

August 2009 - Newsletter

www.saint-marys.ca

The **DEADLINE** to have information submitted for the **SEPTEMBER** issue of the **NEWSLETTER** is **THURSDAY, AUGUST 20, 2009 at 4:00 P.M.** Submissions can be received by fax: 522-2309 or email: council@munet.ns.ca. Please Note: We reserve the right to edit any and all submissions to this newsletter.

Yard Sale

West Side 294 Lochiel Lake

10 am til 1 pm

August 15th

4 ft fibreglass tub & Small Portable Washing Machine and numerous other articles.

Royal Canadian Legion Branch #86 Liscomb

The next regular meeting will be held on Wednesday,
September 2nd at 7:00 p.m.

Our weekly card parties will continue — Thursday at 8
p.m. for Auction 45's and Saturday at 8pm for Cribbage.
All welcome!

If you have any questions about membership or hall rental,
please contact the Legion or any Legion member.

The hall will be open as usual throughout the summer to
members and their guests. Enjoy a game of pool,
shuffleboard, darts or a quiet game of cards.

Lava Lava Island

Daily Vacation Bible School

To be held at the IHL Pentecostal
Church from July 27th to 31st from 9:30 a.m. to
11:30 a.m. daily. All kids ages 4-12 are
welcomed! Come join us for Games, Food, Crafts
and a lot more fun!

St. Mary's Garden Club

A reminder that our annual flower show will be
held on August 14th and 15th at the Historic
Sherbrooke Village Exhibit Centre. All entries are
welcome!

Our next monthly meeting will be on Tuesday,
August 10th. Have gardening questions? Got some
gardening tips to share? Whether you are an amateur or
expert gardener; a new or seasonal resident or somebody
who just has an interest in gardening - hope to see you on
the second Tuesday at 2:00 p.m. in the Historic
Sherbrooke Village Boardroom.

FOOT CLINICS

The following is a schedule of Foot
Clinics for the month of August!



Tuesday, August 18, 2009:

8-10:30am	East River Fire Hall
11:30-2pm	Greenfield Centre, Melrose
2:45-3:30pm	Pentecostal Church, Lochaber
5:30-6:30pm	Community Centre, Sonora

Wednesday, August 19, 2009:

8-10:30am	Community Centre, Bickerton
12:30-1:30pm	Seniors Club, Ecum Secum
3:30-6:30pm	Maple Manor, Sherbrooke

Ecum Secum Volunteer Fire Dept.

FUNDAYS

The Ecum Secum Volunteer Fire Department "FUN
DAYS" will be held August 14, 15, 16.


Lots of fun and entertainment. Watch for notices for
events.



Sonora/St. Mary's River Community Centre

~~There~~ will be no monthly meeting for the summer.
Next regular monthly meeting will be held on
September 7th at 7:00 p.m.

New Chester Heritage Day!



Come to New Chester on August 22nd from 1-4 pm. And let us entertain you for our annual day of games, prizes, pie auction, tickets, log sawing, silent auction, cake walk, food outlets, photos past and present and more!

All are Welcome


See you there on August 22/09

YARD SALES

Saturday, August 1st from 10:00 a.m. - 2:00 p.m. along Highway #211 from Stillwater to Port Hilford. Anyone taking part put out "Yard Sale" sign or balloons at the end of your driveway. NO EARLY BIRDS. Sales will start at 10:00 a.m.



50th Wedding Anniversary



In honor of the 50th Wedding Anniversary of Billy and Jessie MacDonald, their children and grandchildren request the pleasure of your company at an open house on Saturday, the 15th of August 2009 at 7pm at the Sherbrooke Lions Hall. A dance will follow at 9pm. Best Wishes Only!

St. Mary's Pastoral Charge The United Church of Canada

Summer Worship Schedule

All are welcome! For more information please call
833-2920 or visit
www.stmaryspastoralcharge.blogspot.com

Sundays in August

August 2, 11am, Bethany in East River - St. Mary's
August 9, 11am, St. John's in Sherbrooke

August 16, 23 and 30

9:30am, Kirk in Glenelg
11am, Bethany in East River - St. Mary's
7pm, St. John's in Sherbrooke

JAM Camp 2009 "Jesus And Me" Out On
The Range! A One Day Vacation Bible
School at Bethany United Church, East
River - St. Mary's, on Saturday, August
15, 9:30am!



Goshen C@P Site

HOURS OF OPERATION

Monday to Friday

9:30am to 5:00pm

Free Computer and Internet

Use Printing, Laminating, Binding, available!

Drop in and Learn to make your own:

Bookmarks

Address Labels

Business Cards

Calendars

Letterheads

Posters

Also Offering one on one basic training with:

Microsoft Office

Internet Use and Research

Setting up email, facebook, etc.

Phone: (902) 783-2107 for more information!

St. Mary's Shooter's Association

August 20th, 2009: Bench rest Shoot, Rifle and Pistol
100 yards and 25 yards. 9:00 a.m. - 3:00 p.m.

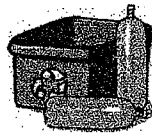
The public is welcome to shoot as our guests at any event. We have trained Range Safety Officers on site and liability insurance through The National Firearms Association.

Waste Sorting Tips

All Caps and covers must be removed from bottles & containers (plastic & glass). Caps and covers go in with your regular waste (clear bag) and empty bottles & containers go in your blue bag. Caps and covers left on containers can seriously injure workers when they are going through the recycling process. All Styrofoam goes in with your regular waste (clear bag). It is not recyclable even if it has a recycling symbol on it. Windshield washer jugs rinsed out & caps off are recyclable and goes in with your recyclables (blue bag). Antifreeze jugs (empty) cannot be recycled. They are to be placed in with regular waste (clear bag). Containers that still have antifreeze in them are to be sent to the transfer station separately so they can be dealt with under household hazardous waste. If you are in doubt as to where any item should be placed ask your local hauler or staff at the transfer station.

Transfer station: 902-522-2659

Thank you for recycling!



Thank-you

On behalf of James John Ernest Pace Sr., his wife Blanche, their children and families would like to thank everyone for all their love, support and prayers during our time of loss.

This town showed its wonderful understanding sense of community and we are all more grateful than words could ever describe. "Jimmy" will be sadly missed by all.

Sincerely
The Pace Family

EAST NOVABILITY SOCIETY FOR PERSONS WITH DISABILITIES

East Novability Society for Persons with Disabilities assists persons with disabilities meet their employment needs. We are committed to assist persons with disabilities find and maintain sustainable employment by providing the following services: Job Development, Job Coaching, Referral Source. Find out about the benefits for businesses to hire a person with a disability such as: targeted wage subsidy, ongoing follow-up with the client and employer to ensure a positive working environment, access to a trained, dedicated, and able employee whose skills have been matched to your workplace, and the creation of a diverse and dynamic work environment, supportive of persons with disabilities from your community.

A Job Developer will travel to Sherbrooke on an as need basis, and is in Antigonish twice weekly. For further information call our main office in Port Hawkesbury; toll free at 1-800-686-1899. You may wish to visit our website at www.eastnovability.ca



IT'S THE 14TH ANNUAL YARD SALE AT BOB BREEN LOOP

Spanish Ship Bay Nova Scotia

August 22, 2009 from 11:00 a.m. to 1:00 p.m.

There will be many treasures, along with baked goods and wooden crafts. Hot dogs and drinks available. We will be selling tickets again this year on our Firemen's Box of Goodies. Any donations would be greatly appreciated. If you would like to reserve a space please call Cheryl at 779-2677.

CHATLINE Sherbrooke Library COMPUTER ASSISTANCE:



A C@P Site Youth Intern will be available this summer at the Sherbrooke Library. Drop by to meet the summer staff and learn how to use our online catalogue, search the library's online databases, create email accounts, surf the net, and get help with our computer-related concerns. We are offering free, one-hour information computer workshops throughout the summer on an individual basis. Please call the library to book an appointment.

SHERBROOKE LIBRARY BOOK CLUB:

The Sherbrooke Library Book Club will meet on the first Thursday of each month. The next meeting will be on August 6, 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, AUGUST 3, 2009:

The Library and C@P Site will be CLOSED on August 3, 2009 for the Civic Holiday.

SUMMER READING PROGRAM:

The Summer reading program for children ages 6-12 will continue on Monday evenings from 6:30-7:30pm until August 17th. **NOTE:** There will be no class on August 3, 2009 because of the Civic Holiday.

SHERBROOKE LIBRARY 40TH ANNIVERSARY

CELEBRATION: Sherbrooke Library will be celebrating its 40th Anniversary on October 10, 2009 from 11am-2pm. We will be welcoming the community to help celebrate with a barbeque, displays and a book sale. Keep watching for more details.

VBS TIME IS HERE IN LISCOMB

AT BAYVIEW BAPTIST CHURCH
THIS YEAR'S THEME IS: ADVENTURES IN SPACE
FROM AUGUST 3-6 2009
9:30 AM TO 11:30 AM
AGES: 3-11 YEARS

VBS CLOSING WILL BE HELD ON THURSDAY AUGUST 6TH, 2009 AT
7:00 PM ALL ARE WELCOME
FOR ANY QUESTIONS PLEASE CONTACT
PASTOR DAVE SMITH AT 779-2709

Marie Joseph Community Centre

July 30th is

"MOVIE NIGHT" at 7:30 p.m.
With Pizza, popcorn and a drink.
\$5.00 a person/\$15.00 per
family.



Ladie's Night Out..... August 20th at
7:00 p.m. Each person brings 2 (two)
wrapped gifts valued at \$5.00 each. Cards
are 3/\$5.00 and \$2.00 for jackpot.

SMOKE DETECTOR RECALL

MANUFACTURER: Walter Kidde Portable Equipment
Inc. of Mebane, N.C. **HAZARD:** An electrostatic
discharge can damage the unit, causing it not to warn
consumers of a fire. **INCIDENTS AND INJURIES:**

The firm has received two reported incidents of smoke
alarm malfunctions involving electrostatic discharge
during installation. No injuries had been reported.

DESCRIPTION: This recall involves Kidde dual sensor
smoke alarms model P12000. The alarms can be
identified by two buttons, "HUSH" and "PUSH AND
HOLD TO TEST WEEKLY", which are located on the
front/center of the alarm. The model number and date
code are on the back of the smoke alarm. Only date
codes 2008 Aug. 01 through 2009 May 04 are
included in this recall. **SOLD AT:** Retail, department and
hardware stores and through electrical distributors
nationwide from August 2008 through May 2009 for
between \$30 and \$40. Manufactured in China.

REMEDY: Consumers should contact Kidde immediately
to receive a free replacement smoke alarm.

CONSUMER CONTACT: For additional information,
contact Kidde toll-free at (877) 524-2086 between 8am
and 5pm Monday through Friday or visit the firm's
website at www.kidde.com.

Smokey Hollow Holidays 2009

July 25th to August 2nd

Saturday, July 25th

8:30 - 10:30 Smokey Breakfast
11am-1pm Community Scavenger Hunt
2pm-6pm Hootenanny with Bud & Friends

Monday, July 27th

7:30 BINGO

Tuesday, July 28th

7:30 Darts

Thursday, July 30th

10am-3pm Kids Day
8pm Trivia & Pizza

Friday, July 31st

6pm 30th Annual Kenny Porter Memorial Men's
Ball Tournament Begins

9pm Casino Night

Saturday, August 1st

8am Men's Ball Tournament Continues
2pm-6pm Hootenanny - Karaoke with Fred
Alexander

9pm Dance with DJ "Sounds Mixed Up"

Sunday, August 2nd

10am Men's Ball Tournament Continues
7pm Dan Mason Concert

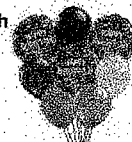
Canteen Services will be available
at all events



Open House

10th Anniversary Celebrations
of
Carole Gartside Law Office

Highway 7, Sherbrooke
Thursday, September 17th
2-4pm
Refreshments



Request For Graveling Quote

The Municipality of the District of St Mary's is requesting
price quotes for graveling and grading the Gegogan Road
from the #7 Hwy entrance to the gates of the Transfer
Station, an estimated distance of approximately 1
kilometer.

The work shall consist of pre-grading existing surface,
application and final grading of 6 inches of Class A (3/4")
Deadlines for quote is 4 pm August 7th at the Municipal
Office Sherbrooke.

COMMUNITY YARD SALE



There will be a community yard sale held in Spanish Ship Bay, in the parking lot of Bayview Baptist Church on Saturday, August 29th from 10am until 2pm. There is no cost to set up a table; however donations of non-perishable food items for the Food Bank are encouraged. For further information please call Debbie at 902-779-2255.

The Alpha Course Advance Notice

The St. Mary's District Ministerial (representing five local denominations) will offer the Alpha Course again 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, Sept. 15th at St. Mary's Education Centre. To register call 522-2759.

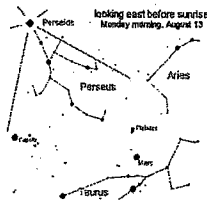
For information about Alpha, call 522-2087 or see www.alphacanada.org The Alpha Course: A practical introduction to the Christian faith and an opportunity to explore the meaning of life.

Did You Know?.....

If the sky is clear at night from August 11th to 13th you will be able to see the Perseid Meteor Shower. (Best in predawn). A meteor is a particle of matter in the solar system observable directly only when it falls into the earth's atmosphere where friction may cause its temporary incandescence.

A meteorite is a matter that reaches the earth's surface without being completely vaporized.

St. Mary's Naturalist Club



ATTENTION

DISTRICT OF ST. MARY'S RESIDENTS

For more information on either SEPTIC SYSTEM GRANTS and/or a SEPTIC PUMPING REBATE contact Clean Nova Scotia toll-free 1-866-500-5427.

District of St Mary's Municipal Planning Strategy and Land Use Bylaw

Please be ADVISED that the Municipality of the District of St. Mary's has ADOPTED by formal motion a Municipal Planning Strategy and Land Use Bylaw.

The effective date is immediately and the documents may be inspected at the Municipal Office during business hours.

St. Mary's River Association Interpretive Centre 8404 Highway #7 Sherbrooke.

Events taking place in August/September

August 12 - Magic on the River Day Camp (10am - 2pm) Kids will have the chance to explore the nature of the watershed. Registration is recommended.

August 11, 12 or 13 - Astronomy Program - at 8:00 p.m. Those planning to attend this program should call the St. Mary's River Association to register. Please give your telephone number when registering so we can call you when we decide which evening of the three will provide the best viewing conditions. The program will begin with an indoor presentation followed by an opportunity to use telescopes to view the stars and constellations. Also, these dates coincide with the Perseid Meteor Shower and we also hope to see a few meteors.

August 26 - Guided tour of restoration areas - This will allow community members to see what areas are being restored in the watershed.

September 2 - Owl walk & talk with Professor Randy Lauffs.

TBA - Climate change presentation

TBA - Land use and forestry practices

If you plan to attend these events, you may call 522-2099 to register and get more information.

A perfect summer day is when the sun is shining, the breeze is blowing, the birds are singing, and the lawn mower is broken.

~James Dent



Note: These events are subject to change

St. Mary's Seafood Festival – Do you make the best chowder around? Well don't forget to call the village office at 522-2400 and register to be a participant in the chowder competition. Cash prizes for domestic category and awards for commercial.

Sherbrooke Village Schedule of Events August Thursday, July 30

Courthouse Concert – featuring: **Former Ordinary Horse** comprised of members Andrew Stalker (guitar,vocals), Dave Tellum (bass, vocals) and **Garth Wilson** (lead guitar/vocal), Former Ordinary Horse entertains with an eclectic mix of original songs written by Andrew, and cover tunes culled from pop, rock and folk music from the past 50 years. 7:30pm, tickets \$8 at the door.

August 2009

Sunday, August 2 - **HANDS ON CRAFTS** – Children are invited to participate in Village life by taking part in a "Hands On", interactive and fun experience. Register at admissions for today's craft. Material fee \$3

Thursday, August 6 - Courthouse Concert- featuring **Hal Bruce**, his unique Beatles Tribute has netted invitations to various international events 7:30pm, tickets \$8 at the door.

Sunday, August 9 - "WITH THESE TWO HANDS" WE'VE GOT BOATS TO BUILD" – The St. Mary's River Punt was the vessel of choice for anglers who came from all over the world to fish the salmon pools of the St. Mary's River. Today we have local boat builder, Keith Horton on hand to share river lore and demonstrate how these unique boats are built 1:00pm to 4:00pm. **HANDS ON CRAFTS** – Today we will make wooden boats. Register at admissions for today's craft. Material fee \$3

Monday, August 10 to 13 - Sherbrooke Watercolour **CAMP Sold Out**

Thursday, August 13 - Sherbrooke Watercolour Camp, Art Exhibit – Instructor Susan Paterson and camp participants will have a showing of their weeks work at the Exhibit Centre from 2:00 pm to 5:00 pm.

Thursday, August 13 - Courthouse Concert- featuring

the unforgettable vocals guitar abilities of **Andrew White** 7:30pm, tickets \$8 at the door.

Friday, August 14 and Saturday, August 15 - **ST MARY'S GARDEN CLUB ANNUAL FLOWER SHOW** – At the Exhibit Centre

Sunday, August 16 - "WITH THESE TWO HANDS" Wool Preparation! In recognition of 2009 being the "International Year of Natural Fibres" – Join Village staff as they wash, dry, pick, card and spin wool that has been sheared from our Cotswold sheep, Nelson and Edward.

HANDS ON CRAFTS – Children are invited to participate in Village life by taking part in a "Hands On", interactive and fun experience. Today we will make wooden boats. Register at admissions for today's craft. Material fee \$3

Thursday, August 20 - Courthouse Concert- featuring **Dan Mason**, Dan Mason is recording his new CD with award-winning producer Tim Feswick early this summer. The CD will feature 10 songs all written by Dan that for the most part, will be in the 'new country' style... high energy and melodic country 7:30pm, tickets \$8 at the door.

Saturday, August 22 - St. Mary's Seafood Festival activities will take place in Port Bickerton and will include a fish fry and adult dance.

Sunday, August 23 - St. Mary's Seafood Festival – This will be a fun day for the whole family at the Sherbrooke Village Performance Centre field! It will include chowder contests, both domestic and restaurant/commercial, a farmers/crafters market, concerts, games and crafts for children and we'll finish the day with a fireworks display.

Friday, August 28 - Courthouse Concert- featuring "**Brothers Blues Bash**" with George Brothers & Friends. This will be the Kick-Off concert for our Second Annual Rally That Gives weekend 7:30pm, tickets \$8 at the door.

Friday, August 28 to Sunday, August 30 - **SHERBROOKE VILLAGE RALLY THAT GIVES** – Motorcycle Rally fundraiser in aid of the Lodge That Gives which offers a home away from home for cancer patients and their families living more than 50 km away from the cancer treatment centre in Halifax. The event will feature music at the Performance Centre, dance, field games, show & shine, dinner and poker run.

ST. MARY'S RECREATION

Summer Fun

website: www.saint-marys.ca/recreation

Active Transportation

Part Two of a Five Part Series

Did you know that 6 in 10 Canadians are NOT physically active enough to achieve full health benefits? Canadians live a car-centered lifestyle taking away from a great way to incorporate physical activity into their daily lives.

Research has shown that achieving the equivalent to walking for an hour throughout the day is health promoting. Just by doing 10 minute bouts, you could be incorporating physical activity into your day.

Benefits of Active Transportation: (walking, biking)

- improved fitness
- better overall health
- better posture and balance
- reduce the risk of premature death
- reduce the risk of heart disease
- reduce obesity
- reduce risk of high blood pressure
- improved strength
- reduced stress and increased recreation
- increased connection to your community
- helps with continued independent living in older age
- muscle power is more energy efficient and least costly mode of transportation
- fastest mode of transportation for distances under 5 km is cycling.

Taking Action

Here are some ideas that may help you consider adopting more active modes of transportation:

- Think twice about using your car for every trip. Could you walk or use your bike to visit friends?
-

- Dust off your bicycle and cycle to work when the weather permits.
- Trade in your dress shoes for running shoes, strap on a backpack and walk all, or part of the way to work/school.
- Instead of driving your kids to the local playground, why not make it a family outing on your bikes.

Keep in mind, it's not just up to you to adopt active transportation. Our communities, workplaces and schools must also support active transportation.

If you're interested in more information on Active Transportation, or would like to discuss Active Transportation opportunities for your community, please contact Kristin Porter at the Recreation Department by phone 522-2598, or by email kristin.porter@munet.ns.ca



Fitness Centre Summer Hours

With the summer here the St. Mary's Fitness Centre will be moving to its new Summertime hours for the months of July & August. Listed below are the fitness centre hours

Monday: 6 – 7am & 5:30 – 7:30pm
Tuesday: 6 – 7am & 5:30 – 7:30pm
Wednesday: 6 – 7am & 5:30 – 7:30pm
Thursday: 6 – 7am & 5:30 – 7:30pm
Friday: 6 – 7am & 5:30 – 7:30pm

2 for 1 Membership Deal

For the summer time, if you purchase a one month membership you will receive the second month FREE. Which means a two month membership will only cost you \$15 a month. It's a great deal if you're looking to test out the centre.

If you have any questions, please contact the fitness centre during its summertime hours at 522-2035 or the Recreation office.

ST. MARY'S RECREATION

Summer Fun

website: www.saint-marys.ca/recreation

On-Going Recreation Activities

AquaFit

Monday 11:30am & Thursday 7pm

Liscombe Lodge Pool

Cost \$3

Participants learn to combine arm and leg movements in varying combinations. The purpose of water aerobics is to improve cardiovascular conditioning.



Inline Skating

Tuesday 6pm & Thursday 6pm

St. Mary's Recplex

FREE

Don't forget, we have all the skates and protective gear that you need to join in the fun.



Adult Soccer

Monday 6pm

St. Mary's Soccer Field

FREE

Come out and show off your skills in a fun game of soccer.



Open Swim

Friday 4pm - 6pm

Liscombe Lodge Pool

Cost \$2 or \$5 for a family

This is a great way to get the family active while spending some quality time together.



Ball Hockey

Wednesday 6pm

St. Mary's Recplex

Let's keep the hockey going all year round in St. Mary's. Practice your stick handling and shooting in the off-season



Recreation

NOVA SCOTIA

Golf Tournament

11th Annual Recreation NS Golf Tournament
(in support of the James Bayer Bursary)
1 p.m., Thursday, September 10th
Ken-Wo Golf & Country Club, New Minas.

Don't miss out on a great day of golf, networking, food and fun.

Round up a team or come on your own and team up when you arrive. Registration for the four-person scramble starts at noon with the shotgun start at 1 p.m. Registrations received on or before Friday, August 14th, will be entered into the Early Bird Draw for a chance to win a three night stay at any Pacrim hotel across Canada! You can register online at www.recreationns.ns.ca/golf or contact St. Mary's Recreation Office at 522-2598.

The registration fee of \$95.00 includes a round of golf (18 holes), dinner, player gift courtesy of Fundy Textiles, and a chance to win great prizes including five (5) \$200 gift certificates from Golf Central. All proceeds go to support the James Bayer Bursary which is awarded annually to students, professionals and volunteers who are pursuing academic and research opportunities in the field of recreation. The Bursary is named in memory of James Bayer who had a profound impact on the development of sport and recreation in Nova Scotia and across Canada.

To reserve power carts, call Ken-Wo directly at: 902-681-5388. If you have any questions, please don't hesitate to contact the RNS office, 425-1128 or email at bmahon@recreationns.ns.ca.

ST. MARY'S RECREATION

Summer Fun

website: www.saint-marys.ca/recreation

Guysborough County Older Adult Games

The Older Adult Games will be held on August 25th and 26th at Liscombe Lodge. The games will include:

Cribbage	Auction 45's	Scrabble
Walking races	Carpet Bowling	Darts
Croquet	Washer Toss	Crokinole
Indoor and Outdoor Shuffleboard		

Registered participants have the opportunity from provided transportation and to stay the night at the lodge making the games even more enjoyable. There will be evening events including a banquet. Registration deadline July 30th

Zone Playoffs Schedule

Aug 10 – 11 – Zone #1 (Liscomb Legion)
Aug 12 – Zone 6 (Greenfield Oldster Centre)
Aug 13 – Zone 3, 4, 5
Aug 14 – Rain Day

Participants involved in the playoffs will be contacted in early August.

If you have any question please contact the St. Mary's Recreation office at 522-2598.

Heart & Stroke Big Bike



HEART &
STROKE
FOUNDATION
OF ONTARIO

Finding answers. For life.

The Recreation office will be hosting the Heart and Stroke's Big Bike fundraiser on **Saturday**

August 15th, 2009. To pick

up a pledge form to participate call the Recreation office at 522-2598 or drop by and pick one up. Last year we didn't have the big bike in St. Mary's, let bring it back with a BANG!

GLOW IN THE DARK WATER RACE

This great family fun event will be held **SATURDAY AUGUST 8TH AT NIMRODS CAMPGROUND!** Races Begin at 8:00 PM. Winners will receive trophies.

Participants will receive glow sticks to wear around their necks and there will be glow sticks on their choice of racing device. We have canoes available but participants are welcome to bring their own water racing equipment - rubber dinghy's are welcome. Teams are in pairs for this race.

The entry fee is only \$5 per team. To register your team or if you have any questions please call St. Mary's Recreation office at 522- 2598.

Interested participants are asked to call and register their team by **AUGUST 2!!!!!!**

SO COME OUT AND HAVE A GREAT TIME!!!

Update: St. Mary's Adult Ball

The St. Mary's Adult Ball league has gotten off to a slow start, but now it time to turn up the heat and head into the real season. Starting **August 5th** Adult Ball will be moved to **Wednesday nights** (only once a week) starting at **6:30pm** (running until 8:00pm)

Next week, the first annual St. Mary's Adult Ball draft will take place in the recreation office. Following the draft you will receive a phone call from your team captain about your next game. See you on the field.

ST. MARY'S RECREATION

Summer Fun

website: www.saint-marys.ca/recreation

12-hour Ball Hockey Game

Do you have the stamina to keep your stick on the ground for 12 hours? St. Mary's Recreation office will be holding the first annual 12-hour ball hockey game in St. Mary's. Worried you can't stay awake for it all? No worries, you do not have to stay for the whole event. Feel free to come and go throughout the 12 hours

The game will begin Friday August 14th at 9pm and run throughout the morning hours. If it rains the game will be moved inside the St. Mary's Recplex.

Date: August 14th/15th, 2009 9pm to 9am
Location: Sherbrooke Court (Outside High school)
Ages: 12 & up
Cost: FREE

To be part of this fun event, sign up at the sheet at Bud's Kwik Way or contact the Recreation office at 522-2598.

wipeout

It's back!!! Wipeout; qualifying for the Wipeout tournament will begin on Wednesdays at Day Camps across the Municipality. This fun filled tournament will include two over the top obstacle courses. With all the fun don't forget to bring your bathing suit as you might get a little wet during the fun!!!

On **August 23rd** at St. Mary's Seafood Fest the final Wipeout tournament will take place. On the Sherbrooke Village field the best of the best from St. Mary's will go head to head to take a shot at the crown. Find out who can take home the Wipeout challenge and which district can take top spot.

Top competitors in the final Wipeout tournament will be awarded medals. Good luck to all day camps, and bring your best or you may find yourself as the next wipeout.

Kayak Races

Come out to our first annual Kayak races. It's a great recreational activity that allows everyone to enjoy the fun of competition, open water and great scenery.

Date: August 15, 2009 11am
Location: Ecum Secum Wharf
Ages: 11 & up
Cost: FREE

There will be two divisions, single or double kayaks. If you don't have a kayak contact the Recreation office (522-2598) to rent one, but there are a limited number. Once you have completed the race, stick around and join in the fun at Ecum Secum Days.

To register your kayak or for information please contact St. Mary's Recreation office at 522-2598.



Mini Olympics

Vancouver 2010 is just around the corner and it time for our kids to get into the Olympic spirit.

On **Sunday August 16th** the Recreation office will be hosting the District wide Mini Olympics. Come on out and test your skills against all your friends and see who is the best at such events as frisbee thrower, long jump or 100m dash and many more Olympic based competitions.

Top competitors in the Mini Olympics will be awarded medals. The Olympics will be held at **St. Mary's Academy soccer field beginning at 2pm.** All events are weather permitting and will be rescheduled in the event of rain.

Family Camp Out

Summer is in full swing and its time for the family campout of the season. During summer vacation it's not always easy to get together with family and friends. Here's your chance! Come and hang out all evening at the St. Mary's Recreation Family Camp Out.

Date: Monday Aug 10th, 2009

Location: St. Mary's School Field

Time: 7pm

Cost: FREE

Come and enjoy the evening with friends and family. Stay the night and enjoy a camp fire, marshmallows, hot dogs, fun and games.

Please bring your own tents and camping equipment as it will not be provided. All Children must be accompanied by an adult.

To register for this event please contact the recreation office at 522-2598.

Notice of Second Reading District of St. Mary's Civic Addressing Bylaw

The Municipality of St. Mary's is scheduling a second reading of the proposed Civic Addressing Bylaw on the September 14th, 2009 meeting of St. Mary's Municipal Council. A copy of the Bylaw may be obtained from the Municipal office.

Civic Numbering - Important Part of 911

Nova Scotia's emergency call taking service is a leader in providing effective 911 services. Knowing civic numbers ensures that first responders can respond in the quickest and most effective way.

There are four 911 Public Safety Answering Points (PSAP's) across the province; one run by the RCMP in Truro, one by Halifax Regional Municipality in Dartmouth, one by Cape Breton Regional Municipality in Sydney, and one in Kentville that is privately owned and operated. Each centre screens, hires and compensates independently. Employees of all answering points receive 911 training through EMO.



St. Mary's Minor Hockey

It's the middle of the summer but St. Mary's Minor Hockey is already planning for the up coming season.

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 now 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.

If you have any questions about minor hockey and the upcoming season please contact Brendon Smithson at 522-2598. St. Mary's Minor Hockey thanks you for your ongoing support and is looking forward to another successful season.

Fun in the Sun

Come to Port Hillford Beach for a fun filled family day of sand castle completions and a delicious BBQ for a little fun in the sun.

For more information please contact St. Mary's Recreation office at 522-2598.

THIS SUMMER'S RECREATION DAY CAMPS AND SPECIAL EVENTS!

This summer we will be hosting week long day camps in all 8 areas each month with the exception of some special Friday's. All of the day camp days are themed with different activities each day. Day camps run from **9:30am-3:30pm**. Each child is asked to bring a bagged lunch for the day with lots of water!!

Liscomb (Liscomb Legion) July 27th - 31st
July 31st - Our Second Water Fun Day at Liscombe Lodge.

Goshen (Goshen Community Centre) July 28th- 31st
July 31st - Mini Olympics in Goshen. Come out and test your strength at the first ever Goshen Olympics. Give the shot put, long jump or 100m dash a try

Indian Harbour Lake (IHL/Jordanville Community Center) August 4th-7th
August 7th - Beach Day Come out again for another awesome day at Port Hilford Beach in the sun with more awesome games in the sand and more prizes to be won.

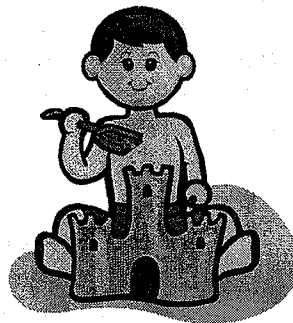
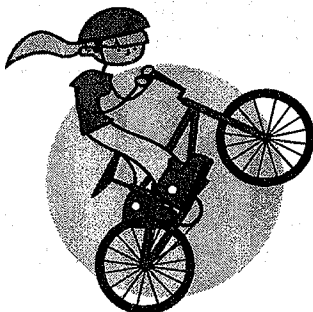
Aspen (Kirk United Church) August 4th - 7th
August 7th A day as a Fireman in Aspen, jump on the truck try on the suit and put out the fires

Sherbrooke (St. Mary's Recplex) August 10th-14th
August 12th - Sherbrookes Magic on the River Day. This very interesting day is held at the St. Mary's River Association. Come learn how to tie flies!!
August 14th - Bike Rodeo. This year the bike rodeo will be held at the Recplex. Come join us for a skill testing and fun day with lots of prizes to be won. A BBQ will be provided.

Port Bickerton (Port Bickerton Community Centre) August 10th-14th
August 14th - Beach Day #2! Come out again for another awesome day at Port Hilford Beach in the sun with more awesome games in the sand and more prizes to be won.

Marie Joseph (Marie Joseph Community Centre) August 17th-21st
August 21st - Mini Olympics in Marie Joseph. Come out and test your strength and see how you stack up against Goshen Olympics games. Give the shot put, long jump or 100m dash a try

Sonora (Sonora Community Centre) August 17th - 21st
August 21st - A day as a Fireman in Sonora, jump on the truck try on the suit and put out the fires





Greetings from everyone
at
High-Crest!

We have 5 residents celebrating
birthdays this month:

Ruby Cruickshank	August 2nd
Jean MacDonald	August 16th
Muriel Hayne	August 22nd
Earl Mason	August 22nd
Effie Jones	August 24th

The Homebuddies will be having the monthly Birthday party to celebrate with our residents. Date has not been confirmed. Everyone is welcome to join in the fun!

The winner of our Goodie Basket was Hannah Porter!! Congratulations! Thanks again to all the local business' that supported us and many thanks to those who bought tickets. The money raised has purchased new large print hymn books to go with our new keyboard.

I would also like to thank Marion Rudolph for donating several china cups and saucers to the Nursing Home. We really enjoy using the good china for our little get togethers, social events and teas.

ST. MARY'S RIVER ASSOCIATION

Are you interested in learning more about the ecology of the St. Mary's River?

Dr. Sean Mitchell will be giving a presentation on this topic on Monday, July 27, 2009 at 6:30pm at the Interpretive Centre. If you have any questions, please contact Danielle or Megan at 522-2099.

ST. MARY'S 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. Please note that there is no regular Council meeting in the month of August.

The Baptist Congregation of Port Hilford, Port Bickerton, and Sonora

(Convention of Atlantic Baptist Churches)

August Worship Services

Sunday, Aug. 2:

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

Sunday, Aug. 9:

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

Sunday, Aug. 16:

Sonora Baptist Church, 11:00 a.m.

Sunday, Aug. 23:

Port Hilford United Baptist Church, 11:00 a.m.

Sunday, Aug. 30:

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

For more information, contact Pastor Norman Pearce at 522-2087 or hbs.baptist@ns.sympatico.ca.

St. Mary's Garden Club

Our annual flower show will take place Friday, Aug. 14th and Saturday, Aug. 15th. at the historic Sherbrooke Village Exhibit Centre. Please bring your flowers, plants, vegetables, etc to the Exhibit Centre between 9:00 and 11:00 am on the 14th. We welcome all entries - for competition or display only. Show off your pride and joy!

The judge this year will be Anne MacIssac from Pictou and judging will take place on Friday afternoon. Prizes will be awarded at 7:00 pm on Friday.

The show is open to all residents (including seasonal residents) from the District of St. Mary's and a copy of the flower show rules for competition entries can be obtained by contacting Mary Baker at 779-2898.

Our next meeting will be Tuesday, Aug. 4th (note change of date) at 2:00 pm at the Sherbrooke Village boardroom.

August 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Yard Sale 10am Smokey Hollow Days
2 Sherbrooke Village Hands on Crafts Smokey Hollow Days	3 VBS Liscomb 9:30am	4 Inline Skating 6pm VBS Liscomb 9:30am Day Camps Aspen, IHL 9:30am	5 Adult Ball 6:30pm Ball Hockey 6pm Lions Bingo 7:45pm VBS Liscomb 9:30am Day Camps Aspen, IHL 9:30am	6 Aquaft 7pm Inline Skating 6pm Sherbrooke Library book Club 1pm Courthouse concert 7:30pm VBS Liscomb 9:30am Day Camps Aspen, IHL 9:30am	7 Open Swim LL 4pm Day Camps Aspen, IHL 10am	8 Glow in the Dark Canoe Races 8pm
9	10 Aquaft 11:30am Adult Soccer 6pm Library Summer Reading Program 6:30pm Sherbrooke Village watercolor Camp Day Camps PB, Sherbrooke 9:30am Older Adult Games playoffs Family Camp Out 7pm	11 Inline Skating 6pm St. Mary's Garden Club meeting 2pm SMRA Astronomy program 8pm Sherbrooke Village watercolor Camp Day Camps PB, Sherbrooke 9:30am Older Adult Games playoffs	12 Adult Ball 6:30pm Ball Hockey 6pm Lions Bingo 7:45pm Magic on the River Day 10am SMRA Astronomy program 8pm Sherbrooke Village watercolor Camp Day Camps PB, Sherbrooke 9:30am Older Adult Games playoffs Fun in the Sun	13 Aquaft 7pm Inline Skating 6pm SMRA Astronomy program 8pm Sherbrooke Village watercolor Camp Courthouse concert 7:30pm Day Camps PB, Sherbrooke 9:30am	14 St. Mary's Garden Club Flower Show Ecum Secum Fun Days Open Swim LL 4pm Day Camps PB, Sherbrooke 10am 12 hour ball hockey game 9:30am	15 St. Mary's Garden Club Flower Show Yard Sale 10am Ecum Secum Fun Days Big Bike 11:30am Kayak Races 11am 12 hour ball hockey game
16 Ecum Secum Fun Days Sherbrooke Village Hands on Crafts Mini Olympics 2pm	17 Aquaft 11:30am Adult Soccer 6pm Library Summer Reading Program 6:30pm Day Camp Mj, Sonora 9:30am	18 Inline Skating 6pm Foot Clinics 8am Day Camp Mj, Sonora 9:30am	19 Adult Ball 6:30pm Ball Hockey 6pm Foot Clinics 8am Lions Bingo 7:45pm Day Camp Mj, Sonora 9:30am	20 Aquaft 7pm Inline Skating 6pm Courthouse concert 7:30pm SMSA Bench rest shoot 9am MJ Ladies night out 7pm Day Camp Mj, Sonora 9:30am	21 Open Swim LL 4pm Day Camp Mj, Sonora 10am	22 Yard Sale Bob Breen Loop 11am St. Mary's Seafood Festival New Chester Heritage Dady
23 St. Mary's Seafood Festival Wipeout final	24 Aquaft 11:30am Adult Soccer 6pm	25 Inline Skating 6pm St. Mary's Garden Club meeting 2pm Older Adult Games	26 Adult Ball 6:30pm Ball Hockey 6pm Lions Bingo 7:45pm SMRA guided tour of restoration areas Older Adult Games	27 Aquaft 7pm Inline Skating 6pm	28 Open Swim LL 4pm Courthouse concert 7:30pm Rally That Gives	29 Community Yard Sale 10am Rally That Gives
30 Rally That Gives						