

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

# August 2014 Municipal Newsletter

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

The DEADLINE to have information submitted for the September issue of the Newsletter is August 20<sup>th</sup> 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](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 Monday September 8th, 2014 at 7pm, Council Chambers.

The public is invited to attend.

## Update from

### DongDu International Group (DDI)

We'd like to sincerely thank everyone for attending our information sessions on July 3rd. We are pleased to see such engagement from the community. As mentioned in our discussions, we are busy preparing for the start of construction and are now finalizing design requirements.

In addition, our engineering teams will be onsite in the coming days for surveying and land analysis.

As always, we encourage you to stay in touch and reach out to us with any questions.

Email: [info@ddi-canada.com](mailto:info@ddi-canada.com)

Phone: 902.482.1393

<http://en.ddigroup.com.cn>



## **Efficiency Nova Scotia Can Help you Save!**

If you live in Nova Scotia and fall under the Federal government's low income cut off, then you may qualify for Efficiency Nova Scotia's Low Income Housing services. Learn about what upgrades you may receive, at no cost to you, to make your home more energy efficient and affordable.

Applications are available at the Municipal Office  
For more information on this program or others Call  
Efficiency NS 1-877-434-2136 or visit  
[www.efficiencyns.ca](http://www.efficiencyns.ca)

## **GUYSBOROUGH COUNTY CAREERS NOVA SCOTIA CENTRE**

We are located in the St. Mary's Municipal Office Building and are open to the public every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday. Our office dates for the month of August are: August 13th and August 27th, 2014. We look forward to assisting you!

The Guysborough County Careers Nova Scotia Centre can assist you in making your career and educational decisions. Through a one-on-one session, you will gain information on what employment opportunities are available and will be provided with up to date labour market information. You can create or update your resume and cover letter and apply for jobs. We offer information on educational opportunities and provide assistance with funding applications for Employment Nova Scotia programs. Please contact Dorothy Bennett or Kim Avery at 1-888-533-1906, for all your employment and career decision needs

## **St. Mary's Business Association**

Do you own or operate a Small Business in St. Mary's Municipality? The newly formed SMBA would love to hear from you!

The St. Mary's Business Association provides its members both a strong unified voice and a taskforce to work together on meaningful projects for the prosperity of not only their businesses, but their communities as well.

Recent meetings have given business owners a forum to meet, interact and network with one another, creating opportunities for product & idea sharing amongst businesses.

The SMBA is currently compiling a list of project ideas and goals to start work on as soon as possible. We would love to have your input!

For more information, please contact:  
Christa Webber, Community Development Officer  
522-2432 or [christa.webber@saint-marys.ca](mailto:christa.webber@saint-marys.ca)



NOVA SCOTIA NATURE TRUST

Join us on August 9<sup>th</sup> to celebrate the protection of several new conservation gems on the "ribbon of green" along the St. Mary's River.

These new properties add to the five conservation sites already protected by the Nature Trust in partnership with landowners, preserving the river's important floodplain forest habitats and unique and imperiled species. Come and enjoy a celebration event by the river and a guided nature walk. Where: 1849 Waternish Road, Guysborough County. When: Saturday August 9<sup>th</sup> 2014 from 1:00 - 4:00pm. Please register with Danielle at [danielle.grandy@nsnt.ca](mailto:danielle.grandy@nsnt.ca).

**Summer Greetings from High-Crest Sherbrooke!**

Residents celebrating birthdays this month are:

- Kaye Mason August 9<sup>th</sup>
- Kathleen Chamberlain August 22<sup>th</sup>

Happy Birthday Ladies! We will celebrate these Birthdays on August 12<sup>th</sup> with Home Buddies hosting a party with Bingo, Singing, and delicious cake and ice cream! We will play bingo, sing some good old songs, chat and enjoy cake and ice cream! Everyone is welcome to attend!

I would like to congratulate Mrs. Lynn Chisholm from Antigonish for winning the Stepping Stones quilt that we were selling tickets on! Congratulations Lynn and thanks to Gwen Robar for donating it and all who purchased tickets!

The Walk-a-Thon held in June by the Grade 1, 2, & 3 students to raise money for the Nursing home was a great success! The children raised over \$1000.00!!! Great work children. After the walk a thon the children joined the residents for a barbecue, social, and prize draws, we all had a great time. Thanks again to all who sponsored!

You may have noticed that we are back on the road again! We have borrowed a bus from our sister home in Springhill and have been on several trips around the community! We are having a ball. We recently had a donation from the children attending vacation bible school with Rev. Debbie Stewart which will be going into the ice cream fund! Thanks children see you at the ice cream stand! Hope everyone is having a safe and happy summer!

**Health Connections Academy- GASHA**

Location: Municipal Community Room

**Nutrition:** Healthy eating can increase energy and improve health. Along with a healthy lifestyle, it can help prevent illness and chronic disease.

**Goal Setting:** Goal setting is a powerful process for thinking about your ideal future, and for motivating yourself to turn your vision into reality.

**Physical Activity:** helps growth and development prevent chronic diseases like cancer, Type 2 diabetes and heart disease make us stronger give us energy decrease stress, and prolong independence as we get older.

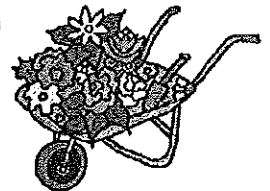
**Coping & Stress:** Stress is a fact of daily life and is the result of both the good and bad things that happen. Too much stress can cause serious health concerns, but there are many ways of dealing with stress that can reduce your risk.

**Session Dates Remaining:**

- Aug. 20, Choice of 2 - 3 pm or 6 - 7 pm - Nutrition
  - Sept. 17, Choice of 2 - 3 pm or 6 - 7 pm - Goal Setting
  - Oct. 29, Choice of 2 - 3 pm or 6 - 7 pm - Physical Activity
  - Nov. 26, Choice of 2 - 3 pm or 6 - 7 pm - Coping & Stress
  - Dec. 10, Choice of 2 - 3 pm or 6 - 7 pm - Nutrition
- Open To Everyone -- Let's Become Better Self-Managers**

**The St. Mary's Garden Club**

Will hold their annual Flower Show on Friday Aug.15 - Aug. 17 at the Presbyterian Church, Sherbrooke Village. Awards presentation will be held Friday evening at 7:00pm.



Brochures, tags and information for entering displays may be obtained from Mary Baker 779-2898; or Sharon Reid 522-2393.

The Garden Club is pleased with the response they have received regarding the hanging flower baskets adorning Main Street. Some people have also contributed financially, and your assistance is greatly appreciated. Should you wish to make a donation or fund a hanging basket please contact a club member. We are a small non-profit club with minimal means of raising funds so all donations are very welcome. Thank You!

Next meeting August 12<sup>th</sup> all are welcome.

**St. Mary's Shooters Association**

AUG 3/14

Harold Scott Memorial Benchrest Shoot Centerfire and rimfire scoped rifles @100 m. best group and best score targets

Harold Scott Memorial Handgun Shoot Bullseye targets at 20yds centerfire and rimfire



Events – For Registrations  
please call 902-522-2400

Thursday, July 31 - **COURTHOUSE CONCERT** – Sam Moon with Original Nova Scotia music including songs from his latest CD “New Moon”. 7:30 pm

Sunday, August 3 - **WE'VE GOT BOATS TO BUILD** –local boat builder Keith Horton from 1 - 4 pm.  
**KIDS CRAFTS** – Children can make a wooden boats.

Thursday, August 7 - **COURTHOUSE CONCERT** – Hal Bruce with the best of the Beatles & Great Classics from the 60s and 70s. 7:30 pm

Saturday, August 9 - **A SPORTING DAY OF HORSE & CARRIAGE DRIVING** –10 am - 3 pm

Sunday, August 10 - **WE'VE GOT BOATS TO BUILD** –local boat builder Keith Horton 1 - 4 pm. **KIDS CRAFTS** – Children can make wooden boats.

Thursday, August 14 - **COURTHOUSE CONCERT** – Wayne Teasdale, Lisa Hallett & Shirley Teasdale with songs of the Original Carter Family.7:30 pm

Saturday, August 16 - **SHERBROOKE VILLAGE HONOR CEREMONY** Recognizing the 100<sup>th</sup> Anniversary of WWI at St. James Presbyterian Church, with special guests 1pm

Sat. & Sun., August 16 & 17 -  
**ENCAMPMENT/REENACTMENT** – The 84th Regiment of Foot Royal Highland Emigrants 2nd Battalion is offering an opportunity to enjoy the sights, smells and sounds of black powder, outdoor cooking and life in an 18th-century military camp.

Friday, August 15 to Sunday, August 17 - **ST. MARY'S GARDEN CLUB ANNUAL FLOWER SHOW** – Garden Club display will be at the Village Exhibit Centre.

Friday, August 22 - **COURTHOUSE CONCERT** – “Rally That Gives” fundraising concert in support of the Cancer Society’s “Lodge That Gives”, “Cathy’s Place” and “Holy Redeemer Convent”. 7:30pm

Saturday, August 23 - **SHERBROOKE VILLAGE RALLY THAT GIVES** – A motorcycle rally fundraiser supporting the Cancer Society's Resource Centres in NS. 9:30 am

Sunday, August 24 - **VERY VERY BLUEBERRY WEEKEND** - try the finished product.

Mon.to Thur., Aug. 25-28 - **SHERBROOKE VILLAGE PHOTOGRAPHY CAMP** – Facilitated by instructor Wally Hayes. Thursday photo Exhibit from 2 to 4 pm.

Friday, August 29 - **COURTHOUSE CONCERT** - Gary Jordan, an evening of country & gospel music. 7:30 pm

## Smokey Hollow Holidays

Monday July 28<sup>th</sup> – Cards at 8pm Admission \$5

Tuesday July 29<sup>th</sup> Bingo at 7:30pm

Wednesday July 30<sup>th</sup> – Darts at 7:30pm Admission \$5

Thursday July 31<sup>st</sup> – Kids & Pizza time 5:30 – 7:30 12 & under. Trivia night 8pm Admission \$5

Friday Aug 1<sup>st</sup> – Chase the Ace 7:30-9:00 Crib at 7:30 Admission \$5

Saturday Aug 2<sup>nd</sup> – Kenny Porter Memorial Men’s Ball Tournament starting at 8am continuing through to Sunday. Hootenanny from 2-6pm Admission \$5.

Music by Lionel Fraser

Pub Night 9pm Celebrating 40 years of the Gun Club. Theme Basket tickets sold all week – Draw date Aug 3<sup>rd</sup>

Saturday Aug 30<sup>th</sup> – Water poker Rally

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**Thank You** - We would like to take this opportunity to express a sincere thank you to everyone who assisted us during the recent loss of Diane. The outpouring of support was overwhelming and speaks to the number of lives Diane has touched and we are sure that she will be missed by many. We would especially like to thank the St. Barnabas Anglican Church and the Lady's Guild, the Ecum Secum Fire Department, D.S. Crowell & Son Funeral Home and the staff at St. Mary's Memorial Hospital. We were truly blessed to have such wonderful support from the community. Barry Jewers and nephews Jody, Dana and Alex; cousin Sandra (Snow) Ritchie and their families

**MacDonald Thank You** - To all who cared for Ruby, the night she passed; for the visits, food, cards & memorials. To Pastor for words of comfort. For The love and Prayers to help us in the days ahead. We say Farewell to our Beloved, until we meet again. Forever missed, Mom, Eugene, Mona, Rollie, Roxie, Geordie & families

**Thank you** to all who attended the visitations and funeral for our Mum, Jessie Lawson. Thank you to all who dropped in, dropped off food, phone calls, for all your beautiful cards and donations. Thank you to Reverend for the lovely service and all his kind support at a very difficult time. To the choir for their beautiful music; to the UCW for the reception, food and friendship after the service; to Funeral Home for the compassionate care provided and to the Honourary Pallbearers. And, to all our family and friends far and near - thank you to each and every one of you. Love: Ann, Archie, Myrtle, Muriel, Sally, Robert, Bill and Families

**Sherbrooke Opportunities Society or S.H.O.P.S.** will be holding their Annual Meeting on Thursday, Sept. 18th at 7 pm in the Kids First Room, which is located in the new community wing at St. Mary's Education Centre/Academy. If you are looking for a way to contribute to your community and have fresh fundraising ideas, please join us. All are welcome

### The Alpha Course

You are invited to the Alpha Course to be held at Port Bickerton Community Center on nine Tuesday evenings starting Sept. 16 at 6pm. The Alpha course is an opportunity to explore the Christian faith. No question is too simple, too tough or too 'out there'. Try us. Meaning, purpose, death, life. Let's tackle these questions together. Most evenings feature a meal, music, a DVD, and discussion. For more information see [www.alphacanada.org](http://www.alphacanada.org), or call 522-2087 (also use this number to register). Or just reserve a spot for Sept. 16 (meal, music, and a DVD) and then decide about the rest of the course. Alpha has been offered worldwide over the past 25 years, including successful courses in Sherbrooke in 2008, 2009 and 2011. Millions of people have participated ... why not check it out? (Offered by churches of Port Bickerton and area represented in the St. Mary's Ministerial Group.)

The Baptist Congregation of Port Hillford, Port Bickerton and Sonora (Members of the Convention of Atlantic Baptist Churches)

We welcome you to our August worship services:  
August 3, 11 AM – Sonora Baptist Church  
August 10, 11 AM – Port Hillford Baptist Church  
August 17, 11 AM – Port Bickerton Baptist Church  
August 24, 11 AM – Sonora Baptist Church  
August 31, 11 AM – Port Hillford Baptist Church

Paul Tingley will be our Guest Speaker on Aug 24. For further information, call 522-2087 or email [hbs.baptist@ns.sympatico.ca](mailto:hbs.baptist@ns.sympatico.ca) (Rev. Norman Pearce)

### Sherbrooke Library Chat Line

Return of LEGO activities – Story Starter and LEGO WeDo kits, Tuesday August 11, 1:30-3:30pm. Two age groups, 5-8 and 9-13. Seating is limited, so preregister early to reserve a spot for your child/children

Computer Class – Do you need to update your computer skills, start from the beginning, or do you just have some questions about a new program? Call the Library to book an appointment with Alyssa Hiltz, our summer C@P student. She will be here only a few more weeks, so make your appointment now. Ancestry.com – searching for your roots?

Writers Group – Are you a frustrated author? Did you know there is a writers group in our area? We meet every second Thursday at 7:00pm in the library. Our meetings this month will be August 7 and 21. Everyone is welcome.

Meditation Class – Tuesdays from 11-noon. Learn how to meditate followed by a short practice. Feel the peace and calmness. Newcomers are welcome to join.

Village Readers' Book Club – The first Friday in the month August 1<sup>st</sup> at 11am. Join us to tell us about a book you have or are reading

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 – A new story in a bag is now ready

### Library Hours:

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

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### Old Fashion Christmas...Save the Date!!!

There will be a Golf Tournament Fundraiser on Sept 27<sup>th</sup> in support of Old Fashion Christmas. To be held at Red Hill Golf Course, Indian Harbour Lake. More information to follow in September's Newsletter.

## Community Yard Sales

Sat. Aug. 2<sup>nd</sup> 2014

Time: 10 am – 2 pm

Yard sales along Highway 211 from Stillwater to Port Hilford. Anyone is welcome to take part just find a spot to set up. Make your spot with balloons or a sign. There will be tables at the community center. Rent price is \$5.00 per space. Selling will begin at 10 am, no early birds please. The sale will be held rain or shine. Call 522-2369 to book tables at the Community Center.

## Great Big Community Yard Sale

There will be a community yard sale on Saturday Aug. 30 beginning at 9 a.m. in the parking lot of the Bayview Baptist Church in Spanish Ship Bay. No selling will take place before 9 a.m. Please contact Debbie Baker @ 779-2255 for further information or to book a table.

## Indoor Flea Market

St. John's Church Hall – Necum Tech Hwy 7  
Serving Hot Brunch

Sale Items: Baked Goods, Toys, Books, Clothing,  
CD's, Games, Dishes and More...

Saturday August 9<sup>th</sup>, 2014

From 9am – 1pm

Contact Helen Berrigan 347-2182  
for table bookings

## Yard Sale

10-12 Noon on Saturday August 16<sup>th</sup>  
Heritage Goldenville Society Building

No Admission

Door Prizes will be given away

## Ecum Secum Fun Days

August 9<sup>th</sup> – Breakfast 8am – 10am

Bingo 10am

BBQ 11am

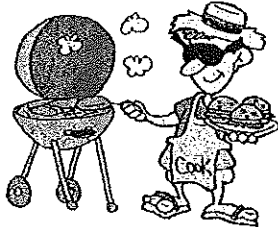
Games 12pm

Talent Show 2pm

Penny Auction 6:30pm

Adult Dance 9:30pm

Anyone interested in going into the Talent Show please contact Darlene @ 347-2412 or Maudie @ 347-2605.



August 10<sup>th</sup> - BBQ- 11am

Duck Race-2pm

Anyone wanting duck tickets can get them from firemen or the ladies auxiliary. Everyone is invited to help us celebrate

## Anglican Parish of Liscomb/ Port Bickerton July Schedule

Sun. Aug. 3

9:30 am-St. Paul's, Port Bickerton-Eucharist

7:00 pm – Evening Eucharist-St. James, Sherbrooke (with St. Luke's)

Sat. Aug. 9

7:00 pm – Evening Prayer, St. James

Sun. Aug. 10

9:30 am-Eucharist, St. Thomas, IHL (with St Paul's)

11:00 am-Eucharist, St. Luke's, Liscomb

1:00-St Paul's

7:00 pm- Evening Prayer- St Paul's (with St Thomas)

Sun. Aug. 17

11:00 am- Morning Prayer, St Luke's

7:00 pm- Evening Prayer, St James

Sat. Aug. 23

7:00 pm- Evening Prayer, St James

Sun. Aug. 24

9:30 or 11:00 am-Morning Prayer, St Luke's

7:00 pm Evening Prayer, St Thomas (with St Paul)

Sun Aug. 31- Joint Service at St James with Picnic to follow. Saturday Evening Prayer Services and Sunday Evening Eucharist's at St James are set at 7 pm to accommodate visitors and staff at the Village.

St. Luke's Parish Hall, Liscomb, July 21-23

Monday morning: 9 am (for registration) to 11:30 am; then 9:30 to 11:30 am on Tuesday and Wednesday.

For boys and girls entering grades primary to 6.

For more information, or to register, call 522-2251 or 522-2087. Sponsored by the churches represented in the St. Mary's District Ministerial Group.

St. Mary's Pastoral Charge

The United Church of Canada

Sunday Worship

July 27, 11am combined at St. John's in Sherbrooke

August 3, 11am combined at Kirk in Glenelg

August 10, 17, 24, 31

9:30 am St. John's, Sherbrooke, 11:00am Kirk, Glenelg,

6:30pm Bethany, East River St. Mary's

For More Information: To inquire about Sunday School, VBS, Youth Group or Bible Study, please phone 833-2920, visit us on facebook or our website at

[www.stmaryspastorcharge.blogspot.com](http://www.stmaryspastorcharge.blogspot.com)

## Stillwater Community Center

Please be advised that there will not be any card party at the center during the month of August. The card parties will commence again on Sept.12<sup>th</sup> and run every Friday evening at 8pm until November 28<sup>th</sup>.

Regards G.W. MacIntosh

### PORT HILFORD COMMUNITY CENTER

An event is planned for  
Wednesday August 6 at 7:30pm..

The program includes:

Marcia Anderson- A trip to South-East Sri Lanka 2012

Leigh MacFarlane- Soap Making

Sharon Reid- A display of the history of the  
community.

Light refreshments will be available. This event is  
sponsored by the Port Hilford Branch of the Women's  
Institute of Nova Scotia.

Everyone is welcome to attend.

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### **Seashore Volunteer Fire Department**

Saturday August 9<sup>th</sup>, 2014  
2<sup>nd</sup> Annual Golf Tournament

Red Hill Golf Club

\$30/person – single person entry, teams will be  
drawn randomly

Cash prizes awarded

50/50 tickets and door prizes

Contact Gary Mansfield @ 364-2003 to register

Small lunch available for entrants

### **ANNUAL FISH FRY SUPPER**

August 23<sup>rd</sup>, 2014

Port Bickerton Community Center  
from 3:00pm – 6:00pm

Admission: \$10 for adults and \$5  
for children

### **FISH FRY DANCE**

Saturday Aug 23, 2014

Port Bickerton Community Center  
9:00pm – 1:00am

\$8.00 admission

Must be 19 years of age – ID's may be requested

Music by DJ

### **DUCK RACE**

August 24<sup>th</sup>, 2014

300 toy ducks are released at Port Hilford Lake and  
race to Port Hilford Beach.

6 Prizes – ducks can be purchased from firehall  
members



### Worried about food costs?

The Women's Institute is offering a "Back to Basics" one  
day presentation in the St. Mary's district this fall. There  
will be a cooking demonstration, tips on food storage, etc.  
Watch for more information and location.

### Looking to learn economical ways to feed the family?

The Women's Institute is holding a Free one day  
"Back to Basics" presentation at the Greenfield  
Community Centre, October 3, 2014, starting at 10  
AM. There will be a cooking demonstration, tips on  
food storage, etc.

All welcome but pre-registration would be  
appreciated so that we know the number of people  
to prepare for.

To pre-register contact - Mary Kaizer 902-246-  
2092 [maryak2007@yahoo.ca](mailto:maryak2007@yahoo.ca) or Marlene MacInnis  
902-364-2015 [betmar001@yahoo.ca](mailto:betmar001@yahoo.ca)

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### Heritage Day in New Chester

August 16<sup>th</sup> from 11am to 4pm

50/50 Draw, Food concession stands, Door prizes each  
hour from 12-4, silent auction, Bake tables, pie  
contest/auction, local music, cake walk, games and more  
Come join us on our fun day.

### MAPLE MANOR

#### **BAKE SALE:**

Held Every Friday – come and enjoy some goodies!

#### **EXERCISE EQUIPMENT:**

Maple Manor is looking for an exercise bike and a  
rowing machine. If you could donate these, or any  
other exercise equipment, it would be greatly  
appreciated. Please call CJ @ 522-2155

#### **HANDCRAFT GROUP:**

We meet at Maple Manor Common Room every  
Monday 1 pm - 3 pm. If you enjoy working on your  
own crafts in good company, please join us, we  
would love to have you. Please call Alice @  
522.2347

### Contact Us!

If you would like information or registration forms for any of these programs or would like to request a new program, get in touch with us! You can call us at 522-2598 or email Emily Morton, Physical Activity Coordinator at [recreation@saint-marys.ca](mailto:recreation@saint-marys.ca) or Kerri Penney, Recreation Coordinator at [kerri.penney@saint-marys.ca](mailto:kerri.penney@saint-marys.ca)

### Zumba In Indian Harbour Lake!

Join us for Zumba at the Indian Harbour Lake/Jordanville Community Centre! This program will take place every Wednesday at 6:00 p.m. starting July 2<sup>nd</sup>. Preregistration rate is \$45 and 4 class punch cards are available for \$24.

### 2<sup>nd</sup> Annual Lochiel Lake Family Picnic

On Sunday, August 10<sup>th</sup> the Recreation Department will be hosting our annual family picnic at Lochiel Lake Picnic Park from 11:00 a.m. to 2:00 p.m. Bring the entire family and enjoy a BBQ, some fun games and a pinata for the kids! In the event of rain, a cancellation notice will go on our Recreation Facebook page.

### Guysborough County Older Adult Games

Join us on August 20<sup>th</sup>-21<sup>st</sup> at the Liscombe Lodge for the 27<sup>th</sup> Annual Guysborough County Older Adult Games. This is an event for adults 50+. Over the two days, participants take part in a number of fun, competitive events such as washer toss, crokinole, darts, outdoor shuffle board and many more. There is also a banquet, including a three course meal prepared by Liscombe Lodge staff, live entertainment and of course a medal ceremony! Registration is only \$25 per person, with a special rate for rooming at the Lodge. This is a fun, enjoyable event for all older adults that includes so much more than games, it creates lasting memories and friendships. To get more information, or to request a registration form call your local Guysborough County Recreation office. Please note, you do not have to be a resident of Guysborough County to register!



### Youth Beach Night

St. Mary's Recreation is hosting a Youth Beach Night/Bonfire event at the Port Hilford Beach on Tuesday, July 29<sup>th</sup> from 5:30-9:30 p.m. This event is for youth ages 13-18. There will be some footballs, volleyballs and frisbees for youth to use along with s'mores and a beach bonfire! Bring your guitars and other instruments as well!

### Greenfield Painting Program

Please join us for a painting program at the Greenfield Oldsters Club. This program will run every Wednesday 1:00 to 3:00 p.m. This is a free program, please bring your own brush.

### St. Mary's Fitness Centre

Regular hours at the St. Mary's Fitness Centre will begin again in September. Affected memberships will be extended. We hope to see you at some of our special summer programming! See below for details.

Monday	Move It Monday: 9:00am-10:00am
Tuesday	Drop in/Boot Camp 6:00pm-8:00pm
Wednesday	Wake up Wednesday 9:00am-10:00am
Thursday	Drop in/Boot Camp 6:00pm-8:00pm
Friday & Saturday	CLOSED

### Move It Monday (PLEASE NOTE TIME CHANGE)

St. Mary's Recreation offers a low-medium intensity exercise class every Monday morning from 9:00-10:00 a.m. at the Fitness Centre. This class is only \$2 to everyone!

### Wake up Wednesdays!

Looking for a new way to increase your energy throughout the day?! We have the answer for you! Join us Wednesday mornings from 9:00-10:00am at the St. Mary's Fitness Centre for a \$2 drop in.



### Lose your Booty Boot Camp

Join us for Lose Your Booty Boot Camp every Tuesday and Thursday at 6:00-7:00 p.m. This class is a 60 minute circuit style work out that will have you sweating away those unwanted calories!

### Evening Drop ins

Join us every Tuesday and Thursday from 6:00 to 8:00 p.m. for a drop in workout. Come visit us, and use your favorite fitness equipment. There will be a \$2 drop in fee for this program. See you there!

### St. Mary's Girl Guides

Registration is now open for the upcoming 2014/15 season! Visit [www.girlguides.ca](http://www.girlguides.ca) for more information and to register your daughter in the St. Mary's Unit. The new year starts in September, so don't waste any time! In addition to Sparks, Brownies, Guides and Pathfinders - we will also be offering Rangers next year! Parents are asked to fill out a registration form and send it with a cheque attached directly to the Nova Scotia Council.

Our Pathfinder Unit is working hard to fundraise for their trip to PEI. The girls are selling tickets on a goodie basket! You can purchase tickets from any of the girls, or at the Municipal Office in Sherbrooke. \$2 for 1 or \$5 for 3. Draw date is August 20<sup>th</sup>.

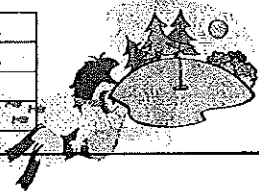
### Strength and Conditioning Camp @ Pictou County Athletics

Pictou County Athletics would like to extend an invitation to athletes in our community for their first Strength and Conditioning Camp. The camp is designed to increase speed and agility across the sport spectrum, and is a great way to get prepared for your upcoming season. To register please contact us and we will forward your request!

**Brian Affleck Golf Academy Beginner and Advanced Welcome!**

St. Mary's Recreation Department is be hosting a golf clinic in partnership with golf pro Brian Affleck and the Redhill Golf Club on August 15, 2014. The cost is \$10.00 for children and \$20.00 for adults, to register please contact us! Participants are encouraged to bring their own clubs however we will have some on site.

Ages 5-9	9:00-11:00 a.m.
Ages 10-18	11:00-1:00 p.m.
Female 19+	6:00-7:00 p.m.
Male 19+	7:00-8:00 p.m.



**Roller Hockey/Open Gym at the Recplex!**

The ice is long gone, but that doesn't mean it's time to put away those hockey sticks! St. Mary's Recreation is pleased to offer FREE pick up rollerblade hockey/skating at the St. Mary's Recplex Tuesday and Thursday evenings from 6:30-7:30 p.m. Roller blades will be provided, however participants are required to bring their OWN hockey helmet. Don't like to rollerblade? That's okay! Open Gym will be held at the same time. Equipment will be provided, but feel free to bring your own as well!

**Sherbrooke Soccer Skills Program**

The Municipality of St. Mary's will be offering a soccer skills program this summer! This program is for all children ages 4-12 at the St. Mary's Education Centre/Academy Soccer Field on Wednesday evenings from 6:30-7:30! Rain location is the St. Mary's RecPlex.



**YOUTH SOCCER CLINIC WITH XWOMEN ALUMNI COACH**

St. Mary's Recreation Department has partnered up with XWOMEN soccer defender (alumni) Nicole MacNeil to offer skills clinic on August 8th 2014 from 9:00am-2:30pm. All youth in grades 7-12 are welcome to attend. To register please contact the recreation department.

**Learn to Play Baseball Program for FREE!**

St. Mary's Recreation is offering a Learn to Play Ball program this summer! This program is for children between the ages of 4-15! Coach Gary Mansfield will lead an eight week skills based baseball program at the Port Bickerton Ball Field. This program will be held Monday evenings from 6:00-7:00 p.m. please contact the Recreation Department by phone or email for more info!

**Aqua Fitness**

Liscomb Aqua Fitness is back! Aqua fit is a great, low impact work out that uses water resistance to increase cardiovascular health, muscle endurance and strength. Join us Tuesday and Thursday mornings from 10:00-11:00 a.m. at the Liscomb Lodge pool.

**\*PLEASE NOTE THAT AQUA FITNESS WILL NOT BE HELD FROM AUGUST 5-15 DUE TO SWIMMING LESSONS.**

**Red Cross Swimming Lessons August Registration Now Open**

Splash into summer with Red Cross Swimming Lessons! Whether you're a parent wishing to enroll your child in swimming lessons, a teen who is interested in becoming a water safety instructor or an adult looking to improve your swimming skills, Red Cross has a program for you! Thanks to everyone who participated in our July lessons. We are hosting a SECOND session from August 5<sup>th</sup>-15<sup>th</sup>!!!!

Prices (Per session):

1 Child \$25.00

Red Cross Swim Lessons Information Continued..

2 Children \$45.00

3 Children \$65.00

We would love to hear from you, tell us how we did! Please fill out our participant survey so we can better serve you! Pick up one at the Lodge pool or municipal office today.

**Equipment Loan Out Program**

The St. Mary's Rec. Dept. has a variety of recreational equipment available for your use at little to no cost, including Kayaks! For more information please contact us or stop by the municipal building for an equipment loan out sheet!

**Summer Day Camps!**

Day camps continue this August in St. Mary's! Watch out for us in your community. Our Day Camp theme this year is all around the world. Each day, children "travel" to a different place in the world such as the Amazon



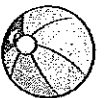
Rainforest, Alaska and Atlantis! We will also be hosting special events at our day camps in August such as beach and water days! You can pick up and fill out a registration form at our camp locations. These free day camps will be held in Port Bickerton, Goshen, Sherbrooke, Liscomb, Sonora and Ecum Secum! We would like to hear from you. Day Camp leaders have parent survey's available at our camp locations. Please take the time to fill out this survey. We want to know how we can best serve you and your family

**August Summer Day Camp Schedule:**

Date	Location 1	Location 2
August 5 <sup>th</sup> - 8 <sup>th</sup>	Sonora Community Centre	Goshen Community Centre
August 11 <sup>th</sup> - 15 <sup>th</sup>	Ecum Secum Fitz Hall	Sherbrooke Recplex
August 18 <sup>th</sup> - 22 <sup>nd</sup>	Port Bickerton Community Centre	Goshen Community Centre

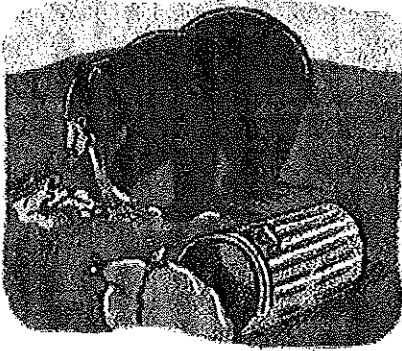
**Liscomb Lodge Summer Fun Day!**

Join Recreation staff on August 1<sup>st</sup> to have a fun filled day at the Liscombe Lodge from 9 am to 3 pm. In the morning we will be going for a hike, then we will be having a BBQ for lunch and swimming in the afternoon! Children 4-14 are encouraged to attend, please bring outdoor wear, swimwear and snacks for throughout the day. Join in on the fun! Please note, there will be no regularly scheduled Day Camps on this date.



<p><b>Garbage (Clear Bag)</b></p> <p>Collected every other week from September to June. Collected weekly from June to September. Maximum of 8 bags every 2 weeks.</p>	<p><b>Recyclables (Blue Bag #1)</b></p> <p>Unlimited quantities collected every other week, alternates with garbage from September to June.</p>	<p><b>Paper (Blue Bag #2)</b></p> <p>Unlimited quantities collected every other week, alternates with garbage from mid-September to mid-June</p>	<p><b>Backyard Composting</b></p> <p>For more information on backyard composting, visit <a href="http://putwasteintitsplace.ca">putwasteintitsplace.ca</a> to download the Backyard Composting Booklet <u><a href="#">RRFB Nova Scotia's Help Line 1-877-313-RRFB (7732)</a></u></p>
<p><b>Place these items in a clear garbage bag:</b></p> <ul style="list-style-type: none"> <li>• Aluminum foil, soiled</li> <li>• Ashes (cold)</li> <li>• Broken glass (wrapped)</li> <li>• Ceramics &amp; Dishes</li> <li>• Cloth items</li> <li>• Coffee cups, disposable</li> <li>• Diapers, disposable</li> <li>• Floor sweepings</li> <li>• Frozen juice cans</li> <li>• Latex gloves</li> <li>• Light bulbs</li> <li>• Packaging, non-recyclable</li> <li>• Pet/animal waste</li> <li>• Plastic wrap, soiled</li> <li>• Plastics, non-recyclable</li> <li>• Potato chip bags</li> <li>• Styrofoam</li> <li>• Toothpaste tubes</li> <li>• Toys, broken</li> <li>• Motor oil containers</li> <li>• Paint Cans, empty &amp; dry, lids removed</li> <li>• Meat, Fish, Bones</li> <li>• Waxed Cardboard and Paper (Soiled)</li> </ul>	<p><b>Blue Bag Recyclables:</b></p> <p>Place these items in a see-through blue bag:</p> <ul style="list-style-type: none"> <li>• All Deposit Bearing Containers*</li> <li>• Glass Bottles and Jars</li> <li>• Steel &amp; Aluminum Cans</li> <li>• Clean Aluminum Foil &amp; Plates</li> <li>• Milk Containers</li> <li>• Mini Sips Juice Packs*</li> <li>• Grocery Bags, Retail Bags</li> <li>• Bread Bags</li> <li>• Dry Cleaning Bags</li> <li>• Frozen Food Bags</li> <li>• Bubble Wrap</li> <li>• All Plastics Clean and Dry</li> <li>• Shampoo Bottles, empty</li> <li>• Bleach Containers, Empty</li> </ul> <p>No needles, Styrofoam or caps</p> <p><i>All deposit bearing containers can be returned to Enviro-Depo at 8015 Hwy 7 in Sherbrooke. Call for hours 902 863-1127</i></p>	<p><b>Paper and Corrugated Cardboard:</b></p> <p>Place paper products in a transparent blue bag. Cardboard should be flattened and bundled and placed with recycling bags for collection.</p> <p><b>Paper Recyclables:</b></p> <ul style="list-style-type: none"> <li>• Dry &amp; Clean Paper</li> <li>• Newspapers, Flyers</li> <li>• Glossy Magazines,</li> <li>• Catalogues</li> <li>• Envelopes</li> <li>• Paper egg cartons</li> <li>• Paperbacks</li> <li>• Phonebooks</li> <li>• Shredded Paper</li> <li>• Shoe Boxes</li> <li>• Boxboard (cereal box)</li> <li>• Coffee Trays - Take out</li> <li>• Office Paper</li> <li>• Paper Towel Cores, Toilet Paper Cores</li> <li>• File Folders</li> </ul> <p><b>Corrugated Cardboard:</b></p> <ul style="list-style-type: none"> <li>- Appliance Boxes</li> </ul> <p>All Clean Cardboard</p> <p>Paper must be clean and dry</p>	<p><b>What's In: From the House/Yard:</b></p> <ul style="list-style-type: none"> <li>• Baked goods, including bread</li> <li>• Rice and other grains, Pasta</li> <li>• Paper towels/ serviettes</li> <li>• Tea leaves/bags</li> <li>• Fruit and vegetable scraps</li> <li>• Coffee grounds and filters</li> <li>• Egg shells</li> <li>• Shredded paper</li> <li>• Leaves, Grass, Weeds</li> <li>• Brush (break into smaller pieces)</li> <li>• Plants, plant trimmings</li> </ul> <p><b>What's Out: From the House/Yard:</b></p> <ul style="list-style-type: none"> <li>• All meat, including chicken</li> <li>• Fish and shellfish</li> <li>• Bones</li> <li>• Fat, grease, oils</li> <li>• All dairy products</li> <li>• Weeds that have gone to seed</li> <li>• Diseased plants</li> <li>• Large branches, roots, etc.</li> <li>• Dog and cat waste</li> </ul>

# How to Avoid Problems with Black Bears



For those who choose to reside in a rural area, increased interaction with wildlife is bound to occur. Real black bears aren't the cuddly critters portrayed in cartoons. They are large powerful animals that should be treated with caution and respect.

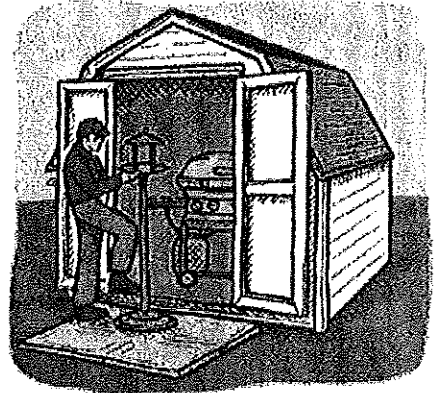
Black bears are abundant here and can be found in most areas of the province. Normally shy and avoiding human contact, bears will venture into settled areas in search of food when natural food sources are scarce. Their quest often results in property damage and unwanted encounters with people. Nearly all problem bear situations are the result of opportunity - the availability of crops, human food or food waste.

Bears are intelligent and curious. They are resourceful and persistent when it comes to locating and acquiring food. When enticed by the smell of something to eat, bears will overturn garbage cans, green carts and bird feeders, break into buildings or vehicles, and damage crops, orchards and beehives. If a bear is successful at obtaining food, it will continue to return, and in the process will become increasingly less afraid of people. Relocation of these "spoiled" bears is seldom successful as there are few areas in Nova Scotia where they can be released and not become someone else's problem.

Practicing some preventative steps can reduce the odds of attracting bears around your house and property, your campsite or when traveling in the woods.

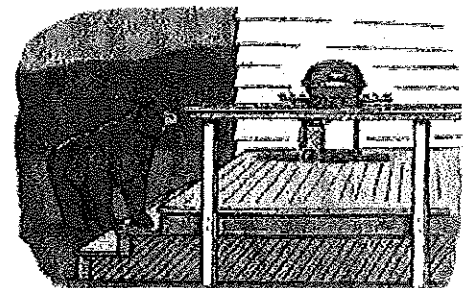
## ...At Your Rural Home

- Store garbage indoors or in metal bear-proof containers. On collection day, put garbage out as close to pick up time as possible. If you're going to miss collection day, take garbage to the disposal site before you leave.
- Never put meat, fish, bones or seafood shells in the compost. Turn compost often to prevent odors and hasten decomposition. Apply lime to reduce odor.
- Keep your green cart in a shady area away from forest cover. Put meat or fish scraps in a plastic container or bag and store in the freezer until collection day. Rinse your cart periodically.
- Keep barbecue grills clean and free of grease. The smell of animal fat and barbecue sauce may attract a hungry bear. Store the barbecue indoors if possible.
- If pets are fed outside, remove spillage and leftovers promptly.
- Remove bird feeders once their natural food sources are available. If you continue bird feeding, and if a bear has been seen in your neighbourhood, put feeders indoors at night and clean up spillage.
- Pick fruit and berries growing near your home that may attract bears. Even if you don't want the fruit, dispose of it before attracts a bear's attention.



## ...At Your Camp or Cottage

- Make sure garbage containers have a secure bear-proof lid and are emptied frequently. Keep garbage containers away from dense forest cover. When leaving camp take the garbage with you.
- Keep the kitchen clean and well ventilated to remove cooking odors.
- Foods with long-lasting odors such as fish and bacon, should be cooked outdoors.
- Never dump food waste or cooking fats near the camp.
- Never leave food that may spoil (meat, bread, fruit etc.) in your camp or cottage when you're not staying there.
- Periodically inspect windows, doors, and siding for signs of rot which can significantly weaken the structure.



# Municipality of the District of St. Mary's

Tuesdays (ZONE 1)	Wednesdays (ZONE 2)	Thursdays (ZONE 3)
July 29 GARBAGE	July 30 GARBAGE	July 31 GARBAGE
Aug 5 GARBAGE AND RECYCLABLES	Aug 6 GARBAGE AND RECYCLABLES	Aug 7 GARBAGE AND RECYCLABLES
Aug 12 GARBAGE	Aug 13 GARBAGE	Aug 14 GARBAGE
Aug 19 GARBAGE AND RECYCLABLES	Aug 20 GARBAGE AND RECYCLABLES	Aug 21 GARBAGE AND RECYCLABLES
Aug 26 GARBAGE	Aug 27 GARBAGE	Aug 28 GARBAGE
Sept 2 GARBAGE AND RECYCLABLES	Sept 3 GARBAGE AND RECYCLABLES	Sept 4 GARBAGE AND RECYCLABLES
Sept 9 GARBAGE	Sept 10 GARBAGE	Sept 11 GARBAGE

## COLLECTION AREAS:

ZONE 1: New Chester, Ecum Secum, Liscomb to Sherbrooke including Sonora

ZONE 2: East Loon Lake, Smithfield, Denver, Newtown, Glenelg Church Rd, Aspen, Goshen to Borneo

ZONE 3: Stillwater, West Melrose, Lead Mines Rd, Waternish, Highway 211, IHL to Port Bickerton

*Eastern Shore Cartage: 1-800-261-0372 (Call for specific pickup inquiries)*

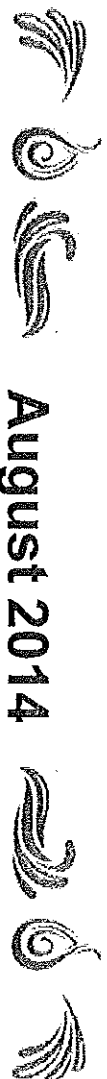
## MUNICIPAL TRANSFER STATION:

Hours of Operation: Tuesdays to Saturday 9:00am - 4:30pm

### On Site Services:

- Clear Bag Garbage (tipping fee \$1/bag), No recyclables accepted
- Construction and Demolition Materials waste disposal
- Household Hazardous waste disposal
- Metal and Appliance Disposal
- Electronics drop off Centre





# August 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<div style="border: 1px solid black; padding: 5px; display: inline-block;"> <p>See Newsletter for Recreation Summer Day Camp locations and date as well as a full schedule for Sherbrooke Village</p> </div>						
3 Goshen Crib 7pm Bench-rest Shoot	4 <b>Happy Natal Day!</b> (Note, there will be no Day Camps on this day)	5 Swimming lessons Meditation 11am Fitness Centre Dropin 6-8pm Boot Camp 6:30pm Roller Hockey/Open Gym 6:30pm	6 Swimming lessons Wake-up Wednesday 9am Goshen Activity Day 1pm Greenfield Painting 1pm IHL Zumba 6pm Soccer Skills 6:30pm Port Hillford Corn. Cr. event 7:30pm Lions BINGO 7:45pm	7 Swimming lessons Fitness Centre Dropin 6-8pm Boot Camp 6:30pm Roller Hockey/Open Gym 6:30pm PB Chase the Ace 7pm Liscomb Auction 8pm	8 Swimming lessons Seniors Cafe 930am Maple Manor Bake Sale Country Hbr Chase the Ace/crib 7:30pm	9 Ecum Secum Fun Days 8am NeCum Teuch Flea Mkt 9am Seashore Fire Dept. Golf Tourny Bottle Depot 930am Nova Scotia Nature Trust event 1pm Liscomb Crib 8pm
10 Ecum Secum Fun Days 8am Lochiel Lake Picnic 11am Goshen Crib 7pm	11 Swimming lessons Move it Monday 9am Maple Manor Handcraft Group 1pm Learn to play ball 6pm Council Mtg. 7pm	12 Swimming lessons Meditation 11am High-crest Birthday Party 1:15pm Garden Club Mng 2pm Fitness Centre Dropin 6-8pm Boot Camp 6:30pm Roller Hockey/Open Gym 6:30pm	13 Swimming lessons Wake-up Wednesday 9am Goshen Activity Day 1pm Greenfield Painting 1pm IHL Zumba 6pm Soccer Skills 6:30pm Lions BINGO 7:45pm	14 Swimming lessons Fitness Centre Dropin 6-8pm Boot Camp 6:30pm Roller Hockey/Open Gym 6:30pm PB Chase the Ace 7pm Liscomb Auction 8pm	15 Golf Clinic Garden Club Flower Show Swimming lessons Seniors Cafe 930am Maple Manor Bake Sale Country Hbr Chase the Ace/crib 7:30pm	16 Heritage Goldenville Yard Sale 10am Garden Club Flower Show New Chester Heritage Day 11am Liscomb Crib 8pm
17 Garden Club Flower Show Goshen Crib 7pm	18 Move it Monday 9am Maple Manor Handcraft Group 1pm Learn to play ball 6pm	19 Aqua Fitness 10am Meditation 11am Fitness Centre Dropin 6-8pm Boot Camp 6:30pm Roller Hockey/Open Gym 6:30pm	20 Guys Co Older Adult Games Wake-up Wednesday 9am Goshen Activity Day 1pm Greenfield Painting 1pm IHL Zumba 6pm Soccer Skills 6:30pm Lions BINGO 7:45pm	21 Guys Co Older Adult Games Aqua Fitness 10am Fitness Centre Dropin 6-8pm Boot Camp 6:30pm Roller Hockey/Open Gym 6:30pm PB Chase the Ace 7pm Liscomb Auction 8pm	22 Seniors Cafe 930am Maple Manor Bake Sale Country Hbr Chase the Ace/crib 7:30pm	23 Bottle Depot 930am Port Bickerton Fish Fry 3pm Fish Fry Dance 9pm Liscomb Crib 8pm
24 Fish Dry Duck Race Goshen Crib 7pm 31 Goshen Crib 7pm	25 Move it Monday 9am Maple Manor Handcraft Group 1pm Learn to play ball 6pm	26 Aqua Fitness 10am Meditation 11am Fitness Centre Dropin 6-8pm Boot Camp 6:30pm Roller Hockey/Open Gym 6:30pm	27 Wake-up Wednesday 9am Goshen Activity Day 1pm Greenfield Painting 1pm IHL Zumba 6pm Soccer Skills 6:30pm Lions BINGO 7:45pm	28 Aqua Fitness 10am Fitness Centre Dropin 6-8pm Boot Camp 6:30pm Roller Hockey/Open Gym 6:30pm PB Chase the Ace 7pm Liscomb Auction 8pm	29 Seniors Cafe 930am Maple Manor Bake Sale Country Hbr Chase the Ace/crib 7:30pm	30 Spanish Ship Bay Yard Sale 9am Country Harbour Water Poker Rally