

STRATFORD LEGACY BOOK PROJECT

Calling established residents of our community and youth in grades 5-12. Send us your nomination to take part in this legacy project. Learn more on page 15.



NEW RESIDENT MEETUP

Are you a new resident of our community? Learn more about your new town and connect with other newcomers. Read page 15 to find out more.



COMMITTEE VOLUNTEER RECRUITMENT

Would you like to become more involved in the decision-making of our town? Apply to be a committee member today.



TownTak

BUILDING THE BEST COMMUNITY POSSIBLE

WWW.TOWNOFSTRATFORD.CA

FALL 2024 EDITION



































FALL 2024 EDITION / 3

MAYOR'S MESSAGE



Contact information for councillors is available on our website: www.townofstratford.ca

I hope everyone had a great summer, and especially enjoyed the well-attended Canada Day celebrations which took place at beautiful Tea Hill Park under warm sunny skies.

Over the past few months, it was very gratifying to me personally and to Council, to see the achievement of some long-standing Town priorities and some major improvements to our infrastructure including the new waterfront boardwalk, the rehabilitation work at Kelly's Pond, a new water tower, an upgrade to part of the wastewater collection system, and the ongoing growth and development taking place. Council, staff and I also remain focused on the major priorities of housing, sustainability, and recreational infrastructure. The status of each, and current plans are as follows:

Housing:

- \$4.9M Federal Government funding over the next four years to facilitate development of new housing through Housing Accelerator Fund.
- Working on increasing density as opportunities arise during the interim period until we have a new Official Plan and Planning and Development Bylaw.
- Requests for Proposals issued for development of new Planning and Development policies and processes for regulation of short-term rentals, temporary vendors and creation of a new Official Plan and Development Bylaw.

Sustainability:

- Working to become a full-service community so families, seniors, youth and newcomers
 can obtain all necessary products, programs and services here in Stratford saving time,
 money and the environment. This will also make for a better quality of life for all residents.
- Funding received for tree planting program.
- Looking forward to a new revenue sharing agreement with the Provincial Government to ensure more of your property taxes are available to fund needed programs, services and infrastructure.

Infrastructure:

Council has approved a conceptual design for a new wellness centre which will address
longstanding issues caused by the lack of recreational, cultural and social infrastructure in
our community.

We should also take pride in the fact that Stratford is celebrating its 30th birthday next year. Thirty years ago, five small communities joined together to form one Town. Since that time, thanks to current and past residents, staff, and councils, Stratford has achieved great things and become the thriving, welcoming, and pleasant community it is today. Imagine that! In advance of our anniversary, please take note of a project underway and get involved if you can. More information on our Town's legacy book project can be found on our website.

I wish all residents good health and the best of fall and winter to come. I look forward to seeing you at FallFest and the official opening of the new waterfront boardwalk, or elsewhere out in the community.

Sincerely,

Steve Ogden, Mayor

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Stay up to date on all the news, events and programs happening in the Town of Stratford. Sign up for the Town of Stratford's bi-weekly email newsletter.

To join our mailing list go to www.townofstratford.ca, click E-Services on the menu bar and then E-newsletter to add your e-mail address to our email newsletter.



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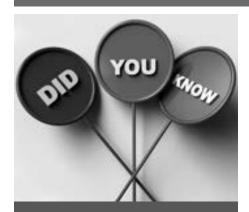
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stratfordpei

INFRASTRUCTURE DEPARTMENT



Fall is the time of year when wildlife may start looking for winterized accommodations. Help protect your home by making sure all windows, doors, and other gaps and cracks are secure and ensuring you do not leave food, water, or shelter accessible to them.

WHILE EVERY EFFORT IS
MADE TO ENSURE
THAT THE CONTENT IN
THIS EDITION IS ACCURATE
AND RELIABLE, WE CANNOT
GUARANTEE IT, AS WE MAY
BE REQUIRED TO MAKE
CHANGES TO OUR
OPERATIONS OR
PROGRAMMING DUE
TO FACTORS BEYOND
OUR CONTROL.

FOR UPDATED
INFORMATION, PLEASE
CALL US AT 902-569-1995
OR FOLLOW US ON
SOCIAL MEDIA.

The infrastructure department is busy this year both directly and indirectly with numerous projects at different stages of development. Some of these projects include Reddin Meadows, Irving Avenue apartments and commercial space, Southside Greens off Stratford Road, Clearview Estates, McCarron Way extension, and the Community Campus roads.

> Waterfront Park

Work will be completed soon on the installation of the new wooden boardwalk that runs along the shore front. The boardwalk is 10 feet in width with benches, lighting and lookouts along the path. This is a great new addition to the Town. Please note that when opened, the boardwalk will not be for use by bicycles and a separate multi-purpose paved path has just been completed through the park for their use.





> Sewer Forcemain and Lift Station Upgrades

Upgrades to the Corish sewer lift station at the corner of Kinlock and Keppoch Roads as well as at the Bunbury Road sewer lift station are nearing completion. Contractors have been busy all summer installing a larger sewer forcemain along Kinlock Road and MacKinnon Drive. This work is necessary to accommodate continued development within the Corish sewer lift station sewer shed.

> Reservoir Project

The reservoir installation is nearing completion and will begin service soon. The reservoir adds additional water storage for existing and new residential and commercial development as well as for firefighting purposes (and looks sharp with the Town's logo recently installed).

> Maintenance

Staff have been busy maintaining grass, flowers, buildings (both inside and out), parks, and playing fields. As the town grows, so does our infrastructure and maintenance workload. Workers completed the concrete floor installation at our dry storage building on Hollis Avenue and installed power to our other dry storage building at Cotton Park. The Town hopes to pave a portion of the parking area at Stratford Town Centre and install a multipurpose path from Shakespeare Drive to the Town Centre building. Final tender prices will determine if the scope of work is within the budget to complete.

> Active Transportation

noted previously, a new multipurpose paved path through the waterfront park is complete. The path will allow users to access the park from Stratford Road or the Trans-Canada Highway (TCH) paths. As the wooden boardwalk does not allow bicycles, cyclists will be able to use this paved path to access the park. The province also completed the paved path connection along the TCH. from the underpass to the Stratford/ Hopeton Road intersection. Avid users will be able to move directly along the TCH path from Charlottetown to the connecting path on Hollis Avenue that will eventually take them all the way to Fullarton's Creek and Conservation Park.

The Town's recently completed Active Transportation Plan indicated a multipurpose path along Glen Stewart Drive as a high priority. The Town is currently in the design phase for this work with the plan to tender in early 2025.

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INFRASTRUCTURE DEPARTMENT

> Transit Bus Shelters

C on tractors recently completed the installation of transit bus shelters in front of Sobeys on Kinlock Road



and at the corner of Bunbury and Hopeton Roads. The shelter at Sobey's location replaces the one that was damaged during hurricane Fiona while the shelter at Bunbury and Hopeton Roads is a new addition to the transit route.

> Pondside Watershed Restoration

Construction continues with the restoration of Kelly's Pond at Pondside Park on Keppoch Road. The Province and the Town of Stratford have a joint project to upgrade the drainage culvert under Keppoch Road before draining, restoring, and rejuvenating Kelly's Pond. This work is planned to be completed in fall of 2024.

> Speed Humps & Speeding

The Town installed temporary speed humps throughout the summer to increase safety on the streets. With the seemingly unlimited requests, we have developed a new Request For Speed Hump Policy to help streamline the request process. Staff use provincial standards, industry guidelines and factual radar data to determine if speed humps are permitted or necessary on a particular street, and whether speeding is limited to a small number of cars as opposed to a larger overall speeding issue. As always, if you see speeding in your area, please contact the Stratford RCMP at 902-367-9300 to request patrols in your area.

> Town Roads, Streets, and Ditches Infilling

All roads, streets, and ditches in Stratford are owned by the province. As fall and winter approach, please keep in mind that the province is responsible for clearing snow from the streets and keeping storm water drains clear.

Please note that any issue with snow clearing on the streets or storm water back-ups can be directed to the Provincial Department of Transportation, Infrastructure and Energy at (902) 368-4770.



As it gets darker out, we would like to remind you to make yourself more visible to drivers when you are out and about.

The more you make yourself look 'human' at night, the safer you may be. Wear reflective gear and place them on the moving parts of your body to help drivers see that you are a person, and not a stationary post or object.

Stay safe!

EMERGENCY PREPAREDNESS

If an emergency happens, it may take emergency workers some time to reach you. These emergencies can be anything from power outages to storms, or blizzards in winter.

Having a 72-hours emergency kit can help you take care of yourself and your family until help reaches you!

Create your own emergency plan and 72-hours emergency kit TODAY!



Visit the Province's website to access 'Your Emergency Preparedness Guide' to get started.

Notice to Residents

Many residents enjoy a backyard fire this time of year but we are asking you to consider your neighbours when doing so. Some residents have allergies/sensitives to wood smoke which is often increased on low pressure or windy days when the smoke may not be able to rise into the atmosphere as quickly or directly as on other days.

Please consider the comfort of all around you.

Please also ensure a water source is kept by the fire to ensure no embers ignite potentially dry debris nearby. Stratford residents must follow all provincial fire burning advice and check the fire weather index for

potential fire bans before having your next outdoor campfire.



Complaints should be directed to the RCMP who are contracted to enforce the Noise & Nuisance Bylaw in the Town of Stratford.

PLANNING, DEVELOPMENT AND HERITAGE UPDATE



DO YOU NEED A PERMIT?

Call the Town of Stratford to be sure. Staff can assist and advise you of the requirements before your project – big or small – begins!

BUILDING INSPECTOR

Should you have any questions relating to building permits or the National Building Code, please contact our Planning Department at 902-569-6255.

WHERE CAN YOU FIND BYLAW INFORMATION?

A copy of the Building Bylaw, application forms, and Fee Bylaw can be found on the Town's website, or you can pick up copies in person at the Planning Department, located within Stratford Town Centre.

> The Building Bylaw and National Building Code

In May 2024, the Town of Stratford amended the Building Bylaw, Bylaw #50, to include the adoption of the 2020 National Building Code (NBCC) and the 2020 National Energy Code of Canada for Buildings. The Building Bylaw is enforced through scheduled inspections during construction at various stages of completion. These inspections will verify work against the approved submitted plans and against the NBCC.

Any new application for a single detached development requires the following information:

- Development Application Form
- Utility Application Form
- Entrance Way Application Form
- Completed Deck Pamphlet (if using

Helical Piles, an engineer stamped helical pile design is required)

- Building Plans, including floor plans, elevations, and cross-section
- Truss Package, including layout and engineer-stamped truss shop drawings
- Site Grading Plan prepared by a certified surveyor
- Letter of Authorization (if applying on behalf of the landowner)
- Any required engineering for steel beams or columns, or tall walls

*** Please note that preliminary plans will no longer be accepted***

To ensure that your permit is ready in time for your project start date, please submit your complete application as early as possible to allow staff time to process it. Missing documents may cause delays in processing your permit.

> Development Permits

From January to June 2024, the Planning Department has issued a total of 84 development permits. The following table shows a summary of development activities between January and June 2024.

SUMMARY OF DEVELOPMENT PERMITS January 1, 2024 to June 30, 2024

Permit Type	No. of Permits	Estimated Value
Single Family Residential	12	\$5,739,000.00
Residential Additions and Renovations	10	\$914,700.00
Semi-Detached/Duplex	4	\$2,250,000.00
Townhouse	3	\$4,000,000.00
Apartment	0	\$0
Accessory Buildings	10	\$86,500.00
Accessory Structures (pools, decks, fence	es) 26	\$378,383.00
Other (signage, demolition, etc.)	8	\$41,808.00
Commercial (new, renovations, additions)	10	\$1,945,050.00
Industrial (new, renovations, additions)	0	\$0
Institutional (new, renovations, additions)	1	\$35,900,000.00
Totals	73	\$51,255,441.00

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PLANNING, DEVELOPMENT AND HERITAGE UPDATE

> Official Plan Review Update

On July 10, 2024, Town Council voted in favor of awarding UPLAND Planning + Design Studio the contract to undertake the amendment of the Official Plan and Zoning Bylaw. As an award-winning planning consultancy, working to create vibrant communities across the Atlantic region, UPLAND Planning + Design Studio is also very familiar with the Town, having worked on recent projects such as the Community Campus, Waterfront Park, and Active Transportation Plan.

The last full review of the Town's Official Plan and Zoning and Development Bylaw conducted simultaneously was in 2014; with a full review of the Zoning and Development Bylaw in 2018. Over the past few years there have been numerous amendments to both planning and development documents, the largest being the required Core Area Rezoning for the Crossroads project (The Gray Group) which received final approval from the Province of PEI in 2023.

Large projects such as in the Community Campus are currently underway, with the main roadway connecting Bunbury Road and Hollis Avenue being finalized, as well as the new high school being constructed. Throughout the town, the construction of many forms of residential, commercial, and institutional developments are occurring as the town continues to grow.

Other projects, such as Shape Stratford and the Housing Accelerator Fund, will add to the town's diverse and dynamic growth and progress, further validating the need for a comprehensive review of the Town's Official Plan and Zoning and Development Bylaw. This will ensure that present-day activities and overall development in the town are guided by proper zoning processes, requirements, and standards to reflect the new vision for the Town through residents' input. *Please watch for opportunities to have your input beginning this fall!*

The Town recently published two Requests for Proposals for the Short-Term Rental Accommodation Bylaw and the Street Vendors Bylaw, both of which will also be instrumental in the review of the Town's Official Plan and Zoning and Development Bylaw.

> Housing Accelerator Fund



On March 14, 2024, the Honorable Lawrence MacAulay, Minister of Agriculture and Agri-Food and representative of the Constituencies of Cardigan, officially announced that the Federal Government and the Town of Stratford have entered into an agreement, called the Housing Accelerator Fund, to provide the Town with a funding contribution of \$4.9 million to make systematic changes to the current development regulations, to remove development barriers and to promote new housing growth to meet our increasing population and current needs.

The Town has several initiatives that will focus on the amendment to the current Official Plan and Zoning Bylaw, encouraging new innovative housing solutions and more efficient use of our land. Other initiatives will see the implementation of a new online e-permit system to streamline applications and process times and creation of a set of pre-approved housing plans that will offer costeffective options for non-profit organizations and developers not constructing major developments. The updates and implementations of these initiatives will be coordinated over the next three years.



The green space surrounding the cenotaph at the Stratford Town Centre, 234 Shakespeare Drive, is known as the Veterans Memorial Green. Any development on these grounds is intended to keep with the theme of service recognition and remembrance.



Through an initiative of the Town of Stratford's Heritage committee, the Town unveiled a new addition to Veterans Memorial Green this spring with a special tree planting. The seedling is the descendant of an English Oak tree fallen at Vimy Ridge during the battle of World War I.

This event was attended by students from Glen Stewart Primary School, who learned about stewardship as well as tree and seed identification from Town of Stratford staff, Stratford and Area Watershed Improvement Group staff and Jim Landry.

Residents are encouraged to view the four interpretive panels located on Veterans Memorial Green, and watch the new seedling grow into a strong oak tree!

RECREATION, CULTURE & EVENTS

PERMISSIONS TO USE TOWN FACILITIES

Groups and individuals who want to use Town facilities (which includes parks, playgrounds, and playing fields) for any reason must fill out an application and obtain permission from the recreation department. Town parks include all neighborhood parks and playgrounds as well as our major parks; Tea Hill Park, Pondside Park, Kinlock Park, Robert L. Cotton Memorial Park. and Fullerton's Creek Conservation Park. Town facilities include Stratford Emergency Services Centre, Stratford Town Centre, MacNeill Community Centre, Bunbury Rink **Building and Cotton** Park buildings. Town facilities are available to groups or individuals on a priority basis.

STRATFORD YOUTH CENTRE

The Stratford Youth Centre offers youth in Grades 5-12, a safe and supportive environment to participate in at the social and recreational centre, in various clubs, and special events to engage them. In turn, this encourages social growth and helps develop self-confidence and skills to prepare youth for their future. The Centre guides members to focus on volunteering, empowerment, community engagement and provides youth with an opportunity to voice their concerns about the community and show that they can really make a difference.



Membership allows access to the Youth Centre, numerous clubs and events, as well as an opportunity to participate in regular weekly member meetings. There is no cost for youth to join the Stratford Youth Centre. All members must help out with regular fundraising and volunteer opportunities within the community to maintain their membership. Parents are strongly encouraged to become involved with the Youth Centre and help out with the Centre's different events.



Members are asked to commit to a minimum of 20 volunteer hours with the Stratford Youth Centre every year to maintain their membership. This may include working at an event, assisting nonprofit organizations, and fundraising. All volunteer hours that are collected by members are recorded and can be used on a resume as a valuable life experience as they approach adulthood. Upcoming volunteer opportunities will be included in parent emails and weekly member meetings.



Stratford Youth Centre members are also eligible to earn special prizes and awards for their volunteer service with the Stratford Youth Centre.

We are always looking for new youth members. If you would like to become a Stratford Youth Centre Member, please visit our website www.stratfordyouthcentre.com for more information and to register.

> Stratford Youth Centre Clubs

The Stratford Youth Centre has a number of great clubs for youth to join. The clubs are open to Youth Centre members and are free of charge. For more information about these clubs or to become a Stratford Youth Centre member, visit our website at www. stratfordyouthcentre.com.



RECREATION, CULTURE & EVENTS



> Stratford Youth Centre – Drop-In Schedule

Stratford Youth Centre Members are welcome to stop in and hangout during their allotted drop-in times (youth must be registered as a Youth Centre Member to participate).

Mondays:

Grade 5 - 12 (3:00pm - 8:00pm)

Wednesdays:

Grade 5 - 12 (3:00pm - 8:00pm)

Thursdays:

Grade 5 - 12 (3:00pm - 8:00pm)

If school is cancelled due to the weather, the Stratford Youth Centre will be closed.

This schedule is subject to change. For more information, visit our website at www.stratfordyouthcentre.com



> Party Packages at the Stratford Youth Centre

The Stratford Youth Centre offers party packages in 2-hour time slots on designated Saturdays and Sundays throughout the year. Our party package program is run and staffed by older Youth Centre members (high school aged youth). Visit our website at www.stratfordyouthcentre.com for more information, for availability and to request a party booking.

Basic Package \$100.00 / 2 hour session

Basic use of the facility, including our Pool Table, Air Hockey Table, Ping Pong, tables, chairs, and couches.

Karaoke Party \$150.00 / 2 hour session

Basic use of the facility, including use of our Karaoke System. The Youth Centre provides a host to run the system for the party.

Video Game Party \$150.00 / 2 hour session

Basic use of the facility, including use of our various game systems. Take your own games in, play online, or access our library of video games.

Movie Party \$150.00 / 2 hour session

Basic use of the facility, including use of our big screen, sound system and Blu-ray player. Choose from Netflix, our selection of movies, or bring your own. Youth Centre staff will provide popcorn for your guests.

All bookings require payment in full prior to the party date. Each 2 Hour booking includes 15 minutes before for set up and 15 minutes after for tear down. A minimum of one week is needed prior to all bookings.

Please note pricing and packages available are subject to change.

YOUTH PROGRAMS

Let's Get CreativeYouth Art Classeswith Ryan McAdam-Young

Saturdays from
September 21 - November 23
Ages 5-9: 12pm - 1:30pm
Ages 10-15: 2pm - 3:30pm
Stratford Town Centre
Cost: \$205/student
All supplies included

Children will get messy and creative while experimenting with many types of art. Sessions will focus on painting, clay, collage, paper crafts, puppet making, drawing and more. The program is designed to be fun while fostering creativity.

> Instructional Ice Hockey "Skills and Drills"



Saturdays from 7am to 8am October 05, 2024 - March 29, 2025 Location: Pownal Rink Participants can be Grades K-6 Cost is \$80 per participant

The Youth Ice Hockey program is available to children who are not currently involved in a minor hockey program, to enjoy recreational play. Space is limited to 25 participants. Mandatory equipment includes helmet, neck protector, stick, and skates.

ADULT PROGRAMS

> Recreational Basketball

Tuesdays from 8:15 - 9:45pm September 3 - December 17 Location: Stratford Town Centre Cost: \$40.00

Recreational basketball league for those 18+ years of age - everyone is welcome to come and play. All levels encouraged in this "for fun" league! Min. 12 participants/Max. 24 participants. Players must pre-register to play, no drop ins welcomed.



RECREATION, CULTURE & EVENTS

> Co-Ed Badminton

Wednesdays from 8:15 - 9:45pm September 4 - December 18 Location: Stratford Town Centre Cost: \$40.00

Recreational badminton league for those 18+ years of age. Fun and social co-ed badminton program is open to all skill levels and abilities! Min. 12 participants/Max. 24 participants. Players must pre-register to play, no drop ins welcomed.

> Co-Ed

Recreational Volleybal

Mondays from 8:15 - 9:45pm September 9 - December 30 Location: Stratford Town Centre Cost: \$40.00

Recreational volleyball league for those 18+ years of age. This fun and social program is open to all skill levels and abilities. Min. 12 participants/Max. 24 participants. Players must pre-register to play, no drop ins welcomed.

> Pickleball

This program is for all skill levels (beginner to advance play together) and considered non-competitive. Pickleball is a paddle sport that combines elements of badminton, tennis, and table tennis. The basic equipment (ball & net) is provided by the Town of Stratford. Every ability is welcome and open to 16+ years of age. Must have your own racquet! Various days & times available. Players must pre-register to play, no drop ins welcomed.

Program Registration

You can register for recreational programs with the Town Centre Attendants at the Recreation Reception Desk. You can also view upcoming programs and registration dates and create a personal account to register or pay for the program you'd like to sign up for directly from our website at www.townofstratford.ca. If further information is required, please call 902-569-6250.



Join us for our annual Fall Fest celebrations on September 20-22! Watch our social media for more information and updates!

> Stratford Dog Fun Park

Located next to Stratford Town Centre, the Stratford Dog Fun Park is available to all residents free of charge. The park is open from 10:00 am to 10:00 pm daily and there are agility toys, benches and a picnic table for your enjoyment. All users are asked to clean up after their pets and to respect park rules. All dogs must remain on-leash until inside the dog park, this includes to and from the parking lot.

> Town Centre Gymnasium

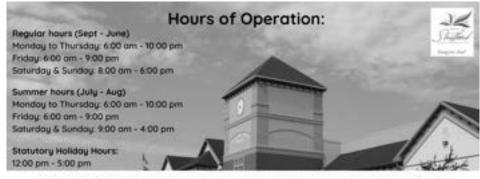
Stratford Town Centre is open for Stratford residents to use seven days a week. The centre is equipped with a gymnasium, walking track, fitness centre, multi-purpose meeting rooms, change rooms, stage, and kitchen. Residents are welcome to use the fitness centre and walking track any time the building is open.

To book any of our meeting rooms or gymnasium for private use, please contact the recreation office at 902-569-6250. We ask that you please sign in and out with the gym attendants when using our facility and remember to wear clean, indoor sneakers in the gym and track/fitness area.

WHY VISIT FULLERTON'S CREEK AND CONSERVATION PARK?



- The largest park in the Town of Stratford (4km)
- The extra wide gravel trails are flat and well-groomed, perfect for walking, cycling or pushing a stroller
- Parking is available
- Numerous loops around scenic open fields and through woods
- Trails access Fullerton's Marsh
 Lookaut
- A multi-purpose field that could easily host sports events
- A balance of sun and shade, and field and forest
- Includes a natural playground for kids
- Community art and interpretive panels to highlight the area
- Mix of natural island flora and fauna



TOWN CENTRE GYM, WALKING TRACK & FITNESS CENTRE

AWARDS AND RECOGNITION

> 2024 Volunteer of the Year Awards

Volunteers are – and always will be – an essential part of our community. This year, on Canada Day, we recognized some of these amazing individuals.



Sharon Veale

(2024 Neil and Gail MacDonald Volunteer of the Year Award recipient)

Sharon volunteers at the food bank weekly, cooks and serves meals at the Upper Room Soup Kitchen monthly, and volunteers for Donagh School's hot lunch program, among many other things! She is dedicated to helping others and giving back to our community in countless ways.

Thank you for all you do for our community and beyond, Sharon!

Isabella Rivard

(2024 Stephen J. McQuaid Memorial Youth Award)

Isabella has been a member of the Stratford Youth Centre since 2020, the Stratford Youth Council since 2021, and the Stratford Youth Centre Leadership Club for four years. Among her various involvements, Isabella contributes to the Stratford Youth Centre newspaper, is a member of the Stratford Youth Centre Garden Club and was stage manager this past year for the Stratford Youth Centre's production of 'Charlotte's Web'.

Well done and thank you for being such a great role model, Isabella!



> Water School 2024

A special presentation was held to recognize the 2024 winners of the 'Water's Cool' Water School who will be featured in the upcoming 2024/25 calendar. The grade five students who have their artwork included are as follows:

Ivy Myers – January
Colin Beaton – February
Kylah Rose – March
Kaylee Ann LeDrew – April
Jack Fortier – May
Isabella Stewart – June
Evelyn Starkes – July
Emily Filion – August
Annie Xie – September
Dora Zong – October
Maxine Tweedy – November
Neriah Varghese – December









Special Mention

A Stratford resident, Ravi Naidu, was part of a team that summitted Island Peak (also known as 'Imja Tse'), a mountain in Sagarmatha National Park in the Himalayas of eastern Nepal (next to Mt. Everest). His son, Shaurya Naidu Badana, along with Lester Jinks and Edwin Jewell, completed this incredible journey, which was a 19-hour long summit!

STRATFORD AREA WATERSHED IMPROVEMENT GROUP

SAWIG is a not-for-profit group dedicated to preserving and enhancing Stratford's diverse landscape and fostering interest and participation in watershed planning.

BECOME A MEMBER (It's free!)

As a member, you'll gain access to exclusive benefits, including event invitations, volunteer opportunities, and up-to-date information on all things related to the watershed. Join us today and become an integral part of our community's efforts to preserve and protect our natural areas. Visit our website (stratfordwater.com) to complete a membership form.

Thank you to all our generous members and sponsors who continue to support us!

THANK YOU TO OUR FUNDING PARTNERS

PEI Watershed
Management Fund; Town
of Stratford; Environment
and Climate Change
Canada; Nature Smart
Climate Solutions Fund;
Canada Summer Jobs; PEI
Wildlife Conservation Fund;
Skills PEI; Jobs For Youth;
Youth on Board; Mi'kmaq
Confederacy of PEI; PEI
Watershed Alliance.

> Guided Birding Walk

On June 13th, 2024, SAWIG hosted a beginner birding walk at the Clearview Estates Trail. Community members joined us in learning to identify various bird species, including the American goldfinch, red-winged blackbird, and more. During the walk, we discussed freshwater ecosystems, and the relationships birds have with healthy freshwater environments. We explored how clean water sources and rich vegetation provide essential habitats for feeding, nesting, and breeding, highlighting the importance of conservation efforts in these areas. A big thank you to the EcoAction Community Funding Program for making this walk possible.



> New Interpretive Signs

Thanks to the support of the Wildlife Conservation Fund and the Town of Stratford, we're excited to announce the installation of six new interpretive signs at various parks in the Stratford area. These signs cover topics such as pollination, winter wildlife, and the Acadian Forest. These informative signs aim to enhance your understanding and appreciation of the natural world around us. The next time you visit the parks in Stratford, be sure to keep an eye out for them!





> Native Tree and Shrub Planting

We are excited to share our ongoing efforts in planting native trees and shrubs, primarily in riparian zones. Riparian zones, the interfaces between land and water, are critical for maintaining the health of our ecosystems. Planting in these areas helps to stabilize stream banks, reduce erosion, and improve water quality. These efforts not only benefit the surrounding environment but also enhance the habitats for a wide range of wildlife.

This year, we have planted around 1800 native trees and shrubs. The native species were carefully chosen for their ability to thrive in riparian environments and support local biodiversity. By creating a buffer that filters pollutants from runoff before they enter our waterways, these plants contribute significantly to the health of our aquatic ecosystems.

In addition to trees and shrubs, we began our saltmarsh restoration project at Keppoch marsh. Staff planted 516 saltmarsh plants in the area. These



efforts aim to increase biodiversity and strengthen coastal resilience! Thank you to Nature Smart Climate Solutions Fund for supporting our efforts.



If you'd like to learn more about SAWIG's projects, you can find us here:

- stratfordwater@gmail.com
- Stratford Area Watershed
- @stratfordwatershed
- www.stratfordwater.com
- (902) 367-3605

DIVERSITY AND INCLUSION

This section is brought to you by the Town of Stratford's Diversity and Inclusion Committee.

Town of Stratford is a welcoming and inclusive community, and in this edition of Town Talk, we would like to recognize our Indigenous community members and celebrate their rich culture.

Here on this beautiful island, we have two First Nations, Abegweit First Nations and Lennox Island First Nations. There are four communities here on Epekwitk/P.E.I.: Morell. Rocky Point and Scotchfort are held by Abegweit First Nation, and Lennox Island is held by Lennox Island First Nation. The Chief of the Abegweit First Nation is Chief Roderick 'Junior' Gould, and his council includes Councillor Chris Jadis. Councillor Jacob Jadis. and Councillor Sheri Bernard. The Chief of the Lennox Island First Nation is Chief Darlene Bernard, and her council includes Councillor Madlene



Image source: Mi'Kmaq Confederacy of Prince Edward Island. www.mcpei.ca

Sark, Councillor Charlene Campbell, and Councillor Julie Pellissier-Lush.

The Mi'kmaq have lived here for over 12,000 years, fishing, hunting and gathering all that we needed to get through the long cold winters' ever-changing seasons here. There are numerous places where archaeologists have studied the very earth for stories of our past, from 1913, in places like Malpeque Bay to St. Peters Bay.

After colonization we, as a people, went through a sad and dark period, with the creation of the Indian Act, the loss of our land, our children, and our freedom to hunt, fish and gather to provide for our families. Since that dark time, we are regaining who we are as a people. Our first modern day Mawio'mi, also known as a Pow wow/gathering, happened in 1986 at the home of the late Keptin John Joe Sark in Johnston River, with a new big drum provided by Peter Bernard, of Lennox Island First Nation, and children dressed in regalia made by Christine Bernard of Lennox Island First Nation. There were only a few there, but it was celebrated on June 21 - which is now known as National Indigenous Peoples Day. Since then, we have started reclaiming who we are as Indigenous people.

Now there are five Mawio'mi's all over Prince Edward Island every year, with hundreds of people who attend for the dancing, drumming, regalia and food. After a time of such hardship, it is good to be able to share who we are, with anyone who wants to learn more.

Our THANKS to Julie Pellissier-Lush for this article!

- VIRTUAL TOUR JEWISH IMMIGRATION TO CANADA

As part of recognizing and celebrating the International Day for the Elimination of Racial Discrimination (March 21) and furthering awareness of Diversity and Inclusion in the community, the Town of Stratford offered 3 FREE virtual tours in partnership with the Canadian Museum of Immigration at Pier 21.

The last virtual tour is coming up on October 5 at 2pm. This 45-minute tour draws on memoirs and oral history interviews in the museum's collection to tell the story of Jewish immigration to Canada.

All are welcome to join us for this FREE online program. Visit www. townofstratford.ca to register or learn more. about your new community!

SEPTEMBER 30TH IS NATIONAL DAY FOR TRUTH AND RECONCILIATION

This day provides an opportunity for Canadians to acknowledge and commemorate the legacy of residential schools. The Town of Stratford is dedicated to reconciliation and encourages all residents, staff, and stakeholders to deepen their understanding of our shared history and progress in their own reconciliation journey, regardless of where they currently are on this journey.

Visit www.lnuey.ca for more information and resources.

TOWN INITIATIVES

> Residential Tree Planting Program Wrap-Up

This year, we planted a total of 50 trees through the Residential Tree Planting Program. The goal of this program is to increase Stratford's Forest canopy, especially in neighborhoods with fewer trees. Residents pay \$50 and dig a hole in their yard, and then Town staff deliver and plant a 5-6" native tree on their property. The 2024 season of the program was successful, and participants were very pleased with their new trees! Trees offer numerous benefits, including increased property value, shade and wind buffering, slower traffic, privacy, and air purification. Registration for the 2025 program will begin in the winter.

> Forest Management Plan

The Town recently adopted the Forest Management Plan. This plan is intended to help the Town strategically acquire land for protection and afforestation, plan for funding opportunities, improve resident access to nature, increase carbon sequestration, and generally improve the health and resiliency of our forests. This is a big step toward the Town being an active and sustainable steward of the approximately 200 acres of forest it owns.

> Park Planting Wrap up

The Town of Stratford received a grant from Tree Canada to plant native trees and shrubs across three parks in Stratford. We planted a total of 20 trees and 60 shrubs across three parks: Horton Park, Starling Park, and Clearview Park. The purpose of this project is to create clusters of trees and shrubs in parks with play structures to provide shade and help our community adapt to climate change, particularly rising temperatures and extreme heat events. The trees and shrubs will provide shade near playground structures and benches allowing for play and passive recreation during extreme heat, supporting our community's resilience to climate change. Members of the Stratford Youth Centre assisted with

planting at Horton Park, while residents helped in the other parks. This hands-on experience taught participants how to dig a hole, plant a tree, and stake and mulch it, giving them valuable knowledge for future use.



> Moore's Pond Restoration

As part of the Moore's Pond Restoration, the Town of Stratford and the Stratford Area Watershed Improvement Group (SAWIG) planted around 200 shrubs around the pond. This effort aims to improve the habitat and promote biodiversity in the area.



> Erosion and Sediment Control

Controlling erosion of sediment from development sites is an ongoing issue across Prince Edward Island. Excessive amounts of sediment in watercourses negatively affect water quality, the health of aquatic organisms, and can cause costly restoration projects for future generations.



The Town of Stratford, in partnership with the Stratford Area Watershed Improvement Group (SAWIG), has created a set of guidelines and a brochure to inform developers of best practices for erosion and sediment control structures and methods. We have also developed 2 checklists to be used before construction and regularly throughout the development process, especially before heavy rain events. These resources are available on our website.



TOWN INITIATIVES

> Results Matter

The Town of Stratford now has a performance reporting platform called Results Matter. Driven by the Results Matter Strategic Performance Management Plan, this performance management system measures the Town's performance, ensuring accountability to residents and stakeholders. This system tracks key performance indicators (KPIs) across 15 high-level strategic objectives and four sustainability per-

spectives. It is renewed every four years by Council to reflect their vision and resident's priorities while providing high-level policy direction for the Town and forming the basis for staff's work.

To find out more about Town performance and project progress, visit www.resultsmatter.townofstratford.ca. Furthermore, the 2024 Annual Resident Survey report and data, as well as those from previous years, are available on the Town's website at www.townofstratford.ca.





NEW RESIDENT MEETUP

The Town of Stratford is delighted to host our annual New Resident Meetup. If you have recently moved to the community from elsewhere on PEI, within Canada, or internationally, join us at Stratford Town Centre on Saturday, September 14 from 10 - 11:30am and let us welcome you to your new town!

You will get to meet Stratford Mayor and Council, learn about our Town events and facilities, discover volunteer opportunities, connect with local groups, and more!

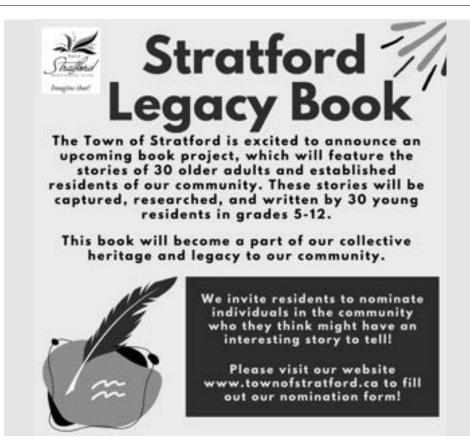




> Stratford Legacy Book Project

This project will bring residents of different ages together to learn from one another, share personal stories, and lessen the intergenerational divide. The Town of Stratford plans to launch the book and make it available to the broader community next April as part of the Town's 30th anniversary celebrations.

Are you an older, established resident of our community? A young resident in grades 5-12 interested in leaving a mark on our community? You can self-nominate (or nominate your child) to participate in this project in either category by filling out the nomination form available on the Town's website!





STORM CLOSURE POLICY

When winter storms arrive and you are unsure whether the Stratford Town Centre (including the Gymnasium and Fitness Centre) are open, please be aware that we follow the Provincial Government offices for Charlottetown's cancellation or delays. Our cancellations are also sent to local radio stations (CFCY, Ocean 100, CBC, Q93, Hot105.5) and are posted on the Town's social media accounts immediately upon a decision being made. We also try to update the Town's website; however, the Town's social media pages are your best places to look. Since cancellation notices may be reported by media later than when the doors to the Recreation Centre normally open in the morning, we suggest you call 902-569-6250 for the latest updates on any storm-related event.

GARDENING TIPS FROM THE TOWN'S HORTICULTURIST



It's that time of year when the days get shorter and there is a little bit of a chill in the air. With this new season comes a different set of garden chores that need completing prior to winter.

How should I prepare my garden for the fall?

Fall is a good time to spread compost over the vegetable garden as well as your flower gardens. This can be worked in either in the fall or can wait until next spring. If you have perennial plants such as rhubarb or asparagus, you can mulch around the individual plants or in between the rows with shredded leaves or straw. These types of mulches are natural material and will break down to provide nutrients to the soil with no need for other types of fertilizer.

If you were to apply other types of fertilizers for the fall, look for ones with a high ratio of both nitrogen and potassium (first and last numbers, e.g., 24-4-12). This will enhance rooting, cold hardiness, disease resistance and wear tolerance.

What is the best fall fertilizer for my lawn and when should it be applied?

In the last edition of Town Talk, we talked about spring fertilizer and the benefits it provides. Applying fertilizer in the fall is also beneficial, however you will need to look for a different calibration. With the fall season typically being warmer than it once was, it would be best to wait until mid-fall. Apply a fertilizer with a calibration of 24-4-12 (high nitrogen and potassium). This is the time when grasses

recover from summer stresses. Fall fertilizer will also provide better winter colour, enhanced spring green-up and increased rooting.

What is best to do at the end of gardening season?

At the end of the growing season, remove dead plants and unharvested fruits and vegetables to reduce pest and disease problems that are likely to occur next season. For example, remove and rake up dead leaves on strawberry plants after harvest to reduce botrytis (grey mold) on next year's fruit. Control weeds that attract insect populations and are a host for plant diseases. This will also prevent spreading to other plants. Remove plant debris in the fall as much as you can as this can be a habitat for many overwintering insects and plant diseases. This will also reduce disease and pest populations for the following year.

Have an enjoyable fall season and go for a nice drive in your "autumn-mobile"!



RCMP IN STRATFORD



Royal Canadian Mounted Police

As the vibrant colors of autumn descend upon Stratford, PEI Police would like to remind residents to stay safe and vigilant during the fall season. With changing weather conditions and the onset of seasonal activities, here are some essential safety tips to keep in mind.

- Back-to-School Safety: PEI RCMP will be vigilant in checking traffic around school zones and watching for school buses. Remember never pass a school bus with its red lights flashing. Also, be cautious in school zones and obey posted speed limits – kids can dart out in traffic unexpectedly.
- Road Safety: Falling leaves and wet roads can create slippery conditions. Please drive cautiously, reduce your speed, and maintain a safe distance from other vehicles.
- 3. Pedestrian Safety: With shorter daylight hours, it's crucial for pedestrians to stay visible. Wear reflective clothing or carry a flashlight when walking or jogging in

the early morning or evening. Always use crosswalks and obey pedestrian signals.

Online Shopping Safety: You might also find yourself indoors a bit more and spending time online. When it comes to online shopping there are several things to keep in mind. Never send money to someone without first seeing the goods you are interested in, and confirming the person you are dealing with is real. Meet them in a public place, if possible. When shopping online, always use reputable websites, look for https:// within the website URL to ensure secure connections. With your accounts, use strong passwords, and avoid public wi-fi when shopping or conducting financial transactions. Don't start your shopping experience through an email you received - be cautious of emails that originated with asking you to buy goods or services. And finally, if it's too good to be true...it probably

PEI RCMP are committed to ensuring the safety and well-being of all Stratford residents. By following these simple tips, we can all enjoy a safe and pleasant fall season. If you have any concerns or need assistance, don't hesitate to contact us.



The 34th Annual Stratford & Area Food Drive, in support of The

Upper Room Hospitality Ministry, will be held on Saturday, November 16, 2024 (9:00am – 2:00pm) at various drive-thru locations (to be announced).

Volunteers will accept non-perishable items or monetary donations

For apartment building residents, food collection boxes will be placed at your main entryways early the week of November 10 and will be picked up the morning of November 16. Most-

needed items at the Food Bank are cereal, canned meat/soup/fruit/veg-etables, peanut butter, condiments, cookies, crackers, coffee/tea, juice, granola bars, baby formula/food, diapers, personal hygiene products and gluten free products.

Let's show our support to fellow Islanders in need as we work together to help fill the shelves of The Upper Room. The need is greater than ever! For more information or to volunteer, please call Elaine at (902) 569-4769 or e-mail holyfamilypastoralunit@bellaliant.com.



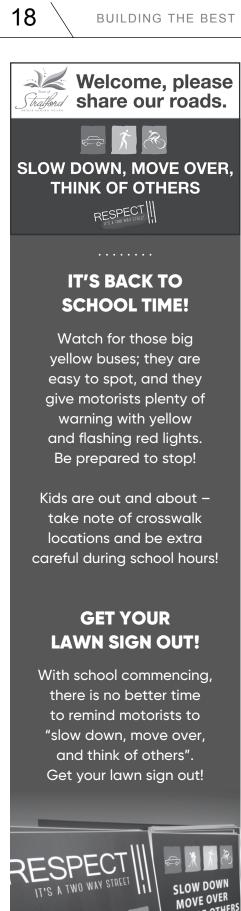
Citizens on Patrol-Stratford (COPS) is a volunteer program designed to encourage residents of Stratford to contribute to the safety of their community. Volunteers are proud to support the excellent work of RCMP members in Stratford, by serving as an "extra set of eyes and ears" and reporting any observed suspicious activity. Committed to crime prevention, COPS volunteers patrol by car, in pairs, in residential and business areas for one or two three-hour shifts a month on Friday and Saturday nights. COPS will also patrol on occasions such as prom nights and Halloween, and support Town of Stratford events and safety initiatives.

the program, COPS volunteers must be at least eighteen years of age, undergo a criminal record check, and complete an orientation of two evenings of supervised patrolling. If you're interested in learning more or would like to go for a ride-along with volunteers to experience a shift, visit our website at stratfordcop.wordpress.com

To be eligible to participate in

or email us at copstratford@gmail.com

You can also follow us on Twitter **@COP_Stratford**



JENN REDMOND, MLA



Hello Neighbour!

Fall is in the air, and I am happy to be able to share some updates with our great community residents. I hope you had a wonderful summer and can continue to enjoy the beautiful fall weather ahead.

This summer provided a great opportunity to get around the district with my newsletter. Thank you for the great conversations we shared, and it was wonderful seeing many of you. We have extra copies available at my constituency office which is located at Stratford Town Centre.

With everyone moving into their fall routines, I would like to take this opportunity to remind you that students are back in school and that means our buses are back on the roads. Please watch for their amber and red lights to help support our students with getting to and from school safely. I also want to wish all our students and school staff a great start to the school year!

HINK OF OTHERS

With health care being top of mind for many I wanted to share an update on a new program that is designed to assist with keeping loved one's home with their families longer. The program is called the At Home Caregiver Benefit and will provide funding to those that require further assistance with care. If you would like further details on the program and the eligibility criteria, please contact 1-800-371-8245.

There are many needs around transportation, and I have been working diligently with the Department of Transportation and the Town of Stratford to move those forward. We know the importance of safe active transportation and will continue to advocate to ensure we have accessibility across our district.

The construction of the new Stratford High School is well underway, and I will be sure to keep you updated on its progress. With this construction occurring there is an increase in truck traffic, and we are working together with departments and contractors to ensure everyone remains safe during the building of this great addition to our area.

Your priorities are my priorities, and this fall we will be hosting a session to hear from you on what is important to you. We have many opportunities and challenges to work on and it is important that I hear those from you. Please look for the date and location on our Facebook page.

Let's stay Connected! Please reach out anytime by phone 902-213-9518, by email jlredmondmla@assembly. pe.ca, or in-person at our constituency office at Stratford Town Centre on Mondays from 9:00 – 3:00pm or alternative times by appointment. Follow me on Facebook (Jenn Redmond MLA for Mermaid-Stratford) for upcoming events!

Have a wonderful Fall!

Sincerely, Jenn Redmond

MLA Mermaid-Stratford Email: jlredmondmla@assembly.pe.ca Telephone: 902-213-9518

JILL BURRIDGE, MLA



Hello Stratford!

I am writing this in mid-July, knowing that it won't get to your doorstep until the fall. Please keep this in mind as you read on.

Construction Projects

- Provincial engineer Steve Yeo did a presentation on future road projects at Stratford Town Centre last month. My takeaways:
 - >A roundabout at the intersection of Glen Stewart Drive and Stratford Road. This is a funded project which will be completed in the next year or two.
 - >He shared intersection designs for both sides of the bridge. The bridge has the capacity for our growth, it is the traffic flow at either end that needs work. Charlottetown side will be done first. On the Stratford side, the future design includes a dedicated right lane, which many will be very happy with.
- Waterfront: The province is a funding partner on the waterfront boardwalk. If everything runs on schedule, the boardwalk should be open any time now.
- Pond Restoration: Kelly's Pond restoration work has been complete in conjunction with a provincial culvert replacement. Coordinating these two projects ensured the pond only had to be drained once.

Community Campus

If you haven't taken a drive into the Community Campus, please do so. You can enter via Hollis Avenue, just past the John Deere dealership or on Bunbury Road. You will see the base of three ball fields, a cricket field, the frame of the high school as well as grass fields for soccer, field hockey, rugby, etc. The Town is currently working on site engineering which would include the final grading, lighting and fencing. For more information like drone flyovers and renderings of the future facility check out the Town's website.

Health

Access to primary healthcare remains a priority for this government. Doctor recruitment is up; we are getting traction, and this is for work being done on several fronts. Targeted incentives for hard to recruit healthcare professionals, long term care investment, patient medical home investments, mental health and addiction investments all contribute to our greater goals. We are excited about the opening of Island Vision Centre which will greatly reduce cataract wait times.

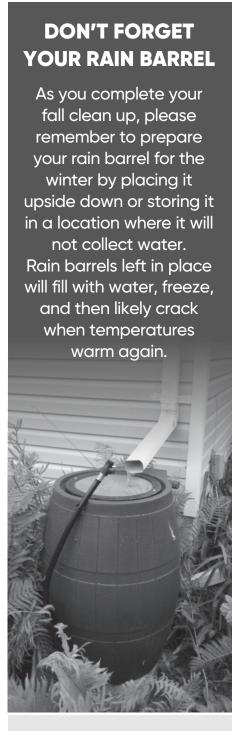
Let's Connect

This summer I sent my first e-newsletter to share relevant news in a timely manner to interested constituents. Please reach out to jsburridgemla@ assembly.pe.ca and I will add you to my list.

As always, contact me by email or by phone at 902-213-2297. You can also visit my District Office at Stratford Town Centre. My assistant Danielle is there from 9-3 Monday to Friday, and I am there on Mondays. Feel free to drop by anytime. We are here to help!

Sincerely, Jill Burridge

MLA District 6 Stratford-Keppoch Email: jsburridgemla@assembly.pe.ca Telephone: 902-213-2297



PLEASE NOTE!

Remember to change the batteries in your smoke alarm this fall when you change your clock!



STRATFORD PUBLIC LIBRARY



HOURS OF OPERATION:

Monday: Closed

Tuesday: 9:30am - 8:30pm
Wednesday: 9:30am - 8:30pm
Thursday: 9:30am - 5:30pm
Friday: 9:30am - 5:30pm
Saturday: 9:30am - 5:30pm

Sunday: Closed

great time to
discover Libby, the
Overdrive app that gives you
access to our ebook and audiobook collection.
Visit peipls.overdrive.com/ to
check out some of the thousands of titles that are available without a trip to
the library!

Get your

FREE library

Can borrow tools, bike
repair kits, mental health
information kits, instruments,
a telescope, snowshoes and
Yoto Players, a screenfree, portable audio
player for kids!

Check out our Facebook page "PEI Public Library Service" or website "library.pe.ca" for event details, collection information, book recommendations and so much more!

or online

anytime!

LIBRARY EVENTS

> Wiggle, Giggle, Read

Songs and rhymes for babies and toddlers. A gentle way to introduce little ones to the library. Ages 0-3

> Family Storytime

Stories, songs, and rhymes for kids and their grown ups! Ages 3-5

> PD Day STEAM Fun Day

New tech, science or art experiments, activities and fun every No School Friday! Call the library for more information.

Ages 6-12

Book Clubs and more!

Ask about our program details by calling 902-569-7441, email strat-ford@gov.pe.ca, or drop in for a chat!

TOWN OF STRATFORD REGULAR OFFICE HOURS

Town offices will go back to regular hours of 8:00 am to 4:30 pm, Monday through Friday, starting October 1st.

> Stratfords of the World

The next Stratford of the World Reunion (SOW) will be taking place in New Zealand from January 8-15, 2025.

STRATFORDS OF THE WORLD



New Zealanders are very excited to host this amazing event and show off their region to all visitors. You do not have to be a Stratford PEI resident to attend this reunion; everyone is welcome.

The New Zealand Committee has tried to maintain the registration fee at a similar level to previous events, setting it at NZ\$570. The deadline for this registration is 30 September 2024, which gives them time to plan the logistics in detail.

Once you have registered and received confirmation, the registration fee can be paid to:

Stratfords of the World: TSB Bank 15-3954-0471851-000

(Please ensure you include your name and country in the reference)

Please share this information with anyone who may be interested in the **Whakaahurangi Whakaemi**.

(Whakaahurangi is the Maori name for the Stratford area. Whakaemi translates as gathering in the Maori language.)

If you would like to join us on this wonderful adventure or looking for more information, please contact SOW Chairperson Debbie Reid at debbie. reid1234@outlook.com or call 902-367-0450, and I will send you the registration form or help answer any questions.

Respectfully submitted by Debbie Reid Chairperson Stratford's of the World debbie.reid1234@outlook.com



STRATFORD LIONS CLUB

Hello Everyone!

The Stratford and Area Lions Club had a successful past year. Our new Lions year began on July 1 with the welcoming of our new executive team, led by President Michele Beaton. We kicked off the year with a highly successful lobster project, and we want to thank everyone who purchased our deliciously cooked lobster.

Our weekly cribbage tournaments take place every Wednesday evening at 7pm. All cribbage players are welcome to join us. For more information, please contact Avery at 902-569-2409. Additionally, our monthly ceilidhs occur on the second Sunday of each month at 2pm at Cotton Centre. Everyone is welcome to attend for great music and singing. We are thrilled to have recently donated \$1000 to Camp Gencheff from the proceeds of the ceilidhs. The club also had a successful Canada Day, hosting a pancake breakfast and hot dog BBQ at Tea Hill Park. We appreciate everyone who sup-

ported us on Canada Day.

Starting from September 25 until October 30, we will be selling our delicious apple pies and bagged apples at our sales office on Mason Road. Sales will be held on Thursday, Friday, and Saturday

from 9am to 5pm - look for the flashing yellow lights off the roundabout in Stratford!

Our club welcomes new members, and anyone interested in doing community service work is encouraged to contact any Lions member (or call Avery at 902-569-2409). The Stratford and Area Lions Club extends its gratitude to everyone who supported us in our projects. Your help has enabled us to make many donations, including \$4000 to QEH and \$2000 to the IWK.

Thank you again.

Respectfully submitted by Avery and Marlene Blaxland

STRATFORD BUSINESS



Trilogy Wellness Centre celebrates its first year supporting island Veterans and their families

WELLNESS CENTRE one-year anniversa-

ry of the opening of Trilogy Wellness Centre in Stratford, a health and wellness clinic that provides services and care to Island Veterans and their familv members.

Trilogy, was founded by Sarah Carr (psychologist), Mandy Fraser (psychotherapist/physiotherapist), Chris Johnston (occupational therapist) in 2023. Trilogy was founded

on a commitment to provide mental health services to Veterans and their family members with as little wait-time as possible so that their needs could be met in real-time.

Supporting the mandate of Veterans Affairs Canada's "Veteran and Families Well Being" program, Trilogy offers urgent and semi-urgent walk-in mental health services for any Island Veteran or family member at no cost. Trilogy also offers peer support from retired Veterans and system navigation to assist with the administrative process of getting access to and approval for services.

The founders are extremely encour-



STRATFORD BUSINESS

The Town of Stratford is pleased to welcome many new businesses over the past few months. Please support businesses in our community whenever you get a chance as you shop, play, and explore!

- A&W
- Mel's Stratford
- Stratford Occupational Therapy

BUSINESS COMMUNITY

Please join us on Friday, September 27 between noon and 1:30pm for a Business Mixer with the Greater Charlottetown Area Chamber of Commerce. All Stratford businesses are invited regardless of membership status with the GCACC. Hope to see you there!

aged after reflecting on their first year of operation; seeing the number of people accessing services grow each month. They look forward to continuing to meet and assist Island Veterans and families with their mental health needs!

For more information, please visit trilogypei.ca or email info@trilogypei.ca.

COMMUNITY GROUPS

> Go!PEI



A community-based program that

encourages Islanders to get active and eat healthy! Go!PEI provides programming in all 7 partnered communities across Prince Edward Island to support Islanders in making a healthy lifestyle change. The five main pillars of Go!PEI include walking, running, biking, hiking and healthy eating. We are currently recruiting volunteers who wish to get involved with GO PEI in program delivery. Please contact Rachel Arsenault at rarsenault@town-ofstratford.ca

> Big Brothers Big Sisters of PEI



Big Brothers Big Sisters PEI is actively looking for mentors. We have a number of children & youth in the Stratford area that are waiting for a mentor like YOU! It takes little to be a Big! With just a few hours a month you can make a BIG impact in the life of child. We provide the training, on-going support, and group outings/events. Mentors do things that friends do, like play games, go to the park, and just hang out.

Who Can Volunteer?

Anyone (18+) with a caring heart and a bit of time to spare! Our volunteers come from all walks of life, united by a common goal: to positively impact the lives of young people in PEI! You could be the next mentor! Questions about becoming involved?! Give us a

call or email myron.yates@bigbrothersbigsisters.ca for more information.

> Stratford Community School



Need some excitement in your life?

TAKE A

COURSE!

What are you excited to learn this fall? The 2024 Stratford Community Classes will be held at Stratford Elementary School on Wednesday evenings, starting September 18th. Registration begins at 5:00 and classes start at 6:30. There is something for everyone. Classes include Guitar (beginner, intermediate and jam), Ukulele, Knitting, Line dancing, Pickle ball, Estate planning, Genealogy, Irish set dancing, Home maintenance, Spanish, Rug hooking, Sewing, Cross stitch and Mental Health Fitness. Updates on new courses will be posted on the Town of Stratford's website and the PEI Community School website at www.peicommunityschools. com

Anyone interested in teaching a course, volunteering, or looking for information please contact Kathy Livingstone 902-393-0737.

> Canadian Tire Jump Start



Canadian Tire Jump Jumpstart. Start is a charitable

program created by the Canadian Tire Jump Start Charities to help kids in need (ages 4 to 18), participate in organized sport and recreation programs. Canadian Tire Jump Start helps by providing funds to help offset the cost of registration fees and equipment for recreation like swim passes, bowling passes, dance lessons, Scouts and Girl Guides, etc.

To apply, please contact one of the following organizations: Kidsport PEI at (902) 368-4110 or Recreation PEI at (902) 892-6445 or visit http://jumpstart.canadiantire.ca/en.html

> Kidsport Fund



The Kidsport Fund is a pro-

gram offered through Sport PEI to ensure that no child is left out of organized sport due to lack of finances. For more information or to apply, call 902-368-4110 or 1-800-247-6712. Visit http://www.kidsportcanada.ca/prince-edward-island/ or drop into the Sport PEI Office at 40, Enman Crescent in Charlottetown.

> Special Olympics PEI





Special Olympics PEI is a non-profit, charitable, sport organization. We provide year-round opportunities for individuals with an intellectual disability to participate in sport. Programs are available for athletes of all ages (starting as young as 2 years old) and abilities, in either the Community Sport Program stream (non-competitive) or the Competitive Sport Program stream (various sports offered). If you or someone you know is interested in getting involved as an athlete, coach or volunteer, or for more information, contact us at our Charlottetown office at (902) 368-8919 or by email at sopei@sopei.com or check out our website at www.sopei.

StratfordScout Group

com.

It starts with Scouts.

Our mission is to help develop well rounded youth and better prepare them for success in the world. We do this by following the Scout Method which uses non-formal educational methods to engage youth in the process of their own development, giving them program activities, guidance, and tools to help them become self-reliant, confident, caring, responsible and committed to the world around them. For more information, please

COMMUNITY GROUPS

visit www.scouts.ca or contact Steve Ellis at peislander1@hotmail.com or 902-218-4885.

We are also in need of volunteers to help at our meetings. If you have a love of the outdoors and/or a love of working with youth we would love to have you! To register a Scout or to volunteer visit: www.myscouts.ca

> Seniors College of Prince Edward Island

Are you a senior aged 50 or older? Are you interested in meeting new people and learning new things in a fun, safe space? Then Seniors College of Prince Edward Island is what you are looking for.

For the annual fee of \$170.00, you can become a member, and enjoy an unlimited array of live and online courses spanning three semesters. Registration for the next season of classes opens Wednesday, September 4, 2024, at 9:00 a.m. (we suggest that you set up your account well before that). It's easy. Just go to our website at: www.seniorscollege. ca to set up your account, see current course offerings, and then to register for courses. Questions? Contact us at seniorscollege@upei.ca. We will be happy to help you get started.



Support Group

Pulmonary fibrosis has a support group for anyone dealing with this disease.

We meet on the second Sunday of each month at 1pm at Stratford Town Centre. Please feel free to call 902-626-7014 for more information.

Mayflower Seniors Club

Many activities occur during the year in the Mayflower Room at the Robert Cotton Center. On Monday, there are crafts in the morning and lawn bowling in the afternoon. Tuesday is 45's in the afternoon. On Wednesday evening, the Lion's Club has cribbage. On Thursday, we have games at 1:30 p.m., and we offer a variety of board or card games. In the evening, Cliff Martin and a group have a guitar jam. Friday evening is crokinole and the Lion's Club holds a ceilidh every second Sunday of the month. In the fall, we hope to have Chair Yoga offered.

We are hoping to receive two grants from the Seniors' Secretariat. One of the grants will be used to go on two bus trips: one to the Western end of the island and the second to the Eastern end. These trips will be called Expedition West and Expedition East. The second grant will be used to put on a Wellness Clinic over two days. The Mayflower Senior's Club also holds a Christmas Lunch meeting in December.

All seniors aged 55+ are welcome to join our club.



> Stratford Community Fridge

The Stratford Community Fridge is operated by Gifts from the Heart with current operating hours for donations and use from Monday to Friday, 9am to 5pm (subject to change). Please inquire about volunteering or other related questions to (902) 628-6871.



HEALTH & WELLNESS



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The Stratford Community Seniors Complex, located on Mutch Drive, is owned and operated by the Town of Stratford, through an operating agreement with CMHC. The building includes 15 apartment units which are rented to low-income seniors. The Town maintains an active wait list which is used when units become available. The application form is available on the Town's website or by email koconnell@town ofstratford.ca.



> Island Karate Club



Island Karate Club recently participated in the Atlantic Karate Tournament, which was held in Charlottetown, PEI. We had 17 competitors bringing back 26 medals in total. Congratulations to all our members who competed.

The Island Karate Club will be accepting new members for the months of September and October. Classes are Monday and Thursday nights and held at Our Lady of the Assumption Parish Hall. Please contact us for exact times as they are based on age and karate experience. For more information, please contact Sensei Kirk Dalziel at kdalziel@upei.ca or check out our Facebook page, Island Karate Club, or our website www.Islandkarate.com.

> Chair Yoga/Stretch & Tone

Get stronger and more flexible to do the things you love to do. Includes strength, balance, flexibility, mobility, endurance, and coordination training using body weight and light equipment. Includes yoga flow/seated and standing movements (bring your own stretch band). Open to VPs (vintage persons). To register, please contact Joan at 902-213-6187 or email her at bfitjv42@icloud.com.

Tuesdays at 10:50am

Session 1: starts October 1, 2024 Session 2: starts November 5, 2024 Session 3: starts December 3, 2024

> 20/20/20 (cardio/strength/stretch)

20 minutes each of cardio, strength and stretch. Have fun doing low impact moves to music, followed by total body strength, mobility and balance training using light equipment. Ends with total body stretch to relax and improve flexibility (bring your own stretch band and mat). Open to active VPs (vintage persons). To register, please contact Joan at 902-213-6187 or email her at bfitjv42@icloud.com.

Tuesdays at 9:30am

Session 1: starts October 1, 2024 Session 2: starts November 5, 2024 Session 3: starts December 3, 2024

> Cardio Pump

Low Impact Party – move to music! You'll get an amazing fun cardio work-



out followed by total body strength, mobility and balance training using bands, dumb bells, and small balls (bring your own stretch band and mat). Geared toward active VPs (vintage persons). To register, please contact Joan at 902-213-6187 or email her at bfitiv42@icloud.com.

Thursdays at 9:30am

Session 1: starts October 3, 2024 Session 2: starts November 7, 2024 Session 3: starts December 5, 2024

> Gentle Flow Yoga/Stretch

A relaxing form of Hatha Yoga to increase flexibility, balance, mobility, and functional strength. Focus on breath with movement to bring mind and body together. Includes mat warm up and standing flow (bring your own mat). All levels. To register, please contact Joan at 902-213-6187 or email her at bfitjv42@icloud.com.

Thursdays at 10:45am

Session 1: starts October 3, 2024 Session 2: starts November 7, 2024 Session 3: starts December 5, 2024

HEALTH & WELLNESS

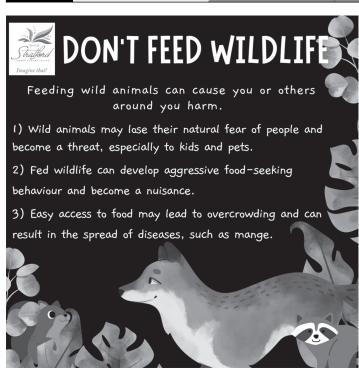
> Privateers Football Club

The Privateers Football
Club fields numerous
teams playing tackle football in U12,
U14, U16, and
U18 divisions.
The Privateers

tackle program includes youth from the Charlottetown and Stratford areas. Each of the teams has a knowledgeable and caring coaching staff dedicated to, not only teaching sport specific skills, but valuable life lessons such as teamwork, leadership, and self-confidence. To register or for further information, please visit FootballPEI.ca/members/ Charlottetown/.







WHY DO I NEED TO LEASH MY DOG?

Great question - and the simplest answer is it's not JUST about YOUR dog.

- Other dogs you meet may be reactive, in training, nervous, be service dogs, or have other behaviour or medical reasons. Some dogs just simply don't like other dogs but are still great dogs (just like us people).
- Not all people are 'dog' people whether kids or adults, not everyone
 wants to meet your dog, or is comfortable around dogs. Some may have
 experienced traumatic dog encounters in the past, or just not have
 grown up with dogs around.
- No matter how well trained you think your dog is, distractions happen.
 Whether wildlife distractions, runners or bikers, noises, smells or other things, all dogs can take off from you. They may run out into traffic, eat something they shouldn't have or encounter another animal, wild or not.

*Remember: dogs are ONLY permitted off leash on the dog owners property or in the dog park. Dogs are <u>not</u> permitted on any Town sports fields at any time.





YOUR TOWN OF STRATFORD QUICK REFERENCE GUIDE

			NOTES
INQUIRY	WHO SHOULD YOU CALL	CONTACT INFO	NOTES
Road Repairs & conditions, snowplow inquiries, report damage caused by a snowplow, culvert and ditch inquires	Provincial Government - Department of Transportation and Infrastructure	902-368-4770 or email roads@gov.pe.ca	Roads, ditches, and sides of roads are owned and operated by the province (D.O.T.) (excludes private roads)
Wildlife Related Inquires	Provincial Government - Department of Environment, Energy and Climate Action, Forests, Fish and Wildlife Division	902-368-5000 and select option 3	The Town of Stratford staff is not trained in wildlife removal
Public Transit Services and Schedules	T3 Transit	902-566-9962	Passes can be purchased in Stratford at: Murphy's Pharmacy, Shoppers Drug Mart, and the Town of Stratford main office
Garbage Collection inquiries and to request garbage bins	Island Waste Management (IWMC)	1-888-280-8111	
Animal Control	PEI Humane Society	902-892-1190	
Safety concerns, speeding, noise issues, open burning, and trespassing	RCMP	902-367-9300	Please call the RCMP when the situation is happening. Provide helpful information such as; License plate numbers, vehicle descriptions, name of company on a vehicle, house numbers, specific times and locations.
Program Registration, Facility Bookings and gym inquiries	Town of Stratford - Recreation Department	902-569-6250	
Stratford's Public Library	Provincial Government - Stratford Public Library	902-569-7441	
Utility Bill Inquires and Payments	Town of Stratford - Finance Department	902-367-3228 or 902-569-6258	
Building Permits and Inquiries	Town of Stratford - Planning Department	902-569-6255	
Maintenance inquires related to: Parks, Trails and Outdoor Rinks	Town of Stratford - Recreation Department	902-626-6834	
Property Tax Inquiries	The Provincial Government - Property and Land Taxes Office	902-368-4070	
Streetlight not Working	Maritime Electric	1-800-670-1012 and select option 5	All streetlight poles are numbered. This number is required when reporting an issue
Requests for additional streetlights	Town of Stratford - Public Works Department		To request additional street lighting, you are required to submit a Request for Decision Form, located on the Town's website.
School Related Inquiries	Public School Branch, PEI	902-368-6990	Although the Town and the Public Schools Branch are in the same building, they are separate offices
Pesticide Spraying Inquires	Provincial Government - Department of Environment, Energy and Climate Action		
Temporary Speed Hump Requests	Town of Stratford - Public Works Department		Residents are required to submit these requests in writing. Please provide reason for the request, name, address and phone number
Permanent Speed Hump Requests	Town of Stratford - Public Works Department		
Manhole - Grated Covers	Provincial Government - D.O.T.	902-368-4770	Managed by Provincial Government - D.O.T.
Manhole - Solid Covers	Town of Stratford Water and Sewer Utility	902-940-2189	Managed by Town of Stratford Water and Sewer Utility
Crosswalks lights and traffic lights	Provincial Government - D.O.T.	902-368-4770	Please contact department directly to report issues.







Volunteer on a Town of Stratford Committee

Stratford

Imagine that!

This fall, we will be accepting applications to all of our committees and we encourage you to apply to serve on a Town of Stratford Committee.



Here's how you can help make a difference in our Town:

- Provide advice and recommendations to Stratford Town Council.
- Actively participate in the Town's decision-making and help shape the future of our community.
- Offer resident perspectives.
- · Carry out functions at events.

Opening: September 5, 2024

OLUNTEER

Eligible to all Stratford residents. No previous experience required.

> Two year term beginning December 1

Visit our website to learn more and apply by October 21, 2024. If you have any questions, please email info@townofstratford.ca or call (902) 569-6921.

We look forward to receiving your application!