

# Parks, Recreation and Culture E-Newsletter

September 2009

Issue 6



Town of Truro

Welcome to the Town of Truro Parks, Recreation and Culture Department. We hope you enjoy all of the information on recreation events in the Truro area. Should you wish to be taken off of our mailing list, please send an email back to us and we will happily remove your name.

## We Would Like to Hear From You

If you would like your recreation events included in this newsletter please forward the information to [recdept@truro.ca](mailto:recdept@truro.ca) to be included in future issues.

## Who are we?

Doug MacKenzie – Director - Parks, Recreation and Culture Department

Ashley Simms – Community Recreation Coordinator

Cathy von Kintzel – Special Events and Culture Coordinator

Wayne Woodworth – Colchester Legion Stadium Manager

Fred Beshely – Maintenance Supervisor

Pia Hall – Administrative Assistant

## You can reach us at:

Phone: 902-893-6078

Email: [recdept@truro.ca](mailto:recdept@truro.ca)

Fax: 902-893-0501

Website: [www.truro.ca](http://www.truro.ca)

695 Prince Street, Third Floor

## Parks, Recreation and Culture Committee

The purpose of our Parks & Recreation Committee is to operate, maintain, and manage recreation facilities and properties in the Town of Truro, such as arenas, community centers, parks and playgrounds. **The Committee's goal is to develop new recreational opportunities for the residents of Truro.** Our Committee Chair is Deputy Mayor Greg MacArthur - and he can be reached at Res: (902) 893-4834 or [E-mail](#)

## We are growing!

We are thrilled to announce that The Town of Truro Parks, Recreation and Culture Department has hired a Special Events and Cultural Coordinator!

The Town of Truro has plans to enhance its involvement in new and existing **festivals, special events and cultural activities in the region** by expanding its Parks, Recreation and Culture Department to include a Special Events and Culture Coordinator.

Cathy von Kintzel, a former newspaper reporter who covered the Truro area for more than 20 years, took up the new position on Monday, Aug. 24.

"One of my first goals will be to **meet with organizations in the area** to see how the Town of Truro can support them and work with them to develop new events for the community, or to build on the successes of their existing activities."

The new Special Events and Culture Coordinator position is a direct result of a Parks and Recreation strategic plan undertaken by department staff in 2008 and completed earlier this year. In surveys and through public meetings, area residents said they were looking for **more opportunities, programs and variety, especially in the area of cultural activities.** Some noted a need for more special events and festivals, including such things as music concerts, summer activities, family events and parades.

Cathy can be reached at 893-6093.

## Parks, Recreation and Culture is on Facebook

Join the **Town of Truro Parks, Recreation, & Culture Department Facebook Group** to find and learn about what is happening in your community!

## Youthstock 2009

September 18-20 [Youthstock](#) will be hosting events all weekend!

**Friday:**

7:00PM "Whose line is it anyway" at Slate

**Saturday:**

1:00PM Free Kickboxing Class at MARMAC Athletics. Please bring water and a towel

7:30PM Movie in the Park, featuring “UP”

**Sunday:**

1:00—4:00PM Youthstock Festival in Victoria Park

(Open Mic, Inflatable's, Entertainment, Education Booths, and much, much more)

**Plus:**

Fill out a ballot at each event for a chance to win a Wii. Draw will take place at 3:30 on Sunday Sept 20th, you must be at Victoria Park to win!! Be sure to attend all four events to have your name **entered up to 4 times!**

**Community Recreation Nights** (Beginning Sept. 30<sup>th</sup>)**Children's Open Gym**

A time for elementary aged children to play non-structured sports, come out and shoot some hoops play some badminton, or just run around and have fun!

**Badminton**

There will be 3 courts open to play and/or rally with friends all levels of skill and physical activity are welcome!

Please contact the Town of Truro Parks, Recreation & Culture Department for dates and times.

**Fall Family Fun Day at Victoria Park****Sunday October 4<sup>th</sup>**

From 1 to 3 p.m. come on out to beautiful Victoria Park and enjoy our family fun activities featuring a scavenger hunt, entertainment, games and **fun for all ages.**

**Truro's Smartest Loser**

Partnering with professionals from Flexion Performance Training, The Town of Truro is excited to offer its second healthy living community challenge. [Truro's Smartest Loser](#) offers a program that is not only about losing weight, but maintaining a healthy lifestyle.

**Movies in the Park**

Come out, bring some lawn chairs, blankets and popcorn and enjoy the complimentary movie in the Park! Beginning at 9pm the Town of Truro Parks, Recreation and Culture Department will be playing “Up” on **September 19<sup>th</sup>** at the Bandshell in Victoria Park.

## Taoist Tai Chi Society

Truro Location

23 Inglis Place (Above the Ho Ho Restaurant)

SUMMER CLASSES

### Continuing:

Monday: 6:30 PM to 8:30 PM

Tuesday: 10:00 AM to 12:00 Noon

Thursday: 10:00 AM to 12:00 Noon

### Beginner's Starting September 2009:

Tuesday: 7:00 PM to 8:30 PM

Thursday: 1:00 PM to 2:30 PM

Contact Phone Number: 893-8500

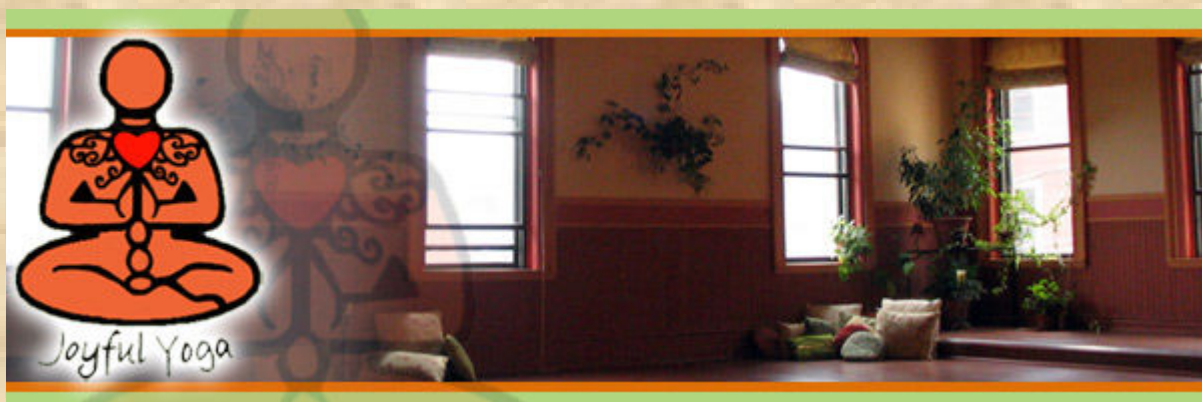


## Truro Sport Heritage Society

The Truro Sport Heritage Society is actively seeking nominations for the sporting year of 2009 in all sports for its Annual Dinner to be held in February 2010. We urge the community to help us honour the sporting achievements of athletes, coaches, teams and volunteers as season's end, whilst the achievements are fresh in your minds.

Nomination forms can be accessed on line at [www.colchestercountysporthalloffame.com](http://www.colchestercountysporthalloffame.com) or paper copies are available at the Marigold Center Box Office. If you submit on line please attach a digital photograph and if you complete the paper copy please attach a photograph and return to the Marigold Center Box Office.

## Yoga at Victoria Park



### Yoga for Peace in the Park

**Sunday, September 20th at 10 am.**

Celebrate World Peace Day with Joy & yoga at the **Victoria Park Bandstand**. Donations welcomed for Third Place Transition House, which works at ending violence against women & children. In case of rain we'll connect at the studio. Honour this worthy occasion & spread some peace around our community!

**May all beings be free from suffering, May all beings be filled with Peace - Namaste**

## The Heart of Yoga in Truro, Nova Scotia

*Show us your walk-worthy places in Nova Scotia.*

Add your favourite walking route to the Heart&Stroke Walkabout™ website for a chance to win one of five walking prize packages valued at \$300 each. Find out more at [www.walkaboutns.ca](http://www.walkaboutns.ca).



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