


WELCOME TO

# Western Nova Scotia

A community  
guide to the place  
we call home



Western Regional  
Enterprise Network



Are you new to the area,  
relocating yourself, your family or  
your business to the Western Region?

This guide takes a “live like a local” approach  
to introducing all aspects of our community -  
from community geography, to local lingo,  
to where to find business supports -  
we’ve got you covered!



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## OUR MUNICIPALITIES

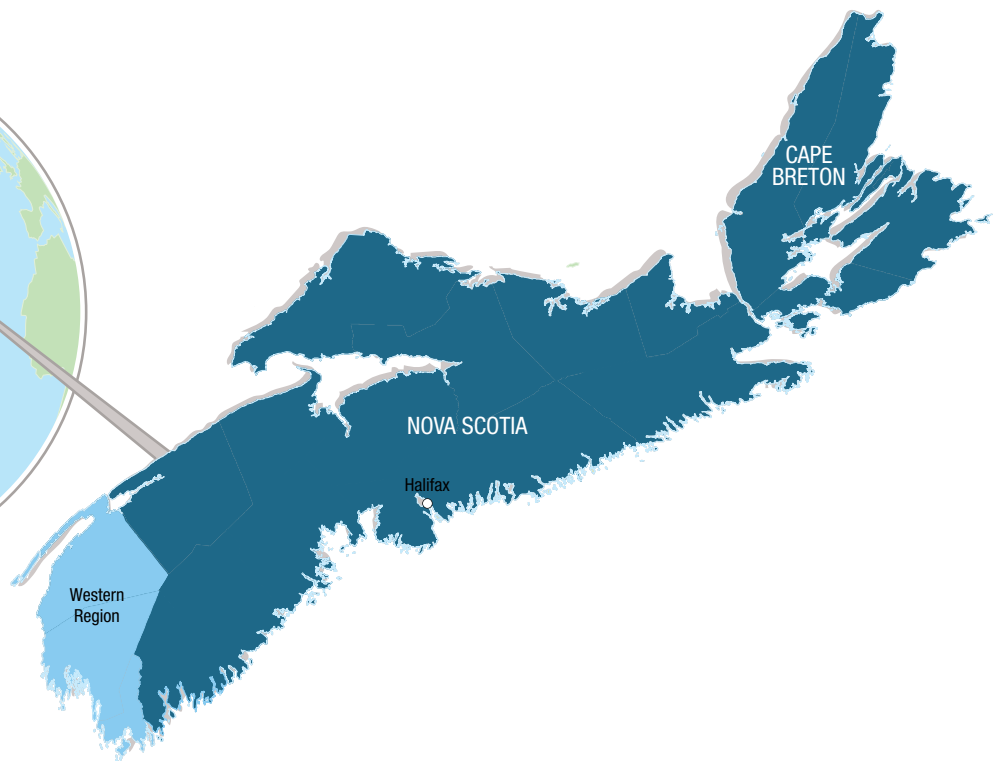
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Front: Port Maitland Beach, Municipality of the District of Yarmouth | Photo: Yarmouth & Acadian Shores Tourism Association  
This booklet was prepared in 2021. Please check information either online or in person, as we know things can change.



NOVA SCOTIA





# FACTS



Land area of  
**5,270 km<sup>2</sup>**



Total population:  
**48,000**

## **Bear River First Nation Acadia First Nation**

Plus 7 municipal units

## **Municipality of Digby**

## **Town of Digby**

## **Municipality of Clare**

## **Municipality of Yarmouth**

## **Town of Yarmouth**

## **Municipality of Argyle**

## **Municipality of Barrington**

## **BORDERS WITH:**

- Annapolis County to the north
- Shelburne County to the east
- The Atlantic Ocean to the south and west



**COORDINATES**  
43.8° N 66.1° W



**AVERAGE COMMUTE  
TO WORK: 12.4 minutes**

## **COST OF LIVING**



**\$40,800** average yearly salary

**\$158,000** average house price

**\$688/month** average rent

## **KEY SECTORS**



Oceans



Seafood



Clean Tech



Tourism

## **JOB OPPORTUNITIES**



Sales &  
Service



Manufacturing



Trades, Transport &  
Equipment Operators



Healthcare

## **STAY CONNECTED**

Bear River First Nation, Acadia First Nation and each municipal unit offers unique information on housing, taxes, services and more.

[bearriverfirstnation.ca](http://bearriverfirstnation.ca)

[acadiafirstnation.ca](http://acadiafirstnation.ca)

[digbydistrict.ca](http://digbydistrict.ca)

[digby.ca](http://digby.ca)

[clarenovascotia.com](http://clarenovascotia.com)

[district.yarmouth.ns.ca](http://district.yarmouth.ns.ca)

[townofyarmouth.ca](http://townofyarmouth.ca)

[munargyle.com](http://munargyle.com)

[barringtonmunicipality.com](http://barringtonmunicipality.com)



Yarmouth | Photo: Yarmouth & Acadian Shores Tourism Association





# WELCOME

## Welcome to Western Nova Scotia!

**MAKING PEOPLE FEEL WELCOME** is one of the many things that we do best. People around here are eager to help, no matter what you need – whether it’s a cup of sugar for your banana bread, advice on where to get your haircut or if you need a hand moving a couch into your new home. We love to lend a helping hand.

We love our coffee and morning commutes. The longest lineups will be at your neighbourhood coffee shop – you never have to worry about rush-hour traffic around here.

We love talking about hockey, politics, fishing and the weather, not always in that order. We have excellent schools throughout the region that offer schooling in both English and French. We have several hundred kilometres of trails to explore and some of the province’s most beautiful beaches to enjoy in all seasons. If you prefer a darker night sky and more room to roam, some of the best real estate can be found in our rural areas.

We love to be entertained. Th’YARC, the Marc Lescarbot Theatre and the Salle Père-Maurice-LeBlanc Theatre are celebrated venues attracting some of the best local and visiting performances. We know how to party. You can rock out all summer long at any of our weekend festivals that kick off in late spring and continue well past the kids heading back to school. If you want to raise a glass while you celebrate, we can fill it with award-winning locally produced beer, wine and spirits. You’re soon to discover that you’ll never go hungry and, by the way, we love our traditional Acadian dishes. We love supporting local producers. Our weekend markets are the places to see and be seen. Don’t forget your favourite reusable bag because you’ll need something to carry home all of your great finds. We care about the environment and sustainability and we’re always looking for ways to improve our relationship with Mother Nature.

There are many active local groups on social media that you can seek out and join. You’ll find groups catering to interests such as photography and travel, politics, local businesses and leisure activities, sports, grass-roots activism and daily life in the Western Region. We recommend searching for your community on social media and browsing the available groups. You should also consider following hashtags like #novascotia, #yarmouthns, #visityas, #digby, #visitbarrington #lobstercapitalofcanada and #yarmouthandacadianshores on Instagram and Twitter.

We’re so excited for you to get to know your new community and all it has to offer. Welcome!





# HISTORY OF THE WESTERN REGION

**THE WESTERN REGION** is rich with historical ties that are still present to this day. The area was first inhabited by the Mi'kmaq, a First Nations people indigenous to the Atlantic Provinces, Gaspée region of Quebec and parts of Maine. The Mi'kmaq and their ancestors have lived in Kespoowuit ("land's end") for at least 4,000 years.

A visit from Samuel de Champlain in 1604 saw the area christened 'Cap-Forchu'. A French fishing colony was established in the greater area shortly thereafter. American settlers arrived from Yarmouth, Massachusetts in the second half of the Seven Years' War. The Town of Yarmouth was officially founded in 1761 when a large group of New England Planters from Sandwich, Massachusetts emigrated to the region. Acadians who were deported from the region in 1755 returned from exile in 1767.

Digby was initially known as Oositookun, meaning 'ear of land'. New England Planters settled in the town in the 1760's, changing the name to Conway. The final name change to Digby came in 1783 once it was formally settled by Sir Robert Digby.

The area's population continued to surge through the 1700's as Acadians, Loyalists and New England Planters arrived to settle from the United States.



Cape Forchu | Photo: Yarmouth & Acadian Shores Tourism Association

Of the roughly 40,000 United Empire Loyalists that settled in the province between 1776 and 1785, there were about 3,500 Black Loyalists in the group. The group included newly freed slaves and those who were born free or bought their freedom. Indentured servants and disbanded soldiers were also part of this wave of Loyalist settlers.

Settlements were established all around Nova Scotia, including the Western Region at Digby and Weymouth.

The Region's expansive coastline has led to an economy built on seafaring and fishing. The local ports thrived as hubs where trains and ships met. The Western Region was a shipping connection between the province's rail markets and major US hubs like New York and Boston. As wooden ship building declined at the end of the 19th century, factories and steamship

facilities replaced their predecessor.

Beyond the transportation of goods and services, the Western Region link to the New England states led to people being transported as visitors in the early 1900s. In fact, the region was one of the very first to market itself as a tourism destination.

A vibrant tourism industry continues to this day with two ferry links in the Western Region: The Cat Ferry between Yarmouth and Bar Harbour, Maine, the Fundy Rose ferry crossing from Digby to Saint John, New Brunswick. The entire Western Region boasts world-renowned sport and commercial fishing industries, and unique cultural events. You can take in the Wharf Rat Rally and Scallop Days in Digby, Gran Fondo bike tour in Clare, Nova Scotia Lumberjack Championships in Barrington and to a wide variety of smaller local festivals and community events year-round.



# Town of Digby



For scallop lovers, **DIGBY** needs no introduction. Home of the world-famous Digby Scallops, many of the residents have been making their living from the sea since the town was settled in 1783.

Nestled along the western shore of the breathtaking Annapolis Basin, you can reach Digby via Highway 303, off Highway 101. The economy in the Town of Digby is driven by the world's largest scallop fleet, tourism, and the Fundy Rose Ferry that links the town with Saint John, New Brunswick. A ferry has linked these locations for more than 200 years.



While Digby's population is on the smaller side, the town is the main hub for services, food, and shopping in the area. The Town of Digby is the largest centre in the Municipality, and boasts a wide variety of cafes, shops, and cozy accommodations. Residents enjoy access to excellent health care facilities, vibrant public spaces, parks, and hiking trails. The town also features the Digby Pines Golf Resort and Spa, with a championship course designed by Stanley Thompson. Digby's full-service marina can accommodate most pleasure craft. The town offers a high quality of life for below-average cost of living.

During the warmer months, camping, hiking, and historical sites make for great opportunities for recreation.

All photos: Digby Area Tourism Association



Town of Digby Downtown Waterfront

The Town of Digby is ripe for business development. Industrial lands developed and managed in partnership with the Municipality of the District of Digby also boast access to the deepest seaport on the Nova Scotia side of the Bay of Fundy, and are located near the Digby Annapolis Regional Airport. There are opportunities to expand the tourism, fishery, and aquaculture sectors. The Town's designation as part of the Southwest Nova Biosphere Reserve

adds to the opportunities for tourism-related services.

Camping, hiking, and historical sites make for great opportunities for recreation for residents and visitors alike. The town's population swells to nearly 50,000 during the Labour Day weekend for Wharf Rat Rally, the largest motorcycle rally in Atlantic Canada. A popular draw for motorcycle enthusiasts all over Canada, this is an event not to be missed.





# Bear River First Nation



Judy Pearson | Photo: Digby Area Tourism Association



Bear River | Photo: Digby Area Tourism Association



Mi'kmaq Heritage and Cultural Centre | Photo: bearriverfirstnation.ca



Photo: bearriverfirstnation.ca

**BEAR RIVER FIRST NATION** is a Mi'kma'ki community located on 3.34 square kilometres in Digby and Annapolis counties.

The community was established in 1820 and is home to 108 band members on reserve and 226 off-reserve members, the Mi'kmaq Heritage and Cultural Centre, a health centre and Muin Sipu Learning Centre. There's also a gas station, church and band hall on reserve.

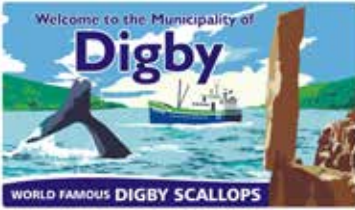
Bear River First Nation is home to the Medicine Trail, a 1.5 km walk that showcases some of the special plants used in traditional Mi'kmaq medicine. It's a special and spiritual place that represents the Mi'kmaq's close relationship with Mother Earth. Along the trail you'll find the rare black ash,



Photo: bearriverfirstnation.ca

which is used to make baskets; yellow birch flowers, which are used to make tea; wild sarsaparilla, a root that's also used to make tea; and sweet-fern, which has leaves and twigs that are used to make tea and poultices to treat poison ivy rashes and other external sores.

Bear River First Nation is governed by an elected Chief and Band Council, who each serve a two-year term.



# Municipality of Digby



Whale Watching off Brier Island | All Photos: Digby Area Tourism Association



Westport Lighthouse



Sandy Cove Beach



Digby Pines Golf Resort and Spa

A rugged, picturesque community situated along the Bay of Fundy, **THE MUNICIPALITY** encompasses a large swath of coastline along Highway 101 from Smith's Cove to Weymouth, and deep inland. Fishing, seafood processing, tourism, and forestry are all economic drivers in the area. Significant opportunities exist to harness the

tidal power of the Bay of Fundy as a designated "Port of Choice" for tidal energy - both service and repair. The Municipality has unlimited possibilities for manufacturing, and a skilled workforce to match.

Residents of the Municipality enjoy access to exceptional recreation facilities with the Municipal Arena, a pool, sports fields, a curling

rink, and trail systems. Hikers and photography enthusiasts should be sure to check out Balancing Rock, on Long Island. It's one of many breathtaking views offered in an area situated along the Bay of Fundy. The Bay of Fundy was nominated as one of the Seven Wonders of Canada.



# Municipality of Clare



Mavillette Beach Provincial Park | All photos: Municipality of Clare



Gran Fondo Baie Sainte-Marie



La Cuisine Robicheau



Belliveau Cove Municipal Park

**THE MUNICIPALITY OF CLARE** is made up of predominantly french-speaking communities sprawled along St. Mary's Bay and inland.

You can experience the quaint charm of the Acadian Shore by traveling along Highway 101, Highway 1, and Highway 340. Clare stretches 50 kilometres from Salmon River to Saint Bernard. From majestic, old churches to quaint homes dotting the coast, the drive alone is worth a Sunday afternoon.

The community was first settled in 1768, with incorporation a year later.

Clare residents enjoy wonderful festivals, music, culture, and a way of life that is directly tied to their

Acadian roots. If you enjoy cycling, be sure to check out the Gran Fondo Baie Sainte-Marie, a growing, premiere cycling event that focuses on fun for all participants. The community is well-educated, and enjoys access to innovative community-based public transportation, as well as exceptional health care services to capitalize on emerging industries in renewable energy and aquaculture.

The economy in Clare is driven primarily by fishing, seafood processing, fur farming, and forestry. A rich history of boat manufacturing thrives to this day, with products from Clare being exported world-wide. There exist opportunities to

expand the economy by carving out a niche in tourism, or partner in research and development.

The Municipality of Clare is home to Nova Scotia's only francophone university in Universite Sainte-Anne. The campus is touted as the greenest university, with biomass furnaces, wind turbines, and solar energy. There are elementary and high schools serving students from primary through 12th grade.

With some of the most competitive housing prices, low commercial and residential assessment rates, and rugged beauty as far as the eye can see, the Municipality of Clare truly is a gem in the Western Region.



# Municipality of Yarmouth





Ellenwood Provincial Park | Photo: Yarmouth & Acadian Shores Tourism Association (YASTA)

Located at the Southwestern tip of Nova Scotia, **THE MUNICIPALITY OF THE DISTRICT OF YARMOUTH** (colloquially referred to as MoDY) is made up of a diverse collection of communities in a rural setting.

The Municipality is the point of intersection for Highways 101 and 103. Diversity is key here. Landscapes can vary from the majestic, rugged coastline at Cape Forchu, to rolling hills, old growth forests, working wharves and tucked-away communities ripe for discovery during a meandering Sunday drive.

With an international airport and a large business park that features a state-of-the-art contact centre, the Municipality of the District of Yarmouth has the flexibility to accommodate all manner of economic sectors. Fishing, farming,

manufacturing, and technology sectors have an opportunity to flourish in the Municipality.

There are three schools within the Municipality, Maple Grove Education Centre, Port Maitland Consolidated Elementary School, and Carleton Consolidated School.

There is an abundance of opportunities to take in the breathtaking nature throughout the Municipality, whether it's exploring the Tobeatic Wilderness Area, Cape Forchu, or one of our provincial parks and campgrounds like Ellenwood Park.

The Municipality of the District of Yarmouth offers a high quality of life, low cost of living, and a peaceful place to lay down roots and grow.

Below: Hakuna Matata Ice Cream | Photo: YASTA



Port Maitland Beach | Photo: YASTA



Yarmouth Heritage District | Photo: YASTA

The **TOWN OF YARMOUTH** is the primary hub for all things business, education, health, finance and lifestyle in the Western Region.

Nestled at the ends of Highways 101 and 103 on the south western tip of Nova Scotia, the town is the largest population centre in the area.

You'll find Halifax, the provincial capital, just over 300 km away. The province of New Brunswick is to the north, separated by the Bay of Fundy. Maine, USA is located to the northwest, and linked to Yarmouth via Bar Harbour thanks to The Cat high-speed ferry.

Founded in 1761, the Town's seafaring roots are still evident today.

Take a stroll along the working waterfront to experience the salty sea air and catch a glimpse of our fish harvesters working up close. Get lucky and strike up a conversation with one of the many



Yarmouth Harbour | Photo: YASTA

friendly fishers, who are always eager to share tales of their time at sea.

During the summer months, the town is alive with festivals, sporting events, and live music. The Town of Yarmouth boasts the only satellite branch of the Art Gallery of Nova Scotia. You'll find a variety of shops, services, and cafes in the downtown core.

Known for world-class hospitality, Yarmouth residents welcome newcomers with a smile and a helping hand. You'll never run out of recommendations for incredible

meals, secluded beaches, and great spots to unwind and take in the unspoiled nature in the area.

Stroll along The Hartlin Trail and rest for a moment at historic Frost Park, one of several green spaces in the Town. Beacon Park, Rotary Park, and Sealed Landers Park are parks to spend an afternoon.

The Town of Yarmouth boasts several schools: Central Elementary School, Meadowfields Elementary School, Yarmouth Consolidated Memorial High School, NSCC's Burrige Campus, the Yarmouth



SIP Cafe Yarmouth | Photo: YASTA

Campus of Dalhousie School of Nursing, and the Yarmouth County Learning Network.



# Acadia First Nation





Photo: acadiafirstnation.ca

The Yarmouth reserve is the most populated reserve in the **ACADIA FIRST NATION (AFN)**. It was officially established on June 8, 1887 and it's located in Yarmouth County on 27.7 hectares of land near the Yarmouth Airport.

Acadia First Nation is a welcoming, inclusive multigenerational Mi'kmaw Nation that is unique, self-sufficient and sustainable. AFN strives to protect its waterways and lands, and values the traditions, culture

and spirituality of its people.

The Yarmouth reserve is home to a Community Health Centre staffed by a family doctor and a community nurse, as well as a Youth Centre that offers an after-school program, a drop-in program and camps. Several businesses operate on the reserve including the AFN Entertainment Centre, which offers bingo, VLTs and hall rentals; Winner's One Stop Restaurant, a casual dining establishment; and

Your Winner's World, a gas station, convenience store and gaming centre.

Acadia First Nation is governed by an elected Chief and Band Council, who each serve a five-year term.

The Yarmouth reserve maintains the largest band membership on reserve in all of the Acadia First Nation and is considered its central hub since it's the home of the main administration office.



# Municipality of Argyle



The Argyle Township Court House & Gaol



Camp Cove Wharf, Lower Argyle



Salmon River Lighthouse in West Pubnico | All photos: Municipality of the District of Argyle

The **MUNICIPALITY OF ARGYLE** is made up of a sprawling network of small communities surrounded by the Atlantic ocean, rivers, marshes, and lakes. Travelling along Highway 103 or the scenic Highway 3 will allow you to take in many of the beautiful coastal villages dotting more than 150km of coastline.

Wharves are found in communities from Pubnico to Wedgeport and beyond, where the lucrative fishing industry drives the Municipality's economy.

Local restaurants make use of the country's best lobster and haddock in their renowned dishes.



Église Sainte-Anne, Sainte-Anne-du-Ruisseau



Be sure to try a lobster poutine if the opportunity presents itself.

There are opportunities in a number of sectors including aquaculture and tourism. A Municipally-owned business park is located in Tusket.

Residents in the Municipality enjoy access to a wide variety of incredible recreation opportunities, from cycling along 47 km of trails to paddling before a picnic lunch at Glenwood Provincial Park. For the stargazers, a magnificent Deep Sky Eye Observatory is located in Quinan. The Municipality of the District Argyle is included in the UNESCO Dark Sky Reserve.

A wide variety of festivals are held year-round; some highlights include the Wedgeport Tuna Tournament, Acadian Day festivals on August 15th, and the local favourite Quinan Picnic on Labour Day. Pancake breakfasts, lobster suppers, and turkey dinners are served at community halls throughout the Municipality.

There are six schools within the Municipality, and a post-secondary opportunity via Université Saint-Anne's satellite campus in Tusket. École secondaire de Par-en-Bas, École Wedgeport, École Belleville, and École Pubnico-Ouest are all francophone schools while

Drumlin Heights Consolidated School and Plymouth School welcome anglophone students.

The Municipality of the District of Argyle boasts a high quality of life with a low cost of living, and ample opportunities for affordable housing and land.

## The **MUNICIPALITY OF THE DISTRICT OF BARRINGTON**

sits along the shoreline on Nova Scotia's southernmost tip.

The 'lobster capital of Canada' boasts conveniences like supermarkets, gas stations, restaurants, high-speed internet, festivals and recreation facilities in a welcoming, rural setting. Seafood connoisseurs will feel right at home at any of the small roadside take-outs or dine-in restaurants that serve only the freshest seafood and lobster.

Reach the Municipality of Barrington by traveling along the scenic 'old' Highway 309, Highway 3, or Highway 3 via Highway 103. The drive along Highway 3 will reveal rugged coastline, breathtaking ocean scenes and views of quaint fishing communities along the way.

You'll find working waterfronts and wharves throughout the Municipality, including Shag Harbour, Wood's Harbour, and Stoney Island. Snap artistic photos of world-famous Cape Island fishing boats (locally known as a Cape Islander) dotting the wharves. The lucrative fishing industry drives the Municipality's economy.

The Municipality also boasts a newly developed Business Park located in the business



All Photos: Municipality of the District of Barrington

district close to a number of ports as well as Highway 103.

Opportunities exist for businesses to capitalize on spin-off prospects related to lobster and other fisheries.

The Municipality of the District of Barrington offers an exceptional quality of life for those who enjoy the great outdoors.

For beach enthusiasts, Sand Hills Provincial Park features a white sand beach with amenities like picnic

tables, boardwalks and washrooms maintained by the province's Department of Lands & Forestry.

The Municipality takes care of a number of beaches in the area including Stoney Island, The Hawk, Daniel's Head (South Side) and North East Point. Pack a picnic lunch and make a day of splashing in clear, crisp waves or lounging in the hot sand.

Barrington has a long, storied history in timber sports and log-



Barrington Woolen Mill



North East Point Beach, Cape Sable Island Causeway



Drowned Forest, The Hawk Beach

rolling. The Barrington River was once used for log driving, sending logs down the river to be milled in large part for the shipbuilding industry in the province. Generations of log rollers and timber sports athletes

call the Municipality home.

There are five schools within the Municipality. Barrington Municipal High School, Clark's Harbour Elementary, Evelyn Richardson Elementary (better known as

'ERMES'), Forest Ridge Academy, and Guiding Light Christian Academy.

The Municipality of the District of Barrington is perfect for those seeking a high quality of life in an affordable setting.



Yarmouth Waterfront | Photo: Yarmouth & Acadian Shores Tourism Association (YASTA)



# HOUSING IN THE WESTERN REGION

**BY GLOBAL**, national and even provincial standards, homes in the Western Region are considered very affordable with a wide variety of options, styles and locations. There are also homes and apartments for rent in the area, if home ownership isn't an option. Styles range from single- and multi-family modern buildings to historic homes built during the Age of Sail. The decision to live within the town limits of Digby or Yarmouth, or in the country depends on your work and the kind of life you want to lead. No matter where you choose to live, your daily commute will normally be no longer than a few songs on your playlist.

## **LOOKING TO BUY? CONNECT WITH A REALTOR**

We have many reputable and knowledgeable realtors in our community who would be delighted to work with you to find your dream home.

You can visit [realtor.ca](https://www.realtor.ca) or Viewpoint to look at current listings, find a realtor or explore mortgage calculations. Local individual real estate businesses and companies have their own listings and tools to support you in finding your next home. Traditionally, more purchasers choose to work with one realtor who



Yarmouth Heritage District | Photo: YASTA

coordinates homes to be viewed, whether privately or publicly listed. Curious to see your buying options? Have a look online, or head out for a drive to see what might work for you.

## **TYPES OF HOME HEATING**

The most common heating options for your home are electric, wood or oil heating. There are also options for propane gas heating and solar energy.

## **COTTAGE, LAKE AND CAMP LIFE**

Given our proximity to the ocean and many lakes, cottages are a popular way of life for many. Many people in the Western Region will head to their camps and cottages for the summer season, although some also enjoy a quick trip to the cottage so much that they've opted to winterize their lake dwellings. Camps can range from opulent lakeside homes to rustic

cabins that provide an opportunity to enjoy hunting, fishing and riding ATVs.

## **DEED TRANSFER TAX**

When you buy a house or land in Nova Scotia, you're subject to land transfer tax, which is due upon closing. In the Western Region, the rate is set and collected by your municipal unit, and the current rate is between 0.5% to 1.25% of the value of the property transferred.

## **SHORT-TERM ACCOMMODATIONS**

The Western Region is home to a variety of hotels, motels, bed and breakfasts and inns, in addition to private online listings such as AirBnB.

Tourism Nova Scotia also offers a free reservation/booking service by calling toll-free 1-800-565-0000 or visiting [novascotia.com](https://www.novascotia.com)



# SAFETY, FIRST RESPONDERS, EMERGENC

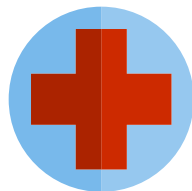
**THE WESTERN REGION** is considered a safe place to live, with limited crime. We're protected by the RCMP and by the dedicated first responders and emergency professionals in our community.

## **FIREFIIGHTERS**

Fire and rescue services are provided by the 36 fire departments throughout the Western Region. Our fire halls are also a gathering place for community events, which take place throughout the year. In some circumstances, we also rely on the Yarmouth County Ground Search and Rescue, Barrington Ground Search and Rescue, Clare Ground Search and Rescue and Digby Ground Search and Rescue.



## **YARMOUTH AND DIGBY HOSPITAL EMERGENCY**



Emergency departments (EDs) and their staff are an essential part of the province's health

care system, quickly assessing and managing patients with unexpected illness or injury. The emergency rooms at the Yarmouth Regional Hospital (60 Vancouver Street) and Digby General Hospital (75 Warwick Street) provide 24/7 access to emergency services.

## **EMERGENCY MANAGEMENT OFFICE**

The provincial Emergency Management Office (EMO) is responsible for emergency planning and coordinating emergency responses. The office works with municipal authorities to help plan for emergencies, coordinate provincial resources when there is an emergency and help with analysis and evaluation after an emergency. They also administer the provincial emergency 911 service.

## **REGIONAL EMERGENCY MANAGEMENT ORGANIZATIONS**

Digby and Yarmouth counties deliver essential services to all residents during emergency situations.

## **EHS (EMERGENCY HEALTH SERVICES)**

In Nova Scotia, EHS provides emergency response via ground ambulance and the Life Flight helicopter and fixed-wing aircraft.

## **ROYAL CANADIAN MOUNTED POLICE (RCMP)**

For nearly 150 years, the RCMP has been Canada's national police service. In the Western Region, there are five RCMP detachments: Barrington (2486 Highway 3), Yarmouth Rural (156 Starrs Road), Yarmouth Municipal (233 Water Street), Meteghan (60 Meteghan Connector Road) and Digby (129 Victoria Street). These detachments are responsible for policing throughout the entire region, including Acadia First Nation, Bear River First Nation and on our rural roads and highways.

## **EMERGENCY - 911**

If your health, safety or property is threatened and you need help right away, call 911. The 911 operator will notify emergency responders such as fire, police or ambulance.



911 operators have access to interpreters in more than 170 languages.

For text with 911 service (for those with hearing or speech impairments), ensure your cell phone is compatible with the service and register your cell phone number with your wireless provider. You also need to ensure you have a cell phone that's compatible with 9-1-1 Service Text.

**HEALTH CARE QUESTIONS - 811**



Nova Scotians may access health

information and advice by calling 811. The service is available for non-urgent, health-related issues and questions, and can help with advice on everything from bee stings and frostbite to coughs and flu.

Registered nurses are available 24

hours a day, seven days a week to provide reassurance and information on general issues and questions.

Health information and advice may include self-care at home or a recommendation to see a care provider or visit a local emergency department.

Callers may also get information about health-related services available in their community. Services are available in more than 125 languages, including French, Farsi, Cantonese and Arabic.

For more information about 811, visit [811.novascotia.ca](http://811.novascotia.ca)

**PROVINCIAL SERVICES & PROGRAMS - 211**

211 is a free, confidential information

and referral service that can connect you to thousands of programs and services offered by local community groups, nonprofits and government departments across Nova Scotia. It's available throughout the province 24 hours a day, 365 days a year by dialing 211 to speak with a helpful staff member, by searching the easy-to-use online database at [ns.211.ca](http://ns.211.ca) or by texting 211 Monday to Friday, from 9 am to 6 pm)

**WEATHER UPDATES AND ROAD CONDITIONS - 511**



For up-to-date road conditions in Nova Scotia, dial 511 or visit [511.novascotia.ca](http://511.novascotia.ca) for maps and access to real-time highway cameras.



**SLOW DOWN, MOVE OVER LAW**

In Nova Scotia, if you see an emergency vehicle pulled over with its lights flashing, slow down to 60 km/h or obey the speed limit if it's lower than 60 km/h. If you're on a road with two or more lanes in your direction, you must move into the lane farthest away from the stopped vehicle if you can do so safely. You don't need to slow down or move over if the vehicle is on the other side of the median on a divided highway.

This law has been updated to include public safety officers and tow truck drivers as well as emergency personnel, conservation officers and motor vehicle inspectors.



# HEALTH CARE



Photo: Fernando Zhiminaicela

**NOVA SCOTIA HEALTH** provides publicly funded health services to Nova Scotians and some specialized services to Maritimers and Atlantic Canadians. The health authority operates hospitals, health centres and community-based programs across the province.

In the Western Region, services are delivered through the Yarmouth Regional Hospital (60 Vancouver

Street) and the Digby General Hospital (75 Warwick Street), our primary health facilities, as well as other businesses and organizations in the community.

## **PRIMARY HEALTH CARE**

The Western Region has both established collaborative care practices including the Bear River

and Area Community Health Clinic, Digby and Area Health Services Centre, Islands Health Centre, Clare Health Centre, Harbour South Medical Clinic, A.M. Clark Health Centre, Barrington Community Health Centre and traditional family medicine practices throughout our communities. We also have the unique opportunity to partner with the Acadia First Nation and Bear

River First Nation health centres to help address the health care needs within our First Nation communities. There are also services for Mental Health and Addictions, Blood Collection and Public Health in the community. Other areas related to health care such as hearing services, therapeutic services, natural healing, respiratory care and more, are available throughout the area.



Photo: Yarmouth Regional Hospital

## YARMOUTH REGIONAL HOSPITAL

The Yarmouth Regional Hospital, located at 60 Vancouver Street in Yarmouth, is the regional acute care facility serving 58,000 people in Shelburne, Yarmouth and Digby counties. It offers primary and secondary services through inpatient, outpatient and community-based services and programs.

The services include:

- |                           |                 |
|---------------------------|-----------------|
| Anesthesiology            | Ophthalmology   |
| Emergency Medicine        | Orthopedics     |
| Family Medicine           | Palliative Care |
| General Surgery           | Pediatrics      |
| Internal Medicine         | Psychiatry      |
| Obstetrics and Gynecology |                 |



# HEALTH CARE

## **PASSIONATE ABOUT HEALTH CARE? VOLUNTEER WITH A COMMUNITY HEALTH BOARD (CHB)**

Community Health Boards are committed groups of volunteers who are the eyes, ears and voices of the community and its residents, working together with the NSHA to improve the health of their communities. In the Western Region, there are four CHBs: Digby and Area Community Health Board, Clare Community Health Board, Yarmouth County Community Health Board and Shelburne County Community Health Board. Learn more at [communityhealthboards.ns.ca/wester-zone-1](http://communityhealthboards.ns.ca/wester-zone-1)

## **OUR HEALTH FOUNDATIONS**

### **YARMOUTH HOSPITAL FOUNDATION**

The Yarmouth Hospital Foundation was established in 1970 to provide a way for people to support the Yarmouth Regional Hospital and improve health care.

YHF fundraising has contributed in excess of \$390,000 annually towards equipment such as MRI, CT scan, portable x-ray and ultrasound units,



Yarmouth Regional Hospital | Photo: Yarmouth Regional Hospital

infant ventilators and incubators, laparoscopic suites, lab equipment, renal dialysis equipment and upgrades to the cardiology, cancer and wellness centres. Through its annual appeals and signature events, the Yarmouth Hospital Foundation strives to provide continued support and financial assistance toward the purchase of equipment and services that improves the health and wellness of families and individuals

throughout the Western Region every year. In March 2021, an anonymous donor gifted \$22 million to the Yarmouth Hospital Foundation.

For more information or to get involved, visit [yarmouthhospitalfoundation.ca](http://yarmouthhospitalfoundation.ca)

### **DIGBY AND AREA HEALTH SERVICE CHARITABLE FOUNDATION**

The Digby and Area Health Service



Charitable Foundation was formed as a trust to manage funds for the purpose of maintaining present and future health services within the Digby area. Donations to the DAHSCF have helped purchase ultrasound units, a stress test machine, cardiac monitoring system, defibrillators, an x-ray machine and an infant warmer. For more information or to get involved, visit [digbyhospitalfoundation.ca](http://digbyhospitalfoundation.ca)

## NEED A FAMILY PRACTICE REGISTRY



Photo: Municipality of Clare

The Need a Family Practice Registry is a provincial list for people without a family doctor or nurse practitioner. You can register by calling 811 or by visiting [needafamilypractice.nshealth.ca](http://needafamilypractice.nshealth.ca). Once you've registered, you'll be added to the list. When a primary care provider in your area is accepting new patients, Nova Scotia Health will contact you by phone and/or email. They may also contact you occasionally to update your personal information, or to confirm that you need to remain on the registry,

Nova Scotians may access health information and advice by dialing 811 where registered nurses are available 24/7. For more important numbers see page 31.



# EDUCATION AND SCHOOLS



**SCHOOLS** in the Western Region belong to the Tri County Regional Centre for Education, which serves Digby, Yarmouth and Shelburne counties, and the Conseil scolaire acadien provincial, which includes all Acadian French-language schools.

There are 18 English-language schools in the area: two P-12 schools, 11 elementary schools, one junior high school and four high schools.

There are seven French-language schools: five elementary schools and two high schools.

Most students in the Western region take the bus to school. School buses run throughout our communities and pick students up near their homes. Contact your local school to arrange a stop if the

bus doesn't already pick students up near you.

There are supports and opportunities available to address differences in learning for students with a wide range of special needs. Service is provided to schools on a "needs" basis, within available resources, and can be discussed directly with the schools.

For more information, visit [tcrc.ca](http://tcrc.ca) and [csap.ca](http://csap.ca)

## **SCHOOL DAYS**

The school year runs from early-September through to the end of June with scheduled breaks over the December holidays, observance of other holidays and in-service days. There is a break for one week

in March, where there is often a variety of programming, camps and other opportunities for students to participate within the community.

## **PRE-PRIMARY**

Nova Scotia offers a pre-primary program in English and French for four-year-olds in the province to help transition them to Primary the following year. Program details, requirements and FAQs can be found at [ednet.ns.ca/pre-primary](http://ednet.ns.ca/pre-primary)

## **FRENCH PROGRAMS**

The Conseil scolaire acadien provincial (CSAP) is the only French-language school board in Nova Scotia. It's responsible for French as a first language education across the province. Students whose parents

speaking French as a first language or attended a French elementary school can attend CSAP schools, and students who have neither English nor French as a first language can also attend CSAP schools.

- **CORE FRENCH** is a compulsory course for all students in Nova Scotia from Grades 4 to 9. There are also optional French programs, including:

- **INTENSIVE FRENCH** is an alternative way of offering Core French that involves concentrated learning time spent in French for five months of the school year.

Available in Grade 6 at Maple Grove Education Centre (Hebron).

- **EARLY IMMERSION:** Grade Primary entry point (approximately 80% of learning time is in French).

Available at Digby Elementary School, Weymouth Consolidated School, Meadowfields Community School (Yarmouth), Yarmouth Elementary School, Plymouth School and Drumlin Heights Consolidated School (Glenwood).

- **LATE IMMERSION:** Grade 7 entry point (approximately 70% of learning time is in French).

Available at Maple Grove Education Centre (Hebron) and Barrington Municipal High School.

More details are available at [tcrce.ca/french-programming](http://tcrce.ca/french-programming)

## **INTERNATIONAL BACCALAUREATE (IB) DIPLOMA PROGRAM**

The IB Diploma Program is a rigorous pre-university course of studies designed for students aged 16 to 19 delivered over the last two years of a student's schooling (Grades 11 and 12 in Nova Scotia). In the Western Region, this is offered at Yarmouth Consolidated Memorial High School.

In Nova Scotia, all IB Diploma

schools have open admission. While students who are considering enrolling in the IB Diploma Program are advised to take pre-IB courses in Grade 10, it isn't required.

Students who are interested in the IB Diploma Program should consult with the IB Coordinator.

## **POST-SECONDARY EDUCATION**

Post-secondary education in Nova Scotia is delivered through 10 publicly supported degree-granting institutions and one province-wide

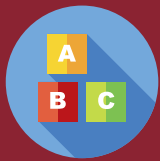
community college – the Nova Scotia Community College (NSCC).

There is one French-language university in the Western Region – Université Sainte-Anne, located in Church Point. Université Sainte-Anne offers many university-level programs as well as college-level diploma programs. It has two faculties and one school: Faculty of Arts and Sciences, Faculty of Professional Programs



and the French Immersion School. In addition to the main campus in Church Point, students can take courses through the university in Tusket.

The Western Region is also home to the NSCC's Burrigge Campus in Yarmouth and the Digby Learning Centre. Both offer full-time programs and continuing education.



# CHILD CARE



Photo: gpointstudio

**FINDING A PERSON** or group of people who you can trust to look after your child is a big decision. Here in the Western Region, we have all kinds of wonderful, caring and professional child care providers to help you and your family.

Regulated child care is licensed through the Government of Nova Scotia and administered through registered day care organizations. The Western Region is home to several privately-run French and English day care businesses. Options are also available for in-home care for infants, toddlers and after-school care for school-aged children. Many day cares offer flexible hours, which is especially welcome by parents or guardians requiring early drop-offs or late pick-ups.

There's also a variety of preschools throughout the region to prepare your child for school. Most of these go up to four years of age, since children attend the province-wide Pre-Primary Program after preschool.

You may hear the term Early Childhood Educator or ECE. ECEs are certified child care providers who have completed a four-year degree or two-year diploma program, and can be found in various day cares. They also administer the pre-primary program in our schools.

When the school bell rings, there are many after-school care options to choose from, whether in day care settings, in private homes, within local non-profits, or programming provided by our municipalities.

Word of mouth is a powerful tool here! Many parents find great babysitter referrals through neighbours, friends, coworkers or social media. Courses or certifications aren't required for babysitting jobs, but are helpful to some, especially teenagers looking to earn some extra income while spending time caring for children in the community. Many municipal units facilitate babysitting courses as well.

## FAMILY RESOURCE CENTRES

The Family Centre in Digby, Parents' Place in Yarmouth and Le Centre provincial de ressources préscolaires in Church Point deliver free programs and services to families with children ages 0-6, as well as offering prenatal support to pregnant women throughout the region.

## TIP



Depending on your child's age and your day care of choice, there may be a wait list for placement. We recommend looking into child care as one of your priorities when considering a relocation.



# GETTING AROUND THE REGION

**MOST PEOPLE** in the Western Region rely on a personal vehicle for travel. All towns and communities offer parking and taxi services are available throughout the region. There's also a variety of car dealerships, car rentals and mechanics in the community ready to serve you and your motor vehicle needs.

## ACCESS NOVA SCOTIA

The Registry of Motor Vehicles is located at Access Nova Scotia in Digby (338 Highway 303) and Yarmouth (10 Starrs Road, Suite 127). Staff can help you with items like driver's licenses, written and road tests and vehicle and plate registration. They're open Monday to Friday, 8:30 am to 4:30 pm and evening hours Tuesday to Thursday, 4:30 pm to 7 pm (except holidays). Many of these services can also be accessed online: [novascotia.ca/sns/rmv](http://novascotia.ca/sns/rmv)

## ACTIVE TRANSPORTATION

Walking/running - Many people walk or run on the sidewalks or trails.

## PEDESTRIAN SAFETY

Both drivers and pedestrians are responsible for crosswalk safety. Crosswalks exist at every intersection. Marked crosswalks have painted white lines and unmarked

crosswalks do not. Vehicles must yield to pedestrians in both marked and unmarked crosswalks and pedestrians should use marked crosswalks when available.

On rural roads without sidewalks, pedestrians must walk on the extreme left side of the roadway or on the shoulder of the road, facing traffic approaching from the opposite direction.

## CYCLING

Bicycles are allowed on all roads in Nova Scotia unless otherwise posted, and cyclists must follow the same law as motor vehicles.

The one-metre rule applies: motorists must leave at least one metre (three feet) of space when passing a cyclist on the road.

## PUBLIC TRANSIT

**KINGS TRANSIT** is a public transit service that offers service between Weymouth and Cornwallis, through the Annapolis Valley to Wolfville. For more information, visit [kbus.ca](http://kbus.ca) or call 902-678-7310.

**TOWN OF YARMOUTH TRANSIT** runs using a flag stop system where you can choose to board and depart the bus at designated stops, or by creating your own flag stop. One-fare tickets are \$1.50 and monthly passes are \$50. For maps and schedules, visit [townofyarmouth.ca/transit-service.html](http://townofyarmouth.ca/transit-service.html)

**LE TRANSPORT DE CLARE** offers pre-booked door-to-door transportation and charter transportation throughout Digby County. For more information visit [transportdeclare.ca](http://transportdeclare.ca) or call 1-888-769-2477.

## CONNECTIONS

In just a few hours', you can find yourself in another province or even another country.

**FERRY TO MAINE** The ferry terminal in Yarmouth is the Canadian port of the ferry that travels between Nova Scotia and Maine, USA during the summer season. <https://www.ferries.ca/>

**FERRY TO NEW BRUNSWICK** Digby has a ferry that travels to Saint John, New Brunswick year-round. The crossing takes less than three hours. <https://www.ferries.ca/>

## YARMOUTH INTERNATIONAL AIRPORT

**(YQI)** doesn't currently operate any commercial flights, but it is a fully operational airport that can accommodate chartered and private aircraft.

## HALIFAX STANFIELD INTERNATIONAL

**AIRPORT (YHZ)** is a three-hour drive from most of the Western Region and is Atlantic Canada's principal full-service airport providing passengers and cargo clients with access to markets across the globe.

**SHUTTLE SERVICES** are available, offering daily round-trip service from the Western Region to Halifax - picking you up and dropping you off at your preferred departure and arrival locations.

## DID YOU KNOW?



There are free electric charging stations located in Tusket, Yarmouth, Church Point, Weymouth, Digby and Bear River, as well as pay-for-service electric charging stations in Yarmouth and Digby.



# LEVELS OF GOVERNMENT

## Canada has three levels of government

### FEDERAL GOVERNMENT

The Prime Minister leads the federal government based in Ottawa. It deals with national and international matters, such as:

- Mail
- Taxes
- Money
- Banking
- Shipping
- Railways
- Pipelines
- Telephones
- Criminal law
- Foreign affairs
- National defence
- Employment insurance
- Aboriginal lands and rights

Government of Canada website: [canada.ca](http://canada.ca)

We are in the federal riding of West Nova, except for the Municipality of Barrington, which falls in the federal riding of South Shore-St Margarets, and we are represented by a Member of Parliament (MP) for each federal riding.

**SERVICE CANADA** is located at 13 Willow Street in Yarmouth (French and English) and 98 Sydney Street in Digby (English only).

Service Canada provides Canadians with a single point of access to a wide range of government services and benefits through the Internet, by telephone or by mail.

### PROVINCIAL AND TERRITORIAL GOVERNMENTS

A Premier leads each province and territory. The provincial and territorial governments have the power to change their laws and manage their own public lands. They are in charge of:

- Education
- Health care
- Road regulations

The Western Region includes five provincial electoral districts: Digby-Annapolis, Clare, Yarmouth, Argyle and Shelburne, each represented by a Member of the Legislative Assembly (MLA). To learn about how government works and to find out how to contact your MLA, visit [nslegislature.ca/members](http://nslegislature.ca/members)

**ACCESS NOVA SCOTIA** is located in Digby (338 Highway 303) and Yarmouth (10 Starrs Road, Suite 127) and provides in-person access to provincial services ranging from things such as obtaining your driver's license and permits to information on land and property. A full list of services, including what services you can easily access online are available at [novascotia.ca/sns/access/](http://novascotia.ca/sns/access/)  
Government of Nova Scotia website: [novascotia.ca](http://novascotia.ca)

### MUNICIPAL GOVERNMENTS

Mayors and wardens lead municipal governments. They are in charge of such things as:

- Parks
- Parking
- Libraries
- Roadways
- Local land use
- Fire protection
- Public transportation
- Community water systems

In the Western Region, we have seven municipal units: Town of Digby, Municipality of Digby, Municipality of Clare, Municipality of Yarmouth, Town of Yarmouth, Municipality of Argyle, Municipality of Barrington. To learn more about each municipal units, check out pages 10-26.

### FIRST NATION GOVERNANCE

First Nation communities in Canada are each governed by an elected Chief and Band Council. To learn more, see page 22.

### DID YOU KNOW?



Canada is a constitutional monarchy. This means the Queen or King of England is the head of state and the Prime Minister is the head of government. The monarch is personally represented by the Governor General of Canada.



# BILLS AND UTILITIES



## DID YOU KNOW?

When purchasing a home, you can request to see a history of the utilities payments to include that in your decision-making.

Some of the services, costs and monthly bills you may have when moving to or living in the Western Region.



## WASTE MANAGEMENT

This is managed through Waste Check throughout the region, except for the Municipality of Barrington which manages its own waste, with waste management fees administered through each municipal unit. See page 42 for more information and helpful tips.



## WATER AND SEWER

This is managed through each municipal unit. If you're in a rural area, you may rely on your own well water and septic system.



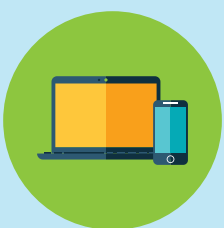
## INSURANCE

Insurance is required for all drivers in our province, however the types of insurance do vary. In addition, it's highly recommended that you also secure insurance for your home and your belongings, which is referred to as Contents or Tenants Insurance.



## ELECTRICITY AND HEATING

In Nova Scotia, we have one electric utility, Nova Scotia Power, an Emera Company. Electric heating is one popular source of heating, in addition to oil, gas and wood heating. There are many local providers for oil, gas and firewood, and the source of heating for your home might be something you wish to consider when purchasing or renting a home, as each require maintenance and different costs.



## CABLE AND INTERNET

Cable and internet are available from a variety of providers in our area, the largest being Bell Aliant and Eastlink and other local options such as Mainland Telecom, City Wide Communications and Xplornet. It's recommended that you do your research to ensure that service can be provided to your area of choice.



# REDUCE, REUSE, RECYCLE



## WASTE CHECK

[wastecheck.ca](http://wastecheck.ca)

Waste Check is the Western Region's waste management service, providing biweekly collection of residential waste, including garbage, recyclables and compost. The Municipality of Barrington manages its own waste and you can find more information for that area at [barringtonmunicipality.com](http://barringtonmunicipality.com)

## DROP OFF LOCATIONS IN THE REGION

### BARRINGTON

#### C&D Landfill

103 Clements Pond,  
Highway 103  
902-637-2322

#### Oak Park Bottle Exchange

400 Oak Park Road,  
Oak Park  
902-637-3808

### YARMOUTH COUNTY

#### Yarmouth County Transfer Station

1934 Hardscratch Road,  
Yarmouth  
902-742-5852

#### Paper Chase Bottle Exchange

10 Hardscratch Road,  
Yarmouth  
902-742-9747

### CLARE

#### Clare Transfer Station

919 Bonnie Road,  
Meteghan  
902-645-2993

#### Comeau's Bottle Exchange

8659 Hwy 1,  
Meteghan Centre  
902-645-2324

### DIGBY COUNTY

#### Digby Transfer Station

245 Upper Cross Road,  
Seabrook  
902-245-2015

#### Webber's Bottle Exchange

18 Queen Street, Digby  
902-245-2483



## DID YOU KNOW?



At almost 83%, Nova Scotia has one of the best beverage container return rates in Canada. (Divert NS)

### DIVERT NS

Find your local Enviro-Depot™ at [divertns.ca](http://divertns.ca)

Divert NS is a not-for-profit corporation that is championing recycling by working with Nova Scotians to improve our environment, economy and quality of life by reducing, reusing, recycling and recovering resources.

Divert NS operates a key recycling program in Nova Scotia – the Beverage Container Deposit-Refund Program. All beverage containers (excluding milk) can be returned to an Enviro-Depot™ for refund.

Some Enviro-Depots™ accept extra materials such as electronics or paint. You can call ahead to determine what your depot accepts.

## WHAT GOES WHERE?

**NOVA SCOTIA** offers waste management programs that are leading in the country, and Waste Check is proud to offer a robust waste diversion program. For those new to the area, this can often be an overwhelming process, however Waste Check has resources to help you with that, including a free app called Recycle Coach that helps you learn what goes where, see your waste collection schedule and set up reminders about your collection day.

Some items such as tires, paint, electronics and hazardous waste aren't part of the curbside recycling program, but you can contact Waste Check for disposal instructions.

Yarmouth County and Barrington offer a twice a year spring/fall clean-up where you can place oversized items such as mattresses, furniture, appliances, barbecues and hot water heaters on the side of the road for pick up. You can find more details and dates on the Municipality of Barrington and Waste Check's websites. In Digby County, you can place these kinds of items on the roadside on regular garbage collection days.

You can also visit Waste Check's website to request an organics cart, report an illegal dumping and view and download sorting guides.





Église Sainte-Marie Church | Photo: Municipality of Clare



# RELIGION, SPIRITUALITY AND PLACES OF WORSHIP



Église Sainte-Anne, Sainte-Anne-du-Ruisseau | All Photos: Municipality of the District of Argyle



Comeau's Hill Statue



Église Sainte-Famille, Amirault's Hill



Comeau's Hill Church

**SACRED SPACES** for prayer and worship are important to communities everywhere. The Western Region is home to many faiths and places of worship of all sizes, all of which welcome new members and visitors alike.

Church Point is home to the Sainte-Marie Church, the largest wooden church in North America. It was built over a period of two years, from 1903 to 1905, by 1500 volunteers under the supervision of a master carpenter who could neither read nor write, and features large columns which are actually complete 20 m (70ft) tall tree trunks.

Today, the Western Region is home to an array of faiths and sacred

spaces that serve as gathering places for family and friends, old and new. Presbyterian, United, Anglican, Baptist, Roman Catholic and other Christian churches sit prominently in our towns, which village churches dot our rural roads, each of them with their own stories, all of them the product of local vision and labour.

The area is also home to several Jewish, Muslim, Hindu and Baha'i families, although there are no formal places of worship for these religions.

While the role of churches and places of worship have changed over the centuries, today they remain an integral part of life here in rural Nova Scotia.



# WESTERN REGION IS OPEN FOR BUSINESS

**WESTERN NOVA SCOTIA** has a wealth of natural resources, technology and talent, making it the perfect place to open, move or expand your business. In an ever-changing global economy, Western Nova Scotia offers the business development support and community buy-in needed to grow your business.

## REASONS TO DO BUSINESS IN THE WESTERN REGION

- Access to several world-class ports
- Export opportunities to the USA and European markets
- Access to a highly-skilled and bilingual workforce
- Access to some of the best globally recognized natural resources
- Supportive network to help you develop, launch and grow
- Low business costs

## A PROVEN TRACK RECORD

The Western Region has proven time and time again that it has the resources and connections required to accelerate your business to new heights. Whether you're looking to grow your business locally or around the world, our community partners are here to support your business' success. The robust local economy has major employers in fisheries, forestry, renewable energy, tourism, commercial retail, technology and agriculture.

We're home to large corporations as well as medium and small-sized businesses with provincial, national and international expertise, exports and connections.

## GOT AN IDEA? LOOKING TO MOVE YOUR BUSINESS?

In the Western Region, there are many regional organizations that exist to support and **advocate for your business.**

**Looking to connect or collaborate? Let's get you started.**

**Western Regional Enterprise Network (Western REN) | [westernren.ca](http://westernren.ca)**

Your liaison for navigating business and innovation supports and opportunities in the region.

**Conseil de développement économique de la Nouvelle-Écosse (CDÉNÉ) | [cdene.ns.ca](http://cdene.ns.ca)**

A not-for-profit organization dedicated to the economic advancement of the Acadian and Francophone community in Nova Scotia.

**Digby and Area Board of Trade | [digbytrade.ca](http://digbytrade.ca)**

**Clare Chamber of Commerce | [commercedeclare.ca](http://commercedeclare.ca)**

**Yarmouth and Area Chamber of Commerce  
[yarmouthchamberofcommerce.com](http://yarmouthchamberofcommerce.com)**

**Barrington and Area Chamber of Commerce  
[barringtonareachamber.com](http://barringtonareachamber.com)**

The voices of the business community in the Western Region.

**Nova Scotia Business Inc (NSBI) | [novascotiabusiness.com](http://novascotiabusiness.com)**

The province's business development agency.

**Ignite Labs | [igniteatlantic.com](http://igniteatlantic.com)**

Nova Scotia's rural innovation hub.

**Digby-Clare CBDC | CBDC Yarmouth | CBDC Shelburne | [cbdc.ca](http://cbdc.ca)**

Helping small businesses access government development financing programs.

**Digby Area Tourism Association | [digbyarea.ca](http://digbyarea.ca)**

**Discover la Baie Sainte-Marie | [baiesaintemarie.com](http://baiesaintemarie.com)**

**Yarmouth and Acadian Shores | [yarmouthandacadianshores.com](http://yarmouthandacadianshores.com)**

**Municipality of Barrington Tourism | [barringtonmunicipality.com](http://barringtonmunicipality.com)**

The various tourism marketing associations for the region.

## RESOURCES FOR JOB SEEKERS AND EMPLOYERS

**NOVA SCOTIA WORKS** is part of a province-wide network of employment service centre that are committed to providing inclusive employment services to all Nova Scotians. There are several offices serving the Western Region:

- Southwest Employment Services, 3588 Highway 3, Barrington Passage
- Conseil de développement économique de la Nouvelle-Écosse (CDÉNÉ), 1 Slocumb Crescent, Tusket
- Southwest Employment Services, 103 Water Street, Yarmouth
- Conseil de développement économique de la Nouvelle-Écosse (CDÉNÉ), 102-1649 Highway 1, Church Point
- Employment Opportunities Partnership, 87 Warwick Street, Digby

Nova Scotia Works offices provide a welcoming atmosphere with access to free employment services. Staff are qualified Certified Career Development Professionals who are knowledgeable, confidential and experienced in helping both job seekers and employers.

The **WESTERN REN'S CONNECTOR PROGRAM** is a simple yet highly effective referral process that helps local businesses and organizations connect with talented newcomers who want to build a career and settle successfully in the region. This program helps newcomers build their professional network, connect with career opportunities and find success in their chosen field.

### SERVICES FOR EMPLOYERS

Nova Scotia Works is here to help employers in our community hire people who are the best fit for their organization. Their office has an Employer Engagement Specialist on staff to meet the needs of employers and provide the following free services.

- Free job advertising on their internal job book, Facebook page and website
- Help developing competency-based job descriptions
- Recruitment, referrals and selection of potential candidates
- Employment maintenance support and retention
- Information on wage subsidy programs
- Annual job fair

### SERVICES FOR JOB-SEEKERS

- Assistance with resumes, cover letters and interview skills
- Information and referrals to government funded employment programs
- Case management and career counselling
- Access to the latest labour market information
- Free Wi-Fi and accessible computers



### EMPLOYMENT LANDSCAPE

The Western Region has a vibrant bilingual workforce and the skilled labour pool required to launch and grow your business. We have a highly educated workforce with more than 70% of the region's residents possessing a certificate, diploma or degree. Western Nova Scotia also has strong immigration supports available to businesses that want to access talent pools from outside the region.



Photo: Clifton Saunier Photography



## PRO TIP

Western Nova Scotia is known for its second hand clothing stores, Frenchy's. The first Frenchy's opened in the 1970s and since then, the many stores throughout our region have become a shopping destination. You can find Frenchy's stores in Tusket, Yarmouth, Meteghan River, Saulnierville, Weymouth and Digby.



# SHOPPING IN THE WESTERN REGION

**SPRINKLED** throughout our community and our downtown cores are a variety of shops, boutiques and markets, offering curated and carefully selected items, local products and many services and retail opportunities for all your shopping needs. All of our downtowns offer free or accessible parking, making shopping a breeze. Perfect for a quick errand or a full afternoon of browsing a wide variety of products and services.

## HIT THE MALL

The Yarmouth Mall on Starrs Road houses a variety of big box stores, retail stores, services and a restaurant.

## LOOKING FOR LOCAL?

Locally made goods, gifts and produce can be found at places like the Yarmouth Farmers' Community Market, Argyle Farmers and Artisanal Market in Tusket and Belliveau Cove Farmers' Market.

A variety of our corner stores and markets also offer local products, such as Carl's Store in Tusket, Riverview Produce Farms in Yarmouth, Dayton Fruit & Vegetable Stand, Dayton Red & White, Comeau's Farm Market in Meteghan Centre, Wild Rose Farm in Gilberts Cove and Prime's Marshalltown Market in Digby. Many farmers sell their produce in roadside stands, so be on the lookout for fresh berries and vegetables on our rural roads throughout the region.



Roof Hound Brewing Company | Photo: Digby Area Tourism Association

Many talented artisans live and create here in Western Nova Scotia: potters, artists, authors, bakers, chefs and more. In addition, there are many local products made right here, such as honey, maple syrup, spices, jams, sauces, chocolates and baked goods. Keep your eyes open for galleries and gift shops in our town and along our rural roads.

## GROCERY TIME

In the Western Region, we have three Sobeys stores in Barrington Passage, Yarmouth and Digby, as well as two Atlantic Superstores in Yarmouth and Digby, a No Frills in Barrington Passage, a Co-op in Lower West Pubnico, a Freshmart in Little Brook and a Foodland in Saulnierville. Grocery products can also be found at Walmart in Yarmouth and Digby, as well as the pharmacies and corner stores located throughout our area.

## CHEERS TO LOCAL BEER AND SPIRITS

Western Nova Scotia is home to breweries such as Lazy Bear Brewing in Bear River, Roof Hound Brewing Co in Digby, Heritage Brewing Co and Rudders in Yarmouth, and Tusket Falls Brewing Company in Tusket. Corberrie Cider Co. in the Clare area produces a crisp hard apple cider. The area's first distillery, Boatskeg Distilling in West Pubnico, is set to open in 2021. The ideal growing conditions for grapes in Bear River are the reason it's home to three vineyards - Casa Nova, Bear River Vineyards and Annapolis Highland Vineyards.

## NEED SOME NEW ITEMS IN YOUR CLOSET?

There are a variety of retail stores throughout our communities ready to dress you from head-to-toe, including specialty shoe stores, fine garments and second-hand clothes.



# BUILDING AN INCLUSIVE COMMUNITY



Photo: Nathan Anderson

## EMBRACING DIVERSITY

Western Nova Scotia is home to a wide range of abilities, talents and diverse backgrounds that all contribute to the vibrancy of our community. Below are some of the efforts and opportunities to make our communities accessible to all.

### SOBEYS SENSORY SENSITIVE SHOPPING

Across the country, and here locally, Sobeys grocery stores offer “Sensory Sensitive” shopping times where store lights are dimmed, the music

and store announcements are turned off and staff are encouraged to speak more quietly and not perform certain tasks such as gathering grocery carts.

### AUTISM NOVA SCOTIA - SOUTH WEST CHAPTER

Located in downtown Yarmouth, it's a non-profit charity that provides support, networking and social learning opportunities on living with autism and related disorders. The chapter promotes education about autism, offers service navigation and provides an inclusive, non-

judgmental atmosphere where members can participate in rewarding programs and social activities, Email: [southwestnova@autismns.ca](mailto:southwestnova@autismns.ca)

## FACT



Nova Scotia's Accessibility Act, also known as Bill 59, was passed in April 2017. The legislation aims to make Nova Scotia inclusive and barrier-free by 2030.



# SOCIAL ENTERPRISES AND SUPPORTS

**THE WESTERN REGION** is proud to be home to social enterprise organizations offering goods and services that create both financial and social returns. Social enterprises add diversity to our business community and give everyone an opportunity to support positive change.

## MAYFLOWER PLACE

Mayflower Place in Barrington Passage is a workshop that employs people with disabilities. They operate a bakery, a drop off laundry service, shredding services, Meals-On-Wheels and make handmade crafts.

## KAYE NICKERSON ADULT SERVICES CENTRE

The Kaye Nickerson Centre in Yarmouth is a vocational training centre that offers hands-on work experience for trainees in a structured environment tailored to their individual special needs. This facility serves as a link to inclusion of persons with mental challenges and mental illnesses into community-based employment.

## YARMOUTH LIFE SKILLS FOR DISABLED ADULTS

Yarmouth Life Skills provides a diversified day program for post school-age adults with intellectual and accompanying physical disabilities. Their programming includes microbusinesses that produce and sell gift tags, snack boxes, crafts, baked goods and they also offer shredding services.



The Yarmouth Association for Community Residential Options (YACRO) | Photo: yacro.com

## YARMOUTH ASSOCIATION FOR COMMUNITY RESIDENTIAL OPTIONS (YACRO)

YACRO was established in 1991 and is a not-for-profit organization that provides residential support for children and adults challenged with disabilities. In 2011, YACRO developed several social enterprises to create meaningful employment opportunities for individuals who have been marginalized from the workforce due to employment barriers.

**The Shanty Cafe** is a casual dining establishment in downtown Yarmouth that serves a variety of dishes inspired by local and international cuisine.

**The Store Next Door** is a workshop and gift shop where people with disabilities create and sell various wooden products, games and furniture.

## INCLUSION CLARE

Inclusion Clare is a workshop centre for adults living with

intellectual and other challenges. They specialize in art created from “found items” gleaned from the Saint Mary’s Bay shoreline, seasonal crafts and fine and folk art items with Acadian themes.

## COMMUNITY RESOURCES IN THE WESTERN REGION

Our area is fortunate to have so many non-profits, volunteer organizations and advocacy groups working to support those in need. These groups welcome volunteers, donations or support in any form. We invite you to become familiar with the services offered and get to know the people who work hard, often unseen, to serve our community.



# COMMUNITY RESOURCES IN THE WEST

**OUR AREA IS FORTUNATE** to have so many non-profits, volunteer organizations and advocacy groups working to support those in need. These groups welcome volunteers, donations or support in any form. We invite you to become familiar with the services offered and get to know the people who work hard, often unseen, to serve our community.

ORGANIZATION NAME	DESCRIPTION
<b>Tri-County Women's Centre</b>	Works one-on-one with women and offers resources on a wide range of issues and challenges.
<b>SHYFT Youth Services</b>	Offers residential and outreach supports for homeless and at-risk youth.
<b>Juniper House</b>	Provides a safe refuge for women and their children who have experienced abuse.
<b>Yarmouth Pride</b>	Provides a social support network and advocacy for the LGBTQ+ community.
<b>Laing House</b>	Works with youth ages 16-29 on their mental health through fun, interactive programming.
<b>Aidaen's Place</b>	Drop in center geared to youth ages 11-17 where they can come in, feel supported, heard and safe.
<b>Big Brothers Big Sisters</b>	Mentoring and programming for children and youth ages 6-18.
<b>Yarmouth Food Bank Clare Food Bank Digby and Area Food Bank</b>	Helps provide food for those in need.
<b>Department of Community Services</b>	Social and economic well-being for all Nova Scotians through child, youth and family support, income assistance, employment support services and the disability support program.

Unsure of where to look for help? Call 211 to help guide you. See more on page 32.

# WESTERN REGION





Photo: Anna Earl



# GETTING INVOLVED - VOLUNTEERING



**SHARING YOUR TIME** and skills is one of the greatest ways to make new friends and get to know your new community. The Western Region is known for its spectacular hospitality and philanthropic efforts. Time, money, and energy are precious resources that community members are eager to share with one another. There are so many ways to get involved in the community and volunteer your time! Fundraisers, events, community suppers, church events and bingos are just the tip of the iceberg. Boards and coaching are also great options. You can visit [volunteerns.ca](http://volunteerns.ca) to see what opportunities would be right for you, or reach out to your local municipality or organization of your choice!





# SENIOR LIVING



Photo: gpointstudio

**MANY** Western Region families have lived here for generations. Others moved here as children or young adults, fell in love, and stayed. Among our newcomers are those choosing to retire here, close to our beautiful beaches, activities and services. Everyone contributes to the collective fabric that makes this community so special.

## **SPORTING OPPORTUNITIES**

The Nova Scotia 55+ Games offers 'seasoned' competitors a reason and venue to remain active. There are a wide variety of games and

sports to participate in, including tennis, swimming, golf, bowling, pickleball, cribbage, darts, ice hockey, and more. The South Shore Region includes Yarmouth and Shelburne counties, while the Valley Region includes Digby County.

Digby Curling Club features a 'Seniors in the Club' every third Thursday of the month from 10:30am-12:30pm at the Digby Curling Centre.

## **CONTINUING CARE**

Tideview Terrace, Villa Acadienne, Au Logis d'Meteghan, Foyer

Celeste, Le Pont du Marais, The Meadows- Tidal View Manor, Arbours of Tranquility Home for Seniors, Vancouver Place Seniors Residence, Villa St. Joseph-Du-Lac, Ocean Breeze Estates, Nakile Home for Special Care and Bay Side Home provide our seniors with the care and level of living support they need. The Victorian Order of Nurses (VON) services the Western Region and offers a number of programs and services. The Meals on Wheels program in Yarmouth is administered by Nova Scotia Health.

## GETTING SOCIAL

Quilting is a popular aspect of Acadian culture, and many quilting groups and guilds welcome newcomers and pros alike. There are often quilting demonstrations at the Musée des Acadiens des Pubnico in West Pubnico. The Clare Quilters Guild and The New Horizons Quilting Club are also well-known for their hand-sewn, traditional Acadian quilts. Yarmouth Recreation frequently holds seniors picnics. In the Municipality of the District of Argyle, The Recreation Department provides a number of programs and services including bus tours, games, socials - even a Tusket Island tour! There are Royal Canadian Legions and Lions Clubs throughout the Western Region that feature a wide variety of social activities and opportunities to get out and about including darts, bingo, pool, and social suppers and teas.

## SENIORS SAFETY

There are several municipalities that offer seniors services and safety programs in partnership with RCMP and other stakeholders. Reach out to your municipality and see if there's a program that's right for you! Many include free safety tips, income tax preparation, events and check-in visits. Digby and Area Seniors Safety Society and Shelburne County Senior Safety and Service (Barrington Location) are just two such programs.



Photo: Municipality of the District of Argyle



Photo: Municipality of the District of Argyle



Photo: Michael Kauer



Photo: Municipality of the District of Argyle



# LOCAL LINGO

**A FEED:** Typically associated with a meal made up of fresh-caught seafood. When someone invites you over for a feed of lobster, scallops, mussels or haddock, you'll be in for a delightful meal!

**BIKE:** Can be a bicycle or motorcycle, but is also used locally to denote a quad/four wheeler.

**CFA/COME FROM AWAY:** A person who is not from Atlantic Canada.

**CUNNIN':** Widely used in the Barrington area, it's a positive term typically used interchangeably with cute.

**DOWN THE SHORE:** East of Yarmouth; headed toward Argyle and Barrington areas.

**GREASY:** Usually referring to slippery or slushy roads

**HODGEPODGE:** A traditional stew of new potatoes and carrots, beans, peas, in a heavy cream.

**HYUP/INHALED AFFIRMATIVE:** Of Gaelic origin, you'll hear the inhaled "yup" used in conversation across the Western Region.

**IGNORANT:** Rude

**NIGH'ER (NEARER) THAN BARK TO A TREE:**

Cheapskate

**SCRAPE/SCRAP:** A fight or argument

**SCRIBBLER:** Notepad/notebook

**SLIPPY:** Slippery

**SOBEYS BAG:** A catch-all term for a plastic bag. Sobeys is a grocery chain.

**SOOK:** Sulk

**SON/OL' SON :** Term of endearment for a friend/acquaintance

**SPIN A YARN:** Tell a tale or story.

**UP THE BAY / UP THE LINE:** Baie Sainte-Marie; Clare area

**WHAT'S IT GIVING FOR TOMORROW:** What's tomorrow's forecast?



## A NOTE ON NICKNAMES

It is common for people to address each other by nicknames in the Western Region, and for the nickname to be more well-known than the person's given name itself!

Sometimes, it's a nickname bestowed upon a person in childhood that sticks for life. Other times, it's related to a person's family or lineage. It's also common in Acadian communities to talk about someone by noting their parents or even grandparents names! Luke à Marc à David would be Luke, Marc's son and David's grandson.



# ACADIAN LINGO



**AMARRER** : To tie/moor

**ASTEUR** : Now

**ATTOQUER** : To lean

**BADJEULER** : Arguing

**BÉNAISE** : Happy

**BOUCANE**: Smoke

**BOUCHURE** : Fence

**CHAVIRER**: Spill

**COSSES** : Beans

**DOUX**: If someone invites you over for “du doux”, you’ll be having baked sweets like cookies, cakes, and pies.

**ÉLAN** : Moment

**ÉLOIZE**: Lightning

**ERJ**: I/Je suis

**ESPÈRE**: Hoping/Expecting

**FAIRE ZIRE**: To gross out

**FRETTE** : Cold

**GALETTE**: A cookie

**GROUILLER** : To move

**HARDES**: Clothes. Ligne à hardes is a clothesline.

**HUCHER**: Yell

**ICITTE** : Here

**ITOU** : Too or also

**MA** : This is a common exclamation in Acadian communities throughout the Western Region and it can mean anything...or nothing at all! You can use it as a reaction to just about anything: Surprise, delight, happiness, frustration, shock, pity, pride.. basically, if it’s something that you can feel but can’t quite find the words – there’s a ‘ma!’ for that!

**MITAN**: Middle

**PAR-EN-BAS**: The Acadian communities in the Municipality of the District of Argyle. Even the local high school has it in its name!

**PAR-EN-HAUT**: The Acadian communities along Baie Sainte Marie in Clare.

**RÂPURE**: Rappie pie, a traditional Acadian dish typically made of grated potatoes and chicken.

**RIG(UE)**: A catch-all for “that thing”.

**TANTÔT**: Earlier

**TCHEQU’AFFAIRE; TCHEQU’CHOUSE**: Something

**TINTAMARRE**: An Acadian tradition of marching through the community making noise, typically during National Acadian Day celebrations. Homemade noisemakers are key.

**TOUNNAIRE**: Thunder





# NEWCOMER SERVICES AND SPONSORSHIP

**THE WESTERN REGION** has become home to many newcomers arriving from countries around the world. Whether folks are immigrating to Canada for an employment opportunity or being resettled as refugees, Western Nova Scotia has a number of community groups and activities to serve newcomers.

Local employers take pride in going above and beyond to ensure any newcomer employees and their families are made to feel welcome in the workplace and beyond. As well, the Western Region has gained a reputation for its active role in sponsoring refugees. There are six local groups in the area: Barrington Area Refugee Sponsorship Group, Saint Ambrose Co-Cathedral Refugee Sponsorship Committee (Yarmouth), Yarmouth Refugee Support Group, Hill Grove Baptist Church Refugee Sponsorship (Digby County), Digby Welcomes Refugees and ABCDS' Refugee Sponsorship (Bear River, Digby area). These six groups have resettled dozens of families from Syria, Sudan, Lebanon and Ethiopia. The groups are made up of community members who volunteer their time to support the welcoming and integration of immigrants to the area. Volunteering with a sponsorship group is a great way to get involved and meet others, while helping newcomers find their way.

In addition, the **YREACH** program ([ymcahfx.ca/yreach-sites](http://ymcahfx.ca/yreach-sites)) is offered in Yarmouth and Digby through the YMCA of Greater Halifax/



Dartmouth, serving all refugees and immigrants in the area. YREACH works with local partners to create welcoming communities and have staff in multiple smaller centres across the province. They provide in-person settlement and integration support to newcomers, in addition to formalized language instruction that is offered at no

cost. Their other services include community orientation, social events, recreation activities, school settlement, advocacy and referrals to outside agencies.

For more information contact the Yarmouth Office at (902) 307-1413 or [dolores.atwood@halifax.ymca.ca](mailto:dolores.atwood@halifax.ymca.ca) or Nadine Lauren at 902-249-0150 or [nadine.lauren@halifax.ymca.ca](mailto:nadine.lauren@halifax.ymca.ca).



# WESTERN COUNTIES REGIONAL LIBRARIES



## **THE WESTERN COUNTIES REGIONAL LIBRARY**

offers free membership to all Nova Scotia residents! Children under 14 need to have signed parental consent for membership. You can apply for a card at any of the Western Counties Regional Library's 10 library branches or use an online registration form. Members can borrow unlimited books or magazines from any of the branches, though some restrictions may be placed on very popular items. The loan period is for two weeks. The library also offers free access to the internet for members. You can find Western Counties Regional Library branches in Yarmouth, Barrington Passage, Digby, Westport (Brier Island), Weymouth, Pubnico and Meteghan.



Barrington Branch | Photo: Western Counties Regional Libraries (WCRL)

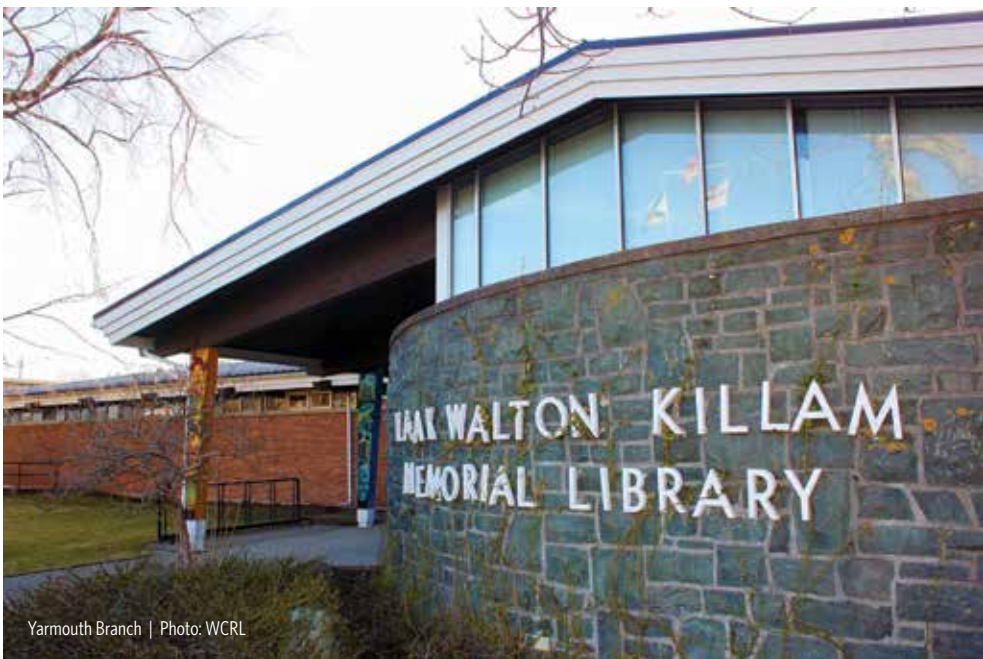
# IES



Pubnico Branch | Photo: WCRL



Weymouth Branch | Photo: WCRL



Yarmouth Branch | Photo: WCRL



Clare Branch | Photo: WCRL



Clark's Harbour Branch | Photo: WCRL



# THE LITERARY SCENE

**NOVA SCOTIA** in general has been inspiring authors for generations. Our rich tapestry of scenery, history and storytelling cultures continue to call and nurture writers of all stages and genres.

Parliamentary Poet Laureate (2018-2019) Georgette LeBlanc grew up in the Clare region and studied at Université Sainte-Anne. Many of her works are inspired by Acadian history and she has collaborated on and contributed to theatrical, televisual and musical projects as well.

Author Sharon Robart-Johnson also writes books inspired by her family's historical background. Her years of archival experience and passion for researching Black history have most recently culminated in a book of historical fiction.

Poet and journalist Harry Thurston was born in Yarmouth. He's the author of several collections of poetry and more than a dozen nonfiction books. A biologist and naturalist, he's among the Atlantic region's best-known nature writers.

Lance Woolaver is perhaps best known for his works about folk artist, Maud Lewis. He has also written many other plays, books, songs and screenplays. Another local author who has written about a well-known local historical figure is Fraser Mooney Jr. His book about Jerome, a legless man who washed ashore in Digby County, is the definitive account of the mystery.

Sandra Phinney is a professional freelance writer and photographer who writes for a number of publications from her perch on the Tusket River. She gives writing workshops about memoir and travel writing.

Julian Smith is an award-winning speculative-fiction writer based in Yarmouth. He's known for his science fiction novels and is currently working on a young adult novel.

The Yarmouth Write Away Group was formed in 1995 by six local writers. Over the past 25 years, group members facilitated a one-week writing workshop at the Kids Can Write Camp at the Yarmouth branch of the Western Counties Regional Library as well as conducting individual workshops. A more recent activity is the annual collaboration with the Yarmouth Art Society to produce a 'pairings' exhibit of art and the written word for the Yarmouth County Museum. One of two approaches is used within the groups: either the artist produces art from a chosen piece of writing, or the writer chooses an artwork as inspiration for a postcard story or a poem. Once framed, the pairing pieces are put on



display in the Educational Wing of the museum during the summer. A grand opening wine and cheese reception is held, where the authors read their pieces and the artists explain the creative process behind their artwork.

## WHERE TO FIND LOCAL READS

Coles Book Store at the Yarmouth Mall and The Mast Head Gift Shop in the Yarmouth County Museum are great places to find local books, or borrow them from the library.

## LOOKING TO DO SOME WRITING YOURSELF?

The library offers a variety of resources such as writing guides and links to useful tools, as well as the Yarmouth Write Away Group, which you can find on Facebook.



# WHERE TO FIND LOCAL NEWS

## NEWSPAPERS

Almost all newspapers in Nova Scotia fall under **The Saltwire Network** umbrella. Saltwire has daily and weekly publications. **The Tri-County Vanguard** covers news from Digby, Yarmouth, and Shelburne counties. It issues a print edition once per week. The province's paper of note is the **Chronicle-Herald**, which publishes daily. For french readers, **Le Courrier de la Nouvelle-Écosse** is an Acadian publication that issues print editions every Friday. National newspapers are the **Globe and Mail**, and **The National Post**.

## RADIO

**92.1 FM** - CBC Radio One

**94.7, 95.5, 96.3 FM - Y95**  
(Better known locally as CJLS, the station's call signal)

**104.1 FM** - CIFA, French-language community radio station based out of Clare.

**106.1 FM** - CBC Ici Musique (French)

**107.3 FM** - Ici Radio-Canada

## TELEVISION AND ONLINE

**CBC**

**CTV**

**Global**

**Eastlink**

There are also a variety of online publications that cater to niche news markets. **Allnovascotia.com** focuses on business and politics, while **The Halifax Examiner** describes itself as "an independent, adversarial news site" and offers in-depth coverage of a variety of issues province-wide.





# DOLLARS AND CENTS – BANKING

**SETTING UP** a bank account or finding a local branch is an important step prior to or once you arrive in your new community. The Western Region has a variety of options to serve your banking needs. There are also ATM/ABMs and cashback options located throughout the community.

## **BARRINGTON** **CIBC**

3528 Highway 3, Barrington Passage  
902-637-2212

## **RBC Royal Bank**

3525 Route 3, Barrington Passage  
902-637-2040

## **PUBNICO**

### **RBC Royal Bank**

948 Route 335, West Pubnico  
902-762-2205

### **Coastal Financial Credit Union**

9 Abbotts Harbour Rd, West Pubnico  
902-762-2372

## **TUSKET**

### **Coastal Financial Credit Union**

59 Van Norden Rd, Tusket  
902-648-2322

## **WEDGEPORT**

### **Coastal Financial Credit Union**

2246 Route 334, Wedgeport  
902-663-2525

## **YARMOUTH**

### **Bank of Montreal**

354 Main St, Yarmouth 902-742-9291

### **CIBC**

317 Main St, Yarmouth 902-742-7855

### **Coastal Financial Credit Union**

371 Main St, Yarmouth 902-742-2123

## **RBC Royal Bank**

399 Main St, Yarmouth  
902-742-2496

## **Scotiabank**

389 Main St, Yarmouth  
902-742-7116

## **TD Canada Trust**

360 Main St, Yarmouth 902-742-3561

## **METEGHAN**

### **Caisse Populaire de Clare**

15 Hache Rd, Meteghan 902-645-2661

### **RBC Royal Bank**

8249 Hwy 1, Meteghan 902-645-2410

## **SAULNIERVILLE**

### **Scotiabank**

10027 Hwy 1, Saulnierville  
902-769-3234

## **CHURCH POINT**

### **Caisse Populaire de Clare**

1726 Hwy 1, Church Point  
902-769-3132

### **RBC Royal Bank**

1729 Highway 1, Church Point  
902-769-2412

## **WEYMOUTH**

### **RBC Royal Bank**

4663 Evangeline Trail, Weymouth  
902-837-5136

## **DIGBY**

### **CIBC**

87 Warwick St, Digby  
902-245-4754

### **RBC Royal Bank**

51 Water St, Digby 902-245-4771

### **Scotiabank**

61 Water St, Digby 902-245-2564

## **TAXES**

### **SALES TAX**

In Nova Scotia, a sales tax called 'HST' (Harmonized Sales Tax) is charged on most goods and services, and combines a federal Goods and Services Tax (GST) and the Provincial Sales Tax (PST).

**NEW TO CANADA?** Sales tax is not shown on the price tag of an item, but is added to the cost when you pay for it or when you receive your bill.

### **INCOME TAXES**

All residents must submit annual income tax returns to the Canada Revenue Agency (CRA). Need some help? There are a variety of corporate and independent accounting firms in Western Nova Scotia to help you.

You must file your income tax returns by APRIL 30TH every year to ensure that you will not incur interest or penalties.

### **PROPERTY TAXES**

Tax rates are determined by each municipal unit – all property owners pay residential taxes. There is a separate business and corporate tax rate. There is also a separate charge for property owners for utilities such as sewer, water and waste, which you can read more about on page 27.

## **FACT**



Rural county residents may use well water and individual septic systems, rather than municipal supplied water and sewer.



# CLIMATE CHANGE ACTION



**CLIMATE CHANGE** is already impacting individuals and communities around the world and is expected to have a significant impact on Canadians throughout the 21st century. Climate change is one of the most pressing issues of our time, with impacts ranging from more frequent and severe storms to extreme heat events, flooding and an increase in the range of vector borne diseases. Climate change requires urgent action to reduce greenhouse gas emissions and promote community resilience.

Despite the global nature of this issue, impacts will be experienced locally in communities across Nova Scotia. Fortunately, the actions needed to tackle climate change are also taking place at the community level.

Together we can advance climate

action in our community, create new jobs, improve health and well-being and save money.

## **LEADERSHIP ON CLIMATE ACTION FROM OUR MUNICIPALITIES**

The municipalities within the Western Region each have their own Climate Change Action Plans. Since this is a coastal region that's vulnerable to the effects of climate change, we understand the importance of environmentally sustainable projects that contribute to the reduction of greenhouse gas emissions.

Nova Scotia is a leader in addressing climate change, with one of the most aggressive emission reduction targets in Canada. The province has made significant progress to date in transitioning to renewable

energy and implementing adaptation measures to protect coastlines. The emission reduction target is 53% below 2005 levels by 2030.



**Efficiency Nova Scotia** offers programs and rebates to increase your home's energy efficiency and comfort while saving you money. Rebates on solar equipment can give you more control over your energy future, while reducing greenhouse gas emissions.



# WEATHER AND THE SEASONS

**THEY SAY** in Nova Scotia, “If you don’t like the weather, just wait a few minutes and it’ll change.” We’ve got it all - plenty of fog so it doesn’t get too hot in the summer, a cool breeze in the fall, mild winters and fresh springs.

If you’re into gardening, most of the Western region is in plant hardiness zone 6B, meaning you can grow a variety of perennial plants that may not withstand the chill of other parts of the province. Bear River, in particular, is home to a warm and sheltered microclimate that’s ideal for grapes and other berries.

Here are some tips to help you prepare for each of the seasons in Western Nova Scotia.



Photo: Municipality of the District of Argyle



## FACT

On average, 200 cm of snow falls in the Western Region every year. (Don't worry - it's not all at once!)

Check out page 86 for ideas for day trips or page 76 to learn about our outdoor opportunities so you can soak up as much of our great weather as you can.

WESTERN REGION WEATHER	SUMMER	FALL	WINTER	SPRING
<b>Annual average temperatures</b>	10°C to 22°C (50°F to 72°F)	1°C to 19°C (34°F to 66°F)	-7°C to 5°C (19°F to 41°F)	1°C to 15°C (34°F to 59°F)
<b>Description</b>	Our summers can be humid, but there's usually a cool breeze and occasional fog	Enjoy the crisp weather and fall colours	It doesn't get too cold in the winter, so the weather alternates between rain and snow	Our springs tend to be wet but it's exciting to see all the trees and flowers start to bloom
<b>Attire</b>	Light clothing, short sleeves, sandals and sun protection (hat, sunglasses and sunscreen)	Boots, jeans, sweaters and light jackets	Warm coats, boots, sweaters, mittens, hats and scarves	Rain boots, waterproof jackets, light sweaters and coats
<b>Favourite activities</b>	Going to the beach, camp fires and picnics	Hike on our trails, ride ATVs and enjoy the fall colours	Sledding, skating and snowmobiling	Gardening, golfing, running and walking
<b>Be prepared for</b>	High UV rates even when it's foggy - wear your sunscreen or cover up	Fall is hurricane season so prepare for wind storms	Snowstorms and freezing rain - keep a scraper or snow brush in your car and put winter tires on your car	Flooding can happen in some areas



## STORM CANCELLATIONS

Snow or icy conditions can often impact schooling, work and extracurricular activities, as can hurricane season.

The local radio station, CBC Radio and social media are great resources for up-to-date on cancellations.



# FESTIVALS AND EVENTS



Festival acadien de Clare | Photo: Municipality of Clare

**AN EXCITING SELECTION** of varied and year-round events in Western Nova Scotia make this a hopping place to be! From cultural community festivals to celebrations of art, food and music, the region is host to events of all shapes and sizes. Whether your tastes lean toward cultural performances, sporting events or anything in between, we

have something for you to enjoy most weeks of the year.

Our performing arts centre at Th'YARC is a year-round venue that offers a wide variety of entertainment for the whole family. Many of the towns and small communities in the region host local festivals in the summer, like Woods Harbour Days, the Abuptic Festival in Argyle,

the Quinan Picnic, Scallop Days in Digby and Chez Nous à Pombcoup in Pubnico. We're also home to the Mariner's Centre, a premier sporting facility that has the capacity to host events from regional tournaments to national and international championships. If you want a parade or a car show, we have those too! A beer garden or a golf tournament?



Gran Fondo Baie Sainte-Marie | Photo: Municipality of Clare



Argyle Abuptic Festival | Photo: Municipality of the District of Argyle



Photo: Université Sainte-Anne



Wharf Rat Rally | Photo: Digby Area Tourism Association

We host it! No matter your taste, we've got you covered.

Keep an eye out for our signature spring, summer and fall events: enjoy succulent local lobster in the lobster capital of the world at the Shelburne County Lobster Festival; have a close encounter with unidentified flying object eyewitnesses at the Shag Harbour UFO Expo; take in the fishing

competition at the Wedgeport Tuna Tournament and Festival; bring the family to Seafest in Yarmouth; make some noise at the oldest Acadian festival in the world, the Festival acadien de Clare; get your motor running at the Wharf Rat Rally in Digby or indulge in a sweet treat at the Bear River Cherry Carnival. We're proud of our communities and

we welcome our guests to experience everything the Western Region has to offer!

Visit each town and municipality's website for a full list of local festivals and events.



# FOOD AND FLAVOURS



Digby Pines Resort and Spa | Photo: Digby Area Tourism Association

**WHETHER** you're a foodie, a budding chef or just plain hungry, a large and tasty asset in Western Nova Scotia is the variety of culinary options.

From Lebanese, Chinese, Japanese, Greek and Mexican, to traditional

diner food and high-end options, our food is found in canteens, pubs, cafés and food trucks. We also just happen to have some of the freshest seafood you'll find anywhere in the province.

Our local farmers and producers bring local meats, vegetables, cheeses, soups, sauces, honey and baked goods to our tables. Check out where you can find some of our local goods on page 82.

You won't be here long before hearing about some of our traditional Acadian dishes. Rappie pie, or rapûre in French, is a well loved dish. It's a

delicious mix of potatoes and meat – usually chicken but sometimes rabbit or clams – and it's unique to the region. It's not a pie in the conventional sense, as there's no pastry crust, but it does develop a crispy crust on top and is soft in the middle. Since it's quite laborious to make from scratch, in many households it's a special Christmas tradition. You can order rappie pie in many restaurants or buy a pre-made rappie pie in local grocery stores that you just have to heat up in the oven. Fricot is another classic Acadian dish. It's a stew that

## PRO TIP



You can often buy fresh seafood on the side of the road from a fisherman in a truck! Keep your eyes peeled for handmade signs advertising fresh fish and seafood.



## PRO TIP

Lobster poutine is a popular local take on the traditional Canadian poutine. Picture a plate of fries smothered in creamed lobster. It's a decadent treat!

typically consists of meat (usually chicken), potatoes, summer savoury and topped with either potato-based dumplings or biscuit-like dumplings. Most Acadians will tell you, "if there's no savory in it, it's not a fricot."

Creamed lobster is another local dish that's popular throughout the region, but especially popular in the Municipality of Barrington. It consists of lobster meat sautéed in butter with cream and a splash of vinegar added to it. Creamed lobster is often served on toast or with mashed potatoes to soak up that delicious lobster cream.



La Cuisine Robichaud | Photo: Municipality of Clare



Capt. Kat's Lobster Shack | Photo: Municipality of the District of Barrington



Rudder's Seafood and Brew Pub | Photo: YASTA



# CANADA'S OCEAN PLAYGROUND



North East Point Beach, Cape Sable Island Causeway | Photo: Municipality of the District of Barrington

**IN NOVA SCOTIA**, no matter where you are, you're never more than 67 kilometres from the ocean, and in the Western Region, you're even closer.

Our coastline is dotted with beaches that are the perfect place to walk, search for shells, relax with your feet in the sand or take the plunge and frolic in the waves. In the winter, a brisk walk along the shore (bundled up, of course) can be a great way to get fresh air.

A favourite activity is hunting for sea glass, pieces of broken bottles that have been etched and worn smooth by the waves

and then washed ashore. People love finding these treasures, and the added challenge of finding unique colours, shapes and sizes.

## PROVINCIAL BEACHES AND PARKS

Check out the list of our local beaches and parks (with some local tips) on page 76.

## OTHER WATERWAYS

Enjoy many year-round waterways by exploring our lakes, rivers and streams. Whether you're dipping your toes in the cool water or trying your hand at catching supper, you'll enjoy the opportunities that come with living near the water. The Tusket River is one of our largest river systems. It has numerous branches and associated rivers, and also flows through a series of lakes. The headwaters of the river lie in the Tobeatic Wilderness Area, which is

part of the larger Southwest Nova Biosphere Reserve. Many of our walking trails have water nearby, such as the Port Clyde Trail, Barrington Bay Trail and Sherose Island Trail in the Barrington area; the Pubnico Point Trail, Rocco Point Trail and Wedgeport Nature Trail in the Argyle region; Tkipok Trail, Leif Erickson Trail and Bunker's Island in Yarmouth; the Petit Bois in Clare and the Balancing Rock, Acacia Valley and Van Tassel Lake trails in the Digby area.

## LOOKING TO CRACK A LOBSTER?

Dumping Day (the first day of the lobster season) typically falls on the last Monday of November, so many of us are able to enjoy the first feed of the season in late fall.

## PRO TIP



Interested in conservation and water activities? Connect with the Tusket River Environmental Protection Area (TREPA).



Photo: Municipality of the District of Argyle

## FUN ON THE WATER

**IN THE SUMMER**, boaters and watercraft hobbyists come out to play. Boats of all kinds, kayaks, paddle boards, canoes and sail boats can be seen gracing our waterways – there are even rum running races as part of Seafest in Yarmouth.

### WHARVES, MARINAS AND LAUNCHES

There are two municipally owned and operated marinas: one in Digby and one in Yarmouth. The Killam Brothers Marina on Yarmouth's historic waterfront includes a fueling station, ramp launch, repair facility, washrooms, showers, laundry services and an on-site restaurant. The Digby Marina is home to the Royal Western Nova Scotia Yacht Club and welcomes guests from around the globe.

There are wharves and watercraft launches in almost every community along the coast, including Dennis Point Wharf in Lower West Pubnico, which is the largest commercial fishing wharf in Atlantic Canada. More than 1000 fishermen and women make their living at the wharf, and fish for a variety of ground fish and shellfish, most notably lobster. Visitors are welcome at the wharf to walk amongst the boats and experience a dynamic fishing area.



### STAYING SAFE ON THE WATER

Water safety is an important part of life in a coastal community. It's always important to be prepared when heading out on the water, either on a watercraft or for a swim. This includes wearing a proper personal floatation device and following the rules of the waterways. As well, being informed about swimming in the ocean and what to do in the event of a rip tide is an essential piece of enjoying a dip in the ocean.

### FISHING IN WESTERN NOVA SCOTIA

For decades, commercial fishing has been one of the primary industries in Western Nova Scotia, offering

some of the freshest seafood – from mackerel and haddock, to lobster, scallops, oysters and clams.

Sport fishing is also a popular activity in our region, with our waters offering fish such as trout, kiacks (gaspereau), salmon and bass.

### LICENSED AND READY TO FISH

Anyone 16 years of age or older requires a licence for fresh-water fishing. Licences can be purchased from vendors in the community or through Access Nova Scotia. You do not need a licence to fish in tidal or salt water in Nova Scotia. However, you must respect Canadian federal and provincial fishing seasons, bag limits and gear restrictions.



# THE GREAT OUTDOORS



Mavillette Beach | Photo: Municipality of Clare

## OUR LARGEST PLAYGROUND

here in Western Nova Scotia is the great outdoors with adventures and experiences to suit all activity levels and lifestyles.

Playgrounds, swimming, skate parks and trails for walking, biking, hiking, running, snowshoeing and riding ATVs – you name it, we have places for it in our natural playground. Plus we have kayaking, golfing, boating, horseback riding and much more, all ready and waiting for you to take in.

## RAILS TO TRAILS

A trail runs through the entire Western Region, constructed along the abandoned rail corridors and weaves in and out of many small villages, and links up with other

“rails to trails” projects in Nova Scotia. There are many entry and exit points along the trail which welcome people who want to walk, bike, ride horseback or with an ATV.

## HEAD OUT FOR A BIKE RIDE

Take a leisurely cycle on our roads or trails, or connect with local cycling groups to push yourself and find some cycling pals. Make sure you take time to plan ahead and are properly equipped for your ride, including a helmet (required by law).

Gran Fondo Baie Sainte-Marie is the largest cycling event in Atlantic Canada. The event attracts hundreds of cyclists from around the world and has become a bucket list cycling and cultural experience.

Cycle Nova Scotia lists a number of cycling routes on its website with maps and tips for navigating each route. Find out more at [cyclenovascotia.ca](http://cyclenovascotia.ca)

**REMEMBER** When you're exploring the outdoors, make sure to respect our natural habitat and wildlife. Learn more about local animals and tips on page 78.

## PROVINCIAL PARKS AND BEACHES

We're fortunate to have access to an array of beautiful provincial parks managed and maintained by the Province of Nova Scotia, ensuring that important natural areas continue to thrive. Here are some of these treasured locations in our community:

## PRO TIP



Don't forget your camera for shots of the rocky shoreline and wildlife you may see along the way.

### CENTRAL GROVE

Located about half-way down Long Island in Digby County, this is a popular rest spot for those travelling to Brier Island. Take in great views of the Bay of Fundy.

### LAKE MIDWAY

One of few access points to a freshwater beach along Digby Neck. Enjoy a picnic or go trout fishing (seasonal).

### ANNAPOLIS BASIN LOOK OFF

Enjoy scenic views of the Annapolis Basin as you rest at this small picnic spot near Digby.

### SAVARY PARK

Once a shipbuilding site, now it's a picturesque picnic area located under a birch canopy overlooking St. Mary's Bay.

## PRO TIP



At low tide you can beachcomb or look for treasures and interesting things along the rocky shoreline.



### SMUGGLERS COVE

Picturesque day-use park overlooking a small cove reputedly used by rum runners in the early 1900s. The cove fills with water at high tide but can be reached during low tide.

### MAVILLETTE BEACH

A long sandy beach backed by grass-covered dunes. The water is shallow and as a result, you'll have to walk a long way to get to the water at low tide.

### PORT MAITLAND BEACH

A sand and cobble beach backed by a grassy picnic area. The nearby wharf and fishing boats are favourite subjects for painters and photographers.

### ELLENWOOD PARK

A 282-acre site located in Deerfield where you can camp, swim, go sport fishing, paddling and hiking.

There are 86 wooded campsites and two beaches on Ellenwood Lake. Amenities include flush toilets, showers, a playground and a boat launch. A 2 km trail provides a relaxing hike for most age levels and showcases a wide variety of plant life, birds and animals.

### GLENWOOD PARK

A quiet place on Rickers Lake, located at the junction of Hwy 3 and Hwy 103. Picnic tables are scattered beneath hardwoods with a view of the lake.

### SAND HILLS BEACH

A 2.5 km white-sand beach with spectacular dunes backing the beach. The sand flat gets warm at low tide and then heats the incoming tide for swimming.

To explore amenities, more photos and learn about other provincial parks in Nova Scotia, visit [parks.novascotia.ca](http://parks.novascotia.ca)



# WILDLIFE AND FURRY FRIENDS



Photo: Vincent Dorig



Photo: Cindie Hansen



Photo: Erik McLean



Photo: Anne Zwagers

**WESTERN NOVA SCOTIA** is home to a wide variety of wildlife and species. While we enjoy the natural wonders and the wildlife, animals in the wild can sometimes be a nuisance or a safety concern, especially when encroaching in more urban settings and around homes.

You need to be especially cautious around deer, raccoons and other small animals that are known to dart out in front of vehicles. You

may notice deer crossing signs in areas where deer are known to be. If you're exploring the outdoors, it's important to familiarize yourself with the wildlife, plants and safe hiking procedures.

## **NOVA SCOTIA DEPARTMENT OF LANDS AND FORESTRY**

The Department of Lands and Forestry has broad responsibilities relative to the development,

management, conservation and protection of forest, parks and wildlife resources and the administration of the province's Crown land.

You can learn more about our wildlife, biodiversity, ecosystems and habitats, the law, permits and regulations for hunting and more at [novascotia.ca/natr](http://novascotia.ca/natr)

To report wildlife concerns, call 1-800-565-2224



## PRO TIP

If you're out for a stroll with your pup, ensure that you're respecting the leash policies and picking up after your pet. Also, make sure to check your pet for ticks.



Photo: Oscar Sutton

### YOUR FURRY FRIENDS

For many people, pets are a part of their family and finding a caring veterinary clinic can be an important part of settling into a new community.

Animal lovers fear not: we have a variety of wonderful clinics with caring staff, ready to help you with all of your furry, feathered or cold-blooded friends' needs.



## ANIMAL HOSPITALS AND VETERINARY CLINICS

**Barrington Animal Hospital** 902-637-2555  
3634 Highway 3, Barrington Passage

**Parade Street Animal Hospital** 902-742-3108  
92 Parade Street, Yarmouth

**Tri-County Veterinary Services** 902-742-4516  
49 Chebogue Road, Yarmouth

**Clare Animal Hospital** 902-769-3809  
9608 Highway 1, Lower Saulnierville

**Evangeline Animal Hospital** 902-260-8387  
9528 Highway 1, Saulnierville

**Sissiboo Veterinary Services** 902-837-1009  
5 French Road, Plympton

**Bayview Animal Hospital** 902-245-5205  
105 Victoria Street, Digby

## RESCUE, PET ADOPTION AND ANIMAL WELFARE/ADVOCACY

**Yarmouth SPCA** 902-742-9767  
298 Hardscratch Road, Yarmouth  
yarmouth@spcans.ca

**Friends of TNR (Trap Neuter Release)**  
902-762-2916  
facebook.com/groups/162404253806896/

**Society for the Friends of Ferals**  
1-888-837-2714 PO Box 1527, Digby  
rescue@friendsofferals.ca

**TLC Animal Shelter**  
902-245-2303 646 Middle Cross Road, Digby



# SPORTS AND RECREATION



Photo: Courtney Cook



Photo: Municipality of Clare



Photo: Pete Wright



Photo: Amber McNaulty

**WE LOVE SPORTS** in Western Nova Scotia, whether we're competing, playing or watching. School-led sport leagues and programming in the community allow for sporting and recreational opportunities for all ages and abilities.

We also have traditional sports such as basketball, soccer, hockey, skating, softball, baseball, tennis and swimming. We have a wonderful Special Olympics program, equestrian opportunities, curling and canoeing.

If you're looking to get active, we have a variety of traditional gyms,

private gym studios and fitness classes you can take. There are classes offered through municipalities such as chair yoga and organized walks. There's even hot yoga, tai chi, martial arts, dance studios, roller derby and acrobatics.

Join a cycling group or take a leisurely cycle on one of our trails, play a few rounds of golf at our golf courses or give pickleball a try - it's a newer sport that's growing in our community. Want to go out on the water? The Milo Aquatic Club in Yarmouth offers a sailing program

and a canoeing/kayaking program as well as rentals.

We have an extensive network of trails and parks, which you can learn more about on page 76.

## **MUNICIPAL RECREATION**

A fun way to find groups, explore a new activity or give a new sport a try is to connect with our local municipal recreation departments, which offer a variety of programming throughout the year.

## RECREATION FACILITIES

**Digby Area Recreation Facility:** It includes an ice area, curling club and a swimming pool. The Curling Club offers daytime and evening leagues, a junior program and in-school curling programs. The Swimming Pool offers lessons and fitness classes, and also has an Aqua Lift that can assist anyone with mobility issues to get into the pool.

**Centre Sportif Marcel-R.-Comeau:** Located on the Université Sainte-Anne campus, the Centre Sportif includes a gymnasium, skating rink, weight room, cardio training room and a swimming pool.

**Mariner's Centre:** The Mariners Centre is a multi-purpose facility located in Yarmouth with two ice arenas. It's the home rink of Junior A hockey team, The Yarmouth Mariners. The upper concourse of the main rink includes a walking track.

**New Barrington Recreation Centre:** The Barrington area is currently planning to build a new recreation centre to replace the complex on Sherose Island that houses the area's curling club. There's also the Sandy Wickens Memorial Arena in Barrington.



Yarmouth Mariners Centre



Digby Arena



Centre Sportif Marcel-R.-Comeau



Centre Sportif Marcel-R.-Comeau



# ARTS AND CULTURE



Photo: Université Sainte-Anne



Photos L-R: Digby Area Tourism Association



Argyle Farmer's & Artisanal Market | Photo: Municipality of the District of Argyle



Photo: Municipality of the District of Argyle

**RICH IN ART**, music and culture, Western Nova Scotia boasts incredibly talented artisans and performers who not only share their talents locally but some have gone on to national and even international spotlights.

- Take in a show or a performance in Yarmouth at **Th'YARC** or the **Mariner's Centre**, the **Marc Lescarbot Theatre** in Clare or the **Salle Père-Maurice-LeBlanc Theatre** in Tusket.

- Take a drive along our rural roads and through our towns to find a wide variety of art galleries and studios, or stop into the **Art Gallery of Nova Scotia Western Branch** in Yarmouth – the only satellite provincial gallery in Canada.

- Get connected with creative minds by joining **Bear River Arts and Action**, the **Yarmouth Art Society** or the **Yarmouth Craft Guild**.

- You can find artisans and crafters throughout the community, whether in competition at the **Western NS Exhibition**, or at the **Argyle Farmers' and Artisanal Market**, **Yarmouth Farmers' Community Market**, **Belliveau Cove Farmers' Market** or the **Digby Farmers' and Artisans Market**.

Musical talent is limitless in the Western region, with opportunities

to join band, choir or theatre groups. There are community musical theatre productions at Th'YARC and dinner theatres throughout our communities.

### **LOOKING TO LEARN OR DO YOU PLAY?**

There are teachers throughout the community providing lessons out of their home studios. No matter your preferred style, there are skilled teachers for students of classical, jazz, rock and musical theatre.

An incredible showcase of local talent can be enjoyed at the **Coal Shed Music Festival** in Yarmouth, which has grown from a one-weekend local event to a three-weekend multistage signature summer showcase. You can also enjoy First Nation drumming and dancing at Acadia First Nation and Bear River First Nation.

We have many dance studios and private classes where you can learn ballet, modern dance, hip hop, tap and line dancing.

Musicians and singers of all levels are encouraged to join the **Yarmouth Orchestra, Yarmouth Band** or **Yarmouth Chorale**. Find out more on their website: [yarmouthcommunitymusic.com](http://yarmouthcommunitymusic.com)



Photo: Vishnu R Nair

## **WESTERN NOVA SCOTIA PLAYLIST**

We invite you to check out these musicians and artists who are either from here or have a connection to the Western region. Maybe someday we'll see you on the list!

- Wintersleep
- Rain Over Saint Ambrose
- Hourglass
- P'tit Belliveau
- Arthur Comeau
- Burnt Black
- Grand Dérangement
- Brian Borchardt
- Radio Radio
- Blou
- The Stanfields
- Lynne Crowell
- Ryan Cook



# FOR MUSEUM ENTHUSIASTS AND HISTO



Yarmouth County Museum & Archives | Photo: YASTA



Barrington Woolen Mill | Photo: Municipality of the District of Barrington



Wedgeport Tuna Museum | Photo: YASTA



Musée des Acadiens des Pubnicos | Photo: YASTA



Le Village Historique Acadien de la Nouvelle-Ecosse | Photo: Yarmouth & Acadian Shores Tourism Association (YASTA)



Rendez-vous de la Baie | Photo: Municipal of Clare

# DRY BUFFS

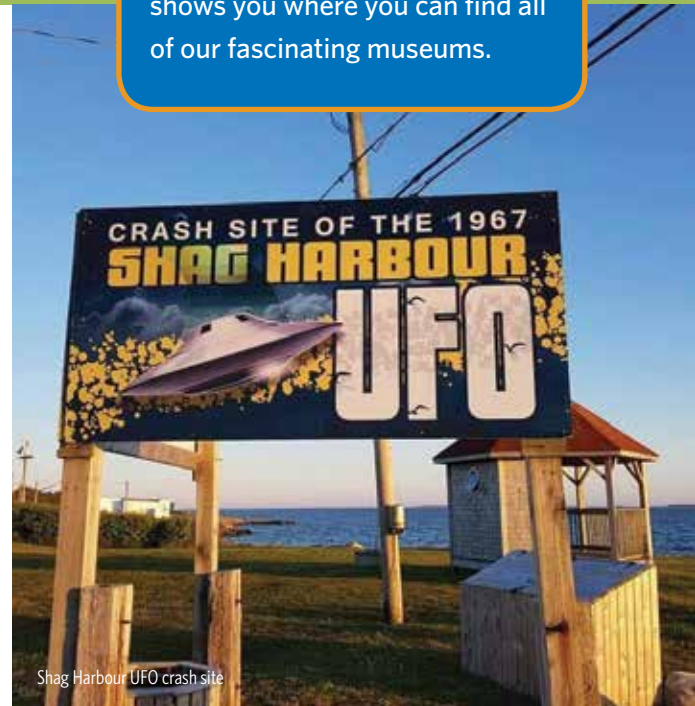


## PRO TIP

If you Google “nova scotia museums” you’ll find a map that shows you where you can find all of our fascinating museums.



W. Laurence Sweeney Fisheries Museum | Photo: YASTA



Shag Harbour UFO crash site

**WESTERN NOVA SCOTIA** is known for its Acadian culture. You can explore our Acadian communities to appreciate our rich history. Step back in time to discover how the Acadians lived in the early 1900s by visiting **le Village historique acadien de la Nouvelle-Écosse** in Lower West Pubnico. And just up the road, you can visit le **Musée des acadiens des Pubnicos** to go back in time and research Acadian genealogy.

**Rendez-vous de la Baie** is a cultural centre and a tourism destination on the campus of Université Sainte-Anne that introduces visitors to the rich culture and heritage of the Acadians of Clare.

If you're interested in the history of our fishing villages, visit the **Seal**

**Island Light Museum** in Barrington where you can tour the five storey, 35 foot tall replica of the original 60 foot lighthouse whose beacon still guides mariners from Seal Island. The **Chapel Island Museum and Sea Tower** also boasts a great view of the ocean and artifacts from early life in Shag Harbour. Head down to the **Wedgeport Tuna Museum** to learn about the community's bustling tuna industry. The **W. Laurence Sweeney Fisheries Museum** on Yarmouth's waterfront provides a glimpse into the town's rich fishing history. Just up the street in the historic district of town, you'll find the **Yarmouth County Museum and Archives**, which is home to the third largest ship portrait collection in Canada.

Other unique museums include the **Barrington Woolen Mill**, which was an important local business that used water power to turn raw fleece into the yarn and cloth needed to make warm, durable clothing. The **Shag Harbour UFO Centre** chronicles the sighting of a UFO that crashed into the waters of Shag Harbour leaving no trace other than yellow foam. The **Argyle Township Court House & Gaol** is Canada's oldest standing courthouse. It operated as a working courthouse and jail from 1805 until 1944 and is now a National Historic Site. See fire engines from the 1800s to the 1930s at the **Firefighters' Museum of Nova Scotia** in Yarmouth. The **Admiral Digby Museum** is located in one of the oldest structures in the town.



# PHOTO-WORTHY SPOTS IN THE WESTERN REGION

**WITH OUR SPRAWLING** coastlines, picturesque downtowns and rich history, we have tonnes of beautiful backdrops to snap the perfect photo. Whether you're looking to take family photos or the perfect selfie, there are lots of places to get out and explore our community.



Photo: YASTA

**LOCAL PROVINCIAL BEACHES AND PARKS** Read all about our provincial parks on page 76. They all offer spectacular natural views, but Smugglers Cove is a must-visit for any photographer.



Photo: Keane Wheeler Photography

**PUBLIC ART AND MURALS** The mural in Alma Square near the Art Gallery of Nova Scotia by Alex Gigeroff and Hugh Eamon is a popular spot to snap a pic, as well as the floral mural on Water Street in front of Genesis Interiors.



Photo: YASTA

**SANDFORD DRAWBRIDGE** The smallest drawbridge in the world was built so that the fishermen and visitors could cross from one side of the Sanford wharf system to the other without having to travel back on the road.



Photo: Tourism Nova Scotia

**BALANCING ROCK** Called "Nature's Time Post," the Balancing Rock is a narrow vertical column of basalt, balanced on its tip on Long Island, Digby Neck. It appears to defy gravity!



Photo: YASTA

**CAPE FORCHU** Climb the rocks and even climb the light! Cape Forchu is Yarmouth's most photographed icon.

# ERN REGION



**DROWNED FOREST** A 1,500 year old drowned forest located on Cape Sable Island's Hawk Beach. You'll find a forest of petrified tree stumps rooted in the sand and visible at low tide. It's as beautiful as it is creepy.



**FROM A BOAT** No boat? No problem. Snap a pic from the Digby-Saint John ferry or one of the ferries on Digby Neck.



**FROST PARK** Year-round beauty and a popular spot for family photos, weddings and prom pictures. You'll definitely want to check it out when it's lit up at Christmastime.



**LOCAL MARINAS AND WHARVES** There's one in every village and they're all postcard perfect.



**POINT PRIM** Jutting out into the Bay of Fundy at the mouth of the Digby Gut, Point Prim offers spectacular views of the sea and shore.



## DAY TRIPS

**ALTHOUGH** the Western region is situated at the southwestern tip of Nova Scotia, it's not as isolated as it may seem! A quick day trip can take you to some of the most exciting and beautiful places in Canada.

### ANNAPOLIS ROYAL

Just past our borders on the Bay of Fundy side is the historic town of Annapolis Royal. Step back in time to stroll through a designated **National Historic District** that has one of the highest concentrations of heritage buildings in Canada (135 and counting). Idyllically situated between mountain and sea, Annapolis Royal offers a stunning waterfront shopping area, an enviable selection of restaurants, important heritage sites such as **Port Royal** and **Fort Anne**, and an exciting arts community and theatre.

### KEJIMKUJIK NATIONAL PARK AND NATIONAL HISTORIC SITE

Generations of families have paddled, hiked, camped and connected with nature and Mi'kmaw culture at Kejimkujik, known locally as Keji. When the sun sets, the skies over Keji reveal a beautiful panorama of tens of thousands of stars in Nova Scotia's only Dark Sky Preserve. Rock engravings known as petroglyphs, traditional encampment areas and canoe routes attest to the presence of the Mi'kmaw people for thousands of years.

### SHELBURNE

For a small town, Shelburne has plenty of things to offer. Its quaint downtown is so picture-perfect, it's been a backdrop for the movie *The Scarlet Letter* and the television series, *The Book of Negroes*. Immerse

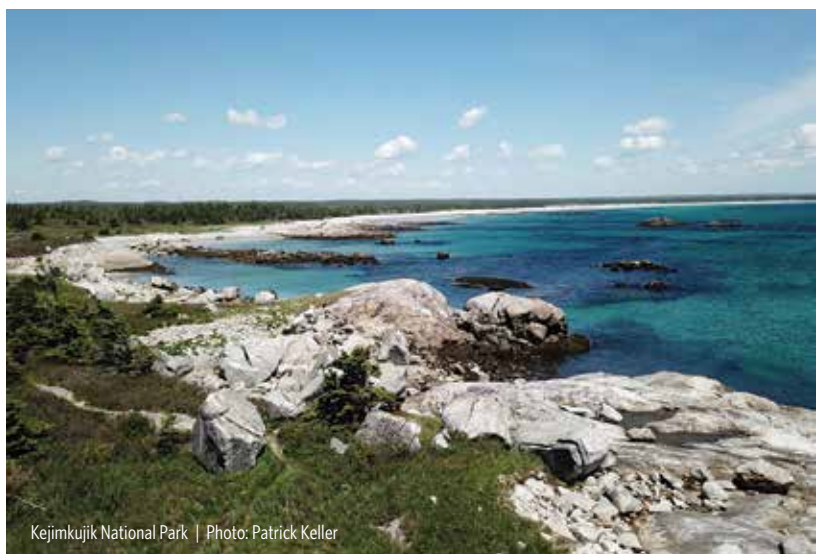
yourself in the important but heart-wrenching history of **Black Loyalists** in Birchtown, see how small fishing boats called dories are made at the **Dory Shop**, have a pint at the **Boxing Rock brewery** and take in a show at the **Osprey Theatre**.

### THE SOUTH SHORE

From the **UNESCO World Heritage Site of Old Town Lunenburg**, with its colourful waterfront and narrow streets, to the inspiring views of the coast and its 40-plus lighthouses, the South Shore is much more than the home of Bluenose II and the must-photograph **Peggy's Cove Lighthouse** and surrounding fishing village. Stroll the downtowns of **Mahone Bay** and **Liverpool**, or immerse yourself in nature at **Thomas Raddall Park** and **Kejimkujik's Seaside Adjunct**. There's so much to "sea!"



Annapolis Royal | Photo: Tourism Nova Scotia



Kejimkujik National Park | Photo: Patrick Keller

## WOLFFVILLE

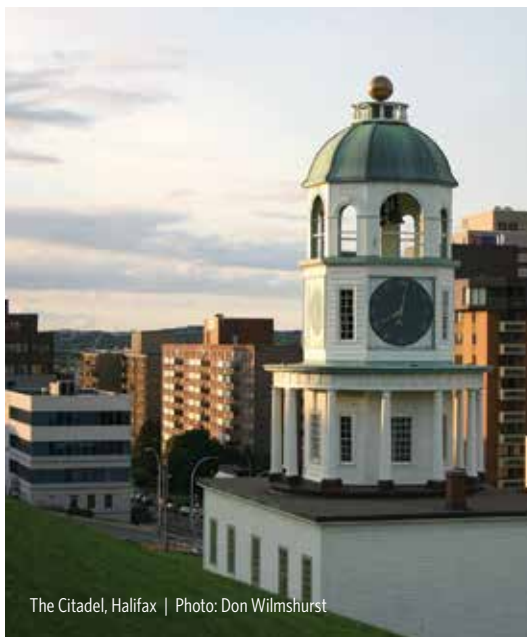
The Wolfville area has a long and storied history, with nearby **Grand-Pré** being a historically significant site marking the Deportation of Acadians. Wolfville is also at the epicentre of Nova Scotia's burgeoning wine scene, with eight **wineries** located within 10 km of the town's centre. It's also home to **Devour! The Food Film Fest**, the world's largest food film fest. Wolfville boasts several charming and quaint restaurants and cafés, each dedicated to creating fresh, seasonal dishes from local produce and seafood.

## PLAN A TRIP TO THE CITY

There's lots of exploring to be done in Halifax, Nova Scotia's capital city including **The Discovery Centre**, **The Maritime Museum of the Atlantic**, **The Museum of Natural History** and **The Black Cultural Centre** in Cherry Brook. There are loads of restaurants in Halifax boasting cuisines from around the world. If you have time, a quick **ferry ride** between Halifax and Dartmouth is a fun outing, especially in the summer.



Shelburne Historic Waterfront | Photo: Chris Abbott



The Citadel, Halifax | Photo: Don Wilmshurst



Wolfville | Photo: Tourism Nova Scotia



Peggy's Cove, South Shore | Photo: lumix2004

## PRO TIP



You'll often hear people simply say, "The City," which means Halifax, our province's capital.



# WESTERN REGION BUCKET LIST

Make some noise at an <b>Acadian Tintamarre</b>	Take in a starry night at the <b>Deep Sky Observatory</b>	Go <b>whale watching</b> on Digby Neck	Eat a molasses cookie at <b>le Village historique acadien</b>	Look for <b>sea glass</b> along the beach
<b>Canoe</b> one of our many lakes and rivers	Feel the wind at <b>Baccaro Point</b>	Go for an <b>ATV ride</b> on the trails	Have a <b>local beer</b> at one of our many breweries	Check out the motorcycles at the <b>Wharf Rat Rally</b>
Have a <b>lobster boil</b>	Climb the <b>Cape Forchu</b> Light House	Try <b>Rappie pie</b> with molasses	Go swimming at “la montagne” in <b>Meteghan River</b>	See the Runic Stone at the <b>Yarmouth County Museum</b>
Watch the <b>Cape Sable Island</b> boat races	Go clam digging in <b>Digby County</b>	Attend a <b>kitchen party</b>	Order a <b>lobster poutine</b>	Walk <b>Le Petit Bois</b> trail
<b>Dance</b> in the Tuna Tent in <b>Wedgeport</b>	Buy a second-hand outfit at <b>Frenchy’s</b>	<b>Haul up</b> a lobster trap	Attend one of our many <b>summer festivals</b>	Snack on some <b>dulse</b>
Camp in a tipi in <b>Quinan</b>	Ride in the <b>Baie Sainte Marie Gran Fondo</b>	Hike to the <b>balancing rock</b>	Visit the <b>Tusket Islands</b>	See the buildings on stilts in <b>Bear River</b>



Port Maitland Beach | Photo: Yarmouth & Acadian Tourism Association

## Thank You

This document was prepared for the community, by the community, and we'd like to take the time to thank everyone who offered contributions and efforts in any way. We hope that what you read in this publication is what you'll experience from our community.

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We hope you've enjoyed the content, the stories and information as much as you enjoy your new community, its people and your new home.

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