



August 2010 Newsletter



www.saint-marys.ca

The DEADLINE to have information submitted for the September issue of the Newsletter is **WENESDAY, August 18th, 2010 at 4:00 p.m.** Submissions can be received by fax: 522-2309 or email: 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 Mon, September 13th, 7 pm. The public is invited to attend. Visit our website for recent minutes of the regular meetings, important dates and forms. www.saint-marys.ca.
August 2 – Civic Holiday, Office will be closed.



Please be advised that effective July 18th, 2010 **LAING's RECYCLING DEPOT** is closing permanently and will be replaced by a regular mobile ENVIRO-DEPOT service.

Beginning Saturday July 24th, the mobile depot will serve Sherbrooke and area residents every Saturday in the Sherbrooke Liquor Store parking lot from 9:00am – 2:00pm.

The mobile depot will collect refundable beverage containers and leftover paint for recycling.

For more information, please visit www.rrfb.com or 1-877-313-RRFB (7732).

St. Mary'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. Peter will be available at our Municipal Office one day a week, usually THURSDAYS beginning at 10am. You can make an appointment by calling our office at 522-2049.



Check out NEW "Before you Build" Brochure, and Building Permit Applications. All available online www.saint-mary.ca/forms

Heavy Garbage Haul

St. Mary's Municipality is requesting price quotes for a Fall Heavy Haul for the Municipality.

Interested individuals will be required to disclose equipment and insurance and the proposed route along with a time frame.

All items are to be deposited at the Transfer Station in Geoggan.

A formal Agreement will be signed at Closing Date! All applications must be received at the Municipal Office by noon on Wednesday September 8th, 2010.

Casual Administrative Assistant

The Municipality of St. Mary's is seeking a person for the position of Casual Administrative Assistant.

The successful applicant will be responsible for general administrative duties. Duties include but are not limited to: public relations, telephone, processing tax, sewer, water payments, filing, etc.

A general job description is available at the Municipal Office in Sherbrooke or online @ www.saint-marys.ca along with tentative work hours. Rate of pay will be \$13/hour.

Application by resume and cover letter along with references will be accepted until 4pm, August 27th 2010, tentative start date October 4th, 2010.

Applications accepted by:
Fax: (902) 522-2309, Mail: PO Box 296
Sherbrooke, B0J 3C0, Email: council@munet.ns.ca
or in person: 8:30-4:00 pm, Monday – Friday.

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), 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.



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 Phone: 533-2528

Experience the triathlon --- Experience the county

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-Bron



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

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.



St. Mary's District Lions Club 3rd Annual GOLF Tournament Saturday, September 25th - Glen Lovat Golf Club 151 Frasers Mountain Branch Road, New Glasgow, NS.

\$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!**

St. John's Church Hall - Necum Teuch

Flea Market:

Held on the 2nd Sat of each month Aug 14th, Sept 11th, Oct 9th and Nov 13th (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

Ah, summer, what power you have to make us suffer and like it. ~Russel Baker

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.

OPEN HOUSE

The Burns family invites you to an open house in honor of their mom, Rita Burns who will celebrate her 90th Birthday on Saturday September 18th from 2-4pm at Sonora/St. Mary's River Community Center. Everyone is welcome. Best wishes only please.



Thank you I sincerely wish to thank the Doctors, nurses and staff of St. Mary's Hospital for their wonderful care and kindness to me during my stay. And all my friends and loved ones, who visited, called, brought treats/cards or remembered me in Prayers. It was all truly appreciated. - Kerwin Mills

St. Mary's Shooters Association Schedule for August

Aug 1st Benchrest shoot

.22 & center fire rifle at 100 yards

Aug 15th Military rifle shoot any open sighted military rifle 2x5 shots at 100 yards, unlimited sighters

Aug 29th SMSA Skeet/Trap shoot Boutilliers pit Port Bickerton. 10am - 3pm, medals for 1st, 2nd, & 3rd for senior (over 18) and junior shooters

Sept 5th Spinner Shoot, Stillwater

The public is welcome to shoot as guests. Club hats are still available for \$11.00 each. For more information call 783-2820 John, 522-2172 Mike

NOTICE:

Jeff Laing will be taking over the flyer delivery as of August 7th 2010 in Sherbrooke & Area

Greetings from High-Crest!

Residents celebrating Birthdays this month are:

Ruby Cruickshank August 2nd
Muriel Hayne August 22nd
Earl Mason August 22nd
Effie Jones August 24th



Wow! Happy Birthday Everyone!

The Homebuddies will be holding their monthly Party on August 9th at 1:15pm. We will play bingo, sing some great old songs and enjoy cake and ice cream. Everyone is welcome!



We sure have been enjoying our outings on the bus! See you anywhere that sells ice cream!

Sherbrooke Library Chat line

SUMMER READING PROGRAM for Kids ages 6-12

continues on Tuesday evenings during August. For more information call the Library 522-2180.



VILLAGE READERS' BOOK CLUB - The next meeting will be held at 11:00am, Wednesday August 4th. The discussion will be a book of your choice.

BOOK LAUNCH - Saturday, August 7th at 1:00pm. Please join Marion (Jones) Timmons as she talks about her book "Wilderness Home: The Loyalist Founding of Country Harbour".

In 1783, after fleeing the Carolina colonies, two ships loaded with disbanded soldiers and their families left Halifax for Country Harbour. The passengers experienced a series of misfortunes and entered the safety of the Harbour amid a raging snowstorm. Copies of her book will be available for sale.

Civic Holiday - August 2nd, 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

New Chester Heritage Day

Little Red School House



Saturday, Aug 21st 2010 - 1pm
BBQ - Hamburgers & Hotdogs
Light Lunches, Tea & Coffee
Pie Contest & Pie Auction
Cake Walk & Bake Table
Games for the children

Ticket draws & Door Prizes, Photo Display
Live Musical Entertainment
All Welcome!

Sea Shore Volunteer Fire Dept - Thank you

The members of Sea Shore Vol Fire Dept would like to thank all the people who came to our fishing derby on June 5th. It was an enjoyable day for everyone.

The lobster tickets were drawn on June 5th. Winners were Eddie Kaiser, Hughie Kaiser, Jim Harpell, Steven Pinkham, Douglas Richard and Blair MacLean. Total raised \$935.75. Thanks to all who bought tickets and donated lobster.



Fish Fry Supper - August 28, 2010
Port Bickerton Community Centre - 3pm to 6pm
Adult \$8.00 Child \$5.00. Come and enjoy an excellent meal!



Duck Race - August 29, 2010
Ticket price \$5.00 are on sale now from any member of the Fire Department.

ROYAL CAN. LEGION BR. #86 LISCOMB

Next general meeting will be held on
Wednesday, September 1, 2010

ACTIVITIES:

AUCTION - Thursdays at 8pm \$5
CRIBBAGE - Saturdays at 8pm \$5
(No cribbage August 7)



THE ANGLICAN PARISH OF LISCOMB AND PORT BICKERTON

The Reverend Melissa Frankland, Rector

PO Box 153 Sherbrooke, NS

BOJ 3CO (902) 522-2510



A Great BIG Baobab Blast
Thank-You to everyone who helped to make our VBS at both ends of the Parish such a great success! May God Bless you All!

Service Times for the month of August

August 1st (Trinity IX)

9am - St Paul's Morning Prayer

11am - St Thomas' Morning Prayer

7pm - St James' Evening Prayer



August 8th (Trinity X)

9am - St. Luke's Morning Prayer

11am - St. James' Morning Prayer

7pm - St. Paul's Evening Prayer

August 15th (Trinity XI)

9am - St. James' Morning Prayer

11am - St. Luke's Holy Communion

7pm - St. Thomas' Evening Prayer

August 22nd (Trinity XII)

9am - St. Thomas' Morning Prayer

11am - St. Paul's Holy Communion

7pm - St. Luke's Evening Prayer

August 29th (Trinity XIII)

3pm St. Mary's River Church

Deconsecration Service with Holy Communion followed by a Parish Picnic (Bring your own Picnic Supper)



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.



ECUM SECUM FIRE HALL "FUN DAYS"

Aug 10th

Kids Fun Evening 6pm – 8pm Ages 0 – 10
Teen Dance 8:30pm – 11:00pm Ages 11 – 18

Aug 11th at the Ecum Secum Fire Hall

Firemen's Breakfast 8am – 10am

Flea Market 8am – 10am

Bingo 10am – 11:30am/2pm onwards

Tub Races 11:30am – 12:30pm

BBQ Lunch 12:00pm – all day

Games & Beer Garden 1pm

Variety Show 7pm

Fire Works @ Dusk (weather permitting)

Adult Dance 9:30pm



Aug 12th Location: Fleet Settlement Bridge

BBQ Lunch - 12pm

Duck Race - 2pm

Entertainment - 11am onwards

For more info contact: Maudie @ 347-2605

June @ 347-2768 or Darlene @ 347-2412

Anyone wishing to enter a tub in the race please contact Mike Mosher @ 347-2784 or Travis Turner @ 347-2585 (rules apply)



"WITH THESE TWO HANDS"

Sunday, August 1 - The potters of Sherbrooke Village throw reproductions of the antique pottery found in the area.

Sunday, August 8 - local boat builder, Keith Horton, will share river lore and demonstrate how these unique boats are built 1pm- 4pm.

Sunday, August 15 - The Print Shop in Sherbrooke Village continues to keep the traditional way of printing alive by having a 123 year old operating printing press on site.

COURTHOUSE CONCERTS

Begin at 7:30pm -tickets \$8 at the door.

Thursday, August 5 - Featuring Roly, Ellie, George and Lesley

Thursday, August 12 - Featuring Jason MacDonald, Carmel Mikol and Kim Wempe.

Thursday, August 19 - Featuring Hal Bruce whose unique Beatles Tribute has netted invitations to various international events

Friday, August 27 - This will be the kick-off concert for our third annual Rally That Gives weekend featuring "Brothers Blues Bash" with George Brothers & Friends.

SHERBROOKE VILLAGE RALLY THAT GIVES

Friday, August 27 to Sunday, August 29 - Motorcycle Rally fundraiser in aid of the Lodge That Gives, which offers a home away from home for cancer patients and their families living more than 50 km from the cancer treatment centre in Halifax. The event will feature music at the Performance Centre, dance, field games, show & shine, dinner and poker run.

HANDS ON CRAFTS

Sunday August 8th - Children are invited to participate in Village life by taking part in a "Hands On", interactive and fun experience. Today we will make wooden boats. Register at admissions for today's craft. Material fee \$3

SHERBROOKE WATERCOLOUR CAMP -

Monday, August 9 to 12 -Susan Paterson will be leading a four day watercolour painting workshop in Sherbrooke Village. Early registration is recommended as space is limited. Sign up today!

Thursday August 12 - Instructor Susan Paterson and camp participants will have a showing of their week's work at the Exhibit Centre from 2:00 pm to 5:00 pm.

ST. MARY'S GARDEN CLUB ANNUAL FLOWER SHOW - Friday, August 13 and Saturday, August 14 at the Exhibit Centre

HAPPY BIRTHDAY TO US!

Sunday, August 22 - It's our 40th anniversary as part of the Nova Scotia Museum Family and we're throwing a giant picnic featuring a corn boil, cake and ice cream. All are welcome!

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

August Worship Services:

Aug 1: Port Hillford United Baptist Church, 11 AM

Aug 8: Port Hillford, 9:30 AM

Port Bickerton United Baptist Church, 11 AM

Aug 15: Sonora Baptist Church, 11 AM

Aug 22: Port Hillford, 11 AM

Aug 29: Port Hillford, 9:30 AM

Port Bickerton United Baptist Church, 11 AM

For more information, contact Rev. Norman Pearce at 522-2087 or hbs.baptist@ns.sympatico.ca.

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.

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 Nova Scotia Duck Toller was bred in Nova Scotia and is our province's official dog. It is the smallest of retrievers, known for its intelligence and endurance and makes an excellent pet.



It is an unusual breed of gundog in how it works. The hunter stays hidden in a blind and tosses something for the dog to play with and romp in the water. The dog's activity catches the interest

of waterfowl and they swim over. The act of luring games is called tolling.

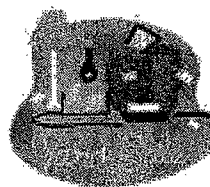
Where in Nova Scotia were Duck Toller's first bred?

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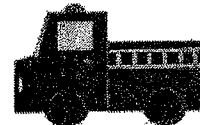
Answer to last month's question: Hummingbirds build their nests of bud scales bound together with spidersilk.

- St. Mary's Naturalist Club

Multi Family Yard Sale on Saturday August 21<sup>st</sup> starting at 9:30am until 2:30pm at 409 Borneo Road (Rain or Shine)



The Liscomb Volunteer Fire Department would like to thank everyone for helping and attending Breakfast, Penny Auction and activities on Canada Day.

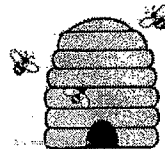


The next Regular meeting of the Fire Department will be Monday September 27<sup>th</sup>.

Training is the third Tuesday of the month, next training is August 17<sup>th</sup>.

## St. Mary's River Association Events

### Traditional Uses for Honey

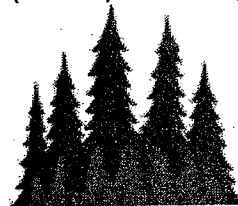


August 8, 2010. Join us as we explore the world of bees with Margaret Cornet. We will meet at the SMRA Interpretive Centre at 1:30 p.m. and carpool to Margaret's home in Aspen.

Pre-registration is advised. August 15<sup>th</sup> is rain date. Call 522-2099 to register.

### Forestry Field Tours

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:

Tuesday August 10 (12:00 PM to 4:00 PM)

Saturday August 28 (10:00 AM to 2:00 PM)

Tuesday September 14 (12:00 PM to 4:00 PM)

# Guysborough County

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

## Update from Guysborough County Regional Development Authority

I hope everyone is enjoying this beautiful summer so far. Ashley Williams and I have successfully kicked off our 15<sup>th</sup> edition of our one of a kind Business Builders program. We have 30 participants from St. Mary's, which is a 30% increase from last year. We are very pleased to see the new faces and I look forward to getting out and seeing everyone throughout the summer.

We wrapped up our first season of the Trail Blazers program in June. I really enjoyed working with the St. Mary's Recreation Department and St. Mary's River Association. We gave the children the opportunity to learn about nature and community development while being physically active. The feedback from both the participants and the community has been fantastic, so we are busy planning now for the next session.

Our Business Retention and Expansion (BRE) program continues to be an important part of our work in the county. We have met with almost 50 businesses to date. Also, we held Business Breakfast Information Sessions both in Sherbrooke and Guysborough in June for Tourist Operators.

If you are interested in participating in our BRE program or have an idea for an information session please do not hesitate to contact me, Tina Dickieson, Development Officer @ 902.522.2432 or [tina.dickieson@gcrda.ns.ca](mailto:tina.dickieson@gcrda.ns.ca)

## Sherbrooke Boat Club... Catch the Wave



**FLOATILLA** to Liscomb Lodge  
Saturday, August 7<sup>th</sup> (Rain date Aug 8<sup>th</sup>)  
Start time is 10am at Sherbrooke Wharf

## "Sherbrooke Village Hands on Heritage Adventure"

Victorian Crafts schedule:  
Tuesdays and Fridays from 10am to 3pm.  
Call to register 522-2400 or 1-888-743-7845

## ROYAL CAN. LEGION BR. #86 LISCOMB

JAM SESSION  
LISCOMB LEGION FRIDAY AUGUST  
6<sup>TH</sup>, AT 6:30 PM. BRING AN  
INSTRUMENT, SING ALONG OR TAP  
YOUR TOES AS WE ENJOY SOME OF  
THE OLD TIME FAVORITES  
EVERYONE WELCOME!

## Swimming Smarts

- **Buddy up:** Always swim with a partner, every time whether you're swimming in a backyard pool or in a lake.
- **Get skilled.** Learning some life-saving skills, such as CPR and rescue techniques, can help you save a life.
- **Know your limits.** If you're not a good swimmer or you're just learning to swim, don't go in water that's so deep you can't touch the bottom and don't try to keep up with skilled swimmers.
- **Swim in safe areas only.** No one can anticipate changing ocean currents, riptides, sudden storms, or other hidden dangers. Swimming in an open body of water (like a river, lake, or ocean) is different from swimming in a pool. You need more energy to handle the currents and other conditions in the open water. If you do find yourself caught in a current, don't panic and don't fight the current. Swim with the current, gradually trying to make your way back to shore as you do so.



## St. Mary's Minor Hockey



It might be the summer, but St. Mary's minor hockey is in the process of sending out registration forms to last years players. We ask that parents fill out the registration forms and return them to the address on the form. Anyone that returns the form by August 30, 2010 will have there name but in for a draw for \$50.

Any player or new player that doesn't receive a form by August 9, 2010 contact Tammy Cole 522-2259 for a registration form. Minor Hockey will be holding its first formal registration early in September. Notices for registration times and dates will be sent out in the September newsletter and home with kids from school.

If you have any questions please contact any minor hockey executive.

# ST. MARY'S RECREATION

## Don't Forget Your Sunscreen

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

### Friends of Stonewall Park

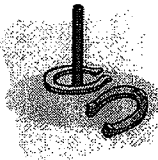
The next meeting for the Friends of Stonewall Park will be Aug 10<sup>th</sup> at 6pm in Council Chambers. The committee has sent out an RFP to select a consultant to design a master plan for Stonewall park. This firm will be released at our next meeting. Everyone is welcome.

### Guysborough County Older Adult Games Playoffs

The games are right around the corner with the deadline for submissions **July 30<sup>th</sup>**. If you need a registration form please contact the Recreation office at 522-2598.

Dates for the playoffs are as follows  
Monday Aug 9<sup>th</sup> Greenfield Centre  
Tuesday Aug 10<sup>th</sup> Liscomb Legion

Anyone involved in the playoffs will be contacted after the 30<sup>th</sup> about playoffs times.



### St. Mary's Day Camps

The municipality of St. Mary's will continue to host our summer day camps into the month of August. Each of these day camps are FREE of charge. Camps begin each day at 9:30 am and conclude at 3:30 pm for the entire week. Schedule listed below:

|                     | Week 2       |
|---------------------|--------------|
| Goshen              | July 26-30   |
| Sherbrooke          | July 26-30   |
| Aspen               | August 3-6   |
| Liscomb             | August 3-6   |
| Indian Harbour Lake | August 9-13  |
| Port Bickerton      | August 9-13  |
| Sonora              | August 16-20 |
| Marie Joseph        | August 16-20 |

\* There will be no day camps on August 2<sup>nd</sup>

### Day Camp Special Event Days

#### Sherbrooke Bike Rodeo

The Sherbrooke annual Bike Rodeo is back, hosted during day camp on Friday July 30<sup>th</sup> at the St. Mary's Recplex. This year the RCMP will be on hand to give safety tips, and inspect everyone's bike making sure they are riding it safely.



You will also be part of the Bike Rodeo challenge to see who has the best skills in the municipality on two wheels. There will be prizes on hand which will have you biking in style.

#### Water Fun Day

Had enough of the heat? Well come cool down at Water Fun day on Tuesday August 3<sup>rd</sup> at Liscomb Lodge. We spend the morning playing water games and may even have a water slide.

In the afternoon we all hit the pool and cool off in the water. It will be a fun filled day. Reminder to bring your bathing suit, towel and a change of clothes because you will get wet.

#### Beach Day

Enjoy sand and water? Well beach day is the place for you. You will spend the day on the sand playing many games along with a sand castle competition. Don't forget to bring sunscreen so that you can enjoy all the fun activities and not get burned.



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

# ST. MARY'S RECREATION

## Don't Forget Your Sunscreen

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

### Upcoming Seniors Fun Days

- July 30<sup>th</sup>- Maple Manor, Sherbrooke
- Aug 6<sup>th</sup>- Goshen Comm. Centre
- Aug 13<sup>th</sup>- Sonora Comm. Centre
- Aug 20<sup>th</sup>- Indian Hbr Lake Comm. Centre
- Aug 27<sup>th</sup>- Eastern Shore Sunshine Club, Ecum Secum

Senior's Fun from 10am-1pm. 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.

### Equipment Loan Out

Did you know the Municipal Rec Department has various equipment for loan out?

Listed below is a sample of the equipment available for community groups to use:

- Handheld GPS
- Personal Floatation Devices(PFD's)
- Snowshoes
- Inline Skates
- Inflatable Bouncers
- And much more.....



For more info about what's available, or to borrow some equipment, pop into the Rec Office or call 522-2598

### Training Opportunity

St.Mary's Recreation is currently looking for community groups, youth group leaders and individuals interested in obtaining training for the CATCH Kids Club, physical activity and nutrition based afterschool program. To submit your name, or for more information, please contact St.Mary's Rec at 522-2598



### Walkabout New York

Heart&Stroke Walkabout™ is offering Nova Scotians a chance to win a trip to New York City as part of its efforts to encourage and promote walking. Complete the registration form and enter to win a trip for two to New York City complete with airfare, accommodations, and spending cash to use during your three days and two nights in the 'Big Apple'. While in New York, you and your guest will also be treated to a walking tour of some of NYC's amazing sights. To enter, visit [www.walkaboutns.ca](http://www.walkaboutns.ca)

### Physical Activity

Part 4 of 5  
*How Active is Active Enough?*

|           | Light                                | Moderate                                  | Vigorous                                         |
|-----------|--------------------------------------|-------------------------------------------|--------------------------------------------------|
| Time      | 60 minutes                           | 30 minutes                                | 20-30 minutes                                    |
| How Often | 7 days a week                        | 4 or more days a week                     | 3 days a week                                    |
| Example   | Light walking, gardening, stretching | Brisk Walking, Cycling, Swimming, Dancing | Jogging, Basketball, Fast Swimming, Fast Dancing |

### Active Transportation Video

"Active Transportation is human-powered travel. It refers primarily to walking and bicycling, but also to in-line skating, skateboarding, wheel-chairing, cross-country skiing, snowshoeing, and even kayaking and canoeing"

-Taken from the Federation of Canadian Municipalities website.

Check out the AT video put out by the Union of Nova Scotia Municipalities:

<http://www.sustainability-unsm.ca/active-transportation.html>

# ~\*August Events\*~

## August 7<sup>th</sup> – 5K Road Race!



This is a great way to show our support for our fellow community members, to get active and have fun! It focuses on good health, well-being for our integral

community; and it's for a great cause. It's only \$5 per entrant and all proceeds go towards restoring Stonewall Park! The race starts at 8:30 AM so please register between 8 and 8:30

Anyone can come; you can run it or walk it!

**Course Directions are on the website.**

## August 8<sup>th</sup> Sonora Family BBQ – 12:30-3

PM - Come on out and have some summer fun! What a great way to spend a Sunday afternoon then with your community! We will have a BBQ, lots of games, bouncers, archery and more!



## August 10<sup>th</sup> – What's the Buzz on Bees?!

At 10:00 we will be leaving Sherbrooke's Municipal building and going to Margaret Cornects Bee colony to learn all about bees! This is a family event so please use your own transportation but you are welcome to car-pool with our staff! Please wear closed-toe shoes, long pants and if you wish, a bug net! Bee prepared for adventure !! ☺



**August 11<sup>th</sup> – Day trip!** Columbus Field Water Park and The Bauer Theatre in Antigonish presents "Willy Wonka"!! This is going to be such a fun-filled day! Its only \$20 for the WHOLE day! Just bring a little extra money for lunch or pack your own! We're leaving Sherbrooke's municipal office at 11AM SHARP! Please bring an extra change of clothes, some sunscreen, and a hat! Don't forget your imagination and sense of humour at home! Can't wait to see you all out there!

## August 15<sup>th</sup> – Goshen Family BBQ – Summer

is slowly coming to a close, but luckily St. Mary's Recreation is here so you can still have a lot of summer fun! Please join us for an afternoon of games, bouncers, archery a delicious BBQ and more! From 12 – 2:30!



## August 17<sup>th</sup> – Family Camping Night! –

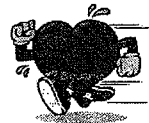
Nimrods Campground is happy to accommodate a large amount of tents for this event! We will have campfire and songs, games, ghost stories archery, bouncers and more! Just bring your tent, your family, some food and a sense of adventure! Please meet us at the campground at 7 PM for all the fun to start! It's for all ages and its free ☺

## August 19<sup>th</sup> – Geocache Day –

Have you ever geocached before? If yes, come on out! If no, come and learn! We're going to start at 11AM with a info-session on all you need to know about geocaching! We will meet in Pioneer Park, and have the BBQ and a few games set up there as well. See you then!

## August 18<sup>th</sup> – Wellness Wednesday Walk

Please join us for a morning walkin the beautiful Stonewall park. A donation of \$2 will go towards restoring Stonewall. We will have our public health nurse, Lynne Lukeman to join us in a discussion about active living, healthy lifestyles, and answer all of your questions from sunscreen, to Lyme disease.



A light lunch will be provided! Can't wait to see you all out at the River Association at 10 AM!

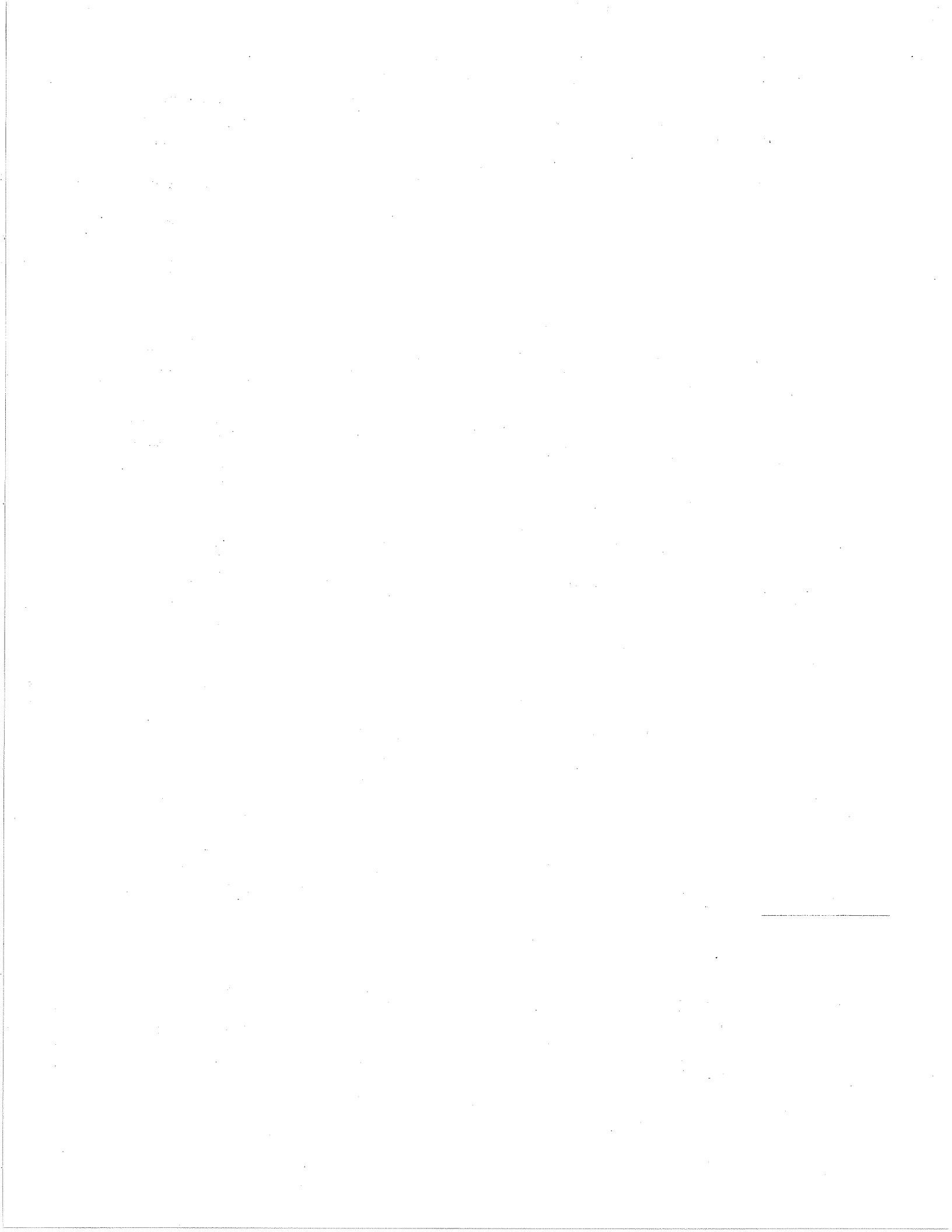
## August 23<sup>rd</sup> – TREGO!!!! –

Our most exciting event yet! This is going to be such a sweet day in Moncton, New Brunswick, its only 35\$ to go, space is really limited! We can only take about 18 people, so book your spot in our vans now! We're going to be leaving Sherbrooke Recreation at 8AM SHARP!!



**For more information please call the rec office at 522 2598 or go to [www.tregomoncton.com](http://www.tregomoncton.com)**

If you have any ideas for more events, please call the recreation office. Also if you would be interested in volunteering for a Teddy Bear Picnic day please let us know! A date will be announced shortly for this event! For info or to book any of these events please Natalie at the recreation office – 522 2598.



# August 2010

| Sunday                                                                        | Monday                                                                                                                                   | Tuesday                                                                                                                                                                                                               | Wednesday                                                                                                                           | Thursday                                                                                                      | Friday                                                                                                                          | Saturday                                                                                                                                          |
|-------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|
| 1<br>SV With these Hands<br>SMSA<br>Benchrest shoot                           | 2<br>Civic Holiday                                                                                                                       | 3<br>Day Camps Liscomb Aspen 9:30am<br>Liscomb Water Fun Day 9:30am<br>Seniors Yoga 10am<br>Library Summer Reading program 6:30pm                                                                                     | 4<br>Day Camps Liscomb Aspen 9:30am<br>Teen Kayaking 10am<br>Village Readers 11am                                                   | 5<br>Day Camps Liscomb Aspen 9:30am<br>SV Court House Concerts 7:30pm                                         | 6<br>Day Camps Liscomb Aspen 9:30am<br>Seniors Café 9:30am<br>Seniors Fun day 10am<br>Teen Kayaking 10am                        | 7<br>5km Road Race 8:30am<br>Floatilla 11am<br>Book Launch 1pm<br>Liscomb Legion Cribbage 8pm                                                     |
| 8<br>SV Hands on Crafts<br>Traditional Uses of Honey 1:30pm                   | 9<br>Day Camps PB, IHL 9:30am<br>SV Watercolor Camp Aquafit 10am<br>Women on Water 11:30<br>High-crest bday party 1:15pm<br>Yoga IHL 6pm | 10<br>Day Camps PB, IHL 9:30am<br>SV Watercolor Camp<br>Seniors Yoga 10am<br>Forestry Field Tours 12pm<br>Friends of StoneWall meeting 6pm<br>Library Summer Reading program 6:30pm<br>TOPS 6:30pm<br>IHL Auction 8pm | 11<br>Day Camps PB, IHL 9:30am<br>Day Trip: Theatre<br>SV Watercolor Camp<br>Aquafit 10am<br>Yoga IHL 6pm<br>Lions Bingo 7:45pm     | 12<br>Day Camps PB, IHL 9:30am<br>SV Watercolor Camp<br>SV Court House Concerts 7:30pm<br>Auction Liscomb 8pm | 13<br>Day Camps PB, IHL 9:30am<br>Ecum Secum Fun Days<br>Garden Club Flower Show<br>Seniors Café 9:30am<br>Seniors Fun day 10am | 14<br>Garden Club Flower Show<br>Ecum Secum Fun Days<br>Necum Tauch Flea Market - 9am<br>Sonora School Reunion 1pm<br>Liscomb Legion Cribbage 8pm |
| 15<br>Ecum Secum Fun Days<br>SV With these Hands<br>SMSA Military Rifle Shoot | 16<br>Day Camps Sonora, MJ 9:30am<br>Aquafit 10am<br>Women on Water 11:30<br>Yoga IHL 6pm                                                | 17<br>Liscomb Fire training<br>Day Camps Sonora, MJ 9:30am<br>Seniors Yoga 10am<br>Library Summer Reading program 6:30pm<br>TOPS 6:30pm<br>IHL Auction 8pm                                                            | 18<br>Day Camps Sonora, MJ 9:30am<br>Aquafit 10am<br>Wellness walks 10am<br>Teen Kayaking 1pm<br>Yoga IHL 6pm<br>Lions Bingo 7:45pm | 19<br>Day Camps Sonora, MJ 9:30am<br>SV Court House Concerts 7:30pm<br>Auction Liscomb 8pm                    | 20<br>Day Camps Sonora, MJ 9:30am<br>Seniors Café 9:30am<br>Seniors fun Days 10am                                               | 21<br>Yard Sale 9:30am<br>Guysborough Walk-a-ton 10am<br>New Chester Heritage Days 1pm<br>Liscomb Legion Cribbage 8pm                             |
| 22<br>Guysborough Triathlon 9am<br>SV 40 <sup>th</sup> Anniversary            | 23<br>Aquafit 10am<br>Women on Water 11:30am                                                                                             | 24<br>Older Adult Games<br>Library Summer Reading program 6:30pm<br>TOPS 6:30pm<br>IHL Auction 8pm                                                                                                                    | 25<br>Older Adult Games<br>Lions Bingo 7:45pm                                                                                       | 26<br>Auction Liscomb 8pm                                                                                     | 27<br>Rally That Gives SV Court House Concerts 7:30pm<br>Seniors Café 9:30am<br>Seniors Fun Days 10am                           | 28<br>Rally that Gives Port Bickerton Fish Fry<br>Spanish Ship Bay Yard Sale 9am<br>Forestry Field Tours 10am<br>Liscomb Legion Cribbage 8pm      |
| 29<br>Rally that Gives Port Bickerton Fish Fry<br>SMSA<br>Skeet/Trap shoot    | 30<br>Aquafit 10am                                                                                                                       | 31<br>Library Summer Reading program 6:30pm                                                                                                                                                                           |                                                                                                                                     |                                                                                                               |                                                                                                                                 |                                                                                                                                                   |