



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

# July 2010 Newsletter



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

The DEADLINE to have information submitted for the August issue of the NEWSLETTER is **THURSDAY, July 22<sup>nd</sup>, 2010 at 4:00 p.m.** Submissions can be received by fax: 522-2309 or email: to [council@munit.ns.ca](mailto:council@munit.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, July 12<sup>th</sup>, 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](http://www.saint-marys.ca).



## Congratulations Grads of 2010!

From Warden, Council and Staff



### Important Updates...

**Municipal Property Tax Bills** are being mailed out shortly. Payment is due by July 31<sup>st</sup>, 2010. **Note:** Interest at the rate of 14% per annum is payable on outstanding taxes commencing August 1<sup>st</sup>. Payment is accepted via Cheque, Money Order, Cash, Debit, and Online/Telephone banking for RBC and Scotia Bank Clients.

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

**Building Inspector, Peter Avery** can be reached at 533-3705 ext 235 or Cell 870-4605 or [pavery@modg.ca](mailto:pavery@modg.ca). There will be no changes to the Building Permit process or rates. Peter will be available at our Municipal Office, **THURSDAYS** beginning at 10am. Development Officer: Deborah Torrey 533-3705(222)



In Branch/ Online/ Or Telephone Banking for Royal Bank and Scotia Bank Clients



Please 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](mailto:council@saint-marys.ca)

Check out **NEW "Before you Build" Brochure, and Building Permit Applications.** All available online [www.saint-mary.ca/forms](http://www.saint-mary.ca/forms)

### 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.



### Transfer Station Summer Hours are in affect:

9am – 5pm, Tuesdays thru Saturdays

**CLOSED: July 1<sup>st</sup> – Canada Day**

Please ensure your Trash is properly sorted. Sorting Guides are available on our website and at the Municipal Office. Watch our next newsletter for information on properly sorting Construction and Demolition materials.

This year's **St. Mary's Heavy Haul** will be held in the fall.

Check out [www.biomassbenefitsns.ca](http://www.biomassbenefitsns.ca) for information on the proposed project by New Page Port Hawkesbury Corp. to sell harvested, low-quality Crown land timber to a wood biomass-fueled electrical generation facility for the Strait area. Get informed on the important role that biomass can play in helping the province meet its sustainability targets and renewable energy goals.

## Goshen's Annual Canada Day Celebrations



Parade Line up at the Fire Hall at 10:30. Parade starts at 11am from the Fire Hall and proceeds to the Community Centre. Anyone can join the parade with a float, old cars, and horses. Decorate your bike or dress up and walk or just come out and enjoy the parade!

Short program at the Community Center with speeches and Trophy presentation.

FREE Refreshments, Hot Dogs, Birthday Cake  
FREE Giveaways for the children and St. Mary's Recreation will have a bouncer on site for the kids.

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

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

#### Sunday Worship in July

July 4, 11am, St. John's, Sherbrooke  
July 11, 11am, Bethany, East River - St. Mary's  
July 18, 11am, Kirk, Glenelg  
July 25, 11am, St. John's, Sherbrooke

#### Sunday Worship in August

August 1, 11am, Bethany, East River - St. Mary's  
August 8, 11am, Kirk, Glenelg  
August 15, 22 and 29, 9:30am, Kirk, Glenelg  
11am, Bethany, East River - St. Mary's  
7pm, St. John's, Sherbrooke

#### Vacation Bible School

*You are invited to... JAM Camp 2010, "Jesus And Me"  
Fun in the Sun! A One Day Vacation Bible School at  
Bethany United Church, East River - St. Mary's, on  
Saturday, August 21, 9:30am! Dress for our beach party  
theme! Everyone Welcome! For more information please  
call 833-2920.*

#### Canada Day Quiz:

##### 1. What are Canada's 2 national Sports?

- A) Ice Hockey, Basketball      B) Baseball, Tennis  
C) Basketball, Lacrosse      D) Lacrosse, Ice Hockey

##### 2. Who was the first Prime Minister of Canada?

- A) Alexander MacKenzie      B) John A MacDonalld  
C) Louis Riel      D) Wilfred Laurier

##### 3. How many National Parks are there in Canada?

- A) 84      B) 25      C) 40      D) 60

##### 4. What is the longest river in Canada?

- A) Fraser River      B) St. Laurence River  
C) Red River      D) Mackenzie River



**ANSWERS:** 1 (D), 2 (B), 3 (C), 4 (C)

## Indian Harbour Lake-Jordanville Community Centre

Meet and Greet with NHL's No. 51 James Sheppard on Saturday July 3<sup>rd</sup>. Starting at 2pm, you can have your picture taken with James and get an autograph! Don't miss out! Did you know that James Sheppard's great-grandparents, Jim and Charlotte Furlong, lived in Port Hilford??



### Community Yard Sales

Highway 211 from Stillwater to Port Hilford on Saturday July 31<sup>st</sup> 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.



**Auction 45's** every Tuesday night at 8:00pm.  
Admission \$5.00 Light lunch

Aerobics class cancelled until fall

Next hall meeting Monday Sept 13<sup>th</sup> at 7:00pm

## GPS Training & Introduction to Geo-caching

Saturday, July 10<sup>th</sup>  
11am at Goshen Community Centre



Guysborough County Community Access Network is providing FREE GPS Training!

- Do you have a GPS but don't know how to use it? Then this is the perfect time to learn how!
- After we show you the basics we will go Geo-caching and finish with BBQ Hotdogs & refreshments

Come out for a fun afternoon provided by Goshen C@P site.

If interested please contact Zach Hudson for information and to register. Open to all ages. Phone 783-2443 Email [ycgccan@gmail.com](mailto:ycgccan@gmail.com)

*Indian Harbour Lake Pentecostal Church*  
*July Worship & Activities*

**Sunday:** 11:00 a.m. Morning Worship  
July 4<sup>th</sup> - Guest Speaker, Bruce Parsons



**Daily Vocational Bible School**  
**Amazing Journey to Bible Times**

July 26 - 29, 2010 from 9:30-11:30 am

All kids ages 4 - 12

Join us for Games, Food, Crafts, Singing  
and lots of Fun

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



**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](mailto:kavery@weesociety.ca) 902-870-0593

[www.weesociety.ca](http://www.weesociety.ca)

**HYMN SING**

There will be an old-fashioned hymn sing in the  
community room of Maple Manor in  
Sherbrooke on Saturday, 17th July  
2010, beginning at 6:00 p.m. There is  
no cost, and everyone is welcome.

Come out and join us for some music and fun!



**COMMUNITY YARD SALE**

There will be a community yard sale on  
Saturday, 28th August 2010, from 9:00 a.m. till  
Noon in the parking lot of Bayview Baptist  
Church in Spanish Ship Bay. Tables are \$2. No  
selling will take place before 9:00 a.m. Please  
contact Debbie Baker at 902-779-2255 for further  
information or to book a table.

**Kids Summer Workshops (Ages 3-13)**

Parents are you looking for ways to keep your  
kids busy this summer? Then why not send  
them out for a fun afternoon where they will get  
to make some crafts and get together with  
other kids!



When: July 10, 2010

Time: 1:00PM @

279 Fisherman's Harbour

Cost: \$5.00

To sign up or for more details email  
[audreybingley@myctmh.com](mailto:audreybingley@myctmh.com) or call 364-2220.

**Heritage Goldenville Society Annual**  
**Yard Sale/ Bake Table**

July 31<sup>st</sup>, from 9:30am - 1pm @ Museum

Door Prizes every half hour & Surprises!

The St. Mary's River Association (SMRA) is  
hosting forestry-based field tours through the  
summer of 2010. The object is to learn about  
modern forest practices and issues associated with  
natural resources management as practiced in the St.  
Mary's watershed. Tour guides will  
include personnel from industry,  
government and non-government  
organizations. If interested, please  
register by 3 days before the tour  
date so we can arrange food and travel. Lunch will  
be provided. Each tour will be 3-4 hours in length,  
leaving from the St. Mary's River Education and  
Interpretive Centre. To register, please phone the  
SMRA at 522-2099. **Tour dates:**




Saturday July 10 (10-2), Tuesday July 20 (12-4)  
Tuesday August 10 (12-4) Saturday August 28 (10-2)  
Tuesday September 14 (12-4)

**Marie Joseph Community Center**



**July 3<sup>rd</sup> - Dance, Music by Marine Drive**  
9pm - 1am, Cost \$7.00 a person  
19 years and older Gov't id's may be  
requested

**July 17<sup>th</sup> Baby Shower**  
for Lisa Murphy/Glenn Fitzgerald   
Marie Joseph Community Center @ 4 pm  
Everyone Welcome

# 12th Annual Boat Poker Rally

July 24<sup>th</sup> Sherbrooke Wharf

Registration starts @ 9am at the Wharf

\$10/ Hand

1<sup>st</sup> Prize \$200

2<sup>nd</sup> Prize \$100

3<sup>rd</sup> Prize \$50



**CATCH THE WAVE**

Plus hundreds of Free Prizes to give away

**Family BBQ following the Rally**

Boats of all sizes welcome. Don't have a boat? No problem, one of our members will give you a free boat ride!

Also check out the **Floatilla** to Liscomb Lodge on August 7<sup>th</sup> (Rain date August 8<sup>th</sup>) Start time 10am at Sherbrooke Wharf.

## St. John's Church Hall - Necum Teuch

### Flea Market:

Held on the 2<sup>nd</sup> Saturday of each month July 10<sup>th</sup>,  
Aug 14<sup>th</sup>, Sept 11<sup>th</sup>, Oct 9<sup>th</sup> and  
Nov 13<sup>th</sup> (Christmas Sale)

9:00am to 1:00pm

At St. John's Church Hall,  
#7 Hwy, Necum Teuch

New and Old Items, Bake Table,  
Lunch and Tea/ Coffee available

To book tables contact Helen 347-2182

### St. Mary's Medical Clinic...

Please be informed that I, Dr. Rita Maliakkal will be leaving my practice at St. Mary's Hospital in Sherbrooke as of May 28<sup>th</sup>, 2010 to join a Clinic in L'Ardoise. I thank you all for your cooperation and continued support for the past one and a half years - **Rita Maliakkal, M.D**

### 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.



**EASTERN REGION  
SOLID WASTE  
MANAGEMENT**

*Is seeking a Compliance Officer*

The successful candidate will assist with the enforcement of waste management regulations, both provincial and municipal, throughout Antigonish and Guysborough counties. This position will initiate or respond to complaints and investigate alleged violations, take steps necessary to remedy those violations, and will enforce municipal and provincial regulations. This will involve inspections of waste including illegal dumps.

The successful candidate will hold a Community College diploma or University Bachelor's Degree preferably with an environmental social or legal focus or equivalent experience. It is essential to have the ability to qualify for Special Constable Status, to create an accurate written record of observations and actions taken and to act as a witness on behalf of ERSWM in prosecution proceedings. Training may be provided. The chosen candidate will also hold a valid Nova Scotia Motor Vehicle Operator's Permit and will have use of a vehicle.

This is a new term position to March 31, 2011 that may be extended an additional 1 to 2 years. Prior to applying please contact us for a full job description.

To apply send your resume and cover letter to:

**Eastern Region Solid Waste Management**

**Mail:** PO Box 111, Boylston, NS B0H 1G0

**In Person:** Guysborough Waste Management Facility

151 Waste Management Road, Hwy 16, Boylston

**Fax:** 902-533-4909

**Email:** [Nicole@erswm.ca](mailto:Nicole@erswm.ca)

Deadline to receive applications is **Mon, June 28<sup>th</sup>, @ 4:30pm**

Sponsored by:



Parkinson Society Maritime Region

Société Parkinson Régional Maritime

Is announcing the formation of the Antigonish Parkinson Support Group (APSG) - Supporting both Guysborough and Antigonish Counties  
Parkinson's disease not only affects us, the patients, it also has significant implications for our close family and trusted friends. Through Focus Groups, research, education, practical support, sharing ideas and helping one another we can increase the quality of our lives - both patients and supporters alike.  
If you know of someone who has Parkinson's, please get the word to them about this group. If you are afflicted with Parkinson, we urge you to make direct and confidential contact: Steve Willumsen, PD  
Volunteer Phone (902) 735-2887 or Email  
[APSG.SFW@hotmail.com](mailto:APSG.SFW@hotmail.com)  
[www.parkinsonmaritimes.ca](http://www.parkinsonmaritimes.ca) 1-800-663-2468

Summer is upon us so why not grab a 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.

**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).



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)

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) Phone: 533-2528

*Experience the triathlon --- Experience the county*

**Sherbrooke Lions Dance: July 3<sup>rd</sup>**

**Music By: Fuzz Petals**

**Time: 9:30PM – 1:30AM**

**Admission: \$10**

**Government ID upon Request**



## *St. Mary's River Association*

WHAT: Bake and Yard Sale

WHERE: 8404 Highway #7 Sherbrooke

WHEN: Canada Day, Thursday July 1<sup>st</sup>

TIME: 9am – 2pm (doors open at 9am sharp)

On behalf of residents and visitors, the St. Mary's River Association THANKS the St. Mary's Lion's Club for clearing and chipping the brush piles from the Stonewall Park Cleanup Day

[www.stmarysriverassociation.com](http://www.stmarysriverassociation.com)

As you set your personal summertime activity goals why not plan 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 Walk-a-Thon**



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*

## **Guitar Lessons**



**Folk**

**Finger style**

**Song Accompaniment**

**Phone Fran Doyle**

**@ 522-2486 for details**

## The Guysborough County Regional Development Authority (GCRDA)

Is pleased to launch the 15<sup>th</sup> season of their unique youth entrepreneurial program: **Business Builders**. The GCRDA leads this summer adventure that offers youth the opportunity to start their own business, learn the value of a dollar and get involved in their community. For the past fourteen years, youth from across Guysborough County have been spending their summer vacation learning time management, budgeting, marketing and communications. Students gain practical skills and experience as young entrepreneurs promoting confidence and laying the groundwork for youth to become leaders in their community.



Not the summer vacation you remember? Well for these future Fortune 500 list makers, it is exactly what summer vacation promises to be: fun.

Be on the lookout for young fortune-hunters at the end of Guysborough County driveways, yard sales, summer festivals and Farmers' Market's nearest you.

### ***Did You Know?***

The hummingbird is the only species that can hover and fly backwards. Their sternums are large and deeply keeled, flanked by 8 ribs, instead of the usual 6, which helps minimize the stresses of flight.

The energy output of a hummingbird is 10 times that of a person running 16 km/hr (9 miles). Its heart beats 1,260 times a minute and breath comes and goes 250 times a minute. To run this engine a hummingbird must refuel every 10 minutes



A hummingbird's nest is typically 3-6 m (10-20 ft) above ground in the saddle of a limb. It is about 15cm. (2 inches) across.

*What material does a hummingbird use to make its nest?*

~~~~~  
Answer to last month's question: Ospreys average about 20-25 years of age but can live to 35 years.

- St. Mary's Naturalist Club

### **AQUATIC INSECTS**

*Secrets of our rivers, lakes and ponds*

**Come and explore the world of Aquatic insects. Improve your understanding of the natural connections of insects around your home and of aquatic life hidden under the surface of rivers, lakes and ponds. This program is child friendly, so bring your family down and enjoy.**

**June 27, 2010 at 2 pm**



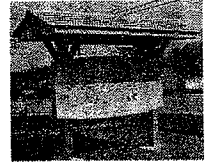
**St. Mary's River Association Interpretive Centre 8404 Highway #7 Sherbrooke, NS call to pre-register 522-2099**

## **Guysborough County** Information Kiosks

Connect with our [energy.com](http://energy.com)

Visitors to Guysborough County can now have access to visitor information services 365 days a year thanks to

Information Kiosks - a project that was initiated by the Guysborough County Regional Development Authority (GCRDA). These kiosks were constructed recently in Guysborough, Canso, Mulgrave, and Sherbrooke. The kiosks will provide information to visitor's year around on what they will see in the area and what services are available. They compliment VIC's - not replace them by providing information on local businesses 24/7.



Utilizing community partnerships, the GCRDA had these 4 visitor kiosks constructed at key locations in the county. These structures are 2 sided. One of the interpretive panels focuses on what there is to see and do in the area including hiking trails, festivals and museums. The other panel has a directory of businesses that will help tourists enjoy their visit to our area and encourage them to stay longer. As an added bonus to this project the GCRDA was able to use this information to have posters printed so all county businesses can display information to customers and visitors in all our communities.

The project was funded by the Municipality of the Districts' of Guysborough and St. Mary's, the Town of Canso and Mulgrave, the N.S. Department of Tourism Culture and Heritage, Atlantic Canada Opportunities Agency (ACOA) Innovative Communities Fund and the 39 county businesses. For more information, contact Carmel at 902-533-3731

### **Business Retention and Expansion Program (BRE)**

The GCRDA has been working with all the 13 RDA's in Nova Scotia to undertake the BRE program. BRE is business visitation programs which will help us work with businesses to identify and respond to business concerns, trends and opportunities. The GCRDA works with our provincial and federal partners to develop and implement local strategic action plans. To date, we have visited 40 visits conducted. It is our goal to visit with all the businesses in Guysborough County over the next several years. Here are some of our findings to date:

- 54% rated local business climate as "Excellent" or "Good" in Guysborough County which is slightly below the provincial average of 63%.
- Workforce Availability and Workforce Quality are identified as the top factors business climate factors with all businesses in Nova Scotia. Guysborough County rated Provincial Highway Systems are a 3<sup>rd</sup> while the majority of other businesses in the province rated provincial government regulation as 3<sup>rd</sup>.
- Lack of Tourism Marketing and Support and Lack of Housing was identified as the biggest issue impacting growth. Improved Access to Capital and Workforce Quality and availability were also among the top issues.

If you would like to talk to us about your business, please contact us at 902-533-3731.

**Jeff Laing's Enviro-Depot in Sherbrooke will be CLOSED permanently as of July 10<sup>th</sup>, 2010. Thank you to all residents of Guysborough County for your patronage over the past 11 years.**



**St. Mary's District Lions Club  
3<sup>rd</sup> Annual GOLF Tournament**  
Saturday, September 25<sup>th</sup>  
Glen Lovat Golf Club

151 Frasers Mountain Branch Road, New Glasgow

\$240.00 per team / \$60.00 per golfer  
To register, contact Lion Russ Ward 779-2171  
All Golfers AND Non Golfers Welcome  
Help us help our community

## Sherbrooke Library Chat line

**Summer Reading Program for Kids ages 6-12:** Summer fun at the Library Tuesday evenings 6:30-8:00 during July and 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.

**VILLAGE READERS' BOOK CLUB** - The next meeting will be held at the Library on Wednesday, July 7 at 11 am. The topic will be a book of your choice.

**SENIORS CAFÉ** - Continuing through the summer on Fridays from 9:30-10:30. It is a time to select your books, use the computers, and enjoy some refreshments with your friends.

**BOOK LAUNCH** - July 2 @ 10:30am "Mills of Guysborough County" by John Selwyn Mills. His father, Frank Selwyn Mills, born in Port Hilford, is the great-grandson of Deacon James Mills of Indian Harbour who is buried in the Mills Hill Cemetery. This book is a record of the ancestors and descendants of the Mills of Port Hilford and Sonora

**CANANDA DAY** - July 1<sup>st</sup>, Library will be closed

### 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)

## Greetings from High-Crest!



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

The homebuddies' monthly Birthday Party is on July 12<sup>th</sup>. We will have Bingo, a sing-along, and Birthday Cake & ice cream. Everyone is welcome!

On June 9<sup>th</sup>, Mrs. Mills' Gr. 4 class participated in our Annual Alzheimer's Memory Walk. The children raised over \$700, walked some residents around the village and came back for hot dogs, pop and ice cream. We had a great time.

We would like to wish Mrs. Suzanne Gillis a very happy retirement. Suzanne is responsible for starting up our "Grandfriends" program. It has been a huge success, where the grade 2's read with our residents and have created wonderful friendships.

On June 22<sup>nd</sup> we held our Volunteer Appreciation Celebration! Fran Doyle entertained us, and a token of appreciation was given to our very loyal volunteers! Our Volunteers make such an important difference in so many lives and we would really be lost without you!

Congratulations to the 2010 Graduates!  
Happy Canada Day to all!

*We would like to thank all who supported us with the loss of our wife and mother. To the doctors and nurses at St. Mary's, the many neighbours & friends who delivered food, cards, and made donations in her memory, and to the St. Paul's Church for Lunch after our service. It was all greatly appreciated. - The Coady's*

## Friends of Pioneer Park

After a winter of vandalism to the Gazebo and destruction of trees in the Park by hungry beavers, our committee has been very discouraged. However, we want to express our grateful appreciation to all those who provided financial support. For the replacement and planting of 10 trees, the local staff of Natural Resources we owe a monumental debt of gratitude. With some other donations we have replaced 42 balusters in the Gazebo.

Next step is to replace 2 benches which were trashed and to replace the trunk protectors with larger metal items. These generous and at times painstaking volunteer efforts have made us grateful and proud our local community.

We can only hope to be able to get on with the regular upkeep of a park which is so popular with so many residents and visitors alike. - Aleah Lomas-Anderson, Chairperson

## ROYAL CAN. LEGION BR. #86 LISCOMB

Next general meeting will be held Wed, Sept 1<sup>st</sup>

### ACTIVITIES:

AUCTION – Thursdays at 8pm \$5 (no cards July 1)

CRIBBAGE – Saturdays at 8pm \$5

**MOVIE NIGHT** on Wed. June 30 at 7pm

New release movie for kids. Cost is \$5 includes popcorn, pop and chips. All welcome!


### CANADA DAY CELEBRATIONS


will be held on Thurs July 1<sup>st</sup>

**BREAKFAST at 9am -11am \$7 per person**

 Games for the kids – 11am – 12 noon

 Fire Dept. Competition – 12 noon -1 pm

 BBQ and ice cream available after 12

 Penny auction and cake walk – 1 pm

**Beer Garden - 6 pm**



## Ecum Secum Fire Hall "Fun Days" 2010

Aug 13<sup>th</sup> - Kids Fun Evening 6-8pm Ages 0-10  
Teen Dance 8:30-11pm Ages 11-18

Aug 14<sup>th</sup> @ Ecum Secum Fire

Fireman's Breakfast and Flea Market 8-10am

BINGO 10-11:30am /2pm onwards

TUB RACES (Prizes Awarded) 11:30-12:30pm

BBQ Lunch 12pm- All Day

Games & Beer Garden 1pm

Variety Show 7pm

Fire Works @ Dusk (weather permitting)

Adult Dance 9:30pm



Aug 15<sup>th</sup> Location: Fleet Settlement Bridge

BBQ Lunch 12pm

Duck Race 2pm

Entertainment 1am onwards



For more info contact: Maudie @ 347-2605/June @ 347-2768/ Darlene @ 347-2412

Anyone wishing to enter a tub in the race please contact Mike Mosher @ 347-2784 (rules apply)

### County Harbour Gun Club Events...

**July 15** - 7pm, The Launch of "Wilderness Home". The Loyalist Founding of Country Harbour. Author Marion Timmons will be sharing from the book and signing copies. Refreshments served.

**July 17** - Come help celebrate Karen Kodge's 50<sup>th</sup> Birthday @ the Gun Club from 8pm-1am

**Smokey Hollow Holidays 2010 July 23 - August 1**

**Friday July 23** - 6pm Smokey Kids Fling 6:30pm Co-ed Ball Tournament (Alzheimer's Society Fundraiser)

**Saturday July 24** - Smokey Breakfast 8:30-10:30am  
9:00 am Co-ed Ball Tournament Continues  
1-3pm Second Annual Community Scavenger Hunt  
3-4pm Scavenger Hunt Winner & Basket Draw



**Monday July 26** - 7:30pm Auction Card Play

**Tuesday July 27** - 7:30pm BINGO

**Wednesday July 28** - 9:30 DARTS

**Thursday July 29** - 8pm Trivia/Pizza Night

**Friday July 30** - 6pm 31<sup>st</sup> Annual Kenny Porter Memorial Men's Ball Tournament

9:00pm - Womanless Beauty Pageant Pub Night  
**Saturday July 31** - 8:30 Men's Ball Tournament Cont.

**Sunday Aug 1** - 9am Mens Ball Tournament Cont.

7pm - Variety Concert put on by the Holy Trinity Anglican Church and the Country Harbour Gun Club.

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

(Convention of Atlantic Baptist Churches)

You are invited to attend our July Worship Services:

**Sun, July 4:** Sonora Baptist Church, 11:00 AM

**Sun, July 11:** P.Hilford United Baptist Church,  
11:00 AM - Guest speaker Rev. Marlene Knowles

**Sun, July 18:** Port Hillford United Baptist  
Church, 9:30 AM AND Port Bickerton United  
Baptist Church, 11:00 AM

**Sun, July 25:** Sonora Baptist Church, 11:00 AM

### *Water Wonders ~ Bible Adventures*



Calling kids, ages 5 - 12, to a fun time at Port Bickerton United Baptist Church, August 2-6, 2010, 9:30 a.m. to noon.

Singing, stories, crafts, games, and treats await you on this adventure! To register: Call Shirley Pearce 522-2087. No charge.

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

The Parish of Liscomb and Port Bickerton invites all children ages 3 to 14 to come help us build God's

Great Community. We will be building

God's great community in two great

locations during the week of July 12 to 16.

In Liscomb from 930 till 1130 and in Indian Harbour Lake from 1pm till 3pm. There is no cost but donations would be greatly appreciated! Forms can be picked up at our four churches or contacting Chrissy Rudolph or the Parish Office at 522 2510 and dropped off in the Rectory mailbox, located by the back door. Deadline is July 6th so we can have an idea of how many to prepare for. See you under the Baobab Tree!





Mailing Address:  
P.O. Box 295  
Sherbrooke, Nova Scotia  
Canada B0J 3C0

Telephone: (902) 522-2400  
Fax: (902) 522-2974  
E-mail: [svillage@gov.ns.ca](mailto:svillage@gov.ns.ca)  
Visit [sherbrookevillage.ca](http://sherbrookevillage.ca)

Sherbrooke Village Schedule of Events July, 2010  
Subject to Change

**To register for workshops or for more information call 522-2400 or visit us online at [sherbrookevillage.ca](http://sherbrookevillage.ca)**

Courthouse Concerts are held on Thursdays beginning at 7:30 pm, tickets are \$8 at the door.

Monday, June 28 to Thursday July 1 - **ROAD TO STANFEST SONGWRITERS' CAMP** - Improve your abilities in the art, technique & craft of songwriting. There will be songwriters' circles at the Courthouse each evening at 7:30 Students will have the chance to compete for a special performance spot at the Stan Rogers Folk Festival. Instructors: Dave Carroll, JP Cormier, Clary Croft, Susan Crowe

**July 2010**



Thursday, July 1 - **CANADA DAY** Down Sherbrooke way, celebrate Canada's birthday! There will be a street parade, a concert at the performance centre featuring songwriting camp instructors: JP Cormier, Clary Croft, Susan Crowe and their students with a fireworks display to follow.

Sunday, July 4 - **"WITH THESE TWO HANDS"** We've Got Boats to Build -Today we have local boat builder, Keith Horton on hand to share river lore and demonstrate how the unique St Mary's River punts are built. 1 - 4 pm.

Monday, July 5 to Thursday, July 8 - **SHERBROOKE VILLAGE FIDDLE CAMP** - You can improve your fiddle, piano, guitar, banjo and mandolin playing abilities. There will be musical gatherings at the Courthouse each evening at 7:30 Instructors: Ivan & Vivian Hicks, Kimberly & Skip Holmes and Stan Chapman



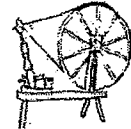
Thursday, July 8 - **PRESBYTERIAN CHURCH CONCERT** - Fiddle camp finale featuring fiddle camp instructors: Ivan and Vivian Hicks, Kimberly Holmes, Stan Chapman and their students. 7:30 pm, tickets \$8.00 at the door.

Friday, July 9 - **BENEFIT VARIETY CONCERT** in aid of Malcolm MacKenzie and family who lost their home and belongings to fire. Held at St. James Presbyterian Church 7:30 pm

Sunday, July 11 - **"WITH THESE TWO HANDS"** Smithing - Visitors are invited to watch the blacksmith at work as he uses traditional tools to shape metal into nails, hooks, hot dog forks and other ironwork. Our blacksmith's products may be purchased by visitors at the Company Store.

Thursday, July 15 - **COURTHOUSE CONCERT** Featuring ECMA winner Christina Martin. Merging country flourishes with a cinematic folk backdrop. 7:30 pm, tickets \$8 at the door.

Saturday July 17 - **VICTORIAN-STYLE FELT APPLIQUE EMBROIDERY WORKSHOP** from 12:30 to 5 pm with Sherbrooke Village Costumer Meg Wilcox. Cost is \$45 plus HST. Kits with supplies you require will be sold separately at a cost of \$5. Please register by June 25. Only 10 participants accepted.



Saturday July 17 and Sunday, July 18 - **SHERBROOKE VILLAGE GAELIC/SCOTTISH HERITAGE DAYS** - Join Village staff as they wash, dry, pick, card, dye and spin wool that has been sheared from our Cotswold sheep, Nelson and Edward. You may also take part in an introduction to the Gaelic Language and a Milling Frolic. Sunday Ceilidh at the Courthouse featuring Roly, Ellie, George and Lesley from 2:00 to 3:30 pm

Thursday, July 22 - **COURTHOUSE CONCERT** - Ardyth & Jennifer are wonderful story tellers with a unique sound that explores the many possibilities of the folk harp. 7:30 pm, tickets \$8 at the door.

Sunday, July 25 - **SAWMILL & GOLDMINE FROLICS**

SAWMILL FROLIC - McDonald Brothers' Sawmill, beginning at 2:00 pm. Join us for excitement and a few laughs around the mill pond for our friendly woodsmen's competition. Competitions include hatchet throw, kettle boil, double buck saw and spike drive. We are hoping to add an antique saw category this year so dust off your old saw and bring it along. Competitions are free and open to everyone! Arthur Turner will be with us again this year to do one of his chainsaw sculptures. Fill out a ballot to win this years carving! Samples of our homemade baked beans and brown bread will be available at the Royal Oak Stamp Mill across the road.



GOLDMINE FROLIC - The Royal Oak Stamp Mill will be the scene of our annual celebration of the golden days of the Sherbrooke area. Members of the Heritage Goldenville Society will show visitors how to pan for gold (the real thing, not fool's gold!). There'll be samples of our "good as gold" recipes for baked beans and brown bread.

Thursday, July 29 - **COURTHOUSE CONCERT** - Former Ordinary Horse Comprised of members Andrew Stalker (guitar, vocals), Dave Tellum (bass, vocals) and Garth Wilson (lead guitar/vocal), Former Ordinary Horse entertains with an eclectic mix of original songs and cover tunes culled from pop, rock and folk music from the past 50 years.

**Port Bickerton Community Centre Club:**

There will be a Prize Bingo at the Centre on Saturday, July 4th, at 2pm. Great fun! Please call 364-2232 ASAP if you have an item to donate.

The next meeting will take place at the Centre on July 19th. This will be our Annual General Meeting. You don't have to be a member, and it won't cost you any money. We'd love to have you join us!

The winner of the Father's Day Tool Box Raffle was Brian Kaiser. Thanks so much to all who contributed.

*Thank you*  
On behalf of St. Mary's Minor Hockey, I would like to say thank you to all parents and players who helped in any way with fundraising efforts in our 2009 - 2010 hockey season. Without donations, sponsors, volunteers, parent support and player dedication we would not be able to make this a success. - Samantha Dort, Fundraising Chair

Notice to all parents with boys and girls in St. Mary's Minor Hockey. Our next fundraising event is the silent auction which is being held during Sherbrooke Show n' Shine on Saturday September 11<sup>th</sup>. Anyone wishing to donate an item to the silent auction or volunteer at this event please call Samantha @ 328-2063

**FIND ST. MARY'S RECREATION ON FACEBOOK**

Check out our page for all the latest program information, schedule, cancellations, and more!

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

**Goshen C@P Site:**

Hours of operation are:

Monday - Thursday: 10:30 - 6:00pm

Friday: 9:30-5:00pm

- Free computer and Internet usage!
  - Drop in to learn how to make your own: bookmarks, business cards, letterheads, address labels, calendars, posters
  - We offer one on one basic training with: Microsoft office, internet use and research, setting up e-mail, facebook, etc.
  - Throughout the summer watch for community posters on upcoming events and activities
- Please call Nicole @ 783-2107 for more info



-----CUT HERE-----

**St. Mary's Summer Day Camp Program Registration Form**

Please Print Clearly

Child's Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

NS Health Card #: \_\_\_\_\_

Home Phone: \_\_\_\_\_

Mailing Address \_\_\_\_\_

Parent/Guardian's name: \_\_\_\_\_

Guardian #1 Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Guardian #2 Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

\*For Additional Children please attach additional paper.

Please list Day Camps Child/Children Plan to Attend (See attached Schedule)

Please list any medical conditions or allergies your child has that Recreation staff should be aware of:

**Emergency Contact Information** (other than parent/guardian) Contact: \_\_\_\_\_

Relationship: \_\_\_\_\_ Phone #: \_\_\_\_\_

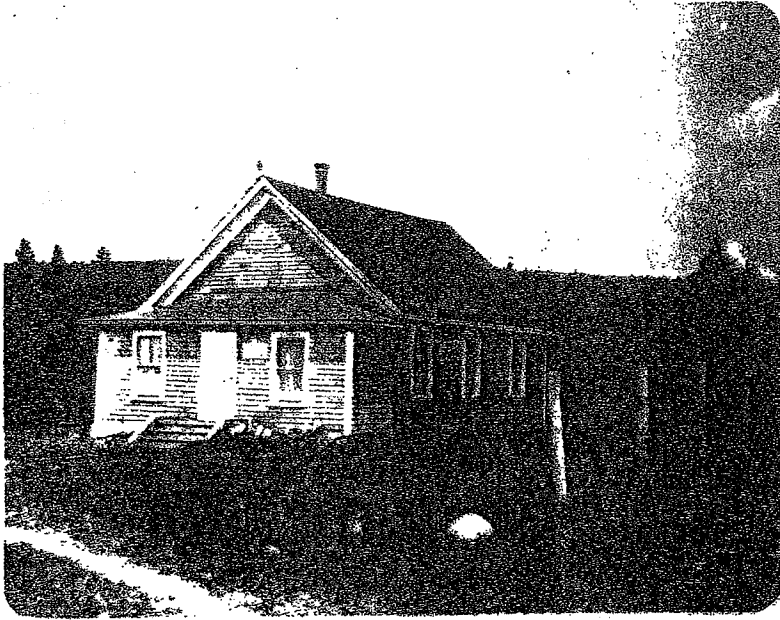
Parent/Guardian Signature

I/We the undersigned agree not to hold the Municipality of the District of St. Mary's or any of its agents liable for any injuries resulting from or sustained by any person registered by me/us while he/she is participating in the program.

\_\_\_\_\_ Date

\_\_\_\_\_ Signature of Parent/Guardian

## SONORA SCHOOL REUNION



A Sonora School Reunion will be held on Saturday August 14, 2010 at the Sonora Community Centre, Sonora. 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, Munchies, Tea & Coffee  
6:30PM – Story Time & Entertainment



Please bring along any Memoir's for display 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**



# Summer Special Events!



## Yoga for Seniors

Tuesdays from 10 AM to 11 AM, Starting July 6<sup>th</sup>  
Indian Harbour Lake, \$2 per session.

Please call Natalie at 522 2598

Poses will be modified to suit each individuals needs. It's easy and no experience needed, it can help aid every ache and pain to every sniffle and headache! Great for stress-relief!

## Hatha Flow Yoga



Mondays and Wednesdays 6 to 7pm @ Indian Harbour Lake Community Centre. This program is open to all ages and all experience levels. Start date is Monday, July 5<sup>th</sup> \$2 per session

## Women on Water

A program for just us girls to have some time away from the world, for physical activity, learning new skills, and having fun away from our every-day lives! **Mondays: Women on Water, July 5<sup>th</sup> 11:30 - 12:30, \$30 for 6 weeks! Liscomb lodge Marina**

## Adult Kayak Tours



Once a week we will come together to get away from the world, experience nature as it was meant to be- spontaneous and exciting! Learn how to kayak, or perfect your skills! This is a great way to meet new people, see the land from a different perspective! **Tuesdays: Adult Kayak tours July 6<sup>th</sup>, 5 PM - 6:30 PM meet at Liscomb Lodge Marina**

## Adventure Teens!

Is a program starting on **July 7<sup>th</sup>** from 10 until 2:30 pm @ Liscomb Lodge, we will be hiking and kayaking, this is a great program to be outdoors and build physical and mental endurance! This is for ages 12-17 and cost is **FREE!!** Space is limited call soon!

## Step Dancing

**Step-dancing lessons** for ages 15 and under starting on Thursday **July 8<sup>th</sup>** from 6:30- 7:30 at Indian Harbour lake community centre, \$2 per session for 6 weeks, open to all experience levels!

There will be an **Oopie Goopie day** for children 7 and under on **July 9<sup>th</sup>** at Sherbrooke recreation building. Please bring old clothes, and something yucky for a sandwich, starts from 1-4! We will be getting very messy so please bring a change of clothes for the way home!

## July 14<sup>th</sup>



Antigonish pool and Pins Bowling Centre - Please bring change of clothes, bathing suit, towel, water bottle, money for lunch, cost is \$20 per child which includes the whole day! We will be leaving St. Marys Rec office at 10AM **SHARP!!!**

## Softball Clinic

**July 17<sup>th</sup>**- Softball clinic for ages 8-15 at the Liscomb Ball field, improve your skills, learn some new ones and take part in a lot of awesome new games! Starts at 9:00am to 3:30pm, \$2 per child. Please bring your glove, a hat, sunscreen and a lunch! Water will be provided!

## Wellness Wednesday Walks

Come join us at the River Association for a day of learning about the importance of active lifestyles, eating healthy, and learning about other factors of everyday living. A speaker will be joining us for a light snack after our walk through



Stonewall Park. \$2 per person, all proceeds go to restoring Stonewall! Open to all ages, July 21<sup>st</sup> starts at 10AM in the parking lot!

## Tennis Clinic

Tennis Clinic for ages 8 - 15 at St. Mary's Recplex, July 24/25 from 9 to 3 pm. Modified tennis to help you learn a new sport, tennis is becoming such a popular sport amongst young people we thought we'd bring it to you! \$2 per day, per child, please wear athletic wear; and bring a water bottle, sunscreen and a lunch!



# Summer Special Events Cont...



## Family BBQs

A great way to get some sunshine, some great food, and have some fun! There will be kids games, adult games, and bouncers at each BBQ. Scheduled days are:

Marie Joseph: 12-2:30 July 11th

Port Bickerton: 11-2 July 18<sup>th</sup>

Sonora: 12:30- 3 August 8<sup>th</sup>

Goshen's schedule TBA at a later date!



## Sherbrooke Canada Day

- 4pm Parade Line Up Begins at St. Mary's Academy Parking Lot
- 4:30pm PARADE BEGINS
- 5-8pm Coughlin Entertainment, St. Mary's Water Park, Archery, Pony Rides, Kids First Play Area
- 6:30pm District Tug-of-War
- 6pm - Dusk JP Cormier, Performance Centre in Sherbrooke Village
- DUSK Fireworks, Sherbrooke Ballfield

### THEME FOR THIS YEAR'S CANADA DAY

PARADE IS OLYMICS 2010



## Summer Day Camps



Hey kids and parents it's now summertime which means the Municipality of St. Mary's will be hosting our summer day camps. Each of these day camps are FREE of charge, and will be running from June 29<sup>th</sup> until August 20<sup>th</sup>. Our day camps will take place at eight locations for 2 weeks each. Each week our camps will have different themes; so we encourage parents to help make these days extra special. The camps will begin each day at 9:30 am until 3:30 pm for the entire week. The dates will be as followed:

|                     | Week 1         | Week 2       |
|---------------------|----------------|--------------|
| Goshen              | June 29-July 2 | July 26-30   |
| Liscomb             | June 29-July 2 | August 3-6   |
| Port Bickerton      | July 5-9       | August 9-13  |
| Sherbrooke          | July 5-9       | July 26-30   |
| Indian Harbour Lake | July 19-23     | August 9-13  |
| Aspen               | July 12-16     | August 3-6   |
| Sonora              | July 12-16     | August 16-20 |
| Marie Joseph        | July 19-23     | August 16-20 |

\*On June 29<sup>th</sup> buses will take only students that registered for Day Camp from school to day camp which will begin at 10:30 am in Goshen and Liscomb.

\*Day camps will be cancelled on July 1<sup>st</sup> due to Canada Day.

### Day Camp Themes

Olympic Week, Fitness/Nutrition Week, Movies Week, Bike/Track Week, Challenge Week, Hawaiian Week, and much more.

Registration forms can be found on the municipal website or contact the Recreation office @ 522-2598

# ST. MARY'S RECREATION

## Canada Day

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

### Aqua Fit

AquaFit will be cancelled from **July 5 to July 16** due to Red Cross Swim Program. Classes will start up again on Monday July 19<sup>th</sup> at 10am.

Classes are held on Monday and Wednesday 10am at Liscomb Lodge. Don't forget to bring your towel.

### Open Inline Skating

Due to some upgrades to the St. Mary's Recplex this summer the last Inline Skating for the month of July will be **Monday July 12<sup>th</sup>**.



St. Mary's Recreation apologizes for any inconvenience. Once the upgrades are completed we will continue the inline skating program in August. Remaining dates for Inline Skating program:  
 June 28<sup>th</sup>/July 6<sup>th</sup> 6:30 - 7:30pm  
 July 8<sup>th</sup> 6 - 7:30pm

Any questions please contact the St. Mary's Recreation office at 522-2598.

### Bikeways Project

Recently Guysborough County was approved for the Ecology Action Centre's Green Mobility Capital Grants program. The program is made possible with funding from Conserve Nova Scotia and ecoNova Scotia for Clean Air and Climate Change. Guysborough County has been approved for \$18,715.

These funds will be used to add "Share the Road" signs along with bike racks throughout the county to make Guysborough County a more bike friendly destination. For more information on this funding or our Bikeways group please contact the St. Mary's Recreation office.

### Physical Activity

Current Levels of PA: Canada/ Nova Scotia/ St.Mary's

|                                                    | Active | Moderately Active | Inactive |
|----------------------------------------------------|--------|-------------------|----------|
| <i>Isos Reid (2009)</i>                            |        |                   |          |
| St.Mary's                                          | 29%    | 33%               | 40%      |
| <i>Canadian Community Health Survey 3.1 (2005)</i> |        |                   |          |
| DHA 7                                              | 17%    | 19%               | 64%      |
| Nova Scotia                                        | 24%    | 25%               | 51%      |
| Canada                                             | 27%    | 25%               | 48%      |
| <i>Canadian Community Health Survey 21 (2003)</i>  |        |                   |          |
| Nova Scotia                                        | 25%    | 24%               | 51%      |
| Canada                                             | 27%    | 25%               | 48%      |

Active- Using 3 or more kilocalories per kg of body weight per day; for example, walking an hour a day or jogging 20 minutes a day.

Moderately Active- Using 1.5 to less than 3 kilocalories per kg of body weight per day; for example, walking 30-60 minutes a day, or taking an hour-long exercise class 3 times a week

Inactive- Using less than 1.5 kilocalories per kg of body weight per day; for example, walking less than half an hour each day.

### Community Park Benches

The Municipality of St. Mary's was recently approved for an age-friendly grant from the Nova Scotia Department of Seniors to purchase 8 park benches for the municipality. These park benches will be placed throughout the municipality to make St. Mary's a more age-friendly community.

Watch for more information as we roll out this process. If you have any question please contact the Recreation department at 522-2598.

### Upcoming Seniors Fun Days

- July 9<sup>th</sup> - Greenfield Oldsters Club
- July 16<sup>th</sup> - Port Bickerton CC
- July 23<sup>rd</sup> - Liscomb Legion



Doors Open at 9:45am. Senior's 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 Department at 522-2598.

