

KidSport

The mission of KidSport Nova Scotia is to overcome the financial obstacles that limit youth access to organized sport. KidSport Nova Scotia provides funding up to \$300/year/child for sport registration and/or equipment. If you know of any child who would like to participate in a sport, but cannot afford it, we can help! Contact the Argyle Recreation Department at 902-648-3379.



WHAT IS HIGH FIVE®?

HIGH FIVE® is a national, research based program designed to help coaches and recreation leaders better understand the needs of children between the ages of 6 to 12 years old and provide them with a lasting positive experience in sport or recreation settings. HIGH FIVE is based on five Principles of healthy child development that are essential for quality programs. This foundation comes from extensive research into what constitutes quality experiences for children, and the practical application of our Principles in programs across Canada.

The five Principles of healthy child development are:

A Caring Adult: The existence of a caring adult who provides supportive relationships is the one key attribute that stood out in defining quality programs for children. The establishment of caring, positive, and supportive relationships with adults can help children 6 to 12 develop positive social skills, self-esteem, and self-confidence. A program's quality is dependent upon effective interactions between staff and youth within the environment that staff creates.

Friends: Positive peer interaction is a key component of effective programs. Friends expand the child's world beyond one's family; share in humour; test loyalty; form their first audience; and offer support and criticism. Positive environments foster inclusion, acceptance, the opportunity for fun in constructive play, and the opportunity to develop and practice pro-social skills.

Participation: Children need to make choices, have a voice, and do things by and for themselves, which supports positive self-expression, physical activity, and interaction with others.

Play: Stressing fun, creativity, and co-operation, play lets children shape their environment using their imaginations. In addition, play is integral to the acquisition and development of motor and social skills, cognitive function, and creativity.

Mastery: Providing children with activities and tasks that enable them to feel special, important, and successful. This type of rich content-based learning, led by teachers and coaches who encourage mastery (both through structured and unstructured strategies) helps to promote learning.



DESIGN GUIDELINES

Three Design Guidelines serve as the foundation to the five Principles above. A good example would be that an organization could not foster the Principle of Play if they could not provide a Safe environment.

Welcoming of Diversity and Uniqueness: Research indicates the cultural sensitivity of staff and providing culturally appropriate activities are characteristics of quality programs.

Safe: Higher-quality programs are likely to have better policies and practices related to children's physical and emotional health and safety. Quality programs also allow for adequate space for a variety of safe activities.

Developmentally Appropriate: Research cited age-stage/developmentally appropriate programming as the second-most prevalent characteristic of quality programs for children, following the presence of a caring adult.

The Argyle Recreation Department can provide you and your organization with High Five Training opportunities. We offer an 8 hour Principles of Healthy Child Development workshop for the recreation leaders and a 4 hour High Five Sport workshop for community coaches. In the past two years we have delivered 9 courses to community coaches and recreation leaders in Yarmouth and Shelburne Counties. With the support of NS Department of Health and Wellness we have been able to deliver these courses free of charge. For more information on High Five or the book a workshop, please contact Natalie d'Entremont, Active Living Coordinator at (902) 648-3379 or email ndentremont@munargyle.com.

Municipality of Argyle
27 Courthouse Road
PO Box 10

Tusket, Nova Scotia B0W 3M0
Fax : 902-648-0367

Website: www.munargyle.com

Municipal Office Hours

Monday - Friday
8:30 a.m. - 4:30 p.m.

Community Development - 902-648-2623
EMO (Emergency Measures Office) - 902-648-2314
Finance & Administration - 902-648-3293
Municipal Archives - 902-648-2493
Property Inspection & Public Works - 902-648-2623
Recreation & IT - 902-648-3379
Taxation - 902-648-2311

Questions? Comments? Suggestions? Email us at newsletter@munargyle.com



Warden's Message

The month of March marks the end of yet another fiscal year. Argyle's financial position remains strong, and our residential tax burden is lower than average rural Nova Scotia municipalities, and we are also appropriately planning for future commitments. At the same time, we have supported millions of dollars of investments in our communities, including sewer in Pubnico and Tusket, Water in East Pubnico, medical clinic operations (Argyle/Pubnico Head), Mariners Centre operations, tennis court retrofits, baseball field renovations, as well as thousands invested each year in each of our community halls which are essential for our communities. I could go on. This is due to our focus on partnership with our Provincial and Federal governments, for without their funding, these larger projects would not have occurred.

We recently completed our annual priority setting exercise. Among our top priorities, you will find a variety of matters including ongoing community input for our municipal administration building – setting the stage for responsible aquaculture opportunities in our waters, intensifying our partnership with local organizations to confront the issue of affordable housing, the resurfacing of our track and field and the development and implementation of an innovative Wedgeport wastewater project. In addition to continue to work with our neighboring municipal units to continue benefiting from shared services without sacrificing our unique make-up, staff and Council will continue to work hard to ensure our municipality thrives.

As winter comes to a close, don't forget to stay active!

Thanks for reading!
Warden Aldric d'Entremont

<i>Municipal</i>		<i>Business Spotlight</i>		<i>Training Opportunities</i>	
<i>Volunteer Banquet</i>	<i>Page 2</i>	<i>Embrace Fitness Circuit Gym</i>	<i>Page 3</i>	<i>High Five</i>	<i>Page 4</i>

Council Sets Top Priorities

Council is pleased to present its top 5 priority projects for the 2016-2017 year.

Aquaculture – Along with the Province of NS, we will continue our work to identify suitable sites for aquaculture growth. We are currently testing tide and temperature in key areas, thanks to the aid of our local aquaculture growers. Two of our strategic goals speak to the need to influence economic development in our area, and to retain and grow the population, with a focus of bringing back our youth to the community. Our youth need to see economic opportunity to stay, and Council, along with the Province and many experts in the field, see Aquaculture as a potential growth opportunity.

Track and Field Improvements – Upon completion of the major restoration of our tennis courts and ballfields, Council is shifting focus to the expansion and resurfacing of the track and field at École secondaire de Par-en-Bas. This project has the support of all three municipal units in Yarmouth County. Therefore, this project is expected to move fairly quickly, with the goal to complete the project within 18 months, swifter if the funding and the availability of contractors allow it.

Municipal Building – With public meetings taking place in March, the public consultation process will come to a close. Council is committed to reviewing all of the information it has gathered and making a decision on the future of the building.

Affordable Housing – Affordable housing is of growing concern for our residents, particularly for our seniors. Council will work in partnership with the Conseil de développement économique de la Nouvelle-Écosse to do a needs assessment for seniors, with the goal of encouraging local contractors and entrepreneurs to build and manage housing that is suitable for our seniors.

Wedgeport Sewer System – Sewer continues to be a challenge for some areas of Wedgeport. The initial recommendation to address this problem was considered too expensive, so we approached it a different way. Council's new approach is to build individual solutions to sewer issues instead of building a centralized system. Planning is ongoing, and we are hopeful that this project will attract Federal and Provincial support.

The Municipality has other initiatives underway, including long term capital projects and offers financial support to its community non-profit organizations, not just community halls! For more information, please visit our website at www.munargyle.com or request additional information via email at admin@munargyle.com or our administration department at (902) 648-3293.

Did you know...

- ◆ Council meetings are open to the public and are held the second and last Tuesday of each month-meetings typically begin at 6:30 P.M.
- ◆ All council meetings are now available for viewing online: www.youtube.com/munargyle/
- ◆ All individuals or groups requesting an opportunity to make a presentation to Council must contact the CAO's office at 902-648-3293 at least two weeks prior in order to be added to the Council meeting agenda.
- ◆ Council meeting agendas are ready for distribution (on the Municipal website: <http://www.munargyle.com/en/council-agendas/> or pick-up in person) on the Friday prior to each meeting.

ARGYLE RECREATION DEPARTMENT - SUMMER EMPLOYMENT

The Argyle Recreation Department is looking to hire summer students for office positions (Physical Activity Sports Coordinator, Senior/Youth Leadership Coordinator and Office Administrative Assistant), Day Camp positions (Day Camp Directors and Day Camp Counselors) and a Soccer Club Coordinator for the Argyle Minor Soccer Club.

The deadline to apply for these positions is April 8, 2016.

Students interested in applying for any of these positions can do so by forwarding a cover letter and résumé to:

Argyle Recreation Department

27 Court House Road
Tusket, NS B0W 3M0

By email gdentremont@munargyle.com

Fax (902) 648-0367

Job descriptions will be available on our website at: munargyle.com/employment.html

For more information, please phone (902) 648-3379.



Registration for the Argyle Minor Soccer Club summer season will be starting April 11. We are accepting participants in the divisions of Active Start to Under 18. Registrations will be accepted through our website at www.munargyle.com. We are also looking for coaches. If you are interested in coaching please contact us.

For more information contact the Argyle Recreation Department at 902-648-3379.



ATTENTION COMMUNITY GROUPS!

Municipality of Argyle: Grants to Organizations
Deadline to submit grant applications is April 15th, 2016

The aim of the *Grants to Organizations Program* is to provide modest levels of support and assistance to community non-profit organizations whose projects make the Municipality of Argyle a great place to live.

Applications are available on our website:

munargyle.com/grants-to-organizations.html

as well as at the Argyle Municipal Office.

For information phone (902) 648-3293 or email cfrotten@munargyle.com

Argyle Municipal Office Holiday Closures:

Please be advised that the Municipal Office and Archives will be closed for the following holidays:

March 25th Good Friday
March 28th Easter Monday
May 23rd Victoria Day

Residential Property Tax Exemption

The Municipality of Argyle provides a property tax exemption for low income earners who are residents of the Municipality.

The exemption limits set by the Municipality of Argyle for the 2016 tax year are as follows:

Tax Exemption	Income
\$200	\$0-\$17,100
\$150	\$17,101-\$22,800



The income column noted above is the gross household income of all residents living in the homestead. Applications are available on our website at: www.munargyle.com/property-tax-exemption.html or at the Municipal Office.

For more information, please contact the Tax Department at 902-648-2311.

Deadline to apply is May 6th, 2016.

MUNICIPAL VOLUNTEER AWARDS BANQUET

The Municipality of the District of Argyle is pleased to honour the following individuals at our 34th Annual Volunteer Recognition Banquet for their past and current volunteer work within the Municipality. The Banquet will be held on Friday April 15th, 2016 at the Royal Canadian Legion Branch # 155, Wedgeport.

District 1 – Councillor Danny Muise: Keith Doucet & Carolyn Freeman

District 2 – Councillor Roderick Murphy Jr.: Jeanne Cottreau & Amy LeBlanc

District 3 – Councillor Lucien LeBlanc: Marie Doucette & Al Boudreau

District 4 – Councillor Guy Surette: Corey Clamp & Douglas Landry

District 5 – Councillor Nicole Albright: Nelson Blanchard & Matthew Seeley

District 6 – Councillor Richard Donaldson: Candice Spinney & Sandra Greene

District 7 – Councillor Kathy Bourque: Joe d'Eon & Gladys Amirault

District 8 - Warden Aldric d'Entremont: Dolores Ann d'Entremont & Basile d'Entremont

District 9 – Deputy Warden Calvin d'Entremont: Marcella Surette & Rita d'Entremont

École secondaire de Par-en-Bas: Kaylie Albright

Drumlin Heights Consolidated School: Aynsley Long

Provincial Volunteer Representative Nomination: Marguerite d'Entremont



Business Spotlight: Embrace Fitness Circuit Gym



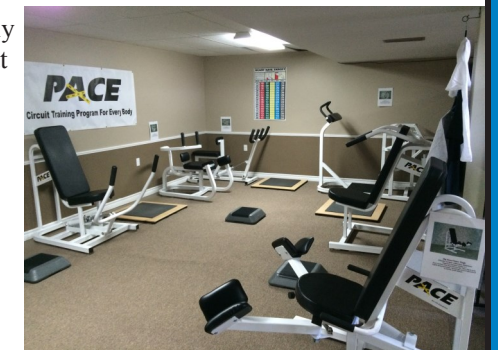
Embrace Fitness Circuit Gym in Lower East Pubnico opened its doors on January 4th, 2016. Owner/operator Joy Amiro dreamed of opening a fitness gym, but if you had asked her about it a year ago, she would not have thought it possible. She had operated a day care for the past twelve years and was looking for a change. The opportunity to purchase circuit equipment was presented to her in August of 2015. She heard that a local business was closing and wanted to sell the equipment so she made the call. The purchase price was right and the equipment was in very good condition, so she took the chance and started the process for starting up her new business and Embrace Fitness was born. This is a ladies only gym and to date has over 50 members in very little time.

Joy's mindset is that if you are not exercising, eating right and resting properly you also won't feel right. It was with this in mind that she wanted to pursue her own personal level of health and fitness and thought perhaps she could open a gym and help others wanting the same thing for themselves.

The fitness program runs as a circuit. Circuits can be defined as a variety of exercise performed in an interval sequence. Circuits are a form of interval training – an exercise program that alternates exercise with recovery. You begin on a station for 40 seconds and then move on to a recovery station for 40 seconds. This continues until you have gone through the entire circuit. The optimal amount is normally 2 full circuits which takes approximately 30 minutes. In order to see results, it is recommended that an individual uses the circuits at least 3 times per week.

Aside from the circuit equipment, the gym offers a side room with a treadmill, stationary bike, T-Zone vibrating machines, stepper and free weights.

For hours of operations, membership fees, group rates or general inquiries, contact Joy Amiro at 902-740-0441 or by email at joyamiro@gmail.com. Embrace Fitness Circuit Gym can also be found on Facebook.



Growing Communities Scholarship

The Municipality will be awarding two \$1,000 scholarships. One to a graduating student at École secondaire de Par-en-Bas and one to a graduating student at Drumlin Heights Consolidated School. The students must be enrolled in a full-time certificate or degree program at an accredited community or technical college or trade school.

Information and application are found on our Facebook page as well as on our website at munargyle.com/growing-communities-scholarship-fund.html or at school guidance offices.

Deadline to apply is May 1st, 2016.

Contact Charlene LeBlanc at 902-648-2623 or by email at cleblanc@munargyle.com



Municipality of the District of Argyle - Spring 2016 Special Garbage Collection

Special garbage collection in the Municipality of Argyle will be carried out as follows (a different day than regularly scheduled garbage pickup):

- Thursday, May 19: East Pubnico, Argyle, Old School Road, Robert's Island, Glenwood, Lower Eel Brook, Sainte-Anne-du-Ruisseau, Rocco Point, stop at SAR Church.
- Friday, May 20: Begin at SAR Church, Abram's River, Hubbard's Point, Amirault's Hill, Sluice Point, Surette's Island, Morris Island, including section of Highway 3 between Frank Doucette Road and Hanging Oak, stop at Hanging Oak.
- Saturday, May 21: Lower West Pubnico, Middle West Pubnico, West Pubnico, Pubnico, Pubnico Head, including side roads in the area, Argyle Sound Road, Green Grove Road, section of Highway #3 between Argyle Sound Road and Intersection of #335 to Paul d'Entremont Marine.
- Thursday, May 26: Wedgeport, Plymouth and Black Pond Road.
- Friday, May 27: Comeau's Hill, Little River Harbour, Melbourne, Pleasant Lake, Gavel Road, East Kemptville, Tusket and Lake Vaughan Road.
- Saturday, May 28: Chemin des Bourque, Eel Lake Road, Belleville, Bell Neck, Springhaven, Quinan.

Roadside collection shall be set out **no earlier than seven (7) days** prior to the special collection. Please have items out the day of your scheduled pickup before 7 a.m. Construction and demolition debris will not be picked up during this special cleanup. A list of eligible items for this special collection can be found on the Municipal website or by contacting Property Inspection and Public Works at 902-648-2623.