



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

# December 2010 Newsletter



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

The DEADLINE to have information submitted for the JANUARY issue of the Newsletter is **WEDNESDAY, December 22<sup>nd</sup>, 2010 at 4:00 p.m.** Submissions can be received by fax: 522-2309 or email: [council@munet.ns.ca](mailto:council@munet.ns.ca) Subject line must read NEWSLETTER SUBMISSION. Also please note that we reserve the right to edit any and all submissions to this newsletter.



## St. Mary's Municipal Council

The next regular meeting of St. Mary's Municipal Council will be held on Monday, **January 10<sup>th</sup>, 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](http://www.saint-marys.ca).

## Port Bickerton Sewer Project

As a result of the recent public vote, Nov. 16<sup>th</sup>, the sewer project will NOT be moving forward.

## Transfer Stations Hour of Operation Change

Transfer Station will be Open from  
9am - 4pm Tuesday thru Saturday

### HOLIDAY HOURS:

December 24<sup>th</sup> - CLOSED at 12 noon

December 25<sup>th</sup> - CLOSED

December 28<sup>th</sup> - OPEN regular hours

December 31<sup>st</sup> - OPEN regular hours

January 1<sup>st</sup> - CLOSED

January 4<sup>th</sup> - OPEN regular hours

**REMINDER:** Application deadline is **December 31, 2010** for the **2010 Property Tax Rebate for Seniors**. Copies are available at the municipal office. Please drop by or contact us at the Municipal office at 522-2049 for a copy of your 2009 taxes paid receipt or for more information

*Property Valuation Services Corp*  
Watch for your Property Assessment Notice in the mail this January. You have 21 days after receiving the notice to appeal the assessment. Call 1-800-667-5727 or visit [www.pvsc.ca](http://www.pvsc.ca) for more information

## St. Mary's Tree Lighting Ceremony

**Friday Nov 26<sup>th</sup> at 6:30pm**

**Maple Manor, Sherbrooke**

Followed by Family Skate at the RecPlex from 7pm-9pm  
Hot Chocolate, Timbits and a visit from Santa.



Nova Scotia Power Tree light exchange

Peter Avery, Building Inspector/Civic Addressing Coordinator will be available at the Guysborough Municipality Office during regular hours and visiting St. Mary's on an as needed basis. Contact him at (902) 533-3705 ext 235, or by email [pavery@modg.ca](mailto:pavery@modg.ca). If you wish to make an appointment, call 522-2049.

Sign up For Safety

**7446**

Post Your Civic Number

## 911 CIVIC NUMBERING

The Municipality of St. Mary's Civic Address Bylaw requires the necessity of displaying civic numbers on buildings and driveways. The civic numbers are for your protection, and the bylaw recommends a standard for the civic number signs. If you do not know your civic address number, please contact the Building Inspector, Peter Avery. Copies of the bylaw are available at the Municipal Office and on our website.

## Municipal Office Christmas Hours

December 24<sup>th</sup>-CLOSED

December 27<sup>th</sup>-CLOSED

December 28<sup>th</sup>-CLOSED

December 29<sup>th</sup> & 30<sup>th</sup> - OPEN regular hours

December 31<sup>st</sup>-CLOSED

January 3<sup>rd</sup>-CLOSED

**Have a SAFE and HAPPY Holiday Season**  
from the council and staff of St. Mary's Municipality.

**Sherbrooke Lions Karaoke Dance**  
**Friday Nov 26<sup>th</sup> - 9pm-1am**  
**Master-Blaster Music**  
**Cost is \$10.00 per person**  
**Supporting the Christmas**  
**Daddies project**  
**Gov't IDs required**



## **Guysborough County Kids First**



### **The Parent/Tot Drop-in**

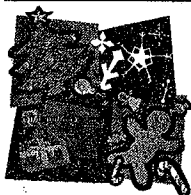
St. Mary's Education Centre on Tuesdays from 9:30 to 11:30AM. Drop-in is open to all parents/ caregivers and children ages 0-6 years.

**Just Me & My Friends School Readiness** program will be taking registration for children turning four on or before December 31/10 in the St. Mary's district who will be registering for school in the fall of 2011. **Guysborough County Prenatal Nutrition Program** is designed to support pregnant women and their babies up to six months of age. Supports include: home visits, nutritional counseling/support, milk & nutritional supplements, lending library, breastfeeding supports.

**Kids First Family Home Visitor Program** provides emotional and practical supports, as well as role modeling, parenting information, and general health information. Referrals for this program are through Public Health after the birth of the baby. Contact your local Public Health office or Kids First.

**Facebook**-if you have children from birth to six years or are expecting your first child, join Guysborough County Kids First. A great way to receive updates and notices about programming in your area.

For more information regarding Kids First programs, visit our new and improved website [www.kids1st.ca](http://www.kids1st.ca). All programs and services are free and confidential! For more information on any of these programs, please contact Paula toll free at 1-888-533-3881.



*All are welcome to Bethel  
Community Church's 10<sup>th</sup> Annual  
Christmas banquet. Friday, Dec  
10<sup>th</sup>, 6:30 pm at Bethel Community  
Church, South Lochaber.*

**FREE ADMISSION-No offering required.**

## **Christmas Penny Auction**

**Ecum Secum Fire Depart.**  
**December 4<sup>th</sup>, 7:00 pm.**

**There will be a chocolate walk for \$1.00 per  
number and a lunch for \$2.00.**



## **ST. MARY'S DISTRICT FOOD BANK**

**Give the gift of sharing!** Have you ever considered giving a donation to the Food Bank in the name of a friend or relative? The Food Bank will send a gift card to whomever you choose, indicating that you have made a gift donation in their name. Money for gift cards or for donation may be mailed to St. Mary's District Food Bank, PO Box 102, Sherbrooke, NS, B0J 3C0. Tax receipts are available for donations of \$10 or more.



If you are in need of assistance please call 328-4148 and leave a message. The phone number is exclusive to the Food Bank and all calls are confidential.

## ***Christmas Sing***

The Annual Christmas Sing in the  
Stormont Union Church will be  
held on Saturday, December 18<sup>th</sup> at  
7 pm. All are welcome!



### **HYMN SING**

The monthly old fashioned hymn sing at the common room of Maple Manor in Sherbrooke will be held on Saturday, December 18<sup>th</sup>, beginning at 6:00 pm. There is no cost, and everyone is welcome. Come out and join us for some music and fun!

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

The brook trout [Salvelinus fontinalis] is Nova Scotia's official fish. It has a long history in, and is culturally significant to our province. Sport fishers prize this species. Brook trout may stay fairly close to established feeding stations through the season, if there is cover. They have a hierarchy at these stations, but will share cover.



Spawning takes place in the fall. Females make an indentation [redd] in the river bed where there is ground water upwelling. The fertilized eggs mature over the winter and hatch in the spring. They are mature in 3 years and rarely live over 5 years.

**Question:** There is a clue in the above text to why fontinalis is part of the scientific name.

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**Answer to last month's question:** Anti-twilight arch, found in the eastern sky, is the earth's shadow cast on the atmosphere by the setting sun.

## **Card Parties**

Card parties are held at the  
Ecum Secum Fire Dept. every  
Tuesday night at 7:30 pm.  
Everyone welcome.



## Christmas Party

On December 17<sup>th</sup> there will be a Christmas party at the Ecum Secum Fire Hall. The party is for infants to age 10 from 6:30-7:30 pm, and ages 11-18 from 8:00-11:00 pm. Santa will be there for the younger children. Everyone Welcome!



## Penny Auction

There will be a penny auction and cake walk for the St. Mary's Midget Coyotes on Dec 8<sup>th</sup>, 7:00-8:00 at the IHL hall.

Any one wishing to donate items may contact Darlene Jordan at 522-2709. Come and support the Midgets!

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

### Sunday Worship in December:

9:30 am- Bethany United Church, East River-St. Mary's  
11:00 am- St. John's United Church, Sherbrooke  
7:00 pm- Kirk Memorial United Church, Glenelg

*For info on Sunday School, Youth Group or Bible Study, please phone our minister, Derek Elsworth, at 833-2920*

### CHRISTMAS PAGEANT:

Kirk Memorial United Church, Glenelg  
Sunday, December 19<sup>th</sup>, 7:00 pm.

### SERVICE OF LIGHT AND HOLY COMMUNION

St. John's United Church, Sherbrooke  
Wednesday, December 15<sup>th</sup>, 7:00 pm

### CHRISTMAS OPEN HOUSE

The Manse, Aspen  
Friday, December 17<sup>th</sup>, 7:00 pm

### CHRISTMAS EVE SERVICE

Bethany United Church, East River-St. Mary's  
Friday, December 24<sup>th</sup>, 7:00 pm

## Thank You

*I would like to thank all my family and friends who stood by me in my time of loss of my husband of 50 years. Without you all I could never have made it. Thank you again for the Dr.'s excellent care and also to Giffin's Funeral Services. God Bless you all.*

*Joan Jordan and family*

## Country Harbour Gun Club



Christmas Prize Bingo:  
December 5<sup>th</sup>, 2:00 pm.

## St. Mary's District Community Christmas Choir

The Community Choir, under the direction of Iris Hayes, will present their annual Christmas Sacred Concert at two venues:

Monday, Dec. 13<sup>th</sup>, at Port Hillford United Baptist Church, 7:00 pm

Thursday, Dec. 16<sup>th</sup> St. James Presbyterian Church, Sherbrooke, 7:00 pm (storm date Sat, Dec. 18<sup>th</sup>)



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

All are invited to come and enjoy the concert, which is becoming a Christmas tradition in this area.

## Indian Harbour Lake- Jordanville Community Centre

Walking and Aerobics every Tuesday and Thursday at 10:00 am. \$2.00 fee each day.

Auction 45's: Tuesdays at 8:00 pm. Light lunch. \$5.00 admission.

### Christmas Tea, Craft and Bake Table

December 4<sup>th</sup>, 2010. 2-4 pm.  
Donations of craft or baked goods would be greatly appreciated for tables. Admission \$5.00



Next hall meeting is Monday, December 13<sup>th</sup> at 7:00pm. Everyone welcome!

## TOPS #5098

TOPS #5098 Liscomb meets on Tuesday nights in the fellowship room of Bayview Baptist Church. Weigh-in time is 6:00-6:30 pm, and meeting time is 6:30-7:30 pm. If you wish to Take Off Pounds Sensibly then TOPS may be for you. New members are always welcome. For more information, contact Debbie Baker at 902-779-2255.



**TOPS Fundraiser-** We will be having a "Sorry Box" with all prizes being Christmas items, at the Liscomb Legion Craft Sale on Saturday, December 11<sup>th</sup> at 11:00 am. We are also selling raffle

tickets on a rocking horse Christmas decoration. Tickets can be purchased from any member of TOPS #5098. Ticket draw will take place at the Liscomb Legion Craft Sale on December 11<sup>th</sup>. Your support for this not-for-profit group is greatly appreciated.

**Happy Holidays  
from High-Crest Sherbrooke!**

Erma McLaren will be celebrating her birthday on December 14<sup>th</sup>, Happy Birthday Erma! We will have your birthday celebration in January.

We will be holding our Annual Memorial Service on Friday, November 26<sup>th</sup> at 1:30. This is an afternoon dedicated to residents who have passed through the year. After the service tea and sweets will be served. Everyone is welcome.



On Friday, December 3<sup>rd</sup>, we will be having our Annual Christmas Tea & Sale. The Homebuddies will have their delicious bake table set up, and we will have a craft/gently used item table as well. Any donations would be gratefully accepted. We look forward to your visit. The tea will start at 1:30 and will cost \$5.00.

*Please drive carefully over the holiday season!*

**St. Mary's Hospital Society-Walkathon**

The Society would like to thank all the participants from St. Mary's who walked in the Guysborough County Walkathon in August, including the many members of the Womens Institutes. The Hospital Society received \$4512.33 from the pledges which will greatly assist with purchases of hospital equipment.

Next year's walkathon will be held in Guysborough on Saturday, August 20<sup>th</sup> with all proceeds collected from St. Mary's walkers. Photos from the Walkathon can be seen at [www.pals-ns.ca](http://www.pals-ns.ca).  
Don Dunbar, Chairman

**St. Mary's Shooters Association**

Another successful season is winding down for SMSA. Thanks to all members and those who helped during 2010. Those who have not paid their club dues for 2011, please call Mike at 522-2172, John at 783-2820, or Colin at 522-2995.

People wishing to take the Canadian Firearms Safety Course or the Canadian Restricted Firearms Safety Course must now pre-register and pre-pay. This must be done by calling the NSCC Pictou Campus in Stellarton at 902-752-2002 or 902-755-2602. To take these courses from S.M.S.A. proof of your receipt is required. This is the new system of the Dept. of Justice and the NSCC.  
For more info call John Day at 783-2820.

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

The angel said, 'I bring you good news of great joy that will be for all the people...A Savior has been born to you; he is Christ, the Lord.' Best wishes to all residents of St. Mary's District this Christmas Season. May you experience the joy of Christ at Christmas and through the New Year.

*You are invited to our December Worship Services:*

Dec. 5: Port Hillford United Baptist Church, 11 am  
Dec. 12: Port Bickerton United Baptist Church, 11 am  
Dec. 19: Pre-Christmas Service, Port Bickerton United Baptist Church, 7 pm  
Dec. 26: Port Hillford United Baptist Church, 11 am

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

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

Next general meeting will be held on Tues. Dec. 7

**Activities:**

AUCTION- Thursdays at 8 pm \$5.00  
CRIBBAGE- Saturdays at 8 pm \$5.00

**Walking and Exercise has begun:**

Come and join the fun Mondays at 6:30 pm and Wednesdays at 1:00 pm. \$2.00 per class.

**SENIOR CHRISTMAS DINNER:**

Nov. 30th- 2pm. Once again Branch 86 is pleased to welcome all seniors to an afternoon of Christmas games and fun.

**NEW YEARS' DANCE:**

December 31<sup>st</sup>, 9pm-1am  
Live Band: Devil's Elbow.

Midnight Celebrations with Buffet

Tickets will be available in advance (Nov 19<sup>th</sup>),  
\$15.00 per person. Gov't ID's required  
Contact: Deb Lutes, 779-2231.

**Stillwater Community Center**

Friday Night Card Plays continue

Come enjoy the game and lunch!

Next meeting: Sunday November 28th @ 7:00pm

Always looking for more volunteers!

**Pot Luck Supper**

Holy Trinity Anglican Church

November 27<sup>th</sup>, 4:00-6:00 pm

**Admission: \$8.00**



POTLUCK DINNER

### Thank You

*I would like to extend a heart felt thank you, to all who attended my retirement party, and helped in any way to make it such a success. Thank you for all the good wishes and cards. It was really nice to see so many friends, neighbours, and relatives.*

*Jim Hewitt and family*

### **Bayview Baptist Church**

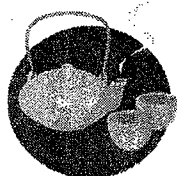
**December 17<sup>th</sup>**- Christmas potluck and carol sing from 5:30-7:30 pm.

Please bring a dish to share and join us for a festive Holiday Gathering

**December 24<sup>th</sup>**- Candlelight Christmas Eve service at 7:00 pm. All are welcomed to join us as we celebrate the birth of Jesus Christ.

If you have any questions, please contact Pastor Dave Smith at 779-2709.

### **Tea and Sale**



There will be a Tea and Sale at St. Luke's Parish Hall in Liscomb on December 18<sup>th</sup> from 1:00-4:00 PM. Tea, coffee, sandwiches and sweets will be served.

There will also be a sales table with handmade crafts. Proceeds will go to support youth programs in the parish of Liscomb and Port Bickerton.

### **December at Indian Harbour Lake Pentecostal Church**



#### **Sunday**

9:45 am- Sunday School, Classes for kids and adults 11:00 am- Morning Worship

#### **Weekday Activities**

Tweens (8-12) **Tuesday, Dec. 7<sup>th</sup>** 3:00-4:30 pm  
Bible Study on the Gospel of John-**Wed, Dec 1<sup>st</sup> & 8<sup>th</sup>**.  
Youth Group (13-19) **Friday, Dec. 3<sup>rd</sup>** 7:00 pm

#### **Special Christmas Events**

Sunday, December 19<sup>th</sup>- 11:00 am.  
Guest Speaker: Bruce Parsons  
Friday, December 24<sup>th</sup>- 7:00 pm  
Christmas Eve Candlelight Service

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

**The congregation of IHL Pentecostal Church wish all a blessed Christmas filled with the peace and hope of Christ whose Birth we celebrate.**

## Sherbrooke Library Chat line

**VILLAGE READERS' BOOK CLUB** – will NOT meet in December, but be ready to discuss your Christmas books on Wednesday, January 5<sup>th</sup>.

**SHARE A BOOK-** we will be accepting donations for Encana to match dollar for dollar until November 30. This would make a wonderful Christmas present. If you would like to give a gift in someone's name, we will send a notice to him/her that you have done so and place a sticker in a new book of your choice.

**NEW BOOKS-** we have just received an exchange of books, including adult fiction and non-fiction as well as many children's paperbacks. Come in to select something for your reading pleasure.



Be sure to check the Library web-page for newly purchased books. You can either put a hold on your picks or call 522-2180 and we will be pleased to place a hold for you. Also, let us know if there are books that you would like the library to purchase.

**CHRISTMAS HOLIDAYS-**The library will be closed from **December 24 to Jan 3**, so be sure to pick out your books for Christmas reading.

The staff of Sherbrooke Library wishes everyone a very Merry Christmas and best wishes for a peaceful New Year.

#### **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)

### **Rachel MacLean Christmas Concert**

Thursday, December 2<sup>nd</sup>, 7:00 pm  
Sonora Baptist Church, 1871 Sonora Road

Rachel MacLean of the MacLean Sisters, former residents of this area, will share inspirational songs and familiar carols, including songs from her albums *Reflections of Christmas* and *Winter Nights*.

Free will offering. All welcome.

See [www.rachelmaclean.ca](http://www.rachelmaclean.ca) and [www.macleansisters.com](http://www.macleansisters.com).  
Call 522-2087 for more info.

# St. Mary's Recreation

website: [www.saint-marys.ca/recreation](http://www.saint-marys.ca/recreation) or [www.facebook.com/StMarysRec](http://www.facebook.com/StMarysRec)

## A message from our new Recreation Coordinator

As the new Recreation Coordinator for the Municipality of the District of St. Mary's, my job is to provide and deliver recreational opportunities for all ages. Fulfilling the needs of the residents within this municipality is my priority, and I intend to do my best to meet the needs and wants of everyone. I will be continuing with some of the programs already in place, and you should also be on the lookout for new and improved programs and innovative ideas.

Recreation has always been my passion and I am very excited about this opportunity to be heavily involved with St. Mary's. Please do not hesitate to contact me at anytime to give your feedback, ideas or just to chat! I'm looking for programs, events that you may want. We can work together and create recreational opportunities for everyone.

Growing up in Lunenburg, enabled me to be familiar with a small town atmosphere. Being located in Alberta for a while, Halifax, Maine, Liverpool, Fredericton, and Bridgewater and experiencing the education and working in the recreation field, gives me a broad range of cultural experiences and I am glad to be settled in Nova Scotia where I belong! I have an extensive recreation background and am extremely motivated to make this Municipality a great place to live. I look forward to meeting you all!

**Josh Corkum, Recreation Coordinator**  
902-522-2598  
[joshcorkum@yahoo.ca](mailto:joshcorkum@yahoo.ca)

## Friends of Stonewall Park Society

The Friends of Stonewall Park Society are currently looking for members to join their executive. Any members of the public with interest in the restoration of Stonewall Park are asked to contact the Recreation office at 522-2598.

## Outdoor Education Volunteers

Trailblazers are also looking for community members who have keen interest in outdoor recreation and education, who would be interested in sharing their passion with the Trailblazers. Whether it's setting traps, building blinds, winter survival, fishing, bow hunting; the sky is the limit. Trailblazers would love to hear from you. Please call the Rec Office at 522-2598

## Physical Activity Frenzies - Part 3

Do you want to improve your health and get fit? Try running! Running reduces your risk of developing heart disease, high blood pressure, diabetes, several types of cancer, and even the common cold. Running makes it easier to do simple everyday tasks such as climbing stairs and keeping up with an active child. And if it is weight you are worried about, running can burn that excess body fat and create a leaner you.

So how do you get active, and find your inner runner?

1. First, check with your doctor when starting to run. This is especially important if you or your family have heart problems, high cholesterol, breathing problems, diabetes or if you're overweight or smoke.
2. Secondly, get well-fitted, well cushioned running or cross trainer sneakers.
3. Third, wear comfortable, loose-fitting clothes. If the temperature is low, dress in layers you can strip off as you warm up.
4. Fourth, ask a friend to join you. When getting starting, it helps to find a friend to run with. You'll end up motivating each other.
5. Fifth, schedule time for your workout- mark it on your calendar. If you set aside a certain time, you are more likely to stick to the program.
6. Sixth, keep a log. You'll be surprised and proud of how much you are doing. Tracking your progress gives you a grasp on your accomplishments, and motivates you even more in the process to keep going.
7. Lastly, have fun. Running is about getting fit to lead a better, healthier life. Put your favorite "pump-up" songs on your mp3 player.

Running is an easy and affordable way to get active. Start off slow. The more fun you make it, the more enjoyable it will be.



## Walking Program

Starting January 4th, the popular walking program is back in the halls of St. Mary's Academy. Sign into the fitness centre, sign out a pedometer, and beat the winter blues, while enjoying the warmth of walking indoors. Evening: Mondays and Wednesdays @ 3:00-6:00pm  
Location: St. Mary's Academy Halls and it's FREE!

## **Trailblazers - No Child Left Outside**

After a very successful first year, the Trailblazers are back again! Starting in January, St. Mary's Recreation will be running the popular outdoor education after school program again. Trailblazers are open to children from grades 4-7. We hope to see many of our level 1 Trailblazers return. New Trailblazer members are always welcome!

The Trailblazer program combines outdoor education, outdoor recreation and leadership development as part of the weekly programming. Activities include: snowshoeing, angling, stargazing, hiking, geocaching, orienteering, kayaking and much more.

The club will run after school from 2:30-5:00pm. Following the slogan: "No Child Left Inside", the program will be FREE to all children.

There will be a maximum of 20 kids in the program due to staffing numbers. Parent volunteers are welcome to join us, and help out with the program. Registration will be on a first come, first serve basis. Please register early, as to not be disappointed. We will be accepting registration forms until December 15<sup>th</sup>.

More information will be sent home through the school as the start date approaches. If you have any questions, or would like to volunteer to help out with the Trailblazers, please contact the Rec office at 522-2598.

### **JOB OPPORTUNITY -Trailblazer Staff**

St. Mary's Recreation is seeking a person for a part-time position working with the Trailblazers after school program. The successful applicant will be responsible for carrying out duties requested by Supervisors. Duties will include but are not limited to:

Supervise Trailblazer students, delivering educational/recreational activities and publicity.

Program will be held once a week following school.

Salary is \$9.65, 4 hours a week.

Please submit a resume and cover letter to the Recreation Office. Deadline for applications is

**December 10<sup>th</sup>, 2010 at 4pm.**

### **Community Exercise Classes**

#### **IHL - Community Centre**

Days: Tuesdays and Thursdays

Time: 10-11:30am

#### **Liscomb - Legion**

Mondays at 6:30pm, Wednesdays at 1pm

*Aerobics classes will be held until the 23<sup>rd</sup> of December, and will resume again on Monday January 3<sup>rd</sup>.*



## **Kids Only Club is Back!**

Registration for the 2011

Season of Kids Only Club is just around the corner. CATCH is back! Catch Kids Club (a.k.a. Kids Only Club) focuses on non-

elimination forms of Physical

Activity, as well, includes a nutrition component. Kids Only Club will be offered in each of our 8 districts again this year. Registration Forms and Parent Information sheets will be going home through the Education Centre this month. The deadline for registering your child is December 10<sup>th</sup>, 2010. Kids Only Club is open to Kids Aged 5-12.



### **Kids Only Club Staff Wanted**

We are currently looking for Kids Only Club Staff. If you are looking for something fun to do, and enjoy working with kids, this is the job for you. We are looking for staff persons in each of the eight districts.

Successful applicants will be responsible for supervising Kids Only Club members, as well as providing fun, non-elimination physical activity for children aged 5-12.

CATCH Training will be provided prior to starting.

First Aid and CPR is an asset.

You don't need to have a driver's license to apply. Please indicate preference for which community you'd like to work in your application.

Program will be held once a week in each district following school. Salary is \$9.65, 2 hours a week.

Please drop off your resume and cover letter at the Recreation Office, or email it to [kristin.porter@munet.ns.ca](mailto:kristin.porter@munet.ns.ca) by December 10<sup>th</sup>.



### **Upcoming Senior Fun Days**

**\*Please note the change in the different days/times of the week.\***

Tuesday Dec. 7<sup>th</sup> - Sonora Community Centre

Friday Dec. 10<sup>th</sup> - Goshen Community Centre

Seniors Fun from 10:00am-1:00pm.

Light lunch provided.

Join in on the fun, and try your hand at Wii Bowling, Crokinole, Cribbage, Auction, Scrabble and much more. Senior's Days are open to anyone over the age of 50 and all those who are young at heart. Hope you see you there!



### Canada Post in your Community

The Christmas Season is soon upon us. Check out the deadlines on the suggested mailing date flyer for the holiday season.

A reminder to all children to get your Santa letters ready and mail them to:

**Santa Claus, North Pole  
Canada, HOH OHO**

Santa's helpers at Canada Post will make sure your mail gets delivered



Merry Christmas and Happy New Year!

*Enjoy a day of Christmas events as Liscomb and our neighbouring communities take part in:*

### **"CHRISTMAS IN THE COUNTRY"**

**DECEMBER 11th, 2010 – Includes:**

#### Craft and bake sale:

11 am -12:30 pm at Liscomb Legion  
Bake goods, crafts, live trees and sprays  
Canteen will be open

#### Christmas House Tours:

1pm - 4pm \$7 per person  
Beautifully decorated homes and churches for your enjoyment  
(Special features include a memory tree in St Luke's Anglican church and "Christmas Lane" at Bayview Baptist church)  
Purchase tickets from Nauffts store, Liscomb Post Office or at the craft sale.



#### House Tour Tea:

2pm -4pm at Liscomb Legion  
Stop in during or after the house tours in a special setting as the gentlemen serve afternoon tea

#### Children's Christmas Concert:

6:30 pm at Liscomb Legion  
Concert, visit from Santa and lighting of the tree at the local Parish Hall

#### Marie Joseph Community Centre

November 25, 7:00 pm:

"Ladies Night Out" Christmas Bingo.

Bring 2 wrapped gifts valued at \$5.00 each and a toonie for the jackpot. Cards are 3/\$5.00

December 5, 2:00 pm: Merchandise Bingo

Books are \$5.00 each, specials \$1.00 each  
JACKPOT: \$100 Walmart gift card, plus \$100 Canadian Tire gift card.

### St. Mary's Curling Club News

We are very please to offer a new program, "Stick Curling". This is an excellent opportunity for people of all ages with physical limitations to come out and enjoy the game of curling at no charge for the first year of the program.

**Open House Monday, Jan 10th from 11:30am to 1:00pm**  
at the RecPlex in Sherbrooke to introduce the program and provide demonstrations and instruction.

**Learn To Curl** program has the next session on **Tues, Nov 23 from 5:30 to 7:00pm** at the Rec-Plex. Phone Debbie Feltmate at 522-2281 for more information.  
A one-day Fun Bonspiel will be held in December and is open to anyone wishing to enter a team.

After School Curling from 3-4 pm  
Mondays, starting Nov. 22nd through to March

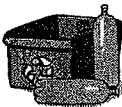
Adult Curling at 5:30pm  
Monday Evenings, starting at 5:30 pm

#### St Mary's Minor Hockey

Our hockey season is off to a great start once again. Congratulations to Dawson Dort, the winner of the \$ 50.00 early registration draw. The Executive has some new members that we wish to welcome. Darlene Oko has taken on the position of President and Lindsay Rhynold as our Vice President. We are pleased to be offering a new Novice level to our program this year. The current divisions are:

Initiation Program (ages 4-6)  
1 hr/wk (skating and skill development)  
Novice (ages 7-8) Atom (ages 9-10)  
Pee Wee (ages 11-12) Midget (ages 15-17)  
Check out [www.saint-marys.ca/recplex/](http://www.saint-marys.ca/recplex/)



 **A Bottle and Penny Drive** will be held on Saturday January 8<sup>th</sup> for St. Mary's Minor Hockey. Start saving your bottles now. Collecting will begin at 10am – for more info call Samantha 328-2063 or Stacey 364-2089.

#### 02- Options and Opportunities December Update

There have been three trips to NSCC Strait Area Campus and NSCC Pictou Campus recently giving students the ability to "test-drive" some program choices and participate in a Skills Canada workshop.

02 students from grades 10-12 have been busy learning financial planning, budgeting, and human rights at the workplace. Grade 10 02 students have been working to complete online safety training provided by NSCSA.

Grade 11 02 students are reminded to sign up for NSCC test drives online with payment as soon as possible.



# St. Mary's Fitness Centre

St. Mary's Fitness Centre will be closed for the Christmas Break starting Monday December 20<sup>th</sup> and will reopen on Monday January 3<sup>rd</sup>. All active memberships will be extended for the closure.

With the New Year fast approaching, and all the New Years Resolutions coming, the fitness centre will extend its hours beginning in January. Listed below are the new fitness centre hours (effective January 3<sup>rd</sup>, 2011)

## Winter Hours of Operation (effective January 3<sup>rd</sup>, 2011)

### St. Mary's Fitness Centre Hours

|                  |                       |
|------------------|-----------------------|
| <b>Monday</b>    | 6am - 7am & 3pm - 8pm |
| <b>Tuesday</b>   | 6am - 7am & 3pm - 8pm |
| <b>Wednesday</b> | 6am - 7am & 3pm - 8pm |
| <b>Thursday</b>  | 6am - 7am & 3pm - 8pm |
| <b>Friday</b>    | 6am - 7am & 3pm - 6pm |
| <b>Saturday</b>  | <u>Closed</u>         |
| <b>Sunday</b>    | <u>Closed</u>         |

## Membership Fees

| <u>Family Memberships</u>    | Fee   | Senior (+60)/Student Fees |
|------------------------------|-------|---------------------------|
| Yearly Family                | \$333 | \$287                     |
| 6-month Family               | \$219 | \$187                     |
| 3-month Family               | \$149 | \$127                     |
| <u>Individual Membership</u> |       |                           |
| Yearly Individual            | \$255 | \$218                     |
| 6-month Individual           | \$146 | \$125                     |
| 3-month Individual           | \$91  | \$74                      |
| 1-month Individual           | \$33  | \$28                      |
| <u>Daily Rates</u>           |       |                           |
| 7-Day Card Pass              | \$25  | \$18                      |
| Drop-in                      | \$6   | \$3                       |

## Fitness Centre Promo of the Month: December

Starting December 1<sup>st</sup>, if you buy 1 One-Month Membership, and get the 2<sup>nd</sup> One-Month Membership for half price. Drop in to the Fitness Centre today, and take advantage of this great deal! It would make an awesome stocking stuffer!!!

To contact the Fitness Centre: Phone: 6am - 7am & 4pm - 8pm - 522-2715  
Email: [stmarysfitnesscentre@hotmail.com](mailto:stmarysfitnesscentre@hotmail.com)

8am - 4pm - 522-2598

# December 2010

| Sunday                                                                              | Monday                                                                                                                                                      | Tuesday                                                                                                                                                                                                                        | Wednesday                                                              | Thursday                                                                                   | Friday                                                                                                                                                                      | Saturday                                                                                                                                    |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                     |                                                                                                                                                             |                                                                                                                                                                                                                                | 1<br>Liscomb Aerobics-1pm<br>Bible Study- 1pm                          | 2<br>IHL Aerobics-10am<br>Liscomb Auction-8pm<br>Rachel MacLean Concert-7pm                | 3<br>High Crest Xmas Tea and Sale- 1:30pm<br>Stillwater Card Party<br>Youth Group-7pm<br>Over 30 Hockey- 7pm                                                                | 4<br>Penny Auction- 7pm<br>Xmas Prize Bingo- 2pm<br>X-mas Tea, Craft and Bake Sale- 2-4pm<br>Merchandise Bingo- 2pm<br>Liscomb Cribbage-8pm |
| 5                                                                                   | 6<br>Afterschool Curling- 3pm<br>Adult Curling- 5:30pm<br>Liscomb Aerobics- 6:30pm                                                                          | 7<br>Kids First DropIn-9:30<br>Just Me & My Friends-12:00<br>IHL Aerobics-10am<br>Sonora Sr. Fun Days- 10am<br>Twins-3:00pm<br>IHL Card Party 8pm<br>Ecum Secum Card Party- 7:30pm<br>TOPS Liscomb- 6pm<br>Over 30 Hockey- 7pm | 8<br>Liscomb Aerobics-1pm<br>Bible Study-1pm                           | 9<br>IHL Aerobics-10am<br>Liscomb Auction-8pm                                              | 10<br>Xmas Banquet- 6:30pm<br>Stillwater Card Party<br>Goshen Sr. Fun Day- 10am<br>Over 30 Hockey- 7pm                                                                      | 11<br>Liscomb Legion Craft Sale- 11am<br>Liscomb House Tours- 1- 4pm<br>Children's Xmas Concert- 6:30pm<br>Liscomb Cribbage-8pm             |
| 12                                                                                  | 13<br>Afterschool Curling- 3pm<br>Adult Curling- 5:30pm<br>Liscomb Aerobics- 6:30pm<br>Community Xmas Choir-<br>Port Hillford- 7pm<br>IHL Hall Meeting- 7pm | 14<br>Kids First DropIn-9:30<br>Just Me & My Friends-12:00<br>IHL Aerobics-10am<br>TOPS Liscomb- 6pm<br>Over 30 Hockey- 7pm<br>Ecum Secum Card Party- 7:30pm<br>IHL Card Party 8pm                                             | 15<br>Liscomb Aerobics-1pm<br>Service of Light and Holy Communion- 7pm | 16<br>IHL Aerobics-10am<br>Community Xmas Choir-<br>Sherbrooke- 7pm<br>Liscomb Auction-8pm | 17<br>Ecum Secum X-mas Parties 6:30pm, and 8pm<br>Christmas Open House, 7pm<br>Stillwater Card Party<br>Bayview Xmas Potluck- 5:30pm<br>Over 30 Hockey- 7pm                 | 18<br>St. Luke's Tea and Sale- 1-4pm<br>Stormont Christmas Sing- 7pm<br>Sherbrooke Hymn Sing- 6pm<br>Liscomb Cribbage-8pm                   |
| 19<br>Christmas Pageant- 7pm<br>PB Pre-Christmas Service 7pm<br>Bruce Parsons- 11am | 20<br>Afterschool Curling- 3pm<br>Adult Curling- 5:30pm<br>Liscomb Aerobics- 6:30pm                                                                         | 21<br>IHL Aerobics-10am<br>TOPS Liscomb- 6pm<br>Over 30 Hockey- 7pm<br>Ecum Secum Card Party- 7:30pm<br>IHL Card Party 8pm                                                                                                     | 22<br>Liscomb Aerobics-1pm                                             | 23<br>IHL Aerobics-10am<br>Liscomb Auction-8pm                                             | 24<br>Transfer Station closed at noon<br>Municipal Offices closed<br>East River Christmas Eve Service- 7pm<br>Candlelight Xmas Eve Service-7pm<br>IHL- Xmas Eve Service-7pm | 25<br>Transfer Station Closed<br>Liscomb Cribbage-8pm                                                                                       |
| 26                                                                                  | 27<br>Municipal Offices Closed<br>Liscomb Aerobics- 6:30pm                                                                                                  | 28<br>Municipal Offices Closed<br>TOPS Liscomb- 6pm<br>Over 30 Hockey- 7pm<br>Ecum Secum Card Party- 7:30pm<br>IHL Card Party 8pm                                                                                              | 29<br>Liscomb Aerobics-1pm                                             | 30<br>Liscomb Auction-8pm                                                                  | 31<br>Transfer Station Closed<br>Municipal Offices Closed<br>Liscomb NYE Dance- 9pm                                                                                         |                                                                                                                                             |



## Over 30 Hockey 2010-2011 Team Lists



### Blue

Geordie MacDonald  
Jody Hamper  
Wayne Feltmate  
Glen Terris  
Jasper Jordan  
Jeff Jordan  
Floyd Furlong  
Keith Robinson  
Mike Fleet  
Craig MacDonald  
Freddy Hirshfield  
Dean Jack  
Graham Myers  
Melvin Burns  
Chris Kaiser  
Lindsay Rhynold  
Brian Harpell

### Black

Richard Smith  
Dion McGrath  
Thane Jordan  
Ted Stevens  
Ian Pye  
Shawn Noel  
Scott Beaver  
Dave Dunbar  
Randy Burns  
Richie Burns  
Andy Mackay  
Terry Smith  
Danny Laing  
Danny Kirk  
Gary Mailman  
Darryl Wilson  
Todd St.Louis

### Red

Scott Hudson  
Donnie MacIntosh  
Robert Cook  
Brian Archibald  
Chris Fraser  
Chris Wilson  
John Langille  
Robbie Cook  
Randy Turner  
Terry Noel  
Kyle Farnsworth  
Russell MacLaughlin  
Donnie Myers  
Barry Rehill  
Jackie Strongman  
Carl Kennedy  
Larry Rudolph

### Yellow

Mike McGinn  
Jeff Cook  
Eddie Kaiser  
Scott Smith  
Dana Jewers  
Steven Mahar  
Todd Folz  
Shawn Mills  
Robbie Horton  
Lawrence Keefe  
Mark MacKinley  
Craig Kaiser  
Lonnie Jewers  
Joey Fenton  
Jim Wells  
Adam Kennedy  
Shawn Malloy

**\*\* Any Player not listed on a team that is interested in playing, please contact Kevin Pye\*\***

## Over 30 Hockey Schedule (Part One)

### Tuesday, November 23<sup>rd</sup>

7:00pm Geordie MacDonald vs Richard Smith  
8:15pm Scott Hudson vs Mike McGinn

### Friday, November 26<sup>th</sup>

No Games

### Tuesday, November 30<sup>th</sup>

7:00pm Richard Smith vs Scott Hudson  
8:15pm Geordie MacDonald vs Mike McGinn

### Friday, December 3<sup>rd</sup>

7:00pm Mike McGinn vs Richard Smith  
8:15pm Geordie MacDonald vs Scott Hudson

### Tuesday, December 6<sup>th</sup>

7:00pm Scott Hudson vs Mike McGinn  
8:15pm Geordie MacDonald vs Richard Smith

### Friday, December 9<sup>th</sup>

7:00pm Geordie MacDonald vs Mike McGinn  
8:15pm Scott Hudson vs Richard Smith

### Tuesday, December 14<sup>th</sup>

7:00pm Geordie MacDonald vs Scott Hudson  
8:15pm Richard Smith vs Mike McGinn

### Friday, December 17<sup>th</sup>

7:00pm Geordie MacDonald vs Richard Smith  
8:15pm Scott Hudson vs Mike McGinn

### Tuesday, December 21<sup>st</sup>

7:00pm Scott Hudson vs Richard Smith  
8:15pm Geordie MacDonald vs Mike McGinn

### Friday, December 24<sup>th</sup>

No Games

### Tuesday, December 28<sup>th</sup>

7:00pm Richard Smith vs Mike McGinn  
8:15pm Geordie MacDonald vs Scott Hudson

### Friday, December 31<sup>st</sup>

No Games

