



April 2010 Newsletter



www.saint-marys.ca

The DEADLINE to have information submitted for the May issue of the NEWSLETTER is **THURSDAY, April 22nd, 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.

St. Mary's Municipal Council



The next regular meeting of St. Mary's Municipal Council will be held on Monday, April 11th, 2010 at 7:00 p.m. The public is invited to attend.

Visit our website for recent minutes of the regular meetings, important dates and forms. www.saint-marys.ca

Transfer Station Hours

Please be advised as of **Tuesday April 6th, 2010** the transfer station will be open from **9:00am and 5:00pm** Tuesday thru Saturday. **Good Friday, April 2nd - CLOSED**



ONLINE/ TELEPHONE BANKING

NEW

AS OF MARCH 20, 2010 ROYAL BANK OF CANADA AND SCOTIABANK CUSTOMERS WILL BE ABLE TO MAKE PAYMENT ON THEIR ST. MARY'S MUNICIPAL PROPERTY TAX BILL USING ONLINE OR TELEPHONE BANKING. NOTE: THE MUNICIPAL TAX ACCOUNT NUMBER MUST INCLUDE 8 DIGITS (FOUND ON TOP RIGHT HAND CORNER OF TAX BILL). IF NECESSARY, PLACE ONE OR TWO ZEROS (0) IN FRONT OF YOUR ACCOUNT NUMBER. CONTACT US HERE AT THE MUNICIPAL OFFICE FOR MORE INFORMATION.

Building Permits

Effective immediately, all Building Permits must comply with zoning regulations set within the St. Mary's Land Use By-Law. Copies available at the Municipal Office. Please contact Building Inspector Alex Sutherland, at 783-2445 for further information and clarification.

District of St. Mary's Municipal Council Proposed Municipal Building

Council would like to acknowledge local residents for voicing their opinion on the possible location for our proposed Municipal Building. Most people obviously prefer the location of our existing Municipal Office on Main Street and it would be Council's first choice as well, if it was feasible under our current Land Use Planning Regulations.

Unfortunately, there is not sufficient space for a new Municipal Building on Main Street with adequate parking under our Land Use By Laws when boundary setbacks are considered. This was confirmed by our architect and we are faced with having to find the next best available site. The alternative which is being considered is municipally owned land on Old Road Hill, adjacent to the school property. We feel a nicely designed two story building on this location, with access to one level from Route 7 and the other level from the Old Road Hill would make Municipality look progressive and we are exploring different avenues.

Some may think that Land Use Planning Regulations are not serving their purpose in this instance; however it is important that we plan for future development of our Municipality. Recognizing adequate lot sizes and allowances for ample parking will work towards making the Municipality a better place to live.

A new building is a goal and nothing has been decided in regards to a design. If a new building becomes a reality, no decisions for our existing buildings have been tabled.

- Warden and Council

Spring is nature's way of saying,
"Let's party!" ~Robin Williams

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 per household. 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.

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, Alex Sutherland 783-2445. Copies of the bylaw are available at the Municipal Office and on our website.

Sign up For Safety

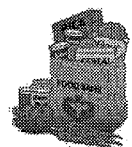
7446

Post Your Civic Number

 I would like to express my sincere thanks to all of you that have helped, and continue to help, during my illness. Thank you for the gifts, flowers, cards, food, phone calls, visits, words of encouragement and prayers. Your support is very much appreciated.

~ Hertha Wilmott

ST. MARY'S DISTRICT FOOD BANK



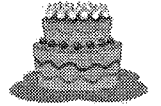
If you are in need of assistance or would like information about the Food Bank, please call 328-4148 and leave a message. The phone number is exclusive to the Food Bank and all calls are confidential. Boxes for donations of non-perishable food items are located in Sherbrooke, at St. Mary's Hospital and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

*The Annual **Secum Secum Fun Days** will be held on **Aug 13th, 14th, & 15th 2010**. More information will follow in the upcoming months...*

THANK YOU

I wish to thank everyone who attended the Open House celebrating my 90th Birthday. Your kind words, cards and gifts are all greatly appreciated. Thanks to those who brought food and helped in any way. I am honoured and thankful to have so many thoughtful friends and family members.

– Frank Archibald

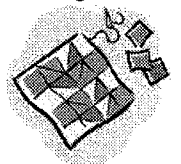


Prize Bingo will be held at the Goshen Community and Recreation Centre on Saturday, April 10th, at 2:00pm. All proceeds will go to the Goshen Fitness Centre.

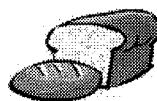


THANK YOU...

The Indian Harbour Lake and Jordanville Women's Institute wishes to thank everyone who bought tickets on our Quilt. We raised money for our Grad Party in June. Also thanks to everyone who sold tickets on our behalf. The Lucky winner of the Quilt was Cherylann Taylor from Manitoulin Island, Ontario. Thanks Again! ~ Joan Jordan



Bake Sale



Every Friday at Maple Manor Common Room. Open to

everyone. Pies, Breads, Rolls, Biscuits, Squares & More...



Time: 2-3pm

ROYAL CAN. LEGION BR. #86 LISCOMB

March general meeting will be held
Tuesday April 6 at 7pm

ACTIVITIES:

AUCTION - Thursdays at 8pm \$5
CRIBBAGE - Saturdays at 8pm \$5
EXERCISE - Mondays at 6:30 pm,
Wednesday at 10:30am \$2



CRIBBAGE TOURNAMENT

Saturday, MARCH 27th Legion Liscomb \$10 pp
Start time: 2pm...8 games... Supper...8 games



WHEN: Saturday - May 1
WHERE: Liscomb Legion (Br 86)
TIME: 10 am - 12 noon
Anyone wanting tables please

contact Cheryl at 779-2677

Chinese Buffet Supper

Will be held on Saturday, April 10th, 2010 at
the East River St. Mary's Fire hall from 4-
6pm. Adults \$12, Students over 12 years \$5,
Students 5-12 years \$3. Take outs available.
Call 833-2450.

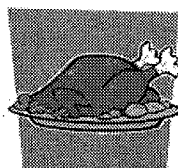
Sponsored by Kirk UCW Members
Everyone welcome!

Sonora / St. Mary's River Community Center

April 5th at 7:00pm - Regular Monthly Meeting
May 15th - We will be hosting a Spring Tea and
Fashion Show. Time: 2:00pm - 4:00pm /
Admission: \$5.00. There will be tickets sold on a
Spring Basket. Also, if you wear a hat,
you will have a chance at a door
prize! We will be selling tickets for
admission in advance, however they
will still be available at the door for those who
forget to buy one. All are welcome!
For more info contact: Sandra Robinson 522-
2642 or Elaine Mailman 522-2247



*Easter Concert April 4th at 7pm
Calvary Faith Church - Sonora
All are Welcome - See you there!*



Turkey Supper
Goshen Community Centre
Saturday, April 24th from
4:30pm- 6:00pm
Adults \$10 Children \$4
Takeout Available

Marie Joseph Community Centre

April 1st - Penny Auction and Easter Walk at
7pm Everyone Welcome

April 10th - Karaoke and Dance
with Geordie Duggan \$7/person.
Time 9pm-1am. 19 years and older



April 18th - Flea Market from 10am - 1pm. \$5 a
table. Call Lori Ann 347-2112 to book a table

St. Mary's Cancer Unit

April is cancer month and canvassers will be
around to visit homes in the Municipality.
Anyone wishing to help out with this campaign
please contact Alice Kennedy 522-2518 or
Marlene MacInnis 364-2015. This year,
daffodil day will take place on April
14th. Pre-orders can be taken by
calling Alice Kennedy 522-2518,
Marlene MacInnis 364-2015 or Ola
Laing 522-2046. This year daffodils
will be \$7 per bunch or 2 bunches
for \$12.



The **Well-Womens Clinic** will be held at St.
Mary's Memorial Hospital on April 10th, from
8:30am- 1:30pm with Dr. Anita Foley. For
appointment please call Barb at 522-2882.
Sponsored by St. Mary's Hospital Cancer
Society and Department of Health.

On Tuesday April 13th, from 7:00pm - 8:30pm
Dr. Daniel Rayson, Oncologist with Capital
Health will deliver a talk on "**Long Term
Side Effects from Chemotherapy**". This
can be viewed by going to St. Mary's Hospital
Video Room. Everyone is welcome.

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

Sunday Worship in April

9:30am at St. John's in Sherbrooke
11:00am at Kirk in Glenelg
7:00pm at Bethany in East River-St. Mary's

Weekly Activities

Youth Group (Our Charge's Program for ages 12, or in grade seven and up) 7pm Every Second Monday at Kirk.

JAM Club -- Jesus And Me (Our Charge's Program for children and all ages Sunday School) 2pm, every second Sunday at Kirk.

JAM Sessions (Our Charge's Program of Adult Fellowship and Exploration of the Christian Faith) 2pm, every second Sunday at Kirk (During JAM Club).

Holy Week & Easter Services

Palm Sunday, March 28... Combined service at Kirk Memorial United Church in Glenelg, 7pm.

Maundy Thursday, April 1... Holy Communion at St. John's United Church in Sherbrooke, 7pm.

Good Friday, April 2... At Bethany United Church in East River-St. Mary's, 7pm

Easter Sunday, April 4... Regularly scheduled worship in all three churches.

All Are Welcome!

Please call 833-2920 for more information.



Are you planning to start a vegetable garden this year? Need some help or ideas?

Join us for an informal presentation and discussion on preparing soil, what to plant, building garden boxes or raised beds, and much more. Kevin Bekkers, Agriculture Resource Coordinator with the Department of Agriculture will present some easy to follow directions designed for those who have never gardened or those with limited experience.

Monday, April 19th, 2010
St. Mary's Academy Gym
Time: 7:00 - 8:30pm

Call to register: Lynne Lukeman, Public Health Services, 522-2212



Do You Know?

What is the difference between rain and a shower?
Since it's April we'll look at showers.

Showers are a distinct form of precipitation falling from a convective cloud. Three characteristics of a shower are that it must start and stop suddenly, have rapid changes in intensity, and usually rapid changes in the appearance of the sky. Hunt up your umbrella!



Can you find out how a convective cloud is formed?

~~~~~  
**Answer to last month's question:** The squirrel keeps the cones moist because if allowed to dry out, the cones would open and release their seeds.

- St. Mary's Naturalist Club.

**St. Mary's District Community  
Easter Choir Concerts**

A local Community Choir, under the direction of Iris Hayes, will present their annual Easter Sacred Concert at two venues:

**Monday, April 5<sup>th</sup>**, at St. John's United Church, Sherbrooke, 7:00 PM and **Thursday, April 8<sup>th</sup>**, at St. Paul's Anglican Church, Port Bickerton, 7:00 PM

Everyone Welcome!

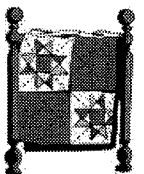


(A free will offering will be received in support of a worthy cause.)

St. John's Liscomb Cemetery Society will hold their Annual Meeting on Thursday, April 1<sup>st</sup>, at 7pm at the home of Ruth and Jack Legge, 3450 Highway 7, Liscomb Mills. Please come out to support the society. All Welcome!

**COMPASS ROSE QUILT GUILD**

The Annual Quilt and Tea Show will be held at the Exhibit Centre in Sherbrooke on Saturday May 1<sup>st</sup>, 2010 between 2:00pm and 4:00pm. Please come and view the quilting and have an enjoyable time socializing with friends.



## St. Mary's Shooters Association

**April 10-11:** West Pictou Wildlife Association Gun Show and Sale at Michelin Center, Grant Pictou Co. Saturday and Sunday Call Don at 485-8107

**April 17:** Nova Scotia Hunter Safety Course 9-5pm Saturday, Stillwater Community Center Hwy #7. Bring lunch and ID card. Students must have passed the Canadian Firearms Safety Course prior to taking this course. Call 522-2172 or 783-2820 to get pre registration information.

**April 24-25:** Provincial small fore shoot at PCMRA Stellarton, peepsight 22 target rifles at 20 yds. Indoors shoot 3 positions or prone, Saturday or Sunday starts at 9am each day open to all competitors.

**May 2:** Spring General Meeting SMSA. Sunday May 2, 2010 at 2pm. Please plan to attend.  
**New club hats are available please call 783-2820 (John) 522-2995 (Colin)**



*April at Indian Harbour Lake  
Pentecostal Church*

### Special Easter Events

**Good Friday Service:** April 2<sup>nd</sup> 10:30 a.m.

Special Speaker: Rev. Freda Steeves

**Easter Celebration Service:** April 4<sup>th</sup> at 11 a.m.  
featuring the "Tweens" Easter Video

### Sunday

9:45 am Sunday School

Classes for children & adults

11:00 a.m. Morning Worship

April 18<sup>st</sup> - 6:30 p.m. Prayer & Praise



### Weekday Activities

**Tuesdays:** 3:00 – 4:30 p.m. Tweens (Ages 8 – 12)

**Wednesdays:** 7:00 p.m. April 14<sup>th</sup> & 21<sup>st</sup>

Parables of Jesus Bible Study

**Friday:** 7:00 p.m. April 9<sup>th</sup> & 23<sup>rd</sup>

Youth Group (Ages 13 – 19)

All are Welcome! For more information, contact  
Pastor Dave Connolly at 522-2759  
or [pastordave@ihlpentecostalchurch.ca](mailto:pastordave@ihlpentecostalchurch.ca)

## St. Mary's Memorial Hospital Society

Would like to thank the public for their many donations over the years. It has made it possible to purchase and/or replace essential equipment plus comfort items for patients. In 2009 we purchased new lab equipment \$30,663.00, EKG machine 15,122.99, hi-low bed \$8,000.00, yearly cable for patient rooms \$1,284.00, support rescue sled for Port Bickerton Fire Department \$1,000.00 and many smaller items. All items for Palliative Care are funded as requested by the Palliative Care program. For 2010 approximately \$50,000 has been approved for equipment request or replacements. Your support makes this possible.



|                      |                  |
|----------------------|------------------|
| Donald Dunbar, Chair | Isabel Archibald |
| Scott Fraser         | Mona Mills       |
| Ken Mills            | Sharon Tibbo     |
| Shirley Bowen        | Norah Fraser     |

### Note:

This will be the third year of the **Guysborough County Walk-a-thon on August 21, 2010**. The funds raised are divided equally between Eastern Memorial Hospital Foundation, the Guysborough Memorial Hospital Foundation and the St. Mary's Memorial Hospital Society. The first year each hospital's share was \$2,400; last year each share was \$3,900. Anyone may participate with a pledge sheet. ([www.pals-ns.ca](http://www.pals-ns.ca)). For further information contact Don Dunbar 522-2572. Let's walk our share for St. Mary's Memorial Hospital.

### Spring Greetings from High-Crest!

Residents celebrating birthdays in April are:

Marion Rudolph --- April 5<sup>th</sup>

Pearl Jordan --- April 23<sup>rd</sup>

Harvey Scott --- April 24<sup>th</sup>

Vernon Amos --- April 25<sup>th</sup>



Wow April is a busy month for Birthdays!

The Homebuddies will host their monthly birthday Party on April 20<sup>th</sup> at 1:15pm. We will play bingo, sing songs and have cake & ice cream.

Everyone is welcome!



We believe in you.

## Guysborough County

46 Main Street, PO Box 199  
Guysborough NS B0H 1N0

Phone (902)533-2770 Toll Free 1-888-303-2232

E-mail: wanda.macdonald@cbdc.ca

**NEW! Micro Seed Loan Program** - provides loans to help start, expand or improve a small business, as well as acquire business skills training.

- A maximum of \$20,000 is available per applicant in the form of a repayable, loan with low interest rates and flexible repayment terms.
- Training is available for business management and business counselling.
- Contact CBDC for info session and discuss your business idea.

**Self-Employment Benefit Program** - A program of Employment Nova Scotia that provides financial assistance for up to one year to eligible individuals to help them create jobs for themselves by starting a business. Training in business management is available at no cost.

\*The first step is to contact the CBDC or the Career and Job Counselling Center to set up an appointment to determine eligibility and obtain information.

To find out more information please visit: <http://www.gov.ns.ca/employmentnovascotia/programs/self-employment.asp> or call 1-888-303-2232 or (902) 533-2770

**CBDC Loans Program** - Customized financing to individuals, small and medium sized business. Flexible terms offered to anyone looking to purchase a new or exiting business. A maximum of \$150,000 is available and additional funds available in special circumstances.

**Business Counselling** - One of the most important kinds of assistance offered by the CBDC. Advice is offered on starting a business or help along the way. Our professional business development team can help you create solutions and plans of action that are tailored to your individual business needs.

**Career and Job Counselling Centre** assists in the application process of Employment Nova Scotia Programs and much more. We assist in:

- Returning to school (Skill Development)
- Starting a business (Self Employment Benefits Program)
- Job Creation Partnerships
- Resume and cover letter development
- One on one job searches
- Job search internet access
- Free Career Related Workshops

To find our more information please call (902) 533-1906 or toll free at 1-888-533-1906

**\*Serving All of Guysborough County\***

## Port Bickerton Community Centre

**Penny Auction and Cake Walk:** April 9, at 7pm  
Small household and grocery items and personal gifts are needed to fill the prize bags. Please donate an item to help raise funds for the new centre. Bring items to On the Tickle store or to the Centre after 6:30 April 8, or contact one of the members of the Community Centre Club for pick-up.


### Quilt Raffle

A huge thank-you to the women who worked on the beautiful quilt we are now selling tickets on, and to those who donated the materials for it.



### Donations to Centre Building Fund

A fundraising appeal letter has been sent to all residents and business owners in the Port Bickerton area asking for your help to get the new centre built. If you have not already sent in a donation, please do so. Any size of donation is greatly appreciated.

 We'll have a new centre if we all contribute what we can. Charitable tax receipts will be issued. Thank you!

### Community Centre Club Meetings

Everyone is welcome to join us for regular meetings. The next meeting is 7pm on April 19th at the Centre. Please join us. It's fun!

## St. John's United Church

WE ARE HOSTING A ROAST BEEF DINNER  
AT THE SHERBROOKE LIONS  
HALL ON APRIL 17<sup>TH</sup>, FROM  
4:30 TO 6:00PM.  
ADULTS \$10 AND CHILDREN \$5



## BAYVIEW BAPTIST CHURCH

Evangelist Glen Weeks will be speaking in a series of special meetings at Bayview Baptist Church in Spanish Ship Bay, from Thursday, 8th April 2010 to Sunday, 11th April 2010. Service times are 7:00 PM on Thursday, Friday and Saturday and 9:30 AM on Sunday.

There will be a potluck dinner in the fellowship room of Bayview Baptist Church at 5:00 PM on Saturday, 10th April 2010. There is no cost for the meal, and everyone is welcome to attend. People are encouraged to bring a main dish or a dessert to share at the potluck. For further information, contact Pastor Smith at 902-779-2709.



## Walking Program in YOUR AREA

You know you want to begin a fitness program, but don't know where to start. It's easy! Walking is one of the easiest and most profitable forms of exercise. All you need is a good pair of sneakers, comfortable clothing, and desire. The toughest thing about starting a fitness program is developing a habit. Walking is a great form of exercise that benefits both your heart and mind and it's free!



No matter what your fitness level, this plan is for you. We want to help provide men and women of all ages the opportunity to participate in a 12 Week Walking Program. You have the option of participating in a simple fitness assessment at the start and end of the program. A home exercise program that consists of daily walking, breathing and balance exercises will be available.

Physiotherapist Terry MacIntyre will be giving an information session at the Glenelg Fire Hall on **Monday April 12, 2010 at 3:00.**

Anyone interested please call Charlene Bingley 522-2882 Monday, Tuesday or Thursday or Linda Archibald 833-2035.

### *Happy 90<sup>th</sup> Birthday*

*All are welcome to an Open House to celebrate this Happy Occasion.*

*Where: Home of Kerwin Mills*

*Date: May 8<sup>th</sup>, 2010*

*Time: 1:00pm-4:00pm*

*Best Wishes Only*

## **The Anglican Parish of Liscomb and Port Bickerton**

### Holy Week Services:

Monday 7pm – St. Luke's

Tuesday 7pm – St. Thomas'

Wednesday 7pm – St. Paul's

Maundy Thurs 7pm – St. James' (stripping of the Altar)

Good Friday 3pm- St. Luke's and TBA – St. Paul's

### April 4<sup>th</sup> Easter Sunday! Christ is Risen!

9am St Paul's – Port Bickerton

11am St. Thomas' – IHL

3pm St. Luke's – Liscomb (Celebration of Holy Baptism)

7pm St. James' – Sherbrooke (Celebration of Holy Baptism)

### April 8<sup>th</sup>

7pm St. Paul's – Community Choir Easter Concert

### April 11<sup>th</sup> (Sunday after Easter)

9am St. Luke's – Liscomb

11am St. James' – Sherbrooke

3pm St. Thomas – IHL

7pm St. Paul's – Port Bickerton



### April 18<sup>th</sup> (Second Sunday after Easter)

9am St. James' – Sherbrooke

11am St. Luke's – Liscomb

3pm St. Paul's – Port Bickerton

7pm St. Thomas' – IHL

### April 25<sup>th</sup> (Third Sunday after Easter)

9am St. Thomas – IHL

11am St. Paul's – Port Bickerton

3pm St. James' – Sherbrooke

7pm St. Luke's – Liscomb

For more information please contact The Rev. Melissa Frankland 522-2510 [revmelissa@maritimers.ca](mailto:revmelissa@maritimers.ca)  
Facebook (search) "The Parish of Liscomb and Port Bickerton)

## **Country Harbour Gun Club**

**April 17<sup>th</sup> – Country Breakfast 8:30 – 10:30am**

**Admission - \$6 Children - \$3**

**Sunday, April 25<sup>th</sup> – Prize BINGO 2:00pm**

**Proceeds will go to Country Harbour Gun Club & St. Mary's Minor Hockey. For more information call Samantha 328-2063.**

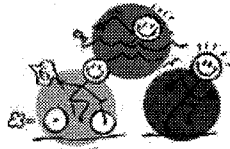
**May 23<sup>rd</sup> – Anglican Church is having a Victorian**

**Tea. Church service at 11am, Tea from 12-2pm**

**Admission \$5**

Spring is around the corner so why not commence your preparation now? Start your training; prepare for the challenge! **The Guysborough County Triathlon: the triathlon that beat Hurricane Bill**, sponsored by the Physically Active Lifestyle Society (PALS) [www.pals-ns.ca](http://www.pals-ns.ca) is being held on **Sunday, August 22, 2010**. (Visit the PALS web site and view its expanded photo galleries.) 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 (Dry Fit). 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](http://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](mailto:bates@ns.sympatico.ca)  
 Telephone: 1-902-533-2528

*Experience the triathlon -  
 Experience the county*

## St. Mary's River Association

### Two Public Presentations:

DATE: April 8, 2010 from 7:00-8:00 PM  
 LOCATION: St. Mary's River Association Education and Interpretive Centre

(1) Effects of pH and biosolids on benthic invertebrates in the St. Mary's River

(2) History of Atlantic salmon management policy by Department of Fisheries and Oceans (1867-2008)



Spring might appear to be slow to arrive but there is no need to be sedentary. As you set your personal activity goals why not commence your preparation for an event that will enable you to be active and to show both your appreciation and support for Guysborough County's three hospitals?

**The Third Annual Guysborough County Walkathon**, sponsored by the Physically Active Lifestyle Society (PALS), ([www.pals-ns.ca](http://www.pals-ns.ca)) is being held on **August 21, 2010**. (Visit the PALS web site and view our expanded photo gallery from the first two walkathons.) 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) travelling 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](http://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*

### Stillwater Community Club Update

Card play continues every Friday beginning at 8:00pm. Last Card Play for this season will be Friday May 28<sup>th</sup>.



**Next meeting:** May 16<sup>th</sup>, 2010 at 6:30pm. All members encouraged to attend as we will be having our annual election of executives. Also we are preparing for a spring Flea Market/Bake Sale in June. If anyone wishes to book a table or donate items for sale please contact Diane Smith @ 522-2823.

## Summer Student Employment

The St. Mary's River Association is looking for a museum interpreter. Must be available for May 25, 2010. Please send your resume to PO Box 179 Sherbrooke NS B0J 3C0 or by e-mail to [stmarysriver@ns.sympatico.ca](mailto:stmarysriver@ns.sympatico.ca) subject summer student application. Deadline: April 30, 2010.



Sherbrooke Village is now accepting **APPLICATIONS** for the casual interpreter roster for the 2010 season. **DEADLINE** for students and regular interpreters is April 15, 2010.

Wagon rides are available **FREE** of charge from the Jordan barn on Tuesdays and Thursdays from 1:00-2:30pm. For groups wishing to book other times, the fee is \$50.00. Contact Kenny Pye @ 522-2400

### Multi-Family Flea Market

Saturday April 17<sup>th</sup> at the Isaac's Harbour Fire Hall  
10-1pm \$1 admission at the door  
Call Karen Hallett 328-2227 to book a table

### Flea Market

A flea market will be held on Saturday April 10<sup>th</sup>, 2010 from 9am to 1pm at St. John's Church Hall #7 Highway, Necum Teuch. New and old items, Bake Table, Lunch, Tea & Coffee available. These flea markets will be held the 2<sup>nd</sup> Saturday of each month. To book tables contact Helen, Church Warden @ 347-2182

### Guysborough County Community Access Network

Basic Computer training is being provided at the Sherbrooke Library C@P site on Mondays starting April 5<sup>th</sup> and at the Goshen C@P site on Tuesdays starting April 6<sup>th</sup>.

The following training sessions will be offered:

- Your computer and Microsoft Word
- Google and Email
- Basics of Facebook
- Safety, Security & Computer Maintenance
- Digital Photography
- Skype
- Other sessions are available upon request



For more information or to pre-register for any or all of the sessions:

Sherbrooke – in person at the Library or phone 522-2180

Goshen – phone 783-2443

Each training session is **FREE** of charge and will run from 1.5 to 2 hours. Exact times of each session will be based on the preferred time of day requested by the learner.

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

You are invited to attend our April Worship Services:

Good Friday, April 2 at 11am  
Sonora Baptist Church

Easter Sunday, April 4 at 11am  
Port Bickerton United Baptist Church

Sunday, April 11 at 11am - Sonora Baptist Church (This is a special Fishermen's Service, before the start of the lobster season)

Sunday, April 18 at 11am  
Port Hillford United Baptist Church

Sunday, April 25 at 11am  
Port Bickerton United Baptist Church

Wednesdays, 6:30 PM at Port Hillford Baptist Church: **"Get to Know the Bible"** Study & Fellowship time. 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.

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

### THANKS EVERYONE...

St. Thomas Anglican Church would like to thank everyone who helped make our



"We make 'em you bake 'em" pie sale such a huge success again this year. We made 2214 pies!

## Sherbrooke Library Chatline



**VILLAGE READERS' BOOK CLUB** – The next meeting will be held at the Library on Wed, April 7 at 11am. Please note that all future meetings of the book club will be held on the first Wed of the month at 11am.

**HOLIDAY SCHEDULE** – The Library will be closed on Good Friday, April 2, 2010 and Easter Monday, April 5, 2010. Computer classes will be held as scheduled on Monday April 5, 2010.

### 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)

# ST. MARY'S RECREATION

## National Volunteer Week April 18 - 24

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

### Volunteer Recognition



Volunteers continually contribute to the vitality of our communities, by their personal commitment of time, energy, service and spirit.

They enhance our quality of life and make our communities better places to live. Congratulations to all nominees.

This year's Volunteer Recognition Night will be held on Saturday May 1<sup>st</sup>, 2010 at the Lions Hall in Sherbrooke. Please don't forget to RSVP by April 16<sup>th</sup> by calling 522-2598 or 522-2049 for those who have received letters.

Volunteers are the Heart of Every Community!

### Friends of Stonewall Park

Friends of Stonewall Park's next meeting will be held on Tuesday April 13<sup>th</sup> in the Council Chambers at 6pm. During this meeting we will be discussing our first planned clean up of the park on Saturday May 15<sup>th</sup>. All meetings, are open to the public and everyone is welcome.

If you would like more information on the Friends of Stonewall Park please contact the Recreation office at 522-2598.

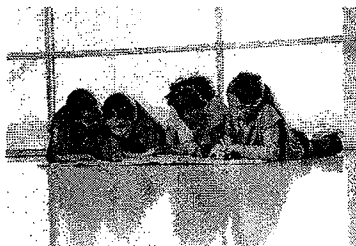
### St. Mary' Minor Hockey AGM

With the season finishing up minor hockey is preparing for its Annual General Meeting. The meeting offers a place for members to begin the planning for the next season.

Minor Hockey's AGM is scheduled for **April 15<sup>th</sup> 2010** at 6pm in Council Chambers.

We are asking all members to come out and help improve our minor hockey system. If you have any question please contact Brendon Smithson at 522-2989.

### Recreation Summer Employment



The St. Mary's Recreation department is looking for two qualified persons to work as supervisors during the summer months.

Positions:

#### Senior Supervisor

**Start Date:** First week of June, 2010, 12 weeks

**Rate** \$10.60 per hour

**Responsibilities include:**

- Developing and planning Summer Day Camps throughout the municipality
- Supervising up to 6 summer staff employees
- Delivering Summer Day camps throughout the municipality

#### Special Events Coordinator

**Start Date:** First week of June 2010, 12 weeks

**Rate:** \$9.60 per hour

**Responsibilities include:**

- Developing and planning special events throughout the municipality for all ages
- Delivering Special events throughout the municipality
- Delivering the Older Adult Games at Liscomb Lodge
- Will require evening and weekend work.

\*\*All positions are pending funding

**Deadline for applications are is April 30<sup>th</sup>, 2010**

You can mail or drop of your resume to the St. Mary's Recreation Department located at the St. Mary's Municipal office:  
16 Main Street Sherbrooke, NS, B0J 3C0  
or email to [Brendon.Smithson@munet.ns.ca](mailto:Brendon.Smithson@munet.ns.ca)

# ST. MARY'S RECREATION

## National Volunteer Week April 18 - 24

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

### Bikeways in Guysborough County

The St. Mary's Recreation Department is partnering with GCRDA working towards developing Guysborough County as Bike friendly destinations.

We will be holding our first meeting on April 1<sup>st</sup> 2010 in the Guysborough Municipal office at 1pm. We are looking for a few local champions that would be interested in being part of developing a plan to put Guysborough County on the map for Bikeways. If you are interested or would just like updates please contact the St. Mary's recreation office at 522-2598.

### Garmin Handheld GPS Clinic

Do you have a Garmin handheld GPS that you don't know how to use? Have you heard of the latest technology game, Geocaching? St. Mary's Recreation has the solution. During April, the Rec Dept will host a traveling GPS clinic in each of the remaining districts.

If you own a Garmin handheld GPS, we ask that you bring that unit and the manual with you to the course. If you don't own a GPS, we have units, which will be available for use at the clinic.

Clinic dates are as follows:

All clinics will begin at 6pm and are Free of Charge.  
Open to all ages.

Melrose- April 12<sup>th</sup>, Oldsters Club

Liscomb- April 13<sup>th</sup>, Legion

IHL- April 19<sup>th</sup>, Community Centre

If you want to attend a clinic in your area, please contact the recreation office to register at 522-2598.

The GPS Clinics have been made possible through a partnership with the Municipality and the Department of Health Promotion and Protection.

### Kids Only Club Schedule

Remaining Dates for Kids Only Club

**Mondays** – Aspen and Liscomb  
Mar. 29<sup>th</sup>, Apr. 12<sup>th</sup>

**Tuesdays**- MJ and Sonora  
Mar. 30<sup>th</sup>, Apr. 6<sup>th</sup>

**Wednesdays**-  
PB- Mar. 31<sup>st</sup>  
Sherbrooke- Mar. 31<sup>st</sup> and April 7<sup>th</sup>

**Thursdays**-  
Goshen- Apr. 1<sup>st</sup> and 8<sup>th</sup>  
IHL- April 1<sup>st</sup>, 8<sup>th</sup> and 15<sup>th</sup>

Please note that in the event of a school closure/cancellation/in-service, Kids Only Club will also be cancelled.

### St. Mary's Fitness Centre



#### Fitness Centre hours

Starting April 1<sup>st</sup> the St. Mary's Fitness Centre will be closed on weekends. The centre will keep its regular week day hours of:

Monday – Friday: 6 – 7am & 3 – 8pm

We apologize for any inconvenience.

#### Rates Increase

Due to an increase in staffing costs, the St. Mary's Fitness Centre will be increasing their rates beginning May 1<sup>st</sup>, 2010.

The new rates will be posted at the fitness centre and online at the municipal website

<http://www.saint-marys.ca/recreation/fitness-centre.html>.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# April 2010

|                            |                                                                                                                                                      |                                                                                                                                                                                                                                                      |                                                                                                                                  |                                                                                                                                                                                                                      |                                                                                                                                                   |                                                                                                                                                                                          |  |
|----------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| 4<br>Easter Concert<br>7pm | 5<br>Kids First 9:30am<br>W/A Greenfield 1pm<br>Liscomb W/A 6:30pm<br>Easter Choir Concert 7pm<br>Sonora hall meeting 7pm                            | 6<br>Kids First 9:30am<br>W/A IHL 10am<br>Kids Only Club M.J., Sonora 3pm<br>Trailblazers 2:30pm<br>Tween 3pm<br>TKD 6:30pm<br>Liscomb TOPS 6:30pm<br>Liscomb Legion AGM 7pm<br>IHL Auction 8pm                                                      | 7<br>W/A Liscomb 10:30am<br>Sherbrooke Book club 11am<br>Kids Only Club/Sherbrooke 3pm<br>Bootcamp 6pm<br>Lions Bingo 6:45pm     | 8<br>W/A IHL 10am<br>W/A Greenfield 1pm<br>Kids Only Club IHL, Goshen 3pm<br>Easter Choir Concert 7pm<br>SMRA presentation 7pm                                                                                       | 9<br>Seniors Cafe 9:30am<br>Manor Bake sale 2pm<br>Youth Group 7pm<br>Penny Auction &<br>Cake Walk 7pm<br>Stillwater cards 8pm<br>Youth group 7pm | 10<br>Well-womens Clinic<br>8:30am<br>Flea Market 9am<br>Prize Bingo 2pm<br>Chinese Buffet Supper<br>4pm<br>Pot Luck Dinner 5pm<br>Liscomb Legion Cribbage<br>8pm<br>Karaoke & Dance 9pm |  |
| 11                         | 12<br>Kids First 9:30am<br>W/A Greenfield 1pm<br>Kids Only Club Aspen,<br>Liscomb 3pm<br>GPS course Melrose 6pm<br>W/A Liscomb 6:30pm<br>Council 7pm | 13<br>Kids First 9:30am<br>W/A IHL 10am<br>Trailblazers 2:30pm<br>Walking program presentation 3pm<br>Friends of Stonewall meeting 6pm<br>GPS course Liscomb 6pm<br>long term side effects from<br>chemotherapy 7pm<br>TKD 6:30pm<br>IHL Auction 8pm | 14<br>W/A Liscomb 10:30am<br>Kids Only Club PB, Sherbrooke<br>3pm<br>Bootcamp 6pm<br>Parables of Jesus 7pm<br>Lions Bingo 6:45pm | 15<br>W/A IHL 10am<br>W/A Greenfield 1pm<br>Kids Only Club IHL 3pm<br>St. Mary's Minor Hockey AGM 6pm<br>Liscomb Anction 8pm                                                                                         | 16<br>Manor Bake sale 2pm<br>Stillwater meeting<br>6:30pm<br>Youth Group 7pm<br>Stillwater cards 8pm                                              | 17<br>Country Breakfast 8:30am<br>NS hunter safety course<br>9am<br>Multi-Family Flea Market<br>10am<br>Roast Beef Dinner 4:30pm<br>Liscomb Legion Cribbage<br>8pm                       |  |
| 18<br>Flea Market<br>10am  | 19<br>Kids First 9:30am<br>W/A Greenfield 1pm<br>GPS course 6pm<br>W/A Liscomb 6:30pm<br>Garden presentation 7pm<br>PB meeting 7pm                   | 20<br>Kids First 9:30am<br>W/A IHL 10am<br>Trailblazers 2:30pm<br>Homebuddies party 1:15pm<br>Tween 3pm<br>TKD 6:30pm<br>Liscomb TOPS 6:30pm<br>IHL Auction 8pm                                                                                      | 21<br>W/A Liscomb 10:30am<br>Bootcamp 6pm<br>Lions Bingo 6:45pm<br>Parables of Jesus 7pm                                         | 22<br>W/A IHL 10am<br>W/A Greenfield 1pm<br>Liscomb Anction 8pm                                                                                                                                                      | 23<br>Manor Bake sale 2pm<br>Youth Group 7pm<br>Stillwater cards 8pm                                                                              | 24<br>Turkey Supper 4:30pm<br>Liscomb Legion Cribbage<br>8pm                                                                                                                             |  |
| 25<br>Prize Bingo 2pm      | 26<br>Kids First 9:30am<br>W/A Greenfield 1pm<br>W/A Liscomb 6:30pm                                                                                  | 27<br>Kids First 9:30am<br>W/A IHL 10am<br>Trailblazers 2:30pm<br>Tween 3pm<br>TKD 6:30pm<br>Liscomb TOPS 6:30pm<br>IHL Auction 8pm                                                                                                                  | 28<br>W/A Liscomb 10:30am<br>Bootcamp 6pm<br>Lions Bingo 6:45pm                                                                  | 29<br>W/A IHL 10am<br>W/A Greenfield 1pm<br>Liscomb Anction 8pm                                                                                                                                                      | 30<br>Low income<br>Exemption dedaline<br>Manor Bake sale 2pm<br>Youth Group 7pm<br>Stillwater cards 8pm                                          |                                                                                                                                                                                          |  |
|                            |                                                                                                                                                      |                                                                                                                                                                                                                                                      |                                                                                                                                  | 1<br>W/A IHL 10am<br>GC Bikeways meeting 1pm<br>W/A Greenfield 1pm<br>Kids Only Club IHL, Goshen 3pm<br>St. John's Liscomb Cemetery<br>Society meeting 7pm<br>Penny Auction & Easter Walk 7pm<br>Liscomb Anction 8pm | 2<br>Library closed<br>Transfer Station<br>closed                                                                                                 | 3<br>Liscomb Legion Cribbage<br>8pm                                                                                                                                                      |  |