



# September 2012 Newsletter

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

The DEADLINE to have information submitted for the OCTOBER issue of the Newsletter is **WEDNESDAY, SEPTEMBER 19<sup>th</sup>** at 4:00 p.m. Submissions can be received by fax: 522-2309 or email: (note the change in email): [council@saint-marys.ca](mailto:council@saint-marys.ca). Subject line must read NEWSLETTER SUBMISSION. Also please note that we reserve the right to edit any and all submissions to this newsletter.

## **TENDER**

Sealed tenders will be received at the Municipality of the District of St. Mary's, 16 Main Street, Sherbrooke, NS, B0J 3C0 until 2:00 pm September 12, 2012 for the

**New Administration Centre, Sherbrooke, NS**

Generally the work is for concrete slab on grade, wood framed one-storey building, including site work, mechanical and electrical based on drawings and specification prepared by Archibald & Fraser Architects Ltd, Antigonish, NS.

Bidders may purchase tender documents from Wade Atlantic in Dartmouth (1-902-429-5002) after August 22, 2012.

Drawings and specifications may be seen at the offices of the Construction Association of Nova Scotia, Halifax, NS and Cape Breton Builders Exchange, Sydney, NS. Tenders must be accompanied by a bid bond or security in favour of the Owner for not less than ten percent (10%) of the amount of the tender as outlined in the tender documents.

The Municipality of the District of St. Mary's reserves the right to accept any tender or reject any or all tenders.

## **TENDER**

### **Transfer Station Building Repairs**

The Municipality of St. Mary's, is seeking tenders for securing the incinerator wall at the Municipal Transfer Station. Tender packages can be picked up at the Municipal Office, 16 Main Street, Sherbrooke NS. Tenders will be received until 3pm on Monday, September 10<sup>th</sup>, 2012. The Municipality of the District of St. Mary's reserves the right to accept any tender or reject any or all tenders.

## **TENDER**

### **Installation of Community Bulletin Boards**

The Municipality of St. Mary's, is seeking tenders for the delivery and installation of supplied community bulletin boards from 16 Main Street to six locations throughout the Municipality.

1. Free Standing Bulletin Boards are to be installed at; Goshen Community Center, Greenfield Oldsters Club and Liscomb Legion. Bulletin board posts are to be buried approximately 4-5 feet. Machinery may be required (backhoe) as buried posts are 6X6.

2. Exterior wall mounted bulletin boards are to be installed at; IHL/Jordanville Community Center, Sonora/St. Mary's River Community Centre and Port Bickerton Community Center/Fire Hall.

3. These boards are to be installed in accordance to community center guidelines. For additional information contact either the local Municipal Councillor or the Community Center Manager.

All bulletin boards can be viewed at 16 Main Street, Sherbrooke. Tenders will be received until 3pm on Monday, September 10<sup>th</sup>, 2012. The Municipality of the District of St. Mary's reserves the right to accept any tender or reject any or all tenders.

## **TENDER**

### **Dry Hydrants**

The Municipality of St. Mary's, is seeking tenders for the installation of five Dry Hydrants. Locations include Goshen, Denver, Jordanville, Ecum Secum, and Liscomb. Tender drawings can be viewed or picked up at 16 Main Street, Sherbrooke. Dry Hydrants are to be constructed in compliance with DOE guidelines/deadlines and construction drawings as provided by CJ MacLellan and Associates. Tenders are requests individually per location and collectively as a group. Tenders will be received until 3pm on Tuesday, September 4<sup>th</sup>, 2012. The Municipality of the District of St. Mary's reserves the right to accept any tender or reject any or all tenders.



**MUNICIPALITY OF THE DISTRICT OF ST. MARY'S  
NOTICE  
Municipal & School Board Elections**

**TAKE NOTICE** that the undersigned will accept nominations for the following offices in the Municipality of the District of St. Mary's for which an election will be held on the 20<sup>th</sup> day of October, 2012:

**ONE** Councillor for each of the Districts 1, 2, 3/5, 4, 6, 7, 8 (total of seven)

**ONE** Regional School Board Member for the Municipality of St. Mary's and District 7 of the District of Guysborough

**ONE** African Nova Scotian Member of the Strait Regional School Board, for the entire school region

**ONE** member of the *Conseil scolaire acadien provincial* for the electoral district comprising the Towns of Amherst, Antigonish, Mulgrave, New Glasgow, Oxford, Parrsboro, Pictou, Springhill, Stellarton, Stewiacke, Trenton, Truro, Westville and the Municipalities of Antigonish, Colchester, Cumberland, East Hants, Guysborough, Pictou and St. Mary's

**AND TAKE NOTICE** that a nomination shall be filed with the Returning Officer at the Municipal Office, 16 Main St, Sherbrooke between 9:00 a.m. and 5:00 p.m. on Nomination Day, Tuesday, September 11, 2012, by appointment, or during the 5 preceding business days by appointment at the home of the Returning Officer at Liscomb Mills, Guysborough County, phone (902) 779-2931.

**AND TAKE NOTICE** that the electors in the school region served by the Strait Regional School Board will elect one person to be the African Nova Scotian member of the Regional School Board and a nomination of this office shall be filed with the Returning Officer, Tanya Tibbo, at the Town of Mulgrave Municipal Office, 457 MacLeod St., Mulgrave, between 9:00 a.m and 5:00 p.m. on Nomination Day, Sept 11, or by appointment during the 5 preceding business days, phone (902) 747-2243.

**AND FURTHER TAKE NOTICE** that a nomination shall be filed for the above position of member of the *Conseil scolaire acadien provincial* for the Electoral District of Antigonish at the office of the Returning Officer, Josephine MacDonald, 46 Municipal Dr., Pictou (Mun. of County of Pictou Municipal Office), phone (902) 485-8517, between 9:00 a.m. and 5:00 p.m. Sept 11/12, or by appointment during the preceding 5 business days.

*Dated at Sherbrooke this 3rd day of August 2012.*

Ruth M Legge

Returning Officer

Municipality of the District of St Mary's

(902) 779-2931

**OCTOBER 20, 2012 MUNICIPAL AND  
SCHOOL BOARD ELECTIONS  
LIST OF ELECTORS**

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**FINAL LISTS OF ELECTORS**

*The final Lists of Electors have now been prepared from the NS Permanent List of Electors plus the revisions received from you, the electors. The Municipal and School Board Elections will be held on Saturday October 20, with Advance Polls on October 13 and 16. If you arrive at the poll to vote and discover that your name is NOT on the list, it is a very quick and easy process to have it added PROVIDED you bring valid ID showing your name AND address (Driver's License, utility bill, etc.) For Council Election you must reside in the Municipality by at least July 20 (3 months prior to the election). For School Board Election you can have moved from another area within the Strait Regional School Board during the three months prior to Election Day. You must be 18 years old and a Canadian citizen by Election Day, October 20.*

*For further information, contact the Returning Officer: Ruth M. Legge, 779-2931 or [ruthlegge@seasidehighspeed.com](mailto:ruthlegge@seasidehighspeed.com)*

**COUNCIL and SCHOOL BOARD ELECTIONS:**

*If you are considering running for one of the Municipal Council or School Board seats in the October 20 election, Nomination Papers can be picked up now. Full information on filing of the Nomination Papers is contained elsewhere in this newsletter, but the papers must be signed by five eligible electors PRIOR to the filing date. If you would like further information or to pick up the necessary papers, contact the Returning Officer, Ruth Legge, at 779-2931 or [ruthlegge@seasidehighspeed.com](mailto:ruthlegge@seasidehighspeed.com) (papers can be faxed or e-mailed to you, picked up at the Municipal Office, Sherbrooke, or at the Returning Officer's home in Liscomb Mills). If you have not run for a Municipal or School Board office in the past, you should read the Candidate's Guide to Municipal and School Board Elections, available in PDF format at: <http://www.gov.ns.ca/snsmr/election/candidate.asp>*

*Copies are also available at the Municipal Office or from the Returning Officer. This guide will assist you in making your decision whether to run.*

**COUNCIL MEETING:** The next regular meeting of St. Mary's Municipal Council will be held on Monday, September 10th, 7 pm. The public is invited to attend. Visit our website for recent minutes of the regular meetings, important dates and forms. [www.saint-marys.ca](http://www.saint-marys.ca)

Eastern Shore Cartage Garbage Collection will be changing to the bi-weekly schedule in the middle of the month. Recycling schedule remains on a bi-weekly schedule. See calendar attached at back of this newsletter. ESC Toll Free 1-800-261-0372

REMINDER: THE ST. MARYS TRANSFER STATION NO LONGER ACCEPTS RECYCLABLES OR CARDBOARD.

BOTTLE EXCHANGE DEPOT AVAILABLE EVERY SECOND AND FOURTH SATURDAY FROM 9AM-2PM AT NOVA SCOTIA LIQUOR CORPORATION PARKING LOT SHERBROOKE.

BUILDING INSPECTOR – Peter Avery will be available at the Municipal Office in Sherbrooke on Thursdays beginning at 10:30am. Note: Building permits are not required for structures under 200 square feet. However, lot approval is required for the purpose of power hookup. If you require an appointment or wish to speak with Peter contact the office 522-2049 or Peter directly at Guysborough Office; 533-3705 ext 235 [pavery@modg.ca](mailto:pavery@modg.ca).

**Community News**



St. Mary's District 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 up; see one of the customer service representative at the bank. If you are in need of assistance or would like information about 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.

**Maple Manor**

Bake Sale – Every Friday at 2:00pm. Pies, bread, cookies, scones, squares fudge etc. Admission \$.50

**HYMN SING**

There will be a hymn sing September 15<sup>th</sup> at the Maple Manor community room at 6:00 pm. All are welcomed.

## Greetings from High-Crest Sherbrooke

### Residents celebrating birthdays this month:

Lawrence MacDonald	Sept. 6 th
Eileen Jack	Sept. 19th
Ethel Gallager	Sept. 16th
Rita Burns	Sept. 16th
Alice Sutherland	Sept. 18th
Andy Murphy	Sept. 26th

Wow, Happy Birthday Folks! We celebrate with a Homebuddies Bingo/Birthday Party on September 11th at 1:15, everyone is Welcome to Attend!

I would like to say Thank you once again for the donation of cups and saucers! Thank you so much, they will be used and treasured.

Hope everyone is enjoying their summer, drop in and say Hello, we love to have visitors!

### Sherbrooke Library Chat Line

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

Village Readers' Book Club – The first Friday of every month. Next meeting: Sept. 7 at 11 am. Come and tell us about an interesting book that you have read.

Seniors' Café - Fridays at 9:30 am. Join us for a snack, conversation, check out your books, and use our computers.

Shipwreck Presentation: Terry Dwyer, the author of Wreck Hunter, will be at the library on Sept. 7, 2012 at 9:45 am to talk about shipwrecks around Nova Scotia. Refreshments will be served.

Closed: Monday, September 3<sup>rd</sup>, for Labour Day.

Results of the July 13<sup>th</sup> meeting with Laura Emery, Head Librarian of Eastern Counties Regional Libraries. In order for politicians and other decision makers to realize how important small rural libraries are to our areas, it was decided to make a YouTube video. This would be played at the provincial libraries association annual meeting in Mulgrave this September. Several of those who attended the meeting have already signed up. If you are interested in expressing your opinion of the necessity of keeping our branches open for public use, please call the Sherbrooke branch at 522-2180. You will then be contacted when the taping will take place. Individual written opinions will also be added in this message if you would prefer not to be on camera.

Monday:	11am-4pm
Tuesday:	11am-4pm
Thursday:	11am-4pm
Friday:	9:30am-2:30pm
Saturday:	10am-1pm



The Sea Shore Volunteer Fire Department will be holding a Bottle Drive on September 29, 2012.

All proceeds will go towards the Fire Hall's Fund for Equipment. All support is greatly appreciated. You can either wait for the collectors to knock on your door or place them roadside and the collectors will take them away. If you wish to help collect for this event, please contact Keith Horton at 364-2785.

### Port Bickerton Lighthouse News

The Port Bickerton and Area Planning Association has initiated an Internet campaign to raise funds for repairs to the buildings at the Lighthouse. The campaign can be viewed at <http://www.indiegogo.com/projects/147361>. Supporters of the Lighthouse are urged to make a contribution and to tell others about the campaign. With your help, we can reach our goal!

### COME TO THE RIVER

**What:** "Come to the River" is a Christian revival event sponsored by the Baptist, Anglican, United, Pentecostal and Roman Catholic Churches of The District of St. Mary's.

**Why:** To celebrate and share the Good News of Jesus Christ! To introduce people to Him! To encourage people in their faith journey! To come together for a powerful worship experience!

**When:** Two evening services – Saturday, October 13, 2012 at 7pm and Sunday, October 14, 2012 at 7pm.

**Where:** St. Mary's Academy, 121 Old Road Hill, Sherbrooke, N.S.

**Who:** Everyone is invited and welcome! David MacFarlane is our Guest Evangelist from the Billy Graham Evangelistic Association!

Our Musical Guests will be "Immanuel" with Lynn & Natasha Erskine!

For more information please visit us on Facebook or at our website:

[www.cometotheriverevent.wordpress.com](http://www.cometotheriverevent.wordpress.com)

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

Next general meeting will be held on Tue., Sept 4- all welcome.

Activities: Auction 45's Thursdays at 8pm \$5  
Cribbage – Saturdays at 8pm \$5 No cards on  
September 1<sup>st</sup> due to dance

**DANCE - SEPT 1** – 9pm-1 am Music with Danny Kirk  
– DJ\$8 at the door.. Gov't Id's req'd

**SPECIAL CONCERT: AUG 25**

"Jim Richard & Rusty Cage"

You will think you are listening to Johnny Cash.

Show starts at 7pm \$8 at the door.

St. Mary's ATV Club meeting  
Wednesday, September 12<sup>th</sup> at 7 pm, at  
the Municipal Building. All welcome.



IHL-Jordanville Community Centre  
Next hall meeting will be held on Monday,  
September 10<sup>th</sup> at 7:00 pm.  
Election of officers will be held at this meeting.  
Please come out and help set up a fall exercise  
and use of exercise equipment program. If you  
want our community centre to continue we  
need more help from the community.

### Stillwater Community Centre News

#### Card Play

The members of the Stillwater Community  
Centre welcome back our regular card players,  
to our first card play of the season, on August  
31<sup>st</sup>, 2012. For anyone new wishing to join us,  
we meet every Friday night at 8 pm (doors  
open at 7:15) Your \$4 admission includes your  
card play, tea and dessert, some laughs among  
friends and...if you're lucky enough...some  
great prizes.

#### "Raising the Roof"

Bring your hard hat, a hammer and your knee  
pads to the Community Centre "Roof Party" the  
weekend of September 22/23 (rain days Sept.  
29/30).

Thanks to the generosity of the local Councilor,  
The Dept. of Health and Wellness and our  
Stillwater volunteers, we are now able to  
replace our aging roof and preserve an  
important Stillwater landmark.

#### Hospital Walkathon

Congratulations and thanks to the seventeen  
walkers from St. Mary's that walked in the  
Walkathon in Guysborough on July 21<sup>st</sup> as they  
raised over \$3,500 for the Hospital Society, and  
thank you to all of our residents that supported our  
walkers with their pledges. The strong support  
from members of all of the Women's Institutes in  
our area helped make the event a success. These  
funds will help greatly in keeping our Hospital  
well equipped, and our Hospital is certainly worth  
walking for and we are optimistic we will have  
another successful event next year.

Don Dunbar, Chairman

St. Mary's Memorial Hospital Society

**FYI- The Municipal Office will be closed  
September 3<sup>rd</sup> due to the Labour Day  
Holiday.**

# THANK YOU

We would like to thank our family and friends  
for celebrating our special day with us on June  
29. Thank you to everyone for all the beautiful  
gifts, cards and best wishes we received. A  
special thank you to our parents for their love  
and support. It was the perfect day.

Thanks Again, Kristan, Mitch, Shelby & Max

William and Rickey Grover would like to thank  
their family and friends who came from far and  
near to help them celebrate their 40<sup>th</sup> Wedding  
Anniversary, and the gifts and cards.

I would like to thank everyone who attended my  
retirement party, for the many phone calls and the  
gifts I received. I would also like to thank my  
family and friends for all their hard work in  
planning my party and preparing the wonderful  
lunch. Thanks Again!

Sincerely, Jim Mills

*We would like to thank our family and many friends  
who helped us celebrate our 60<sup>th</sup> Wedding  
Anniversary, at our home, on August 4<sup>th</sup>. Many  
thanks for the greeting cards, gifts and flowers. We  
really appreciate your thoughtfulness.*

*Edgar and Marie Sinclair*

We would like to thank everyone who attended  
the benefit concert for Elizabeth MacGrath at  
Goshen Community Centre. Also like to send a  
big thanks to the Goshen Community Centre  
and Goshen Playground Committee for  
arranging the event. We appreciated it very  
much.

Elizabeth & Delbert MacGrath

**JFJ Club**  
Juniors for Jesus  
Club



Saturday, September 8th & 22nd  
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, outdoor sports  
and a delicious snack.

Sponsored by Indian Harbour Lake Pentecostal Church  
Phone # 522-2759 or 364-2270



The monthly meeting of the Liscomb Fire Department will be held at the Fire Hall, Monday, September 24<sup>th</sup> at 6:30.

Training will be Monday, September 17<sup>th</sup> at 6:30.

Compass Rose Quilter's Guild  
Compass Rose Quilter's Guild will be starting a new season on Monday, September 10<sup>th</sup> at 1:30 pm at the Municipal Office. Everybody who is interested in quilting is very welcome to attend.



**St. Mary's Shooters Association**  
September 2<sup>nd</sup> - Steel Plate shoot 25 & 50 yards  
2 rifle classes: scopes and no scopes, 2 pistol classes: 22LR and High power.  
September 9<sup>th</sup> - Annual General Meeting - Stillwater Centre. 2:00 pm (Sunday) Annual dues are due at this meeting.  
Sept 15/16<sup>th</sup> - CFSC & CRFSC Firearms courses  
Stillwater Centre, #7 Hwy 9:00am-5:00 each day. Bring lunch, pre pay and pre register. Call NSCC 755-2602 or 755-2002. Courses \$50.00 per exam.  
Sept 29/30<sup>th</sup> - Gun show, Bible Hill  
October 6<sup>th</sup> (Sat) - Hunter Safety \$25.00 8am-5pm  
Call 522-2172 or DNR at 522-2024  
October 7<sup>th</sup> - 22 target rifle 50-100 yards.  
Nov 4<sup>th</sup> - Turkey Shoot Any firearm. All welcome  
Public shoots as guests

**St. Mary's Dart League**



The regular season for the 2012/13 Dart League will be:  
When: October 1<sup>st</sup> 2012 (Monday)  
Where: St. Mary's Lions Hall, Sherbrooke

Time: 7:30 pm

Must be 19 years of age. The cost is \$10.00 to join and \$3.00 per night. Play will begin on this night.

Please register by September 24<sup>th</sup> with:

Edith Auton (Pres) at 522-2204 or

Herbie Scott (Vice Pres) at 522-2742

*Ecum Secum Vol. Fire Dept. wishes to thank all who helped in any way to make the "Fun Days" 2012 a great success. Proceeds from the events= \$7453.93.*

*Winners of the Duck Race are: 1<sup>st</sup> - Maude Fleet, 2<sup>nd</sup> - Raymond Pye, 3<sup>rd</sup> - Bruce Fleet, 4<sup>th</sup> - Dorothy McGraw, 5<sup>th</sup> - Andrea Behie.*

*Thanks for your support. Greatly appreciated by all members of the Fire Dept. and Ladies Auxiliary*

**FLEA MARKETS:**

Goshen Community Centre

Saturday, September 1<sup>st</sup> 11:00 am-3:00 pm

Admission \$1.00, Tables \$5.00

To book a table phone 783-2247 or 783-2291

Canteen Available

All proceeds for the District 6 Volunteer Fire Dept.

**Great Big Community Yard Sale**

There will be a community yard sale on Saturday, September 1<sup>st</sup> from 9:00 am till Noon in the parking lot of Bayview Baptist Church in Spanish Ship Bay. No selling will take place before 9:00 am. Please contact Debbie Baker at 779-2255 for further information or to book a table.

**Bob Breen Loop Yard Sale**

September 29<sup>th</sup> 10:00 am- 1:00 pm

Bring your table and join us to sell your treasures.

Rain location will be at the Liscomb Legion.

To book a spot call Cheryl at 779-2677 or Cindy at 779-2844

**St. John's Liscomb Cemetery Clean-up Day**

The Saint John's Liscomb Cemetery Society will hold a "work day" at the cemetery on Saturday, September 8<sup>th</sup>, beginning at 10 am. Please bring lots of water (no soap—we will provide a "non-ionic" cleaner that is safe for use on tombstones), a bucket, and a natural bristle scrub brush if you have one. We will provide a few brushes for those who do not have their own. Please join us as we give our cemetery some tender loving care!

**Ecum Secum Vol. Fire Dept. Bottle Drive**

September 20<sup>th</sup>, 21<sup>st</sup> and 22<sup>nd</sup>.

For pickup, please call Burnell at 347-2214

**Need Help making repairs to your home?**

The Department of Community Services has a number of programs to help low-income households make emergency, health and safety related repairs. For housing repair and adaptation programs contact Housing Services at



1-800-933-2101 (toll-free) or visit our website at

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

Saturday, September 1<sup>st</sup> "The Harpell Family" will be doing a gospel concert at the Port Bickerton Community Centre. Show starts at 7:00 pm. Concert is in support of the Lighthouse project. Admission is free will offering. Refreshments will be served. Come out for an evening of great music.

## Country Harbour Gun Club

Sept. 1st- Water Poker Rally

Registration-1:00-2:00 at Boat Launch,  
Salsman's Park. \$10.00 per hand. First prize-  
\$200.00, Second prize- \$100.00, Third prize-  
\$50.00

Sept. 2nd- Washer Toss

Starting at 10:00 am. \$10.00 per person. First,  
second and third prizes awarded

Sept. 15th- Country Breakfast

8:30-10:30 am Adult \$6.00, Children \$3.00

## The Baptist Congregation of Port Hilford, Port Bickerton & Sonora

(Convention of Atlantic Baptist Churches)

You are invited to these Worship Services and events:

Sep. 2, 11 AM – Port Bickerton United Baptist Church

Sep. 9, 11 AM – Sonora Baptist Church

Sep. 16, 11 AM – Port Hilford United Baptist Church

Sep. 18, 7 PM - *Come to the River* prayer meeting at St.  
John's United Church, Sherbrooke

Sep. 23, 11 AM – Port Bickerton United Baptist Church

Sep. 30, 11 AM – Sonora Baptist Church

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

The Anglican Parish of Liscomb & Port Bickerton

The Rev.'d Melissa Frankland, Rector

email: [revmelissa@maritimers.ca](mailto:revmelissa@maritimers.ca)

phone: 522 2510

### XIII Sunday after Trinity (Sept. 2nd)

9am St. Paul's Port Bickerton

11am\* St. Thomas' IHL

3pm St. Luke's Liscomb

7pm St. James' Sherbrooke

### XIV Sunday after Trinity (Sept. 9th)

9am St. Luke's Liscomb

11am\* St. James' Sherbrooke

3pm St. Thomas' IHL

7pm St. Paul's Port Bickerton

### Holy Cross Day (Sept. 16th, transferred)

9am St. James' Sherbrooke

11am\* St. Luke's Liscomb

3pm St. Paul's Port Bickerton

7pm St. Thomas' IHL

### St. Matthew (Sept. 23rd, transferred)

9am St. Thomas' IHL

11am St. Paul's Port Bickerton

3pm St. James' Sherbrooke

7pm St. Luke's Liscomb

### St. Michael and All Angels (Sept 30th)

11 am Holy Communion at St Paul's, followed by a  
Parish Picnic on the grounds of The Port Bickerton  
Lighthouse (In case of inclement weather, we will have  
our picnic at the church)

Please NOTE:

\*While Rev.'d Melissa is away on vacation, the 11am  
service for Sept. 2nd, 9th, and 16th will be morning  
prayer.\*\*\*

\*\*Confirmation classes begin Sept 26th, 7-8pm at the  
Hall in Liscomb.\*\*\*\*



## Indian Harbour Lake Pentecostal Church September Worship & Activities

Sunday

September 2<sup>nd</sup> 11:00 a.m.

Special Speaker: Rev. Bruce Parsons

September 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup>

11:00 am Morning Worship

September 16<sup>th</sup>

6:30 p.m. Praise & Prayer

Weekday Activities

Wednesday, September 12<sup>th</sup>, 19<sup>th</sup>

7:00 p.m. Bible Study

Friday, September 14<sup>th</sup> & 28<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@ihipentecostalchurch.ca](mailto:pastordave@ihipentecostalchurch.ca)

### St. Mary's Pastoral Charge

#### The United Church of Canada

*Sunday Worship in September... 9:30am at Bethany  
in East River, 11:00am at St. John's in Sherbrooke,  
7:00pm at Kirk in Glenelg (Hymn Sing at 6:45pm).  
Only one combined service on Sunday, September  
30, 11am at St. John's in Sherbrooke. Jump Start  
Sunday... back to school, back to work, back to  
church! Uplifting worship with special music  
followed by a Potluck lunch. Everyone is invited  
and welcome! 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)



September 1<sup>st</sup> & 2<sup>nd</sup> – Liscomb Ball Field  
Annual Kevin Rudolph Memorial Mixed  
Ball Tournament

Canteen services will be available  
All Canteen Proceeds go towards Liscomb Vol. Fire  
Dept.



Mailing Address:  
P.O. Box 295  
Sherbrooke, Nova Scotia  
Canada B0J 3C0

Telephone: (902) 522-2400  
Fax: (902) 522-2974  
E-mail: [haynelm@gov.ns.ca](mailto:haynelm@gov.ns.ca)  
Visit [sherbrookevillage.ca](http://sherbrookevillage.ca)

NOTICE: Sherbrooke Village Woodworking Shop will be closed for renovations until September 30, 2012.

## SHERBROOKE VILLAGE EVENTS, SEPTEMBER 2012

Saturday, September 1 to Monday, September 3 - LABOUR DAY APPRECIATION – Visit Sherbrooke this weekend and show your Union Membership card for 2 for 1 admission. Pay for one admission at regular price and get 2nd admission, same price or less for free. Applies to one day pass only.

Sunday, September 2 - "WITH THESE TWO HANDS" Wool Preparation!

Friday, September 7 - COURTHOUSE CONCERT – This will be the kick-off concert for the Sherbrooke Show & Shine antique car show, featuring George Brothers & Ol Blue, 7:30 pm

Saturday, September 8 and Sunday, September 9 - 18th ANNUAL SHERBROOKE SHOW & SHINE – A gathering of classic and antique vehicles featuring a road rally, music, dance at the Lions Hall, door prizes, raffle and a silent auction

Sunday, September 9 - HISTORIC WARDROBE DEPARTMENT OPEN HOUSE – Visit us at the Wardrobe Department from 12 to 4 pm.

Friday, September 14 - COURTHOUSE CONCERT – Gary Jordan & Country Connections,

Sunday, September 16 - "WITH THESE TWO HANDS" It's a Fine Pickle! – We'll be making some of Sherbrooke's renowned jams and pickles in the kitchen of the Jail.

Friday, September 21 - COURTHOUSE CONCERT – An evening with Blain Henshaw featuring original works and those of Gordon Lightfoot, Ian Tyson, Gene MacLennan and more.

Sunday, September 23 - "WITH THESE TWO HANDS" Quilting

Friday, September 28 - COURTHOUSE CONCERT – This will be our annual Sherbrooke Shares concert in aid of the St. Mary's Food Bank 7:30 pm, tickets \$8 at the door.

Sunday, September 30 - "WITH THESE TWO HANDS"

Monday, October 1 to Thursday, October 4 - SHERBROOKE VILLAGE PHOTOGRAPHY CAMP – Facilitated by instructor Wally Hayes. Sign up today!

Thursday, October 4 -  
NINTH ANNUAL ROAD TO CELTIC COLOURS CEILIDH AT THE COURTHOUSE – featuring Stan Chapman and accompanied by Marion Dewar.

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The EAGLES youth group will start up again on Thursday, September 13<sup>th</sup>.  
 Ages: Grade 1 and up  
 Place: Goshen Gospel Church  
 Time: Thursday, from 6:00-7:30  
 Looking forward to another great year.  
 Looking forward to seeing you there.  
 If you have any questions, please contact Pastor John at 7893-2972 or 783-2055.

**Old Fashioned Christmas in Sherbrooke  
 November 23, 24, 25, 2012**

The Old Fashioned Christmas committee has been hard at work and a schedule is tentatively complete. Now we need some help. We are looking for:

- \*Volunteers to help with different activities
- \*Anyone willing to have their home available for house tours (Sat: 1-5 Sun 1-4)
- \*Anyone who would like to perform at the Variety show (Saturday night)
- \*Groups or individuals interested in adopting and decorating a door to be displayed in the village.

If you can help or wish to take part in any of the above activities please contact: Debbie Findlay at 522-2265 or Dfindlay@seasidehighspeed.com or Karen Hallett, Sherbrooke Village at 522-2400. Replies required by September 7<sup>th</sup>. We need this information in place before schedule goes to print.

**Goshen Gospel Church Community Fair**  
 20672 Hwy 316, Goshen NS  
 Sept. 16, 2012 12:30 pm to 2:30 pm  
**FREE FOOD & FUN**


**Craft Sale during Old Fashioned Christmas  
 November 24 & 25**

The craft sale will be held again this year in Sherbrooke during the Old Fashioned Christmas activities at the Temperance Hall and School.  
 Saturday: 10:00-4:30 & Sunday: 10:00-4:00  
 Cost to book table: \$20 for the day or \$35 for 2 days

Contact: Marg Cornect at 833-2747 or email: [Margaret@cornectfamilyfarm.com](mailto:Margaret@cornectfamilyfarm.com)

Space is limited so please call early

**FALL HEAVY HAUL**

Tuesday October 9 <sup>th</sup>	Wednesday, October 10 <sup>th</sup>	Thursday, October 11 <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 October 12<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), lawn 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\*\*\*\*

Eastern Region Solid Waste Management (ERSWM) is once again offering the Litter Incentive Funding program. Community groups apply before a cleanup to be considered for up to \$100 for a km of road (both shoulders) cleaned of litter. This could be used towards a BBQ for your volunteers or to provide funds to your community group. Call ERSWM to learn more 1-888-377-9622 or St. Mary's Municipal Office at 522-2049.

**Community Bin Project**

This funding program is sponsored by RRFNB Nova Scotia to assist Community groups with the purchase of waste sorting stations. Interested community groups must complete and submit an application to Eastern Region Solid Waste Management Committee by March 4, 2013. If you qualify and are approved 50 % of the purchase price will be funded under this project.

For guidelines, information on sorting stations and applications, copies can be picked up at the St. Mary's Municipal Office or request Community Bin project Guidelines and Application by email to: [Nicole@erswm.ca](mailto:Nicole@erswm.ca) or [council@saint-marys.ca](mailto:council@saint-marys.ca)

\*\*\* Please note Garbage and Recyclable collection will alternate weeks.

See Zone details below\*\*\*

## AUGUST 2012

Tuesday	Wednesday	Thursday
28 Zone 1 GARBAGE	29 Zone 2 GARBAGE	30 Zone 3 GARBAGE

## SEPTEMBER

Tuesday	Wednesday	Thursday
4 Zone 1 BLUE BAG & GARBAGE	5 Zone 2 BLUE BAG & GARBAGE	6 Zone 3 BLUE BAG & GARBAGE
11 Zone 1 GARBAGE	12 Zone 2 GARBAGE	13 Zone 3 GARBAGE
18 Zone 1 BLUE BAG	19 Zone 2 BLUE BAG	20 Zone 3 BLUE BAG
25 Zone 1 GARBAGE	26 Zone 2 GARBAGE	27 Zone 3 GARBAGE

## OCTOBER

Tuesday	Wednesday	Thursday
2 Zone 1 BLUE BAG	3 Zone 2 BLUE BAG	4 Zone 3 BLUE BAG
9 Zone 1 HEAVY HAUL GARBAGE	10 Zone 2 HEAVY HAUL GARBAGE	11 Zone 3 HEAVY HAUL GARBAGE
16 Zone 1 BLUE BAG	17 Zone 2 BLUE BAG	18 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.

### HEAVY HAUL OCTOBER 9-12

# 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)

## SEPTEMBER, 2012. BACK TO SCHOOL!! RECREATION NEWSLETTER

**ZUMBA PORT BICKERTON** Port Bickerton Community Centre, Tuesday evenings from 6:30 to 7:30 pm. \$5 Per Class, Bring water. Come out for an hour of fun with a certified zumba instructor! Follow the latin-inspired zumba dance/fitness steps and dance your way to fitness. Call the rec. dept. to register at 522-2598.



**Zumba in Sherbrooke and other locations.** Please contact Maria Tate at 522-2743.

**ZUMBA GOSHEN** Tuesday evenings at 7:00 pm. \$5 Per Person. Goshen Community Centre.

**EVENTS IN MELROSE** 45's: Tues. at 1:30 pm and Sat. at 7pm. Cribbage: Wednesday evening starting at 7:00 pm.

**SUMMER PROGRAM:** The Recreation Department would like to thank all of the community centers around the municipality for allowing us to use their facilities throughout the summer for day camps for the kids. Also, we would like to thank the Village, Nimrod's Campground, and the Red Hill Golf Course as well for being able to host events there too!

### **ST. MARY'S ADULT SLOWPITCH LEAGUE** Adult



Slowpitch league is up and running. The softball league is open to anyone over the age of 18.

Players are to sign-up as individuals or teams. We plan to run until late September. Games will be played on Tuesday evenings at the Sherbrooke Village Ball Field. \$10 per person. There will also be a tournament sometime during the season. If you have any questions about the league please contact the recreation office at 522-2598 or email at [recreation@saint-marys.ca](mailto:recreation@saint-marys.ca).

**ST. MARY'S REC PLEX** For your information, the great facility that operates in Sherbrooke will eventually be equipped with a walking track inside. Hard rubber matting will be throughout the rink. Check our website for more information on this or call the recreation department at 522-2598.

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

**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.

**KAYAK LOAN-OUT PROGRAM** The Municipality has Kayak's that are available to you to rent out whenever you like. The Recreation department has 4 single Kayak's. To rent these out, they are \$5 Per day, per kayak, plus a damage deposit of \$25 dollars for each Kayak. You are responsible for pick up and return. For more information, or to rent out, please contact St. Mary's Recreation at 522-2598.



**PARKS AND TRAILS** This Municipality is in an area where there are all kinds of trails that you could go for a walk, or hike on! So, get out there and discover the sights and sounds of these great trails! Stonewall Park - The Friends of Stonewall Park Society is currently working on fixing up the park to make it more accessible, and more of an attraction!

### **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 the Recreation Coordinator at [recreation@saint-marys.ca](mailto:recreation@saint-marys.ca), or phone: 522-2598.

**RECREATION, PARKS, TRAILS, AND ATTRACTIONS** The Recreation Department for the Municipality of St. Mary's is currently working on a plan to scope out all of the trails, parks, and attractions this area has to offer, and then distributing these on the municipal website. Residents, visitors, and tourists will be able to have access and get specific information of all recreational type locations that we have to offer in this municipality for what best suits them and what they can do on their leisure time. This consists of bicycle routes, where trails are located, what kind of trails they are, locations of picnic parks, length of walking paths, etc. If this interests you, would like to be involved, or you would like to volunteer for the implementation of this project, please contact Josh Corkum, Recreation Coordinator at 522-2598 or email at [recreation@saint-marys.ca](mailto:recreation@saint-marys.ca).

### **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



Visit us on Facebook

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.

**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: [www.kidsportcanada.ca](http://www.kidsportcanada.ca)

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



**RED CROSS ASSISTANT WATER SAFETY INSTRUCTOR (AWSI)** The Antigonish Recreation Departments hosts 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.

#### **NOVA SCOTIA FITNESS ASSOCIATION**

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

#### **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. Check out all the information that you need on recreational opportunities within this municipality.

#### **Recreation And Leisure Leaders And/or Instructors**

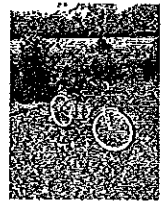
The Municipality of the District of St. Mary's Recreation Department is currently looking for instructors or leaders in the area that are able to instruct or lead a course activity, event, program, and/or club in their expertise. So, if you are interested in teaching, leading, or instructing something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

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

Fun with S.H.O.P.S. is a developed program in the Sherbrooke Community run by the recreation department along with volunteers that will provide opportunities for persons with intellectual disabilities. Events will be held in Sherbrooke and surrounding areas. Please contact Shirley Long 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 Shirley at 902-522-2523, or please call the recreation office at 522-2598.

#### **Bicycle Ticket Draw!**

The St. Mary's RECPLEX facility is a wonderful asset to our community. A top of the line Schwinn Super 3 Cruiser Bike has been donated to the Municipality by generous people who would like to see it used to raise money for the RECPLEX. So, tickets are being sold on this bike from now until we draw the winner at the Terry Fox run in September. If you would like to buy tickets on this, please contact the Municipality of St. Mary's at 522-2049, or the Recreation office at 522-2598.



**RUG HOOKING AT GREENFIELD OLDSTERS CLUB** Linda MacDonald, a certified rug hooking instructor, will be teaching rug hooking for 4 Mondays beginning Sept 10 at the Greenfield Center. Hours 1pm to 3:30 pm. You may choose your own pattern and material. Kits and supplies will be available to purchase and there will be some instructional cost depending on the number attending. Please contact Josh at 522-2598 to register.

**RECREATION NOVA SCOTIA PHOTO CONTEST** Go digital and email us your pictures to Recreation Nova Scotia ([student@recreationns.ns.ca](mailto:student@recreationns.ns.ca)) or mail in your photographs to Recreation Nova Scotia, 5516 Spring Garden Road, Suite 309, Halifax, NS, B3J 1G6. Email: [bmahon@recreationns.ns.ca](mailto:bmahon@recreationns.ns.ca). The winner will receive a prize from Recreation Nova Scotia. All you have to do is draw a picture in color of some type of recreation activity that you could do in the summer. Could be flowers, trees, fields, pools, biking, walking, roller blading, etc. So, we encourage you to be artistic and send in your picture!



**HIGHLAND CONNECT** Looking for something to do? Highland Connect is a new website that enables you to see what is going on in your community. It is an online guide for active living resources. Here you can search for activities/events/programs, etc....Go and check it out!!: [www.highlandconnect.ca](http://www.highlandconnect.ca)

**50+ SYMPOSIUM** This Symposium will deal with important and beneficial issues concerning the Seniors of this area and surrounding communities including personal well-being, and health and safety issues. This symposium will be a way for many different organizations to have contact with the senior population, as well it would provide seniors with an accessible and enjoyable event dealing with senior specific issues. The idea is for organizations to have booths/tables set up with displays and information, so the public has access. Representatives at each booth will be able to speak with individuals attending the symposium, providing information and answers to specific concerns. The 50+ Symposium will be taking place at the Moser River Community Hall, Saturday September 8th, from 1 to 4 PM. The Municipality of St. Mary's Recreation Department will be there in attendance having a booth. See you there!

**GUYSBOROUGH COUNTY OLDER ADULT GAMES** This year was the 25<sup>th</sup> anniversary for the games and it was a huge success. A partnership between Guysborough Recreation, Mulgrave Recreation Department, and St. Mary's Recreation made this event happen, along with volunteers from the whole county. There were around 80 participants this year and we are looking forward to next year already! Thanks to everyone who came out and the Municipalities that made contributions.

# Physical Activity Opportunities

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

## Fall Fitness Centre Hours Summer Hours

Monday  
2:30-7:30

## 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! 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 sticking around for September! 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 contact the recreation office at 522-2598 for more information

## Liscomb Lodge Aqua Fitness

Liscomb aqua fitness is back for yet another year!! Aqua fit is a great low impact work out that uses water resistance to increase cardiovascular health, muscle endurance and strength. Join us Monday mornings from 10:00-11:00 at the Liscomb Lodge pool. To register please contact Emily Morton at 522-2598 or by email at [emilymargaretmorton@gmail.com](mailto:emilymargaretmorton@gmail.com)



## Youth XC

ATTENTION ALL CROSS COUNTRY RUNNERS! St. Mary's Recreation is pleased to offer a pre season cross country running program open to all youth ages 12 and up! The program will be held Tuesday evenings from 6:30-7:30 at St. Mary's Academy. Please note this program is pending registration. Please call Emily at 522-2598 for more information or to register.



## St. Mary's Coyotes off Ice Training After School Program

This unique combination of cardio, muscle confusion, agility and plyometric training will have you stronger, faster both on and off the ice. Off ice will be held Thursdays after school from 3:00-4:00pm starting the St. Mary's Academy. For more information or to register please contact Emily at 522-2598

## A Message from your physical activity coordinator

*Do you have physical activity or recreation initiative that you would like to see in your community? If so please contact the recreation office at 522-2598*

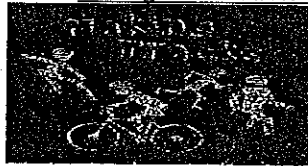
## Story Bugs

Story Bugs is an introductory program designed to teach the basics of physical literacy to pre school children ages 3-5 years old. Story 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 Wednesdays mornings at the Goshen Community Centre from 10:00-11:00 to register please contact Emily Morton at 522-2598. Please note this program is pending on registration, a minimum of four children are required to proceed with the program.



## Making Tracks After School Mountain Bike Program



Did you know that the Municipality of St. Mary's Recreation Department has recently purchased TEN BRAND NEW Norco Mountain Bikes? And what is the best part you ask?? They are for you to use! We are pleased to offer an after school learn to mountain bike program for all students age 10-16 on Monday after noon from 3:00-4:00. Please note spots are limited there for anyone looking to participate must contact the recreation office at 522-2598 or by email at [emilymargaretmorton@gmail.com](mailto:emilymargaretmorton@gmail.com) to reserve a spot. If you have your own bike, we encourage you to bring it along! Storage is available.



## Seniors Fun Day's

Join us at the Goshen Community Centre September 19th from 10:00am-12:30pm for a day full of fun and games! A light lunch will be provided for all those wishing to participate. For more information please contact Emily at the Recreation Office!



The rise in childhood obesity and preventable chronic disease is a global issue. In Nova Scotia one in three children and youth are overweight or obese, and rates of unhealthy eating, sedentary behaviors and physical inactivity are much higher. Our rates of chronic disease are among the highest in the country! It is with this information that the Municipality of St. Mary's has decided to implement a number of programs targeted at children and youth and increase active transportation through out the municipality. To learn more on the THRIVE strategy and find ways to incorporate it into your life style please visit [www.thrive.novascotia.ca](http://www.thrive.novascotia.ca) or ask your Physical activity Coordinator for more information.

## Weighing us Down Family Weight Loss and Nutrition Program

Are you looking to lose weight and make healthier decisions for you and your family? But don't know how to get started? Well, look no farther!! The Municipality of St. Mary's Recreation Department has teamed up with Dietitian Pam Soley and Public Health Nurse Rachel Chisholm to bring you a 8 week program that will provide the necessary education and skills to adopt a healthier life style and most importantly stick with it! The program begins October 1<sup>st</sup> 2012, anyone looking to participate must register by September 21 2012 by contacting Emily at 522-2598.

