

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

# September 2009 ~ Newsletter

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

The DEADLINE to have information submitted for the OCTOBER issue of the NEWSLETTER is THURSDAY, SEPTEMBER 24, 2009 at 4:00 P.M. Submissions can be received by fax: 522-2309 or email: [council@munet.ns.ca](mailto:council@munet.ns.ca). Please Note: We reserve the right to edit any and all submissions to this newsletter.

## ANNUAL FIREMEN'S PICNIC

Come and join the St. Mary's & District Fireman's Association for their Annual Firemen's Picnic on **Saturday, September 19, 2009** at the Glenelg Fire Hall from 2 pm – 5 pm. BBQ starting at 3:30pm. There will be *Games, Flea Market, Cake Walk, Nice Prizes and Good Food*. Hope to See You There!



## MUNICIPAL COUNCIL

The next meeting of St. Mary's Municipal Council will be held on Monday, September 14, 2009 at 7:00 p.m. The public is invited to attend.

## THE ALPHA COURSE

St. Mary's District Ministerial (representing five denominations) will offer the Alpha Course on Tuesday evenings in the fall of 2009, along with an "Alpha 2" course called A Life Worth Living. The Introductory Supper will be 6:15 PM, Tuesday, Sept. 15 at St. Mary's Education Centre. You can reserve your place at the Introductory Supper or pre-register for the entire course by calling Becky Connolly at 522-2759, or on-line at [www.alphacanada.org](http://www.alphacanada.org) (go to "Find a course near you"). The Alpha Course is an opportunity to explore the meaning of life in a relaxed, friendly setting. People enjoy great food, laughter and learning in a fun and friendly atmosphere where no question about life and God is considered too simple or too hostile ... questions like — Is there a God? Why am I here? Where did I come from? Where am I going? The Alpha Course is offered worldwide. Millions of people have come to explore the meaning of life ... why not check it out?

For further information, call 522-2087 or check the Alpha website.

### *The Baptist Congregation of Port Hillford, Port Bickerton, and Sonora*

(Convention of Atlantic Baptist Churches)

### *September Worship Services*

**Sunday, Sep. 6:**

Port Bickerton United Baptist Church, 9:30 a.m.  
Sonora Baptist Church, 11:00 a.m.

**Sunday, Sep. 13:**

Port Hillford United Baptist Church, 11:00 a.m.  
Sonora Baptist Church, 7:00 p.m.

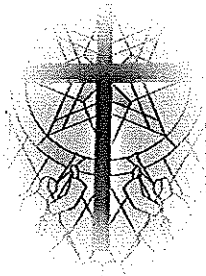
**Sunday, Sep. 20:**

Port Hillford United Baptist Church, 9:30 a.m.  
Port Bickerton United Baptist Church, 11:00 a.m.

**Sunday, Sep. 27:**

Sonora Baptist Church, 11:00 a.m.

For more information, contact Rev. Norman Pearce at 522-2087 or [hbs.baptist@ns.sympatico](mailto:hbs.baptist@ns.sympatico)



**ST. MARY'S**



46 Main Street, PO Box 199  
Guysborough NS  
BOH 1N0

Phone (902)533-2770 Fax (902)533-2016

e-mail: [wanda.macdonald@cbdc.ca](mailto:wanda.macdonald@cbdc.ca) or  
[janice.crooks@cbdc.ca](mailto:janice.crooks@cbdc.ca)

- ▶ Business start-up and expansion assistance
- ▶ Financial assistance in the form of term and demand loans, and bridge financing
- ▶ Business loans up to \$150,000 with an additional \$125,000 available in special circumstances through special community development funds
- ▶ Term loans of up to \$125,000 to qualifying community organizations through special community development funds
- ▶ Technical services in the form of business planning and financial forecasting
- ▶ Counselling assistance to new or existing entrepreneurs

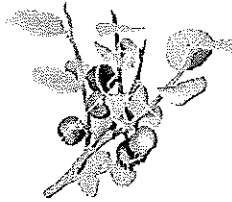
The CBDC-Guysborough County also offers the following programs:

Seed Capital and Counselling Program  
Career and Job Counselling Centre  
Self Employment Benefits Program

**Career and Job Counselling Centre**  
9996 Chedabucto Mall  
PO Box 199 Guysborough NS BOH 1N0  
Phone: 902-533-1906 or 902-533-1907  
Fax (902)533-2958

The Career and Job Counselling Centre offers residents of

*Guysborough County the following services: resume & cover letter development; interview skills; resource library; one-on-one job searches, career counseling, access to internet, workshops on various topics.*



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 program's requirements are eligible. For more information, please contact:

NSPI Outreach Agent, Katherine Reed  
1-877-474-2136

or email

[Katherine.Reed@ns.power.ca](mailto:Katherine.Reed@ns.power.ca)

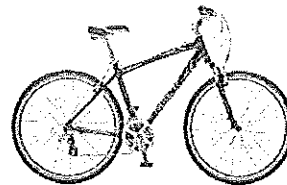
All inquiries are confidential, no obligation.

## MARIE JOSEPH COMMUNITY CENTRE

September 26, 2009

Bike-A-Thon

at 2pm



All ages are welcome to take part. Bike route is from the Community Centre to Fancy's Beach and back to the Community Centre

where there will be hot dogs and ice cream. For pledge sheets or more information please contact Dianne 347-2324 or Lori-Ann 347-2112.

## BAKE GOODS

*Bread, Pies, Sweets, Etc.*

Every Friday from 2-5 p.m. while supply lasts at the Common Room at Maple Manor, Sherbrooke, NS. .50 admission at the door. (proceeds for a wheel chair for Maple Manor)

**Help For Homeowners  
With Electric Heat**

**Family Pandemic Plan**

Fall and the predicted second wave of H1N1, is the perfect time to prepare or update your Family Emergency Plan. The information below will help you.

If you get sick, can you isolate yourself for 7 days? Here are some things to consider:

Do you have medication to treat fever and aches at home? Enough to last 3-5 days? Children and Adult doses?

Have you arranged care for your children, parents, partner?

Do you have the appropriate cleaning supplies if you or someone in your home became unwell?

Do you have enough prescription medications for a few weeks?

Do you have enough food to make meals for a couple of weeks? What if the grocery stores are closed?

If you are the only adult in your home, who is your emergency contact if you get sick? Who will assist with your meals, getting children to and from school and looking after your home and pets?

Do you have some cash at home?

If others in your home are sick, who will care for them while you are at work?

As in any emergency, your family should be able to spend at least 72 hours at home and be self-sufficient. Create your Family Pandemic Plan, share it with family, friends, co-workers and neighbors. The more prepared you are, the less stressed your family will be and more able to continue with regular activities (like work and school).

For more information

[www.publicsafety.gc.ca](http://www.publicsafety.gc.ca)

[www.redcross.ca/prepare](http://www.redcross.ca/prepare)

[www.phac-aspc.gc.ca](http://www.phac-aspc.gc.ca)

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## THANK YOU

I would like to thank all who sent flowers, cards and made phone calls, especially my family while I was in hospital. Many thanks.

*Vivian Hartling*

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## Did You Know?...

*The flavor cells of the blueberry are in the skin. That's why the smaller pea sized berries taste better.*

*St. Mary's Naturalist Club*

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### Indian Harbour Lake

### Pentecostal Church

### September

### Worship & Activities



#### Sunday

9:45 am Sunday School (beginning Sept. 14<sup>th</sup>)

Classes for children & adults

11:00 a.m. Morning Worship

6:30 p.m. Prayer & Praise – September 20<sup>th</sup>

#### Weekday Activities

Wednesdays 3:00 – 4:30 p.m. Beginning September 16<sup>th</sup>, Tweens (Ages 8 – 12)

Friday Sept. 4<sup>th</sup> & 18<sup>th</sup> 7:00 p.m. Youth Group (Ages 13 – 19)

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

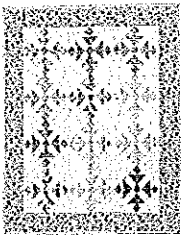
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### St. Mary's River Association

**RESTORATION TOUR:** There will be a restoration tour Wednesday, August 26 at 6:00 p.m. We'll be meeting here at the St. Mary's River Association beforehand and traveling to East River St. Mary's to one of the sites the restoration crew has been working on this summer. They will be leading the tour and explaining what they have done to the tributary and why. You are asked to call the Centre at 522-2099 to pre-register.

St. Mary's River Association Education & Interpretive Centre 8404 Highway #7 will be hosting an Owl Talk and Walk on September 2nd at 7:30. Randy Lauff will give a presentation on owls followed by a field trip to Waternish. Please call to register 522-2099.





## COMPASS ROSE QUILTER'S GUILD

The Compass Rose Quilter's Guild will resume their meetings on Monday, September 14<sup>th</sup>, 2009 at 1:00 p.m. in the council chambers, municipal building, sherbrooke. Please come and bring some new ideas!

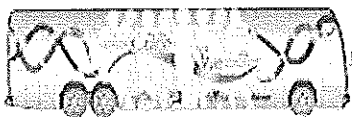
## Indian Harbour Lake/Jordanville Community Centre

Next Hall Meeting: To be held on Monday, September 14<sup>th</sup>, 2009 at 7:00 p.m. Everyone welcome!

Flea Market: Saturday, October 3<sup>rd</sup>, 2009 from 10:00-11:30 a.m. Call 522-2369 to book tables.

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

In honor of the 50<sup>th</sup> Wedding Anniversary of Eldon and Olive Archibald, their children and grandchildren request the pleasure of your company at an "OPEN HOUSE" on Saturday, September 5<sup>th</sup>, 2009 at the Fire Hall, East River St. Mary's at 7:00 p.m. A dance to follow at 9:00 p.m. Best wishes only.



## TOUR FOR THE CURE.....

The Canadian Breast Cancer Foundation's Tour for the Cure Bus will be setting up for a public opening in the Sherbrooke Municipal Parking Lot on Saturday, September 27<sup>th</sup>, 2009 from 9:30a.m. to 7:00 p.m. We will be onsite and open to the public during these hours.

The Canadian Breast Cancer Foundation Tour for the Cure is an initiative to meet an ambitious goal: to have 85% of all eligible women in Atlantic Canada routinely screened for breast cancer by 2010.

*Safe Driving Tip:* Drowsiness: Fatigue, monotony, a warm vehicle, alcohol and drugs are drowsy driving traps. If you take medication, ask your health care provider if it could affect driving. On long trips, take frequent breaks. *Don't drive if you're sleep deprived!*

## Ecum Secum Fire Dept.

The Ecum Secum Volunteer Fire Dept. wishes to thank everyone who helped in any way, to make "FUN DAYS" a success this year. Total raised was \$11,022.47.



The winners of the "Duckie Race" are: *Dottie Jewers, Lester Pye, Hunter Feltmate, Michael Pace, and Susan M. Fleet.* Thanks to everyone for their support.

The Ecum Secum Fire Departments Bottle Drive will be held on September 23<sup>rd</sup>, 24<sup>th</sup>, and 25<sup>th</sup>. Call Randy at 347-2561 for pick-up.

## CHATLINE

### Sherbrooke Library

#### Sherbrooke Library Book Club:

The Sherbrooke Library Book Club will meet on the first Thursday of each month. The next meeting will be on September 3<sup>rd</sup>, 2009 from 1-2pm. Participants can present a book of their choice to discuss (without giving away the ending) or just come to listen.

#### CLOSED Monday, September 7, 2009

The Library and C@P Site will be closed on Monday, September 7<sup>th</sup>, 2009 for Labour Day.

#### Sherbrooke Library 40<sup>th</sup> Anniversary

##### Celebration:

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

##### Storytime:

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

#### SHERBROOKE BRANCH LIBRARY & C@P SITE

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

[www.eclrlibrary.ns.ca](http://www.eclrlibrary.ns.ca)

# Kids First Programming

The Parent/Tot Drop-In takes place in Sherbrooke on Tuesdays from 9:30 to 11:30 am at the St. Mary's Education Centre. Drop-in is open to all parents/caregivers and children ages 0-6 years. This is a family centered program which provides a safe and welcoming environment for adults and children to come together to play and learn. A great opportunity to meet other families with young children in your area. Drop-in will be starting up again on Tuesday, September 15<sup>th</sup>, 2009.

**Just Me & My Friends School Readiness** program will be taking registration for children turning four on or before December 31, 2009 in the St. Mary's District who will be registering for school in the Fall of 2010. The children are to be dropped off at 9:30 a.m. and picked up at 11:30a.m. and bring a healthy snack. This program gives children some adjustment time away from their parents before entering school the next year. During our morning together, we will be having lots of fun while learning, sharing and playing. To register for this program please call Paula toll-free at 1-888-533-3881.

**Marie Joseph, Jump, Jiggle & Jive** starts on September 9<sup>th</sup> from 10-11am and will run for six weeks at the Marie Joseph Community Centre. This program is for all children ages 0-6 years. Join Holly and Dianne for an hour of physical play and music. All parents/caregivers will be required to stay and participate.

**Goshen Community Centre** - Any parents interested in programming at the Goshen Community Centre through Kids First are asked to call Paula at 533-3881 or toll free at 1-888-533-3881. Programs such as parent/tot drop-in, Jump, Jiggle & Jive, You Make the Difference parent /child interaction program or Nobody's Perfect Parent discussion group can be offered if there is enough interest.

**Guysborough County Prenatal Nutrition Program** is designed to support pregnant women and their babies up to six months of age. Supports include:  
*Home Visits, Nutritional Counseling and Support, milk and nutritional supplements, lending library, breast feeding supports*

**Kids First Family Home Visitor Program** is designed to help new parents with goal planning using a family-centered, strength based approach. The home visitor will provide emotional and practical supports, as well as role modeling, parenting information, and general health information.

For more information regarding KIDS FIRST or the programs, visit our website [www.kids1st.ca](http://www.kids1st.ca)

*Kids First programs are made possible through financial contributions from the Public Health Agency of Canada, the Nova Scotia Dept. of Community Services and by the generous donations by the general public.*

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## HELLO FROM HIGH-CREST!

Our residents celebrating birthdays this month are:

Jean Amos	September 6 <sup>th</sup>
Foster Marple	September 16 <sup>th</sup>
Carmela MacDonald	September 19 <sup>th</sup>

The homebuddies will hold their monthly birthday party on September 15<sup>th</sup>, at 1:15 p.m. Everyone is welcome!

I would like thank all those individuals and groups for their thoughtful and generous donations to the Hatcher Memorial Bus Fund. We certainly enjoy our outings on the bus, it's a great way to beat the heat!

We are very pleased to have some new entertainers coming to perform for us, Lawrence, Gerald and Ray, Welcome aboard, we sure are glad to have you!

Anyone wishing to donate their time or talents please give me (Rhona) a call at 522-2147

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## COUNTRY HARBOUR GUN CLUB

**SEPTEMBER 5<sup>TH</sup>:** Land & Sea Poker Rally. With registration at the wharf across from Rhynolds Store from 1-2. Prizes awarded. Free family picnic to follow.

**SEPTEMBER 19<sup>TH</sup>:** The Kevin Beanland Band will be performing from 7:30-10:30 p.m. Cost is \$8.00 per person. Children 12 and under free.

**OCTOBER 24<sup>TH</sup>:**

### *Adult Halloween Dance*

Admission is \$7.00 with dancing from 9pm-1am.

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## St. Mary's Minor Hockey

St. Mary's Minor Hockey will be holding it's registration on September 7th at Central Registration at Sherbrooke Lions Hall.



If you have any questions about minor hockey and the upcoming season please contact Brendon Smithson at 522-2989. St. Mary's Minor Hockey thanks you for your ongoing support and is looking forward to another successful season.

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### Registration fees are as follows:

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

**\*If you can't make registration please contact Shirley Stevens ASAP, our teams need to be registered by mid-October to Hockey Nova Scotia. We need to have complete numbers for this season.**

Anyone interested in coaching or taking a referee course must contact one of the following members as soon as possible

*President, Brendon Smithson      522-2989*  
*Vice-President, Normie Hayne      328-2886*

### Annual Silent Auction

St. Mary's Minor Hockey will be hosting a Silent Auction, on Sunday Sept 13th, 2009 during the Sherbrooke Show & Shine. We are still accepting donations of items as well as any monetary donations that will be used to purchase items for the auction. For monetary donations, please contact Samantha Dort at 328-2063 as soon as possible.

The true value (regular price not sale price) of each item on the silent auction table is always displayed and the bids run according to this value. Items can be dropped off at either Samantha Dort's house or Highland Building Supplies in Sherbrooke.

Your support is greatly appreciated and we ask that you contact Samantha Dort at 328-2063 to add your name to the list as soon as possible so that she can keep track of the items and have everything ready on time for the show.

### New Policy

Due to insurance reasons, St. Mary's Minor Hockey has put in a new policy that no St. Mary's Hockey player can step on the ice until they have paid their registration fee in full.

We understand that this may be of concern for some parents, so we are now opening registration. You can submit your registration fee either in full or post dated cheques to Shirley Stevens at 522-2016.