

The MOPC Spotlight

E-newsletter



February 2026



Members of the Pictou Community New Horizons 50+ Club follow a chair exercise video led by Sharon Lynch.

National Volunteer Week 2026

April 19 to April 25

April 19th to 25th is National Volunteer Week. The Municipality of Pictou County takes this time to recognize the outstanding contribution of volunteers to the vibrancy and growth of our communities and rural lifestyle. Volunteers are special individuals who give freely of their time, talents, and enthusiasm for the benefit of others. Their efforts help to support many initiatives, services, events and programs and sustain us during times of crisis.

If you know an outstanding volunteer in your community who has contributed significantly to the residents of the Municipality of the County of Pictou, we encourage you to submit a nomination form detailing their efforts.

The Municipality will select one nominee for official recognition as Volunteer of the Year, as well as a Youth Volunteer of the Year. These volunteers will be honoured at our annual Volunteer Awards Celebration in April.

The Nomination Form link can be found on our website, www.munpict.ca, in the featured section and can be filled out online. If mailing a nomination, it should be addressed to the undersigned and received on or before 4:30 p.m. on Friday, February 27, 2026.

Cindy Fraser, Recreation Coordinator
Municipality of the County of Pictou
PO Box 910 (46 Municipal Drive)
Pictou, NS, B0K 1H0 902-485-8528
cindy.fraser@munpict.ca

The deadline for nominations is 4:30 p.m. on Friday, Feb. 27, 2026.



Contact the Municipality of Pictou County

Physical Address

46 Municipal Drive
Pictou, N.S.
B0K 1H0

Office Hours

Monday - Friday
8:30 AM to 4:30 PM

Mailing Address

P.O. Box 910
Pictou, N.S.
B0K 1H0

Call Us

902-485-4311
902-752-1530



New chair exercise video released

Sharon Lynch had no thoughts of going viral when she created her first chair fitness video for seniors. She was simply trying to offer a way for those who had been attending her fitness classes to stay active during the pandemic.

Any expectations she had were far surpassed. A video filmed by Steve Currie was posted in April 2020 and now has more than 4.4 million views.

“It just blew us away,” says Lynch, a Pictou County resident.

The video has been watched by people from countries all over the world and used in group classes for seniors in Pictou County and beyond. The exercises are simple and can be adapted to whatever level of fitness or ability people find themselves.

Last year, Lynch was encouraged to create an updated version of the video, adding a couple of new exercises and removing a couple. That video is now available on YouTube by searching: Seniors Chair Exercise with Sharon - Version 2. Lynch explained that the first video included a lot of description about how to perform the exercises, so it could be used by people who were new to it.

But for those who have been doing the exercises for years, that was no longer necessary. The new video follows a similar format to what participants of her in-person classes would do.

“This is exactly the same as if you were in her class,” said Mary MacLellan with Pictou County Senior’s Outreach.

Already, the new video has been well received, with more than 60,000 views in the first couple of months online.

Funding to make the latest video was provided by the New Horizons Club and the Westville Heritage Club.

Priscilla Sharkey is a member of the Pictou Community New Horizons 50+ Club that follows the video for exercise three times a week. She said people really seem to be enjoying the new video and appreciate how it just goes right into the exercises with less explanation.

“These are the exercises that you can do to keep yourself mobile,” Sharkey said. “And it exercises your whole body.”

50+ Club President Ann Young said around 20 people come to the exercises and that it’s a great opportunity for people not only to exercise but also to socialize.

How can we help?

To report a problem with a streetlight, please call 902-485-1201 or email outages@munpict.ca

If you have an MOPC public works emergency after hours, call 902-301-1825



MOPC

Senior Valet Service

FIBREFIRST



MOPC

Senior Valet Service

FirstHomeWireless



Now Available Across the Network!

MOPC Network Senior Valet Service was created to help our senior community stay confidently connected.

Our friendly local team comes right to your home to set up your internet, connect your devices, and make sure everything is working just the way you like it.

We take the time to walk you through each step, answer your questions, and ensure you feel comfortable using your technology.

With the Senior Valet Service, you're never on your own—we're here to lend a hand and keep you connected to family, friends, and the things you love.

Call us to find out more: 833-727-2256
Built By Us For Us



Former Pictou County Councillor David Parker was recently recognized by Forest Nova Scotia with a Forest Stewardship Certificate. As a lifelong resident of Pictou County, David recognizes the need for the stewardship of both natural forest ecosystems and industrial values in modern economies. David has a degree in wildlife biology and maintains a vivid interest in promoting wildlife habitat and biodiversity. David was an early member of Pictou Forest Owners Co-op and is an enthusiastic advocate of private land stewardship.

Did you know?

Most roads in rural Pictou County are owned and maintained by the Province of Nova Scotia. If you have a road maintenance concern, you can contact the Department of Transportation toll-free at 1-844-696-7737.



WE'RE HIRING!

Position: Tax Clerk

www.munpict.ca/departments-and-services/employment/

Pictou County civic sign suppliers

Supplier	Civic Address	Area Served	Phone	Email
Alma Fire	80 Alma Loop, Alma	Alma Area	902-759-4479	nedrawilson@eastlink.ca
Auto Trim & Sign	669 Pine Tree Road, Thorburn, NS	Pictou County	902-922-2915	design@atdnortheast.ca
Barney's River Fire	13317 Highway 104, Pictou County	Pictou County	902-754-8422	barneysriverfire@gmail.com
Advocate Sign Group	125 North Foord Street, Stellarton	Pictou County	902-752-2722	info@advocateprinting.com
Eureka Fire	5222 Stellarton Trafalgar Road, Eureka	Pictou County	902-921-0884	cliffjardine@hotmail.com
Little Harbour Fire	8328 Pictou Landing Road, Little Harbour	Little Harbour Area		firechief@lhfd.ca
Plymouth Fire	4667 E River East Side Road, Plymouth	Plymouth Area	902-755-5441	livingstonerod6@gmail.com
Sketch-It Design	268 Munroe Avenue Ext. New Glasgow	Pictou County	902-752-7446	sketchitsd@outlook.com
Thorburn Fire	738 Marsh Road, Thorburn	Pictou County		thorburnfiredept@gmail.com



Skating in Pictou County

2025-2026 Free Skates Schedule

Monday

Trenton Minor Sports Community Centre

- Adult/Senior Leisure Skate: 12:00PM-1:30PM

Pictou County Wellness Centre

- Parent & Tot Skate: 10:00AM-11:00AM
- Adult/Senior Skate: 11:00 AM-1:00PM

Wednesday

Trenton Minor Sports Community Centre

- Adult/Senior Leisure Skate: 12:00PM-1:30PM

Pictou County Wellness Centre

- Parent & Tot Skate: 10:00AM-11:00AM
- Adult/Senior Skate: 11:00AM-1:00PM

Friday

Trenton Minor Sports Community Centre

- Adult/Senior Leisure Skate: 12:00PM-1:30PM
- After-School Skate: 3:00PM-4:00PM

Pictou County Wellness Centre

- Parent & Tot Skate: 10:00AM-11:00AM
- Adult/Senior Skate: 11:00AM-1:00PM

For updates, cancellations, or holiday changes, please check your local town/arena's website or social media.

Tuesday

Hector Arena (Pictou)

- Adult/Senior Skate: 2:00PM-3:00PM

Pictou County Wellness Centre

- Parent & Tot Skate: 10:00AM-11:00AM
- Adult/Senior Skate: 11:00AM-1:00PM

Thursday

Hector Arena (Pictou)

- Adult/Senior Skate: 2:00 PM-3:00 PM

Pictou County Wellness Centre

- Parent & Tot Skate: 10:00AM-11:00AM
- Adult/Senior Skate: 11:00 AM-1:00 PM

Saturday

Pictou County Wellness Centre

- Family Leisure Skate: 4:00PM-6:00PM

Ivor MacDonald Memorial Arena (Thorburn)

- Public Open Skate: 4:00PM-5:00PM

Sunday

Trenton Minor Sports Community Centre

- Parent-Child Skating: 4:30PM-5:30PM

Westville Miners Sports Center

- Public Open Skate: 6:30PM-7:20PM

Public engagement

JOIN THE CONVERSATION!

PICTOU COUNTY AGRICULTURE POLICY

The Municipality is developing a new land use policy for agricultural lands in MOPC in order to meet Provincial requirements. Join us for a discussion in your community to provide your input and help shape the future of our agricultural lands.

Upcoming Sessions:

- **Monday, February 23, 6:30-8pm**
Eureka Fire Hall
5222 Stellarton Trafalgar Rd.
- **Wednesday, February 25, 6:30-8pm**
Scotsburn Fire Hall
4179 Scotsburn Rd.
- **Tuesday, February 24, 6:30-8pm**
River John Legion
506 River John Station Rd.
- **Thursday, February 26, 6:30-8pm**
Merigomish Community Centre
1682 Shore Rd.



 For more information about the project, scan the QR code or visit: speakupland.ca/pictou-county-agriculture

W.E.B
sweb.energy

JOIN US FOR OUR COMMUNITY ENGAGEMENT SESSION FOR THE PROPOSED SUGAR MAPLE WIND ENERGY PROJECT!

Where: The Garden Of Eden Community Centre

When: February 24 (Tuesday), 2026

Time: 4:30 PM – 7:30 PM (Drop-in)

Address: 28 Garden of Eden Church Loop

Pictou, NS, B2H 5C8



NEWSLETTER

Community Liaison Committee (CLC) Meetings

IESO Nova Scotia hosted the first Community Liaison Committee (CLC) meetings for the proposed Salt Springs and Marshdale Fast-Acting Natural Gas Power Generation Projects at the end of January and early February, bringing together community members to share information, provide updates, and hear directly from local perspectives.

The meeting agenda included a review of the CLC Terms of Reference, an update on Environmental Assessment (EA) registration and timelines, site investigations, the upcoming Request for Proposals (RFP) process, and a discussion on community benefits, jobs, and economic development.

They were great discussions, with thoughtful questions and valuable community insights shared. Topics included, among others, water, sound, site location, emissions, project justification, and the sources of natural gas for the Projects. IESO Nova Scotia shared details of ongoing groundwater aquifer testing at both sites and anticipate the testing will be completed in the coming months - results of the testing will be shared at that time. The CLC also discussed the Environmental Assessment process and opportunities for community input.

We would like to thank all CLC members for taking the time to participate and for bringing forward such constructive community questions and perspectives.

Environmental Assessment Registration

Both the Marshdale and Salt Springs Projects were formally registered for provincial and federal environmental assessment review on December 22, 2025. The public comment period closed on **February 9, 2026**, and Ministerial decision on the Provincial review is expected on or before **February 19, 2026**. Environmental Assessment documents remain available online and in hard copy for community reference.

IESO Nova Scotia also attended the Impact Assessment Agency of Canada's (IAAC) virtual public information sessions and would like to thank community members and Mi'kmaw organizations who participated and shared their questions.

- Provincial Environmental Assessment (NSECC)
 - **Marshdale:** <https://novascotia.ca/nse/ea/fangpgf-marshdale/>
 - **Salt Springs:** <https://novascotia.ca/nse/ea/fangpgf-salt-springs/>
- Federal Impact Assessment Agency of Canada (IAAC):
 - **Marshdale:** <https://iaac-aeic.gc.ca/050/evaluations/proj/90111>
 - **Salt Springs:** <https://iaac-aeic.gc.ca/050/evaluations/proj/90114>

Hard copies of the Provincial EA documents can also be found at John's Country Canteen (Salt Springs EA), the Hopewell Post Office (Marshdale EA), and the Municipality of Pictou County Administrative Building (both EAs).

Local and Mi'kmaw Business Directory

We are committed to hiring as many local and Mi'kmaw resources as possible, and are currently compiling a business and skilled worker directory. Feel free to reach out to us at community@ieso-ns.ca to share your business information. This information will be shared with the successful proponent, who is required to prioritize local and Mi'kmaw benefits and hiring.

We are also working closely with the Pictou County Chamber of Commerce and plan to host a business "After Hours" networking session in the near future, so stay tuned for more details.

Updated Timeline - Request for Proposal (RFP) for Proponent

The Request for Proposal (RFP) to select an entity to design, build, own, and operate the facility is now expected to be launched in March 2026, with a preferred proponent anticipated to be selected in July 2026. We currently have a list of interested bidders following the Request for Expressions of Interest (REOI) process that was launched in the Fall.

IESO Nova Scotia will continue to keep the community informed throughout this process and will introduce the selected proponent once they are chosen.

Municipal Grant applications are now available!

Municipal Grants are intended for non-profit sector and charitable organizations that provide community-based programs and services that replace, supplement, or complement our municipal mandate and benefit one or more council districts or the entire municipality.

Organizations looking for support from the Municipality of Pictou County in the form of a Municipal Grant have until Feb. 27, 2026 to submit a grant application. Forms are available at www.munpict.ca./council/grants-and-funding-sources.

