

# OCTOBER 2009 NEWSLETTER

[www.saint-marys.ca](http://www.saint-marys.ca)

The DEADLINE to have information submitted for the NOVEMBER issue of the NEWSLETTER is THURSDAY, OCTOBER 22<sup>ND</sup>, 2009 at 4:00 p.m. Submissions can be received by fax: 522-2309 or email: to [council@munet.ns.ca](mailto:council@munet.ns.ca) Subject line must read NEWSLETTER SUBMISSION. Also please note that we reserve the right to edit any and all submissions to this newsletter.

## LISCOMB VOLUNTEER FIRE DEPARTMENT

The next monthly meeting of the Liscomb Volunteer Fire Department will be held on Monday, September 28<sup>th</sup>, 2009 at 6:30 p.m. at the Hall. Everyone Welcome!

## Think About It.....

Haley's Comet passes the Earth every seventy-five years. During the time Pluto makes one orbit of the sun, Haley's Comet passes the earth four times.

*St. Mary's Naturalist Club*

## 50<sup>th</sup> Anniversary Celebration

Family and Friends are invited to attend an OPEN HOUSE in honour of Murray and Mary Baker's 50<sup>th</sup> Wedding Anniversary on Saturday, October 31<sup>st</sup>, 2009 from 1-4 p.m. at St. Luke's Parish Hall, Liscomb. Best Wishes Only!

## YARD SALE

Multi-Family Yard Sale at Linda Archibald's on the Glenelg Church Road on Saturday, October 17<sup>th</sup> at 10:00 a.m.

## STILLWATER COMMUNITY CLUB UPDATE

We are pleased to report our new minor renovations to the centre. These include upgrades to water, sewer and lighting.

**Next Meeting:** Sunday, October 18<sup>th</sup>, 6:30 p.m. – Please join us if you're interested in volunteering at card plays and/or becoming a member.

**STILLWATER COMMUNITY CENTRE CONT'D...**  
Card Play Start Date: Friday, October 23<sup>rd</sup> at 8pm.

## Royal Canadian Legion Br. 86 Liscomb

Shuffleboard players are wanted for a Friday night Fall league starting on October 2<sup>nd</sup> and will run to November 27<sup>th</sup>. Play will start at 7:00 p.m. Cost is \$2 per night. No experience necessary – just a few hours of friendly competition and fun!

**DANCE** the night away with "*Devil's Elbow*" on Saturday, October 3<sup>rd</sup>, 2009.

Auction 45's and Cribbage continue on Thursday and Saturday nights as usual. NOTE: Cribbage will be held on Friday, October 16<sup>th</sup> at 8pm due to a private function on the 17<sup>th</sup>.

## St. Mary's River/Sonora COMMUNITY CENTRE

**Penny Auction and Cake Walk** – October 16<sup>th</sup> at 7:00 p.m. Admission is \$5.00.

**Regular Centre Meeting** – October 5<sup>th</sup>. We urge everyone to make an effort to attend.

## Lions Masquerade Dance



1st Prize - \$ 150

2<sup>nd</sup> Prize - \$75

3<sup>rd</sup> Prize - \$50

**Saturday Oct. 31<sup>st</sup> 9:30 pm – 1:00am**

**Music By: The Fuzz Petals**

**Admission is \$10 per person**

**Government ID's upon request**

# Annual Parish TURKEY SUPPER

November 7<sup>th</sup>, 2009 - 4-6pm  
Lions Community Centre, Sherbrooke

Adults \$10.00, Children \$5.00. Sponsored by  
the Parish of Liscomb & Port Bickerton.

Everyone welcome!

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## *Heart Health Sessions* Call Pam or Barb to register 522-2882

St. Mary's Memorial Hospital Diabetic and  
Nutrition Clinics are hosting HEART HEALTH  
SESSIONS on Wednesdays from 1-2:30 p.m.

September 30<sup>th</sup> - Hypertension (High Blood  
Pressure)

October 14<sup>th</sup> - Exercise and Activity Plan for  
Diabetes

October 28<sup>th</sup> - Weight Control and Healthy  
Eating.

November 4<sup>th</sup> - Diabetic Diet - What is new???

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## 50<sup>th</sup> Wedding Anniversary

In honor of the 50<sup>th</sup> Wedding Anniversary of  
Leonard & Joan Jordan their family request the  
pleasure of your company at the Indian Harbour  
Lake Hall on Saturday, October 24<sup>th</sup> at 7:00 p.m.  
Best Wishes Only!

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## Indian Harbour Lake/Jordanville Community Centre News

FLEA MARKET - Saturday, October 3<sup>rd</sup> from  
10-11:30 a.m. \$5.00 per space. Call 522-2369  
to book tables.

NEXT HALL MEETING on Monday, October 12<sup>th</sup>  
at 6:30 p.m.

AUCTION 45'S beginning September 22<sup>nd</sup>  
every Tuesday night at 8:00 p.m. Admission  
\$5.00

## Help for Homeowners with Electric Heat

Please note correction of phone # and email  
Nova Scotia Power is providing funds  
toward an energy efficient program  
that helps low income individuals  
who own their homes and heat with  
electricity. To qualify, the total  
household (annual net) income must  
fall at or below the Statistics Canada  
Low Income Cut-offs (LICO). The  
home energy evaluation and  
upgrades are provided free of charge  
to the homeowner. All owner-  
occupied homes that meet the  
programs requirements are eligible.

For more information please contact:

NSPI Outreach Agent, Katherine Reed  
1-877-434-2136

[katherine.reed@nspower.ca](mailto:katherine.reed@nspower.ca)  
All inquiries are confidential, no  
obligation!

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## COMMUNITY MEETINGS

St. Mary's Education Centre & St.  
Mary's Academy

Below please find important dates of community  
meetings being held by St. Mary's SAC/Study  
Group regarding the future of our schools. We are  
encouraging the public to come out and discuss  
this important issue:

Marie Joseph Community Centre  
September 29<sup>th</sup> at 7:00 p.m.

Goshen Community Centre  
September 30<sup>th</sup> at 6:30 p.m.

St. Mary's Academy  
October 5<sup>th</sup> at 6:30 p.m.

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## Chicken Pot Pie Dinner.....

A Chicken Pot Pie Dinner will be held at the  
Port Bickerton Community Centre on  
September 26<sup>th</sup> from 4-6pm. Adults \$8.00,  
Children under 12 \$6.00. Sponsored by the  
Bickerton Lighthouse Project. Come and  
enjoy a lovely dinner.

## Goshen Community Centre FALL EVENTS

### Turkey Supper.....

Saturday, October 17<sup>th</sup> from 4:30 -  
6:00 p.m. Adults \$10.00, Children  
\$4.00. Take-outs available.



### Flea Market & Craft Sale.....

Saturday, November 7<sup>th</sup> from 11:00-12:30  
To book a table call: Jean 783-2411 or Marie  
783-2325. Tables are \$5.00 each.

### Port Bickerton

#### Women's Institute News

The winner of the quilt was Sherry Boutilier,  
Mushaboom. We raised over \$700.00 on the  
sale of tickets. Thanks for your support. It is  
greatly appreciated.

Our 60<sup>th</sup> Anniversary celebrated on  
September 12<sup>th</sup>, 2009 was a great success.

Our meetings are held on the first Thursday of  
the month. Next meeting is October 1, 2009 at  
7:00 p.m. at the Community Centre.

Seniors Party will be held on November 28<sup>th</sup>,  
due to the Christmas activities in Sherbrooke  
Village. Seniors of District 8 and Port Hilford  
should mark this on your calendars.  
Invitations will be delivered in November.

### Port Bickerton Community Centre

The Flea Market that was held in July was a  
great success. We raised \$338.00 toward the Fire  
Hall Centre Fund. Thank you to all who donated  
and to all who came out and supported us.

We are planning a **COOKBOOK** to come  
out in November or December. We still are  
looking for recipes, stories and pictures of the past.  
These can be dropped off at the Tickle  
Convenience Store, given to Kim Horton or email  
[horton.rk@ns.sympatico.ca](mailto:horton.rk@ns.sympatico.ca).

Our next community centre meeting is to  
be held on September 21, 2009 at 7:00 p.m.  
Everyone welcome!

## DARTS

Registration for the St. Mary's Dart League will be  
held on Monday, October 19<sup>th</sup>, 2009 at 7:30 p.m. at  
the Lions Hall in Sherbrooke. Must be 19 yrs and  
over. For more information contact Gordon  
MacIntosh 522-2719 or Edith Auton 522-2204.

### MARIE JOSEPH Community Centre

OCTOBER 9<sup>TH</sup>, 2009

Penny Auction and Halloween Walk  
at 7:00 p.m. Everyone Welcome!



October 24<sup>th</sup>, 2009

Adult Halloween Dance with dancing from  
9:00 p.m. to 1:00 a.m. Cost is \$7.00 (dressed in  
costume or not). Music by: "Devil's Elbow"  
Prizes: 1<sup>st</sup> - \$100.00; 2<sup>nd</sup> - \$75.00; 3<sup>rd</sup> - \$50.00.  
Must be 19 yrs and older. ID's may  
be requested.



November 6<sup>th</sup>, 2009

League Darts begin at 8:00 p.m.

### St. Mary's District Lions Club

St. Mary's District Lions Club would like to  
express its appreciation to all the hole and prize  
sponsors, the volunteers and all the golfers who  
made our 3<sup>rd</sup> Annual Golf Tournament a huge  
success.

The monies raised will greatly assist the many  
programs the club funds throughout the year.  
Once again thank you all and we look forward to  
seeing you again on Saturday, September 18<sup>th</sup>,  
2010 at the Glen Lovitt Course.

*The pilgrims made seven times more graves  
than huts... nevertheless, set aside a day of  
thanksgiving. H. W. Westermayer*

## St. Mary's Shooter's Association

**September 27<sup>th</sup>, 2009:** The Annual General Meeting rescheduled from September 13<sup>th</sup> goes at 7p.m. at the Stillwater Community Centre. Annual memberships are now due, please plan to attend.

**Saturday, October 3<sup>rd</sup>, 2009:** Nova Scotia Hunter Safety Course, Stillwater Community Centre. Cost is \$25.00. You must have taken the C.F.S.C. first. NO EXCEPTIONS. 0900-17:00 hrs.

**Sunday, October 4<sup>th</sup>, 2009:** SMSA .22 target rifles 50 and 100 yards prove at the DMR range Stillwater with start at 0900 hrs.

**Sunday, October 18<sup>th</sup>, 2009:** SMSA Pre-deer Season tune-up. Any center fire rifle at life sized paper targets.

**Sunday, October 25<sup>th</sup>, 2009:** Rabbit Shoot, rabbit silhouettes at various distances, 22 rifle as first prize.

**Sunday, November 1<sup>st</sup>, 2009:** SMSA Turkey Shoot (Frozen turkeys and chickens as prizes).

*Skeet Shoot TBA*

## FLEA MARKET

October 24<sup>th</sup>, 2009 – 10 a.m. to 12 noon

Port Bickerton Community Centre

Table rentals \$5.00

For bookings call Donna Kaiser at 364-2411

Admission is .50 cents

*This Flea Market is sponsored by Bickerton Community Centre.*

*Community Centre Meetings are held on the third Monday of each month. The next meeting will be held on October 19, 2009 at 7:00 p.m. New members welcomed!*

## Port Bickerton Lighthouse

The winner of the lighthouse quilt was Geneva Langille of West Liscomb. Thank you everyone



that bought tickets to help support the Port Bickerton Lighthouse.

The future of the Port Bickerton Lighthouse is in danger! We are holding a special meeting on October 19<sup>th</sup>, 2009 at 8pm at the Port Bickerton Community Centre to discuss the future of this important project. We are in dire need of new council members to sit on the board. Everyone is welcome to join or be present at the meeting. Without more community support we will be forced to close this beautiful landmark.

## AUTUMN GREETINGS FROM HIGH-CREST!

**RESIDENTS CELEBRATING BIRTHDAYS THIS MONTH ARE:**

Dorothy Keith  
Marie Tate  
Mildred Kaizer  
Mary Langille

October 19<sup>th</sup>  
October 20<sup>th</sup>  
October 24<sup>th</sup>  
October 25<sup>th</sup>



Happy Birthday Folks!

Our Monthly Homebuddies Bingo/Birthday Party will be held on October 20th at 1:15 Everyone is welcome.

I would like to remind all of the trick or treaters in the community that we have really good treats here at the Nursing Home and would love to see you on Halloween night!

## St. Mary's Garden Club

The next meeting of St. Mary's Garden Club will be held on Tuesday, October 13<sup>th</sup>, 2009. Note change of time and location: 1:00 p.m. at the What Cheer Tearoom. We will have our annual seed exchange at this meeting.



## Sherbrooke Library

# CHATLINE

### Sherbrooke Library 40th Anniversary Celebration:

Sherbrooke Library will be celebrating its 40<sup>th</sup> Anniversary on October 10<sup>th</sup>, 2009 from 11 a.m. to 2 p.m. We welcome the community to help celebrate with us. There will pictures of events from the "Old School House" Library and the present Library, a barbeque, a book sale, a cake cutting ceremony as well as the regular Library and C@P Site services. Please join us for lots of fun!

### Sherbrooke Library Book Club:

The Sherbrooke Library Book Club meets on the first Thursday of each month. The next meeting will be on October 1<sup>st</sup>, 2009 from 1-2pm. The theme chosen for the October meeting is "Travel" or participants can present a book of their choice to discuss (without giving away the ending) or just come to listen.

### Closed Monday, October 12<sup>th</sup>, 2009:

The Library and C@P Site will be closed on Monday, October 12<sup>th</sup> for Thanksgiving.

### Games at the Library:

During the week of October 18-24, come and join us for games at the library on the evenings of October 19<sup>th</sup>, 20<sup>th</sup> and 21<sup>st</sup> from 6-8 p.m. and on Saturday, October 24<sup>th</sup> from 12:00 p.m. to 2:00 p.m. There will be scrabble, Wii system games, and puzzles. Participants can enter the draw for the Atlantic Canada grand prize, a Nintendo Wii.

### Storytime:

Storytime for preschool children will begin on October 22, 2009. Join us for stories, games, songs and crafts. To register your child please call Sherbrooke Library at 522-2180.

### Senior's Café:

Drop in for coffee and fun at Senior's Café on Friday mornings from 9:30 – 10:30.

#### Sherbrooke Library & C@P Site

Monday.....	2-5 & 6-8pm
Tuesday.....	2-5 & 6-8pm
Wednesday.....	2-5 & 6-8pm
Thursday.....	2-5pm
Friday.....	10:30am-4pm
Saturday.....	11am-2pm

Telephone: 522-2180  
[www.ecrl.library.ns.ca](http://www.ecrl.library.ns.ca)

## Thank You:

I would like to thank everyone for the baby shower. I truly appreciated the beautiful and much needed precious baby items received.

Jolene Rudolph

### *Indian Harbour Lake Pentecostal Church—*

#### *October Worship & Activities*

#### **SUNDAY:**

9:45 am	Sunday School for Children and Adults
11:00 am	Morning Worship
6:30 pm	Prayer & Praise – October 18 <sup>th</sup>



#### **WEEKLY ACTIVITIES:**

**Tweens** (ages 8-12) Wednesdays, 3-4pm  
**Youth Group (Ages 13-19)**  
 Friday, October 2<sup>nd</sup> and 16<sup>th</sup> at 7:00 p.m.

*All are welcome! For more information contact Pastor Dave Connolly at 522-2759 or [pastordave@ihlpentecostalchurch.ca](mailto:pastordave@ihlpentecostalchurch.ca)*

## St. Mary's River Association

Please join us on Monday, October 5<sup>th</sup>, 2009 as summer staff present the results of various projects worked on this summer. Presentations begin at 7pm at the SMRA Education and Interpretive Center, 8404 Hwy. 7. For more information please call 522-2099.

## *Community Choir*

The Community Choir under the direction of Mrs. Iris Hayes will begin practicing for their Christmas Program on Monday, October 19<sup>th</sup> at 7pm at Port Hilford Baptist Church. If you enjoy singing, please come.

## **Praise Concert**

**Praise Concert** by family music group "Cornerstone" at Port Hilford Baptist Church, Saturday, October 17<sup>th</sup> at 6:45 p.m. Cornerstone's music is a mixture of easy listening, southern gospel, country, praise and worship, and contemporary. Come join us for an inspiring evening. Freewill offering. (For more information and sample music go to: [www.cornerstoneministries-ns.com](http://www.cornerstoneministries-ns.com))

## **Country Harbour Gun Club**

**Flea Market**- Oct 10<sup>th</sup> 10 – 11:30am. Table rental \$5. To book call 328-2210 or 328-2063

**Masquerade Dance** – Oct 24<sup>th</sup> 9pm-1 Admission-\$7

*The Baptist Congregation of  
Port Hillford, Port Bickerton, and  
Sonora  
October Worship Services*

Sunday, Oct. 4:  
Port Hillford United Baptist Church, 11:00 a.m.  
Sunday, Oct. 11:  
Port Bickerton United Baptist Church, 11:00 a.m.  
Sonora Baptist Church, 7:00 p.m.  
Saturday, Oct. 17: Concert by 'Cornerstone', Port  
Hillford Baptist Church, 6:45 p.m.  
Sunday, Oct. 18:  
Port Hillford United Baptist Church, 11:00 a.m.  
Sunday, Oct. 25:  
Sonora Baptist Church, 11:00 a.m.  
Port Bickerton United Baptist Church, 7:00 p.m.  
For more information, contact Rev. Norman Pearce at  
522-2087 or [hbs.baptist@ns.sympatico.ca](mailto:hbs.baptist@ns.sympatico.ca).

**The Anglican Parish of  
Liscomb & Port Bickerton  
The Rev Melissa Frankland, Incumbent 522-2510  
OCTOBER SCHEDULE:**

**October 4<sup>th</sup>:**  
St. Paul's Bickerton 9am BAS Morning Prayer  
St. Luke's Liscomb 3pm BAS Holy Eucharist  
St. James Sherbrooke 7pm BCP Evening Prayer  
St. Thomas IHL 11am BCP Morning Prayer

**October 11<sup>th</sup>: Thanksgiving**  
St. Paul's Bickerton 7pm BCP Evening Prayer  
St. Luke's Liscomb 9am BCP Morning Prayer  
St. James Sherbrooke 11am BCP Morning Prayer  
St. Thomas IHL 3pm BAS Holy Eucharist

**October 18<sup>th</sup>: Feast of St. Luke**  
St. Paul's Bickerton 3pm BAS Holy Eucharist  
St. Luke's Liscomb 11am BAS Morning Prayer  
St. James Sherbrooke 9am BCP Morning Prayer  
St. Thomas IHL 7pm BCP Evening Prayer

**October 25<sup>th</sup>:**  
St. Paul's Bickerton 11am BCP Morning Prayer  
St. Luke's Liscomb 7pm BCP Evening Prayer  
St. James Sherbrooke 3pm BCP Evening Prayer  
St. Thomas IHL 9am BAS Morning Prayer

**St. Mary's Lions Bingo**

Wednesday evenings at 7:45pm at the St. Mary's  
Lions Hall in Sherbrooke.

**St. Mary's Curling Club**

Will be holding a public meeting and  
registration, Oct 6 at 7pm, Council Chambers,  
Sherbrooke

**St. Mary's Minor Hockey  
Final Registration**

St. Mary's Minor Hockey will be holding its Final  
Registration on Tuesday October 6<sup>th</sup> from 5:00pm  
to 7:00pm at Council Chambers in Sherbrooke.

Registration fees are as follows:

- Initiation Program \$105
- Novice, Atom, PeeWee, Bantam, Midget
  - \$355 per child
  - \$560 family of two
  - \$765 family of three

\*As per Hockey Nova Scotia rules, all teams must  
have 12 players to participate in competitive  
hockey.\*

Many of our current teams have **low numbers**  
and October 6<sup>th</sup> will be our final registration night.  
**Only teams that have 12 players registered  
will be competing in Nova Scotia Minor  
Hockey with the St. Mary's Coyotes this  
season.**

**If you are unable to make registration on  
October 6<sup>th</sup> please contact Shirley Stevens at  
522-2016 by October 6<sup>th</sup>.**

If any of our teams do fold, any player that has  
registered will be given a **full refund**, and have the  
opportunity to play with any other organization. If  
you have any questions, please contact Brendon  
Smithson at 522-2989.

**Chinese Buffet Supper**

Chinese Buffet Supper will be held at the East  
River Fire Hall on Saturday Nov 7<sup>th</sup> from 4 – 6pm.  
Adults-\$12, Students over 12-\$5, Students under  
12-\$3, Preschool-Free. Take-outs Available.  
Everyone Welcome! Sponsored by Kirk Church  
UCW member.

**Trail Blazers**

**"No Child Left Inside"  
Coming Soon...**



**Sonora-St. Mary's Community  
Centre**

Penny Auction/Cake Walk/Sorry Box – Held on  
Friday Oct 2<sup>nd</sup> at 7pm. Everyone Welcome.  
Variety Concert – held on Saturday Nov 7<sup>th</sup> at 7pm.  
Proceeds go to the St. Mary's River Church  
Restoration Project Admission \$5.  
Proceeds for both go to the St. Mary's River Church  
Restoration Project.

# ST. MARY'S RECREATION

## Walk to School Month

website: [www.saint-marys.ca/recreation](http://www.saint-marys.ca/recreation)

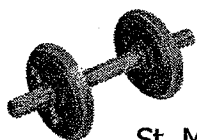
### Physical Activity Public Meetings

The Recreation Department will be hosting public meetings in various communities around the Municipality. The focus of the meetings will be on Physical Activity/ Recreation opportunities/venues that are happening in your area, and will give the residents a chance to voice their opinions on activities that you would like to see happening in your community.

The meetings are scheduled as following:

**Tuesday, September 29<sup>th</sup>** – Liscomb Legion- 6:30pm

**Wednesday, September 30<sup>th</sup>** – Sherbrooke Council Chambers- 6:30pm



### Fitness Centre New Number

St. Mary's Academy has put in a new phone system, which has given the fitness centre a direct line. For any questions or information for the fitness centre please call **522-2715**. During closed hours you can contact the Recreation office

### Spanish Lessons

Are you planning a trip to Cuba, Dominican Republic, South America or Mexico in the future? Have you always wanted to learn another language? We will be offering a beginner Spanish course. The course will give you a chance to learn, practice and expand your oral Spanish comprehension and expression. Students will acquire the vocabulary and pronunciation skills needed to participate in a simple conversation or order food in a restaurant. The needs of students will be integrated into fun lessons to be able to communicate when traveling.

**Cost:** \$35 for 6 weeks (there is no drop-in for this class)

**Schedule:** Wednesday Sept 30<sup>th</sup>, Thursday Oct 8<sup>th</sup>, and every Thursday following.

**Time:** 6:00pm

**Location:** Port Bickerton Community Centre

### On-Going Recreation Activities

#### Soccer

Monday 6pm

St. Mary's Academy field

Cost \$15 for the first child.

\$10 for each addition child in the family



#### Taekwondo

Tuesday 6:30pm

St. Mary's Academy

Cost: \$55 for 8 week session

\$15 for insurance

\$55 for uniform if needed

#### Bootcamp

Wednesday 6:30pm

St. Mary's Education Centre

Cost \$2 per class

This workout takes your body to the limit, but most of all, you burn calories!



#### Touch Football

Wednesday 6pm

St. Mary's Academy Field

Cost: \$10

Fast paced, fun and growing sport in Canada

#### KickBoxing

Thursday 6:30pm

St. Mary's Education Centre

Cost \$2 per class

High-intensity cardiovascular workout packed with lots of punching and kicking



### Quote

"We have to do our best to stay in shape. My grandmother started walking five miles a day when she was sixty. She's ninety-seven now, and we don't know where the heck she is."  
-Ellen DeGeneres

# ST. MARY'S RECREATION

## Walk to School Month

website: [www.saint-marys.ca/recreation](http://www.saint-marys.ca/recreation)

### 30 & Over Hockey

The draft for the Over 30 league is coming up soon so do not forget to get your name on the list of players. Starting October 1<sup>st</sup> there will be sign-up sheets at Bud's Quick Way, Sherbrooke Garage and Clover Farms.

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### St. Mary's 30 + Hockey Registration Form (One form per participant)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_

Mail to: St. Mary's Recreation Dept  
16 Main Street, Sherbrooke, NS, B0J 3C0

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### Tropical Dance Classes



Have you always wanted to learn to dance? Come on out and learn how to dance and discover folklore. You'll have great fun, get into shape, and share lots of laughs. Don't miss the opportunity to take part in the craze. Maria Tate from Ecuador, South America will show you how to dance your cares away. You do not need to have a partner for this class so grab your friends and come on out

Cost: \$5 per class

Schedule: Wednesday Sept 30<sup>th</sup>, Thursday Oct 8<sup>th</sup>, and every Thursday following.

Time: 7:15pm

Location: Port Bickerton Community Centre

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### October is International Walk to School Month!



Walk to School Week is Oct 5 to 9th! Schools and Youth Organizations may register for the event at [www.ecologyaction.ca](http://www.ecologyaction.ca) and qualify for some great prize draws. A great chance to walk or wheel with your kids for physical activity, and the environment. If you don't live close enough to the school to walk, try walking around your house or to the local community playground instead.

For more information contact Janet Barlow Ecology Action Centre: 902-442-5055/  
[asrts@ecologyaction.ca](mailto:asrts@ecologyaction.ca)

This is an initiative of Active & Safe Routes to School, coordinated by the Ecology Action Centre in partnership with Nova Scotia Dept for Health Promotion and Protection as part of the active Healthy Kids Initiative

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### Active Transportation

Part Four of a Five Part Series

#### The Economics of Active Transportation

The Canadian Automobile Association estimates the cost of owning and operating an automobile is about \$8,945 a year. The cost of owning a bicycle is a one time cost of about \$150, and there is virtually no cost associated with walking.

A shift to Active Transportation will reduce costs that are associated with collisions, as cyclists and pedestrians are less likely to injure other road users in collisions than automobiles.

Increased use of Active Transportation leads to less road congestion, decreased cost of road maintenance, increased road safety, and less costly infrastructure.

Studies show that there are significant economic benefits to employers whose employees use Active Transportation. Economic benefits include: decreased absenteeism due to illness, increased productivity, and lower healthcare costs. Supporting active transportation to work, is one way of encouraging physical activity amongst your employees.

For learn more about AT, contact Kristin Porter at the Rec. office at 522-2598, or by email [kristin.porter@munet.ns.ca](mailto:kristin.porter@munet.ns.ca)

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# ST. MARY'S RECREATION

## Fall Fever

website: [www.saint-marys.ca/recreation](http://www.saint-marys.ca/recreation)



**Heart& Stroke Walkabout is coming to a C@P Site near you!**

Walking is such an easy and fun activity but many people forget that it's great for your heart. You don't need an expensive membership or high-tech fitness equipment, just comfy shoes and a little motivation. With a little effort, you can make walking a part of your daily routine, and the best part is, anyone can do it.

Led by the Heart and Stroke Foundation of Nova Scotia, and presented in the Municipality of the District of St. Mary's by your local C@P Sites in partnership with the Physical Activity Coordinator, the Heart&Stroke Walkabout motivates residents to rediscover the magic of walking by putting our feet back on the street, and walking back into our hearts and minds.

Join us on **Saturday, October 10<sup>th</sup>, 2009** at the **Sherbrooke Library** from **11-2pm** during the Library's **40<sup>th</sup> Anniversary Celebrations** to learn more about Walkabout, pick up your pedometer loanout kit, or start/join a walking group.

For more information about Heart&Stroke Walkabout, contact Kristin Porter at 522-2598, or email [kristin.porter@munet.ns.ca](mailto:kristin.porter@munet.ns.ca)

This initiative is in partnership with:



## Guysborough County Older Adult Games

Congratulations to Zone 6 (Greenfield Oldsters) for taking first place in the Guysborough County Older Adult games. This was their third straight 1<sup>st</sup> place finish and they seem to be the team to beat. Also congratulation to Zone 1 with their 4<sup>th</sup> place finish in the games. The St. Mary's Recreation office hopes everyone enjoyed their time at Liscombe Lodge and excited to see everyone back next year.

## Programs Ending in October

With October starting many of our summer programs will be finishing up. Listed below are programs and their finals dates.

**Inline Skating – Final Date Sept 29<sup>th</sup> 6pm**

**Open Swim – Final Date Sept 25<sup>th</sup> 4pm**

**Aquafit – Remaining Classes  
Sept 28<sup>th</sup> 11:30am & October 5<sup>th</sup> 11:30am**

These programs have been a great success over the past few years and we hope everyone enjoyed them throughout the summer. These programs and many more will be back in the spring. Watch the website and newsletter for dates.

## Program Cancellations Notification

During the Fall and Winter months many St. Mary's Recreation Programs are cancelled due to weather conditions. St. Mary's Recreation office work hard to make sure every child will be safe, when traveling to and from programs. We do our best to notify all participants of cancellations during these conditions. Listed below are a few places/rules parents should be aware of to check during bad weather

- When school is cancelled all St. Mary's Recreation Programs are **cancelled**.
- Cancellations are listed on St. Mary's Recreation website [www.saint-mary.ca/recreation](http://www.saint-mary.ca/recreation)
- Cancellations are called into CJFX and put on the radio and website
- Cancellations are called into the school and announced before kids leave for the day.
- You can contact the Recreation office at 522-2598 to get information on programs

If you have any questions, please contact the St. Mary's Recreation office at 522-2598. Hope everyone has a safe and active winter.

# October 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4 SMSA target rifles 50 and 100 yd 9am	5 Soccer 6pm SMRA presentation 7pm Community Meetings SMA 6:30pm	6 TKD SMA 6:30pm Alpha Course 6:15pm Minor Hockey Final registration CC 5pm Curling meeting/registration 7pm Council Chambers	7 Lions Hall Bingo 7:45pm Football SMA 6pm Bootcamp SMEC 6:30pm Tweens IHL Church 3pm	1 Liscomb Legion Auction 8pm Sherbrooke Library Book Club 1pm PB WI meeting 7pm	2 Senior Café 9:30am Youth Group IHL Church 7pm Liscomb Legion Shuffleboard 7pm	3 Liscomb Legion Cribbage 8pm IHL CC Flea Market 10am Liscomb Legion Dance SMSA Hunter Safety Course 9am
11	12 IHL Hall meeting 6:30pm	13 TKD SMA 6:30pm Alpha Course 6:15pm Garden Club meeting 1pm	14 Lions Hall Bingo 7:45pm Football 6pm Bootcamp SMEC 6:30pm Tweens IHL Church 3pm Heart Health Sessions 1pm	15 Liscomb Legion Auction 8pm Kickboxing SMEC 6:30pm Spanish Lesson PB 6pm Dance Class PB 7:15pm	16 Senior Café 9:30am Youth Group IHL Church 7pm Liscomb Legion Shuffleboard 7pm Cribbage 8pm Sonora CC Penny Auction 7pm	17 Praise Concert 6:45pm PH Church Yard Sale 10am Goshen CC Turkey Supper 4:30pm
18 Stillwater CC meeting 6:30pm SMSA Pre-season deer tuneup	19 Soccer 6pm Games at Library 8pm Community Choir PH Church 7pm PB CC hall meeting 7pm PB Lighthouse meeting 8pm Darts Registration Lions Hall 7:30pm	20 TKD SMA 6:30pm Alpha Course 6:15pm Games at Library 6pm Homebuddies Bingo/Birthday Party 1:15pm	21 Lions Hall Bingo 7:45pm Football SMA 6pm Bootcamp SMEC 6:30pm Games at Library 6pm Tweens IHL Church 3pm PB CC meeting 7pm	22 Liscomb Legion Auction 8pm Kickboxing SMEC 6:30pm Spanish Lesson PB 6pm Dance Class PB 7:15pm Sherbrooke Library Storytime IHL Auction 8pm	23 Senior Café 9:30am Stillwater CC Card parties 8pm Liscomb Legion Shuffleboard 7pm	24 Liscomb Legion Cribbage 8pm Games at Library 12pm 50 <sup>th</sup> Anniversary 7pm IHL PB CC Flea Market 10am MJ CC Halloween Dance 9pm
25 SMSA Rabbit Shoot	26 Soccer 6pm	27 TKD SMA 6:30pm Alpha Course 6:15pm	28 Lions Hall Bingo 7:45pm Football SMA 6pm Bootcamp SMEC 6:30pm Tweens IHL Church 3pm Heart Health Sessions 1pm	29 Liscomb Legion Auction 8pm Kickboxing SMEC 6:30pm Spanish Lesson PB 6pm Dance Class PB 7:15pm Sherbrooke Library Storytime IHL Auction 8pm	30 Senior Café 9:30am Stillwater CC Card parties 8pm Liscomb Legion Shuffleboard 7pm	31 Liscomb Legion Cribbage 8pm 50 <sup>th</sup> Anniversary 1pm St. Luke's Lions Masquerade Dance 9:30pm