

Municipality of the District of St. Mary's and St. Mary's Recreation

# JULY 2009 - Newsletter

[www.saint-marys.ca](http://www.saint-marys.ca)

The **DEADLINE** to have information submitted for the **AUGUST** issue of the **NEWSLETTER** is **THURSDAY, JULY 23, 2009** at **4:00 P.M.** *Please Note: We reserve the right to edit any and all submissions to this newsletter.*

## St. Mary's Garden Club

The St. Mary's Garden Club would like to thank all those who purchased tickets on the Garden Ornaments package. The winner was Pauline Jordan, Little Liscomb.



A reminder that our annual flower shop will be held on August 14<sup>th</sup> and 15<sup>th</sup> at the Historic Sherbrooke Village Exhibit Centre. All entries are welcome!

Our next monthly meeting will be on Tuesday, July 14<sup>th</sup>. Have gardening questions? Got some gardening tips to share? Whether you are an amateur or expert gardener; a new or seasonal resident or somebody who just has an interest in gardening - hope to see you on the second Tuesday at 2:00 p.m. in the Historic Sherbrooke Village Boardroom.

## Royal Canadian Legion Branch #86 Liscomb

The regular monthly meetings for July and August have been canceled and our next meeting will be held on Wednesday, September 2<sup>nd</sup> at 7:00 p.m.

Our weekly card parties will continue — Thursday at 8 p.m. for Auction 45's and Saturday at 8pm for Cribbage. All welcome!

If you have any questions about membership or hall rental, please contact the Legion or any Legion member.

The hall will be open as usual throughout the summer to members and their guests. Enjoy a game of pool, shuffleboard, darts or a quiet game of cards.

The Royal Canadian Legion Br. #86 Liscomb will be the site of many Canada Day Activities and we're located in Spanish Ship Bay by the ballfield. See you there.



## FOOT CLINICS

The following is a schedule of Foot Clinics for the month of August!

### Tuesday, August 18, 2009:

8-10:30am	East River Fire Hall
11:30-2pm	Greenfield Centre, Melrose
2:45-3:30pm	Pentecostal Church, Lochaber
5:30-6:30pm	Community Centre, Sonora

### Wednesday, August 19, 2009:

8-10:30am	Community Centre, Bickerton
12:30-1:30pm	Seniors Club, Ecum Secum
3:30-6:30pm	Maple Manor, Sherbrooke

## Ecum Secum

## Volunteer Fire Dept.



The Ecum Secum Volunteer Fire Department "FUN DAYS" will be held August 14, 15, 16. Lots of fun and entertainment. Watch for notices for events.

## St. Barnabus Church Guild

St. Barnabus Church Guild Ecum Secum are hosting a "HOT AND COLD BUFFET" Supper, July 11<sup>th</sup>, 2009 from 4-6pm at St. Barnabus Church Hall. "Come and Enjoy"




## Lava Lava Island

Daily Vacation Bible School

To be held at the IHL Pentecostal Church from July 27<sup>th</sup> to 31<sup>st</sup> from 9:30 a.m. to 11:30 a.m. daily. All kids ages 4-12 are welcomed! Come join us for Games, Food, Crafts and a lot more fun!

## Marie Joseph Community Centre **FAMILY CAMPOUT**

July 18<sup>th</sup> and 19<sup>th</sup> from 6pm - 10am. Cost is \$15.00 per family and you must bring your own tent and accessories. **Includes:**  *Snacks, drinks, hotdogs, marshmallows, games, fireworks, and breakfast the next morning. Ice Cream and Glo Sticks for sale.*

All Children must be accompanied by a parent or guardian for the night. Any questions or to register call Dianne 347-2324 or Lori-Ann 347-2112. Everyone attending must register by July 16<sup>th</sup>.

Tickets are being sold on a lawn ornament. Campout goes on rain or shine - if raining we will be in the Community Centre.

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## Sonora/St. Mary's River Community Centre

We would like to thank everyone who bought and sold tickets for our lobster draw in May. A special thank-you goes to the fisherman of our community who so generously donate their lobsters every year. Winner of the draw was: *Ed Oliver of Port Bickerton.* *Congratulations!*

*There will be no monthly meeting for the summer. Next regular monthly meeting will be held on September 7<sup>th</sup> at 7:00 p.m.*

### **PLEASE DON'T LITTER:**

We would like to ask everyone to please pick up any trash that may have accumulated along the side of the road, and in the ditches. If each of us pick up the litter in front of our own properties, it would make a big difference. **THANK YOU!**

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## YARD SALES

Saturday, August 1<sup>st</sup> from 10:00 a.m. - 2:00 p.m. along Highway #211 from Stillwater to Port Hilford. Anyone taking part put out "Yard Sale" sign or balloons at the end of your driveway. **NO EARLY BIRDS.** Sales will start at 10:00 a.m.

## *Outdoor Volunteers Needed!*

Do you enjoy the outdoors, like working in the field, and have an interest in helping to protect natural places along the St. Mary's River? The Nova Scotia Nature Trust is looking for volunteer "Property Guardians" to help us monitor and care for the lands that we've helped to protect along the river.

The role of Property Guardians is to help to safeguard protected properties by watching for signs of activities, either man-made or natural, that may pose a threat to the property, and submitting reports of property visits to the Nature Trust. Property Guardians may also be interested in helping out in other ways, such as keeping a record of plant and animal species seen on a property protected by the Nature Trust.

If you are interested in getting involved, or would like further information, please contact Lauren Allen at [lauren@nsnt.ca](mailto:lauren@nsnt.ca) or 902-406-3320.

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## ***St. Mary's Pastoral Charge The United Church of Canada***

### Summer Worship Schedule

All are welcome! For more information please call 833-2920 or visit

[www.stmaryspastoralcharge.blogspot.com](http://www.stmaryspastoralcharge.blogspot.com)

### Sundays in July

July 5, 11am, Kirk in Glenelg  
July 12, 11am, Bethany in East River - St. Mary's  
July 19, 11am, St. John's in Sherbrooke  
July 26, 11am, Kirk in Glenelg

### Sundays in August

August 2, 11am, Bethany in East River - St. Mary's  
August 9, 11am, St. John's in Sherbrooke

### August 16, 23 and 30

9:30am, Kirk in Glenelg  
11am, Bethany in East River - St. Mary's  
7pm, St. John's in Sherbrooke

JAM Camp 2009 "Jesus And Me" Out On The Range ! A One Day Vacation Bible School at Bethany United Church, East River - St. Mary's, on Saturday, August 15, 9:30am!

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**CONGRATULATIONS GRADUATES 2009!**

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## Thank You:

We would like to thank our family and friends for making our 60<sup>th</sup> wedding anniversary so special. It was all a surprise, but made for a wonderful day. Thank you so much.

Ken & Joyce Mills

## DID YOU KNOW?.....

Some comets develop two tails - a blue one made of gas and a lighter one made of dust.

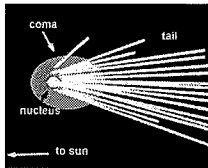


FIGURE 6  
Graphic demonstrating the many features of a bright comet. Note: tail is opposite sun; Note: tail streamers at 11 O' and 2:30 positions are dust trailing tails (anti-tail).

St. Mary's Naturalist Club

## CHAD MAHAR MEMORIAL "Ball Tournament"

This year's tournament will be held on the weekend on July 25<sup>th</sup> and 26<sup>th</sup>. All events at the Sonora Ballfield. Anyone interested in putting a team in is asked to contact Holly Gerrior at 522-2065. Please leave a message if there is no answer.



### NOTE:

Teams must consist of 3 (three) females and 7 (seven) males. All players **MUST** be 15 and over to play.

## ST. MARY'S RIVER ASSOCIATION

The following events are taking place at the St. Mary's River Association Interpretive Centre in July. Anyone wishing to donate items for our yard sale, call 522-2099 or drop items off at the Centre (8404 Hwy 7 Sherbrooke).

June 28, 2009 at 2:30 p.m. **AQUATIC INSECTS:** Presentation by Dr. Kurt Mueller followed by field trip to Archibald's Brook.

July 1, 2009 - **CANADA DAY YARD SALE** - Centre will open at 9 a.m. and sale will continue until 3pm. Lots of bargains! This is an annual fund raiser for the Center.

July 3, 2009 - **11:30 NATURALIST MEETING** - Everyone welcome!

July 7, 2009 - **ESTUARY FIELD TRIP** - Families will have the opportunity to explore and learn about creatures that live in the estuary.

July 11, 2009 - **SNAKES DAY** - Norma Mitchell will be bringing in several species of snakes and giving an educational talk.

July 21, 2009 - **Land use and forestry practices OPEN HOUSE**. This event will provide information on past and present forestry practices.

## Goshen Annual CANADA DAY CELEBRATIONS PARADE LINE UP:

Begins at 10:30 a.m. at the Goshen Fire Hall. Parade starts at 11:00 a.m. starts at the Fire Hall and ends at the Community Centre.



**All are invited to attend a short CANADA DAY PROGRAM, presentation of trophies and light refreshments at the community centre, following the parade.**

### TO PARTICIPATE CALL:

Angie 783-2196 or Darlene 783-2035

## Goshen C@P Site

### HOURS OF OPERATION

Monday to Friday

9:30am to 5:00pm

Free Computer and Internet Use  
Printing, Laminating, Binding, available!

### Drop in and Learn to make your own:

**Bookmarks**  
**Business Cards**  
**Letterheads**  
**Address Labels**  
**Calendars**  
**Posters**



### Also Offering one on one basic training with:

**Microsoft Office**  
**Internet Use and Research**  
**Setting up email, facebook, etc.**

Phone: (902) 783-2107 for more information!

# SHERBROOKE LIBRARY CHATLINE

## READ and Wii

**Kids** - thanks to the Recreation Office; the Sherbrooke Library and the RCMP Reading Club can offer Wii play as a reading reward. Kids 6-16 can join the reading club and each time 10 stamps are collected in their reading log will receive a coupon for time on the Wii. After 3 coupons are collected, a special guest pass will also be given to bring a friend to play. We have the sports games - baseball, tennis, bowling, and boxing as well as Dance, Dance Revolution and Guitar Hero. So read books and play at the Library.

**Sherbrooke Library Book Club** - The Sherbrooke Library Book Club will meet on the first Thursday of each month. The next meeting will be on July 2<sup>nd</sup>, 2009 from 1-2 p.m. Participants will present a book of their choice to discuss (without giving away the ending) or just come to listen.

**CLOSED** - July 1<sup>st</sup>, 2009: The Library and C@P Site will be closed on Wednesday, July 1<sup>st</sup>, 2009 CANADA DAY!

**Summer Reading Program** - The Summer Reading Program for children ages 6-12 will begin on Monday, July 6<sup>th</sup> from 6:30-7:30 p.m. and will continue for six weeks on Monday evenings. Come and enjoy some activities and crafts surrounded by "mystery".

**Watercolor Workshop** - On Friday, July 3, Ann Stone will be giving a WaterColor Workshop at the Sherbrooke Library from 10:30 - 12:00. Paints, brushes and paper will be provided. Please call the Library to register (522-2180).

### Sherbrooke Branch Library & C@P Site

Monday .....	2-5 and 6-8 pm
Tuesday .....	2-5 and 6-8 pm
Wednesday .....	2-5 and 6-8pm
Thursday .....	2-5pm
Friday .....	10:30am - 4pm
Saturday .....	11:00am - 2pm

Telephone: 522-2180  
[www.ecrl.library.ns.ca](http://www.ecrl.library.ns.ca)

## Port Bickerton Community Centre

**FLEA MARKET:** July 18, 2009 from 10am to 12 noon at the Port Bickerton Community Centre Club. Proceeds for the new fire hall/community centre. If anyone has articles they would like to donate please call Ardith 364-2967 for pick-up or the centre door will be open all day for drop off on July 17, 2009.

**NEXT CENTRE MEETING-** July 20<sup>th</sup> at 7:00 p.m.

**COOK BOOK:** Cook Book of Port Bickerton - pictures, stories and recipes can be emailed to [horton.rk@ns.sympatico.ca](mailto:horton.rk@ns.sympatico.ca) or dropped off at "On the Tickle". In order for this cook book to be ready for November, for gift giving at Christmas, please drop off your recipes as soon as possible. We would appreciate it very much.



Old Fashioned Christmas Dinner Theatre tickets will be going on sale July 2, at an early bird price of \$22 per ticket. Regular priced tickets will be \$27. Dinner Theatre will feature the Harbour Players and will be held on Friday December 4 and Saturday December 5, at 7 pm. To reserve tickets please call - 522-2400

For those of you interested in the Farmers markets. We will host them again on Thursdays beginning July 16 from 12:00 to 2:00 pm. This year they will be held in the Sherbrooke Village parking lot. See you there.



## St. Mary's Municipal Council

The next meeting of St. Mary's Municipal Council will be held on Monday, July 13, 2009 at 7:00 p.m. The public is invited to attend.



## SAFE DRIVING...Intersections:

many collisions are caused by drivers who run red lights or fail to yield right-of-way. Be extra alert and observant when approaching intersections. Watch for pedestrians and reckless drivers.

**Safe Driving: Aggressive Driving** Are you guilty of yelling, rude gesturing, tailgating, running red lights, or chasing other drivers? Learn Patience! Confronting angry drivers is not worth the risk or the stress!

*The Baptist Congregation of Port  
Hillford, Port Bickerton, and  
Sonora*

(Convention of Atlantic Baptist Churches)

*July Worship Services*

**Sunday, July 5:**

Sonora Baptist Church, 11:00 a.m.

Port Bickerton United Baptist Church, 7:00 p.m.

**Sunday, July 12:**

Port Hillford United Baptist Church, 11:00 a.m.

Sonora Baptist Church, 7:00 p.m.

**Sunday, July 19:**

Port Hillford United Baptist Church, 9:30 a.m.

Port Bickerton United Baptist Church, 11:00 a.m.

**Sunday, July 26:**

Sonora Baptist Church, 11:00 a.m.

Port Bickerton United Baptist Church, 7:00 p.m.

For more information, contact Pastor Norman Pearce  
at 522-2087 or [hbs.baptist@ns.sympatico.ca](mailto:hbs.baptist@ns.sympatico.ca).

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## *The Alpha Course Advance Notice*

The St. Mary's District Ministerial (representing five local denominations) will offer the **Alpha Course** again on Tuesday evenings in the fall of 2009, along with an "Alpha 2" course called A Life Worth Living. The Introductory Supper will be 6:15 PM, Sept. 15 at St. Mary's Education Centre. To register call 522-2759.

For information about **Alpha**, call 522-2087 or see [www.alphacanada.org](http://www.alphacanada.org) The **Alpha Course**: A practical introduction to the Christian faith and an opportunity to explore the meaning of life.

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## *Appreciation Gathering*

The communities of Port Bickerton, Fisherman's Harbour and Harpellville will be holding an Appreciation Gathering for Harv and Helen Taylor and their families, for the support they have given the communities over the years. Everyone Welcome!

Place: Port Bickerton Community Centre

Date: July 4<sup>th</sup>, 2009

Time: 2:00-4:00 p.m.

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# 911 Emergencies

A 911 emergency occurs when someone's health, safety or property is threatened and help is needed right away. People who abuse the system by placing calls that are not 911 emergencies can be charged and face serious penalties. All Nova Scotians have access to the 911 service regardless of their choice of telephone service provider. However, as new technologies evolve, for example, placing calls over the internet, it is important to ask your service provider how much such technology impacts your 911 service.

### **CALLING 911 FROM A CELLULAR PHONE:**

*A cell phone's mobility means it does not have a civic address. When you call 911 from a cell phone, it is extremely important that you know the location of the emergency and the cell phone number you are calling from. This information will help the 911 call taker connect you to the appropriate emergency response agency in that area.*

The following businesses and civic groups provide civic numbering signs: *Admiral Auto Glass (863-2188); LEVCO Fire and Safety Ltd. (867-1200); Tech Graffacts (364-2053).*

*For more information on civic numbering visit the Nova Scotia Emergency Measures website at [www.gov.ns.ca/emo](http://www.gov.ns.ca/emo).*

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## *St. Mary's Shooter's Association*

July 5<sup>th</sup>, 2009: Metallic Silhouette Shoot 9:00 a.m. to 3:00 p.m.

July 19<sup>th</sup>, 2009: SMSA Spinner Shoot #1, 22 handgun or rifle to spin targets at 25 yards, no semi-autos, cash prizes, Everyone Welcome! 9:00 a.m. to 3:00 p.m.

August 20<sup>th</sup>, 2009: Bench rest Shoot, Rifle and Pistol 100 yards and 25 yards. 9:00 a.m. - 3:00 p.m.

The public is welcome to shoot as our guests at any event. We have trained Range Safety Officers on site and liability insurance through The National Firearms Association.

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# Yoga For the Back

Get rid of backaches, tense shoulders and neck, stiff and sore muscles. Sign up for eight (8) sessions of 90 minutes. Starting July 13<sup>th</sup> - August 31<sup>st</sup> 2009. Once a week at the Port Bickerton Community Centre. Price: \$150 for eight (8) sessions. To register or for more information contact Shri Ajit Daniel Schiefer at 364-2046. Email at [yoga.fedaya@yahoo.ca](mailto:yoga.fedaya@yahoo.ca)



## Liscomb Volunteer Fire Department

Next monthly meeting will be held on Monday, June 29<sup>th</sup>, 6:30 p.m. at the Fire Hall.

Next training, July 13<sup>th</sup>, 2009 6:30 p.m. at the Fire Hall. Everyone welcome!

# Liscomb Canada Day

**Movie Night - Tuesday, June 30<sup>th</sup>, 2009**  
Liscomb Legion at 6:00 p.m. (All ages)

**July 1<sup>st</sup>, 2009 - Canada Day**

- 9:00 a.m. - 11:00 a.m.** .....  
Breakfast at the Liscomb Legion  
Adults \$6.00; Children under 12 \$3.00
- 11:00 a.m. - 12 noon** .....  
Children's Games & BBQ
- 12 noon - 1:00 p.m.** .....  
Firemans Competition (Ballfield)
- 1:00 p.m.** .....  
Penny Auction at the Legion



## HIGH CREST SHERBROOKE

Greetings from everyone at High-Crest! Hope you are enjoying the nice weather!

*We have 3 residents celebrating birthdays this month:*

<i>Lucy Pino</i>	<i>July 17<sup>th</sup></i>
<i>Frances Mason</i>	<i>July 20<sup>th</sup></i>
<i>Helen MacDonald</i>	<i>July 30<sup>th</sup></i>



The Homebuddies will be having the monthly Birthday party to celebrate on July 21 at 1:15, everyone is welcome to join in the fun!

On June 12<sup>th</sup> the Grade Four class from St. Mary's Education Center came to the Nursing Home for our Annual Alzheimer's Walk. Due to wet weather the children wheeled the residents up and down the halls. The children worked hard collecting their grand total of: \$765.50 All of the money collected goes to the Alzheimer's Association in Halifax. Thank you to all the children who worked so hard and to everyone who supported the children with donations! After the walk we all had hot dogs, pop, and ice cream. A good time was had by all. Grade Four Students.....You Rock!!

We also had the pleasure of having the Grade 2 & Grade 3 Students from the St. Mary's Education Center join us monthly for a program they named Grand friends. Once a month the children would come and read to the residents. We really looked forward to the children coming and the children really enjoyed spending time with the residents. I would like to wish the children a Safe and Happy Summer on behalf of all of us here at the Nursing Home and we really hope to see you all next year! You guys also Rock!

After putting a notice in the newsletter that I would be selling tickets to raise money for an electronic keyboard I received a call for an anonymous donation of a keyboard! Thank you so much to that person for your generosity. Thank for thinking of us.

The money raised from tickets sales will now go to purchasing new large print hymn & music books. I would also like to thank all those who donated to this cause.

Thank you for support.

# Guysborough County RDA

Hi everyone. I would like to introduce myself as the new St. Mary's Business Development Officer for the Guysborough County Regional Development Agency. I am originally from PEI but have been living in Nova Scotia for the past three years and I am very excited about this opportunity to work in the beautiful Municipality of St. Mary's. I know Chris MacIsaac has been sorely missed, so I promise I will do my very best to live up to the high standards that he set for your region. Call me at 522-2432 or drop by my office at the Municipal Building anytime to say hello.

I look forward to working with everyone and providing assistance with your upcoming projects.

*Tina Dickieson*

## Business Builders

It's summertime and Business Builders is back! Ashley Williams and I will be running this great program this year. Our Training Night was held Tuesday, June 25<sup>th</sup> at the school, but if you missed it and still want to participate, it isn't too late. Just come by my office or call me at 522-2432 and I will help you get your business up and running for the summer.

We already have the following businesses signed, so please look out for them at events or give them a call:

Kyla's Garden Patch  
Kyla MacDonald  
522-2536

Logan's Crazy Kindling  
Logan Kennedy  
783-2224

Tyler's Odd Jobs  
Tyler MacLaughlin  
833-2796

Dylan's Farm Fresh Brown Eggs  
Dylan MacDonald  
522-2536

Andrew's Garden Stones & BBQ  
Andrew Hartling  
779-2679

Kelsey's Babysitting  
Kelsey Spears  
779-2678

Handmade Cards by Amelia  
Amelia Wilson  
779-2179

Tara's Kitchen  
Tara Spears  
779-2179

Frozen Treats  
Benjamin Wilson  
779-2179

# Kids First

The Parent/Tot Drop In takes place in Sherbrooke on Tuesdays from 9:30 to 11:30 a.m. at St. Mary's Education Centre. Drop-in will be starting up again on Tuesday, September 15th.

Just Me & My Friends School Readiness program will be taking registration for children turning four on or before December 31, 2009 in the St. Mary's District who will be registering for school in the Fall. To register for this program please call Paula toll-free at 1-888-533-3881.

Kids First Family Home Visitor Program is designed to help new parents with goal planning using a family-centered, strengths based approach. 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.

Visit our website at [www.kids1st.ca](http://www.kids1st.ca)

## ST. MARY'S MINOR HOCKEY

### ATTENTION HOCKEY PARENTS & FANS

Thank you all for another successful season of hockey in St. Mary's. As always, hockey in this area is a great way for kids of all ages to learn and enjoy this great game, while also getting a chance to meet new people and travel around Nova Scotia.

From our recent AGM a new executive was selected. St. Mary's Minor Hockey would like thank past members and welcome new executive. They are as follows:

- **President:** *Brendon Smithson*
- **Vice-President:** *Norman Hayne*
- **Secretary:** *Kurt Oko*
- **Treasurer:** *Julie MacDonald*
- **Register:** *Shirley Stevens*
- **Member at Large:** *Maureen Fraser*
- **Fund Raising Chair:** *Samantha Dort*

**The new executive is working hard to make this year even better than previous years. REMINDER that Minor Hockey will be hosting a Silent Auction at the Show & Shine in September. For any questions or comments please contact Brendon Smithson at 522-2989.**

# ST. MARY'S RECREATION

## Happy Birthday Canada!

website: [www.saint-marys.ca/recreation](http://www.saint-marys.ca/recreation)

## Physical Activity Public Meetings

The Recreation Department will be hosting public meetings in various communities around the Municipality. The focus of the meetings will be on Physical Activity/Recreation opportunities/venues that are happening in your area, and will give the residents a chance to voice their opinions on activities that you would like to see happening in your community.

The meetings will be held at **6:30pm** in each of the following locations:

**Monday June 29<sup>th</sup>** – Marie Joseph CC

TBA- Council Chambers, Sherbrooke

**Monday July 6<sup>th</sup>**- Sonora Community Centre

TBA -Liscomb Legion

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## St. Mary's Adult Slowpitch League

The St. Mary's Adult Slowpitch League is gearing up for an exciting season. The leagues spring training will be held June 23<sup>rd</sup>, and games will be played on Tuesday and Thursday nights in ball fields throughout the Municipality.



You may sign up by calling the Rec. Dept at 522-2598

## Open Inline Skating

*Inline Skating is back for the summer of 2009! This year we've added a few disco glow roller parties.*



*Join us on Tuesday and Thursday nights from 6-7pm at the Rec Plex.*

*St. Mary's Rec has the skates and protective gear, all you need is a helmet and the "wanna have fun attitude".*

*Inline skating is open to all ages, and is FREE.*

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## Photography in the Park

Date: Saturday, June 27<sup>th</sup>

Time: 9:30am-11:00pm

Location: Mayflower Trail, Liscomb



We will be meeting in the trail parking lot. Wear sneakers and bring water, snacks and your camera. We will be discussing how to use various lenses, composition of taking a photo, and basics of photography. You will need to know how to use your camera and have basic knowledge of the settings. This photography workshop is FREE and open to the public.

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For more information, contact the Rec. office at 522-2598.

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# ST. MARY'S RECREATION

## Happy Birthday Canada!

website: [www.saint-marys.ca/recreation](http://www.saint-marys.ca/recreation)



## 3rd Annual St. Mary's Triathlon

This event will be held at Liscomb Lodge on Saturday, July 27<sup>th</sup> beginning at 10am

It is a Canadian Style Triathlon with canoeing, biking and running. This event is FREE and is open to anyone who is interested. Please call the Recreation Office at 522-2598 to register.

Canoe Race- 1 km

Bike Race- 10 km

Run- 5 km

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## Yoga Workshop

St. Mary's Recreation will be hosting a Yoga workshop to introduce Yoga to the Municipality as a possibility for a weekly class in the fall.

**Date: Monday, July 27<sup>th</sup>**

**Time: 6-8pm**

**Location: S.M.E.C Gymnasium**

**Cost: \$30**

**Instructor: Bethany Theuerkauf**

### What is Yoga?

Yoga involves creating a balance of the mind, body and spirit through developing strength, flexibility and relaxation techniques using different poses or postures, each of which has specific physical benefits.

We must have a minimum of 8 to host workshop. **Space is limited.** Persons wishing to participate should register early in order to not be disappointed. Please contact the Recreation Office ASAP at 522-2598.

## Active Transportation

Part One of a Five Part Series

### What is Active Transportation?

Active Transportation is any form of human-powered transportation.

### Examples of Active Transportation:

- Walking
- Cycling
- Rollerblading
- Skateboarding
- Skating/Skiing
- Canoeing
- Kayaking
- Public Transportation

### Why is Active Transportation Important?

Several important issues today can be addressed if more Canadians choose to use their feet or bike more often, rather than using their car: our health and safety, the health of our environment, and the quality of life in our neighborhoods.

### How Do People Use Active Transportation?

Active Transportation is used for any trip where you might otherwise use a motorized vehicle:

- To work
- Shopping
- School
- Tourism
- Recreation

If you would be interested in starting an Active Transportation Committee, please contact Kristin Porter at the Recreation Office, 522-2598.

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# ST. MARY'S RECREATION

## Happy Birthday Canada!

website: [www.saint-marys.ca/recreation](http://www.saint-marys.ca/recreation)

### 3 on 3 Ball Hockey



Are you ready for some intense and exciting hockey? St. Mary's Recreation will be continuing its 3 on 3 ball hockey league on Wednesday, July 8<sup>th</sup> at 6pm.

It will be running every Wednesday night throughout July and August.

#### Ball Hockey Schedule

July: 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, and 29<sup>th</sup>

August: 5<sup>th</sup>, 12<sup>th</sup>, and 19<sup>th</sup>

Location: St. Mary's Rec Plex

Time: 6:00-7:00pm

Let's keep the hockey going all year round in St. Mary's. Practice your stick handling and shooting in the off-season. No experience is necessary for the ball hockey. Come out and give it a try.

If you haven't registered yet, there is still time. Contact the Recreation office ASAP, 522-2598.

### Goshen T-Ball

Goshen T-Ball is back in full swing at the Goshen Ball field next to the community centre for another exciting season.

**Date:** July 2, 9, 16, 23

**Start Time:** 6pm

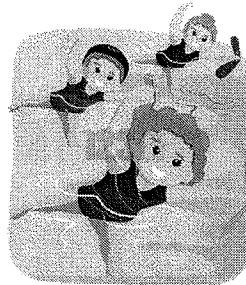
**Cost:** \$5 for the season



If you have not registered please contact the St. Mary's Recreation office at 522-2598 so you don't miss out on all the fun.

### Boxing Club Update

St. Mary's Boxing Club will be taking the summer off, and will be starting up again in September.



### Aqua Fit

Aqua Fit is back at Liscomb Lodge pool. The classes will be running throughout the summer. All ages are welcome to join.

**Dates:** Monday – 11:30am – 12:30pm

Thursday – 7:00pm – 8:00pm

**Cost:** \$3 per class

### Beach Volleyball League

**Beach Volleyball is Back!**

**Date:** Wednesday Nights (starting July 22<sup>nd</sup>)

**Time:** 6pm

**Location:** Outdoor Volleyball Court at SMA

Register as an individual, or as a team of 3. Please contact the Rec Dept. 522-2598 to register.

### Minor Soccer Schedule

Monday June 29<sup>th</sup> 6pm SMA

**Championship Day**

**Saturday July 4<sup>th</sup> 10am SMA**

- All games that were cancelled will be made up
- Skills Competition
- Lunch will be provided



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# ST. MARY'S RECREATION

## Happy Birthday Canada!

website: [www.saint-marys.ca/recreation](http://www.saint-marys.ca/recreation)

### Summer Swim Program

#### Liscomb Swim

#### Dates:

July 6<sup>th</sup> – 10<sup>th</sup>

July 13<sup>th</sup> – 17<sup>th</sup>



All swimmers should have been contacted with their swim times. If you have not received a call, please contact the Rec Office 522-2598.

If you've forgotten your child's class time, the schedule will be posted on our website at: [www.saint-marys.ca/recreation](http://www.saint-marys.ca/recreation)

It's not too late to register your child. Please Contact Kristin at the Recreation office ASAP

Cost: \$35 for first child, \$25 for second child  
\$20 for every other child \* \$5 late fee applies

#### Open Swim

Open Swim is back for another summer!

Starting Friday, July 10<sup>th</sup>, and continuing every Friday (excluding July 31<sup>st</sup>) for the summer, Liscomb Lodge Pool will be open to any member of the community from 4-6pm.

Each open swim is \$2 per person and \$5 for the whole family. This is a great way to get the family active while spending some quality time together.

### ADULT SOCCER

As the youth soccer season draws to a close, it is time to start thinking about the older players to hit the pitch.



Start Date: July 6<sup>th</sup>

Date & Time: Monday at 6pm

Location: St. Mary's Soccer Field.

#### Soccer Schedule:

July 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>

August 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>

Anyone wishing to play should drop by the field on Monday nights during the summer and join in on the fun.

### Aerobic Classes

There will be no Boot Camp or Kickboxing Classes during the summer months. We will start the classes again in the fall.

### Taekwondo Update

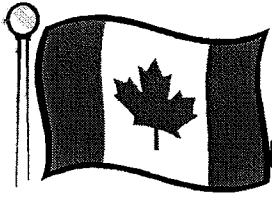
The last class of Taekwondo before summer vacation will be July 2<sup>nd</sup> in the SMEC Gymnasium. This will be a makeup class due to graduation activities.



# Canada Day in St. Mary's

## Schedule

Tuesday July 1<sup>st</sup>, 2008



### Goshen Canada Day

10:30 AM Parade Line-up  
11AM Parade Begins  
After Parade Ceremonies which include trophy presentations, Birthday Cake and refreshments at the Community Centre

For more information call  
Darlene @ 783-2035  
Angie @ 783-2196

### Liscomb Canada Day

9 – 11AM Breakfast at Liscomb Legion  
Sponsored by Liscomb Fire Dept. & Canadian Legion Branch #86  
11 – 12PM Various Kids Games  
12-1PM Firemen Skills and Drills Challenges  
1PM Penny Auction at Liscomb Legion  
Canteen services will be available



## Sherbrooke Canada Day

4PM Parade Line Up at St. Mary's Academy parking lot  
4:30PM **PARADE BEGINS**  
5 – 8PM There will be an Obstacle Course, Bungee Run and Jungle Bouncer for kids from Coughlin Entertainment  
Pony Rides  
St. Mary's Water Park  
Second Annual St. Mary's Municipality Wii Tournament  
Tournament Game: Mario Kart  
8PM – DUSK Musical Entertainment provided by: "Dave Gunning"  
Performance Centre, Sherbrooke Village  
DUSK Fireworks at Ballfield in Sherbrooke

# St. Mary's Fitness Centre



## Summer Hours of Operation



St. Mary's Fitness Centre Hours	
<b>Monday</b>	6am- 7am & 5:30pm-7:30pm
<b>Tuesday</b>	6am- 7am & 5:30pm-7:30pm
<b>Wednesday</b>	6am- 7am & 5:30pm-7:30pm
<b>Thursday</b>	6am- 7am & 5:30pm-7:30pm
<b>Friday</b>	6am- 7am & 5:30pm-7:30pm

## 2 for 1 One Month Membership Sale

The Fitness Centre is offering a deal on one-month memberships. For the months of July and August, if you buy a one-month membership, you will get the second month for free. If you buy a month membership in July, you'll get the month of August for free. If you have any questions, please contact the Recreation Office at 522-2598.

<u>Membership Fees</u>		
<u>Family Memberships</u>	Fee	Senior (+60)/Student Fees
Yearly Family	\$303	\$261
6-month Family	\$199	\$170
3-month Family	\$135	\$115
<u>Individual Membership</u>		
Yearly Individual	\$232	\$198
6-month Individual	\$133	\$114
3-month Individual	\$83	\$67
1-month Individual	\$30	\$25
<u>Daily Rates</u>		
7-Day Card Pass	\$25	\$16
Drop-in	\$6	\$3

For more information, please contact the Recreation Office at 522-2598, or call the Fitness Centre from 5:30-7:30pm at 522-2035.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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# July 2009

5 "With These Two Hands- Boats to Build 1pm SMSA Metallic Silhouette Shoot- 9am	6 Sherbrooke Village Fiddle Camp Summer Day Camps: Sherbrooke and PB Adult Soccer-6pm Aquafit-11:30am Liscomb Swim Rec Meeting- Sonora- 6:30pm	7 Sherbrooke Village Fiddle Camp SMRA Estuary Field Trip Summer Day Camps: Sherbrooke and PB Inline Skating-6pm Adult Ball-6:30pm Liscomb Swim	8 Sherbrooke Village Fiddle Camp Summer Day Camps: Sherbrooke and PB 3on3 Ball Hockey- 6pm Liscomb Swim Lions Bingo -7:45pm	9 Liscomb 45's- 8pm Sherbrooke Village Fiddle Camp Summer Day Camps: Sherbrooke and PB Adult Ball-6:30pm Inline Skating-6pm Aquafit-7pm Liscomb Swim	10 Summer Day Camps: Sherbrooke- Day on Blades PB-Dinner and Movie Liscomb Swim Open/ Family Swim - 4pm	11 Hot and Cold Buffet Supper- Ecum Secum 4pm Liscomb Crib - 8pm SMRA Snakes Day
12	13 Summer Day Camps: IHL and Aspen Adult Soccer-6pm Aquafit-11:30am Liscomb Swim	14 St. Marys Garden Club Meeting- 2pm Summer Day Camps: IHL and Aspen Inline Skating-6pm Adult Ball-6:30pm Liscomb Swim	15 Summer Day Camps: IHL and Aspen Liscomb Swim 3on3 Ball Hockey- 6pm Lions Bingo -7:45pm	16 Liscomb 45's- 8pm Summer Day Camps: IHL and Aspen Adult Ball-6:30pm Inline Skating-6pm Aquafit-7pm Liscomb Swim	17 Summer Day Camps: IHL-Mini Olympics Aspen- Liscomb Swim Open/ Family Swim - 4pm	18 MJ CC Family Campout 6pm Liscomb Crib - 8pm Sherbrooke Village Gaelic/Scottish Heritage Day
19 Sherbrooke Village Gaelic/Scottish Heritage Days SMSA Spinner Shoot #1- 9am	20 Summer Day Camps- MJ and Sonora Adult Soccer-6pm Aquafit-11:30am	21 SMRA Land Use and Forestry Practices Open House Summer Day Camps- MJ and Sonora Inline Skating-6pm Adult Ball-6:30pm	22 Summer Day Camps- MJ and Sonora 3on3 Ball Hockey- 6pm Beach Volleyball- 6pm Lions Bingo -7:45pm	23 Liscomb 45's- 8pm Summer Day Camps- MJ and Sonora Adult Ball-6:30pm Inline Skating-6pm Aquafit-7pm	24 Summer Day Camps- MJ- Crazy Science Day Sonora-Dancing the Day Away Open/ Family Swim - 4pm	25 Liscomb Crib - 8pm Chad Mahar Memorial Ball Tournament St. Mary's Triathlon
26 Sawmill and Goldmine Frolic Chad Mahar Memorial Ball Tournament	27 Lava Lava Island Bible Camp- IHL 9:30-11:30am Summer Day Camps- Goshen and Liscomb Yoga Workshop-6pm Adult Soccer-6pm Aquafit-11:30am	28 Lava Lava Island Bible Camp- IHL 9:30-11:30am Summer Day Camps- Goshen and Liscomb Inline Skating-6pm Adult Ball-6:30pm	29 Lava Lava Island Bible Camp- IHL 9:30-11:30am Summer Day Camps- Goshen and Liscomb 3on3 Ball Hockey- 6pm Beach Volleyball- 6pm Lions Bingo -7:45pm	30 Lava Lava Island Bible Camp- IHL 9:30-11:30am Liscomb 45's- 8pm Adult Ball-6:30pm Summer Day Camps- Goshen and Liscomb Inline Skating-6pm Aquafit-7pm	31 Summer Day Camps- Goshen- Mini Olympics Liscomb-Lodge Day	