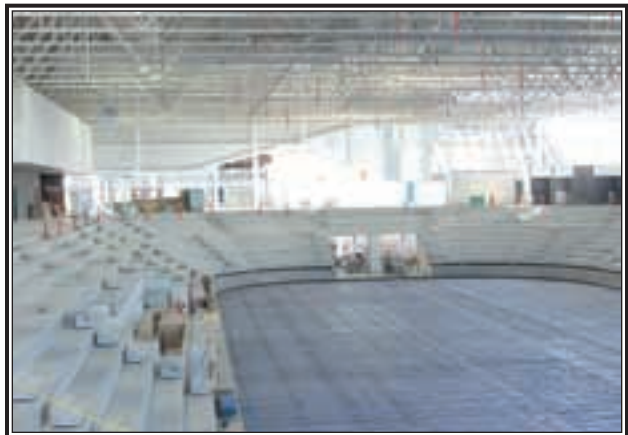


Excitement Builds for Opening of CENTRAL NOVA SCOTIA CIVIC CENTRE



The view inside the new Central Nova Scotia Civic Centre as of August 2012. Anticipation is growing as we approach the opening this coming autumn.

By Heather Fraser
Fund Raising/Public Relations Assistant
Central Nova Scotia Civic Centre Project

Some people will remember the summer of 2012 for its very hot and dry weather and the London Olympics but others will remember it for the busy months leading up to the opening of our community's new recreation and wellness centre. The construction site on Abenaki road continues to be a hub of activity with progress being made on all components of the Central Nova Scotia Civic Centre.

Two areas of the facility that are creating a lot of excitement are the fitness centre and the rock climbing wall. The fitness centre is located in the west side of the facility (closest to the Trans-Canada highway) and will occupy approximately 7100 sq. feet and will overlook the aquatic centre. The area will include cardio and weight training equipment, free weights, an aerobic/dance studio, designated male and female change rooms and fitness testing and administrative space. Much interest is building in regards to memberships and other programming initiatives. "Exciting opportunities will be available including a diverse, group exercise schedule featuring zumba, spin and strength based classes" says Laura McPhee, Fitness Program Supervisor for the Centre. "Personal training will also be available to help clients reach their fitness goals. From youth to seniors, programming will be offered to accommodate all fitness levels" adds McPhee.

The rock climbing wall is another component of the facility that many are anxious to try their skills at. The wall will be a unique opportunity in our Region and will provide new opportunities for all ages. Project architects, Perkins + Will have strategically placed the base of the wall in the main atrium of the facility and it is expected to be 46 feet high, which according to the active rock climbers is a challenging, yet achievable height. As climbers reach the top of the wall they will overlook the aquatic centre, while directly above them a massive skylight will fill the area with natural light.

Another anticipated component of the facility is the aquatic centre which will occupy approximately 35,000 sq. feet and will be equipped with state of the art acoustics, ventilation and lighting to provide a comfortable and welcoming environment. As many windows as possible have been incorporated into the area to provide natural light to the centre which in turn will create a more energy efficient facility. As an overview, the aquatic centre will include the following components: 8 lane competitive pool, therapeutic leisure pool with slide and water features, on deck seating by the competitive pool and leisure pool, spectator seating for 250, mens, ladies and family change rooms, sauna and administrative space. "The facility's aquatic centre will not only provide new state of the art training grounds for the local swim team but will also accommodate recreational users with programs designed to increase fitness and health opportunities" says Kathryn MacPhee, Aquatic Manager for the Centre. "The 8 lane competitive pool opens the doors for us to host swim events that will not only benefit the centre but the entire region and our leisure pool can provide warmer temperatures for therapy programs and swim lessons. It's an exciting time for Truro!" adds MacPhee.

The arena which is the largest component of the centre will not only be the home of the Jr.A Bearcats but will create opportunities for our community to hold special events and activities such as trade shows and concerts. This section of the Centre is comprised of 2500 fixed seats, 7 dress-

ing rooms, a lounge area overlooking the ice surface, a 3 lane walking/running track, 30 seat skybox, referee change rooms and food and beverage services. Also available are 4 community multi-purpose rooms that can be used from business meetings to birthday parties. It is sure to be a hub of activity in this area.

The excitement over the entire centre has been remarkable, but one component that has attracted considerable attention is the 3 lane running/walking track. The track, a first for our Region, will serve the needs of many different demographics and physical abilities. Regardless of the weather outside, users will now be able to be active as often as they like in a climate controlled environment.

Whatever your interests are, there is sure to be something for everyone in our new health and wellness centre. If you have any questions on the facility or on how to donate to the Ignite the Spirit Campaign that is helping to raise the necessary funds for the Centre, please phone (902) 893-9706 or email ignitethespirit@colchester.ca



OKTOBERFEST - It's Umpapa Time...

Thousands of partygoers are gearing up for this year's 33rd Annual Oktoberfest in Tatamagouche, N.S. September on Sept. 28 and 29.

Hosted by the North Shore Bavarian Society, this Oktoberfest is the largest in Atlantic Canada, drawing more than 3,000 every year in celebration of this world-wide German tradition.

Authentic German music, food and beverages and plenty of dancing makes this two-day event the best little party in Atlantic Canada, says Joyce Mingo, executive director of Central Nova Tourist Association. This two-day event hosted on the last week of September benefits not only Tatamagouche and the North Shore region but the economic benefits are felt throughout the CNTA region and parts of Nova Scotia as well.

The festival includes dances Friday and Saturday nights, and a beer garden Saturday afternoon.

The North Shore Recreation Centre will be transformed into a colourful Bavarian-style dance hall where partygoers can polka to the music of two, live bands. There is also plenty of food, both Canadian and German cuisine, plus refreshments, including domestic and German beers, wines, spirits and schnapps.

New this year, the North Shore Bavarian Society is offering complimentary return bus service from Truro to Tatamagouche for the Friday, Sept. 28

Ticket prices range from \$10 to \$20 for each event and are available through Ticket Atlantic on line or through one of the following businesses: Balmoral Motel, Tatamagouche, Fulton Pharmacy, Tatamagouche, Mingo Music Sales, Truro, Jost Vineyards, Malagash, The Pork Shop, Denmark and New Glasgow, and Wandlynn Inn, Amherst.

dance with the purchase of a \$10 Friday night ticket. For reservations, contact Markie Bus Tours at 843-5501.

In addition to activities at the recreation centre, visitors will also enjoy walking around the Village of Tatamagouche to enjoy the decorated facades of businesses and home, and other activities, including suppers, breakfasts, quilt sale and more.

And, don't forget to give a big shout-out to volunteers. The popular festival would not be possible without the dedication and hard work of the many community volunteers who donate their time each year.

The North Shore Bavarian Society is a non-profit, multi-cultural society of volunteers. The goal of the society is to promote the enjoyment of life and living in the community. For information, Website: www.nsoktoberfest.ca or phone: 1-800-895-1177

33rd Annual Oktoberfest

September 28-29, 2012

North Shore Bavarian Society
Tatamagouche, Nova Scotia

Friday, September 28
Evening Dance
8 pm - 1 am
Tickets: \$10 per person

Saturday, September 29
Beergarden
11 am - 5 pm
Tickets: \$20 per person

Saturday, September 29
Evening Dance
8 pm - 1 am
Tickets: \$20 per person

Music,
Dancing
& Food at
All Three Events

Bands:
The Variations &
The Saxons

Tickets available at:

Balmoral Motel, Tatamagouche
Fulton's Pharmacy, Tatamagouche & River John
Mingo's Music Sales, Truro
Jost Vineyards, Malagash
The Pork Shop, Denmark & New Glasgow
Wandlynn Inn, Amherst

Tickets Also Available Online at:

www.ticketatlantic.com; or
Ticket Atlantic Box Office,
participating Atlantic Superstores; or
Charge by phone at (902) 451-1221
or toll-free 1-877-451-1221
Major credit cards accepted, service charges apply.

For Information:
Phone: 1-800-895-1177
www.nsoktoberfest.ca

All events held at North Shore Recreation Centre, Tatamagouche, NS
Must be 19 years old or over

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