

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

# November 2012 Newsletter

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

The DEADLINE to have information submitted for the DECEMBER issue of the Newsletter is WEDNESDAY, November 21 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.

**COUNCIL MEETING:** The next regular meeting of St. Mary's Municipal Council will be held on Tuesday, November 13, 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)

## Municipality of the District of St. Mary's 2012 Municipal Council and School Board Election Results

District #	Candidate	Total Votes	Elected
<b>Council</b>			
1	Rennie Beaver	102	
	Bill Carpan	53	
	Debbie Findlay	108	Elected
2	Michael Mosher, Incumbent		Acclaimed
3&5	John Cameron	54	
	David Clark, Incumbent	122	Elected
4	Kevin Pye, Incumbent		Acclaimed
6	Jacqueline Dort, Incumbent		Acclaimed
7	Everett Baker	97	Elected
	Shelley Bowen	71	
8	Peggy Kaiser-Kirk		Acclaimed

## School Board

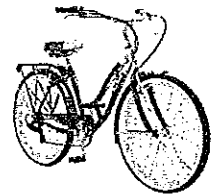
Strait Regional District 10	Mallori Nickerson	Acclaimed
African NS Rep	Clarence Reddick, Incumbent	Acclaimed
CSAP Rep	Alfred Benoit, Incumbent	Acclaimed

## St. Mary's Recplex Update

Recplex Facility will be open for business the first full week of November. Anyone wishing to book ice time or see scheduled events contact Brad Burns, Recplex Manager at 522-2646. Rates: \$125 (\$108.70 plus \$16.30 HST) hour for Minor Hockey, School \$155 (\$134.78 plus \$20.22 HST) hour for adult programs and Private Rentals  
Christmas Special: Over the Christmas vacation – book a private rental for \$125!

Walking Track: rubber mat has been placed around the rink, will be available all year round.

**Defibrillator fund:** The winner of the Schwinn Bicycle was J.R Smith from Ontario. He has generously donated the bike back to the Recplex committee for the purpose of selling it at a discounted retail price of \$150 and monies used in donation to the defibrillator purchase for the Recplex facility. Anyone interested in purchasing this expensive touring model Bike at such a low cost is to give their name to Municipal Office by November 16<sup>th</sup>. If more than one person has their name down to buy it, those names will go into a hat and will be drawn for. The DEADLINE to put your name down to buy the bike is Friday, November 16. The draw will be on Monday, November 19. If your name gets drawn, you have one week to claim the bike. Please phone 522-2598 or 522-2049 if you are interested in entering your name.



## Public Health Services GASHA Flu Clinic Schedule

Nov. 15<sup>th</sup>, 2012 Sherbrooke Lions Club 1-6pm  
Nov. 21<sup>st</sup>, 2012 Port Bickerton Comm. Hall 10-12  
Nov. 23<sup>rd</sup>, 2012 Ecum Secum Sunshine Club 10-12  
Nov. 27<sup>th</sup>, 2012 Maple Manor 9:30am-12:30pm

Don't Get the Flu. Don't Spread the Flu.  
Get Vaccinated. Please bring your health card.

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

### **Property Tax Rebate for Seniors**

Please be advised the deadline for this application to Service Nova Scotia is December 31 2012. You are eligible to receive the rebate if you meet ALL of the following criteria: You were receiving either the Guaranteed Income Supplement (GIS) or The Allowance in January of this year. To find out if you qualify for the GIS or the Allowance, call Service Canada at 1-800 277-9914. You are living in your home at the time you apply for the rebate and continue to reside in your home and; your previous year's property taxes were paid in full. Applications are available at the Municipal Office.

### **Remembrance Day Services**

Royal Canadian Legion Branch #56, Sherbrooke

Presbyterian Church in Sherbrooke on November 11<sup>th</sup> at 11 am. Remembrance wreaths can be purchased for \$45.00 by contacting: Greg Lambourne, 522-2797 or Kelly Kaiser, 522-2553



Royal Canadian Legion Branch #86, Liscomb

Remembrance ceremonies will be held at the Legion November 11<sup>th</sup> at 11am. Dinner will follow.

### **St. Mary's District Food Bank**

Give the gift of sharing! Have you ever considered giving a donation to the Food Bank in the name of a friend or relative? The Food Bank will send a gift card to whomever you choose, indicating that you have made a gift donation in their name. Money for gift cards or donation may be mailed to St. Mary's District Food Bank, PO Box 102, Sherbrooke, NS B0J 3C0. Tax receipts are available for donations of \$25 or more.

Donations of non-perishable food items will be accepted during Old Fashioned Christmas at Sherbrooke Village, throughout the event, at various locations, including the Information and Exhibit centres.

If you are in need of assistance, please call 328-4148 and leave a message. The phone number is exclusive to the Food Bank and all calls are confidential.

### **Maple Manor**

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

**Ecum Secum Card Party - 45's,  
Tuesdays at 7pm at the Ecum Secum Fire Hall.  
Everyone Welcome!**

### **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: November 2 at 11am. 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.

Story Time – Due to cuts in funding, we are unable to offer Story Time; however, Helen has prepared Story Time-in-a-kit. In the kit are books, crafts ideas and supplies, felt pieces to go with one of the stories, and other such suitable items. These kits are available for you to either use at home or bring your child/children to the library during open hours and use. There are now four kits available.

Christmas-at-the-library: Saturday, November 24 starting at 10:30 am will be crafts and stories. This in conjunction with Sherbrooke Village Christmas. Two age groups, 3-5 year olds and 6-9 year olds will be held. Pre-registration is required to ensure a seat. The groups are limited to ten children in each.

#### **Library Hours:**

Monday:	11am-4pm
Tuesday:	11am-4pm
Thursday:	11am-4pm
Friday:	9:30am-2:30pm
Saturday:	10am-1pm
Phone:	522-2180



### **Living on Less in Rural Nova Scotia**

All are invited to attend a presentation and discussion about living on less. The event will be held on Wednesday November 7th at 1:30 PM, in St. John's United Church basement in Sherbrooke. We will explore some of the reasons why incomes are not keeping up with the cost of living, particularly for seniors and those living on lower incomes. Bring yourself, your favourite money-saving strategies, and lots of friends! The event is open to both men and women. Light refreshments will be provided. For more information please contact Tara at 863-6221. The event is hosted by the Guysborough County Women's Institute and the Antigonish Women's Resource Centre. Funding for the Money Matters Program is provided by the TD Financial Literacy Trust Fund Grant.

## Greetings from High-Crest!

Hope you are all enjoying the beautiful fall colors!

Residents celebrating birthdays this month are:

Mary Janet MacDonald November 3rd

Dot Bouchie November 9th

Lois Wallace November 28<sup>th</sup>

Happy Birthday Ladies! We will celebrate with a Homebuddies Bingo/Birthday Party on November 13th at 1:15. Everyone is welcome!

I am excited to announce that we will be holding our annual Christmas Tea & Sale on Friday November 30th at 1:30. We hope to see lots of familiar faces and welcome new ones as well.

We are participating in the Scarecrow event again this year, come by and take a look! Hope to see some trick or treaters on Halloween night, (we have good treats). Be safe and have fun!



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**Bethal Community Church hosting 12<sup>th</sup> Annual Christmas Banquet Friday December 7<sup>th</sup> at 6:30pm. No Charge, all welcome.**

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### **St Mary's Pastoral Charge**

"Let's Get Motivated", I'm Okay, Your Okay by the Harbour Players of Antigonish. Dinner Theater at the Lion's Hall in Sherbrooke, November 10, 2012. Ticket price \$ 30.00 per person Only 140 tickets available, this is a non-alcoholic event. Dinner is a three course Roast Beef or Vegetarian

Doors open at 6:00 pm, Show starts at 6:30 sharp.

In support of the Manse Roof Fund!

Tickets on sale now. Call Agnes 833-2235, Jo-Ann 833-2233, Michelle 833-2194, Angie 922-3223, Yvonne 522-2572, Arlene 522 2588

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### **PRIZE BINGO**

The staff of the Port Bickerton Lighthouse will be holding their annual Prize Bingo on November 17<sup>th</sup> at 2 pm at the Port Bickerton Community Centre.

Anyone wishing to donate a prize can contact:

Colleen Jack-364-2024

Patsy Horton-364-2519

Ashley Jack-364-2759

Have fun & win some great prizes!



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### **Seniors Dinner**

**Tuesday, December 11, 2012, at the Ecum Secum Firehall at noon. Turkey dinner (with all the trimmings). Donation Box at the door.**

## Grade 7 Class Trip Fundraisers

### Tuesday, November 13<sup>th</sup>

A Penny Auction is scheduled at the Liscomb Legion. Start time: 7:00. Please support this fundraiser by attending if possible!

### Saturday, November 17<sup>th</sup>

Indoor Washer Toss Tournament at the Country Harbour Gun Club. Registration starts at 10:30am-Play Starts at 11:00am. \$10 per Person/Teams of 2 or come alone and be matched with someone! Prizes-Cash & Prizes as well as Door Prizes! Lunch will be sold: Chili, Rolls, Tea & Coffee

The Grade 7 students are also selling tickets on a huge Christmas/Gift basket. If you would like to buy some please contact the school or a Grade 7 student in your area. Your support is greatly appreciated.

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

Next general meeting will be held on Tuesday, November 6 - all welcome

### ACTIVITIES:

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

**CRIBBAGE - Saturdays at 8pm \$5**

**FUN SHUFFLEBOARD - Fridays at 7 \$2 (until Nov 23)**

**SENIOR CHRISTMAS PARTY:** Tuesday, Nov 27 Games and entertainment will begin at 2pm followed by a Christmas meal. This event is free to all seniors - come and Enjoy an afternoon of fun and fellowship

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### **Christmas Bazaar- St. John Church**

**Necum Teuch, Hwy #7**

November 10, 9 am-1 pm.

Lots of new and old items. Bake Table.

Lunch (Baked Beans and Fish Cakes) -\$5  
Christmas Ornaments on tree for sale, mitts on tree for sale. Clothing, CD's, Cookies, Books, Grabs, Breads, Cakes



Addiction Services is offering a six-week Stop Smoking Program in the Council Chambers,

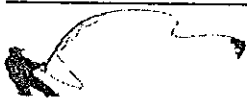
Municipal Officer, beginning Tuesday, October 30 from 6:00pm-7:30pm. For more information or to register, contact Jamie Fraser, Nicotine Community Outreach Worker, GASHA at 867-4500 ext. 4606

## THANK YOU

We, the family of the late Lillie McKeen of Aspen, wish to express our sincere thanks to everyone who attended the visitation and funeral. A special thanks to all who sent cards and donations, the many phone calls and e-mails, and all who sent food to our family. A special thanks to the ladies who provided lunch after the funeral and the High Crest Nursing Home in Sherbrooke for their wonderful and compassionate care. Your thoughtfulness and generosity was greatly appreciated.

Kyle, Vanessa, and their two boys Sam and Henry of Indian Harbour Lake would like to thank everyone for welcoming them to the community. We would like to send a heartfelt Thank You to our neighbors, and The Women's Institute Indian Harbour Lake/Jordanville Chapter for the warm welcome, support and gifts we've received upon moving to the neighborhood. We look forward to getting to meet everyone, and becoming involved in and apart of such a wonderful and caring community. Thank you for making us feel like family!

A huge Thank you to everyone who attended my 90<sup>th</sup> Birthday Party from far and near on Oct 21<sup>st</sup>. Thanks to all the ladies who helped prepare the food, for all the cards, gifts, phone calls and best wishes. It was truly a wonderful afternoon. -- Sincerely Bob Breen



I would like to extend a huge thank you to all who sponsored and gave well wishes to me on my recent trip to Mont Tremblant, Quebec, where I competed in the 10<sup>th</sup> National Fly Fishing Competition for the Canadian Youth Team. -- Christopher Sinclair

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

(Convention of Atlantic Baptist Churches)

You are invited to these Worship Services and events:

Nov. 4, 11 AM – Port Bickerton United Baptist Church

Nov. 11, 10:45 AM – Remembrance Day Service, St. James Presbyterian Church, Sherbrooke

Nov. 11, 5 PM – Fellowship Supper, followed by Evening Service, at Sonora Baptist Church

Nov. 18, 11 AM – Port Hilford United Baptist Church

Nov. 25, 11 AM – Port Bickerton United Baptist Church

Sundays at 10:00 AM: Adult Elective on "How to Study the Bible"

Tuesdays 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](mailto:hbs.baptist@ns.sympatico.ca)

### Indian Harbour Lake Pentecostal Church November Worship & Activities

Sunday, November 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup>

11:00 am Morning Worship

Sunday, November 18<sup>th</sup>

6:30 p.m. Praise & Prayer



Weekday Activities

Wednesday, 7<sup>th</sup>, 14<sup>th</sup>, & 21<sup>st</sup>

7:00 p.m. Bible Study on The End Times

Friday, November 2<sup>nd</sup>, 16<sup>th</sup> & 30<sup>th</sup>

Youth Group (Ages 12 – 18) at the parsonage

All are Welcome! For more information, contact

Pastor Dave Connolly at 522-2759

or [pastordave@ihlpentecostalchurch.ca](mailto:pastordave@ihlpentecostalchurch.ca)

### Greenfield Oldsters Club, Melrose Crib starting Thursday November 1<sup>st</sup>

Time: 7:30pm Cost: \$5/person

Bring a partner!

Contact Dave at 833-2414



### St. Mary's Curling Club

Please take note that the 1<sup>st</sup> regular curling night is tentatively set for Monday Nov 5<sup>th</sup>. First draw starting at 5:30pm 2<sup>nd</sup> draw at 7pm. If you or your team is returning to curl please phone me, Debbie Feltmate at 522-2281 to register. New members /teams are welcome to join. I will be working on the schedule soon so it is imperative I know who is curling this year.

Unfortunately government funding for Stick Curling has been spent and because of this we need to charge a fee to help pay ice time costs. This year we will NOT be able to run a drop in basis. **All participants will be required to Pre-Register and pay registration fee** (listed below).

This year in collaboration with the Recreation Department we are offering an **After School Youth Program and Learn to Curl Program**. Fees for these programs will be dependant on the number of participants, however our policy to keep fees to a minimum to encourage new members.

#### Registration Fees:

Regular Monday Night Curling - \$135 and \$115 for seniors

Stick Curling – 10 weeks \$84

After School Youth Program – Fee to be determined

Learn to Curl Program – Fee to be determined

If possible we request you try to have your registration fee paid in advance with myself, Gloria MacIntosh or Beulah Malloy. If that is not possible please bring it on Nov 5<sup>th</sup>.

Please remember to register for any of the curling opportunities above by calling me at 522-2281

- Debbie

## Country Harbour Gun Club

Saturday Nov 17<sup>th</sup>

Country Breakfast 8:30 – 10am

Adult - \$6.00 Children \$3.00

Sunday December 2<sup>nd</sup>

Christmas Prize Bingo 2:00pm



## Goshen Community Centre

Auction: New & Used Items Saturday, Nov. 3<sup>rd</sup> viewing from 10:30 – 11:00 with auction starting at 11:00 am

Remembrance Week Service – Sunday Nov 4<sup>th</sup> at 2:00pm. Everyone welcome, refreshments will be served. Following the Service there will be a Rededication of the Troy Hudson Memorial Playground

A Musical Christmas Saturday, Nov. 17<sup>th</sup> at 7:00 p.m. Presented by the Goshen Gospel Ladies Fellowship

Christmas Tree Lighting Sunday, Nov. 25<sup>th</sup>

Casserole Supper: 4:00 to 5:00 p.m.

Supper: Adults: \$8.00 Children: \$3.00

Santa's Visit: 5:00 to 5:30 p.m.

Tree Lighting & Carolling: 5:30 to 6:00

LED Light Exchange from 4:30 to 5:30 Bring in two sets of your old traditional holiday lights and Efficiency Nova Scotia will give one set of energy efficient LED lights in exchange, while supplies last.



## **Annual Parish TURKEY SUPPER**

November 3, 4-6 pm

Lions Community Centre, Sherbrooke

Adults \$10.00, Children \$5.00

Sponsored by:

The Parish of Liscomb & Port Bickerton

EVERYONE WELCOME

## **St. Mary's ATV Club**

Next meeting Thursday, November 8<sup>th</sup> at 6 pm, Municipal Office Council Chambers. On behalf of the club many thanks to our outgoing President. New members are welcome!

There will be a Gospel Concert, Saturday November 17<sup>th</sup> at 7:30pm at Port Bickerton Community Centre. Free will offering; Sponsored by St. Paul's Willing Workers. Everyone Welcome

## Do you know-The structure of The Women's Institute?

The local branch in your community, 57 branches with over 700 members in Nova Scotia (WINS). The Federated Women's Institute of Canada (FWIC) is the national organization with 1,000 branches distributed throughout 10 provinces, 13,000 members. The Associated Country Women of the World (ACWW) is an international organization of over 70 million members in 70 countries. Come join us for a day of friendship and learn about the WINS at the Fall Rally on **October 30<sup>th</sup>** starting at 10 am in the Indian Harbour Lake Community Centre, hosted by the Port Hilford WINS branch.

The 3<sup>rd</sup> Annual "Work Day" for W.I. members and all ladies of the District of St. Mary's will be held on **Wednesday November 13<sup>th</sup>** at the Indian Harbour Lake Community Center, beginning at 9:30am. Please come "lend a hand" as we work on charitable projects. A complimentary lunch will be served. Together we create something special for others who are less fortunate. For more info call A. Hewitt 522-2365 or any W.I. member

## Stillwater Community Centre News

**Card Play continues every Friday Night at 8pm.**  
**(Doors open at 7:15pm) All are welcome to play and enjoy some good company.**

**Now we play Rain or Shine!**

If you or your organization is interested in renting our hall please contact David Nadler @ 522-2468.  
Full day rentals \$75, ½ day \$50.

After four weekend rain delays we have finally completed the shingling of our roof on the "Old School House". I want to extend a Thank You to all of our community volunteers, who made it possible by donating their time and energy and to those who donated and served up a great BBQ for our crew of twelve hungry men. Thanks to the individuals from outside our community who gave of their time and equipment so willingly.

## *Old Fashioned Christmas*

*November 24 & 25*

*(See colored attachment for full Schedule)*

*Craft Sale 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)*



# 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)

**RINGETTE** St. Mary's Recreation is proud to introduce this great sport to the area! This is an awesome way to get on the ice, strap up the skates, learn the game, and have fun while staying active! If you want to be involved and interested in participating in this sport, please contact the recreation department at 522-2598. If we have enough people interested, we will then choose a day and time to have the program on. This program will be at the RECPLEX in Sherbrooke. All ages! \$50.00 for 8 weeks.



**RECREATIONAL SPORTS** Anyone who is interested in playing a certain sport once a week; please contact the recreation department at 522-2598. If there is enough interest in a sport you would like to play, a day and time will be decided on and games will carry on throughout this year. All ages! Ball hockey, basketball, badminton, volleyball, ping-pong, indoor soccer, mini-tennis, etc.



**ADULT HOCKEY** It's time for another Hockey season again and we are getting ready to hit the ice! Sign up lists have gone out to most of the businesses in Sherbrooke for you to put your name on if you want to play hockey this year. On the sign-up sheets, there is a column for under 30 players, and over 30 players. Please put your name down in one of those categories. We will be collecting the sign-up sheets on November 1<sup>st</sup> and having a meeting that night at the recreation office at 7:00 pm to divide the teams up. If you have any questions or would like to sign up for hockey, please contact the recreation office at 522-2598.

**SENIORS GAMES AND ACTIVITIES** Any seniors interested in an afternoon, or morning games or activities day in your area, please contact the recreation office at 522-2598 and we will do our best to make it happen! This could be any activity or game that you would like to play or do. Cards, carpet bowling, redneck golf, board games, scrabble, etc. Or, even a walking group!

**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)



**WALKING PROGRAM** Get out of the cold weather and go for a walk through the halls of St. Mary's Academy. This is open for you to walk from Monday to Friday, 3:00 pm - 8:00 pm.



**SKATING AND FIGURE SKATING** Figure skating is back in St. Mary's! There will be CANSKATE AND JUNIOR SKATING at the RECPLEX in Sherbrooke. Come join Renee Elliot to learn and have fun with skating as she will be the skating coach this year. The cost will be \$125.00 for CANSKATE and \$150.00 for JUNIOR SKATING. The program will run for 18 weeks starting the third week in November. YOU NEED TO REGISTER BEFORE NOVEMBER 1<sup>ST</sup> BY CALLING 522-2598. If we do not have enough kids registered by this date, the program will not run. Ages 4+.

**OPEN REC NIGHT** Tuesdays, 6:30 - 7:30, St. Mary's Education Centre. Nov 6 - Nov 27. Come out out and have the chance to play what you like. Youth, families, children, adults are all welcome!!

**LEARN TO CURL** St. Mary's Recreation is offering a 5-week introduction to the game of curling. Participants will learn the basic fundamentals of skills and strategies for this great winter sport. All equipment is provided. When enough people are registered or if there is enough interest, we will then decide on a day and time of the program. This program is at the Recplex and is for all ages. Please call 522-2598 to register or for more information. \$75.00



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

**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 little or no cost. Please call 522-2598 for more information, or to rent them out. Snowshoes, balls, gps's, washer toss, and much more.

**Like Hiking?** If you or a group of people are interested in developing a hiking group, please call 522-2598 and we will be pleased to set a program up!

## RECREATION, PARKS, TRAILS, AND ATTRACTIONS

The Recreation Department 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 at 522-2598 or email [recreation@saint-marys.ca](mailto:recreation@saint-marys.ca).

KIDSPORT & CANADIAN TIRE JUMP START PROGRAMS - If you want more information on these programs, please contact the recreation department at 522-2598, or visit the website: [www.kidsportcanada.ca](http://www.kidsportcanada.ca), and <http://jumpstart.canadiantire.ca/>

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

RED CROSS ASSISTANT WATER SAFETY INSTRUCTOR (AWSI) - Interested in becoming a Swim Instructor? Contact the Recreation Office at 522-2598 for more information.

EMERGENCY FIRST AID/CPR LEVEL C COURSE Saturday, November 17, 9:00 am to 5:00 pm. St. Mary's Academy, Sherbrooke. If you need, or would like to have your first aid and CPR course, this is the chance to get it! Also, this CPR level C course enables you to perform CPR on all ages instead of just one target age group. Need a minimum of 8 people. \$80.00 per person. Please register by calling the recreation office at 522-2598 by November 14<sup>th</sup>.

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.

SMILE PROGRAM SMILE is a developed program in the Sherbrooke Community run by the recreation department that will provide opportunities for persons with intellectual disabilities. Events will be held in Sherbrooke and surrounding areas. Please contact the recreation office at 522-2598.

ZUMBA CLASSES Everyone must know how popular ZUMBA has become in the Municipality! It is a mixture between dance, fitness, exercise, and a lot of fun! Maria Tate, a certified Zumba instructor is continuing to hold classes in Sherbrooke. She makes this class very enjoyable, tons of fun, and a great workout for any age group of people. \$5 Per person, per class. Class times:  
Mondays - Zumba Gold. 6-7 pm. St. Mary's School  
Tuesdays - Zumba. 6-7 pm. St. Mary's School  
Thursdays - Zumba Toning. 6-7 pm. St. Mary's School  
Tuesdays and Thursdays - 9-10 am. Liscomb Legion.  
Port Bickerton Community Centre: Tuesdays, 6:30 pm. \$5.

Zumbathon Event "Party in Pink Moving to End Cancer on November 3rd from 11:00 am to 1:30 pm at St. Mary's Academy. St. Mary's Recreation is supporting this event and also donations at the door and great door prizes, 10 Zumba instructors have been invited and confirmed.



MUNICIPAL WEBSITE VENTURE [www.saint-marys.ca](http://www.saint-marys.ca) Looking for photos from around our district..... If you have a picture you'd like to share please submit via email to [council@saint-marys.ca](mailto:council@saint-marys.ca) Perhaps a scenic photo or an event... Any pictures chosen to be displayed on the newly revamped website, the photographer will receive a prize. Let's show case our beautiful municipality.

CONTINUING EDUCATION COURSES/PERSONAL INTEREST Any individuals, or groups that are interested in these types of classes or courses in your area, please contact the recreation office at 522-2598 and we will do our best to make them happen. These classes/courses could be Spanish, food handlers course, boating safety course, digital photography, computers, GPS course, drawing, kitchen planning, interior design, improving bridge, tropical dance, dance, different types of dance, guitar, cake decorating, holiday card making, woodworking, scrapbooking, etc. We are also looking for instructors or leaders as well in an area of an expertise that you may have.

CURLING FOR KIDS St. Mary's Recreation is offering a kids curling program at the Recplex. If enough kids are interested, we will then decide on a day and time for the program. Please call the recreation office if interested or to register at 522-2598. Ages 5-18. A cost for the program will be determined at a later date.



HIGHLAND REGION LEADERSHIP FUND Provides financial assistance to new initiatives in leadership training development which result in increased involvement in Physical Activity roles, and increased and improved physical activity leadership skills of community recreation and sport leaders. Examples of eligible include: course to become certified instructors, coaching certification programs and more. For more information please contact the recreation office at 522-2598.

# Physical Activity

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

## NEW!! Fall/ Winter Fitness Centre Hours

Monday	Tuesday	Wednesday	Thursday	Friday
10:00-11:30	2:30-7:30	10:00-11:30	2:30-7:30	10:00-11:30
2:30-7:30		2:30-7:30		2:30-7:30

Fitness Centre rates are available on our website, 522-2598.

## Fall into Fitness!! Promotion of the Month

20% off all one year memberships.

### Learn to Run Program Liscomb / Sherbrooke

The Liscomb Learn to Run Program is a beginner level program that has seen great success over the past year! Each week we will teach you the basics of running; from techniques to footwear, we have it covered!! Join us at the St. Mary's Academy Monday evenings from 6:00-7:00 and 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)



### Move it Mondays Low Impact Fitness Class

The Municipality of St. Mary's

will once again be offering low-medium intensity exercise classes Monday mornings from 10:00-11:00 at the St. Mary's Fitness Centre. Classes are specially designed to incorporate strength, flexibility and cardiovascular training at an intensity level that works for you! Additional questions may be directed to Emily Morton at 522-2598 or by email.

### Indian Harbour Lake Fitness Class

Join us Tuesday mornings from 10:00-11:00pm for a medium- low intensity fitness class. Using thirty second intervals; each class is designed to incorporate strength, flexibility and cardiovascular training. For more information or to register please contact Emily at 522-2598. Please note a minimum of five participants must register in order for the program to proceed.



### Grade 5&6/ SMA After School Running Program

St. Mary's Recreation Department has recently teamed up with St. Mary's Education Centre/ Academy to offer a Cross Country Running Program Wednesdays after school from 2:30-3:30. Children are asked to dress appropriately according to the weather and bring proper footwear. Information sheets have recently been sent home with children. If your child is interested in participating and did not receive a registration form please contact the recreation office at 522-2598 for more information!

### Tumble Bugs

In partnership with Guysborough Kids First, the municipality of St. Mary's is pleased to once again offer a Tumble Bugs program. 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 Monday 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, and a minimum of four children are required to proceed with the program.

### NEW!! Yoga in Goshen

The municipality of St. Mary's will be offering yoga at the Goshen community Centre Wednesday afternoons from 1:00-1:45. We encourage all participants to bring their own yoga mats. For more information or to register please contact Emily Morton at 522-2598.

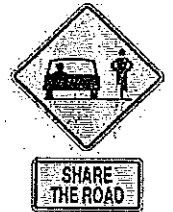
### Community Fitness Classes

We currently have some time slots available for community fitness classes. If you would like to have a organized fitness class in your area please contact the recreation department at 522-2598 or by email at [emilymargaretmorton@gmail.com](mailto:emilymargaretmorton@gmail.com)

**ST. MARY'S COMMUNITY DIRECTORY** If you know of, or have an organization/group that is involved with recreation, sport, physical activity, fitness, or exercise, please contact the recreation department at 522-2598 and we will distribute it on our website so that the public can have access to it and contact for more information.

### WHAT IS ACTIVE TRANSPORTATION?

Easy to use and fun. Active transportation is catching on all over the work with more people choosing to realign their travel patterns and get around using their own stream. AT is about using cars less for short trips to and from work or around the neighborhood. AT can also be about enjoying nature, being healthier and more active, and making our cities and towns more livable. AT is not limited to city and town use and has grown in rural areas as active recreation. Such as hiking. AT, by definition, is any form of self-propelled (non-motorized) transportation. AT is mostly about walking and cycling, but can include other modes of human powered transportation such as in-line skating, skateboarding, paddling, and jogging. Active transportation happens in two locations: On-road locations which are roads, shoulders, sidewalks, bike lanes, etc., and Off-road locations which are trails, rivers, lakes, beaches, ocean, etc. **WHY IS ACTIVE TRANSPORTATION IMPORTANT?** : It improves our physical and mental health, reduces greenhouse gas emissions that lead to climate change, and reduces air and noise pollution. Decreases the 2.8 million annual deaths from being overweight and the 3.2 million deaths from physical inactivity, encourages daily physical activity, helps achieve and maintain a healthy body weight, increases property values in areas with local AT infrastructure, attracts new residents and businesses, improves local air quality, decreases house hold costs including the need for a second vehicle, car maintenance and gas, increased manufacturing or sustainable modes of transportation, increases the number of well and productive employees, and promotes safe spaces with "more eyes on the street" **CHALLENGE YOURSELF AND YOUR FAMILY TO PARTICIPATE IN SOME FORM OF ACTIVE TRANSPORTATION EACH WEEK THIS SEASON!**



# NOVEMBER 2012

Tuesday	Wednesday	Thursday
October 29 Zone 1 BLUE BAG	October 30 Zone 2 BLUE BAG	October 31 Zone 3 BLUE BAG
November 6 Zone 1 GARBAGE	November 7 Zone 2 GARBAGE	November 8 Zone 3 GARBAGE
13 Zone 1 BLUE BAG	14 Zone 2 BLUE BAG	15 Zone 3 BLUE BAG
20 Zone 1 GARBAGE	21 Zone 2 GARBAGE	22 Zone 3 GARBAGE
27 Zone 1 BLUE BAG	28 Zone 2 BLUE BAG	29 Zone 3 BLUE BAG

**ZONE 1:**

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

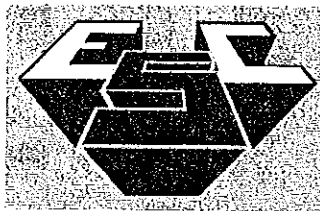
**ZONE 2:**

East Loon Lake, Smithfield, Denver & Newtown, 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.

**QUESTIONS... Call Eastern Shore Cartage 1-800-261-0372**

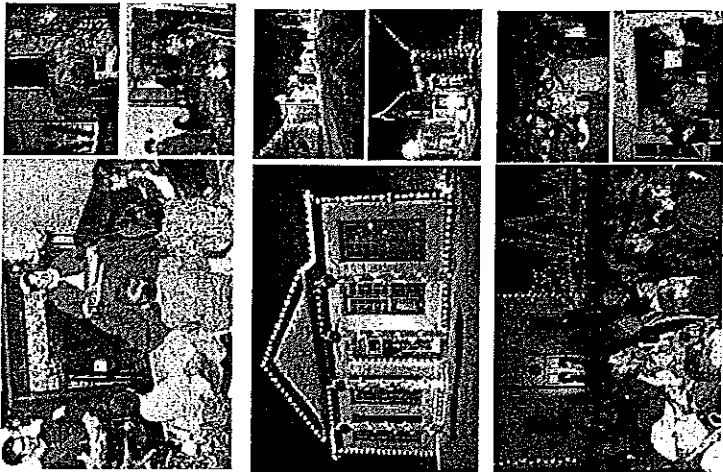






## Welcome to Sherbrooke Village at Christmas time!

Come and join us for an Old Fashioned Christmas! Opening Night festivities get underway with a visit from Santa, caroling, fireworks and the lighting of the Christmas Tree! The two days that follow are a celebration of the season, filled with craft workshops, markets, decorations, and our famous Victorian Tea's. Whether its house tours, wagon rides or children's holiday activities including the "Sci on the Fly" Discovery Centre Booth, there's something for everyone. Of course it wouldn't be Christmas without fantastic food, so we hope you'll join us on Saturday evening for our delicious traditional Christmas dinner. Come and help us ring in the season as we make the season merry in Sherbrooke, November 23rd - 25th!



Get your hands on history this Christmas and start your holiday season at Sherbrooke Village where our past is your adventure!

Thanks to our sponsors:



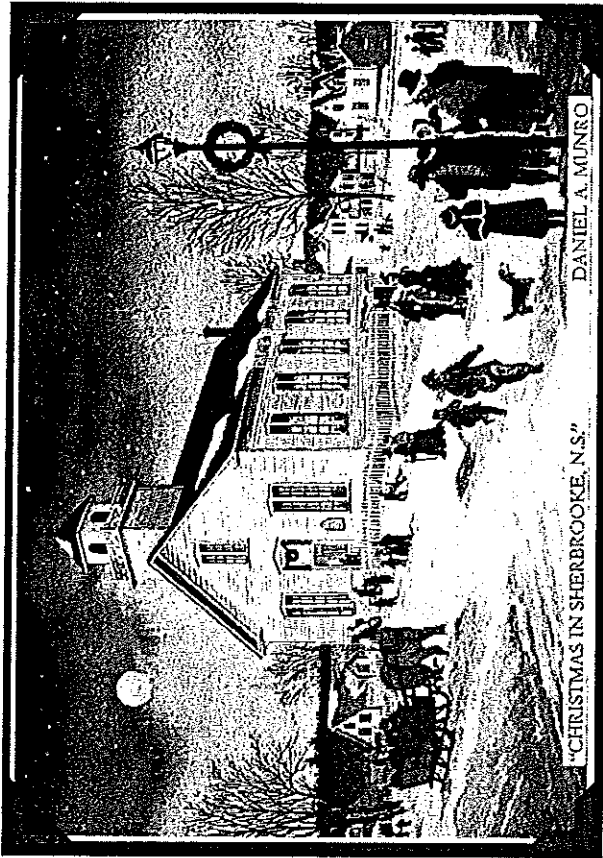
**ExonMobil**

DESTINATION EASTERN & NORTHUMBERLAND SHORES  
NOVA SCOTIA

**NOVA SCOTIA**

# Old Fashioned CHRISTMAS in SHERBROOKE VILLAGE

November 23-25, Sherbrooke, Nova Scotia



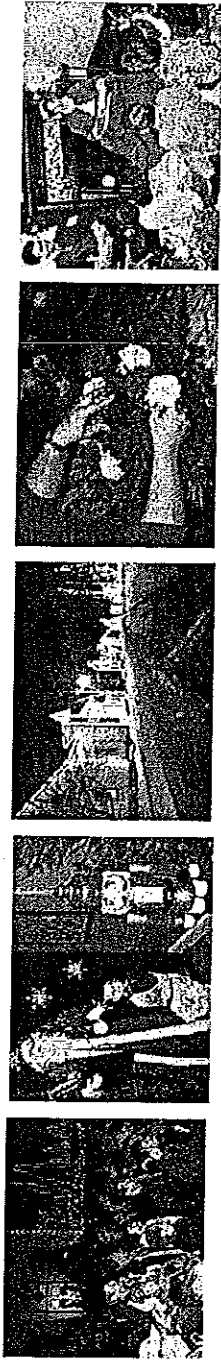
The 15th Year celebrating Old Fashioned Christmas in Sherbrooke Village!

*Caroling - Fireworks - Ice Sculptures - Crafts - Concert  
Christmas Dinner & Wine Tasting - Skating  
Kids Activities - Thousands of Lights - Santa's Visit  
... and more!*

For more information: (902)-522-2400 or toll free 1-888-743-7845, ask for Holly!

Sherbrooke Village is located on Highway 7, 45 minutes south of Antigonish

[www.oldfashionedchristmas.ca](http://www.oldfashionedchristmas.ca)



# Old Fashioned Christmas

November 23-25, Sherbrooke, Nova Scotia

## OFFICIAL SCHEDULE 2012

The 15th Year celebrating an Old Fashioned Christmas in Sherbrooke!

### Friday, November 23rd

**7:00 pm** Christmas Tree Lighting and Candlelight Procession beginning at Maple Manor and ending at the Information Centre. Glow sticks and candles (\$1), 3D glasses (\$2) will be available.

**7:45 pm** Caroling, refreshments, Santa's visit, a family street dance in front of the What Cheer Tea Room with live music by Hal Bruce followed by fireworks. Efficiency Nova Scotia will be on site for an J.E.D. Light Exchange. Free event open to the public!

### Saturday, November 24th

**8:30 am - 11 am** Breakfast at the Jions Hall hosted by KJRK UCW. \$8

**10:00 am - 12 pm** Christmas Workshop: Make and Take Cards and Tags at the Sherbrooke Village Administration Office board room. Limit of 12. Pre-registration is recommended. \$15

**10:00 am - 12 pm** Christmas Workshop: Fly Tying at the Legion Hall. Limit of 4. Pre-registration is recommended. \$10

**10:00 am - 4 pm** Kris Kringle's Craft Market at the Temperance Hall, Church basement, House of Wool (building 21) and School House. \$1

**10:00 am - 4 pm** Ice Sculptures and Wood Carving Demonstration at Greenwood Cottage. Free Event!

**10:30 am - 12 pm** Children's Storytime and Craft Workshop at the Library, ages 4-9. Donations for the Library fund accepted.

**1:00 - 3 pm** Wagon rides through Sherbrooke Village. Free event!

**1:00 - 4 pm** "Sci on the Fly" program provided by the Discovery Center (Halifax) at the Information Center. Free event!

**1:00 - 4 pm** Turkey Target Shoot, St. Mary's Shooters Association, for more information contact John Day at 783-2820.

**1:00 - 4 pm** Christmas House Tours in Sherbrooke Village and surrounding areas. Passports available at the Company Store. \$7

**2:00 - 3 pm** Children's Scavenger Hunt beginning at the Hands On History House. Children must be accompanied by an adult. Free Event!

**2:00 - 4 pm** Christmas Workshop: Fly Tying at the Legion Hall. Limit of 4. Pre-registration is recommended. \$10

**2:00 - 4 pm** Victorian Tea at the Exhibit Centre. \$7

Food bank donations accepted throughout the event at various locations. For information or reservations: (902)-522-2400 or toll free 1-888-743-7845, ask for Holly!

[www.oldfashionedchristmas.ca](http://www.oldfashionedchristmas.ca)

**2:00 - 4 pm**

### Saturday, November 24th (continued)

**Christmas Workshop: Woodland Bounty** at the Boat Shop. Window Garland or Centerpiece decorating (wood/boughs). Limit of 12. Pre-registration is recommended. Everyone goes home with a centerpiece. \$20

**5:00 - 7:30 pm** Jolly Christmas Time at the Information Centre. Free Event!

**5:00 - 7:30 pm** Old Fashioned Christmas Turkey Dinner at the What Cheer Tea Room. This three-course Christmas dinner is prepared by famed Nova Scotia Chef Alain Bosse (alitedchef.ca) and includes a different delicious Jost wine with each course. A ticket to win a Taste of Nova Scotia gift basket is included. Seatings at 5 pm and 8 pm, reservations required. Ages 19 and over. Tickets are \$50 (+ tax). "St. Mary's Has Talent" Variety Show at the Lions Hall. \$10

### Sunday, November 25th

**8:30 am - 11 am** Breakfast at the St. Mary's Lions Hall, hosted by SHOPS. \$8

**10:00 am - 12 pm** Wagon rides through Sherbrooke Village. Free Event!

**10:00 am - 12 pm** Christmas Workshop: Woodland Bounty at the Boat Shop. Window Garland or Centerpiece decorating (wood/boughs). Limit of 12. Pre-registration is recommended. Everyone goes home with a centerpiece. \$20

**10:00 am - 12 pm** Christmas Workshop: Weath-Making at the Guide Office. Limit of 10. Pre-registration recommended. \$10

**10:00 am - 12 pm** Christmas Workshop: Santa in a Jar (sewing craft) at the Sherbrooke Village Administration Board Room. Limit of 10. Pre-registration recommended. \$8

**10:00 am - 3 pm** Kris Kringle's Craft Market at the Temperance Hall, Church basement, House of Wool (building 21) and School House. \$1

**12:30 - 3 pm** Christmas House Tours in Sherbrooke Village and surrounding areas. Passports available at the Company Store. \$7

**12:30 - 3 pm** Children's Scavenger Hunt beginning at the Hands On History House. Children must be accompanied by an adult. Free Event!

**1:00 - 3 pm** Victorian Tea at the Exhibit Centre. \$7

**2:00 - 4 pm** Video Skate at the St. Mary's Recplex. Free event compliments of the St. Mary's District Lions Club. Kids bring your own helmets!

**3:00 - 4 pm** Ecumenical Church Service at St. James Presbyterian Church. Silver collection for local food bank.

House Tour Passports may be purchased from The Company Store during the following hours:  
 Saturday, November 24th, 10:00 am - 5:00 pm  
 Sunday, November 25th, 10:00 am - 3:00 pm

[www.sherbrookevillage.ca](http://www.sherbrookevillage.ca)