



Municipality of the District of St. Mary's Newsletter

September 2024

www.saint-marys.ca (P) 902-522-2049 (F) 902-522-2309

Meetings of Council

The next regular meeting of Council is Monday, September 9, in Council Chambers at 4:00pm. The Committee of the Whole meetings will take place Wednesday, September 4, and Wednesday, September 18 at 4:00pm in Council Chambers. Meeting agendas & minutes are available at <https://www.saint-marys.ca/council-agendas-and-minutes.html>

Municipal Facility Closures

The Municipal Office & all municipal facilities will be closed on September 2 for Labour Day & September 30 for National Day of Truth & Reconciliation.

National Day for Truth & Reconciliation

Each year, September 30 marks the National Day for Truth and Reconciliation. This day also coincides with Orange Shirt Day. It recognizes the tragic legacy of residential schools, the missing children, the families left behind and the survivors of these institutions. The orange shirt is a symbol of the stripping away of culture, freedom and self-esteem experienced by Indigenous children over generations. On September 30, we encourage everyone to wear orange to honour the thousands of Survivors of residential schools.

This National Day for Truth and Reconciliation, explore the rich and diverse cultures, voices, experiences and stories of the First Nations, Inuit, and Métis peoples. Visit <https://www.canada.ca/en/canadian-heritage/campaigns/national-day-truth-reconciliation.html> to start your learning journey!

NS School Lunch Program

This October, phase one of the Nova Scotia School Lunch Program will launch at St. Mary's Education Centre / Academy. Families will be able to order affordable lunches through an online pay-what-you-can system that lets them confidentially pay what they are able. As we get closer to the start of the school lunch program, more information on menu options, the ordering process and other details will be shared with families and school communities. You can also always check NSLunch.ca for updates.

Provincial Property Tax Rebate for Seniors

This program, administered by Service Nova Scotia is designed to help eligible seniors remain in their homes by providing an annual rebate on their municipal property taxes. Provincial Property Tax Rebate forms are available at the Municipal Office. The deadline to apply is December 31st, 2024. Call 902-522-2049 for more information.

Municipal Low Income Property Tax Exemption

The Municipality provides a property tax exemption to assist low-income homeowners to pay their residential property taxes. Approved property owners will receive a credit of \$180 on their tax account. The total annual household income for the 2024/2025 year is \$25,280. Contact the Municipal Office at 902-522-2049 for more information.

New Horizons for Seniors Program

The New Horizons for Seniors Program (NHSP) community-based stream is a federal grant that supports projects that are designed by seniors and for seniors in their communities. This program funds projects that empower seniors in their communities and contribute to improving their health and wellbeing. Eligible organizations can apply for up to \$25,000 for projects that are led by seniors and are volunteer based. If you have questions, need help or require an accommodation with this application process, contact ATL-NHSP-PNHA-GD@servicecanada.gc.ca.

Table of Contents

Municipal News	1
Solid Waste Schedule	3
Community Dev. & Recreation	4
Economic Development	4
Community News & Events	5
Community Services	8
Congregational Services	8
Calendar of Events	

The deadline for the October Newsletter is Wednesday, September 18 at 4:00 pm. Submissions can be faxed to 902-522-2309, submitted at the Municipal Office or by email to newsletter@saint-marys.ca.

Municipal Transfer Station

The St. Mary's Transfer Station is open Monday's from 9:00am to 4:30pm and every second Saturday from 10:00am to 3:00pm.

Open Saturday, September 7 & 21.

MacMillan's Recyclable Pickup

Recyclable collection will occur on the second and fourth Saturday in September starting at 10:00 am at the St. Mary's Recplex. For more info call 902-863-1127.

Solid Waste Collection Schedule

The Municipal Newsletter will no longer include the monthly solid waste collection schedule. A quarterly solid waste collection schedule will be included in the newsletter for individuals tear off and keep, see page 2. You can also find solid waste collection details & sign up for notifications at <https://www.saint-marys.ca/waste-management.html>.



Municipal Contributions to Community Organizations

Pursuant to the Municipal Government Act, the Municipality shall each year publish a list of grants or contributions made to community organizations in the Municipality. The following are a list of grants given by the Municipality of the District of St. Mary's for the fiscal year April 1, 2023, to March 31, 2024.

<u>Organization</u>	<u>Amount Granted</u>	<u>Organization</u>	<u>Amount Granted</u>
U15 East Hants Mastodons	\$100	Sonora Community Center	\$1,544
District 6 Vol Fire Dept (Goshen)	\$6,736	SHOPS	\$1,600
East River Vol Fire Dept	\$5,258	St. Mary's Shooters Association	\$250
Eastern Shore Sunshine Club	\$580	St. Mary's District Fireman's Association	\$13,145
Eureka Fire Dept	\$2,629	St. Mary's Education Centre/Academy & Scholarships	\$3,828
Ecum Secum Vol Fire Dept.	\$6,308	St. Mary's River Association	\$800
Ecum Secum Community Playground	\$1,306	St. Mary's Food Bank	\$900
Goshen Community Center	\$11,686	Guysborough Co. Older Adult Games	\$1,250
Greenfield Oldsters Club	\$956	St. Mary's Lions Club	\$200
Heritage Goldenville Society	\$2,217	St. Mary's Trails Association	\$1,600
Historic Sherbrooke Village Development/ Restoration Commission	\$600	St. Mary's ATV Club	\$1,544
IHL/Jordanville Community Center	\$1,006	St. John's Cemetery Society	\$600
Liscomb Legion	\$806	St. Mary's House League Hockey	\$650
Liscomb Vol. Fire Dept	\$7,758	Guys Co. Kid's 1 st Association	\$1,000
Maple Manor Seniors	\$1,326	Sherbrooke Vol Fire Dept	\$6,273
McKeen Lake Lodge	\$1,378	Stillwater Community Center	\$211
Port Bickerton Planning Association	\$4,500	Strait Area Ground Search and Rescue	\$1,000
Queens Lodge	\$1,000	Sherbrooke Village Old Fashioned Christmas	\$2,000
Seashore Vol Fire Dept	\$5,258	STFX Rowing Team	\$200
Women's Inst. Port Hilford	\$150	Sherbrooke Market Society	\$300
Royal Cnd. Legion Br 56	\$1,600		

Total Amount Granted for 2023/2024 Fiscal Year - \$102,053



Fall 2024 Solid Waste Collection Schedule

Questions? Contact *Eastern Shore Cartage* at 1-800-261-0372



Tuesday - Zone 1	Wednesday - Zone 2	Thursday - Zone 3
September 3 Garbage & Recyclables	September 4 Garbage & Recyclables	September 5 Garbage & Recyclables
September 10 Garbage & 1 Bulky Item	September 11 Garbage & 1 Bulky Item	September 12 Garbage & 1 Bulky Item
September 17 Garbage & Recyclables	September 18 Garbage & Recyclables	September 19 Garbage & Recyclables
September 24 Garbage & 1 Bulky Item	September 25 Garbage & 1 Bulky Item	September 26 Garbage & 1 Bulky Item
October 1 Recyclables	October 2 Recyclables	October 3 Recyclables
October 8 Garbage & 1 Bulky Item	October 8 Garbage & 1 Bulky Item	October 9 Garbage & 1 Bulky Item
October 15 Recyclables	October 16 Recyclables	October 17 Recyclables
October 22 Garbage & 1 Bulky Item	October 23 Garbage & 1 Bulky Item	October 24 Garbage & 1 Bulky Item
October 29 Recyclables	October 30 Recyclables	October 31 Recyclables
November 5 Garbage & 1 Bulky Item	November 6 Garbage & 1 Bulky Item	November 7 Garbage & 1 Bulky Item
November 12 Recyclables	November 13 Recyclables	November 14 Recyclables
November 19 Garbage & 1 Bulky Item	November 20 Garbage & 1 Bulky Item	November 21 Garbage & 1 Bulky Item
November 26 Recyclables	November 27 Recyclables	November 28 Recyclables

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.

ZONE 3: Hwy 211, IHL to Port Bickerton, Stillwater, West Melrose, Lead Minds Rd, to Waternish inclusive.

SORTING GUIDE

BLUE BAG #1	BLUE BAG #2	CLEAR BAG	BACKYARD COMPOSTING
<p>Recycle Paper</p> <ul style="list-style-type: none"> -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. 	<p>Recyclable Containers</p> <p><u>All Beverage Containers</u></p> <ul style="list-style-type: none"> -Juice -Liquor -Pop <p>(These can be put in Blue Bag #2 if you are not returning for refund at depot.)</p> <p><u>All Milk Containers</u></p> <ul style="list-style-type: none"> -Milk containers -Coffee cream -Whipping Cream -Chocolate milk, etc. <p><u>Glass</u></p> <ul style="list-style-type: none"> -Bottles -Jars <p><u>Metal</u></p> <ul style="list-style-type: none"> -Aluminum Pie Plates -Food Cans (do NOT crush) <p><u>Plastics</u></p> <ul style="list-style-type: none"> -Grocery bags & Bread bags -Household Containers (must have a recycling symbol with a number inside: #1-7) <p>All covers must be removed from milk, glass and plastic containers. Labels do not need to be removed. Do not wrap or stuff glass jars.</p> <p style="text-align: center;">ALL ITEMS MUST BE CLEAN & DRY!</p>	<p>Regular Garbage</p> <p>Examples:</p> <ul style="list-style-type: none"> -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 -<u>Empty Aerosol & Paint Cans</u> -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. <p>*Each clear bag may contain one and only one small solid color bag for personal items.</p>	<p>GREENS:</p> <ul style="list-style-type: none"> -Pasta (Plain) -Vegetables/Fruit Peelings -Tea Bags -Coffee Grinds -House Plants <p>BROWNS:</p> <ul style="list-style-type: none"> -Coffee Filters -Paper Towel -Dry Leaves and Grass -Shredder paper -potting soil <p>NO:</p> <p>Meat/Fish/Bones/Dairy</p> <hr/> <p style="text-align: center;">Backyard Composting Tips:</p> <p>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 odors.</p> <hr/> <p style="text-align: center;">Solid Waste Information:</p> <p style="text-align: center;">Eastern Region Solid Waste Management 902-232-2563 www.erswm.ca</p> <p style="text-align: center;">RRFB Solid Waste Hotline 1-877-313-RRFB (7732) www.rrfb.com</p>

Community Development & Recreation

If you have any questions or concerns about recreation programs or facilities contact Mallory at 902-522-2598 or mallory.fraser@saint-marys.ca,

You can register for all recreation programs at the Municipal Office or online at <https://www.saint-marys.ca/residents/recreation/program-registration-form.html>. Pre-registration may be required for some programs.

Guysborough County 55+ Games

The Guysborough County 55+ Games will be held on October 2-3 at Liscomb Lodge, offering a wonderful opportunity for seniors to come together for friendly competition and camaraderie. Whether you're a seasoned athlete or just looking to have some fun, the Games offer a variety of activities suited for all skill levels. Be sure to register by September 13 to secure your spot and join in the excitement of this event! Registration is \$50 plus the cost of accommodations. Registration forms are available at the Municipal Office or at <https://www.saint-marys.ca/guysborough-county-55-games.html>.

Equipment Rentals

Bikes, kayaks, paddle boards and more is available to rent. Equipment can be rented at the Municipal Office. To learn more contact the Recreation Department or visit <https://www.saint-marys.ca/equipment-loan-form.html>.

Referees Needed

Are you interested in be a referee for the Adult Recreation Hockey League? Referees are paid per game. If you are interested, contact Mallory.

Before and After Program 2024-25

The Municipality of the District of St. Mary's is offering the Before and After Program (BAP) for the 2024-25 school year. 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 Thursday, September 5, 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 on school days. Registration for the Before and After Program is open and can be completed on the municipal website or at the Municipal Office. If you would like more information about this program, please contact Mallory.

Adult Recreation Hockey League

Registration is now open for the Adult Recreation Hockey League. The draft will occur October 11.

There will be sponsorship opportunities for businesses to support the program. If your business is interested in a sponsorship opportunity, please contact Mallory.

Economic Development

Community Business Development Corporation (CBDC)

Are you interested in starting your own business? 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. Loans are available for business start-up, expansion, renovations, line of credit, etc. Micro Loans are available up to \$10,000. Business start-up information and counseling is available. We offer the Self-Employment Benefits Program. Qualifying participants can receive benefits and training opportunities during business startup. For more information call 902-533-2770 or email wanda.macdonald@cbdc.ca.

Employment Opportunity

St. Mary's Association for Rural Transit (SMART-GO) is currently seeking motivated individuals to join our team as casual part-time drivers. We offer a competitive pay rate of \$19-\$20 per hour and a flexible work schedule. Ideal candidates will have a Class 4 License (or willingness to obtain) and a clean driving record.

To apply, please submit your resume to Heather Kreffer, Executive Director, at info@smart-go.ca.

Graduate to Opportunities Program

The Graduate to Opportunity (GTO) program helps build a stronger workforce and retain young people in Nova Scotia with a salary incentive that makes it easier to hire recent graduates. Hire a recent graduate and the Government of Nova Scotia will cover a portion of their salary. For more information visit <https://novascotia.ca/programs/graduate-to-opportunity/> or call 1-800-424-5418.

Get Growing Program

The Get Growing Program supports small farms in adopting specialized infrastructure and equipment. The program helps with the expansion of local agricultural production for local markets. For more information visit <https://novascotia.ca/programs/get-growing/> or call 902-893-6377.

Community News & Events

Sherbrooke Saturday Market

The 2024 Market season number six is underway! The market is open on Saturdays from 9 :00am to 1:00pm. Parking is available at Sherbrooke Village Parking lot. The Market will run until the last Saturday of October. To participate as a volunteer, Vendor, Musician, Artist, Performance Artist, or to donate toward event insurance, contact Gabriela Schupbach on Messenger or call 902-338-0290.

St. Mary's Shooters Association

Results from the Benchrest Match – August 4:

<i>Centerfire Rifle Group</i>	<i>Rimfire Rifle Group</i>
1. John Bransfield	1. Tony Handspiker
2. Don Gurney	2. Sandy Hodgson
3. Sandy Hodgson	3. John Bransfield

<i>Centerfire Rifle Group</i>	<i>Rimfire Rifle Score</i>
1. John Bransfield	1. James MacIntosh
2. Tony Handspiker	2. Allan Crawford
3. James MacIntosh	3. Tony Handspiker

The Falling Targets Shoot is scheduled for September 8 at DNRR Stillwater.

Canadian Firearms Safety Course - September 14, 9am at the Stillwater Community Center, 9558 Hwy 7, Stillwater. Register and pay online at <https://firearmsafety.online-compliance.com/RegisterB.php?selection=courseid&courseid=914&categoryid=35>.

Annual General Meeting - September 15, 2pm, Stillwater Community Center.

The Stillwater Community Center

Please join us for cards on Friday nights from September 6 to November 29. Doors open at 7pm and card play begins at 7:30pm.

For hall rental information contact Gordon MacIntosh at 902-497-1201.

Ecum Secum Fire Brigade

Fun Darts for aged 14+ every Monday. The doors open at 6:30 pm and games start at 7:00 pm. \$4 to play. There will be 14 games of 501. 50/50 and high score pot will be available.

St. Mary's District Lion's Club

Bingo on Wednesday nights. Doors open at 7:00pm & games start at 7:30pm.

Annual Takeout Chicken BBQ - Saturday, October 5, pick up from 3:30-5pm. The meal includes Half Chicken, Baked Potato, Coleslaw, Roll & Dessert for \$20 (no refunds). All meals must be pre-ordered by Sunday, September 29, see a Lion's member to make your order.

Thank you to everyone that purchased August Lottery Calendars. & congratulations to all the winners. There will be another draw for January 2025.

Royal Canadian Legion, Liscomb Branch 86

Open Thursday, Friday, and Saturday, 6-11pm. Pool tables and shuffleboards are available, the canteen and the bar will be open.

There is *cribbage* on Thursday's and Saturday's at 7:30pm.

Membership Renewal Fee & Donations can be paid by cash, debit, cheque or e-transfer to branch86rcl@gmail.com. The fee is \$50. Together we make a difference! New members are welcome!

Annual General Meeting - September 3, 7pm. All members are encouraged to attend. Your opinions, contributions and offer to volunteer are appreciated.

Check out our Facebook Page

<https://www.facebook.com/groups/381388507073984>

St. Mary's Dart League

Calling all dart players, the St Mary's dart league is now looking for players for the 2024 - 2025 season. Full time players and spares welcome. Anyone interested should contact: Cory Worth 902-328-7033, Brian Hallett 902-328-4076, or Rod Dunbar 902-870-5462.

Compass Rose Quilters Guild

Join us on September 9, at 10am at the Lion's Hall as we start our season of quilting and fun! We will be working on pillowcases for a donation to Ryan's Case of Smiles. Everyone is welcome!

Goshen Community/ Recreation Centre

The *Bargain Shop* is open for shopping and donations every Tuesday, Wednesday & Thursday from 1-3pm.

Game Day on Wednesday's from 1-4pm.

Cribbage on Tuesday's at 7:30pm. No partner required. Admission is \$5.00.

Coffee Breaks will be on September 2, 16, & 30 at 9:30am.

Blood Pressure Clinic on Wednesday, September 11 & 23, 1-3pm.

Penny Auction on September 21 at 1pm.

Goshen's Annual ATV Fun Run in Loving Memory of Brian Mason on Saturday, September 28. Registration by donation at Downstairs at the Goshen Community & Recreation Centre, 9-10am. Coffee, Tea & Breakfast Sandwiches will be available at 8:30am. Prizes will be drawn at 10am and the rally will begin at 10:30am.

Recyclables are accepted at the centre.

Volunteers and Committee members are welcome!

Contact Laurie Chisholm at 902-783-2291 or Lisa Myers at 902-318-4401 for more information.

Maple Manor Tea

Maple Manor hosts a Tea every Tuesday, 9:30-11am. Come out and enjoy!

Concert for the Port Hilford Old School House



*It's that time of year
again! Save the Date!*

A summer evening of musical entertainment featuring Max MacDonald & the Riverbend Ramblers, Joey Jordan and your Sherbrooke Market Musicians!

When: Thursday, September 26th, 7:00 pm

**Where: Indian Harbour Lake (IHL)/ Jordanville
Community Centre**

Light refreshments following the music. Donations welcome for continued maintenance on this historic building.

Doors open at 6:30pm. See you there!

Community News & Events

Sherbrooke Antique & Classic Car Show

Previously the *Sherbrooke Show & Shine Car Show*, the *Sherbrooke Antique & Classic Car Show* will be held at the St. Mary's Lions Hall on September 7, 10am-4pm hosted by the St. Mary's District Lion's Club & Jim Porter with a Dance at 9pm. For more information call 902-328-7306 or email j_importer@hotmail.com.

Sherbrooke Village Museum

Sherbrooke Village invites you to embark on the *Shadow of Sherbrooke Village Ghost Tours*, launching this September and running through Halloween! Every Wednesday and Friday night, a select group of twelve brave souls will gather to unravel the eerie LEGEND of Sherbrooke Village. Reservations can be made online at sherbrookevillage.ca or by calling 902-522-2400. Tickets are \$35. Parental discretion is advised.

J.P. Cormier is performing at the Church in Sherbrooke Village on Friday, September 20. Doors open at 6:30pm & the show starts at 7pm. Tickets are \$20 and can be purchased in advance at sherbrookevillage.ca or by phone at 902-522-2400.

Sherbrooke Village's Courthouse Concert Series is concluding in September with a bang! On Thursday, September 5, Clary Croft returns to the Courthouse once again for what is sure to be a spectacular evening of storytelling and traditional, handcrafted songs. On Thursday, September 12, Saltwater Joy closes out our season in good, 'ol fashioned Maritime style. Tickets for both shows are \$12 and available by phone at 902-522-2400 or online at sherbrookevillage.ca.

Northeastern Christmas Tree Association

Annual General Meeting - Wednesday, September 11, 7pm at the St. Andrew's Community Centre. Everyone is welcome. Doors open at 6pm. Vendors on site. We are looking for new suppliers of trees & brush!

Bob Breen Loop Sale

September 29, 10am-2pm. Everyone is welcome.

Goldenville Interpretive Centre

Your Help is Needed! The Goldenville Interpretive Centre is working hard to raise funds for heat pumps to preserve our 124-year-old building and continue providing valuable programs and services to our community. Despite our efforts, we do not receive any provincial funding and, to date, do not qualify for any assistance from existing efficiency programs. We are 100% volunteer-run and must fundraise for all necessary funds. You can support us by purchasing a 50/50 ticket for our online raffle – not only will you help protect this historic site and its artifacts, but you could also be our lucky winner! The tickets can be purchased through the Rafflebox program at <https://rafflebox.ca/raffle/hgs>. You can also make a direct contribution to the Interpretive Centre in the form of a Charitable Donation. As a registered charity we are more than happy to issue you a tax receipt for your generosity. Contact goldenvillemuseum@gmail.com.

Royal Canadian Legion, Sherbrooke Branch 56

Meeting - September 3, 2pm at the Legion Hall in the Village. Members are welcome. We are asking members of the public whose family have served in the Armed Forces, RCMP, Coast Guard what we can do to support them. We need your help to understand the needs of our veterans.

This Remembrance Day, RCL Sherbrooke, Branch 56 will sell small white crosses to be added to a community wreath of commemoration. The cost is a donation. The money will go into a special fund managed by RCL Sherbrooke, Branch 56. This fund will be used for projects in the community. If you'd like to place a wreath for Remembrance Day or purchase a white cross please contact June at 902-833-2625 or junemtate@icloud.com.

The Legion is also preparing to support the erection of a new community cenotaph to replace the existing cenotaph which is deteriorating. All donations will be recorded with the name of the donor and the name of the person(s) being commemorated. It is proposed that this information would then be published in our local Municipal newsletter.

Community Services

St. Mary's District Food Bank

Please contact 902-833-2920 to access services. Confidentiality is strictly upheld. There is a donation box 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. If a donation is made in memory or as a gift, a card is sent to the family. Thank you to the organizations and community members for the food and financial support that you give throughout the year and thank you to the volunteers who ensure that food is made available throughout the District of St. Mary's including SHOPS participants for packing boxes.

Eastern Counties Regional Library

Open Tuesday 9:00 am-12:00 pm & 12:30-2:30 pm, Wednesday, Thursday, & Friday from 12:30-5:30 pm & Saturday from 9:00 am-12:00 pm & 12:30-2:30 pm. Don't forget to stop by to restock on Covid tests, menstrual or incontinence products for you or someone you know!

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, or email us at sherbrooke@ecrl.ca. Stay up to date by following ECRL on social media: [facebook.com/ECRLibrary](https://www.facebook.com/ECRLibrary) | twitter.com/ecrlibrary.

Introducing Sherbrooke Opportunities Society (SHOPS)

If you are new to the area, we would like to introduce you to Sherbrooke Opportunities Society, commonly known as SHOPS.

We would like to say Welcome to the community!

We are a vital organization dedicated to supporting adults aged 18 and older with intellectual and developmental disabilities. Persons attending our programs are referred to as Participants. The term "Participant" reflects their active role in learning, growing, and contributing within the SHOPS community. SHOPS provides them with the OPPORTUNITIES they need to live more independent and fulfilling lives.



Who We Serve

Our Participants come from diverse backgrounds. Some were born with intellectual or developmental disabilities, while others may have acquired cognitive impairments due to injury or illness later in life. Additionally, some Participants have physical challenges that impact their daily lives. No matter their circumstances, SHOPS is here to help them develop the skills they need to thrive, both personally and professionally.

What We Do

At SHOPS, we offer structured activities designed to help our Participants build the skills they need to enhance their independence. Our programs focus on a wide range of essential life skills, including:

- Personal Well-being: Promoting self-care, hygiene, and overall health.
- Communication: Teaching effective ways to express thoughts and needs.
- Life Skills: Including money management, cooking, and cleaning and so on.
- Physical Well-being: Encouraging physical activity and healthy living.
- Social Interactions: Fostering appropriate and positive relationships.
- Community Inclusion: Helping Participants engage with and contribute to their community.
- Employable Skills: Preparing Participants with the skills need to acquire meaningful paid employment.

Our goal is to empower our Participants to lead more independent lives, whether that means managing their daily tasks more effectively or finding and maintaining employment.

Supporting SHOPS

While SHOPS does receive some funding, it is limited and does not cover all of our operating costs. To bridge this gap, we engage in fundraising and operate several social enterprises within the community. These include our laundry service, sorting of refundables, and document shredding services. The funds generated from these ventures are crucial—they allow us to pay our Participants an actual wage, moving away from the outdated practice of offering token stipends. Our weekly TOONIE DRAW is also one of our crucial fundraising ventures. Additionally, these funds help sustain our programming efforts.

No Cost to Participants

Currently, there is no charge for Participants to attend our programs. This ensures that everyone who needs our services has access to them, regardless of their financial situation.

How We Operate

SHOPS is governed by a dedicated volunteer Board of Directors and employs a skilled team of staff who deliver our programs. Their commitment ensures that SHOPS remains a valuable resource in our community, continually evolving to meet the needs of our Participants. We require all our staff and volunteers to be screened through the Police Record and Vulnerable Sector Check system.

Where We Operate

We are incredibly fortunate to have a spacious and beautiful location within Memorial Place, situated at St. Mary's Educational Centre and Academy at 121 Old Hill Road. This prime location allows us to foster inclusion and integration with both the school and the wider community. Our refundable sorting centre is conveniently located just beyond the school, behind the school bus building.

A Note on our Refundable Program

We are happy to pick up your refundables within the Village of Sherbrooke—just give us a call! To ensure the safety and well-being of our Staff and Participants, please keep garbage and non-refundable recyclables out of the bags you donate.

In closing, SHOPS is more than just a day program—it is a community of support, learning, and opportunity. We invite you to learn more about our work, participate in our events, and support our mission to empower adults with intellectual and developmental disabilities.

Whether you are a family member, a potential volunteer, or someone interested in supporting our work, we welcome you to become part of the SHOPS community. Together, we can continue to create opportunities for independence and empowerment for all our Participants.



Community Services

St. Mary's Kids First

The Guysborough County Prenatal Program is open to all women expecting a baby who live in Guysborough County. Self-referrals are welcome!

Baby Group on Friday's from 12-1:30pm is open to all parents/caregivers with babies up to 18 months, their siblings and pre-natal families. .

Call Emilie 902-533-3881 or toll free at 1-888-533-3881 for more information regarding *Baby Group* or *The Guysborough County Prenatal Program*.

Three + Drop-Off Program on Tuesday's is open to all children age 3 by December 31, 2024. A start date will be announced in the near future. Call or text Paula at 902-870-7437 or email parentingjourney@kids1st.ca if you would like to register your child.

Play Group on Wednesday's from 10-11:30am is open to all parents/caregivers and children age birth to six years. A healthy snack is provided. Start up date is September 11, 2024. For more information text or call 902-870-7437 or email parentingjourney@kids1st.ca.

The Parenting Journey Program is a support for parents with children up to 18 years. Self-referrals are welcome. For more information text/call Paula at 902-870-7437 or email parentingjourney@kids1st.ca.

Follow us on Facebook at [St. Mary's Kids First](#) for up to date information.

NS Emergency Management Office

Now is a good time to start preparing for hurricane season. Be prepared for at least 72 hours without power or running water. Trim trees before a storm to reduce the danger of damage to your home and vehicle. To read more about emergency and disaster preparedness visit <https://novascotia.ca/emergency-education/>.

NS Public Health - Nurse Family Partnership

Public Health is offering the Nurse-Family Partnership (NFP) Program in the Eastern Zone which includes St. Mary's.

This free, voluntary home visiting program is for people who are pregnant and could use a little extra support. Clients are paired with a specially trained Public Health Nurse while they are pregnant, and the partnership continues until the child's second birthday.

Nurse-Family Partnership is designed to help improve pregnancy outcomes, help children have positive health and development outcomes, and set families on the best path forward for a healthy and happy life.

You can learn more about Nurse-Family Partnership in the Eastern Zone including how to self-refer at <https://www.nshealth.ca/NFP>.

Nova Scotia Guard

The Government of Nova Scotia is creating the Nova Scotia Guard to help the province during emergency situations and extreme weather events (like wildfires, floods, blizzards and hurricanes). The guard is a group of volunteers that's ready to support the province during and after an emergency.

The guard needs volunteers with special skills and training to do things like fight fires, operate heavy equipment and provide medical assistance and to help with general activities like delivering food and other essential goods, sorting donations, shovelling snow, helping in evacuation centres, and providing comfort and personal support to affected communities.

The Government of Nova Scotia provides orientation and training.

To register visit <https://nsguard.ca/>.

Congregational Services

Sonora Calvary Faith Baptist Church

Pastor Wayne Bray, 902-522-2520

Weekly Bible Study and Prayer Meeting are held on Wednesdays at 7:00 pm.

Sunday Services as follows:

September 1 at 6pm

September 8 at 11am

September 15 at 6pm

September 22 at 11am

September 29 at 6pm

United Baptist Church

Rev. Scott Chandler, Services are at 3pm.

September 1: Sonora

September 8: Port Hilford

September 15: Port Bickerton

September 22: Sonora

September 29: Port Hilford

Anglican Parish of Liscomb/Port Bickerton

September 1 - No Service

September 8

9am at St Paul's, Port Bickerton

11am at St Thomas, IHL

September 15

9am at St Luke's, Liscomb

7pm at St Paul's, Port Bickerton

September 22

9 am at St Paul's, Port Bickerton—Rev. Denman

11am at St Luke's, Liscomb

September 29

7pm at St Thomas, IHL

7pm St Luke's, Liscomb

September 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Labour Day - Municipal Facilities Closed 9:30am GCRC Coffee Break	3 9:30am Maple Manor Tea 7pm RCL Liscomb Branch 86 AGM 7:30pm RCRC Cribbage	4 1pm GCRC Game Day 4pm COTW Meeting	5 First Day of School 7:30pm LL Cribbage	6 12pm Kids First Baby Group 7pm SCC Cards	7 9am Sherbrooke Saturday Market 10am Sherbrooke Antique & Classic Car Show
8 SMSA Falling Target	9 10am Compass Rose Quilters Guild 4pm Council Meeting 6:30pm ECFB Darts	10 9:30am Maple Manor Tea 2pm RCL Sherbrooke Branch 56 Meeting 7:30pm RCRC Cribbage 7:30pm RCRC Cribbage	11 10am Kids First Play Group 1pm GCRC Game Day 7pm Northeastern Christmas Tree Association AGM 7pm SMDLC Bingo	12 7:30pm LL Cribbage	13 12pm Kids First Baby Group 7pm SCC Cards	14 9am Canadian Firearms Safety Course 9am Sherbrooke Saturday Market
15 2pm SMSA AGM	16 9:30am GCRC Coffee Break 6:30pm ECFB Darts	17 9:30am Maple Manor Tea 7:30pm RCRC Cribbage	18 10am Kids First Play Group 1pm GCRC Game Day 4pm COTW Meeting 7pm SMDLC Bingo	19 7:30pm LL Cribbage	20 12pm Kids First Baby Group 6:30pm JP Cormier at SV 7pm SCC Cards	21 9am Sherbrooke Saturday Market 1pm GCRC Penny Auction
22	23 6:30pm ECFB Darts	24 9:30am Maple Manor Tea 7:30pm RCRC Cribbage 7:30pm RCRC Cribbage	25 10am Kids First Play Group 1pm GCRC Game Day 7pm SMDLC Bingo	26 7pm Port Hillford Old School House Concert 7:30pm LL Cribbage	27 12pm Kids First Baby Group 7pm SCC Cards	28 9am Sherbrooke Saturday Market 9am GCRC ATV Fun Run
29 10am Bob Breen Loop Yard Sale	30 National Day of Truth & Reconciliation - Municipal Facilities Closed 9:30am GCRC Coffee Break					