



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

February 2012 Newsletter



www.saint-marys.ca

The DEADLINE to have information submitted for the MARCH issue of the Newsletter is Wednesday, February 22nd 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, **FEBRUARY 13th at 7:00.** The public is invited to attend. Visit our website for council minutes, and important updates: www.saint-marys.ca

Building Inspector

The building inspector is currently unavailable. If you need assistance, or questions answered please contact the Municipal Office at 522-2049. Applications and other information are available on our website.

Property Valuation Services Corp

You have probably received or will receive shortly your 2012 Assessment Notice, as they were mailed out January 16th from PVSC. If you have a question regarding your assessment feel free to contact Property Valuation Services at (902) 625-4250 or 1-800-667-5727. **If appealing your notice: Your signed appeal must be received by PVSC by midnight February 6th, 2012. Appeals must be faxed, mailed, or hand-delivered to a PSVC office.**

Grants to Organizations

Any requests for funding from organizations for the 2012/2013 Municipal fiscal budget must be made by application (available at the Municipal Office) and submitted no later than March 30, 2012 at 4pm
- No exceptions.

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.

St. Mary's Municipal Council is offering a \$100.00 Low Income Exemption for low income households. Look in future newsletters for more information. Deadline is April 30/12.

Marie Joseph Community Centre meeting

There will be a public meeting to discuss the future of the Marie Joseph Community Centre building at the Ecum Secum Fire Hall, February 8th at 7 pm.
Everyone Welcome!



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.

Did You Know?

There are 57 Women's Institute branches in Nova Scotia with over 700 members. Vision statement: Learning, sharing and improving the quality of life for all.

Mission Statement: The Women's Institutes of Nova Scotia continue to provide opportunities to enhance the quality of life, through education and personal development, allowing us to meet the changing ends of our local and global communities.

To join a WINS group or to form a new branch, contact any member in your area or call the provincial office at 902-893-6520.



COMMUNITY CHOIR: Do

you enjoy singing with a group? Do you like sacred music? You are invited to

join the interdenominational community choir to prepare for an Easter concert. The first practice will be held on **Monday, February 20th, at 7 PM at Port Hilford Baptist Church.** For information: contact Iris Hayes (ph. 522-2466).

Trip over love, you can get up. Fall in love and you fall forever. ~Author Unknown

Sherbrooke/Stillwater/Goldenville
Community News

Sherbrooke Library Chat Line

Village Readers' Book Club-Friday, Feb 3 at 10:00 am. If you would like more details, call the library at 522-2180.

Seniors' Café-Fridays from 9:30-10:30. Have some conversation, a snack, and get a book for your winter reading.

Meditating Goddesses-Tuesdays at 11:00 am. Learn how to meditate followed by a short meditation to feel the peace and calmness in your life.

Story Time for Children- starting in March on a Thursday morning. Please call the library to register before then at 522-2180. More details next month.

Sherbrooke Library & C@P Site	
Monday, Tuesday, Wednesday.....	11am-4 pm
Thursday.....	10am-1pm
Friday.....	9:30am-4pm
Saturday.....	10am-1pm
Telephone: 522-2180	www.ecrl.library.ns.ca

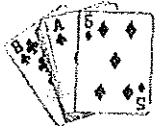
MAPLE MANOR BAKE SALE



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.

Stillwater Community Centre



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

Everyone Welcome!



Greetings from High-Crest!

Happy Birthday Gerald Penny-
 February 20th

The Homebuddies will be hosting our Monthly Bingo/Birthday/ Valentines Day Party on February 14th. Our Valentine King and Queen will be chosen at this time and we will play bingo, have a sing song and enjoy cake and ice cream! Everyone is Welcome.

Thanks to everyone who made donations or bought tickets on the basket that was drawn for on Dec. 22nd at our Residents Christmas Party. Everyone had a wonderful time and thanks to all whom made it such a success! The lucky winner was Helen MacDonald! Thanks for supporting your local Nursing Home!

Christmas Daddies

The District of St. Mary's Lions Club wishes to thank each and everyone who supported our Christmas Daddies. Your generous donations of money, clothing, toys, mitts etc were greatly appreciated.

FEBRUARY LUNCHEONS

Hot luncheons will be served at St. Paul's Church on Thursdays for the month of February. The first will take place on Thursday, February 2nd from 11:30 am to 1:00 pm at a cost of \$7.00 perperson. This includes a hot lunch, biscuits, dessert and beverage.



Please come and join us.

Cody Rossong Memorial Dance

The 5th and Final Cody Rossong Memorial Dance will be held February 11th from 9:00 pm-1:00am with DJ Masterblaster. It will be held at St. Mary's Lions Hall, Sherbrooke. We will hopefully reach our fundraising goal this year that we started out with 5 years ago. All proceeds go towards Cody Rossong Memorial Scholarship at St. Mary's Academy as well as towards new playground equipment at St. Mary's Education Centre.

Gov't ID's will be requested
 Come out for some fun and dancing while supporting a great cause.



A PART OF THE NOVA SCOTIA MUSEUM

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.

HERITAGE DAY TEA – Join Village staff for a slide presentation and refreshments on Monday, February 20 from 2 to 4 pm at the Exhibit Centre to help us celebrate Heritage Day!

Sherbrooke

“Old Fashioned Christmas”

Meeting: Friday, February 10th, 7 pm at the Village Exhibit Centre

Many people have been disappointed by the lack of Christmas activities taking place in Sherbrooke the

past couple of years. There were numerous factors in the downsizing of this wonderful event but the largest is the amount of volunteers required to carry it out to full capacity.

Sherbrooke Village is still committed to seeing activities fill a whole weekend with programs for young and old.

In order to have this happen we must once again build a strong volunteer base.

New Committee Members Required - Please help us keep the spirit of Christmas alive in Sherbrooke! If you would like to see the continuation of "Old Fashioned Christmas" please come out and join the committee.

Individuals and representatives from local community groups with an interested in taking part are asked to attend.

Liscomb Community News

The Annual Meeting of the Liscomb Vol. Fire Dept will be held at the Fire Hall Monday Jan. 30th at 6:30. Everyone welcome!



Next training-February 20th at 6:30.

ROYAL CAN. LEGION BR. #86 LISCOMB

Next general meeting: Tues., Feb. 7th All Welcome!

ACTIVITIES:

AUCTION 45's - Thursdays at 8pm \$5

CRIBBAGE - Saturdays at 8pm \$5

FUN DARTS - Wednesdays at 7:30 pm

\$3 per person. All Welcome.

CRIB TOURNAMENT: Saturday, Jan. 28th

Start time- 2 pm.

Play 8 games-potluck supper-play 8 games.

\$10 per person

TOPS #5098 LISCOMB

TOPS #5098 Liscomb is accepting new members.

Meetings are on Tuesday evenings.

5:45-6:30 pm- weigh in

6:30-7:30- meeting.

Learn ways to eat healthy and safely lose weight.

For further information, please contact Mary

Lou Cole at 347-2285.

Ecum Secum/Marie Joseph Community News



Easter Penny Auction

Where: Ecum Secum Fire Dept.

When: March 24th at 7 pm

Chocolate walk and lunch.

Everyone Welcome!

Ecum Secum Fun Days

August 3rd, 4th and 5th.

More info to follow.

Goshen Community News

Tenders are now being accepted for permanent, part-time Caretaker covering the period May 1st, to September 30th, each year. Job requires mowing all grass area, clipping around and sweeping head stones, also, maintenance of graves following burial. Applicant must supply own mower, fuel and tools needed. Accepted tender will be paid at completion of the season or negotiable. Submit tender by March 16th, 2012 to: Catherine M. Kennedy, PO Box 41, Goshen Guys.Co., NS B0H 1M0

Chinese Food Supper:

Goshen Community and Recreation Centre

Sat., Feb. 4th, 4:30-6:00

Storm Date Feb. 5th

Adults, \$10.00, Children under 12- \$5.00

All proceeds for the Troy Hudson Memorial Playground.



IHL/Jordanville and Sonora Community News

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

Pancake Brunch

The Port Bickerton Woman's Institute is having their yearly pancake brunch (pancakes, beans, and sausage).



Where: Port Bickerton Community Centre
When: February 21, 2012
Time: 11 am until 1 pm
Price: \$8.00
Hope to see you there!

Tea and Sale



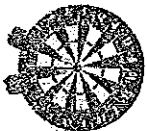
The Port Bickerton Women's Institute is having a Valentine Tea and Sale. Everyone Welcome. Come have a light lunch and meet with friends.

Where: Port Bickerton Community Centre
When: February 14th, 2012
Time: 11 am until 1 pm
Price: \$5.00
Hope to see you there!

There will be a Gospel Concert at St. Paul's Anglican Church Port Bickerton on February 4, 2012 at 7 pm. Free will offering. Storm date is February 11th at 7 pm.



Country Harbour Community News



6th Annual Mixed Dart Tournament
In Memory of Karlese Hendsbee
Where: Country Harbour Gun Club

When: Feb 11th, Registration at 11:00 am
Play begins at 11:15 am.
3 players per team, \$30 per team
Cash prizes will be awarded
For more information or to register call:
Carol at 328-2199

Thank You

The family of the late Helen Taylor wish to express a sincere "Thank You" for the overall concern and care shown by family and friends during the loss of our loved one. We were deeply moved by the many expressions of kindness. Your prayers have reached home.

It is during a time like this that we learn how much our friends and family really mean to us.

*Sincerely,
The Taylor Family*

Country Breakfast

Country Harbour Gun Club, February 19, 2012
8:30-10:30 am
Adults- \$6.00, Children- \$3.00

Thank You All



I would like to take this opportunity to thank each and every one of you who has donated, volunteered and attended the numerous fundraising events that were held on my behalf during my quest for treatment of MS. With your support I was able to travel to Albany, New York on December 18 to have the liberation procedure performed. Thank you from the bottom of my heart. You've helped in ways I can't even express. I will never forget this! Sincerely, Carol Hayne.

Protected Area Public Consultation Notice and Participation Details

The Guysborough County Regional Development Authority (GCRDA) is seeking public input and participation in the selection of further protected spaces in the Municipality of the District of St. Mary's. We want to advise area residents that the public has a role to play in shaping this process. The Protected Areas Branch of the Department of Natural Resources is in the process of reviewing a series of proposed protected "patches" in order to finalize those lands that will be part of the provincial protected space network; a target goal of 12% by 2015 has been set by the province.

The URL link to review those lands that are proposed for the St. Mary's District can be located at:
http://www.gov.ns.ca/nse/12percent/maps.asp#regional_maps.

For those of you who represent a group or organization that may want to set up a meeting with staff to discuss those proposed areas in the District may contact the Protected Areas Branch by calling (902) 424-2117, or emailing protectedareas@gov.ns.ca. As an individual, you can also provide written comments. To share your thoughts, fill out an online form or email your comments to: protectedareas@gov.ns.ca, or send your comments by mail to: Nova Scotia Environment, Protected Areas Branch, Box 442, 5151 Terminal Road, Halifax, NS B3J 2P8. The comment period has been extended to February 10, 2012.

Career & Job Counselling Centre serving all of Guysborough County

Are you thinking about going back to school to upgrade your skills?
Are you in receipt of Employment Insurance or have been in the past 3 years?
Are you unemployed or under-employed?

You may be eligible for the Skill Development Program to assist you with training.

Call today to find out if you are eligible.
Appointments available in your area.
1-888-533-1906 toll free or visit
www.gov.ns.ca/employmentnovascotia for information

Other services include:
Job Search Assistance
Career Counselling
Employment Workshops
Employment Nova Scotia Programs

ALL SERVICES ARE FREE OF CHARGE

Church Services

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

You are invited to our February Worship Services and events:
Feb. 5, 11 am-Port Bickerton United Baptist Church
Feb. 12, 11 am-Sonora Baptist Church
Feb. 19, 11 am- Port Hilford United Baptist Church
Feb. 26, 11 am-Port Bickerton United Baptist Church
Each Wednesday at 6:30 pm, at Port Hilford United Baptist Church: A study of World Religions in relation to the Bible and Christianity. Everyone is welcome to join the discussion.
For more information contact Rev. Norman Pearce, 522-2087 or
hbs.baptist@ns.sympatico.ca



*Indian Harbour Lake
Pentecostal Church
February Worship & Activities*

Sunday
11:00 a.m. Morning Worship
6:30 p.m. Praise & Prayer February 19th

Weekday Activities

Wednesday, February 1st, 8th, 15th & 22nd
7:00 p.m. Bible Study on the Life of Moses

Friday, February 10th & 24th
Youth Group (Ages 12 - 18)
at the parsonnage

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

The Anglican Parish of Liscomb & Port Bickerton
The Rev. Melissa Frankland, Rector
email: revmelissa@maritimers.ca
phone: 522 2510

IV Sunday after Epiphany (Jan. 29th)

11am St James' (Maple Manor) HC Combined service

Septuagesima (Feb 5th)

9am St Paul's Port Bickerton

11am St Thomas' IHL

3pm St Luke's Liscomb (Candlemas and Holy Baptism)

7pm St James' Sherbrooke (At Maple Manor)

Sexagesima (Feb. 12)

9am St. Luke's Liscomb

11am St. James' Sherbrooke (At Maple Manor)

3pm St. Thomas' IHL

7pm St. Paul's Port Bickerton

Quinquagesima (Feb. 19th)

9am St. James' Sherbrooke (At Maple Manor)

11am St. Luke's Liscomb

3pm St. Paul's Port Bickerton

7pm St. Thomas' IHL

Ash Wednesday (Feb. 22nd)

10 am St. Paul's Port Bickerton

7pm St. Luke's Liscomb

First Sunday in Lent

9am St Thomas' IHL

11am St Paul's Port Bickerton

3pm St James' Sherbrooke (Maple Manor)

7pm St Luke's Liscomb



St. Mary's Municipality Universal Residual Waste and Recycling Collection



St. Mary's Transfer Station hours have changed to **Tuesday-Saturday, 9am - 4:30pm all year round**. There will be a charge of \$1/bag for residual waste, \$2 for small items (arm chair) and \$5 for larger items (couch, mattress) dropped off at the Transfer Station and there will continue to be **NO charge** to drop off C&D materials, larger appliances, propane tanks, compost, Household Hazardous Waste, tires, electronics, etc.

Construction and Demolition Materials Guide:

Asphalt Shingles - No starter Strip, No Plastic, No flat roofs

All Metal - Doors, Siding, Frame, Plumbing, Wire, Nails, Flashing

Clean Wood - Brush, Untreated Wood i.e. strapping, stud wood

Treated Wood - Painted, Gyproc-Painted/Fire retardant, pressure treated, glued, coated, plywood, chipboard, engineered wood trusts, clad board, wood shingle siding, wood doors, wood framed windows, wood flooring, wood cupboards.

Clean Gyproc-Compost bin - New gyproc waste, not painted, no fire retardant

Aggregate- Permitted as Clean Fill - Rocks, Bricks, cement (without rebar), rubble, mortar, asphalt, concrete, new ceramic tile, busted toilets/ceramic porcelain with metal/plastic removed

Other C&D(Waste generated from C&D) - vinyl cased windows, vinyl siding, rain gutter, carpet, cushion flooring, plastic plumbing, tiles, insulation, counter top, tubs, roofing started strip, plastic/tyvec house wrap, vapor barrier, flat roof, creosote timbers

If you have any questions please do not hesitate to contact the Municipal Office 522-2049, your local Councilor, Transfer Station 522-2659, or **Eastern Shore Cartage directly at 1-800-261-0372**

St. Mary's Sorting Guide

Paper and Corrugated Cardboard: Place paper products in a transparent blue bag. Cardboard should be flattened and bundled and placed with recycling bags for collection. Paper must be clean and dry to be recycled. Plastic windows must be removed from boxes but not from envelopes. The hard covers from books and coils from notebooks must be removed and placed in the garbage.

Paper Recyclables:

- Dry & Clean Paper
- File Folders
- Newspapers
- Flyers
- Phonebooks
- Shredded Paper
- Paperbacks
- Paper egg cartons
- Paper Towel Cores
- Toilet Paper Cores
- Glossy Magazines
- Envelopes

Corrugated Cardboard:

- Appliance Boxes
- All Clean Cardboard



Blue Bag Recyclables: Place these items in a see through blue bag. No needles, Styrofoam or caps. All items must be clean and dry.

- All Deposit Bearing Containers
- Retail Bags
- Steel & Aluminum Cans
- Bread Bags
- Bleach Containers, Empty
- Grocery Bags
- Mini Sips & Tetra Juice Packs
- Dry Cleaning Bags
- Frozen Food Bags
- Glass Bottles and Jars
- Plastic Laundry Containers, Empty
- All Plastics Clean and Dry
- Bubble Wrap
- Milk Containers
- Shampoo Bottles, empty
- Clean Aluminum Foil & Plates

Place these items in a clear garbage bag:

- Aluminum foil, soiled
- Floor sweepings
- Latex gloves
- Styrofoam
- Meat, Fish, Bones
- Ashes (cold)
- Carbon paper
- Paint Cans, empty & dry, lids removed
- Plastic wrap, soiled
- Pet/animal waste
- Frozen juice cans
- Toothpaste tubes
- Toys, broken
- Broken glass (wrapped)
- Ceramics
- Diapers, disposable
- Packaging, non-recyclable
- Cloth items
- Wallpaper
- Vacuum cleaner bags
- Waxed Cardboard
- Potato chip bags
- Dishes
- Light bulbs
- Coffee cups, disposable
- Motor oil containers
- Plastics, non-recyclable
- Paper (Soiled)

***Certain electronics are not accepted for curbside collection, including TVs, computers, monitors, printers, telephones, fax machines, cell phones and audio/video playback systems. These items can be dropped off at St. Mary's Transfer Station.



St. Mary's Recreation



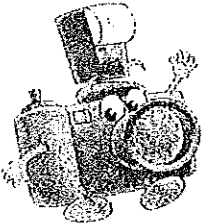
website: www.saint-marys.ca/recreation or www.facebook.com/StMarysRec

February, 2012. Happy Valentines Day!

Recreation Newsletter

DIGITAL PHOTOGRAPHY: Starting in February, there will be a 5 week photography class that will leave you knowing everything about your camera & photography. We will be covering the following topics: Lens/focusing, Camera Settings, Light/Exposure/Built in/External Flash, Composition, Moon & Star Photography- How and When to shoot. Shutter Speed & ISO, Understanding Aperture and Depth of Field. Sunset & Sunrise Photography and more. We will be going out to do

hands on photography, Bring your gloves & Tripod if you have one. Port Bickerton Community Centre, Tuesdays, February 7 to March 6. 7:30 to 8:30 pm. Please register by calling the rec. department @ 522-2598.



Advanced Digital Photography/Photo Shop Classes Starting in February, there will be a 5 week advanced photography class that will leave you knowing everything about your camera & photography. We will be covering the following topics: Lens/focusing, Camera Settings, Light/Exposure/Built in/External Flash, Composition, Photo Shop, Moon & Star Photography- How and When to shoot. Shutter Speed & ISO, Understanding Aperture and Depth of Field. Sunset & Sunrise Photography- Get the colors you see, and more. We will be going out to do hands on photography, Bring your gloves & Tripod if you have one. Sherbrooke: St. Mary's Academy, Tuesdays at 6:00 pm. Feb. 7 to March 6. Please register by calling the rec. department at 522-2598.

SKATING FOR KIDS Skating in the Municipality of St. Mary's is back! Fridays after school. Learn to Skate (CANSKATE) is from 3:00 pm to 3:30 pm, and Junior Skating is from 3:30 to 4:30 pm. RecPlex, Sherbrooke. This program is for boys and girls. \$100.00 for Learn to Skate, and \$125.00 for Junior Skating. If you have more than one child in a family that is registering, family rates are available. Call Josh at the Recreation Department for more information. **MUST** register by Feb. 2nd by calling the recreation department at 522-2598.



RUG HOOKING Thursdays, February 2 to March 1. 12 Noon to 3:00 pm at the Greenfield Oldsters Club. \$35 for 5 weeks. Like Rug Hooking? Well, here is your chance to be involved in afternoons of creating your own rug. Please call the Recreation Department to Register before the program starts so we can get materials. 522-2598. \$35.00 per person.

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 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 Thursdays from 4:00 pm to 5:15 pm at St. Mary's Academy. Please call Josh at the recreation department to register. 522-2598.

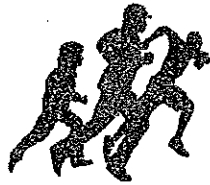
AFTER SCHOOL SKATING For the month of February, the RecPlex will be open for Public Skating from 3:00 pm to 4:00 pm, every Tuesday. \$2 Per Person.

REC HOCKEY Want to just come and play some Hockey? Well, here is your chance to! For the Month of February, 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.



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 February 29th. \$2 per person each time you come.

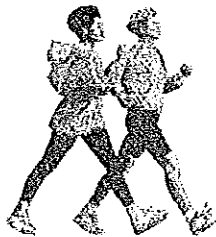


LISCOMB WINTER ACTIVITY DAY February 11th, 11:00 am to 12:30 pm. Liscomb Legion. Come on out and participate in some winter activities with St. Mary's Recreation. There could be outdoor and indoor activities, so dress appropriately. Activities

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.



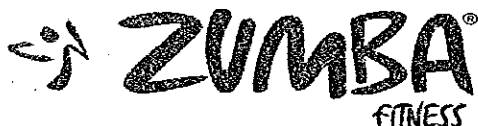
ST. MARY'S WALKING PROGRAM It's getting that time again where it is getting chilly outside! St. Mary's Recreation has the fix for you. St. Mary's Academy will be open for you to walk the halls Monday to Thursday from 3:00 pm to 5:00 pm to walk in warmth, and out of the cold.



ZUMBA FITNESS

Fridays, Feb 3 to the 24th. 6:30 pm - 7:30 pm. Indian Harbour Lake Community Centre.
Thursdays, Feb. 2 to 23. Port Bickerton Community Centre. 6:30 to 7:30 pm.
Mon and Wed - Ecum Secum Fire Hall. 10 am.
Wednesdays - Liscomb Legion, 11:30 am to 12:30.
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.
522-2598.



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

OVER 30 HOCKEY This league is played on Tuesday and Friday nights at St. Mary's RecPlex starting at 7:00 pm with two games per night. Come on out and enjoy some Hockey action!



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. Fridays from 3:00 to 5:00 pm. 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>).

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.



PORT BICKERTON EXERCISE CLASS This exercise class will keep you on the move and staying fit. It is low impact to medium fitness level so it is for all ages. Donna Jordan will lead you through exercises Wednesdays at 10 am for the month of February to fit your needs. Please call the recreation department to register. \$5 per person. 522-2598.

St. Mary's Municipality Website

We have a municipal website that you can go on 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 will be on April 21, 2012 at 5:00 pm at the Lions Hall in Sherbrooke. And remember, Volunteers are the heart of every community.

SHERBROOKE WINTER ACTIVITY DAY Let's "Take the Roof off Winter", St. Mary's Recreation style! On Saturday, February 12th, from 2:00 pm to 3:00 pm, we will be at Stonewall Park doing winter activities. Remember to dress appropriately because there could be snowshoeing, outdoor activities, etc. Please call the recreation department if you are planning to come at 522-2598. See you there!!

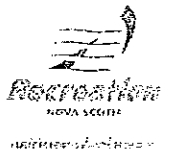


BENEFITS FROM REGULAR PHYSICAL ACTIVITY FOR SENIORS continue independent living, better physical and mental health, fewer aches and pains, better posture and balance, more energy, reducing the risk of falling, weight maintenance, and stronger muscle and bones.

LUCKY DUCK LOTTO IS HERE!!!!!!!

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.

Lucky
Duck
Lottery



WHAT IS ACTIVE TRANSPORTATION? Active transportation refers to any form of human-powered transportation - walking, cycling, using a wheelchair, in-line skating or skateboarding. There are many ways to engage in active transportation, whether it is walking to the bus stop, or cycling to school/work.



TAKE THE ROOF OFF WINTER

Recreation Nova Scotia's **Take the Roof Off Winter** campaign has started again this year and are looking for supporters to sign up to take part. Schools, community groups, recreation departments, clubs, organizations and businesses across Nova Scotia are signing up to "Take the Roof off Winter", a physical activity campaign designed to help Nova Scotians of all ages improve their health and quality of life by getting outdoors and being more active this winter.

You can find more information by visiting <http://www.taketherooffwinter.ca/>

This year's theme is "Snowshoeing in Parks and Protected Areas" and Antigonish County Recreation is excited to announce that we have purchased snow shoes to lend out to community members free of charge!

Take the Roof off Winter campaign background:

Take the Roof off Winter is a physical activity promotions campaign designed to help Nova Scotians of all ages improve their health and quality of life by getting out and active during the winter months. The program delivered by Recreation Nova Scotia in partnership with Nova Scotia Department of Health and Wellness and sponsored by Nova Scotia Egg Producers runs to March 21st. For more information on the campaign, please visit: www.taketherooffwinter.ca

Groups are encouraged to sign on as campaign supporters. Campaign supporters are municipalities, community groups, schools, businesses, families, groups of friends etc. that agree to coordinate events/promotions and/or activities during the TROW campaign. Supporters can also sign up to organize a Winter Walk Day. Supporters are recognized on the Take the Roof Off Winter website www.TakeTheRoofOffWinter.ca, made official members of the **RED CAP OUTDOOR CLUB** and are provided with Take the Roof Off Winter promotional materials to use and distribute including posters, and Take the Roof Off Winter toques. To help groups and organizations participate in the campaign and build more physical activity into their daily routine, RNS has developed the Take the Roof Off Winter website www.TakeTheRoofOffWinter.ca. The site provides tips and ideas on organizing and hosting outdoor events and activities as well as a venue for TROW supporters and participants to post photos and stories of fun events. Campaign ambassadors (recreation professionals and volunteers) are available across the province to provide support to groups looking to organize events in their communities. There is also an opportunity to sign up for Winter Walk Day, a partnership with Active & Safe Routes to School, and Heart&Stroke Walkabout.

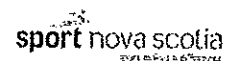
Prizes to be won: Creative Expressions Contest – an opportunity for children ages 5 to 12 to be creative! Children are asked to draw or sketch a picture about what playing and being active outdoors means to them. Winners, selected from a random draw, receive a recreation/sport gift pack courtesy of Canadian Tire Jumpstart. Please send these into the recreation department.

MARINE LEAGUE This league is playing on Saturday nights at the St. Mary's RecPlex. There are teams from communities from the Municipality that take on one another. Come on out and enjoy some hockey this winter!

RECREATION AND LEISURE LEADERS AND/OR INSTRUCTORS

The Municipality of the District of St. Mary's Recreation Department is currently looking for instructors or leaders in the area that are able to instruct or lead a course/activity/event/program, and/or club in their expertise. So, if you are interested in teaching, leading, or instructing something that you are able to, we would love to hear from you. Please contact the Recreation Department at 522-2598. We are looking for instructors or leaders in areas that interest you and are able to lead. Examples are instructors or leaders for cooking/baking classes, guitar lessons, orienteering, computer classes, crafts, scrapbooking, etc.

Nominate a Nova Scotia Sport Hero! Nova Scotia Sport Hall of Fame Nominations Nominate a Nova Scotia Sport Hero! Halifax, N.S... Give our Nova Scotia Sport Hero's the recognition they deserve. The deadline to nominate individuals or teams to the Nova Scotia Sport Hall of Fame is January 31, 2012. Nomination information and forms are available for download on the NSSHF website, www.nsshf.com, or by calling 421-1266. The categories for nomination are athletes/teams and builders. Athletes are individuals that have achieved the highest standards in their sport and have been retired from the highest level for at least three years; builders are individuals that have made or continue to make significant contributions to the sporting community; and teams are groups of men and women who have reached national and international prominence. The Hall of Fame's objective is to recognize those Nova Scotian's who have made outstanding accomplishments in sport. The public, sport governing bodies and sport organizations can nominate anyone who they believe fill the criteria and is deserving of such an honour. Nominations are reviewed by a provincial selection panel and committee, made up of outstanding sports minded individuals from all across the province. The Nova Scotia Sport Hall of Fame has been honouring sporting excellence in our province for over 50 years. These sport heroes are brought to life at the Hall of Fame's facility and museum located in the Halifax Metro Centre, through beautiful exhibits, graphic displays and audio visual presentations. For Information: Shane Mailman Manager - Facility & Communications Nova Scotia Sport Hall of Fame (902)404- 3339 shane@nsshf.com www.nsshf.com





OPEN REC NIGHT Tuesdays, Feb. 7 to 28. 6:30 pm to 7:30 pm. St. Mary's Education Centre in Sherbrooke. All Ages. FREE! Youth, children, teens, families, etc.

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.

PORT BICKERTON OPEN EXERCISE Monday and Wednesday 10 am, and If you would like to go use the fitness equipment at anytime, please call Velma Keizer at 364-2724. This is a chance to go and workout at your own leisure time.



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.

Equipment Loan Out Program The Municipality of the District of St. Mary's Recreation Department has all sorts of recreational equipment available to you for no cost. Please call 522-2598 for more information, or to rent them out. Showshoes, balls, gps's, washer toss, and much more.

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.nsfainfo/> On the website, there are course dates, locations and times.

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 February. 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.

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 up and running 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 in the process of 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** Tuesdays, 9:30 to 11:30 am. St. Mary's Education Centre. 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.

St. Mary's Recreation Physical Activity Opportunities



NEW!! Goshen 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 Wednesday mornings from 10:00-10:30, 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.

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

The train like the pros program is back for another session! 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. Please note this program will now be running on Wednesday's at 6:30 at the St. Mary's Education Centre

St. Mary's Fitness Centre Hours

The Fitness Centre is open Monday-Friday from 3:00-8:00pm. For membership information please contact Emily at 522-2589.

Trail Blazers

There are still a few spots available!

Trail Blazers is a free after school club offered by the Guysborough County RDA and St. Mary's Recreation, which 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. This program is open to all children grade 4-7 and will be held Tuesdays from 2:30-5:00pm at St. Mary's Education Centre.



Registration forms can be filled in at the Recreation/Main Office of the Municipal Building, or St. Mary's Education Centre by February 3. Feel free to contact either Christa Webber @ 522-2432 or Emily Morton @ 522-2598 with any questions.

Port Bickerton Yoga

Due to success of our trial program St. Mary's Recreation is pleased to present a 4 week yoga program which will be held Monday evenings at the Port Bickerton Community Centre from 6:30-7:30 *PLEASE NOTE: There may be a \$30.00 cost for this program due to potential instructor fees. 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



Liscomb Learn to Run is back up and running for the month of February! 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 Thursday's at 10:00 am starting February 7th to give it a try, you will be glad you did!

NEW!! St. Mary's Running Club

Running is a great way to stay in shape, meet new people and most importantly have fun! St. Mary's Recreation department will be holding a running club Tuesday evenings at 6:30 at the St. Mary's Education Centre. To register please contact Emily at 522-2598 or by email at emilymargaretmorton@gmail.com

Medium to Low-Medium Impact Fitness Class

The Municipality of St. Mary's will once again 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 10:00 Indian Harbour Lake Fitness Class	10:00 Melrose Greenfeild Oldsters club
6:30 Yoga Port Bickerton Community Centre	6:30 St. Mary's Running Club SMA 6:30 Train like the Pro's SMA	3:00 Just us Girls Fitness Class	10:45 Liscomb Strength Training 2:30 Just us Girls	

Kids Only Club

St. Mary's Recreation will continue holding after school programs in Sherbrooke, Ecum Secum, Aspen, Indian Harbour Lake, Sonora, Goshen, Liscomb and Port Bickerton until 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 through organized activities. Registration forms are still available 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.



Jack Frost Fun 5k Run & 1k Walk

Attention all you runners and walkers out there! Its time to

lace up those sneakers and join us for an afternoon of fresh air and fun! St. Mary's Recreation Department will be holding its first ever Jack Frost Fun Run on March 4th 2012 starting at 1:00 pm. This event is free of charge however donations to the Canadian Breast Cancer Society are encouraged. To register please contact Emily at 522-2598 or by email at emilymargaretmorton@gmail.com.

NEW!!! Just Us Girls After School Fitness Program

Trying to get in shape? We have the program for you! St. Mary's Recreation will be holding a girls only fitness class for girls age 12-18. For more information or to register please contact Emily at 522-2598 or by email at emilymargaretmorton@gmail.com

January-February 2012

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

February 2012

Tuesday	Wednesday	Thursday
7 Zone 1 BLUE BAG	8 Zone 2 BLUE BAG	9 Zone 3 BLUE BAG
14 Zone 1 GARBAGE	15 Zone 2 GARBAGE	16 Zone 3 GARBAGE
21 Zone 1 BLUE BAG	22 Zone 2 BLUE BAG	13 Zone 3 BLUE BAG
28 Zone 1 GARBAGE	29 Zone 2 GARBAGE	1 Zone 3 GARBAGE

March 2012

Tuesday	Wednesday	Thursday
6 Zone 1 BLUE BAG	7 Zone 2 BLUE BAG	8 Zone 3 BLUE BAG

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***

February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p>12 Uscomb Winter Activity Day Sherbrooke</p> <p>19 8:30 AM Country Breakfast</p>	<p>5 10:00 AM St. Mary's in Motion</p> <p>10:00 AM Sonora Fitness Class</p> <p>10:00 AM Zumba Ecum Secum</p> <p>11:00 AM St. Mary's in Motion</p> <p>11:00 AM Stock Curling</p> <p>2:30 PM Kids Only Club Indian Harbour Lake</p> <p>3:00 PM Walking Program SMEC</p> <p>3:00 PM Kids Only Club Uscomb</p> <p>4:00 PM Yoga Port Bickerton</p> <p>7:00 PM Sonora Community Centre Meeting</p> <p>7:00 PM IHL Community Centre Meeting</p>	<p>6 10:00 AM Indian Harbour Lake Fitness</p> <p>2:30 PM Kids Only Club Ecum Secum</p> <p>2:30 PM Trail Blazers</p> <p>3:00 PM Kids Only Club - Sonora</p> <p>3:00 PM Walking Program SMEC</p> <p>3:00 PM After School Skating</p> <p>6:30 PM St. Mary's Running Club</p> <p>7:00 PM Over 30 Hockey</p> <p>7:00 PM Uscomb Legion Meeting</p>	<p>7 10:00 AM Indian Harbour Lake Fitness</p> <p>11:00 AM Tea and Sole</p> <p>2:30 PM Kids Only Club Ecum Secum</p> <p>2:30 PM Trail Blazers</p> <p>3:00 PM Kids Only Club - Sonora</p> <p>3:00 PM After School Skating</p> <p>6:30 PM St. Mary's Running Club</p> <p>7:00 PM Over 30 Hockey</p>	<p>8 10:00 AM Port Bickerton Exercise Class</p> <p>10:00 AM St. Mary's in Motion</p> <p>10:00 AM Tumble Bugs</p> <p>11:30 AM Zumba Ecum Secum</p> <p>11:30 AM Zumba Uscomb</p> <p>1:00 PM Seniors Fitness Class</p> <p>2:30 PM Rec Hockey</p> <p>3:00 PM Walking Program SMEC</p> <p>3:00 PM Train Like the Pros</p> <p>6:30 PM Uscomb Darts</p> <p>7:45 PM Bingo Lions Hall</p>	<p>9 10:00 AM Uscomb Learn to Run</p> <p>10:45 AM Uscomb Strength Fit</p> <p>12:00 PM Rug Hooping Meatsos</p> <p>2:30 PM Just us Girls</p> <p>2:45 PM Kids Only Club</p> <p>3:00 PM Kids Only Club</p> <p>4:00 PM St. Mary's Volley Ball Club</p> <p>6:30 PM Zumba Port Bickerton</p> <p>8:00 PM Auction 45 Uscomb</p>	<p>10 9:30 AM Seniors Cafe</p> <p>2:00 PM Metrose Fitness Class</p> <p>3:00 PM Kids Skating</p> <p>7:00 PM Old Fashioned Christmas Meeting</p> <p>7:00 PM Over 30 Hockey</p> <p>8:00 PM Shuffle Board Uscomb</p> <p>8:00 PM Still Water Cards</p>	<p>11 11:00 AM Country Harbour Dart Tour</p> <p>8:00 PM Cribbage Uscomb</p> <p>8:00 PM Cody Rossing Memorial Dice Game</p> <p>11:00 PM Uscomb Winter Activity Day</p>
<p>12 Uscomb Winter Activity Day Sherbrooke</p>	<p>13 10:00 AM Zumba Ecum Secum</p> <p>10:00 AM St. Mary's in Motion</p> <p>10:00 AM Sonora Fitness Class</p> <p>11:00 AM Stock Curling</p> <p>2:30 PM Kids Only Club Indian Harbour Lake</p> <p>3:00 PM Walking Program SMEC</p> <p>3:00 PM Kids Only Club Uscomb</p> <p>4:00 PM Yoga Port Bickerton</p> <p>6:30 PM Council Meeting</p>	<p>14 10:00 AM Indian Harbour Lake Fitness</p> <p>11:00 AM Tea and Sole</p> <p>2:30 PM Kids Only Club Ecum Secum</p> <p>2:30 PM Trail Blazers</p> <p>3:00 PM Kids Only Club - Sonora</p> <p>3:00 PM After School Skating</p> <p>6:30 PM St. Mary's Running Club</p> <p>7:00 PM Over 30 Hockey</p>	<p>15 10:00 AM St. Mary's in Motion</p> <p>10:00 AM Port Bickerton Exercise Class</p> <p>10:00 AM Tumble Bugs</p> <p>11:30 AM Zumba Uscomb</p> <p>1:00 PM Seniors Fitness Class</p> <p>2:30 PM Kids Only Club</p> <p>2:30 PM Rec Hockey</p> <p>3:00 PM Walking Program SMEC</p> <p>3:00 PM Train Like the Pros</p> <p>6:30 PM Uscomb Darts</p> <p>7:00 PM Uscomb Darts</p> <p>7:45 PM Bingo Lions Hall</p>	<p>16 10:00 AM Uscomb Learn to Run</p> <p>10:45 AM Uscomb Strength Fit</p> <p>12:00 PM Rug Hooping Meatsos</p> <p>2:30 PM Just us Girls</p> <p>2:45 PM Kids Only Club</p> <p>3:00 PM Kids Only Club</p> <p>4:00 PM St. Mary's Volley Ball Club</p> <p>6:30 PM Zumba Port Bickerton</p> <p>8:00 PM Auction 45 Uscomb</p>	<p>17 9:30 AM Seniors Cafe</p> <p>2:00 PM Metrose Fitness Class</p> <p>3:00 PM Kids Skating</p> <p>7:00 PM Old Fashioned Christmas Meeting</p> <p>7:00 PM Over 30 Hockey</p> <p>8:00 PM Shuffle Board Uscomb</p> <p>8:00 PM Still Water Cards</p>	<p>18 8:00 PM Cribbage Uscomb</p>	
<p>19 8:30 AM Country Breakfast</p>	<p>20 10:00 AM Zumba Ecum Secum</p> <p>10:00 AM Sonora Fitness Class</p> <p>10:00 AM St. Mary's in Motion</p> <p>11:00 AM Stock Curling</p> <p>2:30 PM Kids Only Club Indian Harbour Lake</p> <p>3:00 PM Walking Program SMEC</p> <p>3:00 PM Kids Only Club Uscomb</p> <p>4:00 PM Yoga Port Bickerton</p> <p>7:00 PM Port Bickerton Community Centre Meeting</p>	<p>21 10:00 AM Indian Harbour Lake Fitness</p> <p>11:00 AM Brunch</p> <p>2:30 PM Kids Only Club - Sonora</p> <p>2:30 PM Trail Blazers</p> <p>3:00 PM After School Skating</p> <p>6:30 PM St. Mary's Running Club</p> <p>7:00 PM Over 30 Hockey</p>	<p>22 10:00 AM St. Mary's in Motion</p> <p>10:00 AM Port Bickerton Exercise Class</p> <p>10:00 AM Tumble Bugs</p> <p>11:30 AM Zumba Uscomb</p> <p>1:00 PM Seniors Fitness Class</p> <p>2:30 PM Kids Only Club</p> <p>2:30 PM Rec Hockey</p> <p>3:00 PM Walking Program SMEC</p> <p>3:00 PM Train Like the Pros</p> <p>6:30 PM Uscomb Darts</p> <p>7:00 PM Uscomb Darts</p> <p>7:45 PM Bingo Lions Hall</p>	<p>23 10:00 AM Uscomb Learn to Run</p> <p>10:45 AM Uscomb Strength Fit</p> <p>12:00 PM Rug Hooping Meatsos</p> <p>2:30 PM Just us Girls</p> <p>2:45 PM Kids Only Club</p> <p>3:00 PM Kids Only Club</p> <p>4:00 PM St. Mary's Volley Ball Club</p> <p>6:30 PM Zumba Port Bickerton</p> <p>8:00 PM Auction 45 Uscomb</p>	<p>24 9:30 AM Seniors Cafe</p> <p>3:00 PM Kids Skating</p> <p>7:00 PM Shuffle Board Uscomb</p> <p>8:00 PM Over 30 Hockey</p> <p>8:00 PM Still Water Cards</p>	<p>25 8:00 PM Cribbage Uscomb</p>	
<p>26 10:00 AM Zumba Ecum Secum</p> <p>10:00 AM Sonora Fitness Class</p> <p>10:00 AM St. Mary's in Motion</p> <p>11:00 AM Stock Curling</p> <p>2:30 PM Kids Only Club Indian Harbour Lake</p> <p>3:00 PM Walking Program SMEC</p> <p>3:00 PM Kids Only Club Uscomb</p> <p>4:00 PM Yoga Port Bickerton</p> <p>6:30 PM Yoga Port Bickerton</p>	<p>27 10:00 AM Indian Harbour Lake Fitness</p> <p>11:00 AM Brunch</p> <p>2:30 PM Kids Only Club - Sonora</p> <p>2:30 PM Trail Blazers</p> <p>3:00 PM After School Skating</p> <p>6:30 PM St. Mary's Running Club</p> <p>7:00 PM Over 30 Hockey</p>	<p>28 10:00 AM St. Mary's in Motion</p> <p>10:00 AM Port Bickerton Exercise Class</p> <p>10:00 AM Tumble Bugs</p> <p>11:30 AM Zumba Uscomb</p> <p>1:00 PM Seniors Fitness Class</p> <p>2:30 PM Kids Only Club</p> <p>2:30 PM Rec Hockey</p> <p>3:00 PM Walking Program SMEC</p> <p>3:00 PM Train Like the Pros</p> <p>6:30 PM Uscomb Darts</p> <p>7:00 PM Uscomb Darts</p> <p>7:45 PM Bingo Lions Hall</p>	<p>29 10:00 AM Uscomb Learn to Run</p> <p>10:45 AM Uscomb Strength Fit</p> <p>12:00 PM Rug Hooping Meatsos</p> <p>2:30 PM Just us Girls</p> <p>2:45 PM Kids Only Club</p> <p>3:00 PM Kids Only Club</p> <p>4:00 PM St. Mary's Volley Ball Club</p> <p>6:30 PM Zumba Port Bickerton</p> <p>8:00 PM Auction 45 Uscomb</p>	<p>30 9:30 AM Seniors Cafe</p> <p>3:00 PM Kids Skating</p> <p>7:00 PM Shuffle Board Uscomb</p> <p>8:00 PM Over 30 Hockey</p> <p>8:00 PM Still Water Cards</p>			