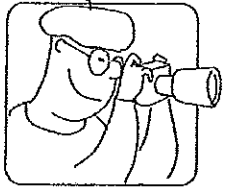


May 2013 Newsletter

www.sant-marys.ca [facebook.com/DistofStMarys](https://www.facebook.com/DistofStMarys)

The **DEADLINE** to have information submitted for the May issue of the Newsletter is **WEDNESDAY, May 22nd** at 4:00 p.m. Submissions can be received by fax: 522-2309 or email: (note the change in email): council@saint-marys.ca or drop off at Office 16 Main St. Sherbrooke. 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 Monday May 13th, 7 pm. The public is invited to attend.



Calling all photographers!

Dust off your cameras and start taking some pictures! We are on the lookout to assemble a collection of photos that showcase the *municipality and all its beauty*.

Through your photos submissions, we will best be able to show what it is we love about the St. Mary's area.

You will have two weeks from April 22-May 5 to submit us your photo entries, either by email: christa.webber@saint-marys.ca or our Facebook Page (be sure to note that it is for the contest)

Voting will take place from May 6-May 17 on our facebook page "St. Mary's Recreation".

Prizes will be awarded to the photos with the highest votes. **The top 3 voted photos will be professionally printed and hung in the lobby of the new municipal administration building.** The name of the entrant will also be displayed with the photo.

Part Time Job Opportunity

St. Mary's Municipality is seeking custodial/janitorial services for the new Municipal Administration Building and Sherbrooke Library. Successful candidate will be responsible to sweep, mop, dust, empty waste, clean and disinfect washrooms and fixtures etc. Previous cleaning experience considered an asset. Full Job description available on Municipal website. Cleaning supplies and equipment will be provided. Rate of pay is \$14/hour, 20 – 25 hours/week Monday – Friday hours 3pm onward, subject to change. Anticipated start date of June 10, 2013. Deadline to submit cover letter and resume along with references to council@saint-marys.ca or in person at Municipal Office by May 17th 4pm.

Community Development Officer

Hi Everyone! My name is Christa Webber, and I am the new Community Development Officer for the Municipality of the District of St. Mary's. I come to this position with a Commerce Degree from Saint Mary's University, and a previous position with the GCRDA as a Business Development Officer, located here in the Sherbrooke office. I have had the opportunity to meet and work with some of you in the community through my past position and am looking forward to working you all to help bring about some new ideas in community development for the municipality. Some examples of what I will be working on and can help you as members of the St. Mary's community are:

- ✓ Promotion of Tourism in St. Mary's Municipality
- ✓ Advertising of local business, community groups, and events through social media outlets
- ✓ Generating committees to further aid in the growth of small business and tourism within the municipality
- ✓ Guidance and support towards small business and community groups by:
 - Assisting in writing business plans/grant applications
 - Providing relevant grant/assistance program information for applicable projects
 - Being available as a point of contact for the development of ideas and fielding questions

Watch for upcoming community meetings. If you have any questions or ideas that you would like to share with me, are community groups looking for help, or a small business looking for support, please don't hesitate to contact me. I would like to start a directory list of local businesses and community groups within the municipality so I can be in contact with you and provide notification of any upcoming grant information that may be applicable. I can be reached at 522-2432, or christa.webber@saint-marys.ca.

St. Mary's District Food Bank – If you are in need of assistance or would like information about the Food Bank, please call 328-4148 and leave a message. The phone number is exclusive to the Food Bank and all calls are confidential. Boxes for donations for non-perishable food items are located in Sherbrooke, at St. Mary's Hospital and the Clover Farm. We would appreciate it if donors would check to make sure food items are not out-dated.



MacMillan's Bottle Drive - Liquor Store,
Sherbrooke Parking Lot: Second and Fourth Saturday
each month

Eastern Mainland Housing Authority is looking for Grounds Maintenance (mowing, whipping, weeding, trimming and general spring and fall labour) at the Maple Manor in Sherbrooke. If you would like to apply or have questions please contact Anne Scheid at 863-1259 or scheidaz@gov.ns.ca. Closing Date will be May 10, 2013 at 2:00 pm.



Are you looking for a volunteer opportunity? Are you interested in healthy communities? Volunteer with the Guysborough

County Community Health Board! We are looking for board members now!

What Do Community Health Boards Do?

- ✓ Help people have a voice in local health planning
- ✓ Find out about local health needs and services
- ✓ Identify ways to make their communities healthier
- ✓ Develop community health plans
- ✓ Help educate people and communities about what keeps us healthy
- ✓ Distribute community wellness grants

To inquire, contact: Andrea Donovan, Community Health Promotion Officer

andrea.donovan@gasha.nshealth.ca 863-6369
gashachb.ca

Maple Manor Bake Sale every Friday

St. Mary's Grads Fundraiser

A Penny Auction with a cake walk is being held at Ecum Secum Fire Hall to support Grad Fees for Graduates of 2013 on May 18th at 7PM. Donations or cakes would be greatly appreciated. If anybody has any donations you may contact: Alannah at 347-2433 or Hayley at 347-2924



The St Mary's District Lion's Club is sponsoring a Walkathon on May 11th, 2013 with the proceeds

going to support the St Mary's Memorial Hospital in Sherbrooke. We are looking for community groups and individuals that are interested in assisting us with this very worthwhile project. Pledge Sheets are attached to this newsletter and walkers are asked to register at the Sherbrooke Exhibit Center between 9:30 and 10:00am on May 11th. The 3km walk will leave from the Exhibit Center and circle the old race track below the village and proceed up the back street returning to the Exhibit Center where light refreshments will be served. There will be free event T-shirts for the first 50 registered walkers. Please come out and support this very worthwhile project.



The Royal Canadian Legion Branch #56 Sherbrooke has a number of items for sale including: ball caps, wooden urns, poppy seeds, car magnets, passport holders, lapel pins, poppy earrings, poppy puppies, etc. We also have various Legion uniform accessories such as ties, button and badges. For a complete list of prices and items please contact: Kelly 522-2553 or Greg 522-2797. We thank you for your support!

Ecum Secum Fun Days to be held on August 10th, and 11th 2013 - More information to follow!

Stonewall Park

The Friends of Stonewall Park Committee has been working hard over the past year to obtain funding to fix up our much loved Stonewall Park. After successful grant applications through ACOA, NS Health & Wellness, and the Municipality of St. Mary's, we are pleased to say that much work has been done to Stonewall Park over the past few weeks, and has been restored for your use once again! All



the fallen trees and debris have been removed, dead trees cut down, as well as the historic stonewall has been exposed. The trails have been widened for easier passage, the connector trail re-graveled, and various walk ways have been built over the wet areas. In

the weeks to come both the look offs and boardwalk will be mended, and picnic tables added as well. Stonewall Park is a great treasure to the community. Please stop in for a run, bike, or hike, or just take a stroll through and enjoy an eagles' eye view of the St. Mary's River. The main entrance is located just off Hwy 7 next to the River Association. If anyone would like to join the Stonewall Park committee and help us with our upcoming ventures, please give us a call at 522-2432, we'd love to have your help

Indoor Flea Market at St. John's Church Hall,
Necum Teuch Hwy #7.
Serving Hot Brunch, Tea & Coffee
For Sale: baked goods, new & used clothing, house
hold items, dishes, VHS tapes and more!
Time: 9am - 1pm
When: Saturday May 11th
For table bookings, contact Helen at 347-2182

St. Mary's Minor Hockey Association would like to advise the general public of their upcoming Annual General Meeting which will take place on May 28th at 6:00 p.m. at the St. Mary's Council Chambers. At this time they will be having a re-election of Officers and encourages everyone to attend.

Spring Greetings from High-Crest!

Residents celebrating birthdays this month are:

Jim Leslie May 10th
Margaret Jordan May 22nd



Happy Birthday Folks! We will celebrate these birthdays on May 14th at 1:15pm. We will play bingo, sing some old songs and enjoy Birthday cake and ice cream. Everyone is welcome!

High-Crest has a new administrator! Gerry Grant has recently joined us and is excited about his new position. Be sure to stop by and say Hello, next time you are visiting!

The grade 2 and 3 students from St. Mary's Education Center will be collecting pledges for a walk-a-thon that will be held in June. The proceeds will be donated to the Nursing Home. Please support the children on their quest to Walk for their Grandfriends!

I would like to say Thank you for the donations made to the Nursing Home in memory of residents who have recently passed.

PORT BICKERTON WI NEWS

Our next **Branch Meeting** will be on **Thursday, May 2nd at 7pm.** Meetings are at the Bickerton Community Centre. **Visitors always welcome.** Our Annual **QUILTING BEE** will be in **MAY.** Date will be posted later. Community help is encouraged and meals are provided.

Many of our members will be participating in the Hospital Walkathon on May 11th. ANY member can accept donations, and are appreciated.

St. Mary's Garden Club

Meeting on May 14th at 2pm at Exhibit Centre Sherbrooke Village, all welcome.

Plant Sale May 25th at 10am Lion's Hall

Sherbrooke. We are asking for plants to make this a success. Proceeds go to a scholarship at St. Mary's Academy. For more information phone: Elsa 522-2657, Hertha 522-2612, Mary 779-2898 Jan 833-2313 or any club member.



ROYAL CAN. LEGION BR. #86 LISCOMB

Next general meeting will be held on Tuesday, May 7
- All welcome

ACTIVITIES:

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

CRIBBAGE - Saturdays at 8pm \$5

DIME AUCTION: May 25

- Tickets on prizes and 50/50 sold between 1-4pm
- Prizes drawn at 4pm
- For info and donations contact Deb Lutes (779-2231)

LEGION HALL IS AVAILABLE FOR RENTAL:

- Small functions - \$50
- Large function (day rental) \$75
- Contact Jack Legge 779-2931

NEW HOURS OF OPERATION- BRANCH 86

WEDNESDAY - closed

THURSDAY - 7pm - 11pm

FRIDAY - 6pm - 12 am

SATURDAY - 6 pm - 12 am

SUNDAY - 2pm - 7pm



Historic Sherbrooke Village Development Society (HSVDS) News:

AGM: May 3rd @ 7 PM, at the Sherbrooke Village Exhibit Centre.

Invitation: The Sherbrooke Village

Development Society is committed to the enhancement and promotion of the historical and educational mandate of Sherbrooke Village. In order to make this happen we must once again build a strong base of board members, Society members and volunteers.

New Members required: If you are interested in sitting on the HSVDS Board or in being a member at large but not sit on the board, please come to our Annual General Meeting. Please help us keep the HSVDS viable by becoming a member.

There will be position openings on the three HSVDS sub-committees; Show & Shine, Rally That Gives and Old Fashioned Christmas. Let us know where your interest lies by calling Lynn at 522-2400 ext. 226.

Thank you for considering this invitation and we hope to see you at the meeting.

A Lobster and Ham Supper will be held in The Glenelg Presbyterian Church Hall on May 11 from 4 to 6pm. Lobster Adults \$15.00 Children under 12 \$8.00 Ham, Adults \$8.00 Children under 12 \$4.00
Take outs will be available

Seniors Luncheon, Tuesday, June 11 at the Ecum Secum Firehall at 12 noon. Meat loaf and veggies are on the Menu. Donation box at the door.

MMMMMMMMmmmmmmmm.....

GOSHEN COMMUNITY CENTRE

FLEA MARKET

Saturday, May 11th, 11:00 a.m. to 12:30 p.m.
Admission: \$0.50, Tables: \$5.00
To book tables call Jean at 783-2411 or Rickey at 783-2613.
For donations to the GOALS table call Jackie Smith at 783-2341. Canteen Available

PURSE-ONALITY

The Ladies Spring Program
Saturday, May 25th at 7:00 p.m.
All ladies welcome and bring along your purse
Refreshments served. Sponsored by: Ladies Fellowship of the Goshen Gospel Church

AUCTION

Various types of new and used items
Saturday, June 1st
Viewing from 9:00 to 9:30am Auction: 9:30 to 11:00am
Canteen Available

TURKEY SUPPER Saturday, June 8th, 4:30 to 6:00 p.m.
Adults: \$12.00 Children under 12: \$6.00
Take Outs Available

REFUNDABLE BOTTLE PROGRAM

As of April 1/13, the community centre is accepting donations of refundable bottles, cans, etc. which can be placed in the baby barn at the community centre at any time. The revenue from the refundables will go towards overhead costs such as insurance, electricity, mowing, etc. If you have any questions on the Bottle Drop-off call Darlene at 783-2035/email: darlene_s_harris@hotmail.com or Angie at 783-2196/email: gimpy105@hotmail.com .

OTHER INFORMATION

Interested in using the Gym? Call Vicky at 783-2372
Interested in renting hall space? Call Lisa at 783-2749/email: perfectfit1999@hotmail.com
If anyone is interested in working at any of the events held at the centre, please let us know. If anyone is interested in holding a fundraiser to assist with overhead costs or have any questions on this please call Jackie at 783-2443 or email: jackie@ns.sympatico.ca .
If you have an interest in donating any time towards any minor maintenance requirements please call Teresa at 783-2228 or email: teresaandaubrey@hotmail.com We welcome any time donated no matter how little or how much.

Port Bickerton Community Center

Cake walk on Friday May 10th at 7-8 pm

If anyone has any donations please call 364-2398 (Crystal) or 364-2474 (Coreen) to arrange pickup

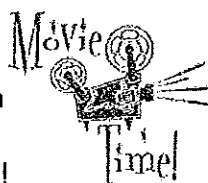
MOVIE MATINEE and Craft Day

When: Saturday June 1st from 1-4pm

Cost: \$3.00 per child Ages: 4-12

Bring a pillow and blanket and enjoy!

Snacks will be provided



Stillwater Community Centre News

Card Play has resumed and will continue every Friday Night at 8pm (Doors open at 7:15pm) All are invited to play, have some tea, sandwiches, deserts and as always, enjoy some good company.
If you or your organization are interested in renting our hall please contact David Nadler @ 522-2648. Full day rental \$75, ½ day \$50.

Indian Harbour Lake-Jordanville Community Ctr

Pot Luck Supper - Saturday April 28th, from 4-6pm
Admission \$10 pre-school children are free

Next hall meeting Monday May 13th at 7:00pm

Co-ed Golf Tournament - Saturday June 15 beginning at 9am at Red Hill Golf Club. A fund raiser for the community Centre. 18 teams of 4, \$30 per person (includes golfing & pot luck supper at centre. Prizes will be awarded at supper. Call David Jordan to pre-register & info at 522-1190. First come first serve basis. Donations of prizes accepted. Hot Dogs, pop water will be sold at noon.

Penny Auction & Cake Walk

When: Thursday May 9th at 7:30pm

Where: Indian Harbour Lake Community Centre



All proceeds will go towards helping out the 7 Graduates of 2013 in the communities of Jordanville, IHL, and Port Hilford. Anyone wishing to donate items or cake may drop them off at Styles Unlimited in Sherbrooke or to Darlene Jordan before noon on Thursday. For more info phone Darlene at 522-2709
Thank you for your support!!

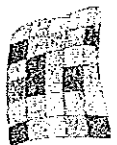
Community Yard Sales

Saturday August 3rd along highway 211 from Stillwater to Port Hilford, Starting at 10am to 2pm. Tables available to sellers at Community Centre for \$5 call 522-2369 to book. No early birds

New Chester Heritage Day August 24th, 2013 Details to follow.

Flea Market and Lunch
St. Barnabas Church Hall, Ecum Secum
May 18th at 9am
Proceeds for St. Barnabas Guild

Compass Rose Quilt Guild
Annual Quilt Show and Tea
Saturday April 27, from 2-4pm
Exhibit Centre



There will be a fundraising Gospel Sing for the Stormont Union Church, at the church, on Saturday April 27th at 7pm. A variety of local performers. Admission \$5

St. Mary's ATV Club

The next meeting will be held May 9th at 6pm at the Council Chambers. Come out and join us. New members are always welcome, and we would love to see old members too!



Sherbrooke Library Chat Line

Meditation Class – Tuesday from 11:00 – noon. Learn how to meditate followed by a short practice. Feel the peace and calmness.

Village Readers' Book Club – The first Friday of every month at 11:00am. Come tell us about an interesting book that you have read or are still reading, or just come and listen to others.

Seniors Café - Fridays at 9:30am. Join us for a snack, conversation, have a game of scrabble, check out your books and use the computers.

Story Time – More stories in-a-bag are now ready.

HOURS:

Monday, Tuesday, Thursday: 11am-4pm

Friday: 9:30am-2:30pm Saturday 10am-1pm

St. Mary's Shooters Association May Schedule:

MAY 5/13-Spring general meeting members & those interested in joining please plan to attend. The annual dues remains at \$15, new shooters always welcome.

MAY 19/13-Military rifle shoot any military rifle any caliber, open sights no scopes. 9am- 3:00pm. Entry \$3.00. One hundred yard range. BBQ sausage for Lunch available.

JUNE 8/13-Saturday 9am, maintenance, painting, some new construction, lunch provided by club. Please bring tools, rakes, shovels, hammers, electric tools, generators etc.

The I.H.L & Jordanville Women's Institute wishes to congratulate Mrs. Linda Morris on Winning the Basket of useful items we were selling tickets on for our Grad Party. Thanks to everyone who supported this cause.

Country Harbour Gun Club

May 10th – Trivia Night
8pm, Admission \$5 per person, Prizes awarded

May 18 – Country Breakfast
8:30 – 10am, Adult \$6 Children \$3

May 25 – Washer Toss
Register at 10:30, Play at 11am, \$10 per person.
Inside or outside depending on the weather.

There will be a **90th Birthday Party** for Margaret Jordan at the Indian Harbour Lake & Jordanville Community Centre on May 25th from 2-4pm. Best wishes only. Everyone welcome.

PLEASE JOIN US AT THE GREENFIELD CENTRE, MELROSE TO WISH **HAPPY 60TH BIRTHDAY** TO MURIEL (WAWA) LAWSON. SUNDAY, MAY 5TH, 2013 BETWEEN 2 PM AND 4 PM. BEST WISHES ONLY, PLEASE.

Come **Celebrate the 95th Birthday** of Joan Moore.
Where: Maple Manor Recreation Room, Sherbrooke
When: June 1st from 2pm – 4pm
Everyone Welcome! Best wishes only.

Thanks to everyone who send kind words of sympathy on the passing of my dear sister Dorothy Bouchie.
Sincerely, Ola Laing

The family of the late Banfield Parsons, would like to say a heartfelt thank you for all the phone calls, cards, donations and food that we received when our Dad passed away on March 20, 2013. Thank you to those who helped us all through a difficult time with your compassion. We encourage you to take time and visit someone in the nursing home... you will never realize how that brightens their day.

Gail, Evelyn, Randall, Dorothy & Billy (Parsons)

The Baptist Congregation of Port Hillford, Port Bickerton & Sonora

(Convention of Atlantic Baptist Churches)

You are invited to these Worship Services and events:

May 5, 11 AM – Port Hillford United Baptist Church

May 12, 11 AM – Port Bickerton United Baptist Church

May 19, 11 AM – Sonora Baptist Church

May 26, 11 AM – Port Hillford United Baptist Church

Bible Study on the Book of Revelation, Tuesdays, 6:30 PM at Port Hillford Church.

For more information contact Rev. Norman Pearce, 522-2087 or hbs.baptist@ns.sympatico.ca.



Indian Harbour Lake Pentecostal Church May Worship & Activities

Sunday, May 5th, 12th, 19th & 26th 11am Morning Worship
Sunday, May 19th 6:30 p.m. Praise & Prayer

Weekday Activities

Wednesday, May 1st, 15th & 22nd 7:00 p.m.

Bible Study on The End Times

Friday, May 3rd & 24th Youth Group (Ages 12 – 18) at the parsonage

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

Kerri Penney - Recreation Coordinator

Well hello there! My name is Kerri Penney and I am the new Recreation Coordinator in the Municipality of the District of St. Mary's. I want to take this opportunity to introduce myself to you, and invite you to do the same! Look out for me at community meetings and feel free to get in touch with me if you would like me to attend your community groups or non-profit organization's next meeting! I am looking forward to getting to know all of you, and helping to offer all of your favorite recreation programs and maybe even some new ones! Get in touch with me by email - kerri.penney@saint-marys.ca or by phone - 522-2598.



Fishing Derby

Mark June 22nd on your calendar! The recreation department will be hosting a fishing derby at Nimrods Camp Ground. Bring your rod, bring your bait and catch some fish! There will be prizes for the three largest fish of the day for those who register. The day will start at 8 a.m. and catches will be recorded until 1 p.m. See you there!

Rollerblade Hockey

The rec. department is looking for all those interested in creating a co-ed rollerblade hockey league (or street hockey) at the RecPlex over the summer. The recreation department has rollerblades available for use, and other safety equipment such as elbow pads etc. Email kerri.penney@saint-marys.ca if you would be interested in playing in the league, or helping to organize the event.

Swimming!

Liscombe Lodge is reopening for the season on May 17th. Keep your eyes open for details regarding our swimming lessons at the Lodge Pool and other aqua programming. We offer Redcross swimming lessons for babies 0 months and up and lots more!

Social media

Whether you share, like, tweet or hashtag - we got you covered! The Municipality of the District of St. Mary's is on Facebook and Twitter! Search for St. Mary's Recreation on Facebook or [facebook.com/DistofStMarys](https://www.facebook.com/DistofStMarys) On Twitter, we are Dist. Of St. Mary's tweet us @StMarysDist! Like or follow us for chances to win prizes, keep up to date on our programming, or what's going on around the community and much, much more! You can also find the link to both pages through the St. Mary's Website!



We want to hear from you!

Are there any programs or classes that you wish we offered? Or maybe there is a program you would like us to bring back. Well get in touch with us! We want to hear your comments and suggestions! Help us, help you! Call the department at 522-2598 or email Kerri at kerri.penney@saint.marys.ca.

Volunteer of the Year

This year's Volunteer of the Year for the Municipality of the District of St. Mary's is Violet Fraser. Vi travelled to Halifax on April 15th to accept her provincial award from the Hon. J.J. Grant, Lieutenant Governor of Nova Scotia. Vi became a member of the Sherbrooke Branch of the Women's Institute in 1956. For more than 60 years she has given repeatedly for her community church, the St. Mary's Lions Club and youth groups such as the Canadian Girls in Training and Pathfinders. Vi has also been a regular volunteer with the nursing home where she reads, comforts and enjoys people who need her special attention. Thank you for all that you do Vi!

Thank you Volunteers!

This year we will be honoring 29 of our own volunteers at the municipality's annual Volunteer Recognition Night on May 4th. Thank you to all organizations who nominated volunteers. Without these special people, most special events, non-profit organizations or fundraisers would not be possible. Thank you volunteers for all of the hard work you demonstrate in your communities. If you have been nominated by your community organization, please RSVP for our awards banquet at the Sherbrooke Lions Hall by calling Kerri at 522-2598 or emailing kerri.penney@saint.marys.ca.

Renting recreation equipment

The recreation department has equipment available for YOU to rent. Just drop by the municipal office and fill out a loan agreement document and have some fun! We can offer GPS units, sporting equipment, kayaks and much more! *Note - the group or individual responsible for loaning equipment will be held accountable for any lost or broken equipment.

Summer is coming!

As you all know, summer is quickly approaching. The recreation department is looking to offer all of our annual summer programming, but is always looking to expand! Would you like to see an outdoor movie night, or maybe a ball league or how about a gardening how-to class. We need your input in order to make this summer, the best it can be! Think outside the box, and let us know!



Employment Opportunities

The municipality will once again be hiring students for summer recreation leader positions and swim instructors. The positions will be 35hrs per week for 8 weeks starting July 1st and running until August 23rd.

Duties of the Recreation Leaders will be:

- Attend and help lead day camps in the municipality
- Help with special events over summer months

Duties of the Swim Instructors will be:

- Teach two weeks of swimming lessons at the Liscombe Lodge
- Help with Day Camps around the municipality
- Help with special events around the municipality

Please apply by dropping off resumes at the municipal office from 8:30 a.m. to 4:00 p.m. Monday to Friday. You can also email resumes to kerri.penney@saint.marys.ca. Deadline is June 5th. *Note swim instructors must have SWI training.

Equipment Loan Out Program

The municipality of the district of St. Mary's recreation department has lots of recreational equipment available for your use at little to no cost for more information please contact the recreation office at 522-2598 or by email at recreation@saint-marys.ca

NSAF Fitness Instructor Certification

NSAF is the standard for fitness certification and Canada by becoming certified through NSAF you receive the highest standard of fitness certification that is transferable across Canada if you are interested and for more information on training courses please contact the recreation department at 522-2598 or visit their website at www.nsfa.info



Canadian Tire Jump Start

The goal of the Canadian tire jumpstart program is to ensure that all children have the opportunity to participate in recreational sport by providing financial assistance to qualifying families with children ages 4 to 18. Applications for assistance can be submitted between January 15 to June 1 for spring and summer programs and from July 1 to November 15 for fall and winter programming for more information please contact jump start at 1-877-616-6600. If you would like to submit an application please contact Municipality of St. Mary's recreation department at 522-2598 or by email at recreation@saint-marys.ca



The rise in childhood obesity and preventable chronic disease is a global issue. In Nova Scotia one in three children and youth are over weight 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 to 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 or ask your Physical activity Coordinator for more information.



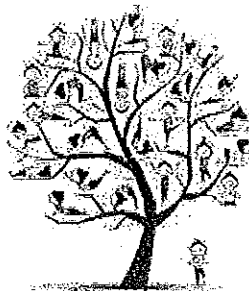
Happy Feet After School Running Program is Back!!

In partnership with the Nova Scotia Dr. Association, and Run for Life Municipality of St. Mary's will be offering a children and youth after school running program. Happy Feet is a free program designed to get kids moving and foster a life long physically active life style. The program will be held Wednesday's from 2:30-3:30 at the St. Mary's Academy, runners are encouraged to dress for both indoor and outdoor

running conditions. For more information or to register please contact Emily Morton at 522-2598 or by email at recreation@saint-marys.ca

Open Gym (drop in)

The Recreation Department will once again be offering open gym on Tuesday evenings from 6:30-7:30 at the Elementary School. No registration is necessary



JUST US GIRLS YOGA / COOKING CLASS - THRIVE

Just us girls yoga program will be open to girls grade 7-12 free of charge at the St. Mary's Academy Wednesday(s) from 2:45-3:45pm in the cafeteria. For more information or to register please contact Emily at 522-2598.

Canada Day Planning Committee

The Recreation Department is looking to create a planning committee for the Municipality's Canada Day Celebrations. We want to give YOU the opportunity to have a say in what events take place. Contact Kerri by emailing: kerri.penney@saint-marys.ca or calling the department at 522-2598. Everyone is welcome and encouraged to participate!



NEW!! Dance Class in partnership with Maureen Fraser School of Dance

Dance into spring with our ballet and Hip-hop style dance classes! Dance is open to all children ages 3+, classes are held Wednesday evenings beginning May 1st at the Greenfield Oldsters Club. Funding for this program is available to families through Canadian Tire Jump Start, to apply for funding OR to register for the program please contact the recreation department at 522-2598. Please be advised that application deadline for both registration forms and funding is April 30th 2013. (8 weeks)



Group 1 - age 3 to 9 yrs from 5:30-6:15 @ \$80. per student
Group 2 - age 10+ yrs from 6:20 - 7:20 @ \$90. per student
Group 3 - adult from 7:25 - 8:25 @ 90. per student

Aqua Fitness

Aqua Fit is back!! Keep your eyes open for our schedule in the June newsletter!!

CALLING ALL BALL PLAYERS (BOTH SENIOR AND JUNIOR PLAYERS WELCOME)!!

There will be a meeting on at 6:30pm May 7th 2013 at the recreation office. For all those wishing to play ball this season! Regardless of age we would like to hear from you!!



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

Spring Fitness Centre Hours

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

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

Mountain Bike Group Rides

Time to dust off those bikes and hit the road!! St. Mary's Recreation is offering group mountain bike rides on Thursday evenings from 6:30-7:30pm beginning at the Recplex. We have bikes available, if you wish to utilize one for the duration of the program please contact us ASAP at recreation@saint-marys.ca or by phone at 522-2598



Making Tracks Mountain Bike Program is Back
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 after schools learn to mountain bike program for all students age 10-18 on Monday afternoon from 3:45-4:00. Please note spots are limited therefore anyone looking to participate must contact the recreation office at 522-2598 or by email at recreation@saint-marys.ca to reserve a spot. If you have your own bike, we encourage you to bring it along! Storage is available.

FUNDamental Movement Skills.. Sport Starts Here!

The development of fundamental movement skills and motor skills is critical to establishing the foundation for participation in many sports and physical activities. A child who has not had the opportunity to develop these basic motor skills experiences difficulties or barriers when participating in sport experiences, or later school-based programs that involve more difficult skills.



To become completely physically literate, children need to master the fundamental movement skills which include:

Dodge, hop, skip, log roll, stork stand, jump, kick, dribble, over arm

throw, catch, run, side arm strike. The FMS program is open to ALL children ages 3+. For more information on this program OR to register please contact the recreation department at 522-2598 or email us at recreation@saint-marys.ca. If enough interest prevails, the recreation department will bring its mobile FMS program to your community, free of charge!

SMEC Tumble Bugs



Tumble bugs is an introductory program designed to teach the basics of physical literacy to pre school children ages 3-5 years old.

Tumble bugs is a safe, inclusive and most importantly fun, approach to laying the building blocks for a physically active life style. The tumble bugs program is being offered to all grade primary students at St. Mary's Education Centre. For more information or to see a Tumble Bugs offered in your community please contact the recreation office at 522-2598 or by email at recreation@saint-marys.ca

5k Learn to Run Learn to Run Program Liscomb

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!! Liscomb Legion Thursday's at 10:00am! For more information or to register please contact Emily at 522-2598 or by email at recreation@saint-marys.ca



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.

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 Tuesday and Thursday 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!

Girls Only After School Running Program

The Municipality of St. Mary's Recreation Department in partnership with The Nova Scotia Doctors Association is please to offer a Girls Only Learn To Run Program to all interested females in grades 6-12 on Tuesday(s) from 2:30-3:30pm. To register please contact Emily at 522-2598 or by email at recreation@saint-marys.ca

Trail Blazers



Trail Blazers is a free after school club offered by the St. Mary's Recreation and the GCRDA, which focuses on outdoor education, physical recreation and leadership building. We will use a combination of outdoor activities to get kids back in touch with the outdoors

while being active area.

Who: Children Grades 3-7

When: May 1st-June 5th 2013

Where: St. Mary's Education Centre (home base)/Stonewall Park

*Other locations may also apply based on the activity

* All children who register will receive a FREE CAMO Trail Blazers Hat!! (up to a max of 20 participants)

Looking for something to keep you busy in the highland region?? Check out the Highland Connect website at



www.highlandconnect.ca for the most up to date program, trail and recreation facilities in your area!!

SORTING GUIDE



BLUE BAG #1 Recycle Paper

- Newspaper
 - Egg Cartons
 - Phone Books
 - Paperback Books
 - Magazines
 - Flyers
 - Box Board
 - Cereal boxes
 - Kleenex boxes
 - Office Paper
 - Envelopes
 - Paper
 - File Folders
 - Shredded Paper
 - Cores (from paper towel & bathroom tissue)
- Envelope windows do not need to be removed. All other plastic windows must be removed from other recyclable paper such as a Kleenex box.

ST. MARY'S MUNICIPAL

TRANSFER STATION

Hours of Operation:
Tuesday-Saturday from
9:00 A.M. to 4:30 P.M.

ITEMS ACCEPTED AT TRANSFER STATION

- Construction and Demolition Materials
- Household Hazardous Waste
- Electronics
- Metals
- Compost



BLUE BAG #2 Recyclable Containers

All Beverage Containers

- Juice
 - Liquor
 - Pop
- (These can be put in Blue Bag #2 if you are not returning for refund at depot.)

All Milk Containers

- Milk containers
- Coffee cream
- Whipping Cream
- Chocolate milk, etc.

Glass

- Bottles
- Jars

Metal

- Aluminum Pie Plates
- Food Cans (do NOT crush)

Plastics

- Grocery bags & Bread bags
- Household Containers (must have a recycling symbol with a number inside: #1-7)

All covers must be removed from milk, glass and plastic containers. Labels do not need to be removed. Do not wrap or stuff glass jars.
ALL MUST BE CLEAN & DRY!

ENVIRO-DEPOT™
 MacMillan's Mobile Depot
 8015 Highway 7, Sherbrooke
 902-863-1127 - Call for hours

CLEAR BAG

Regular Garbage

Examples:

- Styrofoam (even with #6)
- Bathroom Waste
- Meat, Fish, bones, dairy products (i.e. Cheese & vegetables that have dairy or meat/poultry broth on them)
- Clothes & Shoes
- Broken Glass
- Light Bulbs
- Ceramics
- Empty Aerosol & Paint Cans
- -Hot & Cold Take-out cups
- Plastic wrap
- Aluminum Foil
- Candy Wrappers & Chip Bags
- Cigarette butts & all ashes
- Kitty Litter & Bags
- Cat & Dog Food Bags
- Paper Frozen Dinner Trays
- Caps & Lids from bottles
- Wrapping Paper & Bows
- Pizza Boxes
- Flour, potato and sugar bags
- Laundry soap boxes
- Diapers
- scratch lotto tickets
- latex gloves
- small appliances
- construction and carbon paper
- Other items that do NOT fall under Bag #1 or #2 and composting categories.

* Each clear bag may contain one and only one small solid color bag for personal items.

BACKYARD COMPOSTING

Greens:

- Pasta (Plain)
- Vegetables/Fruit Peelings
- Tea Bags
- Coffee Grinds
- House Plants



Browns:

- Coffee Filters
- Paper Towel
- Dry Leaves and Grass
- Shredder paper
- potting soil

*No:

Meat/Fish/Bones/Dairy

Backyard Composting Tips:

Place your composter in a convenient location. Empty your kitchen container daily. Always cover the items from you kitchen Greens with Browns. A dry layer on the top will reduce pests. Your compost should be as dry as a wrung out sponge or damp to touch - this reduces odours.

Solid Waste Information:

Eastern Region Solid Waste
 Management: 902-232-2563
www.erswm.ca

RRFB Solid Waste Hotline:
 1-877-313-RRFB (7732)
www.rrfb.com



May 2013

Tuesday	Wednesday	Thursday
April 30 Zone 1 Recyclables (Blue Bag)	May 1 Zone 2 Recyclables (Blue Bag)	May 2 Zone 3 Recyclables (Blue Bag)
May 7 Zone 1 GARBAGE(Clear Bag)	May 8 Zone 2 GARBAGE(Clear Bag)	May 9 Zone 3 GARBAGE(Clear Bag)
May 14 Zone 1 Recyclables (Blue Bag)	May 15 Zone 2 Recyclables (Blue Bag)	May 16 Zone 3 Recyclables (Blue Bag)
May 21 Zone 1 GARBAGE(Clear Bag)	May 22 Zone 2 GARBAGE(Clear Bag)	May 23 Zone 3 GARBAGE(Clear Bag)
May 28 Zone 1 Recyclables (Blue Bag)	May 29 Zone 2 Recyclables (Blue Bag)	May 30 Zone 3 Recyclables (Blue Bag)
June 4 Zone 1 GARBAGE(Clear Bag)	June 5 Zone 2 GARBAGE(Clear Bag)	June 6 Zone 3 GARBAGE(Clear 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.

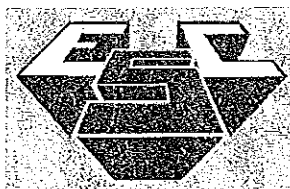
ZONE 3:

Hwy 211, IHL to Port Bickerton, Stillwater, West Melrose, Lead Minds Rd, to Waternish inclusive.

Please do not overfill bags. Weight limit is 50 lbs/bag.

Note – Weekly Garbage (Clear Bag) Collection will begin in June 18-19-20th

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



May 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Trail Blazers 2:45pm Exercise 10am Just us Girls yoga 2:45 Dance Class Happy Feet 2:45pm Lions BINGO 745pm	2 Learn to Run 10am Running 230pm Group bike ride 6:30pm PB WI mtg 7pm Liscomb Auction 8pm	3 Seniors Café 930am Exercise 10am Book Club 11am Maple Manor Bake Sale HSVDS AGM 7pm Stillwater card play 8pm	4 Liscomb Crib 8pm Volunteer event 6pm
5 Shooters Assoc. mtg Deadline for submissions for photo contest	6 Exercise 10am Making tracks 2:45pm PB WI mtg 1pm Voting begins for photo contest	7 Meditation 11am Running 230pm Girls only run 2:30pm Open Gym 6:30pm Liscomb Legion mtg Ball league mtg 6:30	8 Exercise 10am Trail Blazers 2:45pm Just us Girls yoga 2:45 Dance Class Happy Feet 2:45pm Lions BINGO 745pm	9 Learn to Run 10am Running 230pm Liscomb Auction 8pm ATV Club mtg 6pm Group bike ride 6:30pm IHL/Jrdnville auction 7:30pm	10 Seniors Café 930am Exercise 10am Maple Manor Bake Sale PB Cake Walk 7pm Stillwater card play 8pm CH Trivia night 8pm	11 Bottle Depot 930am Liscomb Crib 8pm Walk-a-thon Sher. 9:30am Indoor flea market St. John's Church Hall 9am Gleneig Lobster/Ham 4pm Goshen Flea Mkt 11am
12	13 Exercise 10am Making tracks 2:45pm Council Mtg 7pm IHL/Jrdnville mtg 7pm	14 Meditation 11am Running 230pm Girls only run 2:30pm Open Gym 6:30pm Garden Club mtg 2pm Highcrest Party 1:15	15 Exercise 10am Trail Blazers 2:45pm Just us Girls yoga 2:45 Dance Class Happy Feet 2:45pm Lions BINGO 745pm	16 Learn to Run 10am Running 230pm Group bike ride 6:30pm Liscomb Auction 8pm	17 Seniors Café 930am Exercise 10am Maple Manor Bake Sale Stillwater card play 8pm Photo contest voting ends	18 Liscomb Crib 8pm CH Breakfast 830am Penny Auction @ Ecum Secum Fire Hall 7pm Ecum Secum Flea Mkt 9am
19 Shooters Assoc. Rifle Shoot 9am	20 Exercise 10am Making tracks 2:45pm	21 Meditation 11am Running 230pm Girls only run 2:30pm Open Gym 6:30pm	22 Exercise 10am Trail Blazers 2:45pm Just us Girls yoga 2:45 Dance Class Happy Feet 2:45pm Lions BINGO 745pm	23 Learn to Run 10am Running 230pm Group bike ride 6:30pm Liscomb Auction 8pm	24 Seniors Café 930am Exercise 10am Maple Manor Bake Sale Stillwater card play 8pm	25 Bottle Depot 930am Liscomb Crib 8pm ES Penny Auction 7pm Plant Sale Lions Hall 10am Liscomb dime auction 1pm Ladies Spring prog. 7pm CH washer toss 11am
26	27 Exercise 10am Making tracks 2:45pm	28 Running 230pm Girls only run 2:30pm Meditation 11am Open Gym 6:30pm Min. Hockey mtg 6pm	29 Exercise 10am Trail Blazers 2:45pm Just us Girls yoga 2:45 Dance Class Happy Feet 2:45pm Lions BINGO 745pm	30 Learn to Run 10am Running 230pm Group bike ride 6:30pm Liscomb Auction 8pm	31 Exercise 10am Maple Manor Bake Sale Stillwater card play 8pm	