



February 2010 Newsletter



www.saint-marys.ca

The DEADLINE to have information submitted for the March issue of the NEWSLETTER is **THURSDAY, February 18th, 2010 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.

Thank you

I would like to thank everyone for coming to my Retirement Party on Dec 21/09. Thank you to the staff for all their hard work preparing the lovely lunch. Thank you everyone for the many cards and gifts they were very much appreciated. I am looking forward to some much anticipated me time after serving you, my customers and friends and RBC for 38 years and 3 months.

- Rosalie Kaiser

News from St. Mary's Shooters Association

Members who have not paid their 2010 dues are asked to contact:

John Day – 783-2820 Colin Coady – 522-2995

Mike Ackerman – 522-2172

The new club hats, complete with new club logo, have arrived. There are 4 styles; cammo, khaki green, and wild geese. The price is \$11.00 each – call John Day. The shooting schedule for 2010 will soon be made up and posted at www.SMSA.ca.

All the best for 2010

Yours truly,

John Day – President SMSA

ST. MARY'S DISTRICT FOOD BANK

If you are in need of assistance or would like information about the Food Bank, please call 328-4148 and leave a message. The phone number is exclusive to the Food Bank and all calls are confidential. Boxes for donations of non-perishable food items are located in Sherbrooke, at St. Mary's Hospital and the Clover Farm.



Program for Business

Clean Nova Scotia has partnered with Nova Scotia Power in launching an Energy Efficient Lighting Program. The goal of the program is to reduce the amount of kw/h being used by small businesses and organizations across Nova Scotia. We can do this by changing light bulbs across the province.



The program consist of having trained technicians traveling to businesses replacing incandescent light bulbs with new CFL (compact florescent lighting) bulbs and Exit light with new LED(light emitting diode) bulbs to save energy. This program is a win-win situation for the businesses who participate in it, as they will be helping to reduce the operating costs (both short term and long term), and the businesses will be contributing to the reduction of energy consumed within the province of Nova Scotia.

There is no obligation or cost associated to the business when participating in the Energy Efficient Lighting Program. For further information or to schedule and appointment contact Heather Kerley 902-420-7952 or Rose Patterson 902-420-7949.

St. Mary's Municipal Council

The next regular meeting of St. Mary's Municipal Council will be held on Monday, February 8, 2010 at 7:00 p.m. The public is invited to attend.

St. Thomas Anglican Church

We make'm you bake'm pie sale starts on February 2, 2010 the price this year is apple, cherry, raisin \$6.00, apple with splenda is \$7.00 per pie. To place orders please call:



Belinda 522-2460

Linda 522-2933

Angie 522-2268

Sandra 522-2833

Physically Active Lifestyle Society (PALS)

Why wait until spring when you can commence your preparation now? Start your training; prepare for the challenge! **The Guysborough County Triathlon: the triathlon that beat Hurricane Bill**, under the direction of the Physically Active Lifestyle Society (PALS) (www.pals-ns.ca), is being held on **Sunday, August 22, 2010**. The triathlon will begin at the Jost Building on the Guysborough Waterfront.

There will be prizes for the winners of each category plus random-draw prizes which all participants are eligible to win. The first 100 registered participants will receive a T-shirt. A post-race meal is included with the triathlon's registration and will be served upstairs in the Jost Building.

The race distances and starts are as follows:

Olympic 9:00 AM (1500m swim/40km Bike/10km run)

Sprint 9:45 AM (750 swim/20km bike/5km run)

Tri-A-Tri 10:15 AM (300m swim/15km bike/3km run)

Youth (Minimum age 12 years) 10:15 AM (300m swim/15km bike/3km run)

Continued for 2010, in lieu of paying the triathlon's registration fee, collect pledges as support for Guysborough County's three rural hospitals. For more information, please go to the triathlon information dropdown at www.pals-ns.ca.

For other information, or to volunteer to help, contact Ray Bates, Race Director

PO Box 44, Guysborough, Nova Scotia B0H 1N0

Email: bates@ns.sympatico.ca

Telephone: 1-902-533-2528

*Experience the triathlon --- Experience the
county*

AEROBIC CLASSES IN LISCOMB

Classes will be held at
Branch #86 Liscomb Legion
on Mondays at 6:30pm and
Wednesdays at 10:30am.
\$2 at the door. Sneakers are required.



From Joan and Leonard



We would like to belatedly thank everyone who came to our 50th Anniversary, gave cards & gifts. We had a wonderful time and want to thank everyone for helping with preparations, especially family. It was great guys!

- THANK YOU

GUYSBOROUGH COUNTY WALKATHON

Winter might be rapidly approaching but there is no need to become sedentary. As you set your personal winter-time activity goals why not commence your preparation for an event that will enable you to show both your appreciation and support for Guysborough County's three hospitals?

The Third Annual Guysborough County Walkathon, under the direction of the Physically Active Lifestyle Society (PALS), (www.pals-ns.ca) is being held on **August 21, 2010**. The funds raised through the efforts of the walkathon's volunteers and participants will be divided equally between Guysborough County's regional hospitals: Eastern Memorial Hospital Foundation, Guysborough Memorial Hospital Foundation and St. Mary's Memorial Hospital Society.

This enjoyable event will begin on Saturday, August 21, at 10:00 AM from the Jost Building at Guysborough's Waterfront. The walkathon will cover a distance of only 5 km (3.1 miles) traveling by the side of Main Street, next to Guysborough's harbour, along Lower Water Street, up Peart Road and then return back via the same route to the Jost Building.

As per a Nova Scotia Public Works regulation: "Children under the age of 8 participating in a walkathon must be accompanied by an adult."

Come out to enjoy this event and partake in the activities being planned to happen at the Guysborough Waterfront. This is an excellent opportunity to show your support for our county's three hospitals and to raise funds by simply walking (or running) for your own health, as a team-participation effort, in memory of a special person or for your personal individual reason.

Pledge sheets, along with more information for the Guysborough County Walkathon are available online at www.pals-ns.ca.

Questions? Contact one of the following: Donald Dunbar, St. Mary's Memorial Hospital Society (522-2572), John Bent, Eastern Memorial Hospital Foundation (366-2249), Jude Avery, Guysborough Memorial Hospital Foundation 525-2074 (home) 525-2567 (cottage), Ray Bates, PALS (533-2528).

Neighbours Helping Neighbours

YOU'RE INVITED!

All members, donors and volunteers of the Historic Sherbrooke Village Development Society, the Old Fashioned Christmas Committee, and the Sherbrooke Village Commission are invited to an appreciation party at the Sherbrooke Village Exhibit Centre on Saturday, January 30 at 7:30 pm.

This is our opportunity to show our gratitude for all that you do, so bring a guest and join in the festivities.

THANK YOU

"Christmas in the Country" was another wonderful weekend in Liscomb this past December. From the start of the craft sale till after Santa's visit, it was a busy day for the community. Thanks to all those that took part in the day: opening your homes and the church for tours, baking, and helping with the tea, preparing for the children's concert... you did a fantastic job! This year's proceeds were donated to St. Luke's Parish Hall, Liscomb United Church Cemetery fund, and Bayview Baptism Church fund.

Port Bickerton Community News

Next Hall Meeting: February 15th, 2010 - 7:00pm
Will be held at the Centre. New members Welcome

Christmas Basket Draw on December 19, 2009:
Winner Gwen Robar from Sherbrooke.

Thank you to those who bought tickets.
It was greatly appreciated.

Shrove Tuesday Pancake Brunch:



February 16, 2010 from 11am - 1pm

At the Port Bickerton Community Centre

Admission: Adult \$8.00, Child \$5.00

Menu: Pancakes, Beans, Sausage, Dessert, Juice,
Tea or Coffee

Sponsored by: Port Bickerton Women's Institute.

On January 18, 2010 I will be no longer a Member of the Bickerton Community Centre Club. I will not be responsible for bookings or maintenance of the centre. It has been a pleasure to serve you, the public, since 1985. - Donna Kaiser

"Minds are like parachutes, they only function when open" - Thomas Dewar

Indian Harbour Lake-Jordanville Community Centre

Pot Luck Supper - Sunday Jan 31st, 4-6pm
Admission: Adults \$8,
Children preschool to age 12 - \$5,
Preschool age - Free

Walking & Exercise Program

Every Tues & Thurs at 10am -Admission \$2

Auction 45's - Every Tuesday at 8:00pm
Light lunch served.

Next Hall Meeting

Monday Feb 8th at 6:30pm

The election of officers will take place for the next year. Everyone Welcome.

Marie Joseph Community Centre Info

Feb 11 - Ladies night out BINGO at 7pm
Cards are 3/\$5.00 and a toonie for the Jackpot.
Please bring 2 wrapped gifts valued at \$5.00 each.

Feb 13 - Adult Dance, Music by "Marine Drive"
\$7.00 a person. Dancing from 9pm-1am.
19 years & older Government IDs may be required.

Happy 90th Birthday

To Frank Archibald of Denver, Nova Scotia
All are welcome at an Open House to
celebrate this happy occasion.

To be held on February 20, 2010 from 2pm
to 4pm at the Greenfield
Seniors Center Melrose,
Guysborough County.



No gifts - Best Wishes Only Please.

Stillwater Community Club

Card Plays continue every Friday evening at 8pm.
Come join the fun!
Light Lunch Served.



Next meeting: April 11th, 2010



Indian Harbour Lake Pentecostal Church February Worship & Activities

Sunday

9:45 am Sunday School
Classes for children & adults
11:00 a.m. Morning Worship
February 21st - 6:30 p.m. Prayer & Praise

Weekday Activities

Tuesdays 3:00 – 4:30 p.m. Tweens (Ages 8 – 12)
Wednesdays 7:00 p.m. February 3 & 10th
Parables of Jesus Bible Study
Friday 7:00 p.m. February 12th & 26th
Youth Group (Ages 13 – 19)

All are Welcome! For more information, contact
Pastor Dave Connolly at 522-2759
or pastordave@ihlpentecostalchurch.ca

GRANTS TO ORGANIZATIONS 2010-2011

Any requests for funding from organizations for the
2010/2011 Municipal fiscal budget must be made by
application (available at the Municipal Office) and
submitted no later than March 31, 2010 at 4:00pm.

ABSOLUTELY NO EXCEPTIONS!

For application information please contact the
Municipal Office at 522-2049.

On behalf of the St. Mary's Palliative Care
Program, I would like to extend my sincere thank
you to those who organized, volunteered and
attended the breakfast at the St. Mary's Lions Club
during Old Fashioned Christmas Week. It was a
huge success!

- Patricia Mackay, Palliative Care Coordinator

Did You Know?

Blizzards are more than just heavy
snowstorms. There are criteria for wind, visibility
restrictions, temperature, and duration. A blizzard
must have winds exceeding 40 km/hr, visibility
reduced by falling or blowing snow to less than
1 kilometer, and must last for at least 3 hours.



The criteria varies from region to
region. In the Atlantic Provinces the
temperature must be -3.0° and the
duration a minimum of 3 hours. However, in
Quebec the temperature must be -17.0° and the
duration 6 hours while in Ontario the temperature
must be -8.0° and the duration 4 hours.

Why are there no snowfall criteria for a blizzard?

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Although it won't happen again until 2018, the  
answer to last month's question is that a double  
blue moon is the second blue moon in a year.

- St. Mary's Naturalists Club

## **Notice of Assessments**

Watch for Property Assessment to come in  
the mail this week. A reminder that property  
owners have until Monday February 8<sup>th</sup>, 2010  
to appeal their assessment. If you have any  
questions or concerns you can contact  
*Property Valuation Services Corporation* at  
1-800-380-7775.

## **Women's Institute Lights Up**

Feb 14- 20 is Women's Institute Week.  
Members will shine a light in their windows  
to signify membership.  
Women's Institute was organized in Ontario  
in 1897. It was organized in several  
communities in Guys. Co. in 1914. We  
celebrate our 96<sup>th</sup> Birthday this February.  
There are over 7 million W.I. Members in  
71 countries of the world.  
W.I. motto is "For Home and Country"

## **Penny Auction & Cake Walk**

Friday Feb 26<sup>th</sup> at 7pm at Indian Harbour Lake and Jordanville Community Centre

All proceeds going to St. Mary's Minor Hockey Association. Donations of cakes and penny auction items are welcome, call Stacey @ 364-2089 for drop off locations.

Come out for a night of fun and support our players.

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### Liscomb Volunteer Fire Department:

The Annual meeting will be held at the Fire Hall Monday 25<sup>th</sup> at 6:30pm - everyone welcome.

Training will be held at the Fire Hall in Liscomb Feb 8<sup>th</sup> at 6:30pm.

### Pancake, Bean, and Sausage Supper:

Will be held at St. Luke's Parish Hall Liscomb Tuesday Feb 16<sup>th</sup> from 4-6pm. Adults \$7.00 Children \$5.00. Also Bake and Craft table. Proceeds go to St. Luke's Anglican Church.

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## **3<sup>rd</sup> Annual Cody Rossong Memorial Dance Sherbrooke Lions Hall**

**February 6, 2010  
9:00pm – 1:00am**



**Admission \$10.00  
Music Provided By: Fuzz Petals  
ID's Required**

**All proceeds from the door go to  
St. Mary's Breakfast Program and  
St. Mary's Academy "Cody Rossong  
Memorial Scholarship"**

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## **Congratulations**

To A.J. Long - age 14, son of Theresa and Ken Pye. A well know Grade 9 student of St. Mary's Academy, Sherbrooke brings home a Gold medal from the 2010 Taekwondo Junior Nationals held at the Cunard Centre in Halifax on Jan 15<sup>th</sup>. Last year A.J. competed in Quebec City bringing home Silver and being 2<sup>nd</sup> best in his division in Canada. Best of Luck in the future with Taekwondo.

- Love your family and friends.

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## **Sherbrooke Shares for Haiti Benefit Concert and Bake Sale**

Twelve acts made up of local entertainers will be getting together on Sunday, January 31<sup>st</sup> from 2-4pm at St. James Church in Sherbrooke Village to present a concert and bake sale in aid of the Haitian Relief Fund. Tickets are \$10 at the door. Bake sale will begin at 1pm. Performers will include: Rollie & Ellie Burton, George & Lesley Brothers, Allison Langley, Lenny Mason, Terri MacDonald, Jerome Connolly, Jean Cook, Lisa Hallett, Ronnie Hull, Clifford Mattie, Rhonda Connolly, Monica Hull, Dan Mason, Alanna Hayne, Norah-Lee Goulding, and Gary Jordan.

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## **Sherbrooke Library CHATLINE**



### **PRESCHOOL STORYTIME**

The Winter/Spring Storytime session (ages 3-5 years), will begin on Thurs. Feb 4<sup>th</sup> at 10:30am. If you are interested in registering your child for Storytime, please contact the Library at 522-2180.

### **BOOK CLUB**

The next meeting of the Village Readers' Book Club will be held at the Library on Thurs. Feb 4<sup>th</sup> at 1pm.

### **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](http://www.ecrl.library.ns.ca)

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

**Mon Feb 1<sup>st</sup> at 7:00pm** – Monthly meeting.

All community members are urged to attend as we will be electing a new executive.

**Fri. Feb 12<sup>th</sup> at 7:30pm** – Penny Auction and Cake Walk.

\$5.00 for 20 numbers. Everyone Welcome! We will be asking for donations from the Community for this event. Items may be dropped off at the Centre the week of the Auction, or to have items picked up, please call: Elaine Mahar 522-2245 or Fred Jack 522-2485

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## **Port Bickerton Community Centre**

Any inquiries about renting the Port Bickerton Community Centre should go to Ardeth Dodge at 364-2967. Alternate contact, Katherine Reed at 364-2232.

The next meeting of Community Centre Club is Feb. 9 at 7pm at the Centre. Any residents who would like to join the club are welcome. It's an exciting time to be a part of our new building project!

President: Ardeth Dodge

Vice President: Keith Horton

Treasurer: Rosalie Kaiser

Acting Secretary: Katherine Reed

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## **Ecum Secum Firehall**

Easter Penny Auction will be held on March 27, 2010 at 7pm. There will be lunch (for \$2.00) and a bunny walk (\$1.00 per number). Everyone is welcome to attend.

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## **Hot Luncheons**

St. Paul's Catholic Church  
Hwy 7, Sherbrooke  
February 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, & 25<sup>th</sup>  
From 11:30am – 1pm  
\$6 per person  
Take-outs Available

## **ROYAL CAN. LEGION BR. #86 LISCOMB**

February general meeting will be held  
Tuesday Feb 2 at 7pm

### **ACTIVITIES:**

DARTS - Wednesdays at 7:30pm \$3.

AUCTION – Thursdays at 8pm \$5

CRIBBAGE – Saturdays at 8pm \$5

EXERCISE – Mon at 6:30pm, Wed at 10:30am \$2

### **UPCOMING EVENTS**

**SWEETHEARTS BRUNCH** - Sunday Feb 14<sup>th</sup> 10am - 12:30 pm – Valentines Day at Liscomb Legion \$6pp

**PANCAKE SUPPER** - Feb 16<sup>th</sup> 4pm-6pm

St Luke's Parish Hall Liscomb, adults \$7 children \$5

**ST PATRICK'S DANCE** – March 13<sup>th</sup> 9pm - 1am

Liscomb Legion, Music by Rock"N"Riley \$8 pp

o 19yrs and older –Gov't ID may be requested

## **ATV POKER RALLY FEB. 20, 2010**



**Registration: 10:30am  
to 11:30 am**

**Place:** Royal Can. Legion Branch #86  
Highway #7, Spanish Ship Bay

**Route:** approximately 65 km.  
(Spanish Ship Bay to Goldenville area)

\$10.00 per hand, ATV or car participants

**Cash Prizes:** Awarded at close of Rally  
\$100 for 1<sup>st</sup> place, \$ 50 for 2<sup>nd</sup> place, \$ 25 for 3<sup>rd</sup> place

**Supper:** 4:00 to 6:00pm at the Legion \$5.00

**Dance to follow:** 9pm-1am Band "Scratch 45" \$8 pp  
19 yrs and older – Gov't ID may be requested

For more information call:

Henry Tibbo 779-2598 or Donnie Fraser 522-2757

## Friends of Stonewall Park

Friends of Stonewall Park is up and running. In our first meeting we elected the executive, went over the terms of reference, and the exciting news of securing funds to hire a consultant; who will design an overall plan for the Stonewall Park. Even though Christmas was in the air; the executive was still working hard and looking toward doing some work this summer.

The next meeting for the Friends of Stonewall Park will be **February 9<sup>th</sup> at 6pm** in the St. Mary's River Association. The group is always open to new community members that are interested in developing stonewall park for community use.

Everyone is welcome to attend this meeting. If you are unable to attend but would still like information on the Friends of Stonewall Park, please contact the St. Mary's Recreation Department by phone 522-2598 or [Brendon.smithson@munet.ns.ca](mailto:Brendon.smithson@munet.ns.ca)

## Spanish Lesson

It's back! Thinking of heading down south this winter and looking to learn or tone up your Spanish? Well here is your chance. Classes will begin Thursday Feb 4<sup>th</sup>, 2010

**Evening:** Thursdays

**Time:** 6pm - 7pm

**Cost:** \$35 (for 6 weeks)

**Location:** Port Bickerton Community Centre

**Instructor:** Maria Tate

## Tropical Dance Lessons

After learning some new Spanish it's time to get up and move with Tropical Dance lesson. It's a great way to get out, have fun, and be active. Classes will be held right after Spanish lessons.

**Evening:** Thursdays

**Time:** 7:15pm - 8:15pm

**Cost:** \$5 per class

**Location:** Port Bickerton Community Centre

For more information on these programs please contact the Recreation office at 522-2598.

## MADD

Are you concerned about impaired driving?

Have you or someone you know been a victim of impaired driving? If you have answered yes to either of these then plan to attend the *MADD Guysborough County Chapter* information session at the Sherbrooke Library.



**On February 17<sup>th</sup>, 2010 at 6:30pm at the Sherbrooke Library**

Information session hosted by Kim Casey-Jamieson, MADD Guysborough County's Administrative Assistant, Come out and see what's it's like to walk with Fatal Vision Goggles on.

Hope to see you there!

If you have any questions feel free to call 358-2481 or e-mail [guysboroughmadd@ns.sympatico.ca](mailto:guysboroughmadd@ns.sympatico.ca).

## SHERBROOKE & AREA KIDS FIRST

### The Just Me & My Friends

Program will be starting up again on Monday, Feb. 8<sup>th</sup>, 2010 from 9:30-11:30am. This program is open to all children turning four by December/09 living in the St. Mary's catchments area. The program will be held at St. Mary's Education Centre one morning a week. For more information or to register, please call toll free and ask for Paula at 1-888-533-3881.

### Parent/Tot Drop-in

Held on Tuesdays at the St. Mary's Education Centre from 9:30-11:30AM. All parents/caregivers and children ages birth to 6 years are welcome to attend.

# The Anglican Parish of Liscomb and Port Bickerton

## January 31<sup>st</sup> (Septuagesima)

11am St. James (Combined Service)

*Luncheon of Sandwiches and Sweets to follow at the home of Murray and Aleah Anderson's*

## February 7<sup>th</sup> (Sexagesima)

9am St. Paul's, Port Bickerton

11am St. Thomas, IHL

3pm St. Luke's, Liscomb

7pm St. James, Sherbrooke

## February 14<sup>th</sup> (Quinquagesima)

9am St. Luke's, Liscomb

11am St. James, Sherbrooke

3pm St. Thomas, IHL

7pm St. Paul's, Port Bickerton

## February 17<sup>th</sup> (Ash Wednesday)

10am St. James, Sherbrooke

7pm St. Thomas, IHL

## February 21<sup>st</sup> (First Sunday in Lent)

9am St. James, Sherbrooke

11am St. Luke's, Liscomb

3pm St. Paul's, Port Bickerton

7pm St. Thomas, IHL

## February 28<sup>th</sup> (Second Sunday in Lent)

9am St. Thomas, IHL

11am St. Paul's, Port Bickerton

3pm St. James, Sherbrooke

7pm St. Luke's, Liscomb

*"If you want to walk on water, you've got to get out of the Boat"*

**A 6-session Lenten Bible Study journey on Learning to Trust in God - Starting February 19<sup>th</sup>, 10am at the Anglican Rectory in Sherbrooke**

"Deep within you lies the same faith and longing that sent Peter walking across the wind-swept Sea of Galilee towards Jesus." In what ways is the Lord telling you, as he did Peter, "Come?"

*John Ortberg* invites you to consider the incredible potential that awaits you outside your comfort zone. Out on the risky waters of faith, Jesus is waiting to meet you in ways that will change you forever, deepening your character and your trust in God. The experience is terrifying. It's thrilling beyond belief. It's everything you'd expect of someone worthy to be called Lord.

For more information please contact Rev. Melissa at **522-2510** or email: [revmelissa@maritimers.ca](mailto:revmelissa@maritimers.ca)

## Happy New Year from High-Crest!

Residents celebrating Birthdays in January are:

Eliza Cameron... Jan 2<sup>nd</sup>  
Ruby MacLeod... Jan 11<sup>th</sup>  
Helen Scott... Jan 16<sup>th</sup>  
Bessie Walkover... Jan 20<sup>th</sup>  
Helen Luard... Jan 22<sup>nd</sup>  
**Happy Birthday Ladies!**



February Birthdays are:

Gerald Penny... Feb 20<sup>th</sup>  
**Happy Birthday Gerald!**

The **Homebuddies** will be holding their monthly bingo/birthday/Valentines Day party on the 15<sup>th</sup> of Feb., Everyone is welcome.

On December 4<sup>th</sup> we held our Annual Tea & Sale. We had a fantastic turn out and everyone enjoyed the afternoon. We raised \$430.00 for the resident's activity fund. Thanks to all for your donations and for attending. And a special thank you for our lovely entertainment.

Our lucky prize winners were:

1<sup>st</sup> door prize: Don Cameron

2<sup>nd</sup> door prize: Linda McAllister-Nadler

Ticket draws:

1<sup>st</sup> prize: Betty Reid

2<sup>nd</sup> prize: Elsa West

3<sup>rd</sup> prize: Sandra Archibald

We held our Residents Christmas Party on December 18<sup>th</sup> and we all had a lot of fun! Special Thank you to all who helped make the afternoon a success!

# ST. MARY'S RECREATION HAPPY VALENTINE'S DAY

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



## Volunteer Recognition

Each year the Municipality recognizes the outstanding contribution that volunteers make in this area. The recreation office will be sending out nomination forms by the 2<sup>nd</sup> of Feb. Please take the time to nominate someone who is deserving of this award. Should your group or organization not receive a form in the mail, please contact the recreation office at 522-2598 as soon as possible. The **DEADLINE** to have nomination forms submitted is Feb 26.

Volunteers are the Heart of Every Community!

## Kids Only Club NEWS

The Kids Only Club is returning the week of February 8<sup>th</sup> in a community near you. There is no cost for the club, and it's a great way to get out and be active.

This year, we will be piloting the CATCH (Coordinated Approach to Child Health) Program, which has an emphasis on physical activity, and has a nutritional component where the kids get to prepare healthy snacks.

Registration will be sent home with the students through the Education Centre during the week of January 25<sup>th</sup>. Registration forms must be completed and returned to the main office by January 29<sup>th</sup>, 2010. **(No Exceptions)**

For more information, please contact Kristin at the Recreation Office by phone at 522-2598 or email [kristin.porter@munet.ns.ca](mailto:kristin.porter@munet.ns.ca)

## LOOKING FOR A FUNDRAISER?

Lucky Duck Lottery



### Lucky Duck Lotto is Back!

For the 31st consecutive year, Recreation Nova Scotia is pleased to present "Lucky Duck Lotto" - an easy, risk-free ticket sales fundraising program designed to help schools, sports clubs, community groups and other non-profit groups/organizations raise monies for their own programs and activities. Last year approx. 150 schools, clubs and community groups participated.

There is no upfront cost to ticket sellers. Tickets are \$1.00 each and come in books of ten. 70 cents of every \$1.00 ticket sold remains with the ticket sellers. Recreation Nova Scotia uses the remaining 30 cents to cover lottery administration fees (tickets, mailings, prizes) and support RNS provincial programs. The Campaign runs from February 8, 2010 to April 16<sup>th</sup>, 2010 - groups can sell any time between those dates.

### Important dates

Start Selling: February 8<sup>th</sup>, 2010  
Stop Selling: April 16<sup>th</sup>, 2010  
Return ticket by: April 23<sup>rd</sup>, 2010  
Draw Date: April 30<sup>th</sup>, 2010

### Reserve your tickets today!

If your group is interested in participating, please contact Bev Mahon or Bernie Jollie at 425-1128 or download information from our website:

[www.recreationns.ns.ca/luckyduck](http://www.recreationns.ns.ca/luckyduck).

# ST. MARY'S RECREATION

## HAPPY VALENTINE'S DAYS

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

### Why Be Active in the Winter?

A cup of hot chocolate on a cold winter night is so much better following outdoor fun! Weather plays a big role in determining levels of physical activity. It's no surprise that activity levels are highest in summer and lowest in winter, thanks to winter's shorter days and cold temperatures.

There's no excuse not to be active in winter. Don't miss your chance to get out and play in the snow -- there are many great activities that can only be done in winter!

- Being active doesn't mean hard work, time and money. It's cheap, accessible, fun and can be made a part of your daily routine.
- More than half of Nova Scotians report getting less than 15 minutes per day of moderate exercise -- not enough to achieve health benefits. How active are you?
- Children become less active as they get older. More than 80 percent of youth in grade 11 get less than half an hour of physical activity a day. Help your children stay active and healthy.
- If we can encourage children and youth to adopt healthy habits when they're young, they will be more likely to keep these habits into adulthood - and stay healthy!
- Inactivity can lead to obesity, heart disease and a host of medical other problems.
- Obesity in children is growing at a higher rate than in adults. Almost one in every five children in grade 3 are overweight, with just as many at risk of obesity. In grade 7, almost 37 per

- cent of boys and 40 per cent of girls are overweight or at risk.
- The goal of the Office of Health Promotion is to improve the health of Nova Scotians, which includes increasing the number of people who are active enough for health benefits a (combined 60 minutes of activity per day).
- Physical inactivity costs Nova Scotians \$107 million a year in direct medical costs.
- Being active doesn't take a lot of time, money or equipment... all you need is warm clothes and the great outdoors. Take the roof off winter and be active for your health!

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### Boot Camp

**When:** Wednesdays

**Time:** 6:30pm

**Location:** St. Mary's Education Centre Gym

**Cost:** \$2 per class

### Kickboxing

**When:** Thursdays

**Time:** 6:30pm

**Location:** St. Mary's Education Centre Gym

**Cost:** \$2 per class

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### WALKING PROGRAM

**Evening:** Mondays, Wednesdays

**Time:** 4:00 - 6:00pm

**Location:** St. Mary's Academy Halls

It's a great way to get out of the cold while still getting your daily fitness. Join Us!

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*The Baptist Congregation of Port  
Hillford, Port Bickerton, and Sonora*  
(Convention of Atlantic Baptist Churches)

*You are invited to attend our February  
Worship Services:*

Sunday Feb 7<sup>th</sup> - 11am

Sonora Baptist Church

Sunday Feb 14<sup>th</sup> - 11am

Port Hillford United Baptist Church

Sunday Feb 21<sup>st</sup> - 11am

Port Bickerton United Baptist Church

Sunday Feb 28<sup>th</sup> - 11am

Sonora Baptist Church

A weekly "Get to know your Bible" Study & Fellowship time will commence Wednesday, Feb. 3, 6:30PM at Port Hillford Baptist Church. The study will touch on high points and main characters of the Bible, century by century; while keeping the overall story of the Bible in mind. After Feb. 3, the time and place of this weekly get-together may change to suit the participants.

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

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## RETIREMENT PARTY

**ON FEBRUARY 27<sup>TH</sup>, 2010 DROP INTO MARIE JOSEPH COMMUNITY CENTER AT 6PM TO HELP CELEBRATE THE RECENT RETIREMENT OF LAURA LANGILLE WHO HAS OVER 31 YEARS OF SERVICE WITH ST. MARY'S MEMORIAL HOSPITAL. LUNCH & REFRESHMENTS WILL BE SERVED.**

### **The St. Mary's District Lions Club**

Wishes to sincerely thank the members of the St. Mary's community for their generous contributions to the Club's recent annual Christmas Daddies campaign. Thanks to your kindness, the Lions Club was once again able to assist those in our community most in need. Your continued support for the St. Mary's Lions' public service activities is greatly appreciated.

## St. Mary's Memorial Hospital

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

### Monday-March 1, 2010

8:00-10:40 am-Community Centre, Port Bickerton  
12:45- 2:25 pm - Maple Manor, Sherbrooke



### Tuesday - March 2, 2010

7:30 - 10:30 am- Maple Manor, Sherbrooke  
12:45 - 2:05 pm - Seniors Club, Ecum Secum

### Wednesday - March 3, 2010

7:30-2:30pm - Greenfield Centre, Melrose

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## Country Harbour Gun Club

### Feb. 20 - Country Breakfast

8:30 - 10:30am Admission \$6

### Feb 27 - Memorial Dart Tournament

In Memory of Karlese Hendsbee

Registration at 10:45am and Play begins at 11am

Mixed team of 3 players per team - \$10 per person



For more information contact  
Carol 328-2199 or 328-2496

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## COMMUNITY CHOIR

The Community Choir, under the direction of Mrs. Iris Hayes, will begin practicing for their Easter Program on Monday, Feb. 15, at 7:00 PM at Port Hillford Baptist Church. If you enjoy singing, please join us.

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## LOW INCOME EXEMPTION

St. Mary's Municipal Council is offering a \$100.00 **Low Income Exemption** for those residents whose income does not exceed \$15,800. Deadline to have these applications submitted is **April 30, 2010** at 4:00 p.m. For more information on application criteria, contact your local Councillor or the Municipal Office at 522-2049. When submitting an application your **2008 Revenue Canada Notice of Assessment MUST** be included.

# February 2010

| Sunday                                    | Monday                                                                                                                                                                                                     | Tuesday                                                                                                                                                                                                                                          | Wednesday                                                                                                                                                            | Thursday                                                                                                                                                                                         | Friday                                                                                                                                                       | Saturday                                                                                                                       |
|-------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------|
|                                           | <p>1 Kids First 9:30am<br/>Walking Program 3pm<br/>Walking/Aerobic Liscomb 6:30pm<br/>Sonora Hall meeting 7pm<br/>Sherbrooke Dart 7:30pm</p>                                                               | <p>2 Kids First 9:30am<br/>Walking/Aerobic IHL 10am<br/>Trailblazers 2:30pm<br/>Twins 3pm<br/>Liscomb hall meeting 7pm<br/>IHL Auction 8pm<br/>TKD 6:30pm<br/>We make'm u Bake'm pie sale</p>                                                    | <p>3 Walking/Aerobic Liscomb 10:30am<br/>Bootcamp 6pm<br/>Get to know your Bible 6:30pm<br/>Lions Bingo 6:45pm<br/>Parables of Jesus 7pm<br/>Liscomb Dart 7:30pm</p> | <p>4 Walking/Aerobic IHL 10am<br/>Story time 10:30am<br/>Hot Luncheons 11:30am<br/>Book club 1pm<br/>Kickboxing 6pm<br/>Spanish PB 6pm<br/>Dance PB 7:15pm<br/>Liscomb Auction 8pm</p>           | <p>5 Saniors Cafe 9:30pm<br/>Stiwater cards 8pm<br/>MJ Dart 8pm</p>                                                                                          | <p>6 Liscomb Legion Cribbage 8pm<br/>Lion Hall Dance 8pm</p>                                                                   |
|                                           | <p>8 Kids First 9:30am<br/>Walking Program 3pm<br/>Walking/Aerobic Liscomb 6:30pm<br/>IHL hall meeting 6:30pm<br/>Liscomb Fire Hall training 6:30pm<br/>Council meeting 7pm<br/>Sherbrooke Dart 7:30pm</p> | <p>9 Kids First 9:30am<br/>Walking/Aerobic IHL 10am<br/>Trailblazers 2:30pm<br/>Twins 3pm<br/>Friends of Stonewall meeting 6pm<br/>TKD 6:30pm<br/>PB hall meeting 7pm<br/>IHL Auction 8pm</p>                                                    | <p>10 Walking/Aerobic Liscomb 10:30am<br/>Bootcamp 6pm<br/>Lions Bingo 6:45pm<br/>Liscomb Dart 7:30pm</p>                                                            | <p>11 Walking/Aerobic IHL 10am<br/>Story time 10:30am<br/>Hot Luncheons 11:30am<br/>Kickboxing 6pm<br/>Spanish PB 6pm<br/>Dance PB 7:15pm<br/>Ladies Night Bingo 7pm<br/>Liscomb Auction 8pm</p> | <p>12 Saniors Cafe 9:30pm<br/>Youth group 7pm<br/>Stiwater cards 8pm<br/>MJ Dart 8pm<br/>Youth group 7pm<br/>Sonora Penny Auction &amp; Cake Walk 7:30pm</p> | <p>13 Liscomb Legion Cribbage 8pm<br/>MJ Adult Dance 9pm</p>                                                                   |
| <p>14 Liscomb Sweethearts Brunch 10am</p> | <p>15 Kids First 9:30am<br/>Walking Program 3pm<br/>Walking/Aerobic Liscomb 6:30pm<br/>Community Choir 7pm<br/>PB hall meeting 7pm<br/>Sherbrooke Dart 7:30pm</p>                                          | <p>16 Kids First 9:30am<br/>Walking/Aerobic IHL 10am<br/>Shrove Tuesday Pancake Brunch 11am<br/>Trailblazers 2:30pm<br/>Twins 3pm<br/>Pancake, Bean and Sausage supper 4pm<br/>Liscomb Pancake supper 4pm<br/>TKD 6:30pm<br/>IHL Auction 8pm</p> | <p>17 Walking/Aerobic Liscomb 10:30am<br/>Bootcamp 6pm<br/>Lions Bingo 6:45pm<br/>Parables of Jesus 7pm<br/>Liscomb Dart 7:30pm</p>                                  | <p>18 Walking/Aerobic IHL 10am<br/>Story time 10:30am<br/>Hot Luncheons 11:30am<br/>Kickboxing 6pm<br/>Spanish PB 6pm<br/>Dance PB 7:15pm<br/>Liscomb Auction 8pm</p>                            | <p>19 Saniors Cafe 9:30pm<br/>Stiwater cards 8pm<br/>MJ Dart 8pm</p>                                                                                         | <p>20 90<sup>th</sup> Birthday<br/>ATV Poker Rally 10:30am<br/>CH Country Breakfast 8:30am<br/>Liscomb Legion Cribbage 8pm</p> |
| <p>21</p>                                 | <p>22 Kids First 9:30am<br/>Walking Program 3pm<br/>Walking/Aerobic Liscomb 6:30pm<br/>Sherbrooke Dart 7:30pm</p>                                                                                          | <p>23 Kids First 9:30am<br/>Walking/Aerobic IHL 10am<br/>Trailblazers 2:30pm<br/>Twins 3pm<br/>TKD 6:30pm<br/>IHL Auction 8pm</p>                                                                                                                | <p>24 Walking/Aerobic Liscomb 10:30am<br/>Bootcamp 6pm<br/>Lions Bingo 6:45pm<br/>Liscomb Dart 7:30pm</p>                                                            | <p>25 Walking/Aerobic IHL 10am<br/>Story time 10:30am<br/>Hot Luncheons 11:30am<br/>Kickboxing 6pm<br/>Spanish PB 6pm<br/>Dance PB 7:15pm<br/>Liscomb Auction 8pm</p>                            | <p>26 Volunteer Awards Deadline<br/>Saniors Cafe 9:30pm<br/>Youth group 7pm<br/>IHL Penny Auction &amp; Cake Walk<br/>Stiwater cards 8pm<br/>MJ Dart 8pm</p> | <p>27 CH Dart tournament 11am<br/>Liscomb Legion Cribbage 8pm<br/>Retirement Party MJ</p>                                      |
| <p>28</p>                                 |                                                                                                                                                                                                            |                                                                                                                                                                                                                                                  |                                                                                                                                                                      |                                                                                                                                                                                                  |                                                                                                                                                              |                                                                                                                                |