



Municipality of the District of St. Mary's

# APRIL 2012 Newsletter



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

The DEADLINE to have information submitted for the MAY issue of the Newsletter is **WEDNESDAY, April 18<sup>th</sup>** at 4:00 p.m. Submissions can be received by fax: 522-2309 or email: [council@munet.ns.ca](mailto:council@munet.ns.ca) Subject line must read NEWSLETTER SUBMISSION. Also please note that we reserve the right to edit any and all submissions to this newsletter.



## St. Mary's Municipal Council

The next regular meeting of St. Mary's Municipal Council will be held on **Tuesday, April 10<sup>th</sup>, 7 pm, due to Easter Monday**. The public is invited to attend. Visit our website for recent minutes of the regular meetings, important dates and forms.

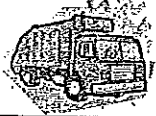
[www.saint-marys.ca](http://www.saint-marys.ca)

Municipal Elections will be held on **Oct 20<sup>th</sup>**. To better understand municipal government as an informed voter or if you are interested in becoming a potential candidate please check out [www.ns-municipal-elections.ca](http://www.ns-municipal-elections.ca)



## SPRING HEAVY HAUL

Tuesday April 24 <sup>th</sup>	Wednesday, April 25 <sup>th</sup>	Thursday April 26 <sup>th</sup>
New Chester, Ecum Secum, Liscomb to Sherbrooke including Sonora and Old Road Hill	East Loon Lake, Smithfield, Glenelg Church Road, Aspen to Goshen to Borneo Road, inclusive	Hwy 211, Indian Harbour Lake to Port Bickerton, Stillwater, West Melrose, Lead Mines Road to Waternish, inclusive
<b>Friday April 27<sup>th</sup></b>		
Any missed stops or excess material not collected Tuesday-Thursday		



**Heavy Haul Collection will commence at 7:00am each day, items must be roadside on your Regular Garbage Collection day**

Unaccepted items: needles, medical waste, compost, blue bag recyclables, car bodies, chemicals, large demolition sites, trees

Accepted items: Car parts, tires (off rims) law furniture, fridges, stoves, other appliances, sofas, beds, tables, mattresses, other furniture, boards, plastic, tools, bbq's, electronics.

\*\*\*Any changes in schedules or other details will be advertised on the radio\*\*\*

*There will also be a Fall Heavy Haul. Details in upcoming newsletters.*

St. Mary's Municipal Council is offering a \$100.00 Low Income Exemption for those residents whose income does not exceed \$16,900 per household. Deadline to have these applications submitted is **April 30<sup>th</sup> 2011** at 4:00pm. For more information on application criteria, contact your local councilor or Municipal Office. **NOTE:** your 2010 Revenue Canada Notice of Assessment **MUST** be included

## JOB OPPORTUNITY

The Municipality is looking to hire a Manager for the St. Mary's Fitness Centre pending funding approval. Interested applicants can drop their cover letter and resume to Municipal Office at 16 Main Street Sherbrooke, or email to [council@munet.ns.ca](mailto:council@munet.ns.ca). This position is estimated at 25 hours per week. Rate of pay to be negotiated based on qualifications. Additional training may be required/provided. Copy of job description available at office

## St. Mary's Transfer Station Hours of Operation:

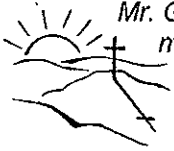
9:30am – 4:00pm Tuesday thru Saturday  
Closed Good Friday April 6<sup>th</sup>

## NOTES:

Blue Bag recyclables and cardboard are not accepted at Transfer Station. Place these items roadside for regular pickup. Construction and Demolition Materials guide available on website, at office and transfer station.



**Spring Events at Bayview Baptist Church**  
 Mr. Glen Weeks will be with us for special meetings from Thursday, April 5th-Sunday, April 8th. All services will be at 7:00 pm, except Sunday morning at 9:30 am. On Easter Sunday morning we will have a sunrise service at 7:15 am with breakfast afterward in the fellowship hall. All are welcome!



The St. John's Liscomb Cemetery Society will hold its Annual Meeting at 7 pm, Wed. April 11th at the home of Sandra Spears, 1828 Highway 7 in Marie Joseph.

Please come out and support our society so we can continue to keep the cemetery well taken care of. All welcome!

**Chainsaw Use and Safety Training**

Date: April 28, 2012

Venue: Department of Natural Resources, St. Peter's 10258 Grenville Street

Time: 8:30 am-4:30 pm

Cost: The fee is \$40 per participant, lunch included



Topics to be covered in the course include: Safety requirements and safe operating techniques, Basic maintenance and troubleshooting, Filing and good understanding of chainsaw design, Basic work technique including: directional felling techniques, limbing and bucking techniques.

To register: Send an email to [mutabasp@gov.ns.ca](mailto:mutabasp@gov.ns.ca) or call 1-866-226-7577

**Sonora/St. Mary's River Community Center**

March 30th at 7 pm- Penny Auction and Cake Walk and "Sorry" game. \$5.00 for 20 numbers. We are asking for donations of items and cakes from the community. The centre will be open to drop off items on the days preceding the auction. If pick-up is needed call: Sandra Robinson at 522-2642 or Elaine Mahar at 522-2245.

April 2nd at 7 pm- Regular Monthly Meeting  
 Please attend

May 5th from 2:00-4:00pm- Dust off your fancy hats and mark your calendar! We will be hosting a "Spring Tea By the Sea". Admission \$6.00. There will be door prizes and ticket sales. More info in the next newsletter.

For hall bookings call: Elaine Mahar at 522-2245

A Soup and Chowder luncheon and Easter Bake table will occur at the Ecum Secum Fire Hall, March 31st at 11 am. Adults \$6.00, Children \$3.00 and under 5 years-free. Proceeds for St. Barnabas Altar Guild.



**Spring Greetings from High-Crest!**

Our Residents celebrating birthdays this month are:

Marion Rudolph April 5th  
 Irene Hodder April 8th  
 Harvey Scott April 24th



Happy Birthday Folks! The Homebuddies will host their monthly Bingo/birthday party on April 10th at 1:15pm. We will play bingo, sing some great old songs and enjoy Birthday Cake and Ice Cream! Everyone is welcome!

The memorial service for Foster Marple was held on March 13th. High-Crest Sherbrooke would like to say thank you to the people who made donations to the Activity fund on behalf of Foster. It was very thoughtful of you and we will put the money to good use for the residents.

We would like to wish everyone a Happy Easter!



**THERE WILL BE A ST. MARY'S ATV CLUB MEETING APRIL 12TH AT THE COUNCIL CHAMBERS AT 7 PM. NEW MEMBERS WELCOME.**

*I would like to thank my family and friends for all the kindness shown to me during my surgery and recovery, also for the many prayers, cards, visits and phone calls. Thank you all! Melvin Burns*



**Variety Concert**

Where: Goshen Community Centre  
 When: Saturday, April 28th at 7:30 pm  
 Adults \$8.00, Children \$3.00  
 Bake Auction  
 Proceeds towards roof repair.

**Historic Sherbrooke Village Development Society**  
 The Annual General Meeting (AGM) for the HSVDS will be held Friday, May 4th, 2012 at 7:00 pm at the Exhibit Centre. We are currently seeking new board members and members at large, we urge all who may be interested to attend this meeting. If you have any questions regarding the society and what we do contact Lynn Hayne at Sherbrooke Village-902-522-2400.

Light refreshments will be served.

## Sherbrooke Library Chat Line

Internet Access- and wireless are available during open hours; wireless is available after hours, when you are in close range of the building.

**Meditation Class-Tuesdays 11:00 am until noon.**

Learn how to meditate followed by a short practice. Feel the peace and calmness.

**Village Readers' Book Club-** The first Friday of every month. This time it is April 6, 11:00am. Come and tell us about an interesting book that you have read.

**Seniors' Café-Fridays, 9:30am.** Join us for a snack, conversation, check out some books and maybe have a game of scrabble.

**Children's Story Time-**Continues into April. Come a bit earlier than that so your children are able to select their books to read at home. Due to cancellation on March 15, Story Time will continue for an additional week in April.

**"Fraud, Power of Attorney, Scams and how all can affect you and your money"** will be presented by Heather Laybolt. Be sure to mark April 13<sup>th</sup> 9:45 am on your calendars to join us for information and answers to your questions. (This is held during Seniors' Café time but there are no age restrictions for attendance!!)

**Closed-**The library will be closed on Good Friday and Easter Monday, but will be open as usual on Saturday morning.

### 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](http://www.ecrl.library.ns.ca)

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

### Indoor Yard Sale: April 14th

9:00am to 1:00pm at St. John's Church Hall,  
#7 Hwy, Necum Teuch

New and Used Clothing, Books, Baked goods  
Lunch and Tea/Coffee available

To book tables contact Helen 347-2182

### Monthly meeting of the Liscomb

Volunteer Fire Department will be  
Monday, March 26<sup>th</sup> at 6:30. Training  
will be Monday, April 16<sup>th</sup> at 6:30pm

## The Anglican Parish of Liscomb & Port Bickerton

The Rev. Melissa Frankland, Rector 522 2510  
[revmelissa@maritimers.ca](mailto:revmelissa@maritimers.ca)

### Palm Sunday & Distribution of Palms (April 1<sup>st</sup>)

9am St. Paul's Port Bickerton

11am St. Thomas' IHL

3pm St. Luke's Liscomb

7pm St. James' Sherbrooke (at Maple Manor)

### Maundy Thursday (April 5th)

9pm St. Luke's Liscomb (H.C.& Stripping of the Altar)

### Good Friday (April 6th)

11am St. Paul's Port Bickerton

6 pm St. James' Sherbrooke (Maple Manor)

### Easter Vigil (April 7th)

8pm St. Paul's Port Bickerton

### Easter Day (April 8th)

9 am St. Luke's Liscomb

11am St. James' Sherbrooke (At St. James' Church)

3pm St. Thomas' IHL

### Octave Day of Easter (April 15th)

9am St. James' Sherbrooke

11am St. Luke's Liscomb

3pm St. Paul's Port Bickerton

7pm St. Thomas' IHL

### Second Sunday after Easter (April 22nd)

9am St. Thomas' IHL

11am St. Paul's Port Bickerton

3pm St. James' Sherbrooke

7pm St. Luke's Liscomb

### St. Mark (April 29<sup>th</sup>)

11am Combined HC Service in Liscomb

\*\*Please note: From Easter onward the congregation in Sherbrooke will be worshipping at St. James' Church, Old Road Hill\*\*

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

(Convention of Atlantic Baptist Churches)

You are invited to attend

April Worship Services and events:

Palm Sunday, April 1, 11am-Port Hillford United Baptist

Good Friday, April 6<sup>th</sup>, 2 pm-Sonora Baptist Church

Easter, April 8<sup>th</sup>, 11am-Port Bickerton United Baptist

April 15<sup>th</sup>, 11am-Sonora Baptist Church

Tuesday, April 17<sup>th</sup>, 7pm-Interdenominational "Come to

the River"-Prayer meeting at Sonora Baptist Church

April 22<sup>nd</sup>, 11am-Port Hillford United Baptist Church

April 29<sup>th</sup>, 11am-Port Bickerton United Baptist Church

Wednesdays at 6:30pm, at Port Hillford United Baptist:

A study of World Religions in relation to the Bible and Christianity. Everyone is welcome to join this discussion.

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



I lied on my Weight Watchers list. I put down that I had 3 eggs... but they were Cadbury chocolate eggs. ~Caroline Rhea

# Guysborough County

Regional Development Authority

Want to GROW your Business? The GCRDA is hosting Business On-

Line Workshops in Sherbrooke for the following participants:

- Business owners
- Individuals thinking of starting a business
- Individuals that work for an organization that supports business
- Volunteers for a community organization

This workshop is a general overview and will be held at the Council Chambers, April 3, from 7-8:30pm. Future workshops will be held on specific topics depending on interest (i.e shopping carts, social media etc.) Facilitation will be done by Crispin Cornect, Owner of *Simply Ducky*. As we are living in a computer based society, some of the benefits to doing business on-line are that it has low start up costs, will cut your current costs, and allows you to do business ANYWHERE in the world, just to name a few. Contact Carmel @ [clavery@gcrda.ns.ca](mailto:clavery@gcrda.ns.ca) or 533-3731 to register

## 7 Wonders of Guysborough County

Has a Guysborough County native gone beyond the call of duty? Are you impressed with the architecture of a particular building from your community? Perhaps a county business makes the best fish and chips? We want to know "What's your Wonder?" Utilizing print and social media the campaign aims at growing community pride and travel to the area by engaging friends of Guysborough County to share all that they love about their part of paradise.

Each week, the GCRDA is looking for your nominations for the following categories:

- ❖ **March 12-18 – Architecture** - i.e houses, business buildings, barns, churches, bridges, courthouses, post offices, wharves etc.
- ❖ **March 19-25 – The Arts** - artists at work, murals, sculptures, grassroots art, public art, performing spaces, music, theatre, fine art, dance etc.
- ❖ **March 26-April 1 – Events** - community suppers, musical events, sporting events, parades, children events
- ❖ **April 2-8 – Cuisine** - Restaurants, community suppers, breakfast, farmers market etc
- ❖ **April 9-15 – History** - Unique stories, folklore, buildings, landmarks
- ❖ **April 16-22 – Geography** - barrens, trails, natural landmarks, seacoast, waterfalls, rivers, gardens, dirt-roads etc.
- ❖ **April 23-29 – People** - musician, politician, businessperson, scientist, veteran, an athlete, etc.

Nominations can be made by 1) Uploading a picture to our Facebook Fan Page @ Guysborough County Regional Development Authority or 2) Email us a picture to [info@gcrda.ns.ca](mailto:info@gcrda.ns.ca).

Homemade Beans and Fish Cake Supper  
Port Bickerton Community Centre April 14 4-6pm  
Adults \$10 Children \$5 Sponsored by St. Paul's  
Willing Workers. Everyone Welcome.

**Sherbrooke Village** Office is open M-F 8:30-4:00  
**WAGON RIDES**- Free on Tuesday and Thursday  
1:00-2:00 pm. Fee charged for private bookings.



Please call to make an appointment/confirm all rides-  
902-522-2400 (888-743-7845)

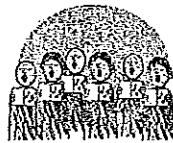
[www.sherbrookevillage.museum.gov.ns.ca](http://www.sherbrookevillage.museum.gov.ns.ca)

**Zumba fundraiser for Fun with S.H.O.P.S. will be held at St. Mary's Education Centre April 21, 2012 from 1:00-3:00 pm. Refreshments and door prizes. Donations at door. Come out and help support our program!**

**Community Choir Sacred Easter Concert**  
An Interdenominational Community Choir under the Direction of Iris Hayes

Saturday, March 31<sup>st</sup>, 2012 7:00 pm  
St. John's United Church, Sherbrooke  
A freewill offering will be received for a youth mission trip to Puerto Rico.

All 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.

## St Mary's Cancer Unit

April is cancer month and our volunteers will be out to solicit your support. If there is anyone in the Marie Josph, Goshen or Sonora area that could assist with the campaign, it would greatly appreciated.



Daffodil Sale: available as of March 23<sup>rd</sup>  
\$7/bunch or \$3.50/half a bunch

Well Women's Clinic will be held at St. Mary's Memorial Hospital on May 26<sup>th</sup> with Dr. Anita Foley and Valerie Chisholm RN. To book appointment call 522-2882. If you have any questions about our unit's program call Ola 522-2046 or Alice 522-2518

*The Lighthouse Ministry in Song*  
Roger & Shirley Pavey from Peterborough, Ontario will present a Gospel Concert at Indian Harbour Lake Pentecostal Church on Wed, May 2<sup>nd</sup> at 7pm. You are invited to join us as we welcome the Paveys who travel nationwide sharing in Gospel and praise and worship music. No admission charge. A freewill offering will be taken. Pastor Dave Connolly 522-2759 or [pastordave@ihlpentecostalchurch.ca](mailto:pastordave@ihlpentecostalchurch.ca)

## Strait Area Launches Project Lifesaver

The Strait Area Ground Search and Rescue team is proud to announce that they have joined forces with Project Lifesaver and are now enrolling new clients in their program. Project Lifesaver is a non-profit international program reaching many areas of the United States and becoming more prevalent in Canada and specifically Nova Scotia. Project Lifesaver is intended for individuals living with Autism, Down's syndrome, Alzheimer's, dementia and other cognitive delays or impairments. A small device, about the size of a wrist watch, is worn on either the wrist or ankle of the client which is set to a specific radio frequency. This device is a critical tool used by the search and rescue teams and RCMP to aid in locating a loved one who may have gone missing.

When an interested person contacts Project Lifesaver Association of Nova Scotia's (PLANS), they are provided information. When they are ready to enroll in the program, a member of our local search and rescue team will come to the home and introduce the device to the client and caregiver(s). At this time, the team member will go through the PLANS contact, collect some information and payment, show the caregiver(s) how it works and demonstrate how the battery is checked daily.

Initial signup costs are \$300. A monthly fee of \$25 is also required which covers the battery, strap and other maintenance costs. Battery changes, basic maintenance and log review are done every month to ensure that the device is working correctly and proper procedure is being followed through. If you are interested in obtaining more information or getting started with PLANS, you can do so by checking out Project Lifesaver Association of Nova Scotia's (PLANS) website at <http://www.projectlifesaver.info/>, or emailing [contactus@projectlifesaver.info](mailto:contactus@projectlifesaver.info) or calling 902-365-3362.

### Did you Know?

The Women's Institute of Nova Scotia projects include:

- ✓ Buy local challenge - to encourage the purchase of more locally grown food and all products
- ✓ Rural water quality project - the quality of our drinking water in Nova Scotia
- ✓ Adopt-a-highway program - keeping sections of highways litter free
- ✓ Farm safety day camps - teaching children how to stay safe on the farm
- ✓ Crafts for a cause - knitted bears for Alzheimer's patients, comfort pillows for mastectomy patients, finger puppets for children, layettes; preemie caps; quilts/blankets for homeless and turbans for cancer patients

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

**Sunday Worship in April:** 9:30am at St. John's in Sherbrooke, 11:00am at Kirk in Glenelg, 6:30pm at Bethany in East River.

**Holy Week Services-Combined Service Palm Sunday, April 1<sup>st</sup>, 7pm at St. John's in Sherbrooke. Maundy Thursday with Holy Communion, April 5, 7pm at Kirk in Glenelg. Good Friday, April 6, 7 pm at Bethany in East River. Easter Sunday, April 8, 6am Sunrise Service at Lochiel Lake Park. Easter Sunday Services at all three churches are regular times. For more information or to inquire about Sunday School, Youth Group or Bible Study, please phone our minister, Derek Elsworth, at 833-2920 or visit our website at**

[www.stmaryspastoralcharge.blogspot.com](http://www.stmaryspastoralcharge.blogspot.com)

### JFJ CLUB (Juniors for Jesus Club)

Saturday, April 14<sup>th</sup> & 28<sup>th</sup> 12:30-3:00 at

IHL/Jordanville Community Centre

For Boys and Girls ages 6 and up

Team up with the reliable Commissioner and her best agent for an investigation, wild and wacky games and a delicious snack.

Sponsored by Indian Harbour Lake Pentecostal Church

### April at Indian Harbour Lake Pentecostal Church

Sunday: 11 am Morning Worship

6:30 pm. Praise and Prayer April 15<sup>th</sup>

Wednesday, April 4<sup>th</sup> & 11<sup>th</sup> 7:00 pm.

Bible Study on the life of Moses Fri. 13<sup>th</sup> & 27<sup>th</sup>

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](mailto:pastordave@ihlpentecostalchurch.ca)

### ROYAL CAN. LEGION BR. #86 LISCOMB

Next general meeting will be held on Tuesday, April 3<sup>rd</sup> all welcome!

#### Activities:

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

CRIBBAGE-Saturdays at 8 pm \$5

Crib Tournament: Saturday March 31<sup>st</sup>

Start time is 2pm. Play 8 games, potluck supper,

Play 8 games. \$10 per person

#### Pot Luck Supper

March 31<sup>st</sup> at the IHL/Jordanville Community Centre from 4-6 pm. Come and join us before heading to the Ecumenical Easter Choir Concert! All funds raised are going to support St. Thomas' Anglican Youth Mission Trip to Puerto Rico in July! Thank you for your support! God Bless!

# St. Mary's Recreation

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

## April, 2012. Spring is here! HAPPY EASTER!! RECREATION NEWSLETTER

**ST. MARY'S VOLLEYBALL** The ages will be from 12 to 18. 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.



### EASTER EGG HUNTS

To celebrate Easter, St. Mary's Recreation is very excited once again to put on Easter Egg Hunt's for communities. Last year it was a blast! Everyone is welcome! Bring the family, friends, etc. People will go searching for Easter eggs, and prizes will be given out. Bring something for gathering eggs. It's FREE!  
Ecum Secum Fire Hall: Wed, April 4, 330 pm.  
Sherbrooke. St. Mary's Education Centre: Thurs, April 5, 3pm  
Goshen Community Centre: Fri, April 6, 10am  
Indian Harbour Lake Community Centre: Fri, April 6, 1 pm  
Liscomb Legion: Fri, April 6, 330pm  
Port Bickerton Community Centre: Mon, April 9, 10am  
Sonora Community Centre: Mon, April 9, 1pm  
Melrose, Greenfield Oldsters Club: Mon, April 9, 330pm



**ZUMBA**  
Fitness

### ZUMBA FITNESS

**Fridays, 6:30 pm - 7:30 pm.** Indian Harbour Lake Community Centre.

**Wednesdays, Port Bickerton Community Centre. 6:30 to 7:30 pm.**

**Mon and Wed - Ecum Secum Fire Hall. 10 am.**

**Wed and Fri - Liscomb Legion, Wed- 11:30 am to 12:30. Fri - 10:00 am to 11:00 am.**

**Mon - Sherbrooke. St. Mary's Academy. 6:30 - 7:30 pm.**

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.

### 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 [joshcorakum@yahoo.ca](mailto:joshcorakum@yahoo.ca) or phone: 522-2598.

**OPEN REC NIGHT** Tuesdays 6:30 pm. St. Mary's Academy in Sherbrooke. All Ages. FREE! Youth, children, teens, families, etc. can come and be involved in whatever activity they want!



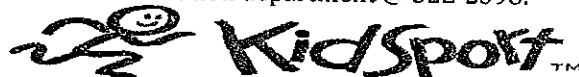
**LIONS BINGO** Wednesdays. Starting at 7:45. Lions Club/Hall, Sherbrooke, NS.

**FOOD HANDLERS COURSE** Wednesday, April 4, 3:00 to 6:00 pm. Port Bickerton Community Centre. FREE!! Everyone MUST CALL AND REGISTER NO LATER THAN APRIL 2. Are you a community group, individual, organization, or just handles or prepares food for people? Well, you should have this course to be able to do this. This is your chance to take it!!

### SPRING 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 for more information and/or 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>).

**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.



**ST. MARY'S FITNESS CENTRE** Open Monday to Friday, 3:00 pm to 8:00 pm. Closed when school is closed. Promo of the month: Go ten consecutive days when the gym is open for ten dollars.



#### **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/>).



#### **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.

#### **ST. MARY'S RECREATION CASUAL/PART TIME STAFF**

**EMPLOYMENT OPPORTUNITIES** As you may know, St. Mary's Recreation puts on programs, events, and activities all around the municipality. We are accepting applications for casual staff to join our team. Please send resume to: [joshcorkum11@gmail.com](mailto:joshcorkum11@gmail.com)

**SPRING IS HERE!** St. Mary's Recreation is encouraging you to get out and enjoy the beautiful spring weather while being active. You could go for a walk, ride your bike, or do something fun outside!

**ST. MARY'S IN MOTION.** This program will continue and the fitness centre will be open on Mondays and Wednesdays at 10 am. \$2 Drop in fee. People are welcome to come and workout using the facility that we have to keep fit and stay active.

## **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 received back the nomination forms. 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 Municipality chose a volunteer that will represent St. Mary's at the provincial Volunteer Awards in Halifax on April 2. We will be having the St. Mary's Volunteer Awards Ceremony will be on April 20, 2012 at 6:00 pm at the Lions Hall in Sherbrooke. Everyone who got nominated is invited to these awards, along with a guest. Please call the recreation department at 522-2598 to confirm your attendance at this wonderful event. And remember, Volunteers are the heart of every community. Volunteers are involved in virtually every aspect of society including health, education, social services, youth, sports and recreation, culture, the arts and the environment. Some volunteers give just one hour of time each week; others devote many hours. Volunteers are involved in one-time events as well as ongoing commitments. Some choose to volunteer out in the community whereas others are virtual volunteers and do their volunteering from the comfort of their own home. Volunteers can work on their own or with others, do hands-on work or volunteer at an administrative or leadership level. The Municipality of the District of St. Mary's would like to take this opportunity to thank the many individuals who volunteer and give tirelessly of their time throughout the year. Your efforts and dedication truly make this Municipality a better place to live.

#### **ST. MARY'S RECREATION DEPARTMENT SUMMER EMPLOYMENT OPPORTUNITIES**

The Municipality of the District of St. Mary's Recreation Department is seeking applications from students who would like to be part of our summer staff team. We need students to organize special events, plan summer recreation programs, and lead programs and activities. If you are creative, outgoing, energetic, friendly, motivated, responsible, and enjoy working with youth and the public, submit your resume to: Josh Corkum, Recreation Coordinator [joshcorkum11@gmail.com](mailto:joshcorkum11@gmail.com), stating what position you are applying for, mail, or drop your resume off at the Municipal Building (16 Main Street, Sherbrooke, Nova Scotia, B0J 3C0) no later than Wednesday, April 25<sup>th</sup> 2012 at 4:00 pm. Pending funding. Please contact the Recreation Office for Job Descriptions. Positions to be filled: Summer Manager Position. Five Recreation Leaders and one Swim Instructor/Recreation Leader. We thank you for your applications, though only applicants selected for an interview will be contacted. If you have any questions, please call the recreation department at 522-2598.



**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.



**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.



**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 VOLLEYBALL CLUB TOURNAMENT** Saturday, April 21, St. Mary's Academy. Starting at 10:00 am. Come on out and watch some volleyball action and cheer on your volleyball players from St. Mary's.

**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.

**KIDS FIRST**



- **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 31<sup>st</sup> 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 started 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.

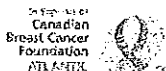
For more information regarding Kids First or the programs, visit our new and improved website [www.kids1st.ca](http://www.kids1st.ca) All programs and services are free and confidential! For more information, please contact Kids First toll free at 1-888-533-3881. Kids First programs are made possible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

**SCRAPBOOKING** Port Bickerton Community Centre. April 12, 19, 26. 3:30 - 5:00 pm. Come on out and have a great time learning how to "SCRAPBOOK".

# St. Mary's Recreation Physical Activity Opportunities

## Jack Frost Fun 5k Run & 1k Walk

The Jack Frost 5k Run and walk was a huge success. Over 100 runners and walkers participated and over 2500 dollars was raised for a very deserving cause. We would like to extend a huge thank you to all who helped out with the event. Without our community volunteers this event would not have been such a success.



I would also like to thank the following sponsors: Shoppers Drug Mart, Village Coffee Grind, St.

Mary's Smoke House, Sobey's, Superstore, New Glasgow Subway, New Glasgow Tim Hortons, Robert Morton Finical Services, The Canadian Breast cancer foundation, Manulife Finical and Sherbrook Village.

Once again thank you for all those who participated! We appreciate your support and look forward to seeing you next year!!

## 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 10:00-11:00 at the Goshen Community Centre. 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 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](mailto:emilymargaretmorton@gmail.com)

St. Mary's



Running Club

## St. Mary's Fitness Centre

The St. Mary's Fitness Centre is open Monday-Friday from 3:00-8:00pm. Personal training and orientations are available, to arranged a consultation please contact the recreation office.

## Learn to Run Program



Congratulations to all the participants in the Liscomb Learn to Run Program for completing your first ever 5km race on March 4<sup>th</sup> 2012!

The Liscomb Learn to run Program is a beginner level program that will teach you the basics of running, from techniques to footwear we have it covered!! Join us at the Liscomb Legion Thursday's at 10:00 am to give it a try! For more information or to register please contact Emily at 522-2598 or by email at [emilymargaretmorton@gmail.com](mailto:emilymargaretmorton@gmail.com)

**Train Like the Pros** 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 runs Wednesday's at 6:30 at the St. Mary's Education Centre



## Happy Feet After School Running Program

In partnership with the Nova Scotia Dr. Association, and Run for Life Municipality of St. Mary's will be offering a children and youth after school running program. Happy Feet is a free program designed to get kids moving and foster a life long physically active life style. The program will be held Wednesday's from 2:30-3:30 at the St. Mary's Academy, runners are encouraged to dress for both indoor and outdoor running conditions. For more information or to register please contact Emily Morton at 522-2598 or by email at [emilymargaretmorton@gmail.com](mailto:emilymargaretmorton@gmail.com)

## NEW!! St. Mary's Youth Running Club

In partnership with the Nova Scotia Dr. Association, Run for life and the St. Mary's Academy Track Program the Municipality of St. Mary's Recreation Department will be offering an after school running program. This program is for students grades 7-12 and will be held Mondays after school from 2:30-3:30 at the St. Mary's Academy. Runners are again encouraged to dress for both indoor and out door conditions. For more information or to register please contact Emily Morton.

**Trail Blazers**

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. Feel free to contact either Christa Webber @ 522-2432 or Emily Morton @ 522-2598 with questions.

**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](mailto: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  2:30 Youth Running Club	10:00 Indian Harbour Lake Community Centre	2:30 Happy Feet	10:00 Learn to Run Liscomb Legion	10:00 Melrose Greenfeild Oldsters club
	6:30 St. Mary's Running Club SMA 7:15 Yoga	6:30 Train like the Pro's SMA	10:45 Liscomb Strength Training 2:30 Just us Girls	

**NEW!!! Just Us Girls After School Conditioning**

Trying to get in shape or stay in shape? We have the program for you! St. Mary's Recreation will be holding a girls only conditioning class for girls age 12-18 on Thursdays from 2:30-3:30 at the St. Mary's academy. For more information or to register please contact Emily at 522-2598 or by email at [atemilymargaretmorton@gmail.com](mailto:atemilymargaretmorton@gmail.com)



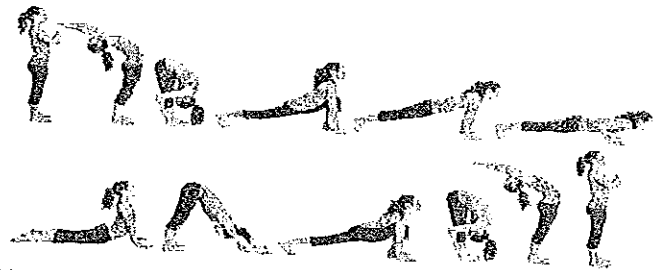
**NEW! Sherbrooke Yoga (45 minute)**

Yoga classes are now offered Tuesday evenings from 7:15-8:00 at the St. Mary's Academy. Classes beginner level and will teach you the basics of Kripalu style yoga and meditation. Please be advised that a minimum of 5-10 participants are necessary in order for the program to proceed. For more information or to register please contact Emily Morton at 522-2598 or by email at [atemilymargaretmorton@gmail.com](mailto:atemilymargaretmorton@gmail.com)

**St. Mary's Minor Hockey Banquet**

The St. Mary's Minor hockey banquet will be held April 28<sup>th</sup> 2012 beginning at 6:00pm at the Sherbrooke Lions Hall.

**TRY THIS!!  
SUN SALUTATION**



Yoga is a great way to stay in shape. Doing yoga on a daily basis has uncountable benefits, not only does it improve ones physical health but also enlightens them mentally. Yoga is great for building overall stability of ones life and fostering a positive attitude.

**LOSE 5LB WITH THIS QUICK FIT TIP!**

3500 calories = 1 Pound  
DECREASE CALORIC INTAKE BY 250 KCAL PER DAY  
INCREASE CALORIC OUTPUT BY 250 KCAL PER DAY  
= 500 CALORIE DEFFICIATE PER DAY

-500 CALORIES X 7 DAYS A WEEK = -3500 (1 POUNDS WEIGHTLOSS per week)

**Banana and Mango Shake**

- ½ ripe mango
- 1 small banana
- 150m skim milk
- 120ml orange juice
- 1 tsp lime juice
- 1tsp sugar
- 2 tbs vanilla frozen yogert

**Strawberry Yogurt Smoothie**

- 4cups (1 L) ripe strawberries
- 1 cup (250 mL) plain low-fat yogurt
- 1/2 cup (125 mL) fresh orange juice
- 1 tbsp (15 mL) sugar, or to taste

Mix in your blender and enjoy!!!

## March 2012

Tuesday	Wednesday	Thursday
27 Zone 1 GARBAGE	28 Zone 2 GARBAGE	29 Zone 3 GARBAGE

## April 2012

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

## May 2012

Tuesday	Wednesday	Thursday
1 Zone 1 BLUE BAG	2 Zone 2 BLUE BAG	3 Zone 3 BLUE BAG

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 to Garbage collection EVERY week will take place in June, watch upcoming newsletters. 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\*\*\*

# St. Mary's Events April 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 United Church St. John's Sherbrooke 9:30 am, Glenelg 11:00 am, East River 6:30 pm. Holy Week Church Services St. John's Sherbrooke 7 pm. Holy Week Church Services St. John's Sherbrooke 7 pm. Anglican Parish Church 9 am PG, 11 am SH, 3 pm Liscomb, 7 pm SH, 11 am Liscomb. Baptist Church 11 am Port Hilliard.</p>	<p>2 Senora/St. Mary's River Community Center Meeting 7 pm. St. Mary's in Motion 10 am. Zumba Sherbrooke 6:30 pm. Zumba Easum Seacom 10 am. Senora Exerise Class 10 am. Senora Exerise Class 10 am. Senora Exerise Class 10 am. St. Mary's Youth Running 2:35 pm.</p>	<p>3 Liscomb Legion Meeting Library Meditation Class 11 am. Baptist Meditation 7 pm. Baptist Meditation 7 pm. Village Wagon Riders 1:00 pm. Open Gym 6:30 pm. IHL Exerise Class 10 am. Trailblazers 2:35 pm. St. Mary's Running Club 6:30 pm YOGA Sherbrooke 7:15 pm</p>	<p>4 Easum Seacom Easter Egg Hunt 3:30 pm Holy Week Church 7 pm Baptist Church Religion 6:30 pm Port Hilliard St. Mary's in Motion 10 am. Zumba Easum Seacom 10 am. Zumba Sherbrooke 11:30 am. Zumba Port Bickerton 6:30 pm. Food Handouts Goshen 10 am. Happy Feet 2:35 pm, SMA Boot Camp 6:30 pm</p>	<p>5 Sherbrooke easter Egg Hunt 3 pm Beyview Baptist Church 7 pm Holy Week Church Services Glenelg 7 pm. Auction 4:55 Liscomb 8 pm. Anglican Parish Church 9 pm Liscomb. Village Wagon Riders 1:00 pm. Liscomb Seacom Training 10:45 am. Just Us Girls 2:35 pm. St. Mary's Volleyball Club 4 pm.</p>	<p>6 Goshen easter Egg Hunt 10 am. IHL Easter Egg Hunt 1 pm Liscomb Easter Egg Hunt 3:30 pm Beyview Baptist Church 7 pm. Holy Week Church Services East River 7 pm. Village Readers Book Club 11 am. Senora Cafe 5:30 am. Anglican Parish Church PG 11 am, Sherbrooke 6 pm. Baptist Church Senora 2 pm. Zumba Liscomb 10 am. Metross Exerise Class 10:00 am.</p>	<p>7 Beyview Baptist Church 7 pm. Cribbage Liscomb 8 pm. Anglican Parish Church PG 8 pm.</p>
<p>8 Beyview Baptist Church 9:30 am. Sunrise Meeting Breakfast 7:15 am. United Church St. John's Sherbrooke 9:30 am, Glenelg 11:00 am, East River 6:30 pm. Holy Week Church Services Lockell Lake Park 6 am. IHL Pentecostal Church 11 am. Anglican Parish Church 9 am Liscomb, 11 am Sherbrooke, 3 pm IHL. Baptist Church PG 11 am.</p>	<p>9 St. Mary's in Motion 10 am. Zumba Sherbrooke 6:30 pm. Zumba Easum Seacom 10 am. Senora Exerise Class 10 am. Port Bickerton Easter Egg Hunt 10 am Senora Exerise Egg Hunt 1 pm Melrose easter Egg Hunt 3:30 pm.</p>	<p>10 Maniobest Counsel Meeting 7 pm High Cross Birthday/Sings Party 1:15 pm. Village Mediation Class 11 am. Baptist Meditation 7 pm. Open Gym 6:30 pm. IHL Exerise Class 10 am. Trailblazers 2:35 pm. St. Mary's Running Club 6:30 pm YOGA Sherbrooke 7:15 pm</p>	<p>11 St. John's Liscomb Cemetery Meeting 7 pm. IHL Pentecostal Church 7 pm Baptist Church Religion 6:30 pm Port Hilliard St. Mary's in Motion 10 am. Zumba Easum Seacom 10 am. Zumba Port Bickerton 6:30 pm. Tumbledogs Goshen 10 am. Happy Feet 2:35 pm Boot Camp 6:30 pm</p>	<p>12 ATV Club Meeting 7 pm. Auction 4:55 Liscomb 8 pm. Village Wagon Riders 1:00 pm. Scribble/Tag Port Bickerton 3:30 pm. Liscomb Learn to Run 10:00 am. Just Us Girls 2:35 pm. St. Mary's Volleyball Club 4 pm.</p>	<p>13 Bible Study IHL Pentecostal Church Senora Cafe 9:30 am. Front Power of Attorney, Scams class 9:45 am. Zumba IHL 6:30 pm. Liscomb Liscomb 10 am. Melrose Exerise Class 10:00 am.</p>	<p>14 JFU Club 12:30 Cribbage Liscomb 8 pm. Museum Tour Yard Sale 9 am. Bazaar and Fair Cake Supper Port Bickerton 5 pm. Zumba Liscomb 10 am.</p>
<p>15 United Church St. John's Sherbrooke 9:30 am, Glenelg 11:00 am, East River 6:30 pm. IHL Pentecostal Church 11 am. IHL Pentecostal Church 11 am. Anglican Parish Church 9 am PG, 11 am SH, 3 pm Liscomb, 7 pm PG, 7 pm IHL. Baptist Church Senora 11 am.</p>	<p>16 Liscomb Legion Fire Department Training 6:30 pm. St. Mary's in Motion 10 am. Open Gym 6:30 pm. Zumba Sherbrooke 6:30 pm. Zumba Easum Seacom 10 am. Senora Exerise Class 10 am. St. Mary's Youth Running 2:35 pm.</p>	<p>17 Library Meditation Class 11 am. Baptist Church Senora 7 pm. Village Wagon Riders 1:00 pm. Open Gym 6:30 pm. IHL Exerise Class 10 am. Trailblazers 2:35 pm. St. Mary's Running Club 6:30 pm YOGA Sherbrooke 7:15 pm</p>	<p>18 Baptist Church Religion 6:30 pm Port Hilliard St. Mary's in Motion 10 am. Zumba Easum Seacom 10 am. Zumba Liscomb 11:30 am. Zumba Port Bickerton 6:30 pm. Tumbledogs Goshen 10 am. Happy Feet 2:35 pm, SMA Boot Camp 6:30 pm</p>	<p>19 Auction 4:55 Liscomb 8 pm. Village Wagon Riders 1:00 pm. Scribble/Tag Port Bickerton 3:30 pm. Liscomb Learn to Run 10:00 am. Just Us Girls 2:35 pm. St. Mary's Volleyball Club 4 pm.</p>	<p>20 Senora Cafe 9:30 am. Zumba IHL 6:30 pm. Liscomb Liscomb 10 am. Melrose Exerise Class 10:00 am. St. Mary's Volunteer awards 6:00 pm.</p>	<p>21 Cribbage Liscomb 8 pm. ZUMBA Fundraiser with SHOPS 1:30 pm. St. Mary's Pentec. Volleyball Club Tournament 10 am, SMA.</p>
<p>22 United Church St. John's Sherbrooke 9:30 am, Glenelg 11:00 am, East River 6:30 pm. IHL Pentecostal Church 11 am. IHL Pentecostal Church 11 am. Anglican Parish Church 9 am IHL, 11 am PG, 3 pm Sherbrooke, 7 pm Liscomb. Baptist Church Port Hilliard 11 am.</p>	<p>23 St. Mary's in Motion 10 am. Zumba Sherbrooke 6:30 pm. Zumba Easum Seacom 10 am. Senora Exerise Class 10 am. Senora Exerise Class 10 am. St. Mary's Youth Running 2:35 pm.</p>	<p>24 Spring Heavy Hall New Chester, Easum Seacom, Liscomb to Sherbrooke Senora Exerise Class 10 am. Village Wagon Riders 1:00 pm. Open Gym 6:30 pm. IHL Exerise Class 10 am. Trailblazers 2:35 pm. St. Mary's Running Club 6:30 pm YOGA Sherbrooke 7:15 pm</p>	<p>25 Spring Heavy Hall East Leon Lake, Smithfield, Glenelg Church Road, Aspen to Goshen to Goshen Road, Baptist Church Religion 6:30 pm Port Hilliard St. Mary's in Motion 10 am. Zumba Easum Seacom 10 am. Zumba Sherbrooke 11:30 am. Zumba Port Bickerton 6:30 pm. Tumbledogs Goshen 10 am. Happy Feet 2:35 pm, SMA Boot Camp 6:30 pm.</p>	<p>26 Spring Heavy Hall HWY 211, Jordan Harbour Lake to Port Bickerton, Sillwater, Vice Melrose, Lead Mines Road to Watkinson. Auction 4:55 Liscomb 8 pm. Village Wagon Riders 1:00 pm. Scribble/Tag Port Bickerton 3:30 pm. Liscomb Learn to Run 10:00 am. Just Us Girls 2:35 pm. St. Mary's Volleyball Club 4 pm.</p>	<p>27 Spring Heavy Hall mixed stops, Bible Study IHL Pentecostal Church Senora Cafe 9:30 am. Zumba IHL 6:30 am. Zumba Liscomb 10 am. Melrose Exerise Class 10:00 am.</p>	<p>28 Chatham use and Safety Training 6:30 am. Goshen Variety Concert 7:30 pm. JFU Club 12:30. Cribbage Liscomb 8 pm.</p>
<p>29 United Church St. John's Sherbrooke 9:30 am, Glenelg 11:00 am, East River 6:30 pm. IHL Pentecostal Church 11 am. IHL Pentecostal Church 11 am. Anglican Parish Church 11 am in Liscomb. Baptist Church PG 11 am.</p>	<p>30 St. Mary's in Motion 10 am. Zumba Sherbrooke 6:30 pm. Zumba Easum Seacom 10 am. Senora Exerise Class 10 am. St. Mary's Youth Running 2:35 pm.</p>					

# St. Mary's Coyotes 2011-2012 Hockey Wind-up

The St. Mary's Coyotes is winding up another great hockey season with the following activities:

1. Hockey Skills for all levels – beginning at 4:00 p.m. on March 29<sup>th</sup> followed by the Alumni Game between the coyotes alumni and the Coyote Midget team beginning at 7:00 p.m.

Come out and cheer on your favorite player in the skills competition and enjoy the annual battle between the Midgets and Alumni Players!!

2. Annual Hockey Banquet and Annual General Meeting of the Hockey Association on April 28<sup>th</sup>, 2012 at 6:00 p.m. at the Lions Hall.

All positions on the executive will be open for nomination and re-election. Nomination forms can be picked up at the Arena and dropped off at the Municipal Office or brought to the AGM on April 28<sup>th</sup> or nominations will be accepted at the AGM at the time of the elections.

Please consider volunteering your time with the St. Mary's Coyotes Executive.

