



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

January 2012 Newsletter



www.saint-marys.ca

The DEADLINE to have information submitted for the FEBRUARY issue of the Newsletter is **Wednesday, January 18th 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 Monday, **JANUARY 9th at 7:00.**

The public is invited to attend. Visit our website for council minutes, and important updates: www.saint-marys.ca

Happy Holidays from The Warden

On behalf of St. Mary's Municipal Council and staff I would like to wish everyone a very Merry Christmas, and a Happy, Healthy, Prosperous New Year.

Sincerely,
David Clark

Building Inspector- Peter Avery

Peter is available in the Municipality of St. Mary's on an as needed basis by appointment only. He can be reached at any time by email: pavery@modg.ca or at the Guysborough Municipal Office at 533-3705 ext 235. Applications and other information is available on our website.

Watch for Your Assessment Notice in the Mail

Property Valuation Services Corporation (PVSC) will be mailing out your property assessments January 16, 2012. Please take time to confirm correct information on the notice, such as correct mailing address.

If you wish to appeal, take note of the deadline (detach the bottom piece and send to PVSC).

PVSC determines your property's market value and the Municipality uses that assessed value as part of a calculation to determine tax rates and to calculate tax bills.

If you have any questions regarding property value, description, number of dwelling units, etc, please contact PVSC at 1-800-380-7775 from 8:30-4:30. Fax 1-888-339-4555 or website www.psvc.ca
Questions regarding tax rate calculations, please contact the Municipal Office at 522-2049.

Transfer Station Christmas Hours

Transfer Station is open from
9am - 4:30pm Tuesday thru Saturday

HOLIDAY HOURS:

December 24th - CLOSED

December 26th - CLOSED

December 27th - CLOSED

December 28th, 29th, 30th - OPEN regular hours

December 31st - CLOSED

January 2nd - CLOSED

January 3rd - OPEN regular hours

Municipal Office Christmas Hours

December 23rd - CLOSED at 12:00 pm

December 26, 27th - CLOSED

December 28th, 29th - OPEN

December 30th - CLOSED at 12:00 pm

January 2nd - CLOSED



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

Do you own a burn barrel?

Did you know that:

* Burning garbage & plastic releases toxins that can cause cancers, learning disorders, nausea, asthma and breathing difficulties, reproductive and heart



problems and more!

* Children are especially vulnerable to the effects of waste burning

* Burning garbage harms the environment by polluting our air, soil, food and water

Waste Burning is also ILLEGAL and subject to a fine of \$1000.

For more information contact Eastern Region Solid Waste Management

1-888-377-9622

Recycling Update

St. Mary's Transfer Station is no longer accepting recycling bags. Please be advised that one can put out unlimited bags of recycling with roadside collection through Eastern Shore Cartage.

For Your Information

- Black bags are not allowed for garbage pickup or drop off.
- Kitchen catcher sized black bags are allowed as a privacy bag, as long as it is in your clear garbage bag.
- Styrofoam and gift wrap are GARBAGE and should be placed in a clear bag.



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.

Sherbrooke/Stillwater/Goldenville Community News

MAPLE MANOR BAKE SALE



A bake sale occurs every Friday at Maple Manor at 2:00 pm. Expect to see pies, bread, cookies, scones, squares, fudge etc. 50 cents admission.

ST. MARY'S CURLING CLUB

Stick Curling will be held every Monday morning at 11:00 for one (1) hour.



Please be advised because of holidays curling will not be held on Dec. 26 or January 2. Curling will resume on January 9, 2012. Stick Curling remains free of charge to participants this year as we use up the final portion of the New Horizons for Seniors grant. This curling program is open to all ages, not restricted to seniors. Instruction can be provided to new curlers upon request. We encourage anyone wanting to try curling to take advantage of this FREE opportunity. The Monday evening Curling League has room for 2 more teams. Join us on the ice...it's a great way to pass the winter months! For more information on our programs please call Debbie Feltmate at 522-2281 or Gloria MacIntosh at 522-2824.

Stillwater Community Centre



Members Meeting- Sun, Jan. 15th @7pm
Dec. 23rd- Special Christmas Card Play @ 8pm

Weekly Card Play Begins @ 8 pm
January 6th, 13th, 20th, 27th
February 3rd, 10th, 17th, 24th

Everyone Welcome!

THANK YOU

The family of Pearl Jordan would like to thank everyone who helped in any way during the recent passing of our loved one. Thank you for the support, the food, all messages of sympathy, cards, phone call etc.

Keith and Family.



I would like to thank my family and friends for their great support following my recent operation. Thanks to everyone for the many lovely cards, food and phone calls. Your kindness was very much appreciated.

Thank You,
Shirley Kaiser



Sherbrooke Village Administration Office will be closing for Christmas on Friday, December 23rd at noon and will reopen on Tuesday, January 3rd at 8:30 am.

WAGON RIDES – Free on Tuesday and Thursday 1:00-2:00 pm. Fee charged for private bookings at other times. Please call to make an appointment/confirm all rides.

The Annual Meeting of the St. Mary's Cancer Society will be held on **January 18, 2012 at the Sherbrooke Exhibit Centre at 1:30 pm.** Guest Speaker Eastern Region Representative Susan Kaiser will be with us to answer any questions. Refreshments served, all welcome. Further info call 522-2046 or 522-2518. This meeting was previously scheduled for Dec. 08th but canceled due to the wind storm.

Happy New Year from High-Crest!

Residents celebrating birthdays this month are:

Norman Knapman Jan 08
Ruby MacLeod Jan 11



Happy Birthday Folks!

The Homebuddies will be hosting our Monthly Birthday Party on Jan 16th at 1:15. Everyone is welcome!

I would like to thank everyone who donated and attended our Annual Tea & Sale. It was a huge success, we made over \$300.00 and our residents got to visit with many old friends and neighbours. Special Thanks for the wonderful entertainment. The winners of our door prizes were David Nadler, Shirley Pierce, Ola Laing and Barbara Ann Furlong. Congratulations Folks! The homebuddies were very successful as well, selling all of their bake goods. Thanks again for your continued support.

Liscomb Community News

ROYAL CAN. LEGION BR. #86 LISCOMB

Next general meeting will be held on Tuesday, January 3rd. All are welcome!

ACTIVITIES:

AUCTION 45's – Thursdays at 8pm \$5

CRIBBAGE – Saturdays at 8pm \$5

SHUFFLEBOARD – STARTS Friday Jan 6 – 7pm

\$2 PER PERSON- for 10 weeks – All welcome

FUN DARTS – starts Wednesday – Jan 11

\$3 per person for 12 weeks. All Welcome.

(Come one week or all 12 – weekly draw for teams)

NEW YEARS DANCE & BUFFET:

LISCOMB LEGION – DEC 31 9PM -1AM

MUSIC WITH – DEVIL'S ELBOW

TICKETS ON SALE – DEC 1- tickets limited

\$35 PER COUPLE, \$20 SINGLE TICKET

CONTACT Deb Lutes 779-2231

Thank you!

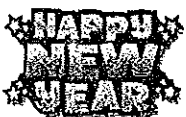
Thanks to everyone that took part in "Christmas in the Country"

The bakers and the servers, the houses open for the tours, the legion for providing the facility and sponsoring the tea and concert and to Santa for taking time to make a visit. The proceeds have been donated to St Luke's Anglican Church, Bayview Baptist Church and the United Church cemetery fund. Great job everyone!!

TOPS #5098 LISCOMB

We wish to thank everyone who participated in our ticket draw on the 29th of November. The winner of the gift basket was Mr. Len Spears of Liscomb. We would also like to thank those who supported our sorry box on the 10th of December. Thanks to your support we now are able to purchase new scales for our TOPS club.

We are always welcoming new members. If you'd like to visit us we meet on Tuesdays at 6:00 at the Bayview Baptist Church Fellowship Hall. For questions please call Debbie Baker at 779-2255.



New Years Levy
Liscomb Legion
January 1, 2012
2-4 pm

Everyone Welcome!

IHL/Jordanville and Sonora Community News

On November 2, 2011, 35 members and friends of the Guysborough County Women's Institute of Nova Scotia (WINS) met at the Indian Harbour Lake/Jordanville Community Centre for an Activity Day.

The women spent a busy day knitting, crocheting, tying quilts, stuffing pillows, sewing and enjoying each others company.

After a short break to stretch our muscles and nimble our fingers; led by the St. Mary's Recreation Coordinator; a lovely nutritious lunch was served by the local WINS members.

The following items were brought in or completed that day: 21 pillows, 2 tote bags, 13 comfort dolls, 6 tied quilts, 1 quilted crib quilt, 5 coverlets, 3 afghans, 25 chemo hats, 4 fringed scarves, 3 breast prostheses, 2 baby crochet blankets, 6 baby hats. The remaining funds were used to purchase: 20 personal care kits, 15 pairs of pillow cases, towels and sheets.

The completed items were donated to: IWK, Tearman House, Cathy's Place and the St. Martha's nursery.

The funds to purchase the materials needed for these items were provided by GASHA through a Wellness Fund Grant. We wish to thank GASHA for their generosity.

Thank you to all the ladies who worked that day and at home to make this such a successful endeavor.

There are 5 WINS branches in the District of St. Mary's. If you would be interested in joining a local WINS group or starting a new branch, please contact the WINS office, 902-893-6520.

The annual We Make'm You Bake'm pie sale for St. Thomas Anglican Church, Indian Harbour Lake will be starting on February 6, 2012. To place orders please call:

Angie: 522-2268, Belinda: 522-2460

Linda: 522-2933, Sandra: 522-2833

Prices are:

Apple- \$6.00, Cherry-\$6.00, Raisin-\$6.00

Apple made with Splenda- \$7.00

Port Bickerton Community News

Port Bickerton Women's Institute would like to thank all the Seniors that came out for our Annual Christmas Supper and a special "thank-you" to all those that came and helped serve our guests.

We wish everyone a very Merry Christmas and a Happy and Healthy New Year. Our next regular meeting will be on January 12, 2012 at 1 pm. New Members are welcome!

Church Services

**The Baptist Congregation of Port
Hilford, Port Bickerton & Sonora**
(Convention of Atlantic Baptist Churches)

You are invited to our January Worship
Services and events:

Jan. 1, 11 AM – Sonora Baptist Church
Jan. 8, 11 AM – Port Hilford United Baptist
Church
Jan. 15, 11 AM – Port Bickerton United
Baptist Church
Jan. 22, 11 AM – Sonora Baptist Church
Jan. 29, 11 AM – Port Hilford United Baptist
Church

Our study of World Religions in relation to
the Bible and Christianity will resume on
Wednesday, Jan. 11 at 6:30 PM, at Port
Hilford United Baptist Church. Everyone is
welcome to join this discussion.

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



*Indian Harbour Lake
Pentecostal Church
January Worship & Activities*

Sunday

11:00 a.m. Morning Worship
6:30 p.m. Praise & Prayer November 15th

Weekday Activities

Wednesday, January 11th & 18th
7:00 p.m. Bible Study on the Life of Moses

Friday, January 13th & 27th
Youth Group (Ages 12 – 18)
at the parsonage

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

ST. MARY'S RECPLEX

Ice Rentals: Private Rentals \$135, no HST.
Minor Hockey, Schools, Birthday Parties-
\$110.00

A great way to celebrate your child's
birthday is to rent the rink for skating,
hockey, or both. Ice rental time includes
the use of the Hospitality Room.



St. Mary's Recplex has a toonie
family skate every Sunday at 2:00
pm.

There is a Family Skate December 28th,
from 3:00-5:00 pm.

Whether you are considering starting a new
business or you are interested in expanding, the
CBDC Guysborough County can help.

We have programs to meet your needs and help
get your business up and running:

- CBDC General Business Loan
- Students in Business
- CBDC First Time Entrepreneurial Loan
- Self Employment Benefits
- CBDC Innovation Loan
- Community Development Fund
- CBDC Social Enterprise Loan
- Business Counselling
- CBDC Youth Loan Skills Training

Please contact: Wanda MacDonald 533-2770 for
further information.

The Career & Job Counseling Centre offers
assistance in looking for work, upgrading your
skills, or gaining experience. We serve all of
Guysborough County and our services are free of
charge.

Please contact: Donna or Karen at 533-1906 or
toll free at 1-888-533-1906 for assistance.

The staff at the Career & Job Counselling Centre
and the CBDC Guysborough County would like to
wish everyone a safe and happy new year!

St. Mary's Recreation

website: www.saint-marys.ca/recreation or www.facebook.com/StMarysRec

JANUARY, 2012. HAPPY NEW YEAR!!!

SNOW CREATION CONTEST! OK St. Mary's, let's see what you got... in regards to building snowmen that is. St. Mary's Recreation Department will be the judges here seeing who comes up with the best snowman, or whatever you decide to create out of snow.

All you have to do is create something in the snow, take a picture of it, and send it in to the recreation department. So, create it, and send it in to be judged, the winner with the best creation will win a prize on behalf of the municipality. You can email the picture of your creation to joshcorkum@yahoo.ca or drop it off to Josh at the at the Municipal Building in Sherbrooke.



ST. MARY'S VOLLEYBALL CLUB Starting in January, we will be starting a volleyball club here in St. Mary's. The ages will be from 12 to 18. Boys and Girls. This is a chance to get out and play an amazing sport and have fun while doing it. It will be on Wednesdays from 4:00 pm to 5:30 pm. Please call Josh at the recreation department to register. 522-2598.



AFTER SCHOOL SKATING For the month of January, the RecPlex will be open for Public Skating from 3:00 pm to 4:00 pm, every Tuesday. \$2 Per Person.



REC HOCKEY Want to just come and play some Hockey? Well, here is your chance to! For the Month of January, we will be holding Recreational Hockey on Wednesdays from 2:30 pm to 3:30 pm at the RecPlex in Sherbrooke. \$40.00 Per Person. Please call the Recreation Department to Register. 522-2598.



S.H.O.P.S This organization would like to thank everybody who donated and helped out with the SHOPS Christmas Party!

LIONS BINGO Wednesdays. Starting at 7:45. Lions Club/Hall, Sherbrooke, NS.

ST. MARY'S IN MOTION Staying active and healthy is an important part of an everyday lifestyle; therefore we need to keep on the move and be involved in physical activity. So, St. Mary's Recreation Department will have the Fitness Centre open for you to come and exercise every Monday and Wednesday from 10:00 am to 11:00 am. This will run until January 30th. \$2 per person each time you come. There will be a staff member there to help and guide you through relevant exercises to help your needs.



PORT BICKERTON WINTER ACTIVITY DAY January 29th, 2:00 pm to 3:30 pm. Port Bickerton Community Centre. Come on out and participate in some winter activities with St. Mary's Recreation. There could be outdoor and indoor activities, so dress appropriately. Activities could be snowshoeing, crafts, low-organized games, snowman building, etc. Let's have some winter fun! Register by calling the recreation department at 522-2598.

ST. MARY'S WALKING PROGRAM It's getting that time again where it is getting chilly outside! St. Mary's Recreation has the fix for you. St. Mary's Academy will be open for you to walk the halls Monday to Thursday from 3:00 pm to 5:00 pm to walk in warmth, and out of the cold.



ZUMBA FITNESS

Fridays, Jan 6 to the 27th. 6:30 pm - 7:30 pm. Indian Harbour Lake Community Centre.
Mondays, Jan. 9th and Jan. 30th. 7:15 to 8:15 pm at St. Mary's Education Centre.
Thursdays, Jan. 5 to 26. Port Bickerton Community Centre. 6:30 to 7:30 pm.
Mon and Wed - Ecum Secum Fire Hall. 10 am.
YES!! ZUMBA IS STILL KICKING AROUND! Come join Maria Tate which is a certified Zumba instructor for this awesome class. Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health. \$5 per class. Call rec dept to register.



ZUMBA GOLD Mondays, Jan 9 to the 30th. 6:00 to 7:00 pm at St. Mary's Education Centre. \$5 Per Person. Join certified ZUMBA Instructor Maria Tate for this great class. Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. It's a dance-fitness class that feels friendly, and most of all, fun. Please Register by calling the Recreation Department at 522-2598.



ST. MARY'S JUNIOR CURLING Interested in curling? Well, this is a great opportunity to get involved in a great sport! The curling program is open to all children ages 10-18. St. Mary's Recreation staff will be on hand Monday's from 3:00-4:00 at the RecPlex to provide instructional training. Program will run 8 weeks, starting January 9th the cost of the program is \$100.00 per person. For more information please contact Josh at the recreation department.



VOLUNTEER OPPORTUNITIES: If you would like to volunteer for anything, please contact 522-2598.

Community Groups, Organizations, Clubs
If you are interested in a program or event in your community, we encourage you to contact the recreation department at anytime. St. Mary's recreation is constantly seeking for new ways to improve recreation in our communities and promote physical activity. You can reach us at joshcorkum@yahoo.ca or phone: 522-2598.

**WINTER FUN WITH S.H.O.P.S.
(SHERBROOKE OPPORTUNITIES SOCIETY)**

S.H.O.P.S. is a developed society in the Sherbrooke Community that will provide space, programs and opportunities for persons with intellectual disabilities. Events will be held in Sherbrooke and surrounding areas. Please contact the recreation department to be placed on the contact list, you will be then notified of activities, locations and events. You can reach the recreation department @ 522-2598.



KIDSPORT KidSport is a national children's program that helps kids overcome the financial barriers preventing or limiting their participation in organized sport. KidSport Nova Scotia provides funding of up to \$300/year/child for sport registration and/or equipment. KidSport™ Canada is a national not-for-profit organization that provides financial assistance for registration fees and equipment to kids aged 18 and under. Through a confidential application process we provide grants so they can play a season of sport. One of our primary goals is to support our network of 11 provincial/territorial KidSport chapters and 177 community KidSport chapters across Canada in their fundraising and sport activities. If you want more information on this program, please contact the recreation department at 522-2598, or visit the website (<http://www.kidsportcanada.ca/>). (<http://www.sportnovascotia.ca/KidSport/tabid/145/Default.aspx>).

A Message: St. Mary's recreation is encouraging kids, families, adults, older adults, and children to get out and be involved in recreation and leisure, and physical activity!



HOCKEY, SKATING, and CURLING The Winter sport season is started up so come check out all the action at the RecPlex in Sherbrooke this Winter! Open skates, Minor Hockey, Curling, and good food at the Canteen! Please contact The Municipal Office at 522-2598 for information on programs, leagues, socials, tournaments, etc.

STONEWALL PARK: The park that we have here in Sherbrooke is a great place to enjoy the outdoors by doing any recreational activity. We are planning on making improvements to the park and would like some volunteers to be on the planning committee. If you are interested in being on the Stonewall Park committee, please contact Josh Corkum at 522-2598.

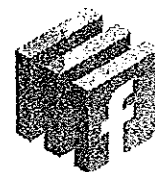
KIDS FIRST

Parents & Tots

- **Sherbrooke Parent/Tot Drop-in** will be starting on Tuesday, January 10th at the St. Mary's Education Centre from 9:30-11:30am and will run each Tuesday until January 19th. This program is open to all parents/caregivers and their children ages 0-6. A family centered program which provides a safe and welcoming environment for adults and children to come together and play and learn. Parents/Caregivers/Grandparents can come and sit and talk with other adults while children play and socialize with other children. A great opportunity to meet other families with young children in your area.
- **Just Me & My Friends** – This program is a school-readiness program for all children who have turned four by December 31st of 2011 that will be attending St. Mary's Education Centre in the fall of 2012. This program takes place at the St. Mary's Education Centre. The second session will be starting Tuesday, February 7, 2012. This program will run for 10 weeks ending April 17th. The children are to be dropped off at 12pm and picked up at 2pm. The Children are to bring a healthy snack. This program gives the children some adjustment time away from their parents before entering school the next year. During our morning together, we will be having lots of fun while learning, sharing and playing. To register for this program please call Paula at 1-888-533-3881.
- **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** is designed to help new parents with goal planning using a family-centered, strengths-based approach. The home visitor will provide emotional and practical supports, as well as role modeling, parenting information, and general health information. Referrals to other agencies and organizations who may be able to provide supports, assistance with family goal setting and achievement of these goals. Referrals for this program are through Public Health after the birth of the baby. For more information about

this program 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, search for Guysborough County Kids First and send in a request to join. A great way to receive updates and notices about programming in your area.



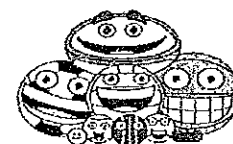
For more information regarding Kids First or the programs, visit our new and improved website www.kids1st.ca All programs and services are free and confidential! For more information, please contact Kids First toll free at 1-888-533-3881.

Kids First programs are made possible through financial contributions from the Public Health Agency of Canada, the Nova Scotia Department of Community Services and by the generous donations by the general public.

STAYING ACTIVE AND HEALTHY St. Mary's: There are many of open spaces and areas that children, kids, and youth that can go and play. St. Mary's Recreation Department is encouraging kids to get out and play.

SENIORS FUN DAYS The Recreation Department is planning to have seniors fun days in the future, so please keep your eyes open for these great events. If you have any questions or want some information, please contact the Recreation Coordinator, Josh Corkum at 522-2598.

OPEN REC NIGHT Wednesdays, January 4 to 25. 7:30 pm to 8:30 pm. St. Mary's Education Centre in Sherbrooke. All Ages. FREE! Youth, children, teens, families, etc.



TUMBLE BUGS Tumble bugs is an introductory program designed to teach the basics of physical literacy to pre school children ages 3-5 years old. Tumble bugs is a safe, inclusive and most importantly fun, approach to laying the building blocks for a physically active life style. Classes will be held Friday mornings from 9:30 -10:00, to register please contact Emily Morton at 522-2598. Please note this program is pending on registration, a minimum of four children are required to proceed with the program.

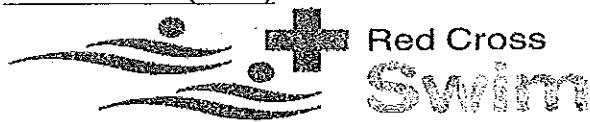
ST. MARY'S FITNESS CENTRE

Get fit and stay fit in the new year! Check out st. mary's fitness centre and see what it has in store for you!! More info: Contact Emily at 522-2598

CANADIAN TIRE JUMP START PROGRAM This program helps kids be involved in sport and recreation. It enables financial assistance to families. Canadian Tire Jumpstart helps financially disadvantaged kids ranging in age from 4 to 18. **HOW TO APPLY:**

Applications for assistance can be submitted from Jan. 15 - June 1 for spring/summer programs, and from July 1 - Nov. 15 for fall/winter programs. Call 1-877-616-6600. Based on your postal code, a Call Centre representative will provide a contact on the closest Canadian Tire Jumpstart Chapter. When calling your local Canadian Tire Jumpstart Chapter representative, be prepared to provide your contact information and the details of the sport or recreational activity your child would like to participate in. You may also be asked to provide financial information in order to prove eligibility for funding. Applicants will be notified by the local Canadian Tire Jumpstart Chapter representative if they are approved or if further information is required. All information received is kept confidential. The Canadian Tire Jumpstart program provides grants up to a maximum of \$300 per qualifying child per session (i.e., spring/summer, fall/winter). Grants are provided directly to the non-profit or charitable organization coordinating the sport or recreational activity on behalf of the qualifying child. Since each child's financial needs are unique, Canadian Tire Jumpstart's contribution can be made for equipment, registration or transportation costs. All approvals are the sole discretion of the local Canadian Tire Jumpstart chapter and designated Canadian Tire Jumpstart personnel. If you want additional information on this program, please do not hesitate to contact the recreation department at 522-2598, or visit the jumpstart website (<http://jumpstart.canadiantire.ca/>).

RED CROSS ASSISTANT WATER SAFETY INSTRUCTOR (AWSI)



The Antigonish Recreation Departments are hosting Canadian Red Cross Water Safety Instructor courses. The Alumni Aquatic Center is offering Canadian Lifesaving Society Training Programs. Make waves and sign up for these courses.

Interested in Lifeguarding? Contact the Alumni Aquatic Centre at 867-2181 or 867-3925 Interested in becoming a Swim Instructor? Contact the Recreation Office at 522-2598 for more information.

New Physical Activity Coordinator Hired !!!!

My name is Emily Morton and I am pleased to introduce myself as the new physical activity coordinator for the district of St. Mary's. Keep Your eyes open for new programs and initiatives.

NOVA SCOTIA FITNESS ASSOCIATION



NSFA holds the standards for fitness certification in Canada. By becoming certified through NSFA you receive the highest standard of fitness certification that is transferable across Canada. If you are interested and for more information and for training courses and times please contact the recreation department at 522-2598, or visit their website at <http://www.nsfa.info/> On the website, there are course dates, locations and times.

CHRISTMAS DECORATING CONTEST!!!!!!! The Municipality of the District of St. Mary's e Recreation Department would like to thank everyone who participated in the Christmas Decorating contest this season. It was great to see all of the Christmas Decorations at their respective businesses and households. They all looked great and looking forward seeing them next year!

SCHOOLS PLUS Schools Plus is a comprehensive and collaborative interagency approach to educating and providing services to the whole child and family, with the school as the center of service. Schools Plus is partnering with a number of agencies to provide the Grade 8 Boys with an opportunity to learn as well as have fun. The Municipality of the District of St. Mary's Recreation Department is teaming up with this initiative and providing the grade 8 boys an opportunity to scope out the fitness centre and learn some tips to working out in January. Also partnering with the grade 8 girls program as well, which is inspire. For more information, please contact: Marguerite Mac Gillivray, Schools Plus Facilitator Guysborough County Schools 902-533-4046

Social Media and Facebook

Social Media is becoming a trend in the recreation industry for promoting, advertising, and getting information on programs, activities, and what's going on in your area. If you may or may not have known, St. Mary's Recreation has a facebook page where people can go on and get updates on programs and activities that are going on within the Municipality. On there you will get updates on when things are cancelled, reminders of when programs are, pictures, etc. All you have to do is join the facebook page are you are set! Type in St. Mary's Recreation and like it, or join group.

St. Mary's Municipality Website

We also have a municipal website that you can go on as well to get information. The web address is on the front page of the recreation newsletter section. On the recreation section of the website you will find the programs that we offer, updates on programs, cancellations of programs if needed, and other additional information. On there, we also have an events calendar where you can look and see what is going on in the municipality any day of the week.

Volunteering

Nova Scotia's passion at work

VOLUNTEER RECOGNITION!! Each year, the Municipality recognizes the outstanding contribution that volunteers make in this area. The recreation office will be sending out nomination forms by the first of February. Please take the time to nominate someone who is deserving of this award. Should your group or organization not receive a form, please contact the recreation office at 522-2598 as soon as possible. Or, you can pick the forms up at the recreation office if you like. The DEADLINE to have nomination forms submitted is February 24, 2012. We will be having the St. Mary's Volunteer Awards Ceremony sometime in April, so be on the lookout for the date of this. And remember, Volunteers are the heart of every community.

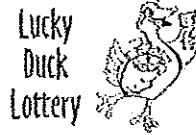


GOSHEN WINTER ACTIVITY DAY Let's "Take the Roof off Winter" to kick off the season St. Mary's Recreation style! On Saturday, January 28th, from 2:00 pm to 3:30 pm, we will be at the Goshen Community Centre doing winter activities. Remember to dress appropriately because there could be snowshoeing, outdoor activities, winter indoor crafts, indoor activities, etc. Please call the recreation department if you are planning to come at 522-2598. See you there!!

**Take the ROOF
off WINTER**

BENEFITS FROM REGULAR PHYSICAL ACTIVITY FOR SENIORS continue independent living, better physical and mental health, fewer aches and pains, better posture and balance, more energy, reducing the risk of falling, weight maintenance, and stronger muscle and bones.

LUCKY DUCK LOTTO IS BACK!!!!!!



For the 33rd year, Recreation Nova Scotia is pleased to present "Lucky Duck Lotto" - an easy, risk-free ticket sales fundraising program designed to help schools, sports clubs, community groups and other non-profit groups/organizations raise monies for their own programs and activities. Last year approx. 150 schools, clubs and community groups participated. Tickets are \$1.00 each and come in books of ten. 70 cents of every \$1.00 ticket sold remains with the ticket sellers. The Campaign runs from December 1, 2011 to March 23, 2012 - groups can sell any time between those dates. Groups that wish to order tickets are asked to complete a Contract A form and return by fax - 422-8201, mail or email to: bmahon@recreationns.ns.ca More information and campaign materials are available for download at www.recreationns.ns.ca/luckyduck. A seller's kit, tickets, ticket control sheets, selling tips and posters will be sent out to participating groups once the completed Contract A is received at the RNS office. Proceeds from the Lucky Duck Lotto help support RNS provincial programs including HIGH FIVE and Everybody Gets to Play (removing barriers to recreation). If you want more information on this, please contact the Recreation Department at 522-2598.

Seniors Fitness Classes Stay fit in the New Year with low impact fitness classes. Physical activity is one of the most important things you can do to maintain your physical health, mental health and over all quality of life as you age. Each class focuses on the importance of muscular strength, muscular endurance, cardiovascular health and flexibility. Classes will begin Wednesday January 11th at 1:00-2:00 at the Goshen Community Centre. For more information please contact Emily Morton at 522-2598 or by email at emilymargaretmorton@gmail.com.

Train Like The Pro's Ready to shed those last 10 pounds? We have the class for you! St. Mary's recreation will be offering an eight week athletic training inspired fitness class. This unique combination of cardio, muscle confusion, agility and plyometric training will have you stronger, faster and most importantly healthier! For more information or to register please contact Emily Morton at 522- 2598. Please be advised that a minimum of 5 participants must register in order for the program to proceed. Wednesdays at 6:30pm. St. Mary's Education Centre.

TRAILBLAZERS Trail Blazers is back for another year! It is a free after school program offered by the Guysborough County RDA and St. Mary's Recreation, that is also in partnership with the St. Mary's River Association. It focuses on outdoor education,



physical recreation and leadership building. We will use a combination of outdoor activities to get kids back in touch with the outdoors while being active. Members will take what they have learned about their community through these activities and use that knowledge to apply towards the St. Mary's area. Who: Children Grades 4-7. When: Every Tuesday from 2:30-5pm, starting Feb. 7 and ending May 29. Where: St. Mary's Education Centre (home base)/Stonewall Park. *Other locations may also apply based on the activity. Deadline to sign up: January 20, 2011. There is a maximum of 20 spots available and will be filled on a first come, first serve basis. Registration forms can be filled in at the Recreation/Main Office of the Municipal Building. Feel free to contact either Christa Webber @ 522-2432 or Emily Morton @ 522-2598 with any questions.

Yoga

Attention all yogis!! Due to the initial success of our trial program St. Mary's Recreation is pleased to offer an eight week beginner yoga class. Classes will be held Monday nights at the Port Bickerton Community Centre from 7:30-8:15. Please bring your own yoga mats and water. For more information or to register please contact Emily Morton at 522-2598 or by email at emilymargaretmorton@gmail.com.



Learn to Run Program



Time to start thinking about that new years resolution! What a better way to start then by learning to run a 5km. This program is a beginner level program that will teach you the basics of running, from techniques to foot wear we have it covered!! Join us at the Liscomb Legion Tuesday's at 10:00 am starting January 10th to give it a try, you will be glad you did!

Medium to Low-Medium Impact Fitness Class

The Municipality of St. Mary's will be offering low-medium intensity exercise classes in a number of locations throughout the municipality. Classes are specially designed to incorporate strength, flexibility and cardiovascular training at an intensity level that works for you! For information on class times and locations please see our fitness class schedule below. Additional questions may be directed to Emily Morton at 522-2598 or by email atemilymargaretmorton@gmail.com Please be advised that all classes require pre-registration. A minimum of 5 participants are required in each location in order for the program to run.

Mon	Tues	Wed	Thurs	Fri
10:00 Sonora Community Centre	10:00 Indian Harbour Lake Community Centre	1:00 Seniors Goshen Community Centre	10:00 Learn to Run Liscomb Legion	10:15 Sherbrooke Fitness Centre
7:30 Yoga Port Bickerton Community Centre		6:30 Train Like The pros Sherbrooke Education Centre	10:45 Liscomb Strength Training	2:00 Melrose Greenfield OldsterCib. Community Centre

Kids Only Club

St. Mary's Recreation will be holding after school programs in Sherbrooke, Ecum Secum, Aspen, Indian Harbour Lake, Sonora, Goshen, Liscomb and Port Bickerton starting Jan. 9 and ending on March 1. Programs will run Monday to Thursday from 2:30pm-5:00 pm. Children will be bussed to the appropriate locations immediately after school, parents are responsible for pickup at the end of the day. Programs are designed to provide children in the community with opportunities to become physically active though organized activities. Registration forms will be available at the school as well as at the recreation office. All forms must be submitted prior to the child attending the program. Call rec dept. at 522-2598. Mondays - Liscomb Legion and Indian Harbour Lake Community Centre. Tuesdays - Ecum Secum Fire Hall and Sonora Community Centre. Wednesdays - Goshen Community Centre and St. Mary's Education Centre. Thursdays - Port Bickerton Community Centre and in Melrose at the Greenfield Oldsters Club.



ST. MARY'S FITNESS CENTRE The fitness Centre is open from Monday to Friday, 3:00 pm to 8:00 pm. AND.... It will be open for students ONLY at lunch hour. Hours of Operation/Fees, etc. is posted on our website and on our Facebook site as well. Have any questions on exercise programs and how to use the equipment?; The fitness Centre staff can provide you with everything that you need. They can provide you with exercise programs, workout routines, etc. With a membership, or drop in fee, the staff can help you on your way to fulfill your needs in a workout setting. For more information on memberships, prices, etc., please contact the Emily Morton at 522-2598.



Promo of the Month: Workout with a friend, and then get in for free.

Over 30 Hockey Schedule 2011-2012

Tuesday, January 3rd

7:00pm Geordie MacDonald vs Mike McGinn
8:00pm Freddy Hirshfield vs Dion McGrath

Tuesday, January 10th

7:00pm Geordie MacDonald vs Dion McGrath
8:00pm Freddy Hirshfield vs Mike McGinn

Tuesday, January 17th

7:00pm Mike McGinn vs Dion McGrath
8:00pm Geordie MacDonald vs Freddy Hirshfield

Tuesday, January 24th

7:00pm Geordie MacDonald vs Mike McGinn
8:00pm Freddy Hirshfield vs Dion McGrath

Tuesday, January 31st

7:00pm Geordie MacDonald vs Dion McGrath
8:00pm Freddy Hirshfield vs Mike McGinn

Tuesday, February 7th

7:00pm Dion McGrath vs Mike McGinn
8:00pm Geordie MacDonald vs Freddy Hirshfield

Tuesday, February 14th

7:00pm Dion McGrath vs Freddy Hirshfield
8:00pm Geordie MacDonald vs Mike McGinn

Tuesday, February 21st

7:00pm Freddy Hirshfield vs Mike McGinn
8:00pm Geordie MacDonald vs Dion McGrath

Tuesday, February 28th

7:00pm Geordie MacDonald vs Freddy Hirshfield
8:00pm Dion McGrath vs Mike McGinn

Friday, January 6th

7:00pm Geordie MacDonald vs Freddy Hirshfield
8:00pm Dion McGrath vs Mike McGinn

Friday, January 13th

7:00pm Dion McGrath vs Freddy Hirshfield
8:00pm Geordie MacDonald vs Mike McGinn

Friday, January 20th

7:00pm Freddy Hirshfield vs Mike McGinn
8:00pm Geordie MacDonald vs Dion McGrath

Friday, January 27th

7:00pm Geordie MacDonald vs Freddy Hirshfield
8:00pm Dion McGrath vs Mike McGinn

Friday, February 3rd

7:00pm Freddy Hirshfield vs Dion McGrath
8:00pm Geordie MacDonald vs Mike McGinn

Friday, February 10th

7:00pm Geordie MacDonald vs Dion McGrath
8:00pm Freddy Hirshfield vs Mike McGinn

Friday, February 17th

7:00pm Mike McGinn vs Dion McGrath
8:00pm Geordie MacDonald vs Freddy Hirshfield

Friday, February 24th

7:00pm Geordie MacDonald vs Mike McGinn
8:00pm Freddy Hirshfield vs Dion McGrath

Friday, March 2nd

7:00pm Geordie MacDonald vs Dion McGrath
8:00pm Freddy Hirshfield vs Mike McGinn

January 2012

December 2011							January 2012							February 2012																		
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S												
					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25			
					4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30 AM Municipal Office Closed 8:30 AM Transfer Station Closed	2 3:00 PM After School Skating 7:30 PM Uscomb Legion Meeting	3 10:00 AM ZUMBA 2:30 PM Rec Hockey 4:00 PM St. Mary's Volleyball Club 7:30 PM Open Rec Night 7:45 PM Bingo Lions Hall	4 6:30 PM Zumba Port Bickerton 8:00 PM Auction 45's Uscomb	5 9:30 AM Bake Sale Maple Manor 2:00 PM Shuffle Board Uscomb 8:00 PM Cards Still Water	6 8:00 PM Cribbage Uscomb	7 8:00 PM Cribbage Uscomb
8 10:00 AM Zumba 10:00 AM Sorora Exercise Class 10:00 AM St. Mary's in Motion 11:00 AM St. Mary's in Motion 3:00 PM Kids Only Club HIL 3:00 PM Junior Curling 3:00 PM Kids Only Club Uscomb 3:00 PM Walking Program SM/EC 5:30 PM Curling 7:30 PM Port Bickerton YOCCA	9 10:00 AM HIL Exercise Class 10:00 AM Kids Only Club Sorora 3:00 PM Kids Only Club Secum 3:00 PM After School Skating	10 10:00 AM St. Mary's in Motion 10:00 AM Zumba 2:30 PM Rec Hockey 3:00 PM Walking Program SM/EC 3:00 PM Kids Only Club Sherbrooke 3:00 PM Kids Only Club Goshen 4:00 PM St. Mary's Volleyball Club 6:30 PM Boat Camp 7:00 PM Fun Darts 7:30 PM Open Rec Night 7:45 PM Bingo Lions Hall	11 10:00 AM Uscomb Learn to Run 10:45 AM Uscomb Strength Training 3:00 PM Kids Only Club Port Bickerton 3:00 PM Walking Program SM/EC 3:00 PM Kids Only Club Aspen 6:30 PM Zumba Port Bickerton 8:00 PM Auction 45's Uscomb	12 10:00 AM Uscomb Strength Training 10:45 AM Uscomb Strength Training 3:00 PM Kids Only Club Port Bickerton 3:00 PM Walking Program SM/EC 3:00 PM Kids Only Club Aspen 6:30 PM Zumba Port Bickerton 8:00 PM Auction 45's Uscomb	13 9:30 AM Tumble Bugs Sherbrooke 10:15 AM Sherbrooke Exercise Class 2:00 PM Melrose Exercise 2:00 PM Bake Sale Maple Manor 7:00 PM Shuffle Board Uscomb 8:00 PM Cards Still Water	14 8:00 PM Cribbage Uscomb
15 10:00 AM Sorora Exercise Class 10:00 AM St. Mary's in Motion 10:00 AM Zumba 11:00 AM St. Mary's in Motion 3:00 PM Kids Only Club Uscomb 3:00 PM Walking Program SM/EC 3:00 PM Junior Curling 3:00 PM Kids Only Club HIL 5:30 PM Curling 7:30 PM Port Bickerton YOCCA	16 10:00 AM HIL Exercise Class 10:00 AM Kids Only Club Sorora 3:00 PM Kids Only Club Secum 3:00 PM After School Skating	17 10:00 AM St. Mary's in Motion 10:00 AM Zumba 2:30 PM Rec Hockey 3:00 PM Walking Program SM/EC 3:00 PM Kids Only Club Sherbrooke 3:00 PM Kids Only Club Goshen 4:00 PM St. Mary's Volleyball Club 6:30 PM Boat Camp 7:00 PM Fun Darts 7:30 PM Open Rec Night 7:45 PM Bingo Lions Hall	18 10:00 AM Uscomb Learn to Run 10:45 AM Uscomb Strength Training 3:00 PM Kids Only Club Port Bickerton 3:00 PM Walking Program SM/EC 3:00 PM Kids Only Club Aspen 6:30 PM Zumba Port Bickerton 8:00 PM Auction 45's Uscomb	19 10:00 AM Uscomb Strength Training 10:45 AM Uscomb Strength Training 3:00 PM Kids Only Club Port Bickerton 3:00 PM Walking Program SM/EC 3:00 PM Kids Only Club Aspen 6:30 PM Zumba Port Bickerton 8:00 PM Auction 45's Uscomb	20 9:30 AM Tumble Bugs Sherbrooke 10:15 AM Sherbrooke Exercise Class 2:00 PM Melrose Exercise 2:00 PM Bake Sale Maple Manor 7:00 PM Shuffle Board Uscomb 8:00 PM Cards Still Water	21 8:00 PM Cribbage Uscomb
22 10:00 AM Zumba 10:00 AM St. Mary's in Motion 10:00 AM Sorora Exercise Class 11:00 AM St. Mary's in Motion 3:00 PM Kids Only Club Uscomb 3:00 PM Walking Program SM/EC 3:00 PM Junior Curling 3:00 PM Kids Only Club HIL 5:30 PM Curling 7:30 PM Port Bickerton YOCCA	23 10:00 AM HIL Exercise Class 10:00 AM Kids Only Club Sorora 3:00 PM Kids Only Club Secum 3:00 PM After School Skating	24 10:00 AM St. Mary's in Motion 10:00 AM Zumba 2:30 PM Rec Hockey 3:00 PM Walking Program SM/EC 3:00 PM Kids Only Club Sherbrooke 3:00 PM Kids Only Club Goshen 4:00 PM St. Mary's Volleyball Club 6:30 PM Boat Camp 7:00 PM Fun Darts 7:30 PM Open Rec Night 7:45 PM Bingo Lions Hall	25 10:00 AM Uscomb Learn to Run 10:45 AM Uscomb Strength Training 3:00 PM Kids Only Club Port Bickerton 3:00 PM Walking Program SM/EC 3:00 PM Kids Only Club Aspen 6:30 PM Zumba Port Bickerton 8:00 PM Auction 45's Uscomb	26 10:00 AM Uscomb Strength Training 10:45 AM Uscomb Strength Training 3:00 PM Kids Only Club Port Bickerton 3:00 PM Walking Program SM/EC 3:00 PM Kids Only Club Aspen 6:30 PM Zumba Port Bickerton 8:00 PM Auction 45's Uscomb	27 9:30 AM Tumble Bugs Sherbrooke 10:15 AM Sherbrooke Exercise Class 2:00 PM Melrose Exercise 2:00 PM Bake Sale Maple Manor 7:00 PM Shuffle Board Uscomb 8:00 PM Cards Still Water	28 2:00 PM Cribbage Uscomb
29 2:00 PM Port Bickerton Winter Activity Day	30 10:00 AM Zumba 10:00 AM Sorora Exercise Class 10:00 AM St. Mary's in Motion 11:00 AM St. Mary's in Motion 3:00 PM Kids Only Club Uscomb 3:00 PM Walking Program SM/EC 3:00 PM Junior Curling 3:00 PM Kids Only Club HIL 5:30 PM Curling 7:30 PM Port Bickerton YOCCA	31 10:00 AM HIL Exercise Class 3:00 PM Kids Only Club Sorora 3:00 PM Walking Program SM/EC 3:00 PM Kids Only Club Secum 3:00 PM After School Skating				

December 2011

Tuesday	Wednesday	Thursday
27 Zone 1 BLUE BAG	28 Zone 2 BLUE BAG	29 Zone 3 BLUE BAG

January 2012

Tuesday	Wednesday	Thursday
3 Zone 1 GARBAGE	4 Zone 2 GARBAGE	5 Zone 3 GARBAGE
10 Zone 1 BLUE BAG	11 Zone 2 BLUE BAG	12 Zone 3 BLUE BAG
17 Zone 1 GARBAGE	18 Zone 2 GARBAGE	19 Zone 3 GARBAGE
24 Zone 1 BLUE BAG	25 Zone 2 BLUE BAG	26 Zone 3 BLUE BAG

January-February 2012

Tuesday	Wednesday	Thursday
31 Zone 1 GARBAGE	1 Zone 2 GARBAGE	2 Zone 3 GARBAGE

ZONES

ZONE 1- New Chester, Ecum Secum, Liscomb to Sherbrooke including Sonora and Old Road Hill.

ZONE 2- East Loon Lake, Smithfield, Glenelg church road, Aspen, to Goshen to Borneo Road inclusive.

ZONE 3- Hwy 211, IHL to Port Bickerton, Stillwater, West Melrose, Lead Minds Rd, to Waternish inclusive.

***** Please note the change from Garbage EVERY week to Garbage collection every TWO weeks. Also note it is permitted to have total of 8 bags of household garbage every two weeks. Recyclables will continue on an every TWO week schedule*****