be announced. Come see what we have to offer.



RECREATION EQUIPMENT

BIKE LOAN PROGRAM

Mulgrave Rec Dept. has purchased adult bikes to add to our equipment loan program this spring!
Contact Heather @ (902) 302-0736 to borrow a bike!

Benefits of Biking

- Helmets are also available upon request
- Get out and use the trails in more ways!
- Public Health is advising everyone to stay in our own community & to stay physically active, this is one more way to stay safe & active in Mulgrave!
- Relieves Stress
- Boosts Metabolism
- Burns Calories not Fuel
- Strengthens Immune System
- Helps Lose Fat/ Gain Muscle

STAY SAFE

Equipment Loan Program!!

Mulgrave Recreation Dept. is providing you with a variety of equipment available for free!

| | |
|------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|
| Washer Boxes  | Football  |
| Pickleball  | Soccer  |
| Basketball  | Bocce Ball  |
| Tennis  | |

PADDLE BOARD RENTALS

Mulgrave Rec Dept will have 2 stand up paddle boards available for rent this summer!
Our paddle boards are inflatable, inflation is the renters responsibility!



Rentals will include 1 paddle board & pump & a PFD...
3 hr rental- \$20
Full day rental- \$40

Stand up paddle boarding is a great activity that engages all of your core muscles and looks really cool! It really is easier than it looks and you have to rent a paddle board to find out!

Explore the oceans near Mulgrave by paddle board! Glide along the calm flat waters of our sheltered bays and inlets or even try your favourite yoga poses while floating!

MARKET BY THE SEA

It's that time of year again, when there is more daylight each day, the weather gets warmer, AND you mark your calendar with the dates for the exciting Market by the Sea line up! The Market is celebrating its 5-year anniversary, and there is no way we could have come this far without your continued support. Our goal all along has been to provide opportunity for local artisans, fresh food vendors and those alike to sell their products while giving Mulgrave residents a way to shop local, right here at home. Pair that with top notch entertainment and delicious food a hop, skip and a jump away – our dreams have become a reality!

As in years previous, you can find the Market by the Sea in McNair's Cove Park every second Thursday throughout the summer. The live concerts will run from 6-7:30 p.m. to give you plenty of time to grab a bite, do some shopping and enjoy the music! Now, on to the dates for the 2022 edition of Market by the Sea! Drum roll please.....

July 14: Barn Bhreagh which includes Morgan Toney, Keith Mullins, Isabella Samson, and Jesse Cox

July 28: Michael Young and Jim Ralph from Troy and Port Hawkesbury respectively

August 11: Jordan Musycsyn out of the Cape Breton Regional Municipality

August 25: Shiretown from Guysborough which includes Jessica and Greg Favaro, and more!

If you aren't already following our Facebook page, please do! That's where you will find all the updates as we get closer to the events, including a full list of market vendors joining us this season.

We would like to thank everyone who has supported Market fundraisers over the last several months, from our online Auction which raised over \$1000, our Gift Card Survivor draws which brought in over \$500, and the wonderful show of Mamma Mia! that took in over \$2,800! Funds that have been raised (along with a grant we are hopeful to receive) will go towards a facelift of McNair's Cove Park to be better suited for vendors and families. It will include permanent structures (pergolas) surrounding the park among other things – and we can't wait to share as more information becomes available!

Lastly, the Market is a non-profit organization that is fully run by volunteers, and to keep this going year after year, we heavily rely on sponsorship to pay for expenses (namely entertainment). If your organization would like to contribute to the Market as a sponsor, we would be delighted to hear from you – please reach out to mulgravemarketbythesea@gmail.com or you can text/call Krista at (902) 951-1011.

Volunteers: We are ALWAYS looking for volunteers – if being a part of an initiative that brings a positive energy to the Town of Mulgrave describes you, we would love to hear from you!

Your continued support is valued,

Heather Brennan, Krista Luddington & Leanne Ehler

Visit our newly launched website here: <https://market-by-the-sea.weebly.com> and check back frequently as it gets updated!

CANADA DAY



Our Canada Day celebrations will be taking place from 1:00-3:00pm on July 1st at McNair's Cove park.

Join us to enjoy free bouncers, games, music, and cake! We will have an open mic on the band shell, so bring your signing voice and/or instruments to take the stage.

Watch for additional information on Canada Day in the next couple of weeks!

This event is sponsored by Canadian Heritage and the Town of Mulgrave.



We hope you enjoy a great Canada Day with Family. Stay safe and healthy.



OCEAN VIEW FITNESS CENTRE

The fitness centre has been open since October and is doing great!

Check out our affordable rates and very convenient hours of operation. We are now waiting for our new leg press to arrive and then we will be fully equipped with top of the line gear.

To register to become a member please contact the Recreation Department or drop in to the Mulgrave Town Office during regular business hours.



MEMBERSHIPS

Single Membership (15 or older)

\$350 per year (2 months free)
\$175 for 6 months (1 month free)
\$88 for 3 months
\$35 per month

Student/Senior Membership (over 55 seniors & students must attend school)

\$300 per year (2 months free)
\$150 for 6 months (1 month free)
\$75 for 3 months
\$30 per month

Family Membership (youth between 15-18 yrs)

\$900 per year (2 months free)
\$450 for 6 months (1 month free)
\$250 for 3 months
\$90 per month

****PLUS a refundable \$20 deposit for an access card****



HOURS OF OPERATION

| | |
|-----------|---------------|
| MONDAY | 5:30AM-8:30PM |
| TUESDAY | 5:30AM-8:30PM |
| WEDNESDAY | 5:30AM-8:30PM |
| THURSDAY | 5:30AM-8:30PM |
| FRIDAY | 5:30AM-6:30PM |
| SATURDAY | 8:30AM-6:30PM |
| SUNDAY | 8:30AM-6:30PM |

MULGRAVE AND AREA REVITALIZATION ASSOCIATION (MARA)

The Mulgrave and Area Revitalization Association (MARA) is made up of a group of passionate residents of Mulgrave whose objectives are :

- ⇒ To inspire residents and neighbours, and businesses to become active participants in the work of the association
- ⇒ To repurpose the former Mulgrave Memorial Education Centre as a self-sustainable community hub by 2024.
- ⇒ To continuously work to identify opportunities to enhance the community.

MARA committee members have had another busy season. We have just completed another successful partnership with the Town of Mulgrave administering the Good Food Access Fund by delivering grocery store gift card to residents who qualified for the program. MARA was also able to contribute to the needed repairs to the gymnasium bathrooms at the MMC as well as put on a successful welcome to Mulgrave event for newcomers who have recently moved to our area. MARA is also happy to report that we have been able to make donations to the Food Pantry as well as Market By the Sea earlier this year.

We are currently working on a bursary program for graduation high school students from Mulgrave and are currently in discussions about bringing back the Biz Kids program for another summer. Our toonie Tuesday draws continue to be a strong fundraiser for us, we would like to thank everyone who has supported this initiative, without your support we wouldn't be able accomplish all that we have been able to do over the last few years, the Mara committee thanks you all for your support.

We assisted the Town in applying for funding that would bring some beautification to our Main Street as well as we are working with a group from the Mulgrave Marina to help revitalize the area and make it safe.

MARA would also like to congratulate one of our members, Heather Brennan who was recently awarded the Heart of the Community award at the Strait Area Chamber of Commerce awards night on May 25th. Heather has been a driving force of MARA since its founding and we are very lucky to have her on our committee, from all of us at MARA, congratulations on your award Heather, very well deserved indeed!

The MARA committee will meet once more in June before we break for the summer. We would like to wish all residents of Mulgrave a safe and enjoyable summer and we look forward to planning and working on new and exciting projects when we reconvene in September. We are always looking for new members to join our committee. If you are interested please contact us by email at maracommittee2018@gmail.com.

Chair, Brian Keeping

SCOTIA DAYS

The Scotia Days Committee are busy working on a spectacular week long event this summer! The dates for Scotia Days are July 8-17th and our theme is ***Scotia Days Rewind...*** a look back at the last 40 years. We will be celebrating the 40th Anniversary this year holding lots of great events such as a Pub night featuring Eddie Cummings, lots of great events for the kids and families, a trivia night called Rewind Battle, a dance at the MMC, and the BIGGEST fireworks display that we have ever had.

Volunteers are needed so if you can lend a hand please reach out to us!



NEW HORIZONS SENIOR GROUP

The Town of Mulgrave has received more funding from the New Horizons for Seniors program to help deliver new programming to the seniors in our area. We plan to launch this new initiative this summer, by offering some free technology classes to help seniors better connect with their friends and family using the internet, art classes delivered by local artists, and a drop-in space for seniors to socialize or use a computer. We've already started some light renovations to a room here in the MMC and purchased some new equipment like laptops and iPads. Of course, our regular Wednesday drop-in program will still continue on.

Keep an eye on our Facebook page for more information in the coming weeks!

Funded by the
Government of Canada's
New Horizons for Seniors Program

Canada

GROWING HEALTHY FOODS, MINDS, AND COMMUNITY PROJECT

The Town of Mulgrave has also received funding from the Department of Communities, Culture, Tourism, and Heritage to launch a project called "Growing Healthy Foods, Minds, and Community."

One part of this project will be called the Healthy Beginnings Café, which will be a support group for new parents in partnership with The Front Porch. This will be a place for new parents and their children to socialize, make new connections, and receive information from experts on topics like nutrition, post-partum wellness, car seat safety, and more.

Another part of this project is called Eating Well As We Age, which will be a weekly food box delivered to seniors with recipes and ingredients to make a healthy lunch.

This funding is also allowing us to continue to grow and develop the community garden located outside of the Mulgrave Memorial Centre.

Keep an eye on our Facebook page for more information about these programs, which we hope to get started in the next few months!

SOCCER



We're very excited to be partnering with Tim Horton's again this year for our soccer program. Timbits Soccer will run one night a week for four weeks in July and August. It will be open for kids age 3-12 and the fee will be \$20 per child (after two children in the same family, the fee will be \$10 per child). More information will be coming soon!

We will also be looking for volunteers to coach these sessions, so if you're interested please contact Heather at (902) 302-0736, recreation@townofmulgrave.ca, or by Facebook message.

MULGRAVE MAYOR'S CHALLENGE

During the month of June, Mulgrave will be hosting a Mayor's Challenge in partnership with the ParticipACTION Community Better Challenge. Join in to win lots of great prizes, get active, and enjoy what our wonderful community has to offer!

HOW DOES IT WORK?

- Track your minutes of physical activity weekly and send them to us (at recreation@townofmulgrave.ca or by FB message) **OR** record them yourself using the free ParticipACTION app.
- Keep an eye on our Facebook page for weekly challenges that you can participate in.

WHO CAN ENTER?

- Residents of Mulgrave.
- Members of the Ocean View Fitness Centre.
- There are three age groups: 12-17, 18-50, & 50+

HOW DO I WIN?

- EVERYONE who sends us their tracked activity minutes will be entered to win one of the grand prize packs at the end of the month.
- You can enter weekly prize draws by participating in weekly challenges.
- Post a selfie to Facebook using the hashtag [#mulgravemayorschallenge](https://www.facebook.com/mulgravemayorschallenge) for bonus entries into the draws!

WHAT CAN I WIN?

- Weekly draws of Yetis, gym passes, exercise equipment, outdoor games, and more.
- Grand prize packs for each age group totaling \$150-\$200 in value each.

DAY CAMPS



We are excited to be partnering with Autism NS again this year for our 2022 summer day camps!

The camps are for ages 5-13 years, campers must have completed at least pre-primary for admittance. Cost for each camp is \$50/week. Each camp will run from Monday – Thursday from 9am-4:30pm (with exception to the first week of August running from Tuesday- Friday).

We ask all campers to pack a lunch and lots of snacks. Please pack your own water bottle, sneakers, sunscreen, a towel, and swim wear (for pool). Dress appropriately for the weather and be prepared for all types of activities. It may be beneficial to pack an extra change of clothes as we will be playing water games and doing various crafts where things could get messy.

Please register by phoning the town office at (902)747-2243 or email recreation@townofmulgrave.ca

At our Day Camps, campers will get to use the Mulgrave Community Pool daily.

Week 1: Shipwrecked - July 4th-7th

Shipwrecked in Mulgrave! Celebrate the start of summer and the start of day camps. We will create maps to the beach, collect treasures and learn how to survive while shipwrecked! On the last day we will have a rescue party with a bonfire & s'mores, scavenging for food and even go fishing!

July 8th-17th Scotia Days – no day camp but lots of events for the whole family

Week 2: Outdoor Explorers - July 18th- 22nd

This week you will explore what nature has to offer around Mulgrave, going for daily walks to local parks, beaches, and trails. We will go searching for long lost pirates in Pirate Harbour and beach combing to find some treasures! You won't want to miss a day this week as it will be packed with fun!

Week 3: Secret Spy School - July 25th-28th

This week you will transform into a super-secret spy to unlock all of day camps secrets. Throughout the week you will compete in obstacle courses and minute to win it style challenges to put your spy skills to the test! You will also enjoy lots of outdoor fun in the sun with water games and walks to the beach. This week is going to be jam packed with lots of fun, we'll see you there!

Week 4: Water World - August 2nd- 5th

Don't forget your trunks & bikinis because this week we will splash into a week full of water games, swimming and going to the beach! We will spend our days floating on the paddleboards, slip & slides, and spending lots of time at the Mulgrave Community Pool, we will even cool down with some homemade popsicles and ice cream!

Week 5: Drama O' Rama - August 8th-11th

Calling all drama kings and queens this week! Register to test out your acting skills for a week packed with talent shows and plays made by all campers! We will be doing lots of crafts and water games to cool down in the pool. Hope to see you there!

Week 6: Lego Camp - August 15th-18th

Put your creativity to the test this week for some Lego fun! We will turn into Lego men and Lego women and build Lego cities for the week. We will also be walking through the trails and to the tennis courts through the week, hope to see you there!

Week 7: Blast from the Past! - August 22nd - 25th

Let's say farewell to summer this week with celebrating all we have done at day camp this summer! We will relive some of your favorite day camp memories from each week, this week will be packed with swimming, beach combing, exploring, arts, crafts & plenty of games! Hope to see all you campers for our last week of laughs until next year!

Space is very limited so register early. If full your name will be placed on a waiting list and you will be contacted if space becomes available.

MULGRAVE COMMUNITY POOL

The Mulgrave Community Pool will be open the week of July 4th!! Date to be determined.

RENTALS

Hold your child's birthday celebration at the Mulgrave Community Pool. This birthday party would include a ninety-minute swim, two lifeguards, use of aquatic toys, & use of BBQ. The cost is \$100 for 1.5hr rental. Available before or after regular swim times. Times go fast so book early!!

Special Swimmer Policy and 48" Rule - The pool has a very deep shallow end. The **48" Rule** states that all children under 48" tall must be accompanied by a responsible guardian unless they are a special swimmer. The **Special Swimmer Policy** was designed to allow children who are less than 48" to enter the pool alone. To become a Special Swimmer one must: Swim one lap continuously, tread water for 90 seconds, know the pool rules.

| Day | 12:00pm-1:00pm | 1:15 - 2:30pm | 2:45 - 4:00pm | 4:15-5:15pm |
|-----------|----------------|---------------|---------------|-------------|
| Monday | Adult Swim | Public Swim | Public Swim | Public Swim |
| Tuesday | Adult Swim | Public Swim | Public Swim | Public Swim |
| Wednesday | Adult Swim | Public Swim | Public Swim | Public Swim |
| Thursday | Adult Swim | Public Swim | Public Swim | Public Swim |
| Friday | Adult Swim | Public Swim | Public Swim | Public Swim |
| Saturday | Adult Swim | Public Swim | Public Swim | Public Swim |
| Sunday | Adult Swim | Public Swim | Public Swim | Public Swim |

Fees:

Individual Swim \$4.00
Seniors \$3.00
Family Swim \$9.00
Children 2 and under, admission is free.

July 3-9 & Aug 7-13 - FREE Swims

THANKS to the Province of NS

through the

Active Communities Fund!



July 10- Aug 6 - FREE Swims

THANKS to DSM!!



RED CROSS Swim Lessons

| Session | Deadline to Register | Fee (\$5 late fee if registered after deadline) |
|-----------------------|----------------------|--------------------------------------------------------|
| July 11 to July 22 | July 6, 2022 | \$70/child (after the second child, fee is \$50/child) |
| July 25 to Aug 5 | July 20, 2022 | \$70/child (after the second child, fee is \$50/child) |
| August 8 to August 19 | August 3, 2022 | \$70/child (after the second child, fee is \$50/child) |
| August 22 to Sept 2 | August 17, 2022 | \$70/child (after the second child, fee is \$50/child) |

(Family rate applies to immediate members in the same household)

- All Red Cross Swim classes are held Monday through Friday, including the holiday in August, in the mornings. If you require early evening classes please contact the Recreation Department and we may be able to accommodate.
- Classes will be scheduled on demand; therefore times will be determined at a later date.
- **REGISTRATION WILL NOT BE ACCEPTED UNTIL FORMS ARE COMPLETE AND PAYMENT HAS BEEN MADE** at the Town Office. Receipts need to be provided to pool staff on the first day of swim lessons.

EASTERN REGION SOLID WASTE MANAGEMENT

ORGANICS Collection Green Cart Tips

If possible, store the green cart outside in a ventilated, shady and convenient area, away from outdoor activity.

Place balled up paper such as newspaper or boxboard on the bottom of the cart at the beginning of each new cycle to help absorb moisture.

Soiled paper items or boxboard may be torn into smaller pieces; this will absorb some of the moisture and it will increase space available in the cart.

Be sure to keep the cover of the cart closed when not filling.

Place the green cart at roadside on collection day by 8 AM even if it is not full.

Periodically hose the cart using a mild detergent immediately after collection.



Spring/Summer Tips:

Insects and their eggs may come into your home on fresh produce. Wash fruits and vegetables to help control insects.

Also to minimize fruit flies, you can rub the inside of your kitchen container with vinegar.

It is important to keep the green cart dry to reduce potential insects and odour.

Always drain excess liquid from food as you normally would if you were placing it in a bag for collection.

It is best to wrap wet food waste, especially meat, fat, solid dairy products, chicken, shells and fish scraps in a sheet of newsprint or place in a paper box such as a cereal box. Paper bags can also be purchased from most grocery stores.

Wait to empty wet food waste into the green cart as near to collection day as possible.

If you have questions about composting, call 1-888-232-2316.



Eastern Region
SOLID WASTE
Management



PLEASE NOTE: The Town will not be doing bulk pick up this year. This is performed by Eastern Region Solid Waste Management on the last Thursday of each month.

Keep watch on Facebook for notices of changes or cancellations due to COVID-19

WASTE COLLECTION SCHEDULE 2022

GRAPHIC DESIGN BY HELEN MICHEL

GUYSBOROUGH WASTE MANAGEMENT FACILITY
151 WASTE MGMT. RD.
MONDAY TO FRIDAY 7:30 AM - 4:30 PM
SATURDAY 8 AM TO NOON
CLOSED ON HOLIDAYS
WASTE FACILITY HOTLINE: 1.888.232.2316

| | | | | |
|----------------------------------------------------------|-----------------------------------------------------------|-----------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| JUNE 2 Clear Bags Green Cart Blue Bags | JUNE 9 Clear Bags Green Cart Blue Bags | JUNE 16 Clear Bags Green Cart Blue Bags | JUNE 23 Clear Bags Green Cart Blue Bags | JUNE 30 BULK COLLECTION BLUE BAGS CLEAR BAGS GREEN CART |
| JULY 7 Clear Bags Green Cart Blue Bags | JULY 14 Clear Bags Green Cart Blue Bags | JULY 21 Clear Bags Green Cart Blue Bags | JULY 28 BULK COLLECTION BLUE BAGS CLEAR BAGS GREEN CART | Bulk Waste Collection Max. 200 pounds Acceptable items: Furniture, Appliances Electronics, Toys (items too large for a regular clear garbage bag) Unacceptable items: Construction debris, building fixtures, windows, doors, auto parts, yard waste, clothing |
| AUGUST 4 Clear Bags Green Cart Blue Bags | AUGUST 11 Clear Bags Green Cart Blue Bags | AUGUST 18 Clear Bags Green Cart Blue Bags | AUGUST 25 BULK COLLECTION BLUE BAGS CLEAR BAGS GREEN CART | 7 A.M. Material must be curbside by 7 A.M. on your scheduled collection day. |

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| erswm.ca | GREEN CART: Vegetables & Fruit Meat, Fish & Bones Bread & Pasta Solid Dairy Products Egg & Nut Shells Coffee Filters & Grinds Tea Bags All leftover food Sugar & Flour Bags Paper Plates/ Paper Bags Napkins & Paper Towel Waxed & Parchment Paper Spoiled paper products eg. Pizza boxes Cereal boxes & other paper (if wet or dirty and cannot put in recycling) No glass, metal or plastic | RECYCLING BLUE BAGS: Blue Bag #1 - Paper Only Newspapers & Flyers Boxboard & Paper Boxes Office Paper Magazines & Catalogue Egg Cartons / Phone Books Books (hard covers removed) Cardboard (small amounts) Blue Bag #2 - Containers All beverage containers All milk containers Plastic containers (#1-7) Clean Aluminum foil/plates Metal food cans Glass bottles & jars Grocery & bread bags Foam (Styrofoam™) | GARBAGE CLEAR BAGS: Examples: Small lids, caps & covers from containers Soiled plastic wrap Chip bags Candy bar wrappers Dirty aluminum foil Frozen juice cans Broken glass (wrapped) Coloured tissue/construction paper Gift wrap, bows & ribbons Floor sweepings Toilet paper & personal hygiene products Kitty litter & diapers Hard covers from books Packing peanuts & spray foam |
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