

## *Be Winter Active Give Snowshoeing A Try!*

The Recreation office has snowshoes available to loan out to individuals or families. We have a variety of sizes available for daily or weekend loans. Contact us at 825-6611 or email, [recoffice@town.middleton.ns.ca](mailto:recoffice@town.middleton.ns.ca).

## PUBLIC SKATING

Middleton Arena

Adults: Wed. 10-11am  
General Public: Fri. 7-8pm &  
Sundays 1:45-2:45pm  
Fee: \$1.50 Students, \$3 Adults  
or \$7.50 Family



## VON/Subway Lunch & Learn

Seniors, join us for lunch at noon on the last Wednesday of each month at Middleton Subway and to take part in interactive information sessions. Lunch is provided compliments of Subway. For information call Carol at 665-4804.

## Take the Ten Tip Challenge (<http://emo.gov.ns.ca/content/take-ten-tip-challenge>)

Following the ten tips below will help keep your family safer this winter:

### 1. Make a family emergency plan

Your family may not be together when a severe winter storm or other emergency strikes. There may be confusion or panic. Make a plan ahead of time. Discuss what could happen, what each family member should do and where they should go. Identify a central person that everyone can contact.

### 2. Prepare a home and car emergency kit

Include in your kit a battery-operated or crank radio; flashlight; spare batteries; non-perishable food; manual can-opener; drinking water; adequate supply of medication; first-aid kit; blankets or sleeping bags; and extra clothing and footwear. For vehicle kits add jumper cables, warning flares, a shovel, traction sand or road salt, and tow rope.

### 3. Hang a civic address sign and have other useful items on hand

Make sure your civic address is clearly visible so that first responders can easily find you. A phone with a cord, salt or sand, a shovel and other snow removal equipment, and blankets and warm clothing are important to have on hand at home.

### 4. Listen to weather forecasts and warnings

Weather reports and warnings provide essential information that will help you make good decisions about the safety of your family. Listen regularly on your battery or crank-powered radio.

### 5. Stay home

Winter storms can bring severe cold and treacherous conditions. Have an adequate supply of blankets and warm clothes on hand and stay indoors. Do not travel during a winter storm when roads are slippery and visibility significantly reduced. The chance of having an accident or getting stuck or lost greatly increases.

### 6. Pay attention to your surroundings

If you must venture outside of your home in a snow or ice storm, pay attention to overhangs, branches or wires that could break from the weight of ice or snow. Never approach power lines – they could be live.

### 7. Get your vehicle ready

Take care of your car so it can take care of you. Get a winter tune-up, check your tire pressure regularly, and have your radiator and exhaust system inspected for leaks. Make sure your wipers are in good condition and fill up the winter washer fluid. Stash an emergency kit in your car.

### 8. Stay in your car

If you are caught in a blizzard or ice storm, stay in your car. Open the window slightly on the sheltered side to allow fresh air in. If the exhaust system is not blocked with snow, the car engine can be run about 10 minutes every half-hour. Check the exhaust pipe periodically to make sure it is not blocked. Potentially fatal carbon monoxide fumes have no smell. Exercise your hands periodically to keep them as warm as possible.

### 9. Be a good neighbor

Check on your neighbours particularly if they are elderly or disabled, or do not have an alternative heat or cooking source. See if they need any help or supplies.

### 10. Remember pets and other animals

Pets and animals need care in winter weather too. Remember to bring the family pet indoors when severe winter weather strikes. If you live on a farm, move livestock to shelter where feed is available, and check to make sure that the water supply is not frozen.

# About Town



January, 2010

## Greetings From The Mayor

Welcome to 2010's first edition of **ABOUT TOWN**. I hope you had an enjoyable Holiday Season and wish you all the best during the upcoming year.

The Town's Centenary Year has come to an end. Councillor Lorne Brown, and his Committee, is to be congratulated on a fine job planning and organizing the many events over the past twelve months. There are many others to thank for their volunteer efforts, too many to mention in this edition. I want to thank all those who contributed in any way to our year-long celebrations - without your help, 2009 would not have been the successful year that it was.

Middleton has much to look forward to over the next twelve months and it is with optimism that we begin the second decade of the new century.

Our long awaited sewage treatment plant will be under construction when the frost leaves the ground in the spring. The site has been cleared in preparation for the development.

Nursing Home construction is on schedule and the target date for opening the facility is still June 26th. The additional fifteen housing units for Magee Drive will be under construction shortly. Construction of services for the Brooklyn Road development is scheduled for the spring.

Our Industrial Park is also expanding, with the opening of K&J Trucking; the addition to King's Processing near completion, with further expansion planned; and the Aliant communications tower scheduled for 2010.

The Town is currently conducting a study to assess the need for new facilities to house our Fire, Public Works, and Town Hall operations. All of these buildings are antiquated and are, in many ways, too small to allow for proper service delivery. The results of the CBCL study will be made public in the near future.

As you read through the following pages, you will note the many activities scheduled for the winter months. Our Recreation Department has once again made it possible for our residents to remain active throughout the long winter season and it is our hope that citizens of Middleton and surrounding area will take advantage of these programs.

Our Fire, Police, and Public Works Departments continue to provide top quality, essential services for our residents. The Town Hall staff, is, as always, available to provide administrative services for everyone.

Council is in need of volunteers from the community to fill a number of vacancies on its Appointment List, previously known as the Committee List. They are as follows:

A Citizen- at- large to fill a vacancy on the Annapolis County Mental Health Committee

A Citizen- at- large to fill a vacancy on the Town's Planning Services Public Advisory Panel

A Citizen-at-large to represent the Town at the Annapolis Valley Apple Blossom Festival

If you are interested in any of the above positions and would like information concerning them, please call the Town Office at 825-4841.


Through the hard work and determination of The Friends of the Middleton Library Society, a Federal grant of \$12,850 has been awarded to the Rosa M. Harvey Library. As a result, large print books, new bookcases and furniture will be acquired, and along with a few other changes this popular facility will continue to grow and thrive in our community.

In closing, I would like to invite everyone to visit Middleton's new web site at [www.town.middleton.ns.ca](http://www.town.middleton.ns.ca). Plans are to keep this web site up to date on what's happening in Town, and please take the time to explore the links while making it a welcome addition to your desk top.

Regular Council meetings are held on the first Monday of the month, and Committee of the Whole meetings take place on the third Monday each month. Any inquiries concerning the Town may be made by calling 825-4841, Monday to Friday from 8:30 a.m. to 4:30 p.m.

*Calvin Eddy  
Mayor, Town of Middleton*

♥ ♪ **Valentine's Social** ♪ ♥  
(for those 50+)

 You are invited to come and have a great evening listening & dancing to the music of SWIG.

**Saturday, February 13th**  
**7:00 - 9:00 pm**  
**Middleton Fire Hall**  
**\$5.00/person**  
*(snacks & punch provided)*

*SWIG plays the best-loved folk and party songs from Scotland, England, and Ireland as well as great tunes from Nova Scotia, Newfoundland, and the rest of Canada.*



**Provincial Volunteer Week**  
April 18-24, 2010

Each year, communities all across the province pay tribute to the volunteers who give of themselves to better their communities and local organizations. You are encouraged to nominate a deserving volunteer to receive an award. The volunteer may be involved in any form of voluntarism.

Nomination forms are available at the Town Hall or on the Town of Middleton's website, [www.town.middleton.ns.ca](http://www.town.middleton.ns.ca). Completed forms can be dropped off at the Town Hall by **FRIDAY, FEBRUARY 26, 2010**.

All volunteers nominated in Annapolis County will be honoured at a Volunteer Awards & Reception on Wednesday, April 21st, at Kings Theatre in Annapolis Royal.

*Physical inactivity costs Nova Scotia \$107 million a year in direct medical costs.*

(<http://www.taketheroofoffwinter.ca/why.php>)

**Centennial Year Wrap Up**

The Town of Middleton's centennial year — a year of celebrations has come to an end. On behalf of the Centennial Committee, I would like to take this opportunity to look back and review the events throughout 2009 that the committee provided for the young to the young at heart. We started the year with a stormy walk into 2009 and some wine & cheese at the centennial kick off party. Had a laugh or two at the Yuk Yuks & Jimmy Flynn comedy nights. The birthday bash weekend brought parades, lots of great musical entertainment and amazing fireworks. Antique autos lined Commercial Street for all to enjoy during the car show. Over 70 cyclists endured the extreme heat of the summer's day to participate in the inaugural Heart of the Valley Century ride. Games, BBQ & great music was provided & enjoyed at the Picnic in the Park. "Oyez Oyez Oyez" the Heart of the Valley International Town Criers Challenge brought Criers to Town from all across Canada and as far away as England. Other great events included Historic Suppers, Sons of Maxwell Christmas Concert and to say goodbye to 2009, we danced the evening away to Joker's Right at the New Year eve's bash.

I would like thank the committee members for all the long hours spent preparing these events. As well the many sponsors who, without their support, these events wouldn't have happened. Finally I thank you, the public, for showing your community support as we celebrated Middleton's Centennial.

*Lorne Brown*  
*Middleton Centennial Chairperson*

**Winter Family Fun**

Sunday, February 28, 2010 at Rotary Park  
1:00 - 3:00 pm

Let's get outside and have some fun!! A smorgasbord of winter activities for you & your family to try: snowshoeing, nordic walking, kick sledding and maybe even a snow sculpturing contest as well as other active games. There will be prizes & hot chocolate to finish up the afternoon!! Come out and **GET ACTIVE!!!**

**2010 Community Winter Activity Challenge**

Town of Middleton residents are encouraged to become a participant in the 2010 Community Winter Activity Challenge. The challenge is part of the Club 400 program. All you have to do is record the hours you are active, from January 1 to April 1, 2010, in your log book, then report those hours to the Middleton Recreation office (825-6611). *If you are not a Club 400 member, no problem! You can pick up a log book from the recreation department nearest you.*

There will be weekly prize draws for those who are actively participating, and the community with the most hours will get the award for **The Most Winter Active Community of 2010**.



*Winter Fitness Programs*



**Youth Programs**

**Beginner Basketball**



This program is an introductory class that will teach children the basic skills of basketball and introduce them to the rules of the game.

**Instructor:** Dan McKinnon  
**Grades:** P-3  
**Location:** AEES  
**Time & Days:** 5:45pm-6:45pm  
Monday & Thursday  
**Cost:** \$30 if you need a basketball;  
\$25 if you already have a basketball  
*\*Please indicate when you call to register if your child needs or already has a basketball*  
Maximum 25 participants

**Into the Outside**

This is a leadership program designed to help youth become comfortable with outdoor physical activity.

**Instructors:** Jennifer Coolen & André Bouchard  
**Grades:** 9-12  
**Location:** Meeting point is the parking lot of Rotary Park  
**Time:** 2pm-4pm  
Every other Sunday beginning January 24<sup>th</sup> (6 weeks)  
**Cost:** \$25



**Adult Programs**

**Older Adult Fitness Class**

Whether you are an active older adult looking for a workout or you would simply like to improve your mobility through light movement, these classes are offered by certified senior's instructor, James Hayward, who will design a program to meet the needs of all individuals interested in participating.

**Location:** Middleton Fire Hall  
**Time & Days:** *Advanced class*  
9:30-10:30am  
*Lighter class*  
10:45-11:45am  
Monday & Friday's  
**Cost:** \$40  
Maximum 25 participants per class

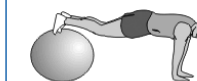
**Adult Fitness Class**

Come punch and kick your way to good health in 2010. Class consists of cardio, muscle and a nice relaxing stretch to finish. Class can be modified for any fitness level. Bring a friend that has never participated in our fitness class before and both of you receive \$5.00 off the already low registration fee.

**Instructor:** Sherry Ripley  
**Location:** AEES  
**Time:** 7-8:15pm (Tues & Thurs)  
**Cost:** \$40 (\$35 if you bring someone new to the program)



**Stability Ball**



Stretch and tone your muscles with certified fitness instructor James Hayward. Bring your own stability ball or let us know when you call to register if you do not have one.

**Location:** AEES  
**Time & Day:** 6:30pm-7:30pm  
Wednesdays  
**Cost:** \$35  
Maximum 30 participants

**Zumba Dance**

Zumba is a Latin-inspired, dance-fitness class. Dancers and non-dancers alike immediately & easily master a Zumba class because you do not need to know how to dance to succeed at Zumba. It is exercising in a healthy, fun, party-like environment; **it's exercise in disguise!**



**Instructor:** Holly Walker  
**Location:** Middleton Fire Hall  
**Time & Day:** 4pm-5pm Fridays  
**Starting:** January 22<sup>nd</sup> (10 weeks)  
**Cost:** \$45

**To register for any of our recreation programs, please call the office at 825.6611. Payment is due by the first class but register your name as all of our programs are offered on a first come, first served basis.**

If you would like to see a program offered, or would like to offer a program in the Town of Middleton, please contact the office of Recreation and Community Services at 825-6611.