

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

APRIL 2015 Municipal Newsletter

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



The **DEADLINE** to have information submitted for the May issue of the Newsletter is **April 22nd** 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.

COUNCIL MEETING: The next Regular Meeting of St. Mary's Municipal Council will be held on **Monday, April 13th, 2015 at 7pm**, Council Chambers. The public is invited to attend.

Low Income Exemption

St. Mary's Municipal Council is once again offering a **\$110.00 exemption** to be applied to your Property Tax Bill for households with incomes \$19,130.00 or less. Applications are available at the Municipal Office, or by contacting your local councillor. Deadline to submit is May 3, 2015. Be sure to attach a copy of your **Canada Revenue Agency Notice of Assessment from 2014**.

THANK YOU

We the family of the late Thomas Arthur MacIntosh would like to express our sincere thanks and appreciation to all those who offered their support and kindness during our Father's recent passing. Special thanks to family and friends who travelled to be with us, visits, delivered food to our homes and the reception, phone calls, email messages, sympathy cards, memorial donations, flowers, shared memories, hugs and prayers, all were comforting and deeply appreciated. Finally, our heartfelt thanks and gratitude to the caring staff at the hospital for the kindness and care they provided to our Father during his stay there. You will be forever in our hearts and your kindness will always be remembered.

Linda, Wayne, Gerald, Ken and families

Solid Waste Collection Schedule

Please note a limit of clear bags is 4/week (8 bags) with a 50lbs weight limit per bag and unlimited recyclables.



1-800-261-0372

ZONE 1	ZONE 2	ZONE 3
Mar. 24 Garbage	Mar. 25 Garbage	Mar. 26 Garbage
Mar. 31 Recyclables	Apr. 1 Recyclables	Apr. 2 Recyclables
Apr. 7 Garbage	Apr. 8 Garbage	Apr. 9 Garbage
Apr. 14 Recyclables	Apr. 15 Garbage	Apr. 16 Garbage
Apr. 21 Garbage	Apr. 22 Recyclables	Apr. 23 Recyclables
Apr. 28 Recyclables	Apr. 29 Garbage	Apr. 30 Garbage

There will be an **ATV Club** meeting on Thursday, April 9th at 6pm in the United Church Basement Sherbrooke. All welcome!



Maple Manor Bake Sale
Friday at 2:00 pm

St. Mary's Shooters Association

Canadian Restricted Firearms Course scheduled for Sat. **March 28** has been **cancelled**. The Hunter Safety course for Saturday **Apr. 11/15** is still on schedule. **9am-5pm** both days register on line and pay on line @ www.hnatiuks.com. The restricted course will be re-scheduled. **April 25/26** Nova Scotia Rifle Association Provincial Small bore 22 Shoot at the Pictou County Military Association, Foster Ave. all shooters welcome. Please come in and try for info call (902) 783-2820 **THERE WILL BE a CLASS FOR SCOPED 22 RIFLES**. (Rifles may have front and rear rests) shot at 20yds. Thanks John Day Pres. SMSA

Port Bickerton Community Centre

Chase the Ace Thursday's at 7pm
Tickets sold until 8:30pm
Seashore Volunteer Fire Dept. Bar is open
Gov't ids may be requested.

Port Bickerton Lighthouse Photo Contest

Attention photographers! The Port Bickerton lighthouse is on the look-out for some fresh new photos to update their photo album and needs your help! As you may have heard, the Port Bickerton Lighthouse has been named one of the 10 "must-see" lighthouses in Nova Scotia. We want to share our love of the beauty and intrigue that is Port Bickerton Lighthouse with new and old friends alike. To do so we need to share the Lighthouse from your view point! These Photos will be used for marketing purposes to attract visitors, as well as displayed on our new merchandise!

The photo contest will run from April 15 – May 15, 2015.

You will have the entire length of the contest to submit us your photo entries. A panel of judges will choose the winning photos with the winners announced May 30th, 2015.

Photos can be submitted for the contest through one of the following ways:

1. **Email to:** onthetickle@ns.sympatico.ca
2. **Facebook:** send to our Port Bickerton Lighthouse page (be sure to note that it is for the contest)
3. **Mail:** Ardeth Dodge, PO Box 145, Bickerton West, NS, B0J 1A0

Of course we won't let you go home empty handed! Your photo will be judged by a panel of judges with the first and second place photos awarded prizes! For more information and rules and regulations, check out our website at www.portbickertonlighthouse.ca or "like" our Port Bickerton lighthouse facebook page.

ST. MARY'S DISTRICT FOOD BANK

If you are in need of assistance (on-going or emergency basis), 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 of 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.

In a typical month, the food bank could provide food assistance to upwards of 24 adults and 19 children. While the number of clients can vary from month to month, the need is ongoing. Food bank assistance is delivered by volunteers on a once a month basis, or as needed, in emergencies, and is intended to provide supplemental support to those in need.

ROYAL CAN. LEGION BR. #86 LISCOMB

Next general meeting will be held on **Tuesday April 7**
Please take time to attend and support your legion

ACTIVITIES:

AUCTION 45's – Thursdays at 8pm \$5

CRIBBAGE – Saturdays at 8pm \$5

CHASE THE ACE: Continues 6:30 -7:30pm

Every Thursday until the Ace of Spades is revealed

CRIB TOURNAMENT:

SATURDAY – MARCH 28

Start time 2 pm \$10 per person

8 games –break for supper- 8 games

All are welcome to join in on a social day at Liscomb Legion on Thursday, April 23 from 10 am till 2 pm.

Memorial Place Support Growing

The Tree of Hope Municipal Campaign for Memorial Place is growing and we'd like to thank those who have made generous donations since our letters went out in mid-February. Including pledges made, we've received donations to date totaling \$6925.00. Your donations are most appreciated and we'd like to ask everyone to spread the word to family and friends right across the country. This is a great opportunity to honour a veteran that has roots in this municipality or even a family member or friend who may have taught here. We are excited about the possibilities for Memorial Place and every donation counts. Remember that if you are able to make a pledge of \$1000 over five years that is just \$200 out of pocket per year plus the charitable donation for taxes and if we can find 100 people (7% of households) within the municipality to make that commitment alone we will raise \$100,000. Like the saying goes, we need to know where we came from before we can move forward, so let's do this together. Donations can be made by mail to PO Box 124, Sherbrooke, NS, B0J 3C0. Please make your cheque payable to S.H.O.P.S. and a charitable receipt will be forwarded. If you need a pledge form to share or need further information send an email to lisamac@seasidehighspeed.com.

Indian Harbour Lake Pentecostal Church

April Worship & Activities

Special Easter Events

Good Friday Service April 3rd 10:30 a.m.

At Bethel Community Church, South Lochaber



Easter Service on April 5th at 11:00 a.m.

Sunday, 12th & 19th 11:00 am Morning

Worship

Sunday, April 19th 6:30 p.m. Praise &

Prayer

Sunday, April 26th 11:00 a.m. Life Story Service

Weekday Activities

Wednesday, April 1st, 8th, 15th. & 22nd

7:00 p.m. Bible Study

"What Does the Bible Say About Prayer?"

Friday, April 10th & 24th

7:00 p.m. Youth Group (Ages 12 – 18) at the parsonage

All are Welcome! For more information, contact

Pastor Dave Connolly at 522-2759 or

ihlpastordave@gmail.com

FREE WORKPLACE SAFETY TRAINING IN SHERBROOKE

- Are you unemployed?
- Does your resume need updating?
- Do you need help targeting your resume and cover letter for a specific job?
- Do you require WHMIS or First Aid to be employable?

The Guysborough County Career's Nova Scotia Centre is offering Resume & Cover Letter writing, WHMIS, Basic First Aid & CPR Training in your community. Training will be offered at the Sherbrooke Municipal office.

Dates: April 21st & 22nd

CALL KIM OR DOROTHY TO REGISTER @ 1-888-533-1906

ENVIRONMENTAL HOME ASSESSMENT PROGRAM (EHAP)

The Clean Foundation proudly delivers the Environmental Home Assessment Program in the Central and Northern regions of Nova Scotia....The program delivers information and savings right to your door. Homeowners receive a rebate of up to \$100.00 on their next septic tank pumping or well water testing, a sample of a local environmentally friendly cleaning product, valuable tips and reference materials to enhance the performance and longevity of on-site septic systems, oil tank security and tap water. In addition, a septic system repair grant of up to \$3000.00 is available to homeowners who qualify. To learn more information or book your free Environmental Home Assessment contact 1-866-500-3247 to be delivered to the delivery agent in your area.

St. Barnabas Altar Guild

BEAN & CHOWDER SUPPER

Saturday, April 18, 2015 at the Ecum Secum Fire Hall
Adults - \$8.00 Age 5 -12 years - \$5.00
Biscuits, rolls, tea, coffee and dessert
There will be a bake table as well



Everyone welcome

HAPPY 50th WEDDING ANNIVERSARY

The Family of **Glenda & Howard Cameron**
Invite you to join in the celebration of their **50th Wedding Anniversary**. A gathering will be held at the Community Centre in Goshen on **Saturday, April 18th, 2015** from **2-5pm**. Refreshments to be served. Open to all who would like to share in their special milestone.
Best Wishes

The ANNUAL MEETING of SAINT JOHN'S LISCOMB CEMETERY SOCIETY will be held at 7 p.m. on Tuesday, April 7 at the home of Rachel Baker, 484 Little Liscomb Rd. Please mark this on your calendar and plan to attend, so we can continue to arrange for the on-going care and maintenance of our community cemetery. We are always happy to welcome new members! 2015 dues of \$10 per person are now due and can be paid at that time or given / sent to Rachel Baker, Treasurer. For further information, please call Ruth Legge (779-2931) or Rachel Baker (779-2062).

Stillwater Community Centre

Card play resumes on **April 10th** and will continue every Friday Night at **8pm (Doors open @ 7:15)** until June 26th. Everyone is invited to play, have some tea, sandwiches, deserts, and as always enjoy some good company. If you or your organization are interested in renting our hall please contact Colin Coady @ 522-2995. Full day rentals \$75, and ½ day \$50.

GARDEN CLUB UPDATE

Spring has arrived and we think of flowers!
Last summer our Main St. was decorated with hanging baskets of beautiful flowers. The Garden Club, with a onetime financial donation, arranged for the purchase and upkeep of those baskets.

This spring we are planning to do the same, BUT we need financial help from businesses and individuals who enjoyed last years' effort, and would like to see the same this summer. The baskets and their upkeep will require approx. 50.00 each. Without your help this project cannot happen. We ask you to send, (or drop of), to the Municipal Office, your support, in cash or cheque - payable to St. Mary's Garden Club. Place in an envelope labeled -" Garden Club - Flower Project," before April 14th, as we must order the baskets by mid-April. Our next meeting will be on April 14th at 2:00 pm in the Community Room @the Municipal Building. We need members and welcome everyone interested in gardening at any level.

We all learn as we share our love of gardening

Bayview Baptist Church Announces

Special Meetings with Evangelist Glen Weeks

When: Thursday April 16 through Sunday April 19

Where: Bayview Baptist Church, Highway 7, Liscomb, N.S.

Times: Thursday - Saturday evenings at 7:00 P.M.

Sunday Morning at 11:00 A.M.

Also on Saturday evening April 18 there will be a Potluck dinner at 5:30pm, Please bring a dish to share. All are welcomed.

LISCOMB FIRE DEPT.

Training for Liscomb Fire Dept. will be held at the fire hall Monday April 13th at 630, Monthly meeting Monday April 27th at 630!

Port Bickerton Women's Institute

April Events... Mark your Calendars

****April 6, WI meeting at Port Bickerton Community Centre TIME: 1pm**

Plans for April Socials, Quilt Up-date and a Guest Speaker... Bring your Ideas and Talents...

Quilt will be "going in the bars" in April... Watch for News and posters about quilting days...

****Friends/Visitors Always Welcome!!!!**

**** April 8, [Wed.] SOCIAL Day**

Celebrating Easter/Spring....

At the Port Bickerton Community Centre...

Open at 10 am... Hot Lunch at noon...

****April 22, [Wed.] afternoon Social 12:30 to 3pm**

Remember "**MARK DATES**" on Your Calendars!!!!

March Socials were well attended ... On March 11, we celebrated St. Patrick's Day... Fun was had by all...

**** Mar.25, Social at the Port Bickerton Community**

Centre TIME: 1pm to 4pm....Light Refreshments served
There was a good turnout for Community Health Planning Conversation and many wonderful comments and ideas talked about....

We will keep you posted when the final reports come to us. Thank you for voicing your opinions

The Baptist Congregation of Port Hillford, Port Bickerton and Sonora

(Members of the Convention of Atlantic Baptist Churches)

We welcome you to our April worship services:

April 3, 11 AM – **Good Friday Service** at Sonora Baptist Church

April 5, 11 AM – Port Bickerton Baptist Church (Easter Sunday – **Resurrection Day!**)

April 12, 11 AM – Sonora Baptist Church

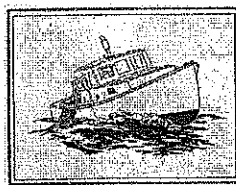
April 12, 3 PM – **Fishermen's Service** at Port Hillford Baptist Church, followed by supper together at IHL Community Center

April 19, 11 AM – Port Hillford Baptist Church

April 26, 11 AM – Port Bickerton Baptist Church

For further information, call 902-522-2087 or email

hbs.baptist@ns.sympatico.ca (Rev. Norman Pearce). See us on Facebook: **The Baptist Congregation of Port Hillford, Port Bickerton and Sonora**



Fishermen's Service

Sunday, April 12th, 3:00 PM

Port Hillford Baptist Church

#2763 Highway 211

Please join us for special music, stories from the sea, prayers for the safety of our fishermen, and a message by Rev. Gordon Poley (Chaplain and Search & Rescue Observer, CFB Greenwood). Followed by supper at Indian Harbour Lake Community Center.

All are welcome, especially fishermen/women, families and friends.

Sponsored by the Baptist Congregation of Port Hillford, Port Bickerton, and Sonora

Pastor Norm Pearce (522-2087)

GUYSBOROUGH COUNTY CAREERS NOVA SCOTIA CENTRE

FREE ACCESS TO EMPLOYMENT RELATED SERVICES FOR ALL RESIDENTS OF GUYSBOROUGH COUNTY

- ✓ Job Search Assistance
- ✓ Create and update Resume & Cover Letter
- ✓ Information and referrals for Employment Nova Scotia Programs
- ✓ Interview Coaching
- ✓ Job Board
- ✓ Job postings at Guysborough County Careers Nova Scotia Centre Facebook Page
- ✓ Free posting of job ads to employers and client referral

Please contact us for all your employment and career decision needs!

SHERBROOKE - ST. MARY'S MUNICIPAL OFFICE BUILDING

Hours of Operation for April: Wednesday, April 8th and April 22nd, 2015 from 10am-2pm. Please contact us to arrange an appointment.

Spring Greetings from High-Crest Sherbrooke!

Residents celebrating birthdays this month are:

Marion Rudolph April 5th

Cecilia Grace April 12th

Harvey Scott April 24th

Happy Birthday Folks! The home buddies will host a Bingo/Birthday Party on April 14th. We will play bingo, sing some old songs and enjoy some delicious birthday cake and ice cream! Everyone is welcome.

Now that the weather is clearing up and it's easier to get around come and visit some old friends you haven't seen all winter, we love to have company! Happy Easter to everyone!

Mass Times for the Catholic Communities of:

St. Paul's [Sherbrooke] Sunday at 11:30am...

St. Patrick's [Lochaber] Sunday at 10am...

St. Joseph's [Ohio] Saturday at 5pm and Sunday at 8:30am

Parish Priest: Fr. Alphonsus IK Iwuji

Holy Week Schedule:

CHRISM Mass: Monday, Mar.30/15 @ 4pm at St. Ninian Cathedral in Antigonish

Holy Thursday – 5:30 pm @ St. Patrick's [Lochaber]
7:30 pm @ St. Joseph's [Ohio]

Good Friday [April 3] - 3pm @ St. Joseph's

Holy Saturday [April 4] - 9 pm @ St. Joseph's

Easter Sunday Mass at usual times...

Turkey Dinner

St John's United Church will hold its annual spring dinner on Saturday 2 May 2015 at the Lions' Hall Sherbrooke from 4:30 – 6:00 pm.

Turkey with all the trimmings, great desserts, tea and coffee. Adults 12.00 & children 6.00 all welcome. Come and enjoy some great fellowship

TOPS in LISCOMBE

Looking for help and support with your weight...

Check us out... **APRIL 7**, we are back on Summer

Evening Hours Meeting times: **Every Tuesday @ 6:00 pm** at the *Bayview Baptist Church Hall* See you there...

Goshen Community Centre

Easter Breakfast April 4th from 8:30 to 10 a.m. Admission for the breakfast is \$7.00 adult, children is \$3. Followed by the **Easter egg hunt at 10:15**. Admission is \$2.00 a child. **GAME DAY ON WEDNESDAY IS CANCELLED UNTIL THE ICE IS GONE WE WILL CALL THE PEOPLE WHEN THE GAME ARE BACK ON.** THANK YOU FOR ALL THE REFUNDABLES RICKEY 902-783-2613

Compass Rose Quilt Guild

Quilt Show & Tea

April 25, 2015@2 – 4 pm

Exhibit Center

Free Will Offering

See what projects we've been working on, while enjoying a cup of tea.

Illegal or suspicious fishing activity?

With several spring fisheries opening up, Fisheries and Oceans Canada (DFO) reminds you that you can report illegal fishing activity to one of your local Fishery Officers by either calling the DFO office in Sherbrooke at 902-522-2666 between 8:00am and 4:00pm, 1-800-565-1633 anytime, or Crime Stoppers at 1-800-222-TIPS (8477). Your information is kept confidential and there is no need to give any personal information. We wish all those on the water this year a safe and prosperous season.

For more information or to check fishing seasons go to <http://www.inter.dfo-mpo.gc.ca/Maritimes/Home>

St. Mary's Cancer Unit 2015

April is cancer month and our unit will have canvassers out collecting for this year's campaign. The Daffodil campaign will take place March 26-30, they will be \$2.00 each or \$ 8.00 a bunch. Anyone wishing to pre-order can contact: Alice @ 902-522-2518 or Ola @ 902-522-2046. The St. Mary's Cancer Unit would like to thank you for your support last year. Following are the results from the 2014 Campaign: Residential: \$2,708.30 Daffodil Sale: \$403.00, 2014-2015 St Mary's Unit Executive: **President-** Ola Laing, **Vice President-** Keith Gallant, **Secretary** – Marlene Mac Innis, **Treasurer** – Jean Kenny, **Campaign Chair** – Alice Kennedy

District #6 (Goshen & Area) Volunteer Fire Department

For Sale by Tender:

1980 Chev First Response Emergency Vehicle

1971 Dodge Fire Truck

Trucks will be sold as is where is. Tenders must be submitted individually for each vehicle. To view either vehicle contact Bruce Sinclair at 902-783-2093 or Ronnie Chisholm at 902-783-2193. Submit sealed tenders to Bruce Sinclair, PO Box 59, Goshen, N.S. B0H 1M0. Tenders must be received by April 16/15. Opening of tenders will be held during the Community, Fire and Recreation Board of Directors meeting scheduled for April 20th at 7:30 in the Goshen Community Centre. The Board of Directors has the right to accept or reject any or all bids. Payment in full in the form of cash, certified cheque or money order must be received and truck removed from the premises within 7 days of awarding the tender.

Sherbrooke Parent/Tot Drop-in

Takes place on Wednesdays from 9:30-11:30am. All parents/caregivers and children ages birth to six years are welcome to attend. This program takes place at St. Mary's Education Centre. Use the community entrance. For more information call Paula at 1-888-533-3881

Just Me & My Friends

Starts up on Tuesday, March 3rd from 9:30-11:30 am for 10 weeks

Open to all children who have turned four by Dec. 31, 2014 and will be attending St. Mary's Education Centre in September 2015

Located at St. Mary's Education Centre, use community entrance

For more information call Paula at 1-888-533-3881

Story Time with Friends

Takes place at the Country Harbour Culture Centre Mondays from 10-11:30am

All parents/caregivers and children age birth to six years are welcome

Story time, play time and a healthy snack provided.

NOTE: When school is cancelled, Kids First Programs are cancelled too!

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 Counseling/Support
- Milk & Nutritional Supplements
- Lending Library
- Breastfeeding Supports

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

Kids First Family Home Visitor Program

Is designed to help new parents with goal planning using a family-centered, strengths-based approach.

- o Provides emotional and practical support as well as role modeling, parenting information and general health information.
- o Referrals to other agencies and organizations who may be able to help with family goal setting and achievement of these goals.
- o Referrals made through Public Health

For more information call Paula or Allison at Kids First at 1-888-533-3881

Facebook

- o Guysborough County Kids First has a Facebook page for families who are expecting their first child or have children from birth to six years
- o Send a request to join page
- o A great way to receive updates and notices about programming in your area

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.

Kid's First programs are made possible through financial contributions from the Public Health Agency of Canada, the Nova Scotia Department of Community Services and by the generous donations by the general public.

Spring Dance Classes



Maureen Fraser School of Dance in partnership with St. Mary's Recreation is pleased to announce the return of dance classes this spring! Hip-hop, ballet and musical theatre classes will be offered for all ages (3 years old and up). Classes will be in Goshen every Thursday for 10 weeks, beginning on April 30th. Registration forms will be sent home with children at school, or parents can visit the Municipal Office by April 9th. The cost of this program is \$100 and can be paid in full by check or cash. Children must have ballet slippers and body suits for this program. *If you would like to donate/sell any new or used ballet slippers or body suits, please bring them to the Municipal office, as we well there will be a swap and shop event held again this year.

A Night of Glamour

Thanks to all businesses and residents who donated items and dresses for our Night of Glamour event at St. Mary's Academy. We still have dresses available for those who need them. If you know of someone in need of a dress, who may not otherwise be able to afford one – please get them to get in touch with us. We will be making sure the remainder of our dresses get in the hands of girls who need them. Good luck to all of our graduating girls, we can't wait to see you in your new dresses!

Guys Night

All guys attending prom are invited to stay after school until 6:00 p.m. on Thursday, March 26th to take part in archery or go snowshoeing, followed by pizza and a movie. There is no cost to attend and prizes to be won! If you would like to attend, please sign up in the Schools office by March 25th.



Country Girls

Country Girls will continue to be on Tuesdays from 12:20-1:20pm and will now be outside for the rest of the year! Please come dressed appropriately. It's not too late to get involved, call the Recreation department for more information.

Kid Fit is BACK!

Our super active 16 week program is back and bigger than ever! We have new equipment, new locations and loads of new games! The program is designed to help children in grades primary to grade 6 get the recommend 60 minutes of vigorous physical activity they need to stay happy and healthy! Children will arrive by bus to their local community centers and participate in fun games. Children must have a **NEW BUS NOTE** each week they wish to attend the program. The program runs to 5pm each day and parents are responsible to pick up and sign their child out of the program. Programming will continue throughout the spring! We look forward to seeing new faces!

Intramurals

Intramurals will be held at the St. Mary's Recplex for grades 10-12 beginning on April 23rd for six weeks. Intramurals is every Thursday afterschool from 2:30- 4 pm. Please return registration forms to the School office by April 13th. Bring gym clothes to school on Thursday's. Prizes will be awarded to the winning team each week.



Trail Blazers



Trail Blazers will be returning this spring! We will be hosting our outdoor adventure program for children in grades 3-7 on a new day this year. Our program will take place from 2:30-4:30 on Tuesday's. As always, our program is based outside – so children MUST come prepared to play in the woods. With the spring, comes bugs – so make sure your child has some bug spray or a bug net with them. We hope to do some new and exciting activities this year, along with a potential field trip! This program will be starting on April 21st and will run for 8 weeks. Keep an eye out for registration forms in your child's backpack in the coming weeks.

Sherbrooke Zumba

A new 8 week/16 class session of Sherbrooke Zumba has started! Zumba takes place at St. Mary's Education Centre/Academy every Monday and Wednesday from 6-7 p.m. Instructor Maria Tate leads a special Zumba Toning/Sentao Class on Monday's and regular Zumba on Wednesday's! Participants can purchase 16 classes for \$80 OR 6 class punch cards are always available for \$36 and can be purchased at the municipal building. Existing punch cards will transfer to the new session!



St. Mary's Socials

St. Mary's Recreation is hosting socials in communities throughout the Municipality this spring. Events consist of great food, great friends, fun games and lots more. Everyone is invited to attend! Each event has a free homemade lunch, games and prizes and good company. Participants are invited to bring their favorite games from home or a current project they are working on. In April, we will be hosting events at the Liscomb Legion on April 23rd and the Indian Harbour Lake Community Centre on the 29th. Both of these events will take place from 10–2 pm. For more information, please call the Rec. Dept. These events are drop in, so stop on by and say hello!

Recreational Scuba Diving Course

Are you a student looking to get into a nautical trade or marine biology...or maybe you are interested in exploring the beautiful under water planet of St. Mary's. We have an opportunity for you to learn how to scuba dive right here on the Eastern Shore! Please get in touch with the Recreation Department if you are interested in learning more about this opportunity.



Walk and Talk

In April, once the snow and ice clears, St. Mary's Recreation will be hosting weekly "Walk and Talks" in each community. How does it work? We will start by setting a goal, for example: "Our community wants to walk to Cape Breton". Cape Breton is roughly 213km away, so each week walkers will record how many kilometers they walk and add them up! It may take weeks or months to reach the goal, but once it has been reached we will celebrate with a potluck! This program is excellent for those who want to become active or socialize with other in the community. Get in touch with us for more information on Walk and Talks!

Volunteer Awards 2015

Congratulations to **Ken MacDonald**, who has been chosen be municipal council as our St. Mary's Volunteer of the Year recipient! We would also like to thank all of the community organizations who nominated volunteers for this award.



We haven't forgotten about all of our other hard working volunteers here in St. Mary's. **ALL** volunteers are invited to attend our first ever volunteer social at the St. Mary's District Lion's Hall on **April 16th, 2015 from**

6-7:30. Our event takes place during National Volunteer Week. This will be our thank you to volunteers and community organizations for all that you do in our municipality. There will be light refreshments, snacks and a chance to celebrate all of the accomplishments of 2014. Volunteers help grow our community – Thank you!

Recreational Archery Shoots



St. Mary's Recreation would like to introduce weekly recreational archery shoots at the St. Mary's Recplex. These events would be for any resident who owns their own archery equipment.

The cost would be \$5 a week with funds going back into the program. We are currently working on securing proper equipment for this program. Stay tuned for date and times for these events. If you are interested in volunteering, or donating equipment – please contact us!

Physical Activity Strategy for the Municipality of St. Mary's

The Municipality of the District of St. Mary's will be conducting a series of focus groups around the municipality. Focus groups will be open to the public and information will aid in the development of a Physical Activity Strategy, based on the needs of our community. Dates for our focus group sessions will be posted in the May Newsletter, please stay tuned. Contact Lindsay for information on how you can get involved in this process.

Gary Boone Leadership Development Fund

The purpose of the Gary Boone Leadership fund is to provide financial assistance to initiatives in leadership training and development in the Highland Region which will result in more youth involvement in physical activity leadership and increased/improved leadership skills of community recreation/sports leaders. Applications may be submitted at any time throughout the year and must be submitted prior to event/activity. Maximum amount to be funded is 50% of the proposed cost up to a maximum of \$500.00 per application. Organizations must apply on behalf of an individual. Please get in touch with the Rec. Dept. for more info. on this opportunity.

Canadian Tire JumpStart



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. If you would like to submit an application please contact us for more information.

Recplex Programming Survey



Thank you to everyone who supported programs at the St. Mary's Recplex this season! Another year has come and gone! We want to hear from you on how we did! There will be a survey released in April looking for

feedback on Recreation Programs at the rink. Let us know how we did and how we can improve for next year! Those who fill out the survey will be entered in a draw for a Shoppers Gift Card! Keep an eye on our Facebook page to find a link to the online survey!

St. Mary's Fitness Centre

Come join our team and make your 2015 resolution to live a healthier life! **For the month of April, there will be 25% off of all one month memberships! Please note: If the Fitness Centre is closed because of weather, memberships will be extended by a day.**

April 2015 Schedule (subject to change)

Monday	Move It Monday: 9:00-10:00am Regular Hours: 2:30-8:00pm #smsBEFIT – 2:30 – 3:30pm
Tuesday	Regular Hours: 2:30-8:00pm #smsBEFIT – 2:30 – 3:30pm Boot Camp: 6:30 p.m.
Wednesday	Wake up Wednesday: 9:00-10:00am Regular Hours: 2:30-8:00pm #smsBEFIT – 2:30 – 3:30pm
Thursday	Regular Hours: 2:30-8:00pm #smsBEFIT – 2:30 – 3:30pm Boot Camp: 6:30pm
Friday	Regular Hours: 7:00-10:00am

#smsBEFIT

Students 15 years+: St. Mary's Fitness Center is offering a new program to give students an opportunity to use the facility at a discounted price of \$2 Mon-Thurs 2:30-3:30.

Move It Monday/Wake up Wednesdays!

St. Mary's Recreation offers a drop-in class every Monday and Wednesday morning from 9-10 a.m. at the Fitness Centre. This class is free for members and \$2 to drop in!

Lose your Booty Boot Camp

Join us for Lose Your Booty Boot Camp every Tuesday/Thursday at 6:30-7:30 p.m. This class is a 60 minute circuit style work out that will have you sweating away those unwanted calories. \$2/Free for members.

Highland Connect

Are you looking for something fun to do in the Highland Region? Find all the information you need in one place. Highland Connect is dedicated to providing information about sport, recreation and physical activity for Antigonish, Guysborough and Pictou Counties. Get connected to a healthier lifestyle by visiting www.highlandconnect.ca.

Highland
Connect.ca

Got a question? Give us a call!

If you have any inquiries for St. Mary's Recreation, don't hesitate to call us!

Recreation main line: 902-522-2598

Rec. Coord Kerri Penney: kerri.penney@saint-marys.ca

Active Living Coord. Lindsay Robinson:
physicalactivity@saint-marys.ca



April 2015



Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Wake-up Wednesday 9am Kids First Drop in 9:30 #smsBEFT 2:30pm Kid Fit in Goshen 3-5 Sherbrooke Zumba 6pm St. Mary's Girl Guides Meet Lions BINGO 745pm	2 #smsBEFT 2:30pm Boot Camp 6:30pm Open Gym 6:30pm Liscomb Chase Ace 6:30 PB Chase Ace 7-8:30 Liscomb auction 8pm	3 Good Friday Municipal Office Closed Fitness Centre Closed	4 Goshen Breakfast 8:30 (Followed by Easter Egg hunt) Liscomb Crib 8pm
5 Easter Monday Municipal Office Closed PB Women's Institute Mtg. 1pm	6 Kids First Me & My Friends 930 Meditation 11am Country Girls 12:20 Greenfield Cards 1:30pm #smsBEFT 2:30pm Kid Fit in Sonora 3-5 p.m. TOPS Mtg 6pm Liscomb Legion Meeting Boot Camp 6:30pm Open Gym 6:30pm Saint John Cemetery Mtg 7pm	7 Wake-up Wednesday 9am Kids First Drop in 9:30 PB Social Day 10-2 #smsBEFT 2:30pm Kid Fit in Port Bickerton 3-5 Sherbrooke Zumba 6pm St. Mary's Girl Guides Meet Lions BINGO 745pm	8 #smsBEFT 2:30pm Kid Fit in Ecum Secum 3-5 ATV Club Mtg. 6pm Boot Camp 6:30pm Open Gym 6:30pm Liscomb Chase Ace 6:30 PB Chase Ace 7-8:30 Liscomb auction 8pm	9 Seniors Cafe 930am Book Club 11am Maple Manor Bake Sale Stillwater Card Play 8pm	10 Seniors Cafe 930am Maple Manor Bake Sale Stillwater Card Play 8pm	11 Hunter Safety Course 9-5 Bottle Depot 930am Liscomb Crib 8pm
12 Fisherman's Service - Port Hillford 3pm Hunter Safety Course 9-5	13 Move it Monday 9am Country Harb. Story Time 10am #smsBEFT 2:30pm Kid Fit in Liscomb 3-5 Sherbrooke Zumba 6pm Liscomb Fire Training 6:30	14 PB Lighthouse photo contest starts! Wake-up Wednesday 9am Kids First Drop in 9:30 #smsBEFT 2:30pm Kid Fit in Goshen 3-5 Sherbrooke Zumba 6pm St. Mary's Girl Guides Meet Lions BINGO 745pm	15 #smsBEFT 2:30pm Volunteer Social 6-7:30 Boot Camp 6:30pm Open Gym 6:30pm Liscomb Chase Ace 6:30 PB Chase Ace 7-8:30 Liscomb auction 8pm	16 Seniors Cafe 930am Maple Manor Bake Sale Stillwater Card Play 8pm	17 Seniors Cafe 930am Maple Manor Bake Sale Stillwater Card Play 8pm	18 ES Bean/Chowder Supper Cameron Anniversary 2-5 Liscomb Crib 8pm
19	20 Move it Monday 9am Country Harb. Story Time 10am #smsBEFT 2:30pm Kid Fit in Ecum Secum 3-5 Sherbrooke Zumba 6pm	21 Workplace Safety Course Kids First Me & My Friends 930 Meditation 11am Country Girls 12:20 Greenfield Cards 1:30pm #smsBEFT 2:30pm Trail Blazers 2:30-4:30 Kid Fit in Sonora 3-5 p.m. Boot Camp 6:30pm Open Gym 6:30pm	22 Workplace Safety Course Wake-up Wednesday 9am Kids First Drop in 9:30 PB Social Afternoon 12:30-3 #smsBEFT 2:30pm Kid Fit in Port Bickerton 3-5 Sherbrooke Zumba 6pm St. Mary's Girl Guides Meet Lions BINGO 745pm	23 Liscomb Social 110-2 #smsBEFT 2:30pm Intramurals at Recplex Boot Camp 6:30pm Open Gym 6:30pm Liscomb Chase Ace 6:30 PB Chase Ace 7-8:30 Liscomb auction 8pm	24 Seniors Cafe 930am Maple Manor Bake Sale Stillwater Card Play 8pm	25 Firearm Safety Course Bottle Depot 930am Quilt show & Tea 2-4pm Liscomb Crib 8pm
26 Firearm Safety Course	27 Move it Monday 9am Country Harb. Story Time 10am #smsBEFT 2:30pm Kid Fit in Liscomb 3-5 Sherbrooke Zumba 6pm Liscomb Fire Dept. Mtg 6:30	28 Meditation 11am Kids First Me & My Friends 930 Country Girls 12:20 Greenfield Cards 1:30pm #smsBEFT 2:30pm Trail Blazers 2:30-4:30 Kid Fit in Sherbrooke 2:30-5 Boot Camp 6:30pm Open Gym 6:30pm	29 Wake-up Wednesday 9am Kids First Drop in 9:30 IHL Social 10-2 #smsBEFT 2:30pm Kid Fit in Goshen 3-5 Sherbrooke Zumba 6pm St. Mary's Girl Guides Meet Lions BINGO 745pm	30 #smsBEFT 2:30pm Intramurals at Recplex Boot Camp 6:30pm Open Gym 6:30pm Liscomb Chase Ace 6:30 PB Chase Ace 7-8:30 Liscomb auction 8pm		