



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

July 2015 Municipal Newsletter



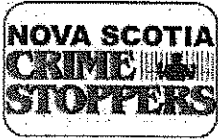
Phone: 522-2049

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

Rec: 522-2598

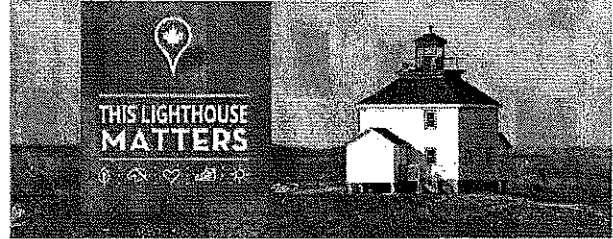
The DEADLINE to have information submitted for the August issue of the Newsletter is July 22nd at 4:00 p.m. Submissions can be received by fax: 522-2309 or drop off at Office 8296 Highway #7 Sherbrooke or email: council@saint-marys.ca. Subject line must read NEWSLETTER SUBMISSION. Also please note that 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, July 13th, 2015 at 7pm**, Council Chambers. The public is invited to attend. Check out our website for updated information.



CRIME STOPPERS
HELP KEEPING COMMUNITIES SAFE
1-800-222-8477

The Guysborough District RCMP wish to thank the citizens in the County of Guysborough for being partners in fighting crime. No police agency can do this alone and it is with the continued help of the community, that police are able to deter, disrupt and solve crimes. Besides contacting police, it is important to realize there are other ways to report information on criminal activity. One invaluable tool is Crime Stoppers. "Crime Stoppers is a civilian, non-profit, charitable organization that enables the community to anonymously provide the police with information about a crime or potential crime. Cash rewards are offered to people who call the program and their information leads to an arrest. The Crime Stoppers tip line is staffed by trained personnel who receive, process, and pass on tip information to investigating officers. Callers are given a code number which is used in all subsequent calls and callers do not have to identify themselves. A reward of up to \$2,000 is offered to anyone providing information which leads to an arrest for a crime. Rewards may also be made for information leading to the recovery of stolen property, the seizure of illegal drugs or an arrest on an outstanding warrant. The media is a very important component of Crime Stoppers. An unsolved crime may be re-enacted and shown on television or may be publicized in a newspaper or aired on the radio." The Guysborough District RCMP wish to remind the public that their participation in crime prevention and solving crimes is extremely important. As partners the police and public can work together to make our communities a safer place.



Vote for the Port Bickerton Lighthouse!

Cast your votes for Port Bickerton in Heritage Canada's new online Lighthouse funding competition: www.thisplacematters.ca/project/port-bickerton-renovation-lighthouse-interpretive-centre/ Voting takes place from June 17 to July 15. Anyone can participate and there is no cost. Each person may vote once per day every day. Lighthouses receiving the most will win major cash awards for their lighthouse preservation projects. Get your family, friends, fellow workers and social media contacts voting! **VOTE! VOTE! VOTE!**

Property Tax Rebate for Senior's

This program, administered by Access Nova Scotia on behalf of the Department of Community Services, is designed to help eligible seniors remain in their homes by providing them with an annual rebate on their municipal property taxes. The program provides eligible homeowners with a 50% rebate on the municipal property taxes paid the previous year, up to a maximum of \$800.00 per year. The rebate is always based on the property taxes paid in the previous year

Who Qualifies for This Rebate

You are eligible to receive the rebate if you meet ALL of the following criteria:

1. You were receiving either the Guaranteed Income Supplement (GIS) or The Allowance in January of this year. To find out if you qualify for the GIS or The Allowance, call Service Canada at 1-800 277-9914.
2. You are living in your home at the time you apply for the rebate and continue to reside in your home
3. Your previous year's property taxes were paid in full

How to Apply for This Rebate

Send your application to:

Property Tax Rebate for Seniors Program
Service Nova Scotia and Municipal Relations
PO Box 283, Halifax CRO B3J 2N7

For more information, call SNSMR at 1-800-670-4357

Applications will be mailed to you by Service NS if you received rebate in previous years or applications will be available at the



Are you concerned about your smoking?

FREE 10 week Stop Smoking Program
Thursdays 6-7:30pm Beginning August 6th
Sherbrooke Municipal Office
Nicotine Replacement and Medication are available as part of the program. Registration required: contact Colette Sampson MacLean at 902-625-8819 or Toll Free 1-888-291-3535

Maple Manor Bake Sale
Friday at 2:00 pm



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



Community Yard Sale

Yard Sales will be held on August 1 from 10:00 am to 2:00 pm on Highway 211 from Stillwater to Port Hilford. Anyone having a sale is asked to mark your spot with balloons or a sign. Everyone is welcome to find a spot and join in. Tables will be available at the community center for rent of \$5.00. Call 902-522-2369 to book tables. NO EARLY BIRDS PLEASE

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 outdated.

Indian Harbour Lake - Jordanville Community Centre

A fund raising Golf Tournament will be held at the Red Hill Golf Club on Saturday, July 4th. Registration will begin at 9 am. Register teams of 4 players at \$30.00 per person, only 18 teams will be registered. Call 902-522-2465(Jim Mills) or 902-522-2369(Doreen) or at the Red Hill Golf Club. A potluck supper will be held at the community center after the tournament & prizes will be given out then. A lunch of hamburgers and hotdogs will be sold at noon. Come out for a great day of fun.

Indoor Flea Market at St. John's Church Hall

Necum Teuch - Highway #7

Time: 9am - 1pm

When: July 11, 2015

Serving: Hot Brunch, Tea-Coffee

Sale Items: Baked Goods, Toys, Books, Clothing, CD's, Tapes, Games, Dishes and more

Contact for table bookings Helen 347-2182

Flea Market dates:

Aug 8, Sept 12, Oct 10, 2015



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.



VBS is coming!

Where: Gospel Light Church, Port Bickerton

When: August 3 - 6th

Time: 6:30 - 8:00 P.M.

Who: Children ages 4-12

Theme: Defeating the Dragon

Questions: Pastor Dave Smith 902-779-2709

SHERBROOKE AND AREA VOLUNTEER FIRE DEPARTMENT GOLF TOURNAMENT - Aug. 8/15

Red Hill Golf Course in Indian Harbour Lake.

Registration between 8 and 8:30 am, Tee time 9 am. 4 per Team, \$30.00 per person. There will be hotdogs, hamburgers and cold drinks for sale during the day. To Register a Team Call 902-522-2116(Chrissy) and 902-522-2204(Wayne). Come out and support your local fire department if you would like to make a donation please contact us

St. Mary's Shooters Association

Sunday July 5, 2015 Aubrey Gammel Steel Shoot, Timed shooting steel plates at 20 yds.

Sunday Aug 3 2015 Harold Scott Bench rest, 100 yds. Center fire and rim fire

Shoot any time between 9am n 3pm

Shoot Skeet Shoot Report from Sunday June 7/15,

Senior Division 1st--Tyrell Giffin, 2nd--ken Mc Chesney, 3rd--Jeff Schuyler

Junior Division - Samantha Young

John Day, President

Thank You

The family of the late Kevin Jordan of Little Liscomb would like to express our sincere gratitude for the kindness and thoughtfulness of our family, friends and neighbours during our recent loss. The food, visits, phone calls, cards, messages and donations were all greatly appreciated. Kevin was proud to be a part of such a caring, giving community, and we are grateful that he was able to spend his last years here with family and friends. Sincerely
Miltie, Pauline and family

Port Bickerton Lighthouse News

The facilities at the Lighthouse site are now officially open for the summer season 15 June - 15 September. Operating hours are 9:00 am - 5:00 pm, 7 days a week. A day pass to the site is \$3/person, \$7/family. A family season pass is \$12. A warm welcome to our guides at the Interpretive Centre this year.

Congratulations to Tracy Auton Stuit for taking first place and Shawn Hyndman for taking second place in our first annual Lighthouse photo contest. Thanks to all who submitted entries. Your photos were awesome!

A ham and salad supper in support of the Lighthouse will be held at the Port Bickerton Community Centre on Saturday, July 18 from 4 - 6 pm. \$10/adults. \$6/children. Everyone welcome!

A star party will be held at the Lighthouse on Saturday, July 25 from 9:00 pm onwards (skies permitting). Come and tour the night sky with our resident astronomer. Rain date - Saturday August 4.

Our Lighthouse group can always use new members and volunteers for our activities. If you are interested in taking an active part, call Ron Stansfield at 522-2820.

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 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 July: Wednesday, July 8th and July 22th, 2015 from 10am-2pm. Please contact us to arrange an appointment.

THANK-YOU

We would like to send a very huge heart filled Thank-you to our family's friends and community near and far for everything from donations, food and clothes in the sudden loss of our home and farm. The comfort of knowing to each and every one has touched us deeply, words do not describe. Thank-you Dean Fleet, Nicole Naugler & Family

GOSHEN Community Centre

Every Wed from 12:30 to 1.p.m walk

1 to 4 pm Games afternoon

Crib@ 7:30p.m. On Wednesdays Starting June 3

June 20th 7:30 Variety Concert

June 27th breakfast from 8:30 to 10.00

ROYAL CAN. LEGION BR. #86 LISCOMB

Next General meeting will be held on **Tuesday,**

Sept.1, 2015

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

The Ecum Secum Fire Department will hold a penny auction on Aug 15th at the Fire Hall. Start time is 7pm. Duck Race Aug 16th to be held at the bridge in Fleet's Settlement. Duck tickets can be purchased from the firemen or the ladies auxiliary. All proceeds to the Fire Dept.

Community Bible Adventures:

HEY KIDS, YOU ARE INVITED TO THESE SUMMER COMMUNITY BIBLE ADVENTURES IN YOUR AREA:

Port Bickerton Community Center, July 6-8.

St. Mary's Education Centre July 13-15

For boys and girls entering grades primary to 6. For more information, or to register, call 902-522-2251 or 902-522-2087. Sponsored by the churches represented in the St. Mary's District Ministerial Group.

Happy 50th Wedding Anniversary

The family of Melvin & Sheila Veinotte invite you to join in the celebration of their 50th Wedding Anniversary. A gathering will be held at the Country Harbour Cultural Center on Saturday July 18th, 2015 from 2-4pm. Refreshments to be served. Open to all who would like to share in their special milestone.

Greeting from High-Crest!

Residents celebrating birthdays this month are:

Martha Kaiser	July 7th
Marjorie Hattie	July 9th
June Good	July 14th
Bob Fleet	July 26th
Audrey Cook	July 28th
Beulah Pace	July 28th

The Home buddies will be hosting a bingo/birthday party to celebrate these birthdays, we will play bingo, sing some good old songs and enjoy cake and ice cream! Everyone is welcome!

I would like to thank everyone who sponsored the grade 1, 2 & 3 students for their "Grand friends" walk-a-thon! I will let you know how everyone made out! Thank you to anyone who made a donation on behalf of a loved one, a lovely way to pay tribute and to help others at the same time. Much appreciated. **Happy Canada Day to All!!**

The 1st Sherbrooke Village Old Fashion Christmas GOLF TOURNAMENT is a GO!!!

Saturday, July 18th 2015, Red Hill Road Golf Course, Indian Harbour Lake, NS Teams of 4 Registration \$30.00 per person space for 18 Teams! To pre-Register call Heather @ 902-522-2463 Beulah @902-522-2184 or Debi @ 902-522-2265 or look for the sign-up sheets at Red Hill Golf Course or Sherbrooke Garage. Registration starts 8:00 am, Tee Time 9:00am. We promise a Fun Tournament! It's one you'll not want to miss!! So save the date! Hope we see you all there!!

The Baptist Congregation of Port Hillford, Port Bickerton and Sonora

(Members of the Convention of Atlantic Baptist Churches) We welcome you to our July worship services:

July 5, 11 AM – Sonora Baptist Church
July 12, 11 AM – Port Hillford Baptist Church
July 19, 11 AM – Port Bickerton Baptist Church
July 26, 11 AM – Sonora 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**

St. Mary's Memorial Hospital Clinics

Well Women's Clinic will be held Saturday, July 25 at St. Mary's Memorial Hospital in Sherbrooke.

Foot Care Clinics are held every Friday.

For more information or to book an appointment for either clinic call Katherine at the Hospital 522-2882

The Anglican Church of Liscomb & Port Bickerton

Parish Office: 902-522-2510

Welcoming you to join us in worship

Monthly Worship Schedule

- 1st Sunday:** 9am St. Paul's, Port Bickerton
11am St. Thomas, Indian Hbr. Lake
7pm St. James, Sherbrooke
- 2nd Sunday:** 9am St. Luke's, Liscomb
11am St. James, Sherbrooke
7pm St. Paul's, Port Bickerton
- 3rd Sunday:** 9am St. James, Sherbrooke
11am St. Luke's, Liscomb
7pm St. Thomas, Indian Hbr. Lake
- 4th Sunday:** 9am St. Thomas, Indian Hbr. Lake
11am St. Paul's, Port Bickerton
9am St. Luke's, Liscomb

"CARD OF THANKS"

The family of the late Mary Anne Maitland would like to express our heartfelt thanks for the kind support and words of condolence from family, friends and neighbors during her illness and passing. We would especially like to acknowledge the outstanding care provided by the dedicated workers of the Guysborough County Home Support Agency, Melrose Nursing Office and St. Mary's Memorial Hospital. Sincerely, Mary Jane, Carolyn, Henry, Allen and our Families

Memorial Place & S.H.O.P.S. Update

Once all funding is in place and the space is completed, the responsibility for Memorial Place will fall to the Municipality. It is expected a usage agreement will be drawn up and schedules will follow. The community wing, which is Memorial Place, will be secured separate from the school. The Kids First room and the S.H.O.P.S. room will be used by these two groups primarily, but when not in use can be booked through the Municipality for community functions as well. Memorial Place will be fully functional on its own separate from the school. Further updates will be provided. We'd like to share the breakdown of donations as they will appear on our Tree of Hope wall in the entrance to Memorial Place. A Special Gifts plaque for donations of \$10,000 +; A Gold Leaf plaque for donations from \$5,000 to \$9,999; A Silver Leaf plaque for donations from \$2,500 to \$4,999; A Bronze Leaf plaque for donations up to \$2,499; and two more plaques to honor donations made in memory of either a veteran/educator or both. Contributions can be made as any type of donation and not only on behalf of veterans and educators. When the opportunity came about to name this new community space the idea to pay tribute to our veterans and educators was the perfect fit and provided yet another option for the community to contribute in a special way. A great way for families to come together with one donation in memory of a parent or maybe your workplace would like to make a donation on behalf of a special person in lieu of a retirement gift. Either way, your donation is very much appreciated. Please don't hesitate to email with any questions or concerns you may have at lisamac@seasidehighspeed.com or call Lisa at 902-522-2079.

ChatLine for June 2015

Writers Group – Thursday afternoon, from 2-4 in the program room. Please call the library for the date.

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 – July 3rd at 11:00 am.

Seniors' Café – Fridays at 9:30 am. Join us for a snack, conversation.

Registration for a Summer Learning Challenge is now being accepted for 7 to 13 years old. Only 9 more places are available. Claymation, robots, gardening and science experiments are some of the topics. This is scheduled for Monday evenings in July from 6-8. Note- Registration is necessary.

Adult Summer Activities are being offered this year. To date we have lined up a few in July. More will be offered in August. Each class has a maximum of 6 participants, so please register early so that a place is reserved just for you.

Beginners Quilting-Tuesday afternoons from 1:30-3:30
Learning to Knit-Thursday afternoons from 1:30-3:30
Fly-Tying-Friday July 10 from 10:30-12 noon.

Library Hours:

Monday, Tuesday, Thursday: 11am-4pm

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

Thank-You

We would like to thank everyone who attended our Baby Shower. To everyone who brought food decorating and all the lovely gifts. We truly appreciate everything one and all has done to welcome our baby. Again Thank-you!!!!
From Kelsey, Brandon and Baby Brayden

ST. MARY'S RIVER ASSOCIATION

JULY EVENTS

For more info on all our summer events call 522-2099.

What: Annual Canada Day Yard Sale

When: Wednesday July 1st from 9 am – 2 pm

Where: 8404 Highway #7 (across from Provincial Picnic Park) anyone wishing to donate items can drop them off at the SMRA Education & Interpretive Centre daily from 9 am- 4:30 pm.

What: Fly Tying – learn the art of tying flies!

When: Every Wednesday from 1 pm-3 pm

Where: SMRA Education & Interpretive Centre

What: Guided hike (no trail/moderately challenging)

When: July 25th from 1 pm – 4 pm

Where: Hemlock Hill Conservation Lands (on the West Branch, St. Mary's River)

Join the NS Nature Trust and the Halifax Field Naturalists for a guided hike.

Please contact NSNT to register 902-425-5263 or e-mail nature@nsnt.ca

TOPS In LISCOMB Looking for help and support with your weight....Check us out....Meeting times:
Every Tuesday @ 6:00 pm at the **Bayview Baptist Church Hall** See you there...

Summer Day Camps

Recreation Summer Day camps will return this year! Day camps are for children ages 4-12 and run for 8 weeks in July and August. These camps are completely free of charge to participants. Day camps run from 9am-3pm daily but children can be dropped off at any time. Children are only required to bring proper clothing and footwear for the weather and a lunch! You can find a registration form attached to this issue of the newsletter.

July day camps will be as follows:

July 6-10th – Sherbrooke & Liscomb

July 13-17th – Goshen & Sonora

July 20-24th – Sherbrooke & Ecum Secum

July 27-31st – Goshen & Port Bickerton

Please contact the us for more information.



Recreation Ball Program

This summer, St. Mary's Recreation will be hosting a pick-up ball game every week at St. Mary's Education Centre/Academy. Youth of all ages are invited to take part. "Lines" will be created with children of different ages and abilities so each child will have the opportunity to learn and be challenged. Participants are asked to bring a baseball glove all other equipment will be provided. This is a FREE, supervised program. During poor weather, children will be invited inside the Recplex to work on different skills. This program will take place on Tuesday's at 6:30 during the summer months.

Aqua Fitness

Our fun and inclusive Aqua Fitness Program will return in June at the Liscombe Lodge pool. Aquafit is a great low impact work out that uses water resistance to increase cardiovascular health, muscle endurance and strength. This program will take place on Thursday mornings at 10:00 a.m. The cost is \$2 a class.

Drop in Gardening

Want to learn about gardening? Goshen community garden will be offering a drop in class once a week for an hour, for all ages. If you'd like to come help plant or weed, or have questions about your own garden please do not hesitate to drop by in! We will be at the garden July 2nd and 15th at 7pm.



St. Mary's Fitness Centre

After much deliberation staff have decided that the Fitness Centre will close for July and August. Our last day for regular hours will be Friday June 26th. If you have any questions or concerns please contact the Rec. Office. We wish everyone a safe and healthy summer. All affected memberships will be extended.

Red Cross Swimming Lessons

Splash into summer with Red Cross Swimming Lessons! We will be hosting two swimming sessions again this year in July and August at the Liscombe Lodge Pool. Our first session will take place July 13th-24th and our second session will be offered August 3rd-14th. If you have any questions in regards to what level your child will be in this summer, give us a call!

Please see attached registration form.

Prices (Per session):

1 Child \$25.00

2 Children \$45.00

3 Children \$65.00

Registration is now open, reserve a spot today!



Lose your Booty Boot Camp

Join us for Lose Your Booty Boot Camp every Tuesday this summer 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 a class!

Guided Hikes

Guided hikes will be offered throughout the summer. If it is a good turn out, we will continue to offer hiking. Beginners and all ages welcome! Please bring water and proper footwear.

Hiking Schedule:

July 9th → Liscombe River Trail @ 11am

July 16th → Port Bickerton Lighthouse @ 11 am

July 23rd → Cape St. Mary's Trail @ 11 am

(meet at Wharf Rd.)



Goshen Community Meeting

The Recreation Department will be holding a meeting followed by a free meal at the Goshen Community Centre, beginning at 11am on July 15th. Public is invited!

Group Bike Rides

Interested in evening group bike rides? Contact the Recreation Department to start a bike riding group, ask around in your community to see if anyone would be interested in signing up!



Sherbrooke Zumba



Summer Zumba will be returning to the Indian Harbour Lake/Jordanville Community Centre on July 8th! Join Maria Tate every Wednesday from 6-7 p.m. Participants can pre-pay for 8 classes for \$40 or punch cards 6 class punch cards can be purchased at the municipal building.

Youth Dance!

The Recreation Department will once again be hosting a youth dance! This is an opportunity to see your friends, win some prizes and have some fun. Our Dance will take place at the Sherbrooke Lion's Hall from 7-10 p.m. on July 30th. This dance is for students aged 14-18. Keep an eye out for more information on Facebook and spread the word!



Youth Night Out

The Recreation Department would like to organize a group trip to Antigonish over the summer. This will be an opportunity to take part in some fun activities and hand out with your friends who you may not see over the summer. We will organize some activities (to be determined) and youth will organize the carpool! This trip will take place on July 20th. Look out for more details on Facebook.

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 522-2598 or stop by the municipal building for an equipment loan out sheet!

Archery Program

St. Mary's Recreation will be hosting a weekly archery shoot at the St. Mary's Recplex. Participants must have their own archery equipment. Experienced shooters will be on hand to help new archers learn skills. Site preparations will begin shortly, and hopefully the program will be up and running by August. More information on dates and times will be posted as soon as that information is available. If you have any questions, or would like to volunteer your time to help build back stoppers, please contact us!

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.

Walk and Talk St. Mary's

Walk and Talk has been very successful in Sonora, Port Bickerton and Goshen. If you would like to join, you can anytime or if you would like to see a program started in your community, please contact the rec. department.



Gary Boone Leadership Development Fund

The Gary Boone Leadership fund provide financial assistance to initiatives in leadership training and development in our region which will result in increased physical activity opportunities. 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 information.

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



Kid Sport

Did you know qualifying families could receive up to \$300.00 in funding for registration fees and equipment associated with sport through Kid Sport? Submit an application today so your child can take part in sport. Visit www.kidsportcanada.ca for an application. Completed applications can be submitted to St. Mary's Recreation.

"Outreach for Rural Women"

Rural Outreach in Guysborough County is a service of the Antigonish Women's Resource Centre and Sexual Assault Services Association. It is a free and confidential service for women and adolescent girls of all ages and backgrounds who are living in and around Canso, Guysborough, and Sherbrooke. Some of the issues you can talk to the outreach worker about are: poverty, violence against women, employment support and income assistance, relationships, parenting, physical, mental and emotional health, education and employment, the legal system, housing, addictions, harassment and abuse. The outreach support worker is available **Mondays:** Guysborough, **Wednesdays:** Canso and **Thursdays:** Sherbrooke. Please call 863-8668 to arrange an appointment.

Got a question? Give us a call!

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

Recreation main line: 902-522-2598

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

Lindsay Robinson: physicalactivity@saint-marys.ca



Solid Waste Summer Collection Schedule

Tuesday ZONE 1	Wednesday ZONE 2	Thursday ZONE 3
June 23 Recyclables AND Garbage	June 24 Recyclables AND Garbage	June 25 Recyclables AND Garbage
June 30 Garbage Only	July 1 NO COLLECTION Will be Monday, June 29, 2015	July 2 Garbage Only
July 7 Recyclables AND Garbage	July 8 Recyclables AND Garbage	July 9 Recyclables AND Garbage
July 14 Garbage Only	July 15 Garbage Only	July 16 Garbage Only
July 21 Recyclables AND Garbage	July 22 Recyclables AND Garbage	July 23 Recyclables AND Garbage
July 28 Garbage Only	July 29 Garbage Only	July 30 Garbage Only
Aug. 4 Recyclables AND Garbage	Aug. 5 Recyclables AND Garbage	Aug. 6 Recyclables AND Garbage
Aug. 11 Garbage Only	Aug. 12 Garbage Only	Aug. 13 Garbage Only
Aug. 18 Recyclables AND Garbage	Aug. 19 Recyclables AND Garbage	Aug. 20 Recyclables AND Garbage
Aug. 25 Garbage Only	Aug. 26 Garbage Only	Aug. 27 Garbage Only
Sept. 1 Recyclables AND Garbage	Sept. 2 Recyclables AND Garbage	Sept. 3 Recyclables AND 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 Rd, Aspen, to Goshen to Borneo Rd inclusive.

ZONE 3:

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



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

SORTING GUIDE



BLUE BAG #1 Recycle Paper

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



BLUE BAG #2 Recyclable Containers

- ### All Beverage Containers
- Juice
 - Liquor
 - Pop
- (These can be put in Blue Bag #2. If you are not returning for refund at depot.)
- ### All Milk Containers
- Milk containers
 - Coffee cream
 - Whipping Cream
 - Chocolate milk, etc.
- ### Glass
- Bottles
 - Jars
- ### Metal
- Aluminum Pie plates
 - Food Cans (do NOT crush)
- ### Plastics
- Grocery bags & Bread bags
 - Household Containers (must have a recycling symbol with a number inside: #1-7)

ALL MUST BE CLEAN & DRY!

**ST. MARY'S MUNICIPAL
TRANSFER STATION**

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

- ITEMS ACCEPTED AT TRANSFER STATION**
- Construction and Demolition Materials
 - Household Hazardous Waste
 - Electronics
 - Metals
 - Compost

CLEAR BAG Regular Garbage

Examples:

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

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

BACKYARD COMPOSTING



- Greens:**
- Pasta (Plain)
 - Vegetables/Fruit Peelings
 - Tea Bags
 - Coffee Grinds
 - House Plants
- Browns:**
- Coffee Filters
 - Paper Towel
 - Dry Leaves and Grass
 - Shredder paper
 - potting soil
- *No:
Meat/Fish/Bones/Dairy

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

Solid Waste Information:

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

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



St. Mary's Recreation Summer Day Camps Registration

Starting Date: July 6th

Times: 9:00am-3:00pm

Ages 4-12

Please return to St. Mary's Education Centre or St. Mary's Recreation

- ✓ Children must be able to use the washroom on their own to attend!
- ✓ Children are required to bring their own healthy snacks, lunch and drinks.

Child Information

Child/s Name: _____ Date of Birth: ___/___/___ Age: _____

Current Grade: _____ Nova Scotia Health Card #: _____ EXP: _____

Home Phone Number: _____

Mailing Address (Including Postal Code): _____

Please circle the camp locations that your child may be attending (The schedule is attached)

Goshen Sherbrooke Port Bickerton Liscomb Ecum Secum Sonora

Parent/ Guardian(s) Contact Information

Name: _____ Work Phone: _____ Cell Phone: _____

Name: _____ Work Phone: _____ Cell Phone: _____

Emergency Contact (Other than Parents)

Name: _____ Relationship: _____

Home Phone #: _____ Work: _____ Cell: _____

Medical Conditions or Allergies

Please list any medical conditions or allergies that the recreation staff should be aware of:

In the Unlikely case of a reaction what measure should be taken?

I, the above named candidate (Age 19+) or one of the parents/ guardians of the above names candidate (age 18 or under) for the above specified program(s) hereby give my approval myself or for that child to participate in any and all activities pertaining to the above program.

IT IS UNDERSTOOD AND AGREED THAT THERE IS AN INHERENT RISK IN ANY PROGRAM AND THE MUNICIPALITY OF THE DISTRICT OF ST. MARY'S, ITS STAFF AND ITS PROFESSIONAL AND NON- PROFESSIONAL VOLUNTEERS ARE IN NO WAY RESPONSIBLE FOR DAMAGE TO OR FOR LOSS OF PROPERTY, OR INJURY TO PARTICIPANTS. I, THE UNDERSIGNED, THEREFORE RELEASE AND AGREE TO IDEMNIFY AND HOLD HARMLESS THE MUNICIPALITY OF THE DISTRICT ST. MARY'S, ITS STAFF AND PROFESSIONAL AND NON-PROFESSIONAL VOLUNTEERS, AND SPONSORS FROM ALL CLAIMS ARISING FROM ANY LOSS OR INJURY SUFFERED BY THE ABOVE NAMED PARTICIPANT ARISING FROM AND OUT OF ANY INJURY SUFFERED BY THE PARTICIPANT WHILE INVOLVED IN ANY RECREATIONAL PROGRAM.

SIGNATURE OF PARENT/ GUARDIAN

DATE



**Municipality of the District of St. Mary's
Red Cross Swimming Lessons Registration Form
July 13th -24th & August 10th – 21st 2015**

Child's Name: _____ Date of Birth: _____

Age: _____ Health Card #: _____ Exp: _____

Parent/Guardian Names: _____

Contact Information: Home # _____ Cell # _____ Work # _____

Parent/Guardian E-mail: _____

Emergency Contact Name: _____ Relationship: _____

Contact Information: Home # _____ Cell # _____ Work # _____

Has your child participated in swimming lessons before? YES NO

If yes, please indicate the last level in which they completed: _____

Please check the box below to indicate which level you wish to register your child. If you are unsure of the correct level, please contact St. Mary's Recreation (522-2598)

Starfish	Duck	Sea Turtle	Sea Otter	Salamander	Sunfish	Crocodile	(Ages 1-6)
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Children enrolled in the preschool program must have a parent or guardian present at all times.

Ages 6 & up	Level 1	Level 2	Level 3	Level 4	Level 5
	Level 6	Level 7	Level 8	Level 9	Level 10

I, _____ the parent/guardian of _____ give permission for my daughter/son to participate in the St. Mary's Recreation swimming program located in Liscomb.

Parent/Guardian Signature: _____ Date: _____

WAIVER (Please Read): I, the above named candidate (Age 19+) or one of the parents/guardians of the above named candidate (age 18 or under) for the above specified program(s) hereby give my approval myself or for that child to participate in any and all activities pertaining to the above program.

IT IS UNDERSTOOD AND AGREED THAT THERE IS AN INHERENT RISK IN ANY PROGRAM AND THE MUNICIPALITY OF THE DISTRICT OF ST. MARY'S, ITS STAFF AND ITS PROFESSIONAL AND NON-PROFESSIONAL VOLUNTEERS ARE IN NO WAY RESPONSIBLE FOR DAMAGE TO OR LOSS OF PROPERTY, OR INJURY TO PARTICIPANTS. I, THE UNDERSIGNED, THEREFORE, RELEASE AND AGREE TO INDEMNIFY AND HOLD HARMLESS THE MUNICIPALITY OF THE DISTRICT OF ST. MARY'S, ITS STAFF AND PROFESSIONAL AND NON-PROFESSIONAL VOLUNTEERS, AND SPONSORS FROM ALL CLAIMS ARISING FROM ANY LOSS OR INJURY SUFFERED BY THE ABOVE NAMED PARTICIPANT ARISING FROM AND OUT OF ANY INJURY SUFFERED BY THE PARTICIPANT WHILE INVOLVED IN ANY RECREATIONAL PROGRAM.

Signature of Parent/Guardian: _____

Date: _____

Please submit this form to the recreation department prior to July 3rd, 2014.

P.O. Box 296
8296 Hwy 7, Sherbrooke NS
B0J 3C0

CANADA DAY IN ST. MARY'S

Sunday, June 28th
Community Market
St. Mary's Recplex
12 pm – 3 pm
(set up for sellers at 11 am)
FREE to book a table – call 522-2598

Wednesday, July 1st – Canada Day!

Liscomb Events
10:30 – 1:30 pm
Children's bouncers and games
Penny Auction – 1:00 pm
BBQ Lunch
\$5.00 bracelet for the day

Goshen Events
Street Parade
10:30 am lineup
11:00 am start time
Fire Hall to the Community Centre
FREE Family fun at Community
Centre after parade
Games, BBQ and cake

Canada Day Continued...

Municipal Activities

St. Mary's Street Parade
3:30 pm line-up at the St. Mary's Recplex
4:00 pm start time
Parade will proceed down Main Street
and end at Sherbrooke Ball field
Call 522-2598 to register float

FREE Family fun games!

Sherbrooke Ball Field – following Parade
Bring a picnic or pick up a snack on site!
Family fun games
Bouncers, pony rides, cake and more!

Road to Stanfest Songwriters' Circle

Featuring Jon Landry, Thom Swift,
Catherine McClellan and Nathan Rogers
Sherbrooke Village Performance Centre
Performing live from 7:00 – 9:00 pm
Bring your own chairs

Glow in the Dark Zumba!

With Instructor Maria Tate
Free for all
9:00 pm
Bring your Glow Sticks!


Fireworks

Dusk (9:30-10:00 pm)
Sherbrooke Ball Field

Canada Day in St. Mary's is made possible through funding from
the Government of Canada

Canada

July 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			 CANADA DAY			
5	6	7	8	9	10	11
Day Camp 9-3pm (Sherb/Lis) Country Herb Cards 8pm	Day Camp 9-3pm (Sherb/Lis) Meditation 11am Greenfield Cards 1:30pm TOPS Mtg 6pm Boot Camp 6:30pm Rec. Ball 6:30pm	Day Camp 9-3pm (Sherb/Lis) Goshen Walk 12:30pm Goshen Game Day 1pm SMECA Fly Tying 1-3pm CBC 10am-2pm IHL Zumba 6pm Goshen Crib 7pm Lions BINGO 7:45pm	Day Camp 9-3pm (Sherb/Lis) Aqua Fitness 10am Writers Group 2pm Liscomb Chase Ace 6:30 PB Chase Ace 7-8:30 Liscomb auction 8pm	Day Camp 9-3pm (Sherb/Lis) Seniors Café 9:30am Maple Manor Bake Sale 2pm Stillwater Card Play 8pm Fly-Tying 10:30am-12noon	Flea Market Necum Touch 9am Bottle Depot 9:30am Liscomb Crib 8pm	
12	13	14	15	16	17	18
Day Camp 9-3pm (Gosh/Sonorra) Swimming Lessons Country Herb Cards 8pm Council mtg 7pm	Day Camp 9-3pm (Gosh/Sonorra) Swimming Lessons Meditation 11am Greenfield Cards 1:30pm TOPS Mtg 6pm Boot Camp 6:30pm Rec. Ball 6:30pm	Day Camp 9-3pm (Gosh/Sonorra) Swimming Lessons Goshen Rec. Mtg 11am Goshen Walk 12:30pm Goshen Game Day 1pm SMECA Fly Tying 1-3pm IHL Zumba 6pm Goshen Crib 7pm Drop in Garden 7pm Lions BINGO 7:45pm	Day Camp 9-3pm (Gosh/Sonorra) Swimming Lessons Aqua Fitness 10am Writers Group 2pm Liscomb Chase Ace 6:30 PB Chase Ace 7-8:30 Liscomb auction 8pm	Day Camp 9-3pm (Gosh/Sonorra) Swimming Lessons Seniors Café 9:30am Maple Manor Bake Sale 2pm Stillwater Card Play 8pm	P3 Ham & Salad Supper 4-6pm Liscomb Crib 8pm O'd Fashion Christmas Golf Tourm. 9am	
19	20	21	22	23	24	25
Day Camp 9-3pm (Sherb/ES) Swimming Lessons Country Herb Cards 8pm Youth Trip to Antigonish	Day Camp 9-3pm (Sherb/ES) Swimming Lessons Meditation 11am Greenfield Cards 1:30pm TOPS Mtg 6pm Boot Camp 6:30pm Rec. Ball 6:30pm	Day Camp 9-3pm (Sherb/ES) Swimming Lessons Goshen Walk 12:30pm Goshen Game Day 1pm SMECA Fly Tying 1-3pm Goshen Crib 7pm IHL Zumba 6pm Lions BINGO 7:45pm	Day Camp 9-3pm (Sherb/ES) Swimming Lessons Aqua Fitness 10am Writers Group 2pm Liscomb Chase Ace 6:30 PB Chase Ace 7-8:30 Liscomb auction 8pm	Day Camp 9-3pm (Sherb/ES) Swimming Lessons Seniors Café 9:30am Maple Manor Bake Sale 2pm Stillwater Card Play 8pm	Battle Depot 9:30am Liscomb Crib 8pm S. Man's River Assoc Guided Hike 1-4 pm	
26	27	28	29	30	31	
Day Camp 9-3pm (Goshen/PB) Country Herb Cards 8pm	Day Camp 9-3pm (Goshen/PB) Meditation 11am Greenfield Cards 1:30pm TOPS Mtg 6pm Boot Camp 6:30pm Rec. Ball 6:30pm	Day Camp 9-3pm (Goshen/PB) Goshen Walk 12:30pm Goshen Game Day 1pm SMECA Fly Tying 1-3pm Goshen Crib 7pm IHL Zumba 6pm Lions BINGO 7:45pm	Day Camp 9-3pm (Goshen/PB) Aqua Fitness 10am Writers Group 2pm Liscomb Chase Ace 6:30 PB Chase Ace 7-8:30 Liscomb auction 8pm	Day Camp 9-3pm (Goshen/PB) Seniors Café 9:30am Maple Manor Bake Sale 2pm Stillwater Card Play 8pm		