

Municipality of the District of St. Mary's & St. Mary's Recreation Department

November 2009 Newsletter

www.saint-marys.ca

The DEADLINE to have information submitted for the DECEMBER issue of the NEWSLETTER is THURSDAY, NOVEMBER 19th, 2009 at 4:00 p.m. Submissions can be received by fax: 522-2309 or email: to council@munet.ns.ca Subject line must read NEWSLETTER SUBMISSION. Also please note that we reserve the right to edit any and all submissions to this newsletter.

ECUM SECUM FIRE HALL

THE ECUM SECUM FIRE HALL HAS RESUMED THEIR WEEKLY CARDS PARTIES. EVERY TUESDAY EVENING AT 7:30 PM. ALL ARE WELCOME.



Christmas Bazaar

A Christmas Bazaar will be held Nov. 7th. from 11a.m. to 2 p.m. at St. Barnabas Church Hall, Ecum Secum. There will also be a bake table and fudge sale.

Lunch of chicken burgers and drink \$3.00 or hotdog and drink \$2.00 will be sold. Proceeds for St. Barnabas Altar Guild.

Turkey Supper

The Parish of Liscomb & Port Bickerton will be sponsoring their annual turkey supper November 7th, 2009 4-6pm at the Lions Community Centre, Sherbrooke. Adults \$10.00, Children \$5.00.

Everyone welcome!

Did you Know?

The flicker is an edge dweller. This habitat, the brushy fringe of a woodland opening, is ideal for the only ground eating woodpecker. It uses the trees for drumming, roosting, nesting, and cover and the open area for foraging for ants, beetles and other insects.



St. Mary's Naturalists Club

Lions Masquerade Dance

Saturday Oct. 31st 9:30 pm – 1:00am

Lion's Hall, Sherbrooke

Music By: The Fuzz Petals

1st Prize - \$ 150

2nd Prize - \$75

3rd Prize - \$50



Admission is \$10 per person
Government ID's upon request

Royal Canadian Legion Branch #56 Sherbrooke



On November 11th at 11:00 am, a Remembrance Day Service will be held indoors at the Presbyterian Church in Sherbrooke. Everyone is encouraged to attend the service and pay tribute to the brave men and women who have served our Country in the past and to show support for those who are presently serving.

For further information or to order wreaths, please contact

Gregor Lambourne 522-2797
or Kelly Kaiser 522-2553

911 Civic Numbering

The Municipality of St. Mary's has duly passed a bylaw requiring the necessity of displaying civic numbers on buildings and driveways.

The civic numbers are for your protection. The bylaw recommends a standard for the civic numbers if you do not know your civic address number please contact the Building Inspector. Copies of the bylaw are available at the Municipal Office.



Bridge Play or Learn

Bridge in the Common Room at Maple Manor
Saturday Afternoons from 2 pm – 4 pm
starting October 24th.

Beginner and Intermediate instruction if
requested

Call Peter at 522-2960 for more information.

Indian Harbour Lake Pentecostal Church November Worship & Activities

Sunday

9:45 am Sunday School classes for children & adults

11:00 am Morning Worship

Sunday November 15th – 11:00 am Operation Christmas

Child Shoebox Dedication Service

6:30 pm Prayer & Praise – November 15th

Weekday Activities

Wednesdays 3:00 – 4:30 pm Tweens (Ages 8-12)

Friday Nov. 6 & 20th 7:00pm Youth Group (Ages 13-19)

All are Welcome!

For more information contact Pastor Dave Connolly at

522-2759 or visit our website

www.ihlpentecostalchurch.ca



Variety Concert

*A variety concert will be held
Saturday November 7th at 7 pm
at the*

St. Mary's River – Sonora Community Centre.

All proceeds will go to the

St. Mary's River Church Restoration Project.

Admission \$5.00

Everyone Welcome

Chinese Buffet Supper

Chinese Buffet Supper will be held at the
East River Fire Hall on Saturday Nov 7th
from 4 – 6pm. Adults-\$12, Students over
12-\$5, Students under 12-\$3, Preschool-
Free. Take-outs Available.

Everyone Welcome!

Sponsored by Kirk Church UCW member.



MEMO TO FOOT CARE CLIENTS



In an effort to continue to provide high
quality foot care to the residents of the
Municipality of St. Mary's, the following changes
have been made.

Foot Clinics have been centralized to decrease the
travel and setup time for the nurses. This will allow
more time to do actual foot care.

Scheduled appointments will decrease the wait
times and allow the nurse enough time to do a
complete assessment of your feet and provide the
appropriate care.

The schedule for the next foot clinics is listed
below. **By appointment only. 522-2882.**

Monday-November 30/09

7:30am-2:30 pm – Greenfield Sports Centre,
Melrose

Tuesday – December 1/09

8:00 – 10:40 am – Community Centre, Port
Bickerton

12:45 – 2:25 pm – Seniors Club, Ecum Secum

Wednesday – December 2/09

7:30-2:30 – Maple Manor, Sherbrooke



Goshen Community Centre

Flea Market & Craft Sale.....

Saturday, November 7th from 11:00-12:30

To book a table call: Jean 783-2411 or

Marie 783-2325. Tables are \$5.00 each.

Prize Bingo

The Staff of the Port Bickerton Lighthouse Project
are holding their annual Prize Bingo on November
21st at 2pm

Anyone wishing to donate prizes please contact:

Colleen Kaiser – 364-2024

Patsy Horton – 364-2519

Darlene Burns – 364-2029



Transfer Station

The winter hours for the Transfer Station will be
from 9am – 4pm Tuesday – Saturday. starting
November 3rd 2009.

Closed Remembrance Day November 11/09

Port Bickerton Women's Institute News

Seniors Party will be held on November 28th, due to the Christmas activities in Sherbrooke Village. Seniors of District 8 and Port Hilford should mark this on your calendars. Invitations will be delivered in November.

BUILDING INSPECTOR

AFTER OCTOBER 23 ALEX SUTHERLAND
CAN BE CONTACTED ANYTIME AT HOME
783-2445 UNTIL MAY 2010

Christmas Concert

The annual Christmas Concert will be held in the Stormont Union Church, Stormont, on Saturday December 19th at 7 pm.

Season Greetings!



Christmas Bake Sale

St. Mary's Senior Club will be holding their Annual Christmas Bake Sale and Fancy Table in the Common Room of Maple Manor at 2 PM. on November 14th.

Royal Can. Legion Br. #86 Liscomb

The start of this year's Poppy campaign is Oct. 30th. Please wear a poppy showing your support of our Veterans.

Wed., Nov. 11th REMEMBRANCE DAY
- LEST WE FORGET!

Church Service at St. Lukes Anglican Church at 9:30 am (Liscomb) followed by Remembrance Day ceremonies at the Legion in Spanish Ship Bay.

Wreaths are available from Connie Nauffts (779-2780) or from the Legion (779-2006).

Sat., Nov. 14th CRIBBAGE TOURNAMENT

2:00 pm to 8:00 pm. \$10.00 per person (includes meal). Total of 16 games (8 games/supper/8 games)

Cash Prizes for 1st, 2nd and 3rd places.



Royal Can. Legion Br. #86 Cont...

Tues., Nov. 24th SENIORS DINNER

Bingo starts at 2:00 pm and dinner will be served afterwards. All seniors are welcome!!

Weekly card parties: Auction 45's on Thursday at 8:00 pm and Cribbage on Saturday at 8:00pm

Note: **Cribbage on Oct. 31st has been rescheduled to Friday, Oct. 30th due to Halloween.**

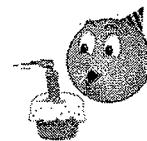
Thurs., Dec. 31st - New Year's Eve Dance
(watch for details shortly)

The shuffleboard fall league has been cancelled.

HELLO FROM HIGH-CREST!

Our residents celebrating birthdays this month are:

Mary Janet MacDonald	Nov 3 rd
Daisy Fraser	Nov. 26 th
Hugh MacDonald	Nov. 26 th



Our Homebuddies Monthly Bingo/Birthday Party will be held on November 16 at 1:15. Everyone is welcome.

On Friday November 6th we will be having our Yearly Memorial Service. This is an afternoon dedicated to residents that have passed away through the year. After the service tea and sweets will be served. The Memorial Service will start at 2:00 p.m.

On Friday December 4th we will be having our Annual Christmas Tea & Sale. We hope that you will drop by for some tea & sweets and a visit! The Homebuddies will be having their delicious bake table set up. We look forward to your visit. The Tea will start at 1:30 p.m.



80th Birthday

In honour of Helen Hewitt's 80th Birthday, her family request the pleasure of your company at an Open House. The open house is planned for Saturday, November 7th, 2009 at the Indian Harbour Lake/Jordanville Community Center from 2-4 pm. Best wishes only.

Christmas Penny Auction

Ecum Secum Fire Hall, Saturday November 21st at 7:00 pm.

All proceeds to go to the grade 10 students from Liscomb to Ecum Secum area that are attending the Quebec French Trip.

Country Harbour Gun Club Events

Oct. 31 – Halloween Breakfast

Time – 8:30 – 10:30

Adult- \$6.00 Children - \$3.00



Nov. 7 – Benefit Dance for Luella Gay

Time – 9:00 – 1:00

Nov. 29 – Christmas Prize Bingo

Starting at 2:00 pm

Permanent/Full Time Administrative Assistant

The Municipality of St. Mary's is seeking a person for the position of Full Time Administrative Assistant.

The successful applicant will be responsible for general administrative duties. Duties include but are not limited to: public relations, telephone, processing tax, sewer and water payments/billings, filing, etc.

A general job description is available at the Municipal Office in Sherbrooke. Salary to be negotiated, 35 hrs. a week.

Application by resume and cover letter along with references will be accepted until 4pm, Nov. 12 2009.

Applications accepted by:

Fax: (902) 522-2309, Mail: PO Box 296

Sherbrooke, B0J 3C0, Email: council@mUNET.ns.ca

or in person: 8:30-4:00 pm, Monday – Friday.



St. Mary's Lions Bingo

Wednesday evenings at 7:45 pm
at the

St. Mary's Lions Hall in Sherbrooke.

St. Marys-Sonora Centre

We would like to thank all that gave and donated gifts to the penny auction that we had. We took in \$533.00. Our next penny auction will be held early in the new year.

Our next meeting will be on Nov 2nd at 7pm.

There will be a Pot luck supper on Nov. 14th from 4-6 pm cost \$8.00 under 12 \$4.00

See you there



Flea Market

(Final One for 2009)



Where: Royal Cdn. Legion, Spanish Ship Bay

Time: 10 am to 12 pm

Date: Saturday, October 31st

Tables: \$5 each Please call Cheryl at 779-2677 if you would like to join us.

Admission: 50 cents at the door (Kids under 12 free)

*Lots of Treasures
Baked Goods*

Heart Health Sessions

St. Mary's Memorial Hospital Diabetic and Nutrition Clinics are hosting HEART HEALTH SESSIONS on Wednesdays from 1-2:30 p.m.

October 28th – Weight Control and Healthy Eating.

November 4th – Diabetic Diet - What is new???

Call Pam or Barb to register
522-2882

Marie Joseph Community Centre

Nov.6 – Fun darts at 8 pm. Dart League will begin later if there is enough interest. Come play or sign up for the Dart League on Nov 6, 19 years and Older.

Nov. 16 – Penny Auction and Walk 7 pm.
Everyone Welcome

Nov. 29 – Xmas Merchandise Bingo 2 pm.

Sherbrooke Library

CHATLINE

Sherbrooke Library 40th Anniversary Celebration:

We had a wonderful turnout for the 40th Anniversary celebration on October 10th. Our thanks goes out to the community for all the support and good wishes. There are still some books in the back room for anyone interested in our on-going **Book Sale**.



Sherbrooke Library Book Club:

The Sherbrooke Library Book Club meets on the first Thursday of each month. The next meeting will be on November 5, 2009, from 1-2 pm. Participants can present a book of their choice to discuss (without giving away the ending) or just come to listen.

Closed Wednesday, November 11, 2009:

The Library and C@P Site will be closed on Wednesday, November 11, 2009 for Remembrance Day.

Share A Book Build A Community:

From October 15 to November 30, 2009, you can make a donation to the Eastern Counties Regional Library and EnCana Corporation will match it up to a Maximum of \$ 6000. Every donation qualifies to win a prize.

Storytime:

Storytime for preschool children will begin on Thursdays at 10:30 am. Join us for stories, games, songs and crafts. To register your child, please call Sherbrooke Library at 522-2180.

Senior's Café:

Drop in for coffee and fun at Senior's Café on Friday mornings from 9:30 – 10:30.

Sherbrooke Library & C@P Site

Monday.....2-5 & 6-8pm
 Tuesday.....2-5 & 6-8pm
 Wednesday.....2-5 & 6-8pm
 Thursday..... 2-5pm
 Friday.....10:30am-4pm
 Saturday.....11am-2pm

Telephone: 522-2180
www.ecrl.library.ns.ca

INDIAN HARBOUR LAKE-JORDANVILLE COMMUNITY CENTRE

AUCTION 45'S EVERY TUES. EVENING AT 8 PM,
LIGHT LUNCH SERVED.

NEXT HALL MEETING ON MON. NOV. 9 AT 6:30.
EVERYONE WELCOME

GUYSBOROUGH ~ SHEET HARBOUR CONSTITUENCY ASSOCIATION

Annual General Meeting and Chowder Luncheon for the Guysborough - Sheet Harbour NDP Association, Saturday, November 21, 2009, from 12:00 noon to 2:00 p.m. at the Indian Harbour Lake/Jordanville Community Center.

Featuring, Guest Speaker, Hon. Sterling Belliveau, Nova Scotia Minister of Fisheries.

Also, Hon. Jim Boudreau, MLA Guysborough – Sheet Harbour.

For More Information and to book tickets please call 1-800-465-7575

or 364-2232. Cost for the Luncheon is only \$10.00.

Everyone Welcome.

Skating Club

The St. Mary's skating club will be starting November 4, 2009

3 – 5 pm Figure Skating \$250.00

5 – 6 pm Can Skate \$100.00

We will accept registration on the first night.

The New Coach is Karey-Beth Delorey from Larry's River.

Volunteers needed for the Can Skate program please call Debbie Bingley.



Preventing Falls Together is a program of Community Links funded by the Nova Scotia Department of Health Promotion and Protection. Preventing Falls Together works to build the capacity of organizations working with seniors to make falls prevention a part of their policies, programs and activities. Regional Coalitions have been formed in all areas of Nova Scotia. These coalitions are made up of government, health promotion agencies, businesses and community volunteers.

The Guysborough PFT coalition would like to have a representative from the St. Mary's area if possible as this would help reach more seniors in Guysborough County.

About one in three seniors will suffer a fall this year. In Nova Scotia, falls are the leading cause of injury-related death for people over age 65.



8th Annual Christmas Banquet

The Bethel Community Church South Lochaber will be having their annual Christmas Banquet, Friday December 11, 2009 at 6:30 pm

No Admission No Offering

KIDS FIRST



The Parent/Tot Drop-in takes place in Sherbrooke on Tuesdays from 9:30 to 11:30AM at the St. Mary's Education Center. Drop-in is open to all parents/caregivers and children ages 0-6 years. This is a family centered program which provides a safe and welcoming environment for adults and children to come together to play and learn. A great opportunity to meet other families with young children in your area.

Just Me & My Friends School Readiness program will be taking registration for children turning four on or before December 31/09 in the St. Mary's district who will be registering for school in the fall of 2010. The children are to be dropped off at 9:30AM and picked up at 11:30AM and bring a healthy snack. This program gives the children some adjustment time away from their parents before entering school the next year. During our morning together, we will be having lots of fun while learning, sharing and playing. For more information about this program please call Paula toll free at 1-888-533-3881.

Marie Joseph Jump, Jiggle & Jive start on October 21st, 2009 from 10-11am and run for six weeks at the Marie Joseph Community Centre. This program is for all children ages 0-6 years. Join Dianne for an hour of physical play and music. All parents/caregivers will be required to stay and participate.

Goshen Community Centre – Any parents interested in programming at the Goshen community centre through Kids First are asked to call Paula at 533-3881 or toll free at 1-888-533-3881. Programs such as parent/tot drop-in, Jump, Jiggle & Jive, You Make the Difference parent/child interaction program or Nobody's Perfect Parent discussion group can be offered if there is enough interest.

Guysborough County Prenatal Nutrition Program is designed to support pregnant women and their babies up to six months of age. Supports include:

- Home Visits
- Nutritional Counseling/Support
- Milk & Nutritional Supplements
- Lending Library
- Breastfeeding Supports

Kids First Family Home Visitor Program is designed to help new parents with goal planning using a family-centered, strengths-based approach. The home visitor will provide emotional and practical supports, as well as role modeling, parenting information, and general health information. Referrals to other agencies and organizations who may be able to provide supports, assistance with family goal setting and achievement of these goals. Referrals for this program are through Public Health after the birth of the baby. For more

information about this program contact your local Public Health office or Kids First.

Volunteer - Kids First is currently looking for a volunteer board member from the St. Mary's area. This commitment would require one evening a month for a meeting in Antigonish or a conference call from home. All travel and childcare expenses would be covered by Kids First Association. Sitting on a volunteer board provides great experience and looks good on a resume too!! For more information call Paula at 1-888-533-3881.

For more information regarding Kids First or the programs, visit our website www.kids1st.ca All programs and services are free and confidential! For more information, please contact Kids First toll free at 1-888-533-3881.

Kids First programs are made possible through financial contributions from the Public Health Agency of Canada, the Nova Scotia Department of Community Services and by the generous donations by the general public.

Card of Thanks

We would like to thank everyone for your prayers, kindness and support during this challenging time. We are deeply touched and can't thank you enough for all you've done.

George & Lesley Brothers



Liscomb Volunteer Fire Department

The Liscomb Vol. Fire Dept.

would like to thank all those who helped make the Kevin Rudolph memorial ball tournament a success. To all the ball players, all those who worked in the canteen and donated food. The umpire and those who worked at the field a big thank-you. \$690.00 was raised at the canteen.

The monthly meeting of the Fire Dept. will be held Monday Oct. 26, at 6:30 pm.

Training Monday Nov. 9, at 6:30 pm.

ST. MARY'S RECREATION

Live it Everyday!

website: www.saint-marys.ca/recreation

Program Cancellations Notification

During the Fall and Winter months many St. Mary's Recreation Programs are cancelled due to weather conditions. St. Mary's Recreation office work hard to make sure every child will be safe, when traveling to and from programs. We do our best to notify all participants of cancellations during these conditions. Listed below are a few places/rules parents should be aware of to check during bad weather

- When school is cancelled all St. Mary's Recreation Programs are **cancelled**.
- Cancellations are listed on St. Mary's Recreation website www.saint-mary.ca/recreation
- Cancellations are called into CJFX and put on the radio and website
- Cancellations are called into the school and announced before kids leave for the day.
- You can contact the Recreation office at 522-2598 to get information on programs

If you have any questions, please contact the St. Mary's Recreation office at 522-2598. Hope everyone has a safe and active winter.



Heart& Stroke Walkabout is available at a C@P Site near you!

Walking is such an easy and fun activity but many people forget that it's great for your heart. You don't need an expensive membership or high-tech fitness equipment, just comfy shoes and a little motivation. With a little effort, you can make walking a part of your daily routine, and the best part is, anyone can do it.

Sherbrooke Library and Goshen C@P have pedometer kits available for loan out. If you would like to start a walking group and would like more information about the Walkabout Program, please contact Kristin Porter at 522-2598, or email kristin.porter@munet.ns.ca

This initiative is in partnership with:



NS Bikeways



The Nova Scotia Bikeways Project has evolved out of a series of bicycling summits where it became clear that our province is behind the curve on cycling infrastructure compared with other jurisdictions across North America.

Seeking a successful blueprint for bike networks, the Nova Scotia cycling community chose the Quebec model which is highlighted by the Route Verte system. This is a network of cycling routes comprising over 4,000 km that feed into thousands more km's of local pathways and commuter routes

Current Nova Scotia Bikeways Project is giving a series of presentations across the province on the opportunities provided by bikeways infrastructure for tourism expansion, experiential tourism, health and wellness and community development.

Guysborough County RDA will be holding a meeting on **Wednesday Nov 18th at 6:30pm in the Goldboro interpretive centre**. The purpose of this meeting is to generate enthusiasm in the idea of cycling as a tourism/transportation project and a local committee be formed to move forward. If you would like some more information about the meeting or NS Bikeways please contact either the St. Mary's Recreation Office 522-2598 or the GCRDA at 533-3731.

Soccer



It's been a rough fall season of soccer this year with all the weather problems we have been having. We hope to finish the soccer season off with a bang. The final Monday night is **October 26th at 6pm**. This will be followed by our Championship day on Halloween **Oct 31st from 10am - 2pm**. This will include games, skill competition, lunch and maybe some candy to get your Halloween off to a good start.

Over 30 Hockey 2009/10

Team Lists

Yellow
Mike McGinn
Fred Hirshfeild
Brian Harpell
Lonnie Jewers
Thane Jordan
Gary Mailman
Shawn Malloy
Steven Mahar
Donnie Myers
Ian Pye
Glen Terris
Jim Wells
Kevin Webster
Carl Kenndy

White
Ted Stevens
Melvin Burns
Randy Burns
Bud Cook
Robert Cook
Floyd Furlong
Jeff Jordan
Eddie Kaiser
Andy MacKay
Mike Mosher
Lawrence Rudolph
Jackie Strongman
Jeremy Stevens
Chris Snow
Kevin Harpell

Red
Scott Hudson
Brain Archibald
Geoff Cook
Chris Fraser
Todd Folz
Robbie Horton
Dana Jewers
John Langille
Dion McGrath
Graham Myers
Sean Mills
Shawn Noel
Larry Rudolph
Randy Turner

Blue
Geordie MacDonald
Joey Fenton
Michael Fleet
Blaine Harpell
Lawrence Keefe
Mark MacKinley
John G MacDonald
Terry Noel
Kevin Pye
Scott Smith
Chris Wilson
Melissa Frankland
Robbie Cook
Jody Hamper

Black
Richard Smith
Scott Beaver
Trevor Cruickshank
David Dunbar
Wayne Feltmate
Jasper Jordan
Danny Kirk
Craig MacDonald
Russell MacLaughlin
Keith Robinson
Terry Smith
Todd St. Louis
Adam Kenndy



Any player not listed on a team that is interested in playing please contact Kevin Pye

Schedule

Wednesday Nov 4

7:00pm Mike McGinn vs Ted Stevens
8:15pm Scott Hudson vs Georgie MacDonald

Wednesday Nov 11

7:00pm Mike McGinn vs Scott Hudson
8:15pm Georgie MacDonald vs Richard Smith

Wednesday Nov 18

7:00pm Ted Stevens vs Georgie MacDonald
8:15pm Richard Smith vs Scott Hudson

Wednesday Nov 25

7:00pm Ted Stevens vs Scott Hudson
8:15pm Richard Smith vs Mike McGinn

Friday Nov 6

7:00pm Richard Smith vs Mike McGinn
8:15pm Ted Stevens vs Scott Hudson

Friday Nov 13

7:00pm Mike McGinn vs Georgie MacDonald
8:15pm Richard Smith vs Ted Stevens

Friday Nov 20

7:00pm Scott Hudson vs Georgie MacDonald
8:15pm Mike McGinn vs Ted Stevens

Friday Nov 27

No Games

The schedule for 2009 will be posted on the St. Mary's Recreation page as well as posted at the rink.

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website: www.saint-marys.ca/recreation

Trailblazers

No child Left Inside



The trailblazers are coming!!! Starting in January the St. Mary's Recreation office teamed with the St. Mary's River Association and RDA will

be running an after school program open to children grades 4 – 7.

Trailblazer will involve a combination outdoor education, outdoor recreation and leadership development as part of our weekly programming. Programming will include such activities as: snowshoeing, snake day, angling, stargazing and geocaching.

Following along the Trailblazers slogan "No child left inside" the program will be Free to all children. They will be a maximum of 20 kids in the program due to the number of staff members. The club will run Tuesday's after school from when school let out until 5pm.

Registration forms will be sent home from school in mid-November and will be on a first come first server basis. If you have any questions about the program please contact the St. Mary's Recreation office at 522-2598.

Handheld GPS' are coming to St.Mary's Recreation

Have you ever wanted to learn the in's and out's of handheld GPS's? Have you thought about purchasing a GPS unit but wanted to try it out first? St.Mary's Recreation is in the process of acquiring handheld GPS' which will be available for loan-out. Intro to GPS/Geocaching Courses will be held throughout the Municipality in early 2010.

Active Transportation

Part Five of a Five Part Series

In Canada, only 1.2% of us walk to work compared to the Netherlands at 27%. When asked, 66% of Canadians said they would be willing to leave the car at home if proper infrastructure were put in place. As you can see, there is room for change.

The economic benefits of AT in transportation alone are decreased road maintenance costs, less costly infrastructure, less traffic congestion, decreased user costs and increased road safety.

The health benefits of AT include increased physical activity, reduced air pollution, decreased health care cost and increased road safety. By exercising moderately 30 minutes a day, you can reduce the risk of many illnesses. If you were to convert half of your "short trips (5km or less) to biking or walking, you would reduce Carbon Dioxide emissions by 250kg.

In Canada, the environmental cost of automobile use is estimated at \$14-36 billion per year. This includes damage to the environment and human health through air pollution, green house gas emissions, and noise. AT can help to contribute to national and global commitments to affect climate change/global warming. In addition, AT can help to prevent our green spaces from being turned into parking lots and roads that automobile dependant villages, towns and cities rely on.

Active Transportation is a simple answer to many of the problems we face. It can help cut health care costs, meet our Kyoto obligations, and create more sustainable, livable communities. Nearly every sector of our society and economy stands to gain by embracing and promoting AT.

For more information, or to discuss Active Transportation opportunities in your community, please contact Kristin Porter at 522-2598, or Kristin.porter@munet.ns.ca

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HOCKEY TIME KEEPERS

The Recreation Office is looking for timekeepers for the Over 30 hockey league. The Over 30 Hockey league games are held on Wednesday and Friday evening starting at 7pm and run until 9:30pm. If you are interested contact the Recreation office by email at brendon.smithson@saint-marys.ca or by phone 522-2598.

Goshen Fitness Class

Looking for something to do while the kids are at youth class? Well here it is, Fitness Fusion. It is a 1 hour aerobic class that includes warm up, cardio, weight exercises, ab work and stretching.

Start Date: Wednesday November 4th
Time: 7:00 – 8:00pm
Location: Goshen Community Centre
Cost: \$48 for 6 weeks
\$10 for drop-in
Instructor: Jackie Rogers

For more information on the class please contact Rochelle MacKenize at 783-2661. These classes are being sponsored by the St. Mary's Recreation Department.



Fitness Centre New Number

St. Mary's Academy has put in a new phone system, which has given the fitness centre a direct line. For any questions or information for the fitness centre please call **522-2715**. During closed hours you can contact the Recreation office

Quote

"Walking is man's best medicine"
-Greek physician Hippocrates

On-Going Recreation Activities

Spanish Lessons

Thursday 6pm
Port Bickerton Community Centre
Cost \$35 for 6 weeks
Learn, practice and expand your oral Spanish comprehension and expression

Taekwondo

Tuesday 6:30pm
St. Mary's Academy
Cost: \$55 for 8 week session
\$15 for insurance
\$55 for uniform if needed



Bootcamp

Wednesday 6:30pm
St. Mary's Education Centre
Cost \$2 per class
This workout takes your body to the limit, but most of all, you burn calories!



Tropical Dance

Thursday 7:15pm
Port Bickerton Community Centre
Cost: \$5
You'll have great fun, get into shape, and share lots of laughs



KickBoxing

Thursday 6:30pm
St. Mary's Education Centre
Cost \$2 per class
High-intensity cardiovascular workout packed with lots of punching and kicking



Yoga

Tuesday 5:30pm
Greenfield Oldsters Centre
Cost \$96 for 8 weeks
Great for the mind, body and soul



Speak Out

The St. Mary's District Lions Club invites you, the public, to attend their annual "Speak Out" – (Public Speaking Competition) for St. Mary's Academy students. The Place? – the Lions Hall in Sherbrooke on Tuesday Dec. 1/09 (Storm date Dec. 8/09) at 7 pm. You will appreciate how well the students can fulfill the commitment they made, and they will appreciate the support you show just by being there. A light lunch will be provided.

Mark the date on your calendar



St. Mary's Municipal Council

The next meeting of St. Mary's Municipal Council will be held on Monday, November 9, 2009 at 7:00 p.m. The public is invited to attend.

Goshen Community Centre

Variety Concert

Saturday, Nov. 14th, 7:30 – 9:00 pm

Silent Auction

Lunch served during intermission

Admission: \$5.00

Annual Christmas Tree Lighting

Sunday, Nov. 29th

Casserole Supper – 4:00 to 5:00

Admission to the supper –

Adults - \$8.00 Children under 12 - \$3.00

Santa Visit – 5:00 to 5:30

Tree Lighting and Caroling at 5:30



LED Holiday Light Exchange Program

Sunday, Nov. 29th from 4:00 to 5:30

A gesture from Nova Scotia Power to help you on your way to energy savings. Bring along two sets of old Christmas Lights and exchange them for one set of new LED Lights. Quantities are limited and provided on a first come, first serve basis.

Contact person: Jackie 783-2443

SHERBROOKE & AREA VOLUNTEER FIRE DEPT.

For Sale: Fire Truck

1985 C-60 in Good Condition

147,000 km 1000 Gal. Water Tank

3" PTO Pump. (400 gal/min)

\$2500.00

Phone – 522-2881 (Donnie or Chris)

Help for Homeowners with Electric Heat

Nova Scotia Power is providing funds toward an energy efficient program that helps low income individuals who own their homes and heat with electricity. To qualify, the total household (annual net) income must fall at or below the Statistics Canada Low Income Cut-offs (LICO). The home energy evaluation and upgrades are provided free of charge to the homeowner. All owner-occupied homes that meet the programs requirements are eligible.

For more information please contact:

NSPI Outreach Agent, Katherine Reed

1-877-434-2136

katherine.reed@nspower.ca

All inquiries are confidential, no obligation!

St. Mary's Minor Hockey

All hockey teams are moving forward and practices will begin the first week of November.

Below is the practice schedule

Wed. 6-7	Atoms
Thurs. 6-7	PeeWee
7-8	Bantum
8-9	Midget
Friday 6-7	Initiation



Officials Clinic

Oct 31/09

9-4 pm in council chambers

Please bring skates as there will be an on ice session. Any first year

officials fees will be covered by

St. Mary's Minor Hockey

For any information or questions please call

Brendon Smithson 522-2898



The 14th Year Celebrating
Old Fashioned Christmas
in Sherbrooke Village

Schedule: Subject to Change

Friday, November 27, 2009

Opening Night!

7pm Christmas Tree Lighting and Candlelight Procession beginning at Maple Manor and ending at the Performance Centre. Candles and glow sticks \$1.

7:45pm Carol Sing, Kidd Brothers Show, Visit from Santa Fireworks in Performance Area.
Free Event!

9-10:30pm Family Skate at the St. Mary's Recplex. Kids bring your own helmets! Free Event!

9pm-1am Karaoke Night at Lions Hall. IDs may be requested. \$8

Saturday, November 28, 2009

8:45 -11am Breakfast at the Lions Hall, by St. Mary's Academy Parent Teacher Group. \$8

9am-12pm Christmas Centerpiece Workshop. Pre-registration suggested, spaces limited \$15

9am-12pm Christmas Make & Take Card Workshop. \$2 per card Pre- registration suggested.

9am-12pm Christmas Shadow Box Workshop with Dawn Howard \$25 Pre-registration required

10am-4:30pm Kris Kringle's Craft Market at the Temperance Hall, Presbyterian Church
Basement & School House. Admission \$1

11:30am-2pm Luncheon catered by the HSVDS at the What Cheer Tea Room. \$7

1-2:30pm Wagon Rides through Sherbrooke Village. Free Event!

1-4pm Christmas Make & Take Card Workshop. \$2 per card Pre-registration suggested.

1-4pm Christmas Centerpiece Workshop. Pre-registration suggested, spaces limited \$15

1:30-3:30pm Christmas Shadow Box Workshop \$25. Pre-registration required.

2-4:30pm Victorian Tea at the Exhibit Centre. Reservations recommended. \$6

2:15-2:30pm Children's Scavenger Hunt at Brigley House. Free Event!

2:30-4pm Children's Craft Workshop at Brigley House. Pre registration required Ages 5 -12. \$6

4pm Groaning Board at the What Cheer Tea Room (1st sitting) Reservations required. \$24

4:30-6:30pm Jolly Christmas Time at the Information Centre.

6:30pm Groaning Board at the What Cheer Tea Room (2nd sitting) Reservations required. \$24

7:30pm Ceilidh at St. James Presbyterian Church. \$8

Sunday, November 29, 2009

8:45-11am Breakfast at the Lions Hall, by Kirk Memorial UCW. \$8

9am-12pm Christmas Centerpiece Workshop. Pre-registration suggested, spaces limited \$15

10am-4:30pm Kris Kringle's Craft Market at the Temperance Hall, Presbyterian Church
Basement & School House. Admission \$1

11:30am-2pm Luncheon catered by the HSVDS at the What Cheer Tea Room. \$7

1-2:30pm Family Scavenger Hunt beginning at the Information Centre. Children must be
accompanied by an adult. Free Event!

1-2:30pm Wagon Rides through Sherbrooke Village. Free Event!

1-4pm Christmas Centerpiece Workshop. Pre-registration suggested, spaces limited \$15

2-4:30pm Victorian Tea at the Exhibit Centre. Reservations recommended. \$6

2:30-4pm Children's Craft Workshop at Brigley House. Ages 5 to 12. \$6

7pm Ecumenical Choir Service at St. James Presbyterian Church with silver collection in
support of the St. Mary's Education Centre Breakfast Program.

Friday, December 4, 2009

7pm Dinner Theatre featuring The Harbour Players in "Heavenly Idol" at the Lion's Hall. Reservations required. \$27 per ticket

Saturday, December 5, 2009

8:45 -11am Breakfast at the Lions Hall, by St. Mary's Hospital Palliative Care Group. \$8
9am-12pm Christmas Make & Take Card Workshop with. \$2 per card. Pre-registration suggested.

10am-4:30pm Kris Kringle's Craft Market at the Temperance Hall, Presbyterian Church Basement & School. Admission \$1

11:30am-2pm Luncheon catered by the HSVDS at the What Cheer Tea Room. \$7

1-2:30pm Wagon Rides through Sherbrooke Village. Free!

1-4pm Christmas Make & Take Card Workshop. \$2 per card. Pre-registration suggested.

1-4pm House Tours. Passports available at the Company Store. \$7

1-4pm Christmas Wreath Making Workshop at the Boat Shop. \$15

2-4:30pm Victorian Tea at the Exhibit Centre. Reservations recommended. \$6

2:15-2:30pm Children's Scavenger Hunt at Brigley House. Free!

4:30-6:30pm Jolly Christmas Time at the Information Centre.

7pm Dinner Theatre featuring The Harbour Players in "Heavenly Idol" at the Lion's Hall. Reservations required. \$27 per ticket

Sunday, December 6, 2009

8:45 -11am Breakfast at the Lions Hall, by St. Mary's Lions Club. \$8

10-11am Wagon Rides through Sherbrooke Village. Free!

10am-12pm Christmas Workshop, details to be announced.

10am-4:30pm Kris Kringle's Craft Market at the Temperance Hall, Presbyterian Church Basement & School. Admission \$1

11:30am-2pm Luncheon by the HSVDS at the What Cheer Tea Room. \$7

1-3pm Family Scavenger Hunt beginning at the Information Centre. Children must be accompanied by an adult. Free!

1-4pm House Tours. Passports available at the Company Store. \$7

2-4:30pm Victorian Tea at the Exhibit Centre. Reservations recommended. \$6

4:30-6:30pm Jolly Christmas Time at the Information Centre.

4-7pm Old Fashioned Baked Beans & Brown Bread at Sherbrooke Village Inn. Reservations recommended.

7:30pm Sunday Night Concert at St. James Presbyterian Church with John Gracie. \$12

Food bank donations accepted at all events.

For more information, call 522-2400 or toll-free 1-888-743-7845. Ask for Holly!

Visit our website at www.olderfashionedchristmas.ca