

# RICHMOND REFLECTIONS



THE MUNICIPALITY  
OF THE COUNTY OF  
**RICHMOND**

LA MUNICIPALITÉ  
DU COMITÉ DE

Photo Credit: Nicole Samson-Savoury

FALL 2025

# Contact Information

## Staff Directory

**\*New\*** A telephone auto attendant has been implemented. Please call 902.226.2400 and follow the prompts to reach staff.

### Administration

Troy MacCulloch, CMML, FSAScot  
Chief Administrative Officer  
[cao@richmondcounty.ca](mailto:cao@richmondcounty.ca)

Shelley David  
Municipal Clerk, Communications  
& Administrative Officer  
[clerk@richmondcounty.ca](mailto:clerk@richmondcounty.ca)

### Public Works

Chris Boudreau, P. Eng  
Director of Public Works/  
Municipal Engineer  
[cboudreau@richmondcounty.ca](mailto:cboudreau@richmondcounty.ca)

Tristan Martel  
Public Works Technologist  
[tmartel@richmondcounty.ca](mailto:tmartel@richmondcounty.ca)

Carla Martell  
Departmental Administrator/  
Customer Service  
[cmartell@richmondcounty.ca](mailto:cmartell@richmondcounty.ca)

### Public Works Field Staff

Shaun Boudreau  
Delbert Matthews  
Tyler Fougere  
Shelton Benoit

### Solid Waste Management Facility

Jerome Ford  
Evan Fougère  
Charlene Short  
Lance Anderson  
Justin MacDonald

### Richmond Arena

Rene Babin  
Wayne Doyle  
Donald Blair Martell  
Tyler Molloy

### Water System Operator

Cecil Frost

### Sewer System Operator

André LeBlanc

### Water/Sewer Operator

Daniel Bowen

### Emergency Services Management

Steven Marcellus  
Emergency Services Coordinator  
[emo@richmondcounty.ca](mailto:emo@richmondcounty.ca)

### Finance

Kathleen Jeffrey  
Director of Finance  
[kjeffrey@richmondcounty.ca](mailto:kjeffrey@richmondcounty.ca)

Clint Samson  
Revenue Manager  
[csamson@richmondcounty.ca](mailto:csamson@richmondcounty.ca)

Anne McNamara  
Interim Manager of Accounting &  
Finance  
[amcnamara@richmondcounty.ca](mailto:amcnamara@richmondcounty.ca)

Kristina Kean  
Departmental Administrator/  
Customer Service  
[kkean@richmondcounty.ca](mailto:kkean@richmondcounty.ca)

Michelle Martineau  
Interim Financial Reporting &  
Accounts Payable and Receivable  
[michelle.martineau@richmondcounty.ca](mailto:michelle.martineau@richmondcounty.ca)

### Community Development and Recreation

Shannon Mury  
Director of Community  
Development and Recreation  
[smury@richmondcounty.ca](mailto:smury@richmondcounty.ca)

Sharla Sampson  
Active Living/Community  
Engagement Coordinator  
[sharla.sampson@richmondcounty.ca](mailto:sharla.sampson@richmondcounty.ca)

Ronalda Boudreau  
Departmental Administrator/  
Customer Service  
[rboudreau@richmondcounty.ca](mailto:rboudreau@richmondcounty.ca)

Danielle Martell  
Community Development  
Coordinator  
[cdspofficer@richmondcounty.ca](mailto:cdspofficer@richmondcounty.ca)

### Technologist Specialist

Clayton MacMillan  
Technology Specialist  
[ittech@richmondcounty.ca](mailto:ittech@richmondcounty.ca)

### Innovation and Economic Development

Innovation & Economic  
Development Officer  
902.562.0122

Energy Transition Manager  
Martin Thomsen  
[energy@richmondcounty.ca](mailto:energy@richmondcounty.ca)

## Who Do I Contact For..?

**Dog Control By-Law Officer**  
902.226.2400

**Building/Fire Inspection**  
André Samson  
Building Inspector/Fire Inspector  
902.631.6012

**Todd Samson**  
Assistant Building Inspector/Fire Inspector  
902.226.2900/902.631.5905

**Civic Addresses/Numbering**  
Bryne Butts, Civic Addressing Coordinator  
902.625.5366

**Emergency Management Organization**  
Steven Marcellus  
902.226.3990

**Home Repair Grants**  
Housing Nova Scotia (Cape Breton Branch)  
1.844.424.5110

**Plowing/Road Issues**  
Department of Transportation and  
Infrastructure Renewal  
902.625.2540

**Potlotek First Nation**  
902.535.3317  
[www.potlotek.ca](http://www.potlotek.ca)

**Property Valuation Services Corporation**  
1.800.380.7775

**Recycling**  
902.226.2396

**St. Peter's Recycling Depot**  
902.535.2795  
Monday, Tuesday, Thursday, Friday & Saturday  
9:00 am - 4:30 pm  
\* No longer accepting electronics

**Arichat Recycling Depot**  
902.302.8570  
Wednesday, Friday & Saturday  
9:00 am - 4:00 pm  
\* No longer accepting electronics

**Registry of Deeds (Access Nova Scotia)**  
1.800.670.4357

**Request Water/Sewer Service Connections**  
902.226.3977

**Schedule of Council/Committee Meetings, Meeting Minutes, Requests to meet with or make presentations to Municipal Council**  
Shelley David, Municipal Clerk,  
Communications & Administrative Officer  
902.226.3971

**Street Light Repairs**  
Nova Scotia Power  
1.800.428.6230  
[YourBusiness@nspower.ca](mailto:YourBusiness@nspower.ca)

**Address:**  
2357 Highway 206 Arichat, NS B0E 1A0

**Hours of Operation:**  
Monday - Friday 8:30 am - 4:00 pm



## Warden's Message



Richmond County certainly had a summer for the record books! Festivals and community events saw the return of large crowds of both locals and visitors. Lineups stretched out the doors at community breakfasts, and festival organizers reported attendance levels not seen since before COVID. Many thanks to all the organizers and volunteers who made these events possible - and who are no doubt already planning for next year. Summer in Richmond County shines because of the incredible effort our volunteers put into festivals and events.

While the sunshine was welcome, this summer brought drought conditions we haven't experienced in decades. What began as a pleasant stretch of weather soon raised concerns about dry wells, pressure on municipal infrastructure, and the constant risk of fire. We watched as fires threatened mainland communities and even smelled smoke drifting from the Valley. Thank you to residents who respected voluntary and mandatory water conservation measures, followed provincial safety directives, and kept community safety front of mind.

Beyond the weather, there was much happening around the Council table. In June we approved the 2025-2026 budget, holding the line on both residential and commercial tax rates despite declining commercial assessments and higher mandatory costs. We are proud to continue supporting many important local organizations and look forward to seeing their contributions reflected in programs and services for residents.

Although Council does not meet regularly during the summer, we convened in July and August to ensure community groups could access funds through our Grants Policy and to address new information about the Richmond Arena. Special thanks to our Public Works staff, who are working hard to ensure the arena can open safely this fall. With September, Council and its Committees return to their regular meeting schedule - please don't hesitate to reach out with comments or concerns.

Finally, congratulations to everyone who helped bring major projects to life this summer. Residents and visitors are now enjoying a new playground in Arichat and a splash pad in St. Peter's - both wonderful additions to our County. The Louisdale Lions' waterfront project and the new Community Hub Centre in St. Peter's will also provide years of enjoyment for locals and visitors alike. Bravo to all who turned these ideas into reality!

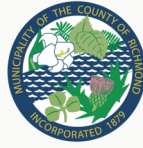
Warden Lois Landry

lois.landry@richmondcounty.ca

902.631.0332

### Content

2. Staff Directory & Helpful Info
3. Message - Warden Landry
4. Municipal Council
5. Fall Online Registration
6. Recreation Directory
7. Recreation Directory
8. Youth Programming
9. Adult Programming
10. Adult Programming
11. Senior Programming
12. Richmond Arena
13. Richmond Arena
14. Funding Programs
15. Community Champions
16. Finance Information
17. Emergency Management
18. Public Works Sort Sheet
19. Public Works Sort Sheet
20. Cape Breton Partnership
21. CORAH
22. Seniors Take Action Coalition
23. Celtic Colours Festival
24. Community News & Events



THE MUNICIPALITY OF THE COUNTY OF  
LA MUNICIPALITÉ DU COMTÉ DE  
**RICHMOND**



**District 1**  
Councillor Shawn Samson  
902.227.5570  
[shawn.samson@richmondcounty.ca](mailto:shawn.samson@richmondcounty.ca)

**District 2**  
Warden Lois Landry  
902.631.0332  
[lois.landry@richmondcounty.ca](mailto:lois.landry@richmondcounty.ca)

**District 3**  
Councillor Brian Marchand  
902.226.3022  
[brian.marchand@richmondcounty.ca](mailto:brian.marchand@richmondcounty.ca)

**District 4**  
Councillor Amanda Mombourquette  
902.631.0690  
[amanda.mombourquette@richmondcounty.ca](mailto:amanda.mombourquette@richmondcounty.ca)

**District 5**  
Deputy Warden Brent Sampson  
902.227.7006  
[brent.sampson@richmondcounty.ca](mailto:brent.sampson@richmondcounty.ca)

**Call for Volunteer Committee Members:** Want to make a difference in your community? Applications are now open for fall vacancies on our Agencies, Boards, Commissions, and Committees (ABCCs). Join the conversation, share your ideas, and help shape Richmond County's future. Learn more and apply at [www.richmondcounty.ca](http://www.richmondcounty.ca)

**New By-law:** The new Dog Control By-Law is now in effect, replacing the Respecting Dogs By-Law. Be sure to review the updated regulations, visit <https://www.richmondcounty.ca/dog-licensing.html>

**New Resource:** "So You Want to Build in Richmond County" webpage is now available to help guide residents and developers through the building process. Visit <https://www.richmondcounty.ca/so-you-want-to-build-in-richmond-county.html>

**Municipal Council Meeting Schedule**



**Committee of the Whole:** Second Tuesday of each month  
**Regular Council:** Fourth Tuesday of each month  
For presentations to Council, contact the Municipal Clerk at 902-226-3971 or [clerk@richmondcounty.ca](mailto:clerk@richmondcounty.ca).  
You can live stream council meetings by visiting: <https://www.youtube.com/@RichmondCountyNS>

**Municipal Website**

Municipal Office - 2357 Highway 206, P.O. Box 120, Arichat, Nova Sc  
(902) 226-2400, Toll Free: 1-800-226-2400

Council - Emergency Management - Services - Residents - Recreation - Business - Visitors

Council and staff expenses, cheques issued, budget documents, visa statements and recorded Council meetings are all posted on the Richmond County website [www.richmondcounty.ca](http://www.richmondcounty.ca).






## NEW ONLINE REGISTRATION COMING

Your family is busy – and registration shouldn't add to that stress. That's why we joined LeagueApps for our online registration platform.

Members have the ability to set their communication preferences, create family profiles and can also use the Subscribe to Calendar feature to sync schedules to their personal calendars (Google Calendar, iCal, etc.).

### LeagueApps advantages :

-  Create Family Profiles for easier checkout
-  Sync schedules to your personal calendars
-  Advanced communication preferences

Fall Programming  
October - December 2025



For more information on how to register visit [www.richmondcounty.ca](http://www.richmondcounty.ca) or call 902.226.0663

Program/event dates, times and locations are subject to change.  
To register visit <https://www.richmondcounty.ca/recreation.html> or call 902.226.0663.

YOUTH PROGRAMMING			
PROGRAM	INSTRUCTOR/SUPERVISOR	LOCATION	PAGE
Youth Recreation Hockey   Ages 8 - 14	Brandon Boudreau/Dylan David	Richmond Arena, Louisdale	8
Learn to Skate (Ages 5 - 7)	Shanna Burke & Kendra Burke	Richmond Arena, Louisdale	8
Learn to Skate (Ages 8 - 14)	Shanna Burke & Kendra Burke	Richmond Arena, Louisdale	8
Tae Kwon Do Children's Beginner Class	Jason Doiron	Richmond Arena, Louisdale	8
Tae Kwon Do - Children's Advanced Class	Jason Doiron	Richmond Arena, Louisdale	8
Tae Kwon Do - Adult Class (Ages 13+)	Jason Doiron	Richmond Arena, Louisdale	8

ADULT PROGRAMMING			
PROGRAM	INSTRUCTOR/SUPERVISOR	LOCATION	PAGE
Strong & Grounded: Women's Wellness	Katie LeBlanc	Anne Sampson Building, River Bourgeois	9
Traditional Indian Yoga & Meditation - Tuesdays	Ann Marie Powers	L'Ardoise Community Centre, L'Ardoise	9
Traditional Indian Yoga & Meditation - Thursdays	Ann Marie Powers	L'Ardoise Community Centre, L'Ardoise	9
Sound Bath Meditative Experience - Session 1	Adele Boudreau	Centre La Picasse, Petit de Grat	9
Sound Bath Meditative Experience - Session 2	Adele Boudreau	Centre La Picasse, Petit de Grat	9
Sound Bath Meditative Experience - Session 3	Adele Boudreau	Centre La Picasse, Petit de Grat	9
Slow Flow Yoga	Michelle Juurlink	St. Peter's United Church, St. Peter's	9
Vinyasa Flow Yoga	Michelle Juurlink	St. Peter's United Church, St. Peter's	9
Try-it! Chair Yoga (for Adults)	Lisa DeWolf	Centre La Picasse, Petit de Grat	9
Chair Yoga (for Adults) - Mondays	Lisa DeWolf	Centre La Picasse, Petit de Grat	9
Chair Yoga (for Adults) - Tuesdays	Lisa DeWolf	Centre La Picasse, Petit de Grat	9
Chair Yoga (for Adults) - Wednesdays	Lisa DeWolf	Centre La Picasse, Petit de Grat	9
Mat Pilates Series - Tuesdays- Session 1	Tessa Boudreau	Centre iFit, Arichat	9
Mat Pilates Series - Tuesdays- Session 2	Tessa Boudreau	Centre iFit, Arichat	9
Mat Pilates Series - Tuesdays- Session 3	Tessa Boudreau	Centre iFit, Arichat	9
Strength Pilates Series - Wednesdays - Session 1	Tessa Boudreau	Centre iFit, Arichat	10
Strength Pilates Series - Wednesdays - Session 2	Tessa Boudreau	Centre iFit, Arichat	10
Strength Pilates Series - Wednesdays - Session 3	Tessa Boudreau	Centre iFit, Arichat	10
Glofit	Sonia Morris	Centre iFit, Arichat	10
Bodyboost - Activ8	Sonia Morris	Centre iFit, Arichat	10
STRide for Strength	Sonia Morris	St. Peter's United Church, St. Peter's	10
Corespin 1	Sonia Morris	Centre iFit, Arichat	10
Corespin 2	Sonia Morris	Centre iFit, Arichat	10
Adult Line Dancing	Belinda LaRochelle	St. Peter's United Church, St. Peter's	10
Scottish Country Dancing (All ages)	Diane and Conrad Landry	St. Peter's United Church, St. Peter's	10

Program/event dates, times and locations are subject to change.  
 To register visit <https://www.richmondcounty.ca/recreation.html> or call 902.226.0663.

SENIOR PROGRAMMING			
PROGRAM	INSTRUCTOR/SUPERVISOR	LOCATION	PAGE
Gentle Yoga 55+ - Mondays	Lynne Doucette	St. Peter's United Church, St. Peter's	11
Gentle Yoga 55+ - Wednesdays	Lynne Doucette	St. Peter's United Church, St. Peter's	11
Gentle Yoga 55+ - Fridays	Lynne Doucette	Red Islands Fire Hall, Red Islands	11
Chair Fitness   55+	Debra Cooper	Riverdale Community Centre, Lower River	11
Chair Yoga 55+ - Tuesdays	Lynne Doucette	St. Peter's United Church, St. Peter's	11
Chair Yoga 55+ - Tuesdays	Lynne Doucette	Louisdale Lions Club, Louisdale	11
Chair Yoga 55+ - Wednesdays	Lynne Doucette	Red Islands Fire Hall, Red Islands	11
Chair Yoga 55+ - Thursdays	Lynne Doucette	St. Peter's United Church, St. Peter's	11
ADULT SPORTS			
PROGRAM	INSTRUCTOR/SUPERVISOR	LOCATION	PAGE
Pickleball (Ages 18+) - Mondays	Hazel & Glen Pottie	East Richmond Education Centre, St. Peter's	10
Badminton (Ages 18+)	Sharon Hall	East Richmond Education Centre, St. Peter's	10
Volleyball (Ages 18+)	Melanie Paul	East Richmond Education Centre, St. Peter's	10
Pickleball (Ages 18+) - Wednesdays	Hazel & Glen Pottie	East Richmond Education Centre, St. Peter's	10
Pickleball (Ages 18+) - Fridays	Hazel & Glen Pottie	East Richmond Education Centre, St. Peter's	10
Co-Ed Hockey (Ages 18+)	Supervisor Required	Richmond Arena, Louisdale	10
Women's Hockey (Ages 18+)	Rochelle Heudes	Richmond Arena, Louisdale	10



**Follow us on FACEBOOK!!** Search for **Municipality of the County of Richmond** and LIKE our page.

The **Municipality of the County of Richmond** page is your source for Public Works updates related to water, sewer and recycling, recreation program information and much more!



Follow us on INSTAGRAM! Search for Richmond Recreation on Instagram and give us a follow!

You can see up-to-date information, photos and videos of everything related to recreation and physical activity in Richmond County!

Stay informed on local issues relevant to you!

Program/event dates, times and locations are subject to change.  
To register visit <https://www.richmondcounty.ca/recreation.html> or call 902.226.0663.

## Youth Recreation

### Reduced Program Fees

The Department of Community Development and Recreation gratefully acknowledges the support of the Province of Nova Scotia. We are proud to partner with the Department of Communities, Culture, Tourism and Heritage to develop and promote our cultural and recreational resources for the benefit of all Nova Scotians. With their valued support, registration fees for selected on-ice programming in Fall 2025 have been reduced by half. Children enrolled in Youth Recreation Hockey and Learn to Skate programs will directly benefit from this reduction, making these opportunities more accessible for families in our community.



### Youth Recreation Hockey | Ages 8-14

The Youth Recreation Hockey program is all about having fun on the ice! This program gives children the chance to play hockey, practice new skills, and enjoy being part of a team in a relaxed and supportive environment. Designed for youth not currently enrolled in organized hockey, it encourages active participation, teamwork, and confidence-building while keeping the focus on enjoyment rather than competition.

Richmond Arena, Louisdale  
Saturdays, for 10 weeks, beginning October 18  
5:30 pm - 6:30 pm, Fee: \$50  
Instructors: Brandon Boudreau and Dylan David

### Learn to Skate

We welcome beginners as well as those wishing to improve their basic skills. This learn-to-skate program focuses on fun, participation and basic skill development. Skaters progress at their own rate and instructors make sessions active using teaching aids, upbeat music and a wide variety of activities that create a motivational environment and promote learning. Participants are asked to bring a CSA-approved hockey helmet, long pants, mittens, warm sweater or jacket and a water bottle.

Richmond Arena, Louisdale  
Instructors: Shanna Burke and Kendra Burke

### Ages 5 - 7

Mondays, for 6 weeks, beginning October 20  
5:30 - 6:15 pm, Fee: \$33

### Ages 8 - 14

Mondays, for 6 weeks, beginning October 20  
6:15 pm - 7:00 pm, Fee: \$33

### Tae Kwon Do

Tae Kwon Do can be taught to all ages and ability levels; whether you are a seasoned athlete or just starting out. Tae Kwon Do helps develop muscle strength, flexibility, body balance and speed in movement.

Hospitality Suite, Richmond Arena  
Sundays, for 8 weeks, beginning October 12

### Children's Beginner Class (Ages 4-12)

2:30 pm - 3:30 pm, Fee: \$50 (Includes belt test)

### Children's Advanced Class (Yellow to Black Belt)

3:30 pm - 4:30 pm, Fee: \$50 (Includes belt test)

### Adult Class (Ages 13+)

4:30 pm - 5:30 pm, Fee: \$50 (Includes belt test)  
Instructor: Jason Doiron, 3<sup>rd</sup> Degree Black Belt



Program/event dates, times and locations are subject to change.  
To register visit <https://www.richmondcounty.ca/recreation.html> or call 902.226.0663.

## Adult Recreation

### Strong & Grounded: Women's Wellness Series

Take time for yourself this fall with a program designed to support women's health and well-being. Each session offers gentle yoga, relaxation, and practices to help you feel centered, refreshed, and grounded. Together we'll create a welcoming space to move, breathe, and connect with yourself and others. No prior experience is needed - just bring a mat, small blanket, and a willingness to take a well-deserved pause. Suggested supply list for participants: blanket, yoga mat  
Anne Sampson Building, River Bourgeois  
Tuesdays, October 7, 21; November 4, 18; December 2  
6:30 pm – 8:00 pm, Fee: \$75  
Instructor: Katie LeBlanc

### Traditional Indian Yoga & Meditation

Join us for a simple yoga and meditation practice to help restore natural balance, focus and inner peace. Suitable for all levels. We will close with a short silent (10 minute) meditation. Participants should come to class wearing comfortable clothing, yoga mats and a small blanket.  
Optional: bolster or pillow for under knees and an eye covering for corpse (relaxation pose)  
L'Ardoise Community Centre, L'Ardoise  
Instructor: Ann Marie Powers

#### Session 1

Tuesdays for 10 weeks, beginning October 7  
6:00 pm – 7:30 pm, Fee: \$60

#### Session 2

Thursdays for 10 weeks, beginning October 9  
6:00 pm – 7:30 pm, Fee: \$60

### Sound Bath Meditative Experience

An immersive experience using crystal singing bowls to promote deep relaxation and stress relief. Participants are encouraged to lie down and experience the therapeutic benefits and to receive healing vibrations. Deep healing can occur on all levels of mind, body and spirit.  
Centre La Picasse (Foyer), Petit-De-Grat  
Instructor: Adele Boudreau, Regis. Acupuncturist/Reiki Master

#### Session 1

Tuesday, October 21  
6:30 pm – 7:30 pm, Fee: \$20

#### Session 2

Thursday, November 20  
6:30 pm – 7:30 pm, Fee: \$20

#### Session 3

Thursday, December 4  
6:30 pm – 7:30 pm, Fee: \$20

### Slow Flow Yoga

In this class, we'll move through a series of poses at a slower pace, allowing for deeper exploration of each posture. The focus is on alignment, as well as improving mobility, strength and balance. Whether you're new to yoga or looking to deepen your practice, this class offers a welcoming space to unwind, release tension, and enhance both physical and mental well-being. Each session includes moments of stillness and relaxation, making it an ideal choice for those seeking a restorative yet energizing experience. While lots of options will be given to make this class accessible, the nature of a flow class will be kept including standing sequences and movement from the floor to standing. A great opportunity to build strength and mobility. Join us to restore your body, clear your mind, and nurture your spirit with this accessible and calming yoga practice.

St. Peter's United Church Hall, St. Peter's  
Mondays, for 8 weeks beginning October 20  
6:30 pm – 7:30 pm, Fee: \$80  
Instructor: Michelle Juurlink

### Vinyasa Flow Yoga

In this class, you'll move through a variety of standing, balancing, and stretching poses in a rhythmic sequence, encouraging both strength and flexibility. The focus is on cultivating mindfulness through breath while building stamina and promoting a sense of inner calm. Ideal for those looking for more active practice, Vinyasa Flow offers a perfect balance of fluid movement and steady grounding, helping you to release stress and deepen your connection to your body. Each session will be tailored to challenge your body while maintaining a sense of flow and ease, leaving you feeling both energized and centered. Lots of instruction will be given during class, so it can be suitable for a beginner, but be prepared to move with a greater emphasis on strength and balance sequences. Ideal for those looking for a challenge while still including a warm-up and cooling down sequence.  
St. Peter's United Church Hall, St. Peter's  
Wednesdays, for 8 weeks beginning October 22  
6:30 pm – 7:30 pm, Fee: \$80  
Instructor: Michelle Juurlink

### Try-it! Chair Yoga (for Adults)

New to chair yoga? Are you curious about trying it? Join me for a FREE class with no pressure or obligation to join any sessions. Experience for yourself how good it makes you feel. Pre-registration required. Limited spaces. Please bring a yoga mat if you have one.  
Centre La Picasse, Petit De Grat.  
Tuesday, October 7 (One class only)  
6:30 pm - 7:45 pm, Fee: FREE  
Instructor: Lisa DeWolf, RYT 200

### Chair Yoga (for Adults)

Welcoming adults of all ages who desire the benefits of yoga without getting down on the floor. No yoga experience is necessary. Modified yoga movements are done sitting or standing by a chair, with the option to remain seated for the entire class. Chair yoga serves a greater purpose than just the poses. It focuses on maintaining or improving functional mobility (balance, strength, flexibility, range of motion). It can improve general wellbeing and relaxation. It also promotes a sense of connection with others, in a relaxed and joyful environment. Please bring a yoga mat. A strap will be provided if you do not already have one.  
Instructor: Lisa DeWolf, RYT 200  
Grande Salle, La Picasse

#### Session 1

Mondays, for 8 weeks, beginning October 6  
10:00 am – 11:15 am, Fee: \$48

#### Session 2 \*\*New Evening Session\*\*

Tuesdays for 8 weeks beginning October 14  
6:30 pm - 7:45 pm am, Fee: \$48

#### Session 3

Wednesdays for 8 weeks beginning October 15  
10:00 am - 11:15 am, Fee: \$48

### Mat Pilates Series

This 4-week series will take you back to the foundations of Pilates, focusing on breath, posture, and core strength. Each week, we'll build upon the basics with flowing mat-based movements designed to improve mobility, stability, and mind-body connection. Whether your brand new to Pilates or looking to refine your technique, this program will help you feel stronger, more balanced, and energized in your everyday movement. Perfect for: beginners, those returning to movement, or anyone wanting to deepen their Pilates practice from the ground up.  
Isle Madame iFit, Arichat  
Instructor Tessa Boudreau

#### Session 1

Tuesdays, for 4 weeks, beginning October 7  
7:00 pm – 8:00 pm, Fee: \$60

#### Session 2

Tuesday, for 4 weeks, beginning November 4  
7:00 pm – 8:00 pm, Fee: \$60

#### Session 3

Tuesdays, for 4 weeks, beginning December 2  
7:00 pm – 8:00 pm, Fee: \$60

Program/event dates, times and locations are subject to change.  
To register visit <https://www.richmondcounty.ca/recreation.html> or call 902.226.0663.

## Adult Recreation

### Strength Pilates Series

This series combines the mindful, lengthening movements of Pilates with added resistance to build strength, endurance, and stability. Over 4 weeks, you'll challenge your body with dynamic Pilates sequences that incorporate props and strength-focused variations—helping you tone, sculpt, and enhance overall functional fitness. Expect to leave each class feeling strong, aligned, and empowered. Perfect for: those with a Pilates foundation who want to level up, build muscle strength, and challenge their body in new ways.

Isle Madame iFit, Arichat  
Instructor Tessa Boudreau

#### Session 1

Wednesdays, for 4 weeks, beginning October 1  
7:00 pm – 8:00 pm, Fee: \$60

#### Session 2

Wednesdays, for 4 weeks, beginning October 29  
7:00 pm – 8:00 pm, Fee: \$60

#### Session 3

Wednesdays, for 4 weeks, beginning November 26  
7:00 pm – 8:00 pm, Fee: \$ 60

### GloFit

Combination of exercises circuit style, freestyle movement, cardio Fun Neon 80's style Disco Ambience with foam glo batons, suitable for all levels of ability.

Mondays, for 4 weeks, beginning Mondays October 6  
Isle Madame iFit  
7:00 pm – 8:00 pm, Fee \$35  
Instructor : Sonia Morris

### BodyBoost – Activ8

Tabata Style using various tools such as Resistance bands, Dumbbells, Kettlebells, Barbell's Focus on Form, Breathe work, Core stability, Strength and Balance Training

Isle Madame iFit  
Thursdays, for 4 weeks beginning October 9  
7:00 pm – 8:00 pm, Fee: \$35  
Instructor: Sonia Morris

### STRide for Strength

Introduction to Strength and Cardio using the F.I.T.T Principle 12 week program - Suitable for beginners and those new to exercise. Learn the fundamentals to strength, to enhance your activities of daily living and wellbeing. Topics focus on correct form, breathe work, range of motion, core stability, balance training. If inclement weather participants with have an option for a hybrid class via a private zoom link.

St. Peter's United Church Hall, St. Peter's  
Wednesdays, for 12 weeks, beginning October 8  
2:00 pm – 3:00 pm, Fee: \$105  
Instructor: Sonia Morris

### Coerspin 1

Suitable all levels  
Coerspin is a trio of workouts combining Cardio, Strength, Core conditioning for the whole body, it is low impact yet a sweaty and intense workout as per your ability. Modifications can be given for all fitness levels. \*\*7 bikes with modified options available (recumbent bike, upright bike and mini health riders)  
Centre iFit, Arichat  
Mondays and Thursdays, for 4 weeks, beginning November 3  
5:00 pm – 6:00 pm, Fee: \$68  
Instructor: Sonia Morris

### Coerspin 2

Suitable all levels  
Coerspin is a trio of workouts combining Cardio, Strength, Core conditioning for the whole body, it is low impact yet a sweaty and intense workout as per your ability. Modifications can be given for all fitness levels. \*\*7 bikes with modified options available (recumbent bike, upright bike and mini health riders)  
Centre iFit, Arichat  
Mondays and Thursdays, for 4 weeks, beginning December 1  
5:00 pm – 6:00 pm, Fee: \$68  
Instructor: Sonia Morris

### Adult Line Dancing

If you can count to 8, you can line dance. The best steps you will ever take! Belinda invites you to a fun and rewarding way to exercise and work on your total body wellness, both physically and mentally. You will learn many line dancing steps and dance to various music genres and choreographed dances all while gaining confidence on the dance floor and improving your whole body wellness.

St. Peter's United Church Hall, St. Peter's  
Tuesdays, for 8 weeks, beginning October 7  
2:00 pm – 4:00 pm, Fee: \$40  
Instructor: Belinda LaRochelle

### Scottish Country Dancing (All ages)

Richmond MacAdian Ceilidh Dancers Sociable invites all ages for an enjoyable afternoon of Scottish Country Dancing. Dancers are normally grouped in sets, typically of three, four or five that are arranged either in two lines (partners facing each other) or in a square. They work together to dance a short sequence of formations that provide a particular dance with its identity. The originality of the formations ensures each couple gets the chance to experience the dance from different positions. Scottish Country Dancers mainly dance for pleasure, finding the shared experience of dance both physically and mentally enjoyable.

A soft shoe or slipper works best.  
Sundays, for 10 weeks, beginning October 5  
2:00 pm – 4:00 pm, Fee: FREE  
St. Peter's United Church Hall, St. Peter's  
Instructors: Dianne and Conrad Landry

## Adult Sports

Adult sports create great opportunities for adults, co-workers, family and friends to stay active, spend time together, meet new people, and have fun while playing their favorite sports!  
**All sports played in schools will begin the week of September 15.**

### Pickleball (Ages 18+)

Mondays, 7:00 pm – 9:00 pm  
East Richmond Education Centre, St. Peter's  
Supervisors: Hazel & Glen Pottie

### Badminton (Ages 18+)

Tuesdays, 7:00 pm - 9:00 pm  
East Richmond Education Centre, St. Peter's  
Supervisor: Sharon Hall

### Volleyball (Ages 18+)

Thursdays, 6:00 pm – 9:00 pm  
East Richmond Education Centre, St. Peter's  
Supervisor: Melanie Paul

### Pickleball (Ages 18+)

Wednesdays, 7:00 pm – 9:00 pm  
East Richmond Education Centre, St. Peter's  
Supervisors: Hazel & Glen Pottie

### Pickleball (Ages 18+)

Fridays, 7:00 pm – 9:00 pm  
East Richmond Education Centre, St. Peter's  
Supervisors: Hazel & Glen Pottie

### Co-Ed Hockey (Ages 18+)

Tuesdays, beginning October 21, from 9:00 pm - 10:00 pm,  
\$10 drop-in fee  
Richmond Arena, Louisdale  
Supervisor needed phone 902 226-0663 to inquire

### Women's Hockey (Ages 18+)

Mondays, beginning October 20, from 8:00 pm - 9:00 pm,  
\$10 drop-in fee  
Richmond Arena, Louisdale  
Supervisor: Rochelle Heudes

Program/event dates, times and locations are subject to change.  
To register visit <https://www.richmondcounty.ca/recreation.html> or call 902.226.0663.

## Senior Recreation

### Gentle Yoga 55 +

For seniors who are looking for a safe, effective way to enhance their physical health and overall wellness, the stretching, breathing, and meditation practices of yoga can be a great solution. In fact, as you will see, yoga regularly can result in many benefits for older adults, from greater flexibility and balance to lower stress and better sleep.

United Church, St Peter's  
Mondays, for 10 weeks, begin October 6  
10:00am - 11:30 am, Fee: \$30  
Instructor: Lynne Doucette

United Church, St Peter's  
Wednesdays, for 10 weeks begin October 8  
10:00am – 11:30 am, Fee: \$30  
Instructor: Lynne Doucette

Red Islands Fire Hall, Red Islands  
Fridays, for 10 weeks, begin October 10  
9:30am - 11:00 am, Fee: \$30  
Instructor: Lynne Doucette

### Chair Fitness | 55+

Chair Fitness classes are performed while sitting in the chair or using the chair as an adaptive device. Designed to improve muscle tone, flexibility and endurance. Chair Fitness is ideal for those with arthritis, osteoporosis or those starting an exercise program. This class is so much more than having a chair available if you need to improve your balance or for some exercises. This class requires hand weights to help you become stronger and healthier. Please note: Participants are asked to bring 2lb or 3lb weights, an exercise belt/band and a yoga mat for this program.

Riverdale Community Centre, Lower River  
Wednesdays for 6 weeks,  
beginning October 15  
10:00 am – 11:00 am, Fee: \$30  
Instructor: Debra Cooper

### Chair Yoga 55+

Chair yoga is a great way for older adults to get the wonderful health benefits of yoga. It also makes yoga accessible to more people. Staying seated while doing yoga means that even frail seniors or those who aren't flexible can safely do the exercises. The benefits of chair yoga for older adults include loosening and stretching painful muscles, reducing chronic pain, decreasing stress, and improving circulation. It also reduces anxiety, helps lower blood pressure, protects joints, and builds strength and balance.

United Church Hall, St Peter's  
Tuesdays, for 10 weeks, begin October 7  
10:00am – 11:15 am, Fee: \$30  
Instructor: Lynne Doucette

Louisdale Lions Club, Louisdale  
Tuesdays, for 10 weeks, begin October 7  
1:30pm – 2:45pm, Fee: \$30  
Instructor: Lynne Doucette

Red Islands Fire Hall, Red Islands  
Wednesdays, for 10 weeks begin October 8  
1:00 pm – 2:15 pm, Fee: \$30  
Instructor: Lynne Doucette

United Church Hall, St Peter's  
Thursdays, for 10 weeks, begin October 9  
10:00am – 11:15am, Fee: \$30  
Instructor: Lynne Doucette



# Richmond Arena

3122 Whiteside Rd, Louisdale



Home of the  
**HURRICANE**

## Facility Rates

**Prime Time \$200/hr.**

Monday - Friday, 4:00 pm - 11:00 pm; All day Saturday & Sunday

**Non-Prime Time \$170/hr.**

Monday - Friday, 7:00 am - 4:00 pm

**Boardroom \$50/half day or \$100/day**

**Skating Parties \$120/hr.**

Saturdays, minimum 2 hour booking, available to non-profit organizations

**Birthday parties \$175/hr.**

Includes Hospitality Room for 1 hour before or after ice time.



## Weekly Skate Schedule

Weekly public skates will begin the week of October 20, 2025 at the Richmond Arena. Please note that all weekly skate schedules are subject to change.

To view the most up-to-date schedule and availability, please visit:

<https://www.rectimes.app/richmondarena>

For additional information or assistance, please contact the **Department Administrator** at 902.226.0663.

### MONDAYS

**Family Stick and Puck**

1:00 pm - 2:00 pm, Fee: \$10/family

**Women's Hockey | Ages 18+**

8:00 pm - 9:00 pm, Fee: \$10 drop-in

### WEDNESDAYS

**Senior Shinny Hockey**

10:00 am - 11:00 am, Fee: \$5 drop-in

**Parent and Tot Skate**

11:00 am - 12:00 pm, Fee: FREE

**Senior Skate**

12:00 pm - 1:00 pm, Fee: FREE

**After School Skate**

3:30 pm - 4:30 pm, Fee: FREE

**Family Stick and Puck**

4:30 pm - 5:30 pm, Fee: \$10/family

### TUESDAYS

**Family Stick and Puck**

9:00 am - 10:00 am, Fee: \$10/family

**Co-Ed Hockey | Ages 18+ (Supervisors needed)**

9:00 pm - 10:00 pm, Fee: \$10 drop-in

### THURSDAYS

**Family Stick and Puck**

4:00 pm - 5:00 pm, Fee: \$10/family

### FRIDAYS

**Family Stick and Puck**

11:00 am - 12:00 pm, Fee: \$10/family

**Sensory Skate Fridays**

4:00 pm - 5:00 pm, FREE

### SATURDAYS

**Public Skate**

3:30 pm - 5:00 pm, FREE



## Arena Memberships and Day Passes

All memberships and day pass holders must be **18 years of age or older** and must comply with the **Richmond Arena Membership and Day Pass Agreement**. For a full list of rules and regulations, please visit: [www.richmondcounty.ca](http://www.richmondcounty.ca)

### ARENA MEMBERSHIP - \$120/person

By purchasing a membership, you will be able to step on the ice any time it's not rented. Memberships can be purchased online, at the Municipal Office in Arichat, Monday to Friday, 8:30 am - 4:00 pm, or at Richmond Arena during regular hours of operation.

### FAMILY ARENA MEMBERSHIP - \$200/person

By purchasing a family membership, the paying adult will be able to step on the ice any time it's not rented. This membership also includes access to scheduled Family Stick and Puck for the whole household.

### DAY PASS - \$10/pass

Passes can be used anytime the ice is not being rented. Each pass is valid for one ice session during available ice time. Day Pass holders must be 18 years old and must adhere to the Richmond Arena membership agreement rules.

### FAMILY STICK AND PUCK MEMBERSHIP - \$120/family

Family Stick and Puck Pass provide an upbeat environment for families to improve skating, stick handling, puck control, passing and other related ice skills. Unlike a traditional hockey game or practice, Family Stick and Puck are an informal session with no goalies, slapshots and zero contact. This membership includes all scheduled times.

### FAMILY STICK AND PUCK DAY PASS - \$10/family

Family Stick and Puck Pass provides an upbeat environment for families to improve skating, stick handling, puck control, passing and other related ice skills. Unlike a traditional hockey game or practice, Family Stick and Puck is an informal session with no goalies, slapshots and zero contact.

#### Skate Sharpening \$5

Skate sharpening services available, please phone 902-345-2103 in advance

#### ATM

For your convenience, there is an ATM on site

#### Public Wifi

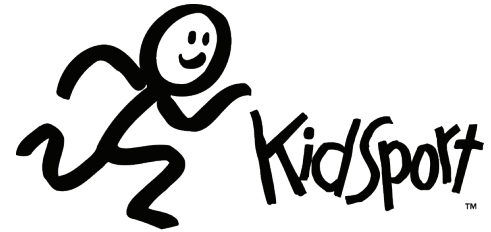
Network:  
RichmondArena\_EXT

Canteen Services/Vending Machines on site

#### Opening Date

OCTOBER

12



**Removing Financial Barriers.** Sometimes, families need financial assistance to get their kids into a sport or physical activity. We're committed to helping all families access a range of activities, from boxing to bowling and skating to skiing, and more.

**Eligibility Financial Requirements**

To be eligible for funding for one or more children, families must first meet specific financial criteria as per Revenue Canada's Low-Income Cut-Offs (LICO) chart. Jumpstart uses the furthest column to the right of the chart for eligibility.

**Other Funding Requirements**

Children must fall between the ages of 4 - 18 years old. Funding is allocated to sustained programs that involve a sport or physical activity.

Programs should be a minimum of five weeks in duration and include at least one session per week. In the case of sports camps, the program must last at least five consecutive days for consideration.

**Applications**

It is recommended that applications be submitted prior to the program start date. Applications submitted where the program has concluded will not be reviewed.

Applications must include proof of financial need. A clear, legible, and current copy of pages 1 and 2 of your Canada Child Benefit (Statement) will be required as proof of need.

Under exceptional circumstances (e.g., recent immigrants to Canada, individuals fleeing spousal abuse, etc.) alternative confirmation of eligibility will be accepted on a case-by-case basis.

**Funding Details**

Funding is up to \$300 per activity, subject to Chapter discretion and/or local demands.

Children can be funded for successive seasons in an activity, up to a maximum of \$300 per activity.

The annual maximum amount a child is eligible to receive is up to \$600, subject to Chapter discretion and/or local demands.

All approvals will be determined by the local Jumpstart Chapter and designated Canadian Tire Jumpstart Regional Manager, and are subject to local demands and Chapter budgets.

If you require additional support, please email [jumpstart@cantire.com](mailto:jumpstart@cantire.com).

**KidSport** provides grants to kids (18 years old or younger) from families facing financial barriers so they can participate in registered sport programs and experience the lifelong benefits of a season of sport. KidSport Nova Scotia provides grants of up to \$500 per eligible kid, per year (January 1<sup>st</sup> - December 31<sup>st</sup>) towards sport registration and equipment fees.

If the child needs equipment, we will provide a voucher so you can get the right gear from our equipment partner Cleve's Source for Sports. Grants are intended to be used for sport registration and equipment fees; travel and competition fees are not eligible for funding.

**Eligibility Requirements**

KidSport Nova Scotia uses a Notice of Assessment, an endorsement from the Department of Community Services or an endorsement from Indigenous Social Development to determine financial eligibility for grants. If you are unsure of your eligibility to receive a grant, please reach out to [kidsport@sportnovascotia.ca](mailto:kidsport@sportnovascotia.ca).

If applying with a Notice of Assessment (one for each parent/guardian in the household) please ensure your total income (Line 15000) does not exceed the cut-offs listed below for your family size:

- \* 2 person family - \$38,922
- \* 3 person family - \$47,851
- \* 4 person family - \$58,096
- \* 5 person family - \$65,892
- \* 6 person family - \$74,315
- \* 7 person family - \$82,739

**How to Apply**

- 1) Find a sport program your kid would like to join and sign up. Let the program's administrators know you will be applying for KidSport funding. To view a list of eligible sport programs go to <https://kidsportcanada.ca/nova-scotia/provincial-fund/>
- 2) Find your local KidSport Nova Scotia Chapter, or if you are unsure you may apply through the provincial fund.
- 3) Apply online or use the paper application form - be sure to complete all sections of the application, as incomplete applications take much longer to process, and can cause delays in receiving your grant. Completed application will be processed within 30 days of the deadline you're applying for.
- 4) If you qualify for KidSport funding, the grant will be sent directly to the sport program your kid has signed up for. You will also receive a notice payment has been sent out by email or mail within 30 days from the deadline you applied for. If you qualified for equipment funding your voucher will be included with your status letter.

# Community Champions

Volunteers are extremely important to our communities and our county. They are passionate, tireless, and selfless, and they are the heart of our local community organizations.

Do you know a volunteer? Complete a nomination form and help us recognize them! Forms can be found on our website at [www.richmondcounty.ca](http://www.richmondcounty.ca)



**Eleanor Boudreau**  
April 2025



**Stacey MacRae**  
May 2025



**Jade Richard**  
June 2025



**Joan Bona**  
July 2025

*"We make a living by what we get, but we make a life by what we give."*

*Winston Churchill*

## Water, Sewer and Tax Bills

### Department of Finance and Taxation

The Finance Department is responsible for coordinating all the financial activities of the Municipality of the County of Richmond. The major areas of responsibilities of the Department are property taxation, other source revenues, accounts payable, payroll, budgeting, accounting and financial management. **The Municipality of the County of Richmond's fiscal year runs April 1 - March 31.**

#### Property Tax Bills

**Billing date:**



**Due date:**



*Please allow three business days for processing.*

#### Tax and Area Rates

The 2025-2026 Residential tax rate for the Municipality of the County of Richmond is \$0.85 per \$100 of assessment.

The Commercial tax rate for 2025-2026 is \$2.15 per \$100 of assessed value. Area rates are also added. See our website for a detailed breakdown.

#### Water and Sewer Bills

Water and sewer bills are sent quarterly with billing dates of April 1, July 1, October 1 and January 1.

**Next Billing date:**



**Next Due date:**



*Please allow three business days for processing.*

#### Property Tax Billing and Interest Rates

The Municipality's tax bills are issued on the 1<sup>st</sup> of April and September and are due on the first working day of June and November.

All taxes not paid by the due date accrue interest at a rate of 18% per annum (1.5% per month). The Municipality sends out approximately 12,000 annual tax bills.

If you have any questions in regards to your tax bill, please contact the Tax Office at 902-226-2400 or 902-226-3976.

#### Tax Payment Methods

Tax payments may be made at the Municipal Tax Office located at 2357 Highway 206, in Arichat, by presenting your tax bill to the Tax Clerk. The office is open Monday through Friday between 8:30 am and 4:00 pm.

The Municipality offers Debit Card payments.

**PLEASE NOTE: VISA, Mastercard, American Express, etc. are NOT accepted.**

Online and telephone banking are other alternatives for paying property tax bills through most financial institutions.

Your payment can also be made by mail. Please send your cheque or money order to:

Municipality of the County of Richmond - Tax Office,  
P.O. Box 120,  
Arichat, NS,  
B0E 1A0

Please remember to enclose the remittance stub of your tax bill with your payment and indicate your property account number(s) on your cheque or money order.

#### Finance Fall Tips

\* The 2025 Heating Assistance Program will be starting this fall (October). Keep an eye out for your form.

\* Water, sewer and tax bills will all be out during the months of September and October. When making online payments, make sure you are picking the correct payee. We suggest creating nicknames (i.e. Water, Sewer, Taxes).

##### Did you know?

- Many hummingbirds will fly all the way to the tropics during the fall, at a rate of 48 km/h, usually non-stop
- Ever try a pumpkin milkshake? Delicious! Add all ingredients below into a blender, blend until smooth, pour into a cup and enjoy!

- \* 5 scoops of vanilla ice cream
- \* 1/3 cup milk
- \* 3 tablespoons pumpkin pie filling
- \* 1 teaspoon brown sugar
- \* 1/2 teaspoon pumpkin pie spice

#### Land Transfer Tax

The Municipality of the County of Richmond has a Deed Transfer Tax of 1.5%. The Deed Transfer Tax is collected on the Municipality's behalf by the Province of Nova Scotia at the Registry of Deeds.

#### 2025 Seniors' Property Tax Rebate

Seniors' Property Tax Rebate is out! Your 2025 Seniors' Property Tax Application will need to be submitted by December 31, 2025.

**\*\*Online payments can take 1-2 business days for processing, so please take this into consideration when paying your bills online.**



In times of crisis, residents need timely, accurate information to stay safe. Richmond County has chosen Voyent Alert! to deliver critical alerts, such as fires or floods, as well as day-to-day updates like maintenance notices and water advisories.

**How to Register :**

Registration for the service is FREE, simple, and anonymous. There are four (4) ways to receive alerts:

- SMS Text
- Voice-to-Landline
- Email
- Voyent Alert Mobile App

For SMS Text, voice-to-landline, and Email alerts: Register online at [Voyent Alert!](#)

For Mobile App Alerts: Download and install the Voyent Alert! app from the [Apple](#) or [Google Play app stores](#).

**For more information, visit :**

<https://www.richmondcounty.ca/voyent-alert.html>

**Voluntary Vulnerable Persons Registry**

**What is a Voluntary Vulnerable Persons Registry (VVPR):**

The VVPR is a voluntary, self-referral list of individuals who may require support during emergency situations.

**Who should consider being part of the list:**

Individuals who reside in Richmond County who experience severe difficulty with any of the following :

- Mobility
- Vision loss
- Hearing loss
- Developmental disabilities
- Cognitive impairment
- Mental health conditions
- Persons who require electricity for life-saving equipment such as oxygen and dialysis

**How to Register:**

- Forms can be picked up from the Municipal Office in Arichat
- Requested by email contact: [vvpr@richmondcounty.ca](mailto:vvpr@richmondcounty.ca)
- Download from the Municipal website, [VVPR Registration Form](#)
- Over the phone at (902) 226-2400



# Richmond County RECYCLES

All recyclables must be clean and dry

Please post on your refrigerator door as a handy reminder for your family

Residential waste can be separated into four separate waste streams: recyclable containers, paper products, compostable materials, and regular refuse for disposal.

Blue Bag #1	Blue Bag #2	Backyard Composter	Clear Bag Continued
<p><b>Containers Including:</b></p> <ul style="list-style-type: none"> <li>✓ Glass Jars and Bottles</li> <li>✓ Beer and Liquor Bottles</li> <li>✓ Wine and Juice Bottles</li> <li>✓ Aluminum Pie Plates</li> <li>✓ Steel/Tin/Aluminum Cans (labels included)</li> <li>✓ Milk and Juice Containers</li> <li>✓ All Plastic Containers and Packaging</li> <li>✓ Pop and Water Bottles</li> <li>✓ Plastic Bags (grocery and bread)</li> <li>✓ Cookie and Sweet Trays</li> <li>✓ Shampoo and Conditioner Bottles</li> <li>✓ Cleaning Fluid Bottles</li> </ul>	<p><b>Paper Products Including:</b></p> <ul style="list-style-type: none"> <li>✓ Newspapers</li> <li>✓ Paper Egg Cartons</li> <li>✓ Cereal Boxes</li> <li>✓ Phone Books</li> <li>✓ Paper (including shredded paper)</li> <li>✓ Envelopes (including windows)</li> <li>✓ Paperback Books</li> <li>✓ Flyers &amp; Glossy Flyers</li> <li>✓ Magazines and Catalogues</li> <li>✓ Cigarette Packages (without foil)</li> <li>✓ Paper Towel Rolls</li> <li>✓ Box Board</li> <li>✓ Corrugated Cardboard</li> </ul>	<p><b>Compostables Including:</b></p> <ul style="list-style-type: none"> <li>✓ Fruit &amp; Vegetable Peelings</li> <li>✓ Bread &amp; Baked Goods</li> <li>✓ Rice, Grains and Pasta</li> <li>✓ Egg Shells</li> <li>✓ Tea Bags &amp; Coffee Grounds</li> <li>✓ Shredded Paper &amp; Newspapers</li> <li>✓ Leaves &amp; grass clippings</li> <li>✓ Hay</li> <li>✓ Soiled napkins, paper &amp; cardboard</li> </ul>	<ul style="list-style-type: none"> <li>✓ All Styrofoam Products</li> <li>✓ Chip and Cookie Bags</li> <li>✓ Candy Wrappers</li> <li>✓ Disposable Coffee Cups</li> <li>✓ Frozen Drink Containers</li> <li>✓ Disposable Diapers</li> <li>✓ Broken Bottles</li> <li>✓ Broken Toys &amp; Plastic Toys</li> <li>✓ Spray Cans (empty)</li> <li>✓ Light Bulbs</li> <li>✓ Feminine Hygiene Products and Bathroom Tissue</li> <li>✓ Plastic Lawn Chairs and Plants</li> <li>✓ Waxed/Frozen Food</li> <li>✓ Cardboard</li> <li>✓ Foil Wrapping Paper and Waxed Paper</li> <li>✓ Toothpaste Tubes</li> <li>✓ Photographs</li> <li>✓ Empty Paint Cans (lid removed)</li> </ul>
		<p><b>Clear Bag</b></p> <ul style="list-style-type: none"> <li>✓ Meat, Fish, Shell Fish, Chicken or Bones</li> <li>✓ Dairy Products (milk, cheese, yogurt)</li> <li>✓ Mayonnaise &amp; Salad Dressing</li> <li>✓ 5 Gallon Buckets (empty)</li> <li>✓ Pet Waste</li> </ul>	

Richmond County Waste & Recycling Hotline  
902 226-2396

## SORTING IT OUT IN RICHMOND COUNTY

### Did you know?

- All waste must be placed in clear bags. **A limit of one non-transparent bag per week will be permitted in one clear bag for personal waste.** A maximum of 3 clear bags can be placed curbside for collection each week. The weight of each bag must not exceed 25 kg, and should be placed curbside before 8 am on the day of collection.
- The following items are garbage: styrofoam, coffee cups, chip & cookie bags, broken glass (wrap in newspaper), bathroom waste, diapers, kitty litter, light bulbs, aerosol cans (empty), plastic toys, dishes, and photographs.
- Recyclable containers & paper products must be clean & dry and placed in separate blue bags. The weight of each bag must not exceed 25 kg. Cardboard boxes may be bagged or may be flattened and tied in bundles. A maximum of 6 blue bags (or cardboard bundles) for containers and paper products can be placed curbside for collection each week.
- All materials must be clean & dry to be shipped to manufacturer for processing. Do not place food in blue bags. Contaminated blue bags containing garbage or food in containers that have not been washed will be rejected at curbside.
- Organic waste including fruit & vegetable peelings, bread & baked goods, rice, grain, pasta, tea bags & coffee grounds must be placed in a backyard composter. Composters are available for purchase at the Richmond Solid Waste Management facility. Note: Meat, poultry, fish, shellfish, bones, dairy, oils & pet waste do not compost well in a backyard composter - place these items in your clear bag.
- Milk Cartons should be placed with containers in a blue bag - don't take milk containers to the Enviro-Depot (no deposit for milk containers) and do not place milk containers with papers in a blue bag; milk cartons must be empty and rinsed clean or they cannot be recycled.
- Broken glass cannot be recycled it is a health risk to workers and can damage processing equipment. Please wrap broken glass in a sheet of newspaper and place in garbage.
- Needles, lancets & syringes must be placed in a safe sharps collection container available free of charge at local pharmacies. Filled containers can also be returned free of charge to pharmacies for proper disposal.
- Passenger vehicle tires should be dropped off for recycling at a tire retailer; tires must be off the rim and free of mud and debris. Off-road tires are accepted at the Richmond Solid Waste Management Facility.
- Used motor oil, antifreeze and oil / DEF / antifreeze containers should be brought to your nearest UOMA collection facility (<https://ns.uoma-atlantic.com/>). Vehicle batteries may be returned to the nearest recycling depot (<https://www.call2recycle.org/locator/>).
- Waste paint can be taken to the nearest Enviro-Depot to be recycled (<https://www.productcare.org/products/paint/>). Empty dry paint cans, lids removed, should be placed in garbage.
- For information on how to recycle your household electronics please visit <https://recyclemyelectronics.ca/ns/>
- Household Hazardous Waste such as cleaning products, pesticides and herbicides, solvents and thinners, propane tanks, fluorescent bulbs, and fire extinguishers may be brought to the Richmond Solid Waste Management Facility. Commercial / Business enterprises should contact the nearest hazardous materials handling company for disposal.
- Heavy garbage collection will take place annually. Please contact the Municipality for exact date(s).

---

For more information contact the

**Richmond Solid Waste Management Facility at 902-226-2396**

# The Buddy Program

## New to the Island or just love meeting new people?



The Cape Breton Welcome Network's new Buddy Program matches newcomers with community volunteers to help ease the transition, share local knowledge, and make our island feel even more like home. Join today!



## UNLOCK THE POTENTIAL OF THE STRAIT OF CANSO

Discover limitless opportunities in one of Atlantic Canada's most dynamic regions. Whether you're an entrepreneur with big dreams, a seasoned investor seeking growth, or a corporation ready to expand, the Strait of Canso is where innovation meets opportunity.

Invest in industry. Embrace marine excellence. Build your future here.

**START YOUR JOURNEY TODAY**

[www.thestraitofcanso.ca](http://www.thestraitofcanso.ca)



# WELCOME TO CORAH- CENTRE OF RURAL AGING & HEALTH

## What is CORAH?

A social activity hub and place for older adults (55+) to get together, learn, socialize and connect with others.



2



## WHO is it for?

Older adults 55+ from the Quad Counties (Richmond, Inverness, Antigonish & Guysborough) and Town of Port Hawkesbury.

## WHERE are you located?

NSCC Strait Area Campus  
226 Reeves St.  
Port Hawkesbury, NS

3



4



## WHEN does it take place? & Do you offer transportation?

CORAH offers programs daily from September to June. Watch for a new calendar every month! Yes! We offer transportation through Strait Area Transit. (Advanced notice is required)

## How can we connect with CORAH?

- Join our mailing list to receive our monthly calendar!
- Find us on FB  
[www.facebook.com/CORAHNSCCStrait](http://www.facebook.com/CORAHNSCCStrait)
- Phone: (902) 625-4252
- email: [corah-strait@nsc.ca](mailto:corah-strait@nsc.ca)

5



## Seniors Centre Without Walls Will Continue to Offer Outreach Initiatives for Older Adults with Support of the Municipality

By: Celeste Gotell

When Seniors Take Action Coalition (STAC) received news in the spring of 2024, that we were approved for an age-friendly community grant to pilot our project, we really didn't know what to expect. Since we do not have a physical building, we wanted to explore the idea of working in partnership and collaborating with others to offer our programs. We also wanted to look at different approaches for programs that addressed the unique needs of seniors in rural communities.

In our application we proposed several activities that we planned to offer to help to promote an age-friendly community and collaborate with local seniors' clubs and organizations to offer programming to older adults throughout Richmond County. This grant, provided by Department of Seniors and Long-term Care, allows small non-profits like ours to try things out and learn from our experience.

Some of the outreach activities that we accomplished because of this funding are featured in our 2024-2025 Annual Report. Some of the highlights include:

- Eighteen monthly calendars
- Five issues of our newsletter *Better with Age*
- Close to fifty editions of our weekly calendar *What's Happening*
- Eight episodes of *Age-Friendly Community Conversations*
- Social media campaigns for all three elections on seniors' issues
- Social media campaign for Mental Health Week
- *Imagine the Possibilities - Chapter Two Event* in May 2024. Over 120 seniors and service providers attended.
- The Second Annual Community Health and Wellness Showcase/Expo in May 2025
- Ten education sessions co-hosted with seniors' clubs and other organizations. The topics were based on their input.
- Received training in Mental Health First Aid for Older adults and will offer workshops in the coming year.
- Shared virtual opportunities for online training and resources
- Six Virtual Coffee Club Gatherings
- Over 500 posts on our FB page.

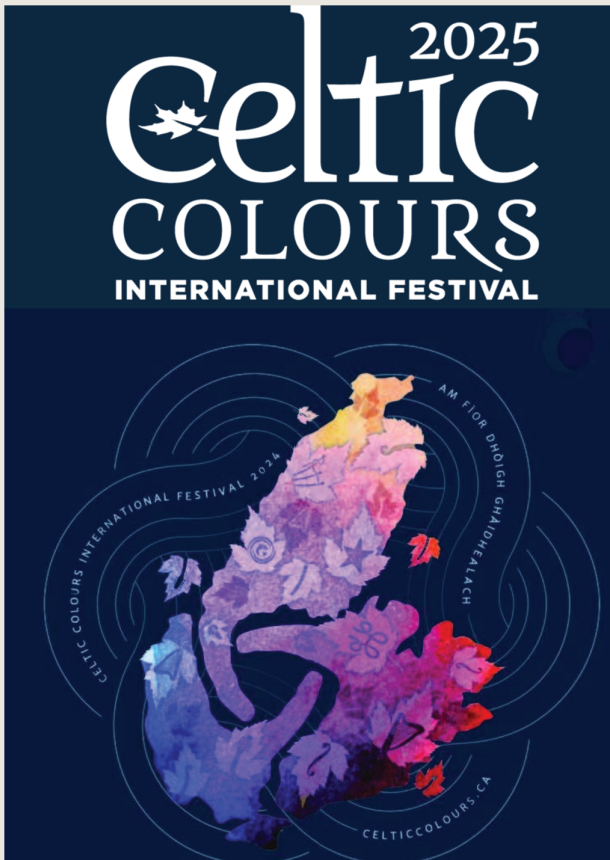


While the funding for this project is now over, we are both pleased and thankful to have received funding from the Municipality of Richmond County which will allow us to carry on this important work. We will continue to explore new and innovative ways to partner with the community to improve the lives of older adults. We have worked collaboratively with the Municipality for years now, and the sustainability of the Seniors Centres Without Walls into the future is because of this important partnership.

We are excited to be able to continue with our quarterly newsletter, *Better With Age*, our monthly calendar, our weekly calendar on *Telile*, *What's Happening*, our new *Telile* program called *Age-Friendly Community Conversations* featuring local organizations and people who provide programs and services. We will also continue to partner with local clubs and organizations to bring educational sessions to the community. We will ensure that seniors are aware of important information such as ER closures, up-coming activities, health information and local services through our active Facebook group which has now close to 1,000 members.

We are developing new partnerships with others, such as with Bereaved Families Nova Scotia to bring new initiatives to support older adults with dealing with grief and loss. We will be offering Mental Health First Aid for Older adults in the months ahead. We will also be finalizing a Seniors Toolbox of Resources as well as a local resource directory to share with seniors' clubs.

To stay informed about the work of Seniors Centre Without Walls, follow us on Facebook, watch us on *Telile* Community Television, and subscribe to our quarterly newsletter.



**Guiding Lights of Isle Madame**

Friday, October 10, 10:00 am Lennox Passage Provincial Park, \$20

**Blacksmithing Workshop**

Saturday, October 11, 9:00am, 12:30pm & 3:00pm The LeNoir Forge Museum, \$85

**Guiding Lights of Isle Madame**

Saturday, October 11, 10:00am Lennox Passage Provincial Park, \$20

**Spaghetti Supper in West Arichat**

Saturday, October 11  
1<sup>st</sup> Sitting - 4:30pm, 2<sup>nd</sup> Sitting – 5:30pm  
Acadiaville Hall, \$15

**French Connections**

Saturday, October 11, 7:30pm  
La Picasse Centre Communautaire Culturel  
Petit-de-Grat, \$40

**A Full Slate**

Sunday, October 12, 2:00pm  
L'Ardoise Community Centre, \$35

**Blacksmithing Workshop**

Monday, October 13, 9:00am, 12:30pm & 3:00pm The LeNoir Forge Museum, \$85

**Guiding Lights of Isle Madame**

Monday, October 13, 10:00am  
Lennox Passage Provincial Park, \$20

**Scottish Country Dance Workshop**

Monday, October 13, 1:30pm, St. Peter's Lions Hall, \$10

**KitchenRackets Afternoon Jam Session**

Monday, October 13, 2:00pm  
Bonnie Brae Seniors Club, Donation

**Tales and Tunes**

Monday, October 13, 2:00pm  
St. John's Centre for the Arts (Former Anglican Church)  
Arichat, \$10

**Notre Dame de l'Assomption Church Tour**

Monday, October 13, 3:00pm  
Notre Dame de l'Assomption, Free

**Acadian Meat Pie Supper**

Monday, October 13  
1<sup>st</sup> Sitting - 4:00pm, 2<sup>nd</sup> Sitting – 5:30pm  
Our Lady of Assumption Parish Hall, \$27

**Notre Dame de l'Assomption Church Tour**

Monday, October 13, 3:00pm and 5:00pm  
Notre Dame de l'Assomption, Free

**A Good D'Escousse for a Party!**

Monday, October 13, 7:30pm  
D'Escousse Civic Improvement Hall, \$40/\$35

**Blacksmithing Workshop**

Tuesday, October 14, 9:00am, 12:30pm & 3:00pm  
The LeNoir Forge Museum, \$85

**Guiding Lights of Isle Madame**

Tuesday, October 14, 10:00am  
Lennox Passage Provincial Park, \$20

**KitchenRackets Afternoon Jam Session**

Tuesday, October 14, 2:00pm  
Bonnie Brae Seniors Club, Donation

**Blacksmithing Workshop**

Wednesday, October 15, 9:00am, 12:30pm & 3:00pm  
The LeNoir Forge Museum, \$85

**Learn to Play Cape Breton Style Workshop**

Wednesday, October 15, 9:30am  
Bonnie Brae Seniors Club, \$25 per 1-hour workshop

**Learn to Play Cape Breton Style Workshop**

Thursday, October 16, 9:30am  
Bonnie Brae Seniors Club, \$25 per 1-hour workshop

**Doors Open for Churches**

Friday, October 17, 1:00pm  
St. Peter's United Church, Free

**Sounds and Supper by the Sea**

Friday, October 17, 1:00pm  
L'Ardoise Community Centre, \$50

**KitchenRackets Afternoon Jam Session**

Friday, October 17, 2:00pm  
Bonnie Brae Seniors Club  
Donation

**We Remember You Well: A Tribute to Cyril MacPhee**

Friday, October 17, 7:30pm St. Peter's Lions Hall, \$40/\$35

**S.A.M. - Saturday's Artisan Market**

Saturday, October 18, 10:00am  
St. Peter's United Church Hall, Free

# Community News & Events

## Eastern Counties Regional Libraries

St. Peter's Library & Petit de Grat Library  
Wednesday – Saturday,  
10:00 am – 1:00 pm & 2:00 pm – 6:00 pm

**The Community Volunteer Income Tax Program**  
has an immediate need for volunteers to prepare simple tax and benefit returns for those in need. Visit [canada.ca/taxes-volunteer](http://canada.ca/taxes-volunteer) or call 1.866.837.1531.

## Our Lady of Assumption CWL

Acadian Meat Pie Supper, served with salad, tea/coffee and dessert, \$27.00; October 13, 2025, 1<sup>st</sup> sitting 4:00 pm, 2<sup>nd</sup> sitting 5:30 pm; OLA Hall, Arichat; For tickets call Doreen Boudreau at 902.631.2531.

## 2842 L'Ardoise Legion Army Cadet Corps

Ages 12 to 19, Tuesday evenings, L'Ardoise Legion, 6:30 pm – 8:00 pm, outdoor activities, marksmanship, biathlon, camping, hiking and more. For more information please contact Capt. Allison Martell at 902.595.4202.

## Interested in hosting an international student?

Your hospitality can make all the difference to a student's experience. Students come to experience the Nova Scotian lifestyle, they attend high school and participate in family events. To receive more information contact our SRCE-ISP Manager, Chris Penny at [chris.penny@srce.ca](mailto:chris.penny@srce.ca) or 902.631.5170 or [https://www.nsisp.ca/homestay/become\\_a\\_host\\_family](https://www.nsisp.ca/homestay/become_a_host_family)

## Richmond County Literacy Network

Learners will be accommodated with an experienced instructor either in - person or by virtual classroom. Equipment will be provided if needed.

Available courses include:

- \* Basic Digital Literacy
- \* Canadian Adult Education Credential
- \* Digital Wellness

For more information, call 902.535.3304  
Email: [executivedirector@rcln.ca](mailto:executivedirector@rcln.ca)

## SA Chamber Events:

- \* Fall Golf Classic, Dundee Sept. 19
- \* 10<sup>th</sup> Annual Octoberfest, Oct. 18
- \* Fall Awards & Gala, Nov 27

For details, visit:  
<https://www.straitareachamber.ca/>

## Acadiaville Community Centre

- \* 45 Card Games, Tuesdays, 7:30 pm
- \* Pre-teen dances, Sept 26, Oct 10, 7:00 pm - 9:00 pm. Ages 8 - 12 yrs
- \* Washer Toss, starts Oct 17<sup>th</sup>, 7:30 pm
- \* Adult Halloween Dance, Oct 25<sup>th</sup>, 9:00 pm - 1:00 am
- \* Merchandise Christmas Bingo, Nov 23<sup>rd</sup>, 1:45 pm
- \* Tree Lighting, Dec 5<sup>th</sup>, 7:00 pm
- \* ATV Holiday Run, Dec 27<sup>th</sup>, registration 10:00 am - 12:00 pm
- \* New Years Eve Dance, Dec 31, 2025 10:00 pm - 2:00 am

## Richmond Rainbow Alliance

Richmond Rainbow Alliance is committed to promoting social justice, inclusivity, and safe, welcoming spaces for 2SLGBTQIA+ individuals and their allies.

Follow us on Facebook  
[RichmondRainbowAlliance](https://www.facebook.com/RichmondRainbowAlliance) to learn about upcoming events, ways to get involved.

## Anne Sampson Building, River Bourgeois Tock Tournaments

September 26, October 24, November 21  
Time: 6:00 pm  
Contact: Sharon Chilvers at 902.535.2512

## Cribbage Games

Starting September 5<sup>th</sup> and every 2<sup>nd</sup> Friday afterwards  
Time: 6:30 pm  
Contact: Laura Doney at 902.302.8845

## Royal Canadian Legion Branch 150, Arichat

**Breakfast:** Sundays - October 5, November 2, December 7. Time: 8:00 am -11:00 am. Eat in or Take out

**Fish Fry:** Fridays - October 17, November 21, December 19. Time: 4:00 pm - 6:30 pm. Eat in or Take out

**Music Circle:** Saturdays - October 4, November 1, December 6 at 2:00 pm - Free Admission - Bring your own instrument

**Veteran's Socials:** Saturdays - October 25, November 29, December 27 at 2:00 pm. All Veteran's invited to attend

**Bingo:** Sundays, December 7, 14, 21, 28 at 2:00 pm

**General Meeting:** Wednesdays - October 8, November 12, December 10 at 2:00 pm. All members invited to attend.

**Tarabish Tournament:** Saturdays, October 25, November 29, December 27 at 7:00 pm. Bring a partner - Prizes awarded

**45 Card Game - Poppy Fund Fundraiser:** Saturdays, October 18, November 15, December 20 @ 7:00 pm. Bring a partner - Prizes awarded

## LDVFD's Annual Fall Fair celebrating

Louisdale's 175<sup>th</sup> Anniversary  
October 5<sup>th</sup>, 2025, from 10:30 am to 3:00 pm  
Louisdale Parish Hall; Parade, Games, Turkey Dinner, Bingo & more, Contact: Ainslie Marchand, 902.623.0224

## Johnstown Sewing/Handicraft Group

District 10 Fire Department, Red Islands  
Thursdays, 1:00 pm from October 9 to December 11; Bring a project or idea and sew, knit and/or craft with others. Everyone welcome. Contact: Rita Campbell, 902.631.0209

**Community flea market,** Framboise Hall  
Sat. Sept 27<sup>th</sup>, 10:00 am - 2:00 pm. Table rentals \$5. Hotdogs and hamburgers for sale.

## Strait Area Community Curling Club

Registration for 2025/2026 Season.  
\$250.00 for new members  
Visit [sacc.ca](http://sacc.ca) for more information

## Dr. Kingston Memorial Community Health Centre

**\*NEW\* Find the Facts:** What's real and what's fake on the internet?

October 25-October 26, 1:00 pm - 4:00 pm  
Join this workshop to learn how to stay safe online. FREE, open to all adults.

To register: contact Josie Robinson, Community Engagement Manager: 902.587.2800 ext 4 or [cepr.dkmchc@gmail.com](mailto:cepr.dkmchc@gmail.com)

## Memory Cafe

October 7, November 4, and December 2, 1:00 pm-2:30 pm. Contact us for details.

To register: contact Rachael LeBlanc, Senior Safety and Social Inclusion Coordinator 902.587.2800 ext 3 or [seniorsafetycoordinator.dkmchc@gmail.com](mailto:seniorsafetycoordinator.dkmchc@gmail.com)

## Weekly walking group:

Thursdays, 11:00 am weather permitting. Leaving from the parking lot of Dr Kingston Memorial Community Health Centre. For more info, contact Rachael LeBlanc: 902.587.2800 ext 3 or [seniorsafetycoordinator.dkmchc@gmail.com](mailto:seniorsafetycoordinator.dkmchc@gmail.com)

## St. John's Centre for the Arts Event

For more information on the events below, call 902.227.8303

\* Marie Marguerite Rose and the History of Slavery in Cape Breton with Ken Donovan; Sunday, September 14 at 2:00 pm

\* Barbel Albert (violin) and Ruth Matthews (piano); Sunday, October 5 at 2:00 pm

\* Tales and Tunes (a Celtic Colours community event); Monday, October 13 at 2:00 pm; \$10 at the door

\* Christmas Art Show and Sale  
Saturday, November 22 from 10:00 am – 2:00 pm

\* Christmas Singalong, Sunday, December 7 at 3:00 pm

\* The Pear Tree (Adrianna Ciccone and Ellen Gibling); Christmas Music with fiddle and harp  
Sunday, December 14 at 2:00 pm  
\$20 advance / \$25 at the door /18 & under free, \$10 over 18 with a student card (etransfers: [friendsofstjohnsarichat@gmail.com](mailto:friendsofstjohnsarichat@gmail.com))

**Christmas Gospel Concert,** Centre La Picasse, Petit de Grat, Friday, December 5, 2025 at 6:30pm. NO ADMISSION. Music by the Broussard Family and friends.

## Brown Bag Sale & Tea

Saturday, October 18<sup>th</sup>, 2:00 PM  
Fee \$5/door, Bags: \$1-\$5  
Sponsored by the Grand River Seniors' Club