



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

May 2012 Newsletter



www.saint-marys.ca

The DEADLINE to have information submitted for the JUNE issue of the Newsletter is Wednesday, May 23rd 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, **May 14th at 7:00.** The public is invited to attend. Visit our website for council minutes, and important updates: www.saint-marys.ca

Building Inspector-Peter Avery

The building inspector is available at St. Mary's Office on Thursdays now through to the fall. If you need assistance, questions answered, or wish to make an appointment please contact the Municipal Office at 522-2049 or 533-3705 ext. 235. Applications and other information are available on our website.

St. Mary's District Food Bank

The Food Bank is in Urgent need of financial assistance. To make giving easier for you, automatic withdrawals may be made from your RBC Sherbrooke account. To set this up, see one of the customer service representatives at the 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.

JOB OPPORTUNITY

The Municipality is looking to hire a Manager for the St. Mary's Fitness Centre. Interested applicants can drop their cover letter and resume along with references to the Municipal Office at 16 Main Street, Sherbrooke or email to 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 the job description is available at the municipal office. Deadline for applications is May 14th, at 4:00pm.

For Tender

A 28 foot universal trailer with walking floor. As is, where is. Located at the St. Mary's Municipal Transfer Station, 150 CapeGegogan Road. Deadline for tenders: Must be received at the St. Mary's Municipal Office, Sherbrooke by **Monday, May 14, 2012 at 12:00 noon.** St. Mary's Municipality reserves the right to accept or reject any or all bids. For further information please contact St. Mary's Municipal Office 522-2049 or visit St. Mary's Transfer Station Tuesday-Saturday 9:00-4:30 pm.

St. Mary's District Property Tax Bills

The 2012/13 Tax Rate is set. You will receive your tax bill in the mail shortly. Payment options include; cash, debit, check, money order, online/telephone/In branch banking for Royal Bank, Scotia Bank, and Credit Union clients only. Please note to reference the Municipal Assessment Account number (8 digits) when making payment. Please contact the Municipal Office with any questions; 522-2049 or council@munet.ns.ca. If you have questions regarding your property assessment contact Property Valuation at 1-800-380-1115 www.pvsc.ca

Municipal Elections will occur October 2012.

Did you know that the average voter turnout for the last municipal elections in Nova Scotia was only 42%? Free workshop will be held in Stellarton May 16th from 6-9pm. For more information, please check out the website <http://www.ns-municipal-elections.ca>

CLEAN ACROSS NOVA SCOTIA June 8-9, 2012

This is part of a global cleanup movement called *Let's do it! World Cleanup 2012*. Please consider hosting your community cleanups on June 8-9 of this year as to highlight the fantastic work that is already happening. Tim Hortons is offering supplies to help with organized cleanups and the tipping fees at Transfer Station will be waived. For more info contact Councilor Jackie Dort at 783-2443

NOVA SCOTIA INTERNATIONAL FERRY PARTNERSHIP (NSIFP)

The NSIFP is asking for your support for the re-instatement of the NS-USA ferry service. Tourism Operators all over the province have experienced declining number of visitors from the United States directly due to the closure of the NS to Maine ferry service closing the door to valuable tourism and commercial market. It is encouraged to share your story of how businesses and lives have been impacted since the ferry closure by visiting www.nsusaferry.com

Port Bickerton Community News

Six Week Stop Smoking Program
Starting Tuesday May 22, from 6pm-7:30pm
Location: Port Bickerton Community Centre
Pre-registration required

For more information or to register contact
Jamie Fraser at 867-4500 ext 4606 or
Shelley Kaiser at 364-2235

Quitting smoking is about more than improved health and financial benefits. It's about getting back your emotional peace and social freedom.

The Port Bickerton Woman's Institute will be putting a quilt in the bars the week of April 15. This is our annual fundraiser. Anyone who would like to help quilt is welcome. Tickets for the quilt will go on sale in a couple of weeks, check with any member of the Port Bickerton W.I.



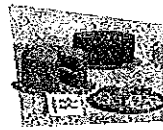
The Nova Scotia Lighthouse Interpretive Centre will be having its **Annual Beach & Spring Clean-up** on Monday May 21/12. Bring your work gloves and come out and enjoy the fresh air. Starting at 9 am. Stay as long as you can. All help is greatly appreciated. Hope to see a good turn out.

The Port Bickerton and Area Planning Association would like to announce the winner of the quilt drawn on April 9th, 2012. The winner is Ms. Lillian Smith. Congratulations. We would also like to thank everyone who purchased tickets to help support our lighthouse project.

Sherbrooke/Stillwater/Goldenville Community News

The Compass Rose Quilt Guild will be holding their annual Show and Tea on Saturday April 28th from 2-4pm in the Exhibit Center, Sherbrooke. Come and enjoy a cup of tea and view an array of handmade items which we have created since last year. Everyone welcome. A free will donation will be given to a local charity.

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.

Greetings from High-Crest!

Residents celebrating birthdays this month are:

Joyce MacEachern	May 4th
John Cody	May 9th
Gerard Benoit	May 17th
Effie Cameron	May 20th

Wow! Happy Birthday Folks! We will celebrate these birthdays on May 15th at 1:15 pm. We will play bingo, sing some good old songs, and have cake and ice cream. Everyone is welcome!

High-Crest Sherbrooke is very fortunate to have many faithful volunteers! We will be holding our Volunteer Appreciation function in May, Volunteers will be notified by mail.

High-Crest Sherbrooke would like to thank those who made a donation on behalf of Mrs. Ruby MacLeod. It was very thoughtful and we will put the money to good use for the residents.

The St. Mary's River Association is now accepting applications for summer student employment at their Interpretive Centre.

Please send your resume to PO Box 179 Sherbrooke or e-mail to stmarysriver@ns.sympatico.ca. Positions dependent on funding approval. We thank you for your interest, only applicants selected for an interview will be contacted.

Deadline: May 4, 2012 / Start date: June 1, 2012

Annual General Meeting for the St. Mary's River Association will be hosting their Annual General Meeting on Sunday May 27, 2012 from 2 pm - 4 pm. Refreshments will be served, everyone is welcome

St. Mary's ATV Club's next meeting is Thursday, May 10th at 7:00 pm, at the Municipal Office. New members welcome.



St. John's United Church will hold a Roast Beef Supper - Saturday May 5th 4:30-6pm at the Lion's Hall in Sherbrooke.
\$10 adults and \$5 Children

Sherbrooke Village News

RETIREMENT – GEORGE BROTHERS

Forget the black tie it's no formal affair
Just come as you are for that casual flair,
We'll drink and laugh as we all reminisce
It's a gathering for a friend who will surely be missed.

Join us for open house for George at Sherbrooke Lion's Hall, Friday, May 11, 2012 from 7:30 p.m. – 9:00 p.m.

LODGING FOR TOURIST

We are frequently asked if there is any lodging in the area to be rented. If you have a room, cottage or house that you rent out by the day, week or month and would like to give us your information, please contact us at the Sherbrooke Village Administration office at 522-2400 or 1-888-743-7845. We are starting a database and would like to add you to it.

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 Center. 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 Village is now accepting applications for:

Full and Part Time Interpretive staff

Festival and Event Assistant

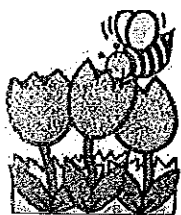
Program/Heritage Interpreter, and

Garden/Farm Interpreter

For details and application form visit:

<http://museum.gov.ns.ca/sv/jobs.php>

ST. MARY'S GARDEN CLUB



The St. Mary's Garden Club has started meeting again for the Spring and Summer. Meetings are held every second Tuesday at 2pm at the resource centre in the Sherbrooke village. We invite anyone with an interest in gardening to join us. We

will be holding our annual plant sale in May (stay tuned, information on when and where will be in the next newsletter) Please consider donating any extra plants for the sale. Money raised goes toward a scholarship at St. Mary's Academy. If you have plants that you wish to donate please contact Mary Baker (779-2898) or Jan Willumsen (833-2313)



Sherbrooke Library Chat Line

Internet and Wireless Access: concerns about the funding cuts for CAP sites may be addressed through the ECRL website. A form is available to let your views be known to our Member of Parliament Peter MacKay as well as Minister of Industry Christian Paradis. This form can be sent directly online.

Village Readers' Book Club- The first Friday of every month. This month is May 4th at 11am. Come and tell about an interesting book that you have read.

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

Meditation Class-Tuesdays at 11:00-12:00. Learn how to meditate followed by a short practice. Feel the peace and calmness.

Bhutan through the eyes of Ruth Legge: Join us Friday May 4th at 9:45am when Ruth will be describing her trip with her photos. This is held during Senior Café but there is no age restriction for attendance

Closed: The Library will be closed on Monday May 21st for Victoria Day holiday

Sherbrooke Library & C@P Site Hours

Monday, Tuesday, Wednesday.....11am-4 pm

Thursday..... 10am-1pm

Friday.....9:30am-4pm

Saturday.....10am-1pm

Telephone: 522-2180 www.ecrl.library.ns.ca

IHL/Jordanville and Sonora Community Centre

Turkey Supper, Mother's Day: Sunday May 13th 4:30-6:00pm Price \$10 per person. This is a hall fundraiser.

Auction 45's every Tuesday night 8:00pm
Admission \$5.00 - Light lunch served

Next hall meeting: Monday May 14th at 7:00pm
Everyone welcome.

Councilor Kevin Pye will be having a public meeting on Thursday May 10th at 7pm to talk about upcoming council election and any other concerns.

Community Flea Market

Saturday August 4th 10am-2pm: Highway 211 from Stillwater to Port Hilford. Anyone taking part make your sale with a sign or balloons. Table space available at the community centre \$5.00 per table. Call 522-2369 to book. No early birds.

Sonora/St. Mary's River Community Centre

May 5: 2:00-4:00pm - Come join us for our "Spring Tea by the Sea" Admission: \$6.00 per person. There will be door prizes. Also anyone who wears a sun hat or beach hat will be eligible for a separate door prize. Everyone welcome.

May 7 @ 7:00pm Regular Monthly Meeting

East River/Glenelg Community News

Fisherman's Breakfast

Before you head out on your Saturday Fishing Trip come on down and enjoy a Big Breakfast at East River St. Mary's Fire Hall Hwy 347 from 6-9AM

Saturdays: April 28th, May 5th, May 12th, May 19th
Put on by the Lady Auxillary - Everyone Welcome



Lobster and Ham Supper will be held in The Glenelg Presbyterian Church Hall on May 12, 2012 from 4 to 6pm. Adults; Lobster \$15.00 Ham: 8.00. Children under 12: Lobster \$7.50 Ham \$4.00
Takeouts will be available.

Country Harbour Community News

Gary Jordan & Country Connections (Gary Jordan, Doug Spencer, Lisa Hallett, Ron Hull & Lorna Letcher) will be playing a concert at the Gun Club in Country Harbour on Sat. May 5th at 7pm. Come listen to an evening filled with those old Country Classics! Admission \$7.00



May 12 - Flea Market 10am-11:30am. Table rental \$5 - to book book 328-2210 or 328-2063. Admission \$0.50

May 19 - Country Breakfast 8:30 - 10:30. Adults \$6 Children \$3.

BAKE / CRAFT / NEW TO YOU SALE

(No clothing please)

Saturday May 19th 10am-12 noon
St. Luke's Parish Hall Liscomb

Goshen Community News

The Annual Ratepayers Meeting for District 6 Fire Department, Goshen will be held Monday May 7th at 7:30pm in the Goshen Community Centre. Annual Reports will be reviewed. All interested residents of District 6 are invited and encouraged to attend this meeting

Variety Concert: Goshen Community Centre Saturday April 28th at 7:30pm Adults \$8 Children \$3 Bake Auction. Proceeds towards roof repair

Flea Market: Goshen Community Centre Saturday April 28th 11:30am-1pm Admission \$0.50. Canteen: Hotdogs and Pop. Proceeds for the Troy Hudson Memorial Playground. Anyone with items to donate pleased drop them off at the hall prior to April 28th or contact Vicky @783-2372 or Lisa @783-2749

Bottle Drive/Penny Drive: Saturday May 5th Goshen & Area - please have your bottles at roadside by 9:00am or drop them off at the firehall from 9am-10am. For other pickup arrangements call Angie 783-2196 or Darlene 783-2035. All proceeds for the playground

Turkey Supper - Goshen Community Centre Saturday, June 9th 4:30-6pm.

Adults \$12 and children under 12 \$4.
Take outs available.

Flea Market & Craft Sale - Saturday June 2nd 11am-12:30 Tables \$5 - Admission \$0.50. To book a table call Jean @ 783-2411 or Marie @ 783-2325. For GOALS donations or information call Jackie or Kim @ 783-2341



THANK YOU

Herb and I want to thank our family and friends for all the acts of kindness shown to us in the forms of prayers, flowers, cards, food, visits, transportation and phone calls. We are overwhelmed and very appreciative. Thanks to one and all - Herb and Alice

Fun with S.H.O.P.S would like to thank everyone who bought tickets on our Easter Basket. Congratulations to Joan McGrath. I would like to thank everyone who came out to support the ZUMBA fundraiser for fun with S.H.O.P.S - Shirley Long



*Indian Harbour Lake
Pentecostal Church
May Worship & Activities*

Sunday

11:00 a.m. Morning Worship
6:30 p.m. Praise & Prayer May 20th

Weekday Activities

Wednesday, May 2nd 7:00 p.m.
The Lighthouse Ministry in Song Concert
Wednesday, 9th, 16th & 23rd 7:00 p.m.
Bible Study on the Life of Moses
Friday, May 11th & 25th
Youth Group (Ages 12 – 18) at the parsonage

The Lighthouse Ministry in Song Roger & Shirley Pavey from Peterborough, Ontario will present a Gospel Concert at Indian Harbour Lake Pentecostal Church on Wednesday, May 2nd at 7:00 p.m. You are invited to join us as we welcome the Paveys, who travel nationwide sharing in Gospel and praise and worship music. Roger became legally blind in 1997. Their trust in God remains unshaken as stumbling blocks become stepping stones. Living each day in the joy of the Lord, this husband and wife team are committed to sharing their faith in Christ through song. No admission charge. A freewill offering will be taken.

For more information contact Pastor Dave Connolly at 522-2759 or pastordave@ihlpentecostalchurch.ca

**JFJ Club
Juniors for
Jesus**

Saturday, May 12th & 26th
12:30 – 3:00 p.m. at Indian Harbour
Lake/Jordanville Community Center
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
Phone # 522-2759 or 364-2270

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

You are invited to our Worship Services/events:
May 6, 11 AM – Sonora Baptist Church
May 13, 11AM – Port Hilford United Baptist
May 20, 11AM – Port Bickerton United Baptist
May 27, 11 AM – Sonora Baptist Church
Wednesdays at 6:30 PM, at Port Hilford United Baptist Church: A study of the Gospel of Mark. Everyone welcome. For more information contact Rev. Norman Pearce, 522-2087 or hbs.baptist@ns.sympatico.ca.

St. Mary's Pastoral Charge, The United Church of Canada, Sunday Worship in May... 9:30am at Kirk in Glenelg, 11:00am at Bethany in East River, 7:00pm at St. John's in Sherbrooke. For 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

Kirk Memorial United Church, Glenelg invites you to A *Memorial Hymn Sing* on Saturday, May 12, at 7pm. Featuring Congregational Hymns, Community Choir and Local Musical Talent. A Time of Food and Fellowship Will Follow. If you would like to sponsor a hymn in memory of someone, please call Agnes Archibald at 833-2235. Your support is greatly appreciated!

The Alpha Course... is being offered at Bethany United Church, East River-St. Mary's, in partnership with Zion Presbyterian, on Thursdays at 7pm beginning on April 19 and running for six weeks. There will be a 30 minute video, followed by discussion and refreshments. The Alpha Course is a practical introduction to the Christian faith and an opportunity to explore the meaning of life. Everyone is invited and welcome to come!

St. Mark the Evangelist (April 25th) 11 am St Luke's Liscomb (Combined BCP HC Service) we gather to celebrate the 350th Anniversary of the 1662 BCP, and the completion of our 5/3 Covenant.

4th Sunday after Easter (May 6th)

9am St. Paul's Port Bickerton 11am St. Thomas' IHL
3pm St. Luke's Liscomb 7pm St. James' Sherbrooke

Rogation Sunday (May 13th)

9am St. Luke's Liscomb 11am St. James' Sherbrooke
3pm St. Thomas' IHL 7pm St. Paul's Port Bickerton
Ascension (May 20th) 9am St. James' Sherbrooke
11am St. Luke's Liscomb 3pm St. Paul's Port Bickerton
7pm St. Thomas' IHL

Day of Pentecost (May 27th) 9am St. Thomas' IHL
11am St. Paul's Port Bickerton 3pm St. James' Sherbrooke
7pm St. Luke's Liscomb

JWJ: Will meet May 3rd, 6pm at the Hall in Liscomb.

A Big Thank You to All! On behalf of our Mission Team to Puerto Rico-2012, we would like to thank all who had worked so hard to help make all our fundraisers possible. We would also like to thank those who donated the offerings from the Choir Concerts (\$800!) to our Mission Trip. Also, to everyone who has been supporting us in anyway, we are forever grateful! We have almost reached our fundraising goal. Praise God!!! Thank you for supporting the growth of disciples! May God Bless you all! In Christ's Service, Katie, Mikayla, Courtney, Rev. Rebecca, and Rev. Melissa.

There will be a Well Women's Clinic at St. Mary's Memorial Hospital on Saturday, May 26th with Dr. Anita Foley MD, and Valerie Chisolm in attendance. To book an appointment call 522-2882.

*** Please note the change to Garbage collection EVERY week will take place starting June 19th. Recyclables will continue on an every TWO week schedule. It is permitted to have total of 8 bags of household garbage every two weeks. See Zone details below***

SPRING HEAVY HAUL is April 24-26 commencing at 7am each day, items must be roadside.
Accepted items: car parts, tires (no rims), lawn furniture, appliances, sofas, tables, plastic, boards, tools, etc... Unaccepted items: medical waste, compost, recyclables, car bodies, trees, large demolition sites.

April 2012

Tuesday	Wednesday	Thursday
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
8 Zone 1 GARBAGE	9 Zone 2 GARBAGE	10 Zone 3 GARBAGE
15 Zone 1 BLUE BAG	16 Zone 2 BLUE BAG	17 Zone 3 BLUE BAG
22 Zone 1 GARBAGE	23 Zone 2 GARBAGE	24 Zone 3 GARBAGE
29 Zone 1 BLUE BAG	30 Zone 2 BLUE BAG	31 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.

St. Mary's Recreation

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

May, 2012. Happy Mothers Day!! RECREATION NEWSLETTER

NEW!!! DANCE CLASSES Maureen Fraser with School of Dance will be putting on Dance Classes in Melrose at the Greenfield Oldsters Club on Wednesdays for 8 weeks starting on May 2, 2012. Types of dance are ballet, Hip Hop, Step, etc. Come on out and learn to dance up a storm!!

On the last day of class, participants will be involved in a dance recital to show off what they learned. These classes are for all ages. They are as follows:

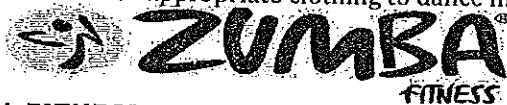
Ages 3,4, and 5 - 4:00 pm to 4:40 pm.

Ages 6 to 10 - 4:45 pm to 5:40 pm.

Teenagers and up - 5:45 pm to 6:45 pm.

Cost: \$75.00 Per Person. Must pay on first

night (May 2). Need a minimum of five participants for each class. Please call Josh at 522-2598 to register before May 2. Please wear appropriate clothing to dance in.



ZUMBA FITNESS

Wednesdays, Port Bickerton Community Centre. 6:30 to 7:30 pm. Zumba Gold - 7:30 to 8:30 pm.

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

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

Tuesday - Goshen Community Centre. 6:30 - 7:30 pm.

YES!! ZUMBA IS STILL KICKING AROUND! Come join 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 joshcorkum@yahoo.ca or phone: 522-2598.

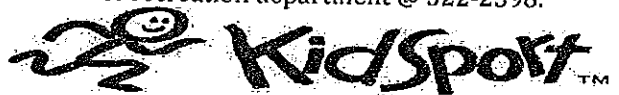
OPEN REC NIGHT Tuesdays 6:30 pm. St. Mary's Academy in Sherbrooke. All Ages. FREE! Youth, children, teens, families, etc. can come and be involved in whatever activity they want!



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.



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.



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 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 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 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.

ST. MARY'S FITNESS CENTRE Open Monday to Friday, 3:00 pm to 8:00 pm. Closed when school is closed.

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. 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 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

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 SOFTBALL FOR KIDS Hey St. Mary's, it's spring now, and its softball season! St. Mary's Recreation is looking to start a kids softball league around the Municipality. If you are interested in this, please contact Josh Corkum at 522-2598 and lets try to set something up! Ages would be from 5 to 18,

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.



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

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


St. Mary's Fitness Centre Personal training and orientations are available, to arranged a consultation please contact the recreation office.

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 emilymargaretmorton@gmail.com



Learn to Run Program

 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

NEW! Sherbrooke Yoga (45 minute)



Yoga classes are 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 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



Seniors Fun Day's

With nice weather fast approaching its time to get up and moving with community seniors fun days! Join us at the Port Bickerton Community Centre May 18th form 10:00am-1:00pm. A light lunch will be provided for all those wishing to participate.

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

Goshen Seniors Fun Day

May 2 2012 10:00am-1:00pm Lunch Provided

Sonora Seniors Walk / Fun Day

Join us May 7th at the Sonora Community Centre for a morning full of fresh air and fun!!
10:00-11:00 Walk
11:00-12:00 Fun Day Activities 12:00-12:30 Lunch

St. Mary's in Motion

St. Mary's in motion is a program designed to give community members the opportunity to utilize the St. Mary's Fitness under the supervision of a St. Mary's Recreation Staff member.

This program will run Monday's and Wednesday's at 10:00am

St. Mary's Shooter Association

The St. Mary's Shooters will be holding their general meeting on May 20th at 2:00pm, all members are asked to attend.

Work is also starting on the shotgun shoot and trap range Monday April 16th. The road behind the building to a point south of the pistol range where a pad 60x100 will be constructed.



NEW!! St. Mary's Youth Running/ Track 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 2:30-3:30, Wednesday's 3:30-4:30 and Thursday's 2:30-4:00 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.

MAY 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Meditation 11:00 Kids First Drop in 9:30 Trail Blazers 2:30 Volleyball 5:00 Open Gym 6:30 Run Club 6:30 Yoga 6:30 Auction 8:00	2 Goshen Seniors Day 10 Tumble Bugs 10:00 PB Open Exercise 10:00 Zumba Liscomb 11:30 Happy Feet 2:30 Youth Run 3:30 Dance 4-7 Boot Camp 6:30 Zumba PB 7:30 Lighthouse Ministry in Song 7pm	3 Learn to run 10:00 Strength Fit 11:00 Youth Run 2:30 Alpha Course 7pm	4 Seniors Café 9:30 Liscomb Zumba 10:00 Book Club 11:00 Bake Sale 2:00 HSVDS Meeting 7:00	5 St John Church Supper 4:30-6pm Spring Tea 2:00 Fisherman Breakfast 6 Gun Club Concert 7:00 Goshen Bottle Drive 9
6 Sherbrooke Zumba 6:30 PB open exercise 10:00 Sonora Seniors Day 10:00 St. Mary's in Motion 10:00 Youth Run 2:30 Sonora CC meeting 7:00 Goshen Fire Ratepayers Mtg 7:30	7 Meditation 11:00 Kids First Drop in 9:30 Trail Blazers 2:30 V-ball 5:00/ Yoga 6:30 Open Gym 6:30 Run Club 6:30 Auction 8:00	8 Tumble Bugs 10:00 PB Open exercise 10:00 Happy Feet 2:30 Youth Run 3:30 Boot Camp 6:30 Dance 4-7 Zumba PB 7:30 Zumba Liscomb 11:30	9 Learn to run 10:00 Strength Fit 11:00 Youth Run 2:30 Alpha Course 7pm	10 Seniors Café 9:30 Liscomb Zumba 10:00 Bake Sale 2:00 George Brothers Retirement 7:30	11 Which way to wonderland 7:00 Fisherman Breakfast 6 Lobster/Flam supper 4:00 Gun Club Flea Mkt 10 Memorial Hymn Sing 7 JFU Club 12:30	12
13 Turkey Supper 4:30	14 Sherbrooke Zumba 6:30 PB Open Exercise 10:00 St. Mary's in motion 10:00 Council Meeting 7:00 Youth Run 2:30 Village AGM 7:00 IHL Hall Meeting 7:00	15 Tumble Bugs 10:00 PB Open Exercise 10:00 Happy Feet 2:30 Youth Run 3:30 Boot Camp 6:30 Dance 4-7 Zumba PB 7:30 Zumba Liscomb 11:30	16 Learn to run 10:00 Strength Fit 11:00 Youth Run 2:30 Alpha Course 7pm	17 Seniors Café 9:30 Liscomb Zumba 10:00 PB Seniors Fun Day 10:00 Bake Sale 2:00	18 Fisherman Breakfast 6 Country Breakfast 8:30 Bake/craft Sale 10am	19
20 SMSA Meeting 2:00	21 Beach Clean Up 9:00am Sherbrooke Zumba 6:30 PB Open Exercise 10:00 St. Mary's in Motion 10:00 Library Closed Youth Run 2:30	22 Tumble Bugs 10:00 PB Open Exercise 10:00 Happy Feet 2:30 Youth Run 3:30 Boot Camp 6:30 Dance 4-7 Zumba PB 7:30	23 Learn to run 10:00 Strength Fit 11:00 Youth Run 2:30 Alpha Course 7pm	24 Seniors Café 9:30 Bake Sale 2:00 Liscomb Zumba 10:00	25 Well Women's Clinic JFU Club 12:30	26
27 River Association Meeting 2-4	28 Sherbrooke Zumba 6:30 PB Open Exercise 10:00 St. Mary's in Motion 10:00 Youth Run 2:30	29 Meditation 11:00 Kids First Drop in 9:30 Trail Blazers 2:30 Volleyball 5:00 Open Gym 6:30/ Run Club 6:30/ Yoga 6:30 Stop Smoking 6-7:30 Auction 8:00	30 Tumble Bugs 10:00 Happy Feet 2:30 Youth Run 3:30 Boot Camp 6:30 Dance 4-7 Zumba PB 7:30	31 Learn to run 10:00 Strength Fit 11:00 Youth Run 2:30		