

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

June 2010 Newsletter

www.saint-marys.ca

The DEADLINE to have information submitted for the June issue of the NEWSLETTER is **THURSDAY, June 24th, 2010 at 4:00 p.m.** Submissions can be received by fax: 522-2309 or email: to council@mynet.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, June 14th, 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.

NOTE: The Municipal Office will be closed on May 24th – Victoria Day.



HAPPY FATHER'S DAY

A father carries pictures where his money used to be. ~Author Unknown

A SINCERE THANK YOU

From Staff of St. Mary's Memorial Hospital, Sherbrooke to local businesses and the entire community for their donations and participation during our Penny Auction/Cake Walk.

Because of your support this benefit was an overwhelming success.

Building Inspector

St. Mary's Municipality is now using Guysborough Municipality's Building Inspection/911 Civic addressing services.

There will be no changes to the Building Permit process or rates. Peter Avery can be reached at

533-3705 ext 235 or Cell 870-2156

Email pavery@modg.ca

Peter will be available at our Municipal Office on Fridays beginning at 10am.



FREE Computer Classes for WOMEN

Free training sessions for women at local C@P sites and community centers within the Municipality of St. Mary's, District of Guysborough, Towns of Mulgrave and Canso and adjacent communities in Antigonish County. Whether you've never sat in front of a computer before, or you already know your way around, IT Works for Women can take you to the next level. Topics for sessions include:

Basic Computer Skills, Using Internet and Email, Intermediate Level Computer Skills, Career Planning, Creating Resumes, and More. Confidence building is a bonus with each session you take!

Contact Kim Avery, IT Works for Women

kavery@weesociety.ca 902-870-0593

www.weesociety.ca

NEW IN BRANCH/ ONLINE/ OR TELEPHONE BANKING

AS A ROYAL BANK OF CANADA OR SCOTIABANK CUSTOMER YOU ARE NOW ABLE TO MAKE PAYMENT ON YOUR ST. MARY'S MUNICIPAL PROPERTY TAX BILL USING ONLINE OR TELEPHONE BANKING. YOU ALSO NOW HAVE THE ABILITY TO MAKE PAYMENTS BY VISITING YOUR LOCAL RBC OR SCOTIABANK BRANCH WITH YOUR TAX BILL. **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. 522-2049 OR COUNCIL@SAINT-MARYS.CA

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.



Indian Harbour Lake-Jordanville Community Centre

Flea Market – Sat June 5th from 10am – 11:30am.

Admission \$.50, children under 12 free.

Call 522-2369 to book tables

Hall Meeting – Monday June 14th at 7:00pm

Everyone Welcome.

Auction 45's held every Tuesday evening at 8:00pm. Admission \$5, Light Lunch

Areobics & Walking held on Tuesdays & Thursdays at 10am, Admission \$2

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 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.

For other information, or to volunteer to help, contact Ray Bates, Race Director at PO Box 44, Guysborough NS, B0H 1N0 Email: bates@ns.sympatico.ca Phone: 1-902-533-2528

*Experience the triathlon –
Experience the count*

Ecum Secum Fire Department

Bottle Drive: June 23, 24, & 25

For pickup, please call Randy 347-2561

Ecum Secum Fire Dept FUN DAYS: Aug 13, 14, 15
"Duckie" tickets on sale from Fireman or Ladies Auxiliary members. Schedule of events will be posted.

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) 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.

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

Flea Market/Bake Sale

Saturday June 12, 2010

Time: 9am – 11:30am

If anyone wishes to book a table or donate items for sale please contact Diane Smith @ 522-2823.

1st Day of Summer June 21st

A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.

~James Dent

CORRECTION

BUILDING INSPECTOR

Peter will be available at our
St. Mary's Municipal Office on **THURSDAYS**
beginning at 9:30am

Port Bickerton

Women's Institute Update

The Women's Institute would like to say thank you to the many people that came out to our Pancake, sausage & Beans Brunch. It was a huge success. Thanks to the grocery stores for donations of sausages, etc. It was greatly appreciated.

We have made another quilt. Tickets will be available soon from members of the Institute.

Our Annual Meeting will be held on June 3rd, 2010 at 7pm at the Community Centre. This will be the last meeting until Sept. 9th, 2010. Have a great summer!

Message from Harry Hatton...

As of May 1, 2010 Harry will no longer be collecting the garbage in Wine Harbour/Sonora or Sherbrooke areas. Jeff Laing will be taking over these garbage runs. There will be no interruption in service.

SONORA/ST. MARY'S RIVER COMMUNITY CENTER

JUNE 7TH AT 7PM - LAST REGULAR MONTHLY MEETING FOR THE SUMMER

THANK YOU TO EVERYONE WHO BOUGHT AND SOLD TICKETS FOR OUR ANNUAL LOBSTER DRAW. SPECIAL THANKS TO THE FISHERMAN FROM SONORA WHO DONATED THE LOBSTERS. LUCKY WINNER WAS DIANE BENSON OF ST. MARY'S RIVER. ALSO, A BIG THANK YOU TO EVERYONE WHO ATTENDED OUR TEA AND FASHION SHOW ON MAY 15TH. IT WAS A WONDERFUL SUCCESS. SPECIAL THANKS TO THE LADIES WHO WORKED SO HARD BEHIND THE SCENES TO MAKE IT ALL HAPPEN!

THANK YOU

A most sincere thank you from the bottom of my heart for all the prayers, cards, calls, flowers and love during my illness. May God bless you all.

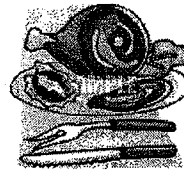
- Judith Corkum Burns

The **Port Bickerton Seashore Volunteer Fire Department** will be sponsoring their

8th Annual Fishing Derby

On June 5th (rain date is June 6th) at 8AM to 12PM, held at Fisherman's Harbour Big Lake. Entry fee is \$10 - everyone welcome. Prizes and lots of ticket draws on lobsters. Contact: Ralph Jack 364-2264.

Ham and Salad Supper at Port Bickerton



Community Centre on June 12th
from 4 - 6pm

Adults \$10 and Children \$5

Dine in or take out available by
phoning 364-2489 or 364-2659

Come join us for a wonderful meal!

Proceeds to benefit the Port Bickerton
Lighthouse Project.

LISCOMB FIRE DEPARTMENT

A Big Thank you to everyone who helped clean-up the yard at the Liscomb Fire Dept on May 11th.

The monthly meeting of the Fire Department is
Monday May 31st at 6:30pm.

Training is Tuesday June 15th at 6:30pm

Marie Joseph Community Center

Ladies Night Out Bingo - June 3rd at 7 pm



Cards are 3/ \$5.00. Everyone is to bring 2 wrapped gifts valued at \$ 5.00 each and a Toonie for the Jackpot. Proceeds go to Relay for Life.

Adult Dance - July 3rd from 9 pm -1 am

Music by Marine Drive \$ 7.00 a person. 19 years and older..Gov't ID's may be requested.

90th Birthday Mills

I sincerely wish to thank all my friends who came from near & far to help celebrate my 90th Birthday. Special thanks to all my children who arranged for this gathering. And to all that sent cards, made phone calls and visited me. It was all greatly appreciated - Kerein A. Mills

Water Wonders - Bible Adventures

Calling kids, ages 5-12 to a fun time at Port Bickerton United Baptist Church, Aug 2-6, 9:30-Noon. Singing, Stories, Crafts, Games, and treats await you on this adventure! To register Call Shirley Pearce 522-2087(No charge)

ARE YOU CLEANING OUT THE GARAGE, YOUR SHEDS OR THE ATTIC?

The **Hands on History** department of Sherbrooke Village would like to request your help in finding certain tools to help with their interpretation of history for children and adults. If you have any of the following tools and would like to give them a new home we would be most grateful to have them.

Caulking irons, wooden mallets, braces and any sized bits, twists or spades, auger boring tools, wedges and feathers or shims, bucksaws, crosscut saws, plumb bobs, wood planes, auger gimlets, squares or any other measuring devices.



You may drop these items off at the Administration building (across from the Court House) from 8:30 am - 4:00 pm Monday to Friday.

Community Yard Sales

Highway 211 from Stillwater to Port Hilford on Saturday July 31st from 10am -2pm. No early birds please, selling will begin at 10am). Sales will be held in yards marked by signs and/or balloons. Also a limited number of tables will be available at the IHL Community Centre for \$5. You can call Doreen to book tables at 522-2369. Everyone welcome to find a spot and join in.



St. Mary's Shooters Association

Schedule for June 2010 at the DNR Stillwater range:

June 6: Aubrey Gammel Steel Challenge and handgun fun day
Open sight 22 rifle & pistol and center fire pistol.

June 20: Fathers Day Shoot, 22 target rifle print from 50 & 100 yards.

July 4: Metallic Silhouette Shoot, for scoped 22 rifle & 22 handguns.

All organized shoots start at 0900hrs and end 1500hrs unless otherwise stated. For info call 783-2820, 522-2995 or 522-2172. Please note the range is available for members & guests to practice on Sundays when there are no organized shoots.

Vacation Bible School, with a Rainforest theme,



will be held in Goshen Community Centre for children ages three years to Grade 7 (and up) 9am to 12, July 5 to 9. Sponsored by Goshen Gospel Church. For more

info contact Dorothy Ostewig 783-2156

St. Mary's River Association

ANNUAL CANADA DAY YARD SALE - July 1st doors open at 9 am and will run until 2pm. Anyone wishing to donate items, please call Joanne at 522-2099 or drop items off at the Centre - located at 8404 Highway #7... this year we plan to have the bake table again. If you would like to donate baked items, drop them off Wednesday. Funds raised help defray the operating costs of the Centre.
www.stmarysriverassociation.com

Sherbrooke Lions Dance: July 3rd

Music By: Fuzz Petals

Time: 9:30PM - 1:30AM

Admission: \$10

Government ID upon Request



East River St. Mary's Fire Department
Planked Salmon Supper, Sat June 5th
from 4pm - 6pm, \$12

Heritage Goldenville Society

Student Summer Jobs as Historic Interpreter Guide at Goldenville museum
Applications accepted until June 18th, 2010
and will be received by:

William G. MacDonald

RR #2 Aspen NS BOH 1EO

Start date is July 1st to Aug 28th

30 hours/week for 8 weeks @ \$10.50/hour

Thank You

I would like to express my sincere thanks and appreciation for the overwhelming support shown through the Penny Auction and Cake Walk held for me during my journey through this illness. I would also like to thank all the staff of St. Mary's Memorial Hospital and anyone else involved in donating their valuable time to make this event such a success. And again, I would like to thank everyone who has sent cards, food, words of encouragement and prayers. Thank you all so much - Hertha Wilmott

Sherbrooke Library Chat line



Summer Program for Kids ages 6-12:
 Summer fun at the Library one evening a week during July & August. For more information or to register, drop into the Library or call 522-2180. Activities, crafts, games and a wrap-up party with a draw for special prizes. Space is limited, so register early.

CLOSED, Friday, June 4 - The Library and C@P Site will be closed on Friday, June 4, for a staff development workshop.

VILLAGE READERS' BOOK CLUB - The next meeting will be held at the Library on Wednesday, June 2 at 11 am.

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	



Attention all Entrepreneurs!

Are you thinking of starting a new business?
 Looking for low interest rates, Flexible repayment
 Terms & effective business skills training?
 Introducing our new "KICK START" SEED Loans
 Loans up to \$20,000 are available for new
 businesses, but only for a limited time. Let us help
 you "Kick Start" your business idea into action!
 Call Today!

(902) 533-2770 or 1-888-302-2232
**Guysborough County Community Business
 Development Corporation Limited**
 PO Box 199, 46 Main Street
 Guysborough NS B0H 1N0
 Fax (902) 533-2016 www.cbdc.ca

Country Harbour Gun Club Events:

May 29th - Flea Market from 10am-12noon
 Admission \$.50, Table rental \$5.00
 To book a table, call 328-2210 or 328-2063

June 19th - Country Breakfast from 8:30am - 10:30am
 Adult \$6.00 and Children \$3.00

Smokey Hollow Holidays 2010 July 23 - Aug 1

Indian Harbour Lake Pentecostal Church

June Worship & Activities

Sunday

11:00 a.m. Morning Worship
 June 20th - 6:30 p.m. Hymn Sing



Weekday Activities

Wednesdays 7:00 p.m June 2, 9, 16

Parables of Jesus Bible Study

Youth Activities Saturday, June 5th - Bottle Drive to raise registration to send our youth to camp Friday, June 18th - 7:00 p.m.

COMING UP! Vacation Bible School

Ages 4- 12 July 26th - 29th

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

Greetings from High-Crest!

Nancy Cameron June 6th
 Paul Shields June 10th
 Bruce Kaiser June 10th
 Mary MacDonald June 16th
 Allene Doucet June 19th
 Samuel Hudson June 30th



WOW! Happy Birthday Everyone!

The homebuddies will be holding their monthly Party on June 15th at 1:15pm. Everyone is welcome!
 Once again this year the Grade 4 students will be collecting for the **Alzheimer's Memory Walk** to be held on June 9th. All proceeds go to the Alzheimer's Association. Please support this worthy cause.
 We have started our Bus Rides again; it's sure great to get out and about... see you at the Ice Cream stand!

The Anglican Parish of Liscomb and Port Bickerton

May 30th (Trinity Sunday)

11am Combined Service (HC) St. Thomas' IHL

June 6th (2010 Celebration Sunday!)

8am - St. James' Sherbrooke (Combined HC Service)
 3pm - 2010 Celebration, Exhibition Park, Halifax

June 13th (Second Sunday after Trinity)

9am - St. Luke's, Liscomb 11am - St. James' Sherbrooke
 3pm - St. Thomas, IHL 7pm - St. Paul's, Port Bickerton

June 20th (Third Sunday after Trinity)

9am - St. James, Sherbrooke 11am - St. Lukes Liscomb
 3pm - St. Paul's, Port Bickerton 7pm - St. Paul's IHL

June 27th (fourth Sunday after Trinity)

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.'d Melissa Frankland at 522-2510 or revmelissa@maritimers.ca

*The Baptist Congregation of Port Hillford,
Port Bickerton, and Sonora*
(Convention of Atlantic Baptist Churches)
You are invited to attend our June Worship Services:

June 6: Port Bickerton United Baptist Church, 11AM
June 13: Sonora Baptist Church, 11AM
June 20: Port Hillford United Baptist Church, 11AM
June 27: Port Hillford United Baptist Church, 9:30 and Port Bickerton United Baptist Church, 11:00 AM

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

St. Mary's District Softball League

The League is now up and running with a 3 teams. Teams will play each Tuesday night beginning on June 1st at the Sherbrooke Village Ball Field, the next week it will be at the Country Harbour Gun Club Ball field. The first game starts at 6:00pm and the second starting at 7:30pm. It is asked that players on the team playing the late game show up for the early game (6:00pm), that way teams playing early game can get extra players if needed. The league recently held its draft and the 3 teams are as follows:

TEAM 1	TEAM 2	TEAM 3
CAPTAINS:(Todd St. Louis)	(Justin Smith)	(Chad Morrison)
Travis Jordan	Cody Jordan	Jeremy Stevens
Tristan Harte	Ricky Porter	Colin Rudolph
Barry Rehill	Fred Hirschfield	Robert Cook
Fraser Gammon	Lyle Barron	David Dunbar
John Langille	Richard Smith	Shawn Goulding
Sandy Tate	Robert Walsh	Scott Hudson
Stephen Richard	Keith Jordan	Brett Jordan
Peter Gammon	Shawn Mills	Andrew MacNeil
Alexander Sinclair	Andy MacKay	Rod MacDougall
Jamie Spears	Blake Hayne	Peter Sinclair
David Jordan	Nathan MacDonald	Lloyd Flick
Brian Hallett	Jeff Wadden	
Sandra Cooke	Chandra MacIntosh	Simone Spears
Norah-Lee Goulding	Megan Myers	Chrissy Rudolph
Shelley MacDonald	Annette St. Louis	Kara MacDougall
Candice Hallett	Patti Hardy	Melissa Frankland
Mallory Cooke	Michelle Hirschfield	Holly Gerrior
Mary MacIntosh	Tanya Cook	Rachel MacIntosh
	Jody Cook	

If you do not see your name on the list of teams and you still want to play, show up on opening day, (June 1st @ 6pm in Sherbrooke Ball field) and you will be added to the next team in line for a player.

SONORA SCHOOL REUNION

A Sonora School Reunion will be held on Sat August 14, 2010 at the Sonora Community Centre. The REUNION is for anyone who attended the Sonora School. Spouse and Family's are welcome. Those in attendance who can play or



sing are asked to bring along your instruments to join in the entertainment.

All participants are requested to bring finger food and munchies, plus Door Prizes. DOOR PRIZE draws will take

place periodically throughout the REUNION.

Schedule: 1:00PM – Meet and Greet

4:00PM – Official Opening

4:30PM – Finger Food, Tea & Coffee

6:30PM – Story Time & Entertainment

Please bring along any Memoir's for at the Reunion... pictures, grading cards, school records etc. A "CASH" donation is required at the door to cover the cost of the REUNION. After expenses are paid the balance will be donated to the Sonora Community Centre. Come and reminisce with your former classmates, Family & Friends



PLEASE PASS THE WORD OF THIS REUNION TO YOUR FAMILY & FRIENDS NEAR AND FAR

Did You Know?

The osprey is Nova Scotia's official bird. This majestic raptor can spot a fish near the surface from 30 m above. It hovers and then drops dramatically with feet first and wings half folded. Taking off, it soon pauses in flight to shake water from its plumage. The fish is always streamlined; carried headfirst.

The osprey's diet is 99% fish. To achieve this it has developed several unique characteristics and it has been given its own genus (pandion) and family (pandionidae). It has reversible out toes; closable nostrils to keep out water when diving and backward-facing scales on talons which act as bars to help hold its catch.



These birds are found on every continent except Antarctica. They mate for life. North American ospreys migrate to South America. Older birds return and lay 3-4 eggs in the same nest of sticks and twigs. The mortality of young in the first year is 50%. *Can you find the average life span of the osprey?*

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*Answer to last month's question:* Did you discover that the trailing arbutus is difficult to cultivate and is sensitive to environmental disturbance. It will not bloom for many years if disturbed. (Of course everyone noticed the classic shower conditions on April 29<sup>th</sup> and 30<sup>th</sup>...)

**- St. Mary's Naturalist Club**

# ST. MARY'S RECREATION HAPPY FATHER'S DAY!

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

## Physical Activity: The Benefits Part 2 of 5

Now that we know what Physical Activity is, we should talk about why physical activity is so important. What are the benefits of PA? Why should you take part in some form of PA?

### Benefits of Physical Activity for Children

- ☑ Developing cardiovascular fitness, strength, flexibility and bone density
- ☑ Maintaining healthy body weight
- ☑ Healthy growth and development
- Maintaining healthy energy balance
- ☑ Reducing risk for coronary heart disease
- ☑ Increasing opportunities for social interactions, achievement and mental well-being

### Benefits of Physical Activity for Adults

- ☑ Increasing job satisfaction ☑ less fatigue = increased productivity and less time off due to burnout, injury, stress or illness
- ☑ Increased energy levels
- ☑ Increased CV health
- ☑ Increased well-being and self-esteem
- ☑ Reduced risk of acute and chronic disease
- ☑ Improved sleep and mood
- ☑ Decreased stress, anxiety, depression, and mental illness
- ☑ Maintenance of healthy body weight
- ☑ Controlling pain and joint swelling accompanying arthritis
- ☑ Maintaining lean muscle

### Benefits of Physical Activity for Seniors

- ☑ Reducing the rate of bone loss associated with osteoporosis
- ☑ Increasing flexibility, mobility and coordination
- ☑ Reducing risk of falling
- ☑ Prolonging good health and independence.

Check back next month to find out more about physical activity.

## On-Going Programs

Find there is nothing for you to do, listed below are the programs that run throughout the month of June.

### Mondays

- 10am – Aqaufit – Liscomb Lodge - \$3
- 1pm – Walking & Aerobics – Greenfield Centre – Free
- 6pm – Youth Soccer – St. Mary's Academy Soccer field - \$20 for first child

### Tuesday

- 10am - Walking & Aerobics IHL – IHL CC - \$2
- 6:30pm Inline Skating – Recplex – Free

### Wednesday

- 10am – Aqaufit – Liscomb Lodge - \$3
- 10:30am – Making Mothers Moves – various - Free
- 3pm – Youth Ball Hockey – Recplex - \$15 for frist child
- 6:30pm – Bootcamp – St. Mary's Education Centre - \$2

### Thursday

- 10am – Walking & Aerobics – IHL CC - \$2
- 1pm – Walking & Aerobics – Greenfield Centre – Free
- 6pm – Inline Skating – Recplex – Free

### Friday

- 10am - Seniors Fun Day – various locations – Free

\* Just a reminder that on Monday May 24<sup>th</sup> (Victoria Day) Aqaufit and Soccer will be run but not Walking & Aerobics program in Greenfield.

If you have any questions about these program please contact the St. Mary's Recreation office at 522-2598.

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## Find us on Facebook

Check out our page for all the latest program information.

[www.facebook.com/StMarysRec](http://www.facebook.com/StMarysRec)

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# ST. MARY'S RECREATION HAPPY FATHER'S DAY!

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

## Friends of Stonewall Park

Friends of Stonewall Park Society would like to thank everyone that helped out with the park clean-up day. We removed piles of brush, logs along with most of the green fence. With a small crew and only a few hours of work the park is already looking better. Imagine what can be done with more time and workers, the possibilities are endless.

Our next meeting for the Friends of Stonewall Park is **Tuesday June 8 at 6pm** hosted in the St. Mary's River Association building.

For more information call the recreation department at 522.2598.

## Upcoming Senior Fun Days

June 4<sup>th</sup>- Maple Manor, Sherbrooke  
June 11<sup>th</sup>- Goshen Community Centre  
June 19<sup>th</sup>- Indian Harbour Lake CC  
June 25<sup>th</sup>- Sonora Community Centre

Doors Open at 9:45am. Seniors Fun from 10-1.  
Light Lunch Provided.

Try your hand at the Wii, or play Auction 45's, Crib, Crokinole, Scrabble, Bean Bag Toss, Carpet Bowling, and much more.

For more information, please contact the Recreation Dept at 522-2598.

## Summer Day Camps

The Recreation Department is busy planning this summer Day Camp schedule. More information on dates and location will be sent home from school with the children in mid-June. Camps will begin on June 29, 2010.

It will be a great summer and you will see many new events and activities for all ages throughout the summer.

## Summer Swim Program

### Liscomb Swim Registration

If you have not registered please contact the Recreation Office at 522-2598 to register your child

### Liscomb Swim Dates:

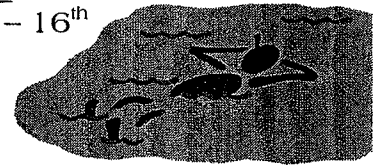
July 5<sup>th</sup> - 9<sup>th</sup>, July 12<sup>th</sup> - 16<sup>th</sup>

### FEES:

\$35.00 First Child

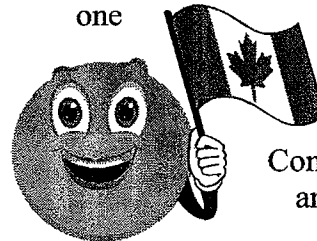
\$25.00 For the Second Child

\$20.00 For Every other Child



## Canada Day

Summer is approaching which means Canada Day is right around the corner. The St. Mary's Recreation department is working hard to make this one



of St. Mary's best Canada Day. Canada Day means it is also time to get those thinking caps on for the Parade.

Come up with the best float or bike and walk away with one of the Covent trophies.

With Canadian's having our best results ever at the Vancouver 2010 Olympics, what better way to celebrate Canada Day then with the theme of the Vancouver Olympics. For more information or any questions, please contact the Recreation office at 522-2598.

## Recreation Summer Staff

Just a reminder to all students that resumes for summer positions must be received by **Friday May 28, 2010.**

Resume can be dropped off to the recreation office/municipal office or emailed to

[Brendon.smithson@munet.ns.ca](mailto:Brendon.smithson@munet.ns.ca).

## LITTER CLEAN-UP INCENTIVE PROGRAM

A community group can apply to receive up to \$500 in funding for litter cleaned from a roadside or other public property in the municipality. An application form must be completed for consideration by the Eastern Region Solid Waste Management Committee. A successful community group will be paid a minimum of \$100 for 1km cleaned to a maximum of \$500 for 5km cleaned. Applications received by the last Monday of a month will be considered on Thursday at the regular monthly meeting of the Eastern Region Solid Waste Management Committee. Total funding to a community group will be determined by the Committee. Funding to community groups will not exceed \$500. Application forms are available at the Municipal Office or by contacting your district Councillor. For more information please call the Municipal Office at 522-2049 or Eastern Region Solid Waste Management at 1-888-377-9622.



*Wednesday June 30<sup>th</sup>  
Canada Day Celebration  
Post Office, Port Bickerton  
Cake, Tea & Coffee served All Day  
Drop in & help us celebrate!*

### **sonora / St. Mary's River Community Center**

Friday June 11<sup>th</sup> at 7pm

Penny Auction, Cake Walk and Sorry table. The Hall will be open Friday morning to drop off any donations.

Saturday June 26<sup>th</sup> at 7pm - Variety Concert

Proceeds from both events go to the St. Mary's River Church Restoration Project. Thank you in advance for your continued support.



Yard Sale, Pie & Bake Table  
June 5<sup>th</sup> from 10am – 12 at  
Harvey and Minnie Kaiser's Garage  
20 Stillwater Drive, Bickerton West  
Proceeds: St. Paul's Anglican Church

## Royal Canadian Legion Br. #86 Liscomb

**General meeting – Wednesday June 2<sup>nd</sup> at 7pm**

**Activities:**

**Auction – Thursdays at 8pm \$5**

**Cribbage – Sundays at 8pm \$5**

**Canada Day:**

**Canada Day Celebrations will be held on Thursday July 1<sup>st</sup>.**



**The Day will start with a breakfast at Liscomb Legion, games for the children and penny auction. Please refer to future postings for all events and times.**

**SHERBROOKE VILLAGE FIDDLE CAMP** – Come to the



shores of the beautiful St. Mary's River for a musical experience. You can improve your fiddle, piano, guitar, banjo and mandolin playing abilities, visit our heritage site and enjoy nature walks and village fun at its best. There will be musical gatherings at the

Courthouse and campfires by the river. Call for registration 1-888-743-7845 or visit MUSIC CAMPS on our website for printable registration. Instructors: Ivan & Vivian Hicks, Kimberly & Skip Holmes and Stan Chapman

**COURTHOUSE CONCERTS** - Concerts will be held Thursday evenings from June 24 to August 19 except July 1 when there will be a Canada Day Concert and on Fridays, August 27 to October 1 offering music from a variety of genres. The final concert of the season, The Road to Celtic Colours Concert will be held on Thursday, October 7. All concerts start at 7:30 pm. "Country meets Bluegrass" featuring Jackie Benoit, Chrissy Mattie, Jean Cook and Lisa Hallett. Tickets \$8 at the door.

**ROAD TO STANFEST SONGWRITERS' CAMP** – Improve your abilities in the art, technique & craft of songwriting! Come to the shores of the beautiful St. Mary's River for a songwriting experience. There will be sing-a-longs, songwriters' circles and campfires by the river. This is a great opportunity to work with and learn from talented, well known songwriters. Students will have the chance to compete for a special performance spot at the Stan Rogers Folk Festival. Call for registration 1-888-743-7845 or visit MUSIC CAMPS on our website for printable registration. Instructors: Dave Carroll, JP Cormier, Clary Croft, Susan Crowe.

# June 2010

| Sunday              | Monday                                                                          | Tuesday                                                                                                                                                          | Wednesday                                                                                                                                                                                          | Thursday                                                                                                                                  | Friday                                                                                               | Saturday                                                                                                                                 |
|---------------------|---------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|
|                     |                                                                                 | 1 Kids First 9:30am<br>W&A IHL 10am<br>Trailblazer 2:30pm<br>Adult Ball 6pm<br>Inline Skating 6:30pm<br>TKD 6:30pm                                               | 2 Aqaufit 10am<br>Mothers in Motion 10:30am<br>Village Readers Book Club 11am<br>Ball Hockey 3pm<br>Bootcamp 6:30pm<br>Get to know the Bible 6:30pm<br>Parables of Jesus 7pm<br>Lions Bingo 7:45pm | 3 W&A IHL 10am<br>W&A Meirose 1pm<br>PB WI AGM 7pm<br>Inline Skating 6pm<br>MJ Ladies Bingo 7pm<br>Auction Liscomb 8pm<br>Auction IHL 8pm | 4 Library Closed<br>Seniors Fun day -<br>Maple Manor 9:45am<br>Stillwater Cards 8pm                  | 5 IHL Pentecostal Bottle Drive<br>PB Fishing Derby 8am<br>IHL Flea Market 11:30am<br>ER Salmon Supper 4pm<br>Liscomb Legion Cribbage 8pm |
| 6 SMSA handgun day  | 7 W&A Meirose 1pm<br>Soccer 6pm<br>Sonora Hall meeting 7pm                      | 8 Kids First 9:30am<br>W&A IHL 10am<br>Trailblazer 2:30pm<br>Adult Ball 6pm<br>Friends of Stonewall park meeting 6pm<br>Inline Skating 6:30pm                    | 9 Alzheimer's Memory Walk<br>Aqaufit 10am<br>Ball Hockey 3pm<br>Bootcamp 6:30pm<br>Get to know the Bible 6:30pm<br>Parables of Jesus 7pm<br>Lions Bingo 7:45pm                                     | 10 W&A IHL 10am<br>W&A Meirose 1pm<br>Inline Skating 6pm<br>Auction Liscomb 8pm<br>Auction IHL 8pm                                        | 11 Seniors Fun day -<br>Goshen 9:45am<br>Stillwater Cards 8pm                                        | 12 Stillwater Flea Market 9am<br>PB Ham & Salad Supper 4pm<br>Liscomb Legion Cribbage 8pm                                                |
| 13                  | 14 W&A Meirose 1pm<br>Soccer 6pm<br>Council meeting 7pm<br>IHL hall meeting 7pm | 15 Kids First 9:30am<br>W&A IHL 10am<br>Homebuddies Bday 1:15pm<br>Trailblazer 2:30pm<br>Adult Ball 6pm<br>Inline Skating 6:30pm<br>Liscomb Fire training 6:30pm | 16 Aqaufit 10am<br>Ball Hockey 3pm<br>Bootcamp 6:30pm<br>Get to know the Bible 6:30pm<br>Parables of Jesus 7pm<br>Lions Bingo 7:45pm                                                               | 17 W&A IHL 10am<br>W&A Meirose 1pm<br>Inline Skating 6pm<br>Auction Liscomb 8pm<br>Auction IHL 8pm                                        | 18 Seniors Fun day - IHL 9:45am<br>Grad Banquet 6:30pm<br>Safe Grad 9pm<br>Stillwater Cards 8pm      | 19 CH Country Breakfast 8:30am<br>Goshen Flea Market 11am<br>Liscomb Legion Cribbage 8pm                                                 |
| 20 Father day shoot | 21 W&A Meirose 1pm<br>High School Prom                                          | 22 Kids First 9:30am<br>W&A IHL 10am<br>Adult Ball 6pm<br>Inline Skating 6:30pm                                                                                  | 23 ES bottle drive<br>Aqaufit 10am<br>Ball Hockey 3pm<br>Bootcamp 6:30pm<br>Get to know the Bible 6:30pm<br>Lions Bingo 7:45pm                                                                     | 24 ES bottle drive<br>W&A IHL 10am<br>W&A Meirose 1pm<br>Inline Skating 6pm<br>Auction Liscomb 8pm<br>Auction IHL 8pm                     | 25 ES bottle drive<br>Seniors Fun day -<br>Sonora 9:45am<br>High School Grad<br>Stillwater Cards 8pm | 26 Liscomb Legion Cribbage 8pm                                                                                                           |
| 27                  | 28 Aqaufit 10am<br>W&A Meirose 1pm<br>Soccer 6pm                                | 29 W&A IHL 10am<br>Adult Ball 6pm<br>Inline Skating 6:30pm                                                                                                       | 30 Aqaufit 10am<br>Ball Hockey 3pm<br>Bootcamp 6:30pm<br>Get to know the Bible 6:30pm<br>Lions Bingo 7:45pm                                                                                        |                                                                                                                                           |                                                                                                      |                                                                                                                                          |