

November 2013 Municipal Newsletter

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The **DEADLINE** to have information submitted for the December issue of the Newsletter is **November 20th** at 4:00 p.m. Submissions can be received by fax: 522-2309 or drop off at Office 8296 Highway #7 Sherbrooke or email: 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.

SNOW PLOWING TENDER

The Municipality of the District of St. Mary's is seeking Tender quote for snow plowing of its properties in Sherbrooke for the 2013-2014 winter season. The Price requested can be per occurrence or for the whole season. Both may be submitted:

Priority is to be given to:

- a. Water Treatment Plant: 8226 Highway #7
- b. Administration Building Parking lot: 8296 Hwy #7
- c. Public Parking lot beside 16 Main Street

Other sites:

- a. Recplex Parking Lot: 164 Old Road Hill
 - b. Library Driveway: 11 Main Street
 - c. Pumphouse Station at Sherbrooke Lake
 - d. Sewer Treatment Plant: 35 Wharf Road
 - e. Sanding/Salting as required – itemized separately
- A list of equipment that will be used to provide services must be included.
 - Deadline for submission to be received via sealed envelopes by Tuesday November 12, 2013 at 4pm at Municipal Office, 8296 Highway #7.
 - Successful bidder must provide proof of commercial liability insurance and HST number if applicable.
 - The Municipality reserves the right to accept/reject any and all tenders. It is the intention of the Municipality to review this tender annually.

TENDER - BUILDING DEMOLITION

16 Main Street, Sherbrooke – Old Municipal Office
excluding accessory buildings

Sealed tenders addressed to David Gillis, Municipal Clerk, Municipality of the District of St. Mary's, PO Box 296, Sherbrooke, BOJ 3C0 and marked on the envelope:

**"TENDER – BUILDING DEMOLITION -16 Main Street,
Sherbrooke – Former Municipal Building"**

will be received until **12 noon, Tuesday November 12th, 2013** for the demolition of the building at 16 Main Street, Sherbrooke. For a full tender package, including the tender bid form, please contact the Municipality of St. Mary's at 902 522 2049.

Tenders will be opened publicly at the Regular Monthly Council Meeting of the St Mary's Municipal Council on November 12th, 2013 at 7pm.

The lowest or any tender not necessarily accepted.

PUBLIC MEETING NOTICE

The Municipality of St. Mary's has been awarded 100% funding to conduct a Transit Feasibility Study for our area. A consultant has been hired to conduct this study which will look at the community's need for public transit, routes, expense and so forth. In order to develop an accurate study, they require input from all members of the community. Focus groups will be held in each district at the times and places noted below. We strongly encourage you to attend one of these sessions to ensure your voice is heard in this matter. Each session will last no longer than one hour.

Wednesday, November 13th

10am – Ecum Secum Community Fire Hall

1pm – Liscomb Legion

4pm – Indian Harbour Lake/Jordanville Community Centre

7pm – Community Room, Municipal Office, Sherbrooke

Thursday, November 14th

10am – Maple Manor Seniors Complex

1pm – Port Bickerton Community Centre

4pm – Greenfield Oldsters

7pm – Goshen Community Centre

*The Official Grand Opening of the St. Mary's
Municipal Administration Building will be held
on*



*Saturday November 16th
11:30am – 2:30pm*

*Join us for the ribbon cutting ceremony, a tour
of the Green Globes Certified facility and enjoy
some refreshments. We will also be unveiling
the photo contest winners!*

Shop Local Campaign Winners:

Receive a gift certificate to a participating
store of their choice

1st Prize, \$200 – Herbie Scott

2nd Prize, \$100 – Wendy Conrad

3rd Prize, \$50 – Tammy Cole

Thank-you to all those who participated!



Flu Shot Clinics



NOVEMBER 5TH: 10am – 12pm

Sunshine Club in Ecum Secum

NOVEMBER 7TH: 1pm – 7pm

Sherbrooke Lion's Club

NOVEMBER 12TH: 10am – 2pm

Goshen Community Center

Guysborough County Adult Learning Association

GALA wants to offer an adult learning program in St. Mary's Municipality. If you need access to quick, free and accessible information in order to get a job or to keep and advance in a present job you might want to look at some of our free programs. Some examples of the training we can offer are:

- Improving technology skills
- Building confidence for job hunting or exploring new work opportunities
- Learning how to communicate better about yourself and the skills you can offer
- Things you need to know to work in tourism or other public service industry
- Math for the trades or Math for daily living
- Improving basic reading and writing skills
- GED preparation

The Guysborough County Adult Learning Association (GALA) is now offering adult learning programs, including computer instruction, to adults in St. Mary's Municipality. If you are interested in brushing up on basic math, reading, writing and/or computer skills you should call us at 533-4252 or toll free 1-877-332-1277. The instructor will design the program and schedule around your personal needs. You can also come to our drop in information session at St. Mary's Municipal Office Thursday, November 7, 2013 2-4 pm and 6-7:30 pm.

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.

Old Fashioned Christmas in Sherbrooke



November 22nd, 23rd, 24th AND

November 29th, 30th & December 1st

The Old Fashioned Christmas committee has been hard at work and a schedule is near completion.

Now we need some help. We are looking for:

- Volunteers to help with different activities
- Anyone willing to have their decorated home available for house tours (Saturday, Nov. 30th from 1-4)
- Groups or individuals interested in adopting and decorating a door to be displayed in the village (you are responsible for pickup and to have them delivered to Sherbrooke Village by November 18th)

If you can help or wish to take part in any of the above activities please contact: Sherbrooke Village @ 522-2400

COUNCIL MEETING: The next Regular Meeting of St. Mary's Municipal Council will be held on Tuesday November 12th at 7pm. The public is invited to attend. Note the Municipal Office will be closed Monday November 11th, Remembrance Day.

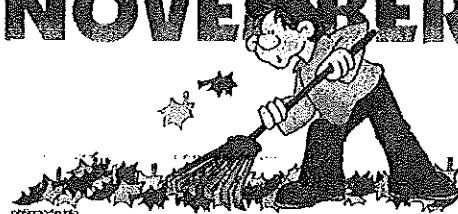
Solid Waste Collection Schedule on the Back!

Thank You

Our hearts are filled with gratitude because of the love that has been shown to us over the past few months. We would like to thank all those who participated in the benefit concert for Melvin on October 3rd. A lot of time and effort went into planning the event and we would like to especially thank all those who had a special part in organizing, volunteering, performing, providing baked goods for the sale or helping in any other way. Thank you to those who came and for the many cards and gifts we have received. Your thoughtfulness and generosity is greatly appreciated. We would also like to thank those who have mowed out lawn, brought in wood, and helped us as Melvin has been ill. We ask for your continued prayers for the appointments and treatments in the days ahead.

With Much thanks, Melvin & Jo-Anne Burns

NOVEMBER



Goshen Community Centre Events

50/50 Tickets The Goshen Community Centre Committee would like to thank everyone who bought and or sold 50/50 tickets during the months of June-September; because of your support we raised \$1,413.00.

Turkey Dinner will be held at the Goshen Community Centre on Saturday November 2nd 2013 from 4:30pm-6:30pm. Admission is \$12.00 for adults and \$4.00 for children under the age of 12. Take out is available upon request



Birthday Celebration

Join us in the celebration of Isabell Cameron's 90th Birthday on Saturday November 9th from 2-4 at the Goshen Community Centre

Remembrance Day Social

A social will be held on Sunday November 10th at 2:00pm at the Goshen community centre to honor and remember all those who fought and continue to fight for our country. All are welcome to attend.



Ladies Fellowship Christmas Program

On Saturday, November 16th the Ladies Fellowship of Goshen Gospel Church will be presenting their annual Christmas program at the Goshen Community Centre. Included will be a play entitled "Something About Mary" special music, craft making and of course refreshments. Doors open at 7:00pm! Hope to see you there!!

Christmas Tree Lighting



Join us for our annual Christmas tree lighting on Sunday November 24th. We will begin the evening with a casserole supper from 4:00-5:00pm (Adults \$8.00 / Children \$3.00). We will also have a special visit from Santa from 5:00-5:30pm. The tree lighting and caroling will be held from 5:30-6:00pm.

Crib Night

Cribbage will be held every Sunday evening at 7:00pm, admission is \$5.00. We encourage you to come with a partner.



Refundable Bottle Program



The Goshen community center is currently accepting donations of refundable bottles and cans. Donations can be placed in the baby barn at any time. Revenue collected will assist with overhead cost of the center

Goshen Community Centre Usage/ Hall Rental

If you are interested in using the facility please contact Vicky at 783-2372. If you are interested in renting hall space please contact Lisa at 783-2749 or by email at perfectfit1999@hotmail.com

Bethel Community Church thanks you!

Bethel Community Church would like to thank all those who made our Christmas Banquets a success over the past 12 years. We have thoroughly enjoyed the fun and fellowship of these times but due to the limits of space and personnel we are unable to continue with the banquets. We are having a monthly Fellowship Supper and Service, and any who would like to join us are most welcome. For more information, call 783-2245 or 783-2502. Have a joyous Christmas time!

Country Harbour Gun Club

November 16th - Country breakfast 8:30am-10:00am
Adults-\$7.00 children-\$3.00
November 17th - Christmas prize bingo beginning at 2:00pm

Indian Harbour Lake / Jordanville

Women's Institute Activity Day

The Women's institute of IHL / Jordanville will be hosting an activity day from 9:00am-3:00pm. Please bring your own scissors and needle to help us work on our various projects. Lunch will be provided.

Card Parties (Auction 45) will be held every Tuesday evenings beginning at 8:00pm. Admission is \$4.00, a light lunch will be provided.

Exercise Night

Exercise night will be held Monday, Wednesday and Friday evenings beginning at 7:00pm.



Christmas Tea and Bake Sale



A Christmas bake sale will be held Saturday November 16th from 2:00-4:00. Admission is \$5.00

Community Centre Meeting: Monday Nov 11th 7:00pm

Penetecostal Church Activities and Worship

Sunday: November 3rd, 10th 17th, 24th @11:00am
Sunday: November 10th 11:00 am Life Story Sunday
Sunday: November 17th 6:30 pm Praise & Prayer
Wednesday: November 13th & 20th 7:00pm Bible Study
Friday: November 1st and 15th youth group
All are welcome, for more information please contact Pastor Dave Connolly at 522-2759 or by email at pastordave@ihlpentecostalchurch.ca

Port Bickerton

Port Bickerton and Area Planning Association

would like to congratulate Carol Siteman of British Columbia for winning the lighthouse quilt. Thank you to everyone who purchased tickets. Your support is greatly appreciated.

We would also like to express a very special thank you to the Harpell family for the great Gospel concert on September 1st in support of the lighthouse project. Also thank you for all those who attended.

Roast Beef Dinner

A roast beef dinner will be held November 9th 2013 from 4:00-6:00pm at the Port Bickerton Community Centre. Admission is \$10.00 for adults and \$5.00 for children under 12. All proceeds in support of the Port Bickerton Lighthouse project.

Port Bickerton Light House Prize BINGO

The Port Bickerton Light House will be hosting prize bingo on November 16th at 2:00pm at the port Bickerton community centre. All are welcome to attend.

A message from Mary and Clifford Kaiser

Thank you to all our friends and family for the lovely 50th wedding anniversary party. We appreciate the cards, gifts and best wishes. We enjoyed seeing everyone! Thank you to the Port Bickerton's Women's Institute for the lovely lunch.



Flea Market - Port Bickerton Community Centre

Saturday November 2nd beginning at 10:00am. Tables cost \$5.00 each, if you are interested in booking a table please

call 364-2967. Admission is 50 cents.

The Baptist Congregation of Port Hillford, Port Bickerton and Sonora

We welcome you to our November worship services:
Nov. 3, 11 AM – Sonora Baptist Church (Guest speaker: Paul Tingley)

Nov. 10, 11 AM – Port Hillford United Baptist Church

Nov. 17, 11 AM – Port Bickerton United Baptist Church

Nov. 24, 11 AM – Sonora Baptist Church

Tuesdays: Oct 29 & Nov 5 (7 PM): Matthew Training on sharing our faith, sponsored by the St. Mary's Ministerial, at Greenfield Oldsters Club, Melrose; Nov 12, 19, 26 (6:30 PM): Bible Study in Port Hillford on the Book of Revelation. For further information, call 522-2087 or email hbs.baptist@ns.sympatico.ca (Rev. Norman Pearce)



PORT BICKERTON Women's Institute

Our next regular meeting is Thursday, Nov.7 at 7pm at the Centre. Lots of plans being made for Christmas, please come and share your IDEAS and TALENTS with us. ALL are Welcome!

Port Bickerton Seniors Fun Day!

PORT BICKERTON WOMEN'S INSTITUTE in partnership with St. Mary's Recreation Department will be hosting a "SENIORS FUN DAY" on WEDNESDAY, NOV.13 at the Community Centre. Doors will be open at 10am and lunch served at 12:00pm.

Come and play some games, visit with a friend, or just enjoy some LUNCH, hope to see you there! We are planning to make this a MONTHLY EVENT!!

Sherbrooke

St. Mary's Shooters Association

On Sunday November 3rd 2013 the St. Mary's Shooters Association will be hosting its yearend turkey shoot. Shooting is opened any time from 9am-3pm, public are welcome to attend.

S.H.O.P.S Seeking Volunteers

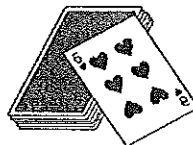
The Recplex canteen is operated by the Sherbrooke Opportunities Society; we are currently looking for volunteers to assist with the upcoming season. If you have a few spare hours a week and would like to help out, please call Colin Coady at 522-2995 or Lisa MacDonald at 522-2079.

Fun with S.H.O.P.S Penny Auction/Cake Walk

Fun with S.H.O.P.S will be hosting a penny auction beginning at 6:00pm on November 16, at the St. Mary's Lion Hall. If you would like to donate an item please contact Shirley Long at 522-2523. Thank you for your support, we hope to see you there!

Maple Manor Hymn Sing

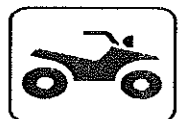
Maple Manor will be hosting a hymn sing on Saturday November 16, at 6:00 P.M in the Manor's community room. All are welcomed to attend.



Stillwater Community Centre Card Partles

Auctions 45's are held every Friday evening beginning at 8:00pm. Prizes and a light lunch will be provided.

Join the ATV Club for the monthly meeting on Thursday November 16th at 6:00pm in the Community Room at the Municipal Office, 8296 Highway #7, Sherbrooke.



Greetings from High-Crest!

Residents celebrating birthdays this month are:

Lois Wallace	Nov. 8th	happy,
Alice MacDonald	Nov. 12th	happy
Isabel Chisholm	Nov. 15th	birthday
Ida Mailman	Nov. 27th	to you!

Happy Birthday Ladies! We will celebrate these birthdays on November 12th with our Home Buddies group; when we will play Bingo, sing some great old songs and enjoy cake and ice cream! Everyone is welcome to join us!

I would like to say Thank you to anyone who has made a donation in Memory of a loved one who has passed away, your donation is greatly appreciated.

I would like to announce that our Christmas Tea and Sale will be held on Friday, December 6th, don't forget to mark it on your calendar and come and visit with our residents and enjoy some lovely sandwiches and sweets!

We are looking forward to Halloween! Just a reminder to all those ghosts and goblins that we give out lots of good treats! Hope to see you then, have fun and stay safe!

Sherbrooke Library

Interested in learning how to use an e-reader? All the details will be explained on Friday, November 15th at 10:00am. If you have or could borrow an e-reader, please bring it with you



Meditation Class: Tuesdays from 11-12pm learn how to meditate followed by a short practice. Feel the peace and calmness. New comers are welcome to join.

Village Readers' Book Club: The first Friday of every month (November 1st) at 11:00am. Come tell us about an interesting book that you have read or are still reading, or simply come and listen to others!

Seniors Café: Join us Fridays at 9:30am for a light snack, conversation, play games, check out some books and use the computer.

Story Time: a new story in a bag! This one is all about Halloween!

HOURS:

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

CLOSED: Monday November 11th so that we may honor our veterans on Remembrance Day.

Gleneig Presbyterian Church

Sunday: November 3rd 10:00am Church Service

Sunday: November 3rd 10:10am Sunday School

Sunday: November 10th 10:00 am Church Service

Sunday: November 17th 10:00am Church Service

Anniversary Sunday with special music guest Joy and

Frank Cumming. All are welcome to attend with

lunch to follow. Sunday school will begin at 10:10am

Sunday: November 24th 10:00am Church Service

Ecum Secum Christmas Bazaar

The Christmas Bazaar will be held at St. Johns Church Hall Necum Teuch Highway 7

on November 9th 2013 from 9:00am-

1:00pm. For more information please contact Helen Berrigan at 347-2182.



Liscomb

Bayview Baptist Church

On Tuesday November 5th we will be passing out recitations and getting a choir together for the upcoming Community Christmas Concert. We will be at the Bayview Baptist Church fellowship hall from 4 to 5p.m. All are welcomed to participate in this community event. Also as a result of lack of participating/ interest we will not be having a play this year. For more information please call Debbie Baker at 779-2255.

ROYAL CAN. LEGION BR. #86 LISCOMB

Next General Meeting

Next general meeting will be held on Tuesday, Nov 5th Please take time to attend and support your legion

AUCTION 45's

Auction 45's will be held Thursdays begging at 8:00pm, admission is \$5

CRIBBAGE – will be held Saturdays begging at 8pm \$5.00pm

November 11th Remembrance Day

Remembrance Service at St Luke's –

9:30 am. Lying of wreaths at Branch

86 at 11am. Dinner to follow for

members, guests and general public

\$5 per person at the door



Seniors Christmas Party:

Branch 86 is hosting a fun afternoon for seniors on Tuesday, Nov 26. Games start at 2pm and will be

followed by a Christmas dinner at 4 pm. All are

welcome... come join the fun!

Anglican Parish of Liscomb and Port Bickerton

Annual Parish Turkey Dinner
November 2nd 4-6pm at the Lions Community Centre in Sherbrooke. Admission is \$10.00 for adults and \$5.00 for children. Event sponsored by the Parish of Liscomb and Port Bickerton.

SERVICE SCHEDULE

November 3-All Saint's Sunday
9:30 am: St. Paul's, Eucharist
11:00 am: St. Thomas, Eucharist
No service at St Luke's
7:00 pm: St James, Eucharist
November 10-25th Sunday after Pentecost
9:30 am: St. Luke's, Morning Prayer
11:00 am: St. James, Eucharist
No service -St Thomas
7:00 pm: St. Paul's, Evening Prayer
November 17th-26th Sunday after Pentecost
11:00 am: St Luke's, Morning Prayer
4:00 pm: St James, Evening Prayer
No service at St Paul's
7:00 pm: St Thomas, Evening Prayer
Nov 24-Christ the King Sunday (Guest preacher-Rev. Lid Haugen-Strand)
9:30 am St Thomas, Eucharist
11:00 am: St Paul's, Eucharist
No Service St James
4:00 pm: St. Luke's, Evening Eucharist (Note time change)

Coming in December:

Dec 1st 4:30 pm-Old Fashioned Candlelight Carol Service at St James church, Sherbrooke in connection with Sherbrooke Village Old Fashioned Christmas Intergenerational Play "Journey to the Christmas Star" at St; Luke's Hall, Liscomb Dec 21st, 22nd time TBA

Cookbook Club

Let your inner *foodie* shine! Cookbook Club is a unique opportunity for lovers of cooking, baking and eating to come together and share knowledge and a good meal! Each month, the group chooses a cookbook and each participant cooks a meal. Members then come together, share their meal potluck style and discuss! Join the Cookbook Club November, 20th at 6:30pm - This month we will be cooking from "Rachel Rays Book of 10". You can pick up a recipe from the municipal office or by calling Kaytland Smith at 833-2039. Everyone is welcome and it is free!



Guysborough County Kids First

Sherbrooke Parent/Tot Drop-In

Parent tot drop in will be held Wednesdays from 9:30-11:30am at the United Church Basement. All parents/caregivers and children ages birth to six years are welcome, health snacks are provided. This program is free of charge



Just Me & My Friends

School-readiness program for children who have turned four by December 31/13 and attending St. Mary's Education Centre in September 2014. Just me and my friends is temporary located in the United Church Basement. We ask that all children are dropped off at 9:30am and picked up at 11:30am this program is free of charge

Guysborough County Prenatal Nutrition Program

Guysborough County Prenatal Nutrition Program is designed to support pregnant women and their babies up to six months of age. Supports include:

- Home Visits
- Nutritional Counselling/Support
- Milk & Nutritional Supplements
- Lending Library
- Breastfeeding Supports

Call Stacy at 1-888-533-3881 for more information.



Kids First Family Home Visitor Program

The Kids first Family Home Visitor Program is designed to help new parents with goal planning using a family-centered, strengths-based approach. The program provides emotional and practical support as well as role modeling, parenting information and general health information, and provides referrals to other agencies and organizations that may be able to help with family goal setting and achievement of these goals.

•Referrals made through Public Health for more information call Paula or Allison at Kids First



Guysborough County Kids First has a Facebook page for families who are expecting their first child or have

children from birth to six years. If you would like to join the page, send us a request!! It is a great way to receive updates and notices about upcoming programs and events in your community

For more information regarding Kids First or the programs, visit our new and improved website www.kids1st.ca All programs and services are free and confidential! For more information, please contact Kids First toll free at 1-888-533-3881.

Recreation Programming

Have you mastered a trade or hobby? The Recreation Department is always on the lookout for instructors for potential new programming. Have you been knitting or quilting for years? Maybe your scrapbooking collection needs its own bedroom. Does your garden catch the eye of all the neighbors? Or are your chocolate-chip cookies the envy of all your friends? Well we are looking for YOU! We would like to find the talent that we have right here within our own communities. Instructors would partner with the Recreation Department to teach others their trade or hobby. If you would be interested in instructing a recreation program this fall or you would like to suggest a program we should add, get in touch with the municipality's Recreation Coordinator, Kerri Penney at 522-2598 or by email at: kerri.penney@saint-marys.ca.

NSAF Fitness Instructor Certification

NSAF is the standard for fitness certification in Canada. By becoming certified through NSAF you receive the highest standard of fitness certification that is transferable across the country. If you are interested in getting certified or would like more information on training courses please contact the Recreation Department at 522-2598 or visit their website at www.nsfa.info

Open Gym

The fall open gym sessions will be held Tuesday(s) beginning November 4th – December 17th 2013 from 6:30-7:30 at SMEC. A recreation staff member will be providing supervision during this time. Please note this is a drop in program; registration is not required. If you have any questions or concerns please contact Emily at 522-2598 or be email at recreation@saint-marys.ca



St. Mary's Fitness Centre

After much anticipation, the St. Mary's Fitness Centre is back up and running in a brand new location! Our 2013/14 hours are as follows:

Monday-Friday: 4:00 – 8:00 p.m.

Monday, Wednesday & Friday: 6:00 a.m. – 11am

Saturday: 8:00 a.m. – 1:00 p.m.

...Please Note* these hours are always subject to change depending on school usage. Please stay tuned on our Facebook page and our website for time changes. We thank you for your patients.

You can find our rates under the Recreation tab at saint-marys.ca. New members are always welcome!

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 15th to June 1st for spring and summer programs and from July 1st to November 15th 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.

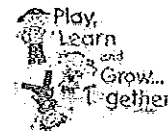
Happy Feet Lunch Time program

In partnership with Doctors Nova Scotia and Run for Life, the 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 lifelong physically active life style! The program will be held on **MONDAY and FRIDAY'S**, from **12:15-12:35** (play break) at St. Mary's Academy. All participants are asked to meet in the main lobby at 12:15. Runners are encouraged to dress for both indoor and outdoor running conditions. For more information please contact the Recreation Department at 522-2598 or by email at recreation@saint-marys.ca.

Lunch Time Fundamental Movement Skills

Fundamental movement skills are basic movements such as throwing, kicking, running, jumping, hopping and catching. Fundamental sport skills are these movement skills applied to a sport situation: for example, kicking a soccer ball, running a sprint, jumping up for a basketball rebound or catching a baseball. The fundamental Movement Skills Program will be held **WEDNESDAY'S** from **12:15-12:35** (play break) at St. Mary's Academy. All participants wishing to attend are asked to meet at 12:15 in the main lobby. For more information please contact the recreation department at 522-2598 or by email at recreation@saint-marys.ca



SMEC Tumblebugs

Tumblebugs is an introductory program designed to teach the basics of physical literacy to preschool children ages 3-5 years old. Tumblebugs is a safe, inclusive and most importantly fun approach to laying the building blocks for a physically active life style. Tumblebugs is being offered to all grade primary students at St. Mary's Education Centre. For more information please contact the recreation department at 522-2598 or by email at recreation@saint-marys.ca.



Zumba

Our 8 week Zumba programs in Sherbrooke and Goshen continue for the month of November. Punch cards are available for anyone wishing to join the program late!

Zumba in Sherbrooke takes place on Tuesday and Thursday's at St. Mary's Education Centre/Academy from 6:00 p.m. to 7:00 p.m. 5 class punch cards are also available at a cost of \$30. Punch cards are only accepted during this 8 week program. You can register or purchase a punch card by visiting the Municipal Office in Sherbrooke. This 8 week session will end **Thursday, November 21st**.

Zumba in Goshen takes place at the Goshen Community Centre on Wednesday's from 6:30pm to 7:30pm. 4 class punch cards are available for \$24. This program will end November 27th.



Stay tuned for details on our next round of Zumba programs!

Low impact fitness in Goshen

Are you a lady over the age of 50 who is looking to get more active? Join us from 1-2pm on Wednesday's at the Goshen Community Centre for some low impact fitness. Go at your own pace. After exercising, why not enjoy some cards! This is free to anyone who would like to take part.

Move it Monday



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! Punch cards can be purchased at the Fitness Centre for \$20.00 (12 classes) Additional questions may be directed to Emily Morton at 522-2598 or by email.

19+ Hockey 2013-2014 Season

The 2013 draft for Adult Hockey draft was held on October 22nd 2013. A Team Schedule will be posted on the Municipal website at www.saint-marys.ca as soon as it is available! Good luck teams!

Ted (White)	Gordie (Red)	Scott (Blue)	Dion (Yellow)
Nick Pye	Tyson McKeen	Kevin Harpell	Nick Macdonald
Wayne Feltmate	Glen Terris	Dale Peters	Lauchle Fleet
Randy Burns	Shane Foster	Jeremy Stevens	Scott Smith
Terry Noel	Dans Jewers	Scott Hudson	Thane Jordan
Geoff Cook	Peter Sinclair	Shawn Noel	Chris Wilson
Jeff Jordan	Eddie Kaiser	Shawn Mills	Chris Fraser
Mike McGinn	Brian Archibald	David Jordan	Floyd Furlong
Todd Foltz	Jasper Jordan	Randy Turner	Kevin Pye
Andy McKay	Adam Kaiser	Doug Macdonald	Dave Dunbar
Keith Robinson	Brian Harpell	Lindsay Rhynold	Robbie Horton
Laurence Keith	Nathan Macdonald	Mathew Fraser	Christopher Fraser
Josh Stevens	Aaron Macdonald	Georgie Stevens	Josh Robinson
Kelley Fraser	Cody Jordan	Robert Cook	Alexander Sinclair
Evan Rudolph		John Tyler Langille	Craig Sinclair
			Curtis Mohr
			Fred Hirschfeld

St. Mary's Minor Hockey

Minor Hockey Registration Forms have been distributed to all children in both SMEC and SMA. If your child is interested in participating in minor hockey, or if you would like more information regarding potential funding opportunities please contact the recreation department at 522-2598 or by email at recreation@saint-marys.ca

St. Mary's Minor Hockey Association would like to thank all those who participated in our 1st Annual Golf Tournament on Sept 14th. Thanks to all sponsors, golfers, Red Hill Golf Club and organizers of this event. The grand total raised was \$3879.00. It was a very successful day in support of a great cause. Hockey season is now underway but it's never too late to sign up! We will be taking registration up until the end of the year!



St. Mary's Minor Hockey will be having a bake sale during the Christmas tree lighting in Sherbrooke on Friday, Nov 22nd. All proceeds go to Minor Hockey. We will also be hosting a breakfast on December 1st at the St. Mary's Lions Hall. Come out and start your day with a delicious breakfast and support Minor Hockey. Mark your calendars, St. Mary's Minor Hockey will also be hosting a New Year's Eve dance this year at the St. Mary's Lion's Hall. Details to follow!

St. Mary's Curling Club

Do you get the winter blues? We have solution for you - come curling! Come to our OPEN HOUSE, Monday, November 4th from 6-8pm. We will show you the when, what and where's of the game, help you "throw" a couple stones and try your hand at sweeping. It's FUN, it's ENTERTAINING and it's really good EXERCISE! We also have delivery sticks so stones can be thrown from a standing position as precise as stones delivered from a sliding position. Come out and give it a try. It's FREE and you might just LIKE it! All you need to bring is a pair of clean indoor shoes, we'll supply the rest. See you at the Recplex!



Curling Regular Season

Curling begins on Monday evenings on November 11th, 2013, with draws at 5:30pm and 7:00pm. If you have not registered please call 522-2281 to be added to the list. New curlers are encouraged to contact Debbie Feltmate or Brad Burns. We always have room to grow! Fees will remain the same at \$135 under 55 years of age and \$115 for ages 55+ and youth. David MacDonald will be leading the After School Youth Curling. Registration is \$75 for 1 hour every Monday after school. Clean indoor shoes are required. Signup sheets will be posted in the school.

Registration is required for Stick Curling! We need 16 people to register. Fee is \$85 for 17 weeks. Stick Curling takes place from 11am to 12 noon every Monday morning.

November 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 Turkey Shoot 9am Goshen Crib 7pm	4 FC Fitness 10am Happy Feet -12:15pm Curling open house 6pm IHL Fitness 7pm	5 Meditation 11am Flu shot clinic Ecum Secum Liscomb Legion mtg Sherb. Zumba 7pm Council mtg. 7pm IHL Card Party 8pm	6 Kids 1 st Drop-in 9:30a FMS 12:15pm Goshen fitness 1pm Trail Blazers 2:30pm Goshen Zumba 6:30 IHL Fitness 7pm Lions BINGO 745pm	7 Flu shot clinic - Sherbrooke Sherb. Zumba 7pm PB WI mtg. 7pm Liscomb Auction 8p	8 Seniors Café 930am Happy Feet -12:15pm Maple Manor Bake Sale IHL Fitness 7pm Stillwater Card Play 8pm	9 Ecum Secum Bazaar 9am Bottle Depot 930am Isabell Cameron Bday 2pm PB roast beef dinner 4pm Liscomb Crib 8pm
10 Goshen Rem. Day social 2pm Goshen Crib 7pm	11 REMEMBRANCE DAY Rem. Day service Liscomb Leg. 9:30 Stick Curling 11a Curling 5:30/7pm IHL Fitness 7pm IHL meeting 7pm	12 Meditation 11am Flu shot clinic Goshen Highcrest Party 1pm Sherb. Zumba 7pm IHL Card Party 8pm	13 Transit Meetings Kids 1 st Drop-in 9:30a PB Seniors fun day 10am FMS 12:15pm Goshen fitness 1pm Goshen Zumba 6:30 IHL Fitness 7pm Lions BINGO 745pm	14 Transit Meetings Sherb. Zumba 7pm Liscomb Auction 8p	15 Seniors Café 930am E-reader class 10am Happy Feet -12:15pm Maple Manor Bake Sale IHL Fitness 7pm Stillwater Card Play 8pm	16 CH gun club breakfast 8:30am Mun. Building official opening IHL Christmas Bake Sale 2pm PB Bingo 2pm ATV Club Mtg. 6pm Maple Manor hymn sing 6pm Goshen Ladies C-mas prog 7p Liscomb Crib 8pm.
17 CH Gun Club Bingo 2pm Goshen Crib 7pm	18 FC Fitness 10am Stick Curling 11a Happy Feet -12:15pm Curling 5:30/7pm IHL Fitness 7pm	19 Meditation 11am Sherb. Zumba 7pm IHL Card Party 8pm	20 Kids 1 st Drop-in 9:30a FMS 12:15pm Goshen fitness 1pm Goshen Zumba 6:30 IHL Fitness 7pm Lions BINGO 745pm	21 Sherb. Zumba 7pm Liscomb Auction 8pm	22 OLD FASHIONED CHRISTMAS Seniors Café 930am Happy Feet -12:15pm Maple Manor Bake Sale Minor Hockey bake sale IHL Fitness 7pm Stillwater Card Play 8pm	23 OLD FASHIONED CHRISTMAS Bottle Depot 930am Liscomb Crib 8pm
24 OLD FASHIONED CHRISTMAS Goshen tree lighting 4pm Goshen Crib 7pm	25 FC Fitness 10am Stick Curling 11a Happy Feet -12:15pm Curling 5:30/7pm	26 Meditation 11am Liscomb Legion Seniors Christmas Party 2pm IHL Card Party 8pm	27 Kids 1 st Drop-in 9:30a FMS 12:15pm Goshen fitness 1pm Goshen Zumba 6:30 IHL Fitness 7pm Lions BINGO 745pm	28 Liscomb Auction 8pm	29 OLD FASHIONED CHRISTMAS Happy Feet -12:15pm IHL Fitness 7pm	30 OLD FASHIONED CHRISTMAS Liscomb Crib 8pm



Solid Waste Collection Schedule

<u>Tuesday</u> ZONE 1	<u>Wednesday</u> ZONE 2	<u>Thursday</u> ZONE 3
November 5 Garbage	November 6 Garbage	November 7 Garbage
November 12 Recyclables	November 13 Recyclables	November 14 Recyclables
November 19 Garbage	November 20 Garbage	November 21 Garbage
November 26 Recyclables	November 27 Recyclables	November 28 Recyclables
December 3 Garbage	December 4 Garbage	December 5 Garbage

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.

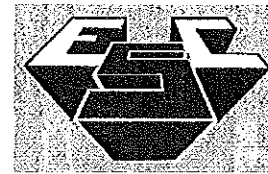
ZONE 3:

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

Garbage: Clear Bag – 8 bag limit for 2 weeks

Recyclables: Blue Bag – Unlimited

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



MacMillan's Bottle Drive

Liquor Store, Sherbrooke Parking Lot: Second and Fourth Saturday each month

Municipal Transfer Station

Hours of Operation Tuesday to Saturday

9:00am – 4:30pm

Regular Garbage (Clear Bag) tipping Fee \$1/bag, No Recyclables

No Charge for onsite services such as; Construction and Demolition Materials Waste Disposal, Household Hazardous Waste disposal, Metal & Appliance Disposal

Sherbrooke Village Old Fashioned CHRISTMAS



Nov. 22nd - 24th &
Nov. 29th - Dec. 1, 2013
Call: 1-888-743-7845 (Ask for Holly!)
sherbrookevillage.novascotia.ca
Sherbrooke Village

Friday, November 22nd: Opening Night!

- 7:00 - 7:45 pm Christmas Tree Lighting and Candlelight Procession beginning at Maple Manor, ending at the Information Centre. Glow sticks, candles and 3D glasses (\$2) will be available. Event donations will be accepted at entrance.
- 7:45 - 9:30 pm Caroling, refreshments, ice carvings, a visit from Santa and Mrs. Clause, a Kidd Brothers Family Christmas Concert (Free).
- 9:30 pm Fireworks next to the Performance Centre (Free).

Saturday, November 23rd

- 8:30 am - 11 am Breakfast at the Lions Hall hosted by KIRK UCW. \$8
- 10:00 am - 12 pm Christmas Workshop : Wreath Making. Limit of 10; pre-registration required. \$12
- 10:00 am - 12 pm Christmas Workshop : Make and Take Cards & Tags. Limit of 12, pre-registration required. \$15
- 10:00 am - 4 pm Kris Kringle's Craft Market at the Schoolhouse, Temperance Hall and Church basement. \$1
- 10:00 am - 6 pm Ice Carving demonstration outside St. James Presbyterian Church.
- 10:30 am - 12 pm Children's Storytime and Craft Workshop at the Library, ages 4-9. Donations for the Library fund accepted (Free).
- 1:00 pm - 3 pm Wagon Rides throughout Sherbrooke Village (Free).
- 1:00 pm - 4 pm Victorian Tea at the Exhibit Centre. \$8
- 1:00 pm - 4 pm Turkey Target Shoot presented by the St. Mary's Shooters Association at the United Church field.
- 1:00 pm - 4 pm Christmas Workshop : Photography. Limit of 20, pre-registration required. \$25
- 2:00 pm - 2:30 pm Children's Scavenger Hunt starts at the Hands On History House. Children must be accompanied by an adult (Free).
- 2:00 pm - 4 pm Christmas Workshop : Make and Take Cards & Tags. Limit of 12, pre-registration required. \$15
- 2:30 pm - 3:30 pm Mrs. Clause Christmas Stories for Kids at the Information Centre (Free).
- 4:30 - 7 pm Old Fashioned Saturday Bean Supper at the Sherbrooke Village Tea Room. Adults \$15, Children \$5
- 6:00 pm - 7 pm Christmas Cartoons & Marshmallows: Hot chocolate, marshmallows and cartoons at the Information Centre! (Free).
- 7:30 pm - 9 pm "Winterfire" Christmas Harp Concert with Ardyth and Jennifer at the St. James Presbyterian Church. Admission \$11

Sunday, November 24th

- 8:30 am - 11 am Breakfast at the St. Mary's Lions Hall, hosted by St. Mary's Palliative Care Program. \$8
- 10:00 am - 12 pm Christmas Workshop : Fly Tying for Children (ages 8-12). Limit of 4, pre-registration required. \$10
- 10:00 am - 12 pm Christmas Workshop : Crazy Quilt Candle Mat Making (Part 1).
Limit of 10, pre-registration required. \$12
- 10:00 am - 4 pm Kris Kringle's Craft Market at the Schoolhouse, Temperance Hall and Church basement. \$1
- 10:00 am - 5 pm Ice Carvings on display outside St. James Presbyterian Church.
- 1:00 pm - 4 pm Victorian Tea at the Exhibit Centre. \$8
- 1:00 pm - 3 pm Wagon Rides through Sherbrooke Village (Free).
- 2:00 pm - 2:30 pm Children's Scavenger Hunt starts at the Hands On History House. Children must be accompanied by an adult (Free).
- 2:00 pm - 4 pm Fun Science Activities for Kids at the Information Centre with the Halifax Discovery Centre staff (Free).
- 2:00 pm - 4 pm Christmas Workshop : Fly Tying for Adults. Limit of 5, pre-registration required. \$10
- 2:00 pm - 4 pm Christmas Workshop : Crazy Quilt Candle Mat Making (Part 2).
Limit of 10, pre-registration required. \$8
- 4:30 - 6:30 pm Old Fashioned Sunday Ham Supper at the Sherbrooke Village Tea Room. Adults \$15, Children. \$5
- 7:00 pm - 8 pm Ecumenical Church Service at St. James Presbyterian Church.
Silver collection for local food bank.

Sherbrooke Village Old Fashioned CHRISTMAS



Nov. 22nd - 24th &
Nov. 29th - Dec. 1, 2013
Call: 1-888-743-7845 (Ask for Holly!)
sherbrookevillage.novascotia.ca
Sherbrooke Village

Friday, November 29th

- 4:00 pm - 6 pm Chef Alain Bosse's Old Fashioned Christmas Dinner (first seating) at the Sherbrooke Village Tea Room. This three-course turkey dinner is prepared by famed Nova Scotia Chef Alain Bosse (killedchef.ca) and includes a different Jost wine with each course, a chance to win a Taste of Nova Scotia Gift Basket and free admission to "It's A Wonderful Life" radio play. Reservations required. Ages 19 and over. Tickets are \$57.50 (tax included)
- 6:30 pm - 7:30 pm "It's A Wonderful Life" Radio Play. (first performance) A live radio play produced by the Dartmouth Players and featuring the Lion's Den Theatre Group at the St. James Presbyterian Church.
- 7:00 pm - 9 pm Tickets are \$11.
Chef Alain Bosse's Old Fashioned Christmas Dinner (second seating, details above) at Sherbrooke Village Tea Room. Tickets are \$57.50 (tax included)
- 9:30 pm - 10:30 pm "It's A Wonderful Life" Radio Play. (second performance) St. James Presbyterian Church. Tickets are \$11.

Saturday, November 30th

- 8:30 am - 11 am Breakfast at the Lions Hall hosted by S.H.O.P.S. \$8
- 10:00 am - 12 pm Christmas Workshop : Make and Take Cards & Tags. Limit of 12, pre-registration required. \$15
- 10:00 am - 12 pm Christmas Workshop : Knitting Felted Slippers. Limit of 6, pre-registration required. \$8
- 10:00 am - 4 pm Kris Kringle's Craft Market at the Schoolhouse, Temperance Hall and Church basement. \$1
- 10:30 am - 12 pm Children's Storytime and Craft Workshop at the Library, ages 4-9. Donations for the Library fund accepted (Free).
- 1:00 am - 3 pm Wagon Rides through Sherbrooke Village (Free).
- 1:00 pm - 4 pm Victorian Tea at the Exhibit Centre. \$8
- 1:00 pm - 4 pm Christmas House Tours in Sherbrooke Village and surrounding area. Passports available for purchase at the Company Store. \$7
- 1:00 pm - 4 pm Christmas Workshop : Crazy Quilt Candle Mat Making (Parts 1 & 2).
Limit of 10, pre-registration required. \$20.
- 2:00 pm - 2:30 pm Childrens' Scavenger Hunt beginning at the Hands On History House. Children must be accompanied by an adult (Free).
- 4:00 pm - 6 pm Chef Alain Bosse's Old Fashioned Christmas Dinner (third seating, see Friday, Nov. 29th for details) at the Sherbrooke Village Tea Room. Reservations required. Ages 19 and over. Tickets are \$57.50 (tax included).
- 6:30 pm - 7:30 pm "It's A Wonderful Life" Radio Play. (third performance) St. James Presbyterian Church (see Friday, Nov. 29th for details). Tickets are \$11.
- 7:00 pm - 9 pm Chef Alain Bosse's Old Fashioned Christmas Dinner (fourth seating, see Friday, Nov. 29th for details) at the Sherbrooke Village Tea Room. Reservations required. Ages 19 and over. Tickets are \$57.50 (tax included).
- 9:30 pm - 10:30 pm "It's A Wonderful Life" Radio Play. (fourth performance) St. James Presbyterian Church (see Friday Nov. 29th for details). Tickets are \$11.

Sunday, December 1st

- 8:30 am - 11 am Breakfast at the St. Mary's Lions Hall, hosted by St. Mary's Minor Hockey Association. \$8
- 10:00 am - 12 pm Christmas Workshop : Fly Tying for Adults. Limit of 5, pre-registration required. \$15
- 10:00 am - 4 pm Kris Kringle's Craft Market at the Schoolhouse, Temperance Hall and Church basement. \$1
- 1:00 pm - 3 pm Wagon Rides through Sherbrooke Village (Free).
- 1:00 pm - 4 pm Christmas House Tours in Sherbrooke Village and surrounding area.
Passports available for purchase at the Company Store. \$7
- 1:00 pm - 4 pm Victorian Tea at the Exhibit Centre. \$8
- 1:00 pm - 4 pm Christmas Workshop : Photography. Limit of 12, pre-registration required. \$25
- 2:00 pm - 2:30 pm Childrens' Scavenger Hunt beginning at the Hands On History House. Children must be accompanied by an adult.
- 4:30 pm - 5:30 pm Traditional candlelight carol service at St. James Anglican Church. Free will offering.
- 7:00 pm - 9 pm Old Fashioned Christmas Variety Show at St. James Presbyterian Church. Admission \$11