



Another summer recreation season has concluded within the Municipality of Cumberland. Participation, for the most part, was very strong, although some of the popup programs didn't have as many participants as hoped. Children in the ages 6-9 and 9 to 12 divisions at the River Hebert Timbits soccer program enjoyed their final day on Friday, Aug. 25, 2023. (Darrell Cole – Municipality of Cumberland) photo



The Municipality of Cumberland's Recreation and Community Services Department wrapped up a very successful summer program with solid participation in most of its programs throughout its seven weeks of operation. (Contributed)

Recreation Season comes to an end

Another season of fun and games has come to an end as the Municipality of Cumberland's summer recreation program concluded.

Most recreation programs wrapped up on Thursday, Aug. 24, while the soccer program in River Hebert concluded on Friday with several drills and a game in the age 3-6, 6-9 and 9-12 divisions.

"Overall, our programs went well, and we had another successful summer," Municipality of Cumberland recreation programmer Nick Leopold said.

The municipality's Recreation and Community Services Department ran seven weeks of programs on Monday to Thursday each week from 9 a.m. to 3 p.m.

Registration was strong in Springhill, Parrsboro and Pugwash. Leopold was especially happy with participation in Pugwash as it was the first year for the municipality to offer programming there.

Leopold said things went very well throughout the two months

Cumberland EMO Officials Urge Residents to be Prepared for Tropical Storms and Other Emergencies

As Nova Scotia enters the height of the 2023 hurricane season, it won't take much to remind Cumberland County residents of the impact these storms can have after post tropical storm Fiona caused extensive damage across the region last September.

Stephen Wood, Cumberland County's regional emergency management coordinator, is urging people to prepare now, and with the tropical Atlantic bubbling with activity he is urging people to have a plan instead of reacting when it's too late. "The surprising thing is most people think they're prepared but when it comes down to it, they're not," Wood said. "People should ensure they have a Home Emergency Kit with enough supplies to last them for at least 72 hours." If an emergency happens, it may take time for emergency personnel to reach you. Last year, when Fiona blew through the area, most of the municipality lost power with some areas going without electricity for approximately two weeks. There was extensive tree damage, which slowed recovery efforts after the storm. Wood said the best time to prepare for the next major storm is to take steps now to make an emergency plan and prepare an emergency kit that will make sure they are ready for the next time a tropical system or blizzard approaches the province.

Storms, like hurricanes and tropical storms, can cause heavy rain, wind, storm surges, flooding and property damage. He said people can prepare in advance by:

- Having an emergency kit with food, water, medications, important documents and supplies to last several days.
- Preparing property by trimming trees, securing loose items and cleaning gutters and storm drains.
- Make a plan for their families now, before one is needed.

Environment and Climate Change Canada is warning of an active hurricane season, and while Nova Scotia has avoided any storms to date there have already been several tropical storms and hurricanes in the Atlantic. The newest storm, Lee, is expected to reach major hurricane status later this week, (September 2023). It's way too early to determine if Lee will impact Atlantic Canada, but Wood said it's important to be prepared. "It's not a question of if, it's a question of when," he said. "If Fiona last year and Dorian in 2019 prove anything, it's these storms can happen here and steps you take today in your home and around your property could help minimize the damage when the next storm comes."

For more information, go to: www.cumberlandcounty.ns.ca/regional-emergency-management.html

People can keep an eye on the forecast and alerts by monitoring the WeatherCAN mobile application, the website Canada.ca/weather

Additional resources are available at: WEB: novascotia.ca/alerts or getprepared.gc.ca

Facebook at www.facebook.com/emergencymanagementofficenovascotia X (formerly Twitter) at twitter.com/nsemo

Home Emergency Kit



A list of important contacts and numbers



Canned and dry foods



Pet care



Manual can opener



First-aid supplies and a list of your prescription medicines



6 litres of water per person (2 litres per day)



Wind-up or battery-powered flashlight



Wind-up or battery-powered radio and extra batteries



Charge bank for your cell phone

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the programs ran with a strong team of 21 summer students leading the programs.

"Our soccer and OAP programs were packed full of fun and the kids had a blast participating in lots of game and crafts throughout the summer," Leopold said.

The Outdoor Adventure Program went very well with various themes, including Game Show Mania, Mickey & Minnie's Summer Bash, Witches and Wizards, To Infinity and Beyond, the Great Outdoors, Crazy Einstein and Beach Blast.

He said the Timbits soccer program was well run by the leaders and focused on having fun and learning the basic skills of soccer. He said it was very popular in Springhill and Parrsboro and he's hoping the program will grow even more in 2024.

The popup programs included various themes Springhill and Parrsboro with the tots program being most popular while other programs included sports, schoolyard games, outdoor adventures, tennis, girls' empowerment, kids, seniors and adult programs.

There was also a strong partnership with Cumberland Schools Plus that saw two-day mini camps in five locations: Advocate Harbour, Northport, Wentworth and River Hebert. It's the second year

for this initiative that allowed recreation staff to connect with children in some more rural areas of the county.

Mini camps had good numbers for the most part, but attendance was down for some of the camps. Despite this, staff were able to easily adjust activities and everyone walked away with a positive experience.

"Everything ran great and even the smaller camps were packed with fun," Leopold said of the camps held in Advocate Harbour, Wallace, Northport, Wentworth and River Hebert. "We look forward to welcoming even more participants into this exciting program, which is so valuable to the rural areas of the county, in 2024."

Also successful were the roller rink in Parrsboro and T-ball in Springhill. Leopold thanked the summer students who worked hard over the summer running the programs throughout the municipality.

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