

COMMUNITY CONTACT LIST

African Violet Society	Francise Shiliday	www.avsc.ca	825-4600
Annapolis Valley Toastmaster	Christine Austin		825-1061
Boy Scouts			
Middleton	Candy Hirtle	www.scouts.ca	825-6937
Wilmot	Tina Spidle		825-6981
Annapolis Valley Therapeutic riding	Olga Comeau		665-2101
CAPS- Companion Animal Protection	Anna Clark	www.caps-annapolis.org	825-2343
Co-Ed Volleyball (recreational)	Kim Kelsey		825-6067
Children's Church	Holly Gosbee		825-3537
DansXpress Dance Center	Rebecka Smith	info@dansxpressdancecenter.com	
Evergreen Theatre	David O'Leary		825-6834
Family Matters Resource Center	Wendy Knowlton		584-2210
Girl Guides			
Middleton	Diane Stewart	www.girlguides.ca	765-4191
Wilmot	Tina Spidle		825-6981
Nictaux	Theresa Aldred		765-4004
Gold Door Youth Health Center	Susan Messom		840-2188
IODE, Rosemary Chapter	Valerie Davies	www.iode.ca	532-2739
Macdonald Museum	Sherry Griffin	www.macdonaldmuseum.ca	825-6116
Mid-Annapolis Kinsmen Club	Albert Johnson	www.kincanada.ca	825-3062
Middleton Choral Society	Maureen MacLean		825-3387
Middleton Fire Dept.	Chris Baker, Fire Chief		825-3062
Middleton Fireflies	Bonnie Johnson		825-3062
Middleton Curling Club	Jim Lehman		424-2516
Middleton Skating Club	Tara Szuskiewicz		825-1611
Middleton Youth Group	Holly Gosbee		825-3537
Middleton & District Hockey Assoc.	Marianne Wagstaff	www.middletonminorhockey.ca	825-6977
Middleton & District Lions Club	Brian Schofield		825-1790
Myrtle Rebekah Lodge #46	Zillah Gaul		825-3295
Pegasus Amateur Boxing	Bruce Harkness		825-1671
Rainbow Riders Gymnastics Club	Carol Mcgean		847-1733
Rosa M. Harvey Middleton & Area Library		www.valleylibrary.ca	825-4835
Rotary Club of Middleton	Katie Sloma		840-3533
Royal Canadian Legion, Branch #1	Don Sherman		825-4751
Seniors Line Dancing	Pat Labor		765-2247
Soldier's Memorial Health Auxiliary	Elizabeth Spinney		825-6841
Tae Kwon Do	Greg Durling		825-3489
Taoist Tai Chi Society	Sharon Campbell		825-6151
Twelve Baskets Food Bank			825-3966
Valley Trekkers Volkssport Club	Lynda or Rick Kanne	www.walk.ca	847-1771
Western Valley Minor Hockey Assoc.	Tanya Hazelwood	www.westervalley.goalline.ca	760-1794
West Valley Pony Club	Angela Templin		825-2775
Wilmot Garden Club	Sharron Hutton		765-2884
V ON Annapolis Community Supports	Carol Ward		665-4804
Yoga (Kripalu)	Elizabeth Gaal		825-2566



3RD ANNUAL CENTURY RIDE

Cyclists from all across Canada gathered on August 14th for the third annual Heart of the Valley Century Ride. The event has been growing steadily from 75 the first year, 150 the second and this year the ride started with a peloton of 260 riders, escorted through Middleton by the RCMP. The event consisted of four rides; the ¼ century (25km), ½ Century (50km to Bridgetown and back), the Metric Century (100km to Annapolis Royal and back) and the Full Century (160km or 100 miles, past Annapolis Royal to Clementsport, up to Raven Haven Park and return). Of the 260 participants; 85 cycled the Metric Century and 115 challenged themselves with the Full Century.

This year's event is a partnership with the Towns of Middleton, Bridgetown, the County of Annapolis and the Cyclepaths from Annapolis Royal. The partners hosted much needed food stops that were very much appreciated; especially the homemade cookies in Annapolis Royal. Many comments were received after the ride on the great route, wonderful scenery, awesome food stops and the great people.

After the day, cyclists were refueled with a chicken BBQ courtesy of the Middleton Fire Department and were entertained by the wonderful sounds of SWIG.

Special thanks to the Town of Bridgetown, Michael and Kent Thompson and the Cyclepaths, Annapolis County, Middleton Fire Department, RCMP, Laura Brophy 14 Wing Imaging, and the many other sponsors and volunteers that made the event possible, and a special thanks to all the considerate motorists who gladly shared the road with the cyclists. Plans are already underway to make next year's event bigger and better.

Written by Marc Britney



About Town

Greetings From The Mayor

Welcome to the Fall edition of About Town. Middleton has once again enjoyed a busy spring/summer season with lots of activity, in spite of the cool, wet weather.

Our Recreation Department enjoyed a large number of participants in its various programs again this summer. As well, the Visitor Information Center has been busy, as usual.

Council would like to thank our summer staff in Recreation and Public Works for their excellent work in providing services to the public in a very competent and professional manner. We wish them well over the coming months, especially those returning to school in the fall.

A special word of appreciation to Middleton's first Youth Ambassador, Janyne Crocker. Janyne did a great job representing the Town over the past twelve months. She attended various functions throughout the area and was most successful in completing her objective of acquiring a new set of bleachers for the Middleton and Area Swimming Pool. Thank you Janyne, and all the best in your studies at St. F. X. U.

Recently, there has been some restructuring in Town Departments resulting in the addition of three new employees. Sharon McAuley is the new Executive Assistant to the CAO and Council, Hank Sawchuck is the new Director of Public Works, and Katherine Hayes is the new Administrative Assistant to the Director of Recreation and Community Services.

Council welcomes the new personnel and wishes them the best in their new positions with the Town.

Council, in July, approved its 2011/12 budget. The Residential tax rate remains the same this year.

There are a number of Capital Works items worthy of mention, most important of which is the much-anticipated traffic lights at the corner of Main and Commercial Streets. Our outdated and outworked front-

end loader/snow plough now has to be replaced. Ball field fencing and adult fitness equipment at Rotary Park, as well as water clock repairs, are also included in the current budget.

Residents will soon notice newly-constructed kiosks at the corner of Main and Commercial Streets and at Centennial Park.

Ribbon cutting ceremonies were held on September 12th at the new Sewage Treatment Plant. Council thanks the Federal and Provincial Governments for assistance in the completion of Middleton's largest undertaking. This project will go a long way in assuring a safe and healthy Annapolis River. As well, the new STP will enable future residential and commercial expansion in one of Western Nova Scotia's most appealing Towns.

The Housing Project on Brooklyn Street nears completion, and the fifteen-unit addition to Magee Drive is now open.

Congratulations to Councillor Gail Smith, elected on June 25th in the municipal by-election to fill the seat vacated by Councillor Lorne Brown. Thanks to Lorne for his service to the Town over the past number of years. We look forward to working with Gail during the coming months.

Council also extends congratulations to Lynda Eddy on her retirement. Lynda has been with the Town for twenty-two years, serving the public in a most helpful and efficient manner. Enjoy your well-deserved vacation, Lynda, and all the best in the future.

The Town of Middleton is growing. Council is proud of our Staff and their ability to provide our residents with topnotch service. Enjoy the fall/winter seasons.

Calvin Eddy
Mayor, Town of Middleton



Town of Middleton Starting a Neighbourhood Watch

The Town of Middleton has begun gathering volunteers to start a Neighbourhood Watch program. A Neighborhood Watch program is a group of people living in the same area who want to make their neighborhood safer by working together and in conjunction with local law enforcement, to reduce crime and improve their quality of life. In the near future, you may have someone on your street visit you to give you more information on the program and how you can be involved as a resident. If you would like to know more information about this program or would like to get involved, please contact the Town's Department of Recreation and Community Services at 825-6611.

SERVICE GROUP INFORMATION—WHO'S SERVING OUR COMMUNITY

Mid Annapolis Valley Kinsmen Club



Kinsmen are the only all-Canadian service club. The club operates out of the Kin Center on Dodge Rd in Wilmot, just off highway #1. They meet the 1st and 3rd Mondays at 7pm, from September through June. One major fundraising project is Kinsmen TV bingo which is played every Wednesday from 6 to 7pm on Eastlink cablevision (channel 13). Major fundraising causes include: Multiple Sclerosis, Cystic Fibrosis, High school bursaries (MRHS, WKDHS, CKRHS), Kin center for cubs, 4H, community activities, Minor Sports, Local Welfare, and others. For more information contact President Bill Dahr at 825-2580 or contact S Albert Johnson at 825-3062. (Presently there are 16 members)

Middleton and District Arena

The rink will open on Wednesday, October 12, 2011 for another season of fun. Public skate - Friday at 7pm and Sunday at 1:45pm, Adult Skate - Wednesday at 10am, Minor Hockey at various levels call Andrew Mercer at 825-0557 (various times twice between Monday and Thursday and once on weekend), CanSkate - Friday 5:45 call Tara Swzskiewicz at 825-1611. Adult Hockey - Sunday at 7:45pm and Wednesday at 9:45pm call Al Peppard at 363-2173, Also Monday and Thursday at 9:45 call George Reagh at 825-3202. Youth Birthday Parties and other time openings are available, just call arena at 825-3583 or S. Albert Johnson 825-3062. Don't forget MRHS hockey games most Saturday nights, with the girls starting at 6pm and boys at 7:30pm

Hospital Auxiliary

The primary purpose of our auxiliary is to promote and support the facilities of Soldiers Memorial Hospital, to raise funds for such purpose, to promote good public relations between the Hospital and the community, to assist the Foundation and staff of the Hospital, as requested, and to receive property, donations, bequests, monies and gifts, provided the receipt of such is acceptable to the Auxiliary.

Our meetings are the second Thursday of each month, except December, June, July and August.

Some of the recent equipment purchases of the Auxiliary have been a bladder scanner, chairs for the out patient department, ceiling lifts and patient diagnostic equipment.

We provide an annual bursary to a graduating student at M.R.H.S. and the NSCC Annapolis Community College, as well as partnering with the Hospital Foundation and AVHD in providing a bursary.

Some of our fundraising activities are Bake Sales, Light-A-Bulb, Girl's Night Out, Pork Dinner, and this year we hosted along, with the local Rotary Club, "Serenade in the Park" which we hope will become an annual event.

We are always looking to welcome new members who have a desire to support our Hospital.

Contacts: Elizabeth Spinney 825-6841, Ruth Brigley 825-3663, Sheila Haynes 825-4698

Volunteer with VON

At the VON we always have a need for a variety of volunteers. If you would like to volunteer from home, we are in need of people to make phone calls for the Seniors Safety Check-in Program. If you are interested in an office atmosphere you could do administrative volunteer work at one of our locations. Some people are comfortable spending time visiting others who are unable to leave their homes through the Volunteer Visiting Program. If you prefer a regular schedule, there are regular Foot Care Clinics where volunteers are needed to administer the paperwork, while the nurse takes care of the feet. Finally, we always need volunteers to come out to help run our fundraising events such as the annual golf tournament, the tea and quilt sales and some exciting new events on the drawing board.

There is a long tradition of seeing volunteering as a form of charity, based on altruism and selflessness. Instead of considering volunteering as something you do for people who are not as fortunate as yourself, begin to think of it as an exchange. So, today, you may be the person with the ability to help, but, tomorrow, you may be the recipient of someone else's volunteer effort. Contact Carol Ward at 665-7561 for more information.

The Gold Door

The Gold Door Youth Health Center, formerly located on Main Street is now operating out of Middleton Regional High School. Nurse, Beth Messom, is there to talk to any youth (you don't have to attend MRHS to talk to her), and you can call or text her at 840-2188 at any time.

Middleton Fireflies

- Thursday, October 13th, Middleton Fireflies are hosting a supper for the New Fire Hall at the Family Life Center, Baptist Church. Supper will be creamed lobster or roast beef dinner from 4:30-6:30pm. Call Bonnie at 825-3062 or Sylvester at 825-4758
- Tuesday, October 25th, Middleton Fireflies soup + chowder luncheon 11am-1pm at Middleton Fire Hall. For delivery in town, call Bonnie 825-3062
- On Saturday, October 29th, Middleton Train Station Museum will be hosting a ham, bean + scalloped potato supper. The event will be held at the Middleton Baptist Church Family Life Center from 4:30pm-6:30pm.
- Middleton Fireflies Ticket Auction Saturday, November 5th, from 10am-2pm at the Middleton Fire Hall.
- Tuesday November 29th, Middleton Fireflies Soup – chowder luncheon 11am-1pm at the Middleton Fire Hall. For delivery in town, call Bonnie 825-3062.

Macdonald Museum

- "Funds for Fuel" bridge parties, 1:00 p.m, Mondays, Sept. 19th, October 3rd and 17th, at Macdonald Museum, 21 School Street, Middleton. Admission \$4.00 per person. Come out for a fun afternoon and support your local museum. Phone 825-6116, for more information.
- Annapolis Valley Historical Society meeting, 7:30 p.m., Tuesday, October 25th, at Macdonald Museum, 21 School Street, Middleton. Special guests include John Hughes and George Reagh speaking on children who came to Middleton for safety during WWII. Call 825-6116 for more information.
- Annapolis Valley Historical Society meeting, 7:30 p.m., Tuesday, November 22nd, at Macdonald Museum, 21 School Street, Middleton. This evening's meeting will feature music and stories for the Christmas season. Call 825-6116 for more information.
- Annapolis Valley Macdonald Museum's 25th Annual Christmas Craft Sale, 5-9 p.m. on Friday, November 25th and 10 a.m. to 4 p.m. on Saturday, November 26th at Macdonald Museum, 21 School Street in Middleton.

Annapolis County Recreation Upcoming Events

Sunday, October 16, 2:00pm — Delaps Cove Wilderness Trail: Approx 2.2km. Meet at the Delaps Cove Wilderness Trail parking lot. Fun, spontaneous nature activities for all ages at the Bohaker Trail. For more information, or to register, contact hike leader Andre Bouchard, 532-0286, 825-2005 or abouchard@annapoliscounty.ns.ca

Sunday, October 23rd, 2:00pm - Valley View Provincial Park: FALL PHOTOGRAPHY HIKE. Approx. 5km. Meet at the entrance of Valley View Provincial Park. Explore the beauty and nature at Valley View Provincial Park this fall. Come capture the fall colours of the leaves and the Valley floor. Hike will be led by Annapolis County Recreation and John Rodie. For more information or to register contact hike leader Brian Orde, 532-3144, 825-2005 or email: borde@annapoliscounty.ns.ca

Recruiting Volunteers Workshop

Tuesday, November 1st, 6:30pm – NSCC Annapolis Campus, Lawrencetown. Is your organization struggling to find ways to recruit volunteers? If you answered YES, then this is the workshop for you! Participants will learn how to attract and place new volunteers in ways that best utilize their abilities and benefit the group as a whole. Minimum of 8 people registered for workshop to take place. To Register: Call Brian Orde, 532-3144; 825-2005. Deadline: October 27, 2011. For other Valley Volunteer Coalition workshops please visit our website at: www.annapoliscounty.ns.ca

For the Health of It

Do you have a health condition, or are you concerned about developing one?

By making healthy lifestyle choices, people are able to delay, or even prevent, some health problems. Healthy eating, physical activity, stress management and other healthy lifestyle choices all play a role in promoting good health. If you are an adult, starting to have some health concerns or have been diagnosed with a health condition, this **FREE** program can provide you with the information and support you need to make the most of your health.

Discover the value of healthy eating, develop physical activity skills, and learn to cope with stress through hands-on, interactive learning.

This **FREE**, eight week program, led by healthcare professionals can provide you with the information and support you need to make healthy choices. An upcoming program is starting in Middleton: Every Thursday at 6:00 p.m starting September 29th – November 17th at the Emmanuel Congregational Church. To register please call: (902) 538-1315

Christmas Celebrations

Annual Christmas Tree Lighting, Saturday, November 26, 6:30 p.m. at Centennial Park, School Street. Treats, Santa and music by Swig, will follow at the Middleton Fire Hall. Bring in 2 sets of glass holiday lights for recycling and receive one string of LED lights for FREE. A gift from Nova Scotia Power to help you on your way to energy savings. Quantities are limited and based on a first come, first serve basis. One LED set per person.

Annual Family Christmas Celebration, Saturday, December 3, from 10:00 a.m. to 12:00 p.m. at the Annapolis East Elementary School. Meet Santa, enjoy crafts and entertainment. Admission: Food Bank Donation.

