



# Municipality of the District of St. Mary's Newsletter

August 2023 [www.saint-marys.ca](http://www.saint-marys.ca) (P) 902-522-2049 (F) 902-522-2309

## Meetings of Council

The next regular meeting of Municipal Council is Monday, August 14th, 2023 at the Municipal Office in Sherbrooke at 4:00pm. A Committee of the Whole meeting will take place Wednesday August 2nd at 4:00pm in Council Chambers. Agendas, minutes and audio files are available at [www.saint-marys.ca](http://www.saint-marys.ca). The Municipal Office and Transfer Station will be closed and there will be no Day Camp Program on August 7th for the Natal Day Holiday.

## Provincial Senior Property Tax Rebate

The Provincial Property Tax Rebate for Seniors helps low-income seniors with the cost of municipal residential property taxes. Rebates are 50% of what you paid on last year's property taxes, up to a maximum of \$800. You can apply until December 31st, 2023. For more information visit <https://beta.novascotia.ca/apply-property-tax-rebate-property-tax-rebate-seniors> or call [1-800-670-4357](tel:1-800-670-4357).

## Before and After Program 2023-24

The Municipality of the District of St. Mary's will once again be offering the Before and After Program (BAP) at St. Mary's Education Centre/Academy. The Before and After Program is funded by the Province of Nova Scotia. BAP is a paid program offered after school to children in pre-primary to grade 6. BAP will begin Wednesday, September 6th in the Kid's First Room in Memorial Place at St. Mary's Education Centre and Academy. The program will take place from 2:30-6pm, Monday to Friday. Registration for the Before and After Program is open and can be done online at [www.saint-marys.ca](http://www.saint-marys.ca) under the Residents tab in the Community Development & Recreation section. If you would like more information about this program, please contact Kerri Jack at [kerri.jack@saint-marys](mailto:kerri.jack@saint-marys) or call 902-522-2598.

## Guysborough County 55+ Games Registration Open

Registration for the 2023 Guysborough County 55+ Games is now open! Registration forms can be picked up at the Municipal Office in Sherbrooke. This two day event is open to all seniors 55+. It takes place at the Liscombe Lodge on October 4th and 5th. A subsidized room rate is available for participants. Registration is \$50 and includes participation in the games and a free banquet dinner. Call 902-522-2598 for more information.

## Fire Services Advisory Committee

The Fire Services Advisory Committee is seeking up to three members of the public to serve on the Committee. If you would like more details about the Committee's work or would like to apply please call the Municipal Office at 902-522-2049 or email [Mallory.fraser@saint-marys.ca](mailto:Mallory.fraser@saint-marys.ca).

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The deadline for the September Municipal Newsletter is Wed. August 16th at 4:00pm. Submissions can be faxed to 902-522-2309, dropped off in person at the Municipal Office or emailed to [newsletter@saint-marys.ca](mailto:newsletter@saint-marys.ca).

## St. Mary's Municipal Transfer

The St. Mary's Transfer Station is open Monday, Tuesday, Friday & Saturday from 9:00 am – 4:30 pm.

## MacMillan's Recyclable Pickup

Recyclable collection will take place every Saturday in August starting at 10am at the St. Mary's Replex.

## August 2023 Solid Waste Collection

Eastern Shore Cartage: 1-800-261-0372

<b>Tuesday</b> (Zone 1)	<b>August 1</b> Garbage Only & 1 Bulky Item	<b>August 8</b> Recyclables & Garbage	<b>August 15</b> Garbage Only & 1 Bulky Item	<b>August 22</b> Recyclables & Gar- bage	<b>August 29</b> Garbage Only & 1 Bulky Item
<b>Wednesday</b> (Zone 2)	<b>August 2</b> Garbage Only & 1 Bulky Item	<b>August 9</b> Recyclables & Garbage	<b>August 16</b> Garbage Only & 1 Bulky Item	<b>August 23</b> Recyclables & Gar- bage	<b>August 30</b> Garbage Only & 1 Bulky Item
<b>Thursday</b> (Zone 3)	<b>August 3</b> Garbage Only & 1 Bulky Item	<b>August 10</b> Recyclables & Garbage	<b>August 17</b> Garbage Only & 1 Bulky Item	<b>August 24</b> Recyclables & Gar- bage	<b>August 31</b> Garbage Only & 1 Bulky Item

**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.

# Municipal News

## **Residential Low Income Property Tax Exemption**

The Municipality of the District of St. Mary's provides assistance to homeowners to help pay their residential property taxes. Qualified applicants will receive a credit which is applied directly to the tax account. The total annual household income for the 2023/2024 year is \$24,400 with a provided tax exemption of \$175 for those that qualify. Contact the Municipal Office at 902-

## **No Parking on Main Street**

The Municipality is requesting individuals not to park on the sides of the roads new to sidewalks on Main Street. Please use the designated parking areas. Please note that it is against section 143(1) of the Motor Vehicle Act to park a vehicle while either attended or unattended on a sidewalk.

# Community Development & Recreation

## **Summer Day Camp Program**

Summer Day Camp continues in the month of August. This program will end on August 24th, 2023. Summer Day Camp is for children who will be registered in grades Pre-Primary to 6 in September 2023. Camp runs Monday to Thursday from 8:00am to 4:30pm at the St. Mary's Recplex. Families can still register children for Day Camp, but spots may be limited. Please contact Kerri at [kerri.jack@saint-marys.ca](mailto:kerri.jack@saint-marys.ca) or call 902-522-2598 for more information.

## **Thank you Summer Day Camp Presenters**

The Municipality would like to thank community partners who made special presentations or led group activities at our Summer Day Camp program in July. Thank you to: the Sherbrooke RCMP Detachment, the Sherbrooke & Area Volunteer Fire Department, the Department of Natural Resources and Renewables, the Whale Sanctuary, the Soap Company of Nova Scotia, StFX Engineering, Sherbrooke Village and SchoolsPlus. Thank you to each of these individuals/organizations for taking the time to make an impact on our program. If you are interested in presenting or leading an activity at our Summer Day Camp program, please reach out to Kerri Jack at 902-522-2598 for more information on how you can get involved.

## **Guysborough County 55+ Games Meeting**

There will be a meeting of the planning committee for the Guysborough County 55+ Games at Liscombe Lodge on August 31st, 2023 starting at 10am. All seniors interested in helping to organize the event are invited to attend.

## **Kayaking Classes**

The Community Development and Recreation Department has teamed up with Liverpool Adventure Outfitters and Nimrod's Campground to host kayaking classes for those 12+. This program will take place on August 29th at Nimrod's Campground. Classes are 2 hours each and will teach participants the basics of kayaking. All equipment is provided. Classes cost \$40 per person. There will be 4 class times. Class times can be chosen during the registration process. Registration forms are available online at [www.saint-marys.ca](http://www.saint-marys.ca) under the Residents tab in the Community Development & Recreation section. Registration closes August 11th. For more information, call Kerri at 902-522-2598 or email [kerri.jack@saint-marys.ca](mailto:kerri.jack@saint-marys.ca).

## **Yoga & Kickboxing Classes**

Yoga and kickboxing classes will resume in September 2023.

## **A&D Reptile Show**

As a part of the St. Mary's River Community Fair and Cardboard Boat Regatta, the Community Development and Recreation Department will be hosting a return of A&D Reptile and Friends! This event was a huge success for Canada Day, and the Municipality is excited to welcome back some amazing critters. The live reptile show will take place on August 12th, at the Brigley House in Sherbrooke Village from 11:00am to 12:30pm. Tickets are available for those ages 5+ and are \$10 each. Tickets are limited. Tickets can be purchased at the Municipal Office and 24 hour phone holds can be made by calling 902-522-2598.

# Economic Development

## **Tourism Resources**

Are you looking for tourism operator resources? Visit Tourism Nova Scotia for free resources, including webinars and printable worksheets for Development, Marketing and Research. <https://tourismns.ca/>.

## **Coastal Nova Scotia**

Looking for something to do this weekend or want an event on the list that visitors are checking? Visit <https://www.coastalnovascotia.ca/> for upcoming Eastern and Northern Shore events. If you would like your event added, email [cindy@coastalnovascotia.ca](mailto:cindy@coastalnovascotia.ca).

### **Working Capital Loans for Forestry Contractors**

A new 2 year pilot program will let forestry contractors borrow working capital to help their businesses succeed. Through the Timber Loan Board, contractors can borrow up to \$50,000 at a competitive interest rate. Loans are repayable within one year. For more information visit <https://nstimberloan.ca/>.

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### **Nova Scotia Works Career Connections**

Career Connections is a leading provider of career development services in Nova Scotia. Services are available for Students, Clients and Employers. NS Works Career Connections can be found on Facebook or contact the Antigonish County office at (902) 863-8244 or [antigonish@careerconnections.ca](mailto:antigonish@careerconnections.ca). Contact the Guysborough County office at (902) 533-2805 or [guysborough@careerconnections.ca](mailto:guysborough@careerconnections.ca).

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### **Business Navigators**

Want to start a business? The Province's Business Navigators can help you navigate provincial regulations and requirements for new businesses, including what regulations you need to follow, what licences and permits you need to operate your business and any inspection requirements. In addition to bringing clarity to applicable regulations, they can connect you with support for financing, taxes and staffing, as well as resources to help with start-up funding. For more info. visit [novascotia.ca/businessnavigators](http://novascotia.ca/businessnavigators), email [busnavigation@novascotia.ca](mailto:busnavigation@novascotia.ca), or call toll-free at 1-844-628-7347.

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### **Centre for Entrepreneurship Education and Development**

Book your FREE 30-minute consultation with a business advisor if you are launching a new business, looking for support for a new business (open for under 12 months) or an existing business (open for over a year) with planning, financing, operations, growth, or recovery. [www.ceed.ca](http://www.ceed.ca) or find CEED on Facebook, Twitter, Instagram & LinkedIn.

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### **DigiPort Nova Scotia**

Looking for information and advice to help you effectively promote your tourism business and serve your customers online? Sign-up with Nova Scotia Digiport for free resources and a free 30-minute consultation with a digital expert at <https://nsdigiport.ca/>. Also on NS Digiport, free webinars including "How to Deal with Negative Feedback on Social Media?" Video by wordcraft, Tourism Nova Scotia and DigiPort.

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### **E-Commerce Grant**

The federal government is offering eligible businesses \$2,400 in non-repayable grant money to adopt e-commerce strategies and grow digitally. This could include online ordering or booking systems, e-commerce software, search engine optimization support, software subscription fees, social media/digital ads, development of a new e-commerce website, or any number of other things. To apply directly or for more information visit: <https://digitalmainstreet.ca/atlantic-cdap/> or contact Joel Stoddart, Grant Coordinator – Canada Digital Adoption Program, [Joel.Stoddart@cbdc.ca](mailto:Joel.Stoddart@cbdc.ca).

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### **CBDC Guysborough County**

Need financing for your business? Loans are available to any legally operated business in Guysborough County. Some sectors include, fishing, trucking, retail, manufacturing, service, accommodations, food service, etc. -Business loans up to a maximum of \$600,000 with flexible interest rates starting at prime plus 2% with flexible re-payment schedules.

-Loans available for business start-up, expansion, renovations, line of credit, etc.

-Quick approval Micro Loans available up to \$10,000.

-Business start-up info and counseling available. Self-Employment Benefits Program - (SEB) - Qualifying participants can receive benefits and training opportunities during business startup.

Guysborough County Community Business Development Corporation Limited. PO Box 199, 46 Main Street, Guysborough County, NS B0H 1N0. Guysborough Office: phone: (902)533-2770 fax: (902) 533-2016 Email: [wanda.macdonald@cbdc.ca](mailto:wanda.macdonald@cbdc.ca)

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## Community Services

### **Sherbrooke Opportunities Society**

SHOPS offers laundry services for \$7.00/load which includes washed, dried and folded, confidential shredding services for \$1.00/lb and fire starters which come in a 4 pack for \$3.00 or 2 packs of 4 for \$5.00. Toonies are picked up every Tuesday by noon, and the draw takes place every Wednesday afternoon. SHOPS would like to congratulate Vicky Feltmate and Jaclyn Lively on their wins. SHOPS wants to wish everyone a safe and happy summer. "EVERY DAY IS A GOOD DAY AT SHOPS"

### **St. Mary's Food Bank**

Please contact 902-338-0981 or 902-833-2920 if you know of a need in the community. Confidentiality is strictly upheld. The box to receive food donations is located at Clover Farm. Please check the "best before" date. Cash donations can be sent to St. Mary's District Food Bank, P.O. Box 102, Sherbrooke, NS, B0J 3C0. Thank you for your continuing support.

### **Eastern Counties Regional Library**

Sherbrooke Public Library is now open with additional hours for all of your summer reading needs! Tuesday 9:00am-12:00pm & 12:30-2:30pm. Wednesday, Thursday, and Friday from 12:30pm-5:30pm. Saturday from 9:00am-12:00pm & 12:30-2:30pm. Visit the library to use the computers, browse and borrow books, movies, and so much more. We also have a Community Use Room that can be booked (free of charge) by individuals or groups. Find up-to-date information about your local branch at <https://ecrl.ca/locations/sherbrooke-public-library>. For more information about library services, call us at 902-522-2180, email us at [sherbrooke@ecrl.ca](mailto:sherbrooke@ecrl.ca), or visit [ecrl.ca](http://ecrl.ca). Stay up to date by following ECRL on social media: [facebook.com/ECRLibrary](https://www.facebook.com/ECRLibrary) | [twitter.com/ecrlibrary](https://twitter.com/ecrlibrary).

### **Kids First in St. Mary's Municipality**

Summer Programs at St. Mary's Kids First – Outdoor playgroups will be taking place on Wednesdays around the Municipality. Check our Facebook page for updates. Tentatively the dates and locations for August are: Wednesday, August 2nd - Lochiel Lake Picnic Park 10-11:30am. Wednesday, August 9th - Ecum Secum Playground 10-11:30am. Tuesday, August 15th, Liscomb Legion Playground, 10-11:30am. Wednesday, August 23rd - Port Hilford Beach, 11am-1pm. Gas cards are available to help with transportation costs when requested. Masks are welcome and social distancing is encouraged. All families are welcome, we ask you not to attend if you are feeling unwell. Follow us on Facebook at St. Mary's Kids First Programming for update information. The Guysborough County Prenatal Program is open to all women expecting a baby who live in Guysborough County. Self-referrals are welcome! Call 902-533-3881 or toll free at 1-888-533-3881. The Parenting Journey Program is a support for parents with children up to 16 years. Self-referrals are welcome. For more information on any of these programs, call 902-870-7437 or email [parentingjourney@kids1st.ca](mailto:parentingjourney@kids1st.ca).

## Congregational Services

### **Anglican Parish of Liscomb – Port Bickerton**

In Person Worship Services August 2023

#### Sunday, August 6

9:00 AM St. Paul's, Port Bickerton

11:00 AM St. Thomas, Indian Harbour Lake

#### Sunday, August 13

9:00 AM St. Luke's, Liscomb

7:00 PM St. Paul's, Port Bickerton

#### Sunday, August 20

11:00 AM St. Luke's, Liscomb

7:00 PM St. Thomas, Indian Harbour Lake

#### Sunday, August 27

9:00 AM St. Thomas, Indian Harbour Lake

11:00 AM St. Paul's Port Bickerton

7:00 PM St. Luke's, Liscomb

### **Goshen Gospel Church**

20672 Highway 316, Goshen. Sunday - 10:00am, Adult Bible Class. 11:00am, Worship Service in our church building. Available both in person or on Zoom. Thursday - 1:00pm, Midweek Bible Study and Prayer. 902-783

### **Indian Harbour Lake Pentecostal Church**

1643 Hwy. 211. [ihlpentecostalchurch@gmail.com](mailto:ihlpentecostalchurch@gmail.com). 902-522-2759. Regular Sunday Morning Service is 10:30am.

### **United Baptist Church**

3pm. Rev. Scott Chandler

August Services:

August 6th - Port Hillford

August 13th - Port Bickerton

August 20th - Sonora

August 27th - Port Hillford

### **Calvary Faith Church, Sonora**

Church Schedule for Calvary Faith Baptist Church Sonora for the month of August, Bible Study and Prayer Meeting every Wednesday at 7pm. Sunday Schedule: August 6 - 6pm  
August 13 - 11am  
August 20 - 6pm  
August 27 - 11am      Pastor Wayne Bray: 902-522-2520

## Community Events

### **Sherbrooke Saturday Market**

The Sherbrooke Saturday Market takes place each week from 9am-1pm at the Sherbrooke Village Heritage Park. Parking in the Sherbrooke Village parking lot. Call Gabriela at 902-338-0290 to be a vendor, musician or artist.

### **New Chester Heritage Day 2023**

August 12th, 2023 1-4pm. Come join us in a fun filled afternoon of BBQ, bingo, cake walk, pie contest, door prize, 50-50 tickets also a few games, washer toss and photos of the past years. All are welcome! Hope to see you there.

### **Culture Club Sherbrooke**

Sunday August 20, 3-5pm: Literature Event, Book Reading with: Willa Mitchell (Daughter of W.O. Mitchell), Hilary Burns - Bestselling Author, Teresa Cavaliero - Actor, Singer and Robin Oliver - Writer from Texas. Monday August 21, 7-9pm, Finissage, Art Show with Tom Lowe "Power of Colour". Friday August 25, 7-9pm, Opening Reception, Art Show: "Feather and Flower" with Jen Yang Paintings.

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

A big thank you to the club members who helped with the range work day on Saturday, July 8th. Upcoming schedule:

Sunday August 6th - Harold Scott Benchrest Shoot. Two classes - centerfire rifle with scope and rimfire rifle with scope (.22lr, .22mag, .17hmr).

Sunday September 3rd - Falling targets at 25 & 50 yds. Two rifle classes. .22lr scope and .22lr open sight (non aperture). 2 handgun classes .22lr and center fire. Public welcome as guests. Range safety officers on duty. BBQ lunch available at noon.

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### **St. Mary's District Lion's Club**

Weekly Bingo is held Wednesday evenings and doors open at 6:45pm.

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### **Maple Manor Tea**

There will be a tea held at the Maple Manor every Tuesday from 9:30-11am. Everyone is welcome.

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### **RCMP Open House**

The Sherbrooke RCMP will be hosting an Open House and Family Day event on Sunday, August 27<sup>th</sup> from 11:00am until 2:00pm at the detachment located at 8013 Highway 7, Sherbrooke. A few specialized units will be on display and available to answer questions. Please come meet your local members as well and join us for a BBQ. We look forward to seeing you!

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### **Maple Manor Bake Sale**

Visit Clara Wulf every Friday between 11:00 am – 3:00 pm at Maple Manor for fresh baked goods.

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### **Thank you, Goshen Soccer Program**

I would like to give a big thank you to the Goshen Fire Dept., GW Giffin Funeral Home, Eastern Shore OverHead Doors, Kids Sport, Sue Grant and Timbits, Tony Feltman, Laurie Chisholm and the Goshen Community Centre, the Mamas&Munchkins Playgroup, and Kerri Jack (St. Mary's Municipality), for helping make this happen for the kids. Thank you to all the parents who have volunteered to coach, and to the kids who have been the whole reason to do this. This whole community has shown so much support towards the kids, and it's amazing. See you all this summer!- Brittany Howlett, Soccer Program Coordinator.

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### **Country Harbour Water Poker Rally**

Saturday, August 12, 2023. Registration from 1pm to 2pm at the Country Harbour Marina.

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### **Royal Canadian Legion Branch 86 Liscomb**

31 MacKinley Point Road, Liscomb (902)779-2006. Open Thursday, Friday & Saturday from 5pm with a pool table, 2 dart boards, 2 shuffleboards, canteen, and bar. The Liscomb Legion now has internet, Wi-Fi, and a debit payment system! **FRIDAY PUB & GRUB** starting at 6pm every Friday in August. Come out for pool, darts, shuffleboard, hot pub grub, karaoke and live music jams. Keep informed by checking our Facebook Group Page for info and updates: Branch 86 - Royal Canadian Legion - Liscomb | Facebook. **Cribbage Card Parties** continue Thursday and Saturday evenings at 8pm.

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### **Local Legion Looking for Champions**

Your local service club, the Royal Canadian Legion Branch 56 is in serious trouble. Over the years, Branch 56 has supported community activities such as Remembrance Day services, Canada Day parades, the local Foodbank, and providing bursaries to any St. Mary's Academy graduate attending a local community college program. Recently we have been working with the Sherbrooke Village Development Society to restore our cenotaph and present an appropriate centerpiece to honour our fallen. We are requesting everyone to consider becoming a member to help us further our work, whether it be an Ordinary Member (served in any of the forces or RCMP), Associate Member (relatives), Affiliate Member (Canadian or Commonwealth citizen), or Affiliate non-voting (those from an Allied Nation who support RCL). Without your assistance, we're afraid we cannot continue our service to the community and our responsibility to our veterans. Please visit <https://legion.ca/home> or <https://legion.ca/join-us> to review the opportunities and benefits of membership. For additional local information, speak with any legion member or contact [russmayne@bellaliant.net](mailto:russmayne@bellaliant.net) or [junemtate@icloud.com](mailto:junemtate@icloud.com).

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### **Goshen Community Recreation & Centre**

Bargain Shop Hours: Tuesday, Wednesday & Thursday 1-3pm. Game Day Wednesday, 1-4pm. Family Fun Day – August 12th, 2023 from 11:00am to 2:00pm. Games & food, fun for the family. Music by John Drake 7:00 to 10:00pm. Admission \$10 per person. Bake Sale during the concert. Recyclable Bottles are still welcomed and can be dropped off at Centre. Volunteers and Committee members are always welcomed. Please contact Laurie Chisholm 902-783-2291 or Lisa Myers 902-318-4401 if you would like more information.

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### **Annual Fish Fry Supper - New Date**

September 23rd, 2023 at the Port Bickerton Community Centre - 4874 Hwy. 211 from 3 - 6pm. Admission: \$16.00 for adults and \$8.00 for children. Take out and dine in. Duck Race will take place on September 24th, 2023. 300 toy ducks are released at Port Hilford Bridge to Port Hilford Beach. 6 prizes. Ducks can be purchased from firehall members.

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### **Country Harbour Gun Club Country Breakfast**

Saturday August 19, 2023. 8:30am to 10:00am.

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# *Smokey Hollow Holidays*

Presented by the Country Harbour Cwn Club

**JUL 29**  
**SAT**

**Washer Toss Tournament**  
**Musical Bingo**

**11AM**  
**9PM**

**JUL 30**  
**SUN**

**Penny Auction**

**1PM**

**JUL 31**  
**MON**

**Crib Night in Memory of**  
**the Little Jim & Jim Rhynold**

**7:30PM**

**AUG 1**  
**TUES**

**Bingo**

**7:30PM**

**AUG 2**  
**WED**

**Darts**

**7:30PM**

**AUG 3**  
**THURS**

**Family Day**

**10AM**

**AUG 4**  
**FRI**

**Men's Ball Tournament**  
**Trivia & Pub Night**

**6PM**  
**9PM**

**AUG 5**  
**SAT**

**Men's Ball Continues**  
**Hootenanny**  
**Adult Dance**

**8AM**  
**2-5PM**  
**9PM**

**AUG 6**  
**SUN**

**Men's Ball Continues**  
**Basket Draw**

**8AM**  
**1PM**



**Sherbrooke Village**  
**LEGO BUILDING  
COMPETITION**

**Design a Lego Model of one of our museum buildings and have a chance to win prizes!**

**Three Age Categories:**

**12 and Under**

**13 to 18**

**18 and Over**

**All submissions must be a building from the Sherbrooke Village museum site. No model should be shorter than 6 inches in height.**

**Submission Deadline:**

**5pm, Sunday, August 13th, 2023  
Exhibit Centre, Sherbrooke Village**

**Members of the public are invited to VOTE for the People's Choice Award from August 16th to 19th.**

**Winners will be announced at an open house  
Sunday, August 20th, 2-4pm at the Exhibit Centre**



# THE ST. MARY'S RIVER COMMUNITY FAIR and Cardboard Boat Regatta



**SATURDAY, AUGUST 12TH**

## **11am - Old Time County Fair**

Taking Place in the Performance Centre Field, with a FREE BBQ, games, crafts, fly tying demonstrations, information booths, prizes and much more!

## **2:30pm - Cardboard Boat Race**

**\*PLEASE FOLLOW US ON FACEBOOK TO SEE RULES AND REGULATIONS\***

Decorating/costume theme is "VIKINGS". Register at the boat club wharf between 1:45:2:15pm for the 2:30pm launch.

Children and adult categories are: under 7, 8-15, and over 16.

Prizes for best sport and fastest time. Costumes welcome and boat descriptions encouraged.

**\*Save your change, the Icy Whale Ice Cream and Frozen truck will be joining us again this year.\***

for any questions, please contact:  
Sherbrooke Village (902) 522-2400

**MADE POSSIBLE BY THE FOLLOWING PARTNERS:**





# Frozen Meals on Wheels Entree Menu

The meals below are suitable for the microwave and a conventional oven.

**Texture-modified meals:** In addition to regular textures, we offer a range of complete meals for a minced or pureed diet available upon request.

**Meatloaf in Mushroom Gravy: (LC, LS)**

With mashed potatoes, green and yellow beans and carrots.

**350g | 330cal**

21g protein | 5g sugar | 14g fat

**Shepherd's Pie: (LC, LF, LS)**

With peas and carrots.

**375g | 300cal**

19g protein | 6g sugar | 10g fat

**Beef Stew: (LC, LF, LS)**

With squash and mashed potatoes.

**380g | 310cal**

28g protein | 6g sugar | 5g fat

**Country Chicken: (LC, LF)**

In gravy with mashed potatoes, stuffing and carrots.

**320g | 220cal**

18g protein | 5g sugar | 4.5g fat

**Macaroni, Meat & Cheese Casserole:**

Ground beef in tomato sauce, topped with macaroni and cheese with green and yellow beans and carrots.

**355g | 400cal**

25g protein | 7g sugar | 17g fat

**Sweet & Sour Chicken: (LC, LF)**

With white rice.

**300g | 300cal**

18g protein | 15g sugar | 4g fat

**Chicken Pot Pie: (LC)**

Chicken and vegetables in a cream sauce topped with pastry, served with green beans and carrots.

**355g | 340cal**

18g protein | 6g sugar | 18g fat

**Chicken Stew: (LC, LF)**

With mixed mashed turnip and green beans.

**350g | 200cal**

13g protein | 7g sugar | 8g fat

**Turkey with Stuffing: (LC, LF)**

With mashed potatoes and peas.

**340g | 260cal**

20g protein | 4g sugar | 5g fat

**Salmon in Lemon Sauce:**

Served with white rice and peas with carrots.

**290g | 300cal**

22g protein | 5g sugar | 9g fat

**Apple Braised Pork: (GF, LC, LF)**

With rice and squash.

**230g | 350cal**

29g protein | 19g sugar | 8g fat

**Bangers & Mash:**

With mashed potatoes, gravy, and peas.

**380g | 600cal**

18g protein | 5g sugar | 41g fat

**Diet Symbols**

Many of our meals are classified with diet symbols. You will find each item's symbol(s) after the description. Use them to select the meals suitable for your diet. The definitions are as followed:

**GF** Gluten Free: These meals do not contain any gluten proteins or wheat.

**LC** Low Calorie: These meals contain 120 calories or less per 100g.

**LF** Low Fat: These meals contain 3g or less of fat per 100g

**LS** Low Sodium: These meals contain 140mg or less of sodium per 100g

**VON Site:** VON Antigonish

**Contact Information:** Jean MacDonell, Program Coordinator

T: 902-863-2547 | E: jeanmacdonell@von.ca

# August 2023 Events Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		Summer Day Camp 8am-4pm Maple Manor Tea 9:30-11am Smokey Hollow Bingo 7:30pm	Summer Day Camp 8am-4pm Kids First Playgroup @ Lochiel Lake 10-11:30am Goshen Game Day 1-4pm Committee of the Whole Mtg. 4pm Lion's Bingo 6:45pm Smokey Hollow Darts 7:30pm	Summer Day Camp 8am-4pm Smokey Hollow Family Day 10am Liscomb Legion Crib 8pm	MM Bake Sale 11am-3pm Liscomb Legion Pub & Grub 6pm Smokey Hollow Men's Ball Tourn. 6pm Smokey Hollow Trivia & Pub Night 9pm	Smokey Hollow Men's Ball Tourn. 8am Sherbrooke Saturday Market 9am-1pm Recyclable Collection 10am Smokey Hollow Hootenanny 2-5pm Liscomb Legion Crib 8pm Smokey Hollow Adult Dance 9pm
		8	9	10	11	12
6	7	8	9	10	11	12
Benchrest Shoot Event Smokey Hollow Men's Ball Tourn. 8am Smokey Hollow Basket Draw 1pm	Natal Day Municipal Office & Transfer Station Closed. No Day Camp Program.	Summer Day Camp 8am-4pm Maple Manor Tea 9:30-11am	Summer Day Camp 8am-4pm Kids First Playgroup @ Ecum Secum Playground 10-11:30am Goshen Game Day 1-4pm Lion's Bingo 6:45pm	Summer Day Camp 8am-4pm Liscomb Legion Crib 8pm	MM Bake Sale 11am-3pm Liscomb Legion Pub & Grub 6pm	Sherbrooke Saturday Market 9am-1pm Recyclable Collection 10am Community Fair & Cardboard Boat Regatta 11am Goshen Family Fun Day 11am-2pm New Chester Heritage Day 1-4pm Country Harbour Water Poker Rally 1-2pm Liscomb Legion Crib 8pm
		15	16	17	18	19
13	14	15	16	17	18	19
Lego Building Competition Submission Deadline	Summer Day Camp 8am-4pm Regular Council Mtg. 4pm	Summer Day Camp 8am-4pm Maple Manor Tea 9:30-11am Kids First Playgroup @ Liscomb Legion playground 10-11:30am	Summer Day Camp 8am-4pm Sept. Newsletter Deadline 4pm Goshen Game Day 1-4pm Lion's Bingo 6:45pm	Summer Day Camp 8am-4pm Liscomb Legion Crib 8pm	MM Bake Sale 11am-3pm Liscomb Legion Pub & Grub 6pm	Country Harbour Breakfast 8:30am - 10am Sherbrooke Saturday Market 9am-1pm Recyclable Collection 10am Liscomb Legion Crib 8pm
		22	23	24	25	26
20	21	22	23	24	25	26
Sherbrooke Culture Club Literature Event 3-5pm Lego Competition Open House 2-4pm	Summer Day Camp 8am-4pm Sherbrooke Culture Club Art Show 7-9pm.	Summer Day Camp 8am-4pm Maple Manor Tea 9:30-11am	Summer Day Camp 8am-4pm Kids First Playgroup @ Port Hilford Beach 11am-1pm Goshen Game Day 1-4pm Lion's Bingo 6:45pm	Summer Day Camp 8am-4pm Liscomb Legion Crib 8pm	MM Bake Sale 11am-3pm Liscomb Legion Pub & Grub 6pm Sherbrooke Culture Club Art Show 7-9pm	Sherbrooke Saturday Market 9am-1pm Recyclable Collection 10am Liscomb Legion Crib 8pm
		29	30	31		
27	28	29	30	31		
RCMP Open House 11am-2pm		Maple Manor Tea 9:30-11am Kayaking Classes @ Nimrods	Goshen Game Day 1-4pm Lion's Bingo 6:45pm	Guys. Co. 55+ Games Meeting 10am Liscomb Legion Crib 8pm		