

Municipality of the District of St. Mary's & St. Mary's Recreation Department



# May 2010 Newsletter



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

The DEADLINE to have information submitted for the June issue of the NEWSLETTER is **THURSDAY, May 20<sup>th</sup>, 2010 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.

## St. Mary's Municipal Council



The next regular meeting of St. Mary's Municipal Council will be held on Monday, May 10<sup>th</sup>, 2010 at 7:00 p.m. The public is invited to attend.

Visit our website for recent minutes of the regular meetings, important dates and forms. [www.saint-marys.ca](http://www.saint-marys.ca)



### In Branch/ Online/ OR Telephone Banking

As of March 20, 2010 Royal Bank of Canada and Scotiabank Customers will be able to make payment on their St. Mary's Municipal Property Tax Bill using Online or Telephone banking. You also now have the ability to make payments by visiting your local RBC or ScotiaBank Branch with your tax bill. **Note:** The Municipal Tax account number must include 8 digits (found on Top right hand corner of Tax bill). If necessary, place one or two zeros (0) in front of your account number. Contact us here at the municipal office for more information. 522-2049 or [council@saint-marys.ca](mailto:council@saint-marys.ca)

## Building Inspector

**Alex Sutherland will return to his regular working hours at the Municipal Office on Fridays from 9am til 12 noon beginning Friday May 7<sup>th</sup>.**  
Phone 522-2049

## Building Permits

Effective immediately, all Building Permits must comply with zoning regulations set within the St. Mary's Land Use By-Law. Copies are available at the Municipal Office. Please contact Building Inspector Alex Sutherland, at 783-2445 or 522-2049 for further information and clarification.

Show your support for the St. Mary's Schools!  
Visit [www.savecommuntiysschools.ca](http://www.savecommuntiysschools.ca)

The regular meeting of the Strait Regional School Board held in Port Hastings will be on Wednesday, May 5<sup>th</sup> at 7pm.

Spring is around the corner so why not commence your preparation now? Start your training; prepare for the challenge! **The Guysborough County Triathlon: the triathlon that beat Hurricane Bill**, sponsored by the Physically Active Lifestyle Society (PALS) [www.pals-ns.ca](http://www.pals-ns.ca) is being held on **Sunday, August 22, 2010**. (Visit the PALS web site and view its expanded photo galleries.) The triathlon will begin at the Jost Building on the Guysborough Waterfront.

There will be prizes for the winners of each category plus random-draw prizes which all participants are eligible to win. The first 100 registered participants will receive a T-shirt (Dry Fit). A post-race meal is included with the triathlon's registration and will be served upstairs in the Jost Building.



The race distances and starts are as follows:  
Olympic 9:00 AM (1500m swim/40km Bike/10km run)  
Sprint 9:45 AM (750 swim/20km bike/5km run)  
Tri-A-Tri 10:15 AM (300m swim/15km bike/3km run)  
Youth (Minimum age 12 years) 10:15 AM (300m swim/15km bike/3km run)

**Continued for 2010**, in lieu of paying the triathlon's registration fee, collect pledges as support for Guysborough County's three rural hospitals. For more information, please go to the triathlon information dropdown at [www.pals-ns.ca](http://www.pals-ns.ca).

For other information, or to volunteer to help, contact Ray Bates, Race Director at PO Box 44, Guysborough NS, B0H 1N0 Email: [bates@ns.sympatico.ca](mailto:bates@ns.sympatico.ca) Phone: 1-902-533-2528

*Experience the triathlon -  
Experience the count*

**Happy Mother's Day**  
*Insanity is hereditary; you get it from your children. ~Sam Levenson*

Spring might appear to be slow to arrive but there is no need to be sedentary. As you set your personal activity goals why not commence your preparation for an event that will enable you to be active and to show both your appreciation and support for Guysborough County's three hospitals?

**The Third Annual Guysborough County Walkathon**, sponsored by the Physically Active Lifestyle Society (PALS), ([www.pals-ns.ca](http://www.pals-ns.ca)) is being held on **August 21, 2010**. (Visit the PALS web site and view our expanded photo gallery from the first two walkathons.) The funds raised through the efforts of the walkathon's volunteers and participants will be divided equally between Guysborough County's regional hospitals: Eastern Memorial Hospital Foundation, Guysborough Memorial Hospital Foundation and St. Mary's Memorial Hospital Society.

This enjoyable event will begin on Saturday, August 21, at 10:00 AM from the Jost Building at Guysborough's Waterfront. The walkathon will cover a distance of only 5 km (3.1 miles) travelling by the side of Main Street, next to Guysborough's harbour, along Lower Water Street, up Peart Road and then return back via the same route to the Jost Building.

As per a Nova Scotia Public Works regulation: "Children under the age of 8 participating in a walkathon must be accompanied by an adult."

Come out to enjoy this event and partake in the activities being planned to happen at the Guysborough Waterfront. This is an excellent opportunity to show your support for our county's three hospitals and to raise funds by simply walking (or running) for your own health, as a team-participation effort, in memory of a special person or for your personal individual reason.

Pledge sheets, along with more information for the Guysborough County Walkathon, are available online at [www.pals-ns.ca](http://www.pals-ns.ca).

**Questions?** Contact one of the following: Donald Dunbar, St. Mary's Memorial Hospital Society (522-2572). John Bent, Eastern Memorial Hospital Foundation (366-2249). Jude Avery, Guysborough Memorial Hospital Foundation 525-2074 (home) 525-2567 (cottage). Ray Bates, PALS (533-2528).

## *Neighbours Helping Neighbours*

### Stillwater Community Club Update

Card play continues every Friday beginning at 8:00pm. Last Card Play for this season will be Friday May 28<sup>th</sup>.

Next meeting: May 16<sup>th</sup>, 2010 at

6:30pm. All members encouraged to attend as we will be having our annual election of executives.

Also we are preparing for a spring Flea Market/Bake Sale in June. If anyone wishes to book a table or donate items for sale please contact Diane Smith @ 522-2823.



### **PENNY AUCTION / CAKE WALK**

A benefit Penny Auction/Cake Walk will take place on May 8<sup>th</sup>, 2010 at 7:00pm at the Lion's Hall in Sherbrooke. All proceeds from this event will help offset the cost of medical treatment for Hertha Wilmott. Come and bring a friend.



Anyone wishing to make a donation can contact Laura Langille at 779-2795, Valerie Chisholm at 783-2030, Gwyn Parsons at 364-2969 or they can be dropped off at St. Mary's Memorial Hospital.

### *Turkey Supper – Change of Date*

Goshen Community Centre  
The turkey supper scheduled for April 24<sup>th</sup> has been cancelled and rescheduled for JUNE 5<sup>th</sup>

4:30pm – 6:00pm

Adults \$10 and Children \$4

Takeouts available.



St. Mary's Medical Clinic  
Re: Telephone Prescription Refills

Because of unacceptable risk of medication error, with potential harm to patients, St. Mary's Medical Clinic will no longer refill prescriptions by phone.

All prescription refills at our clinic will henceforth be done only with the patient or their Power of Attorney/Guardian in office.

In the event of needing a refill when the Clinic is closed, Nova Scotia Pharmacists have the authority to give single month refills to hold the patient till they can get in to the Clinic to see the Doctor.

We realize that most patients are on stable drug regimes. Even so, periodic re-assessment is required to minimize risk of harm to the patient.

Signed: Dr. M.J Ackermann  
Dr. Ian Cameron  
Dr. R. Maliakkal

### *Lobster and Ham Supper*

*Glenelg Presbyterian Church Hall on Saturday  
May 8<sup>th</sup> from 4pm – 6pm*

*Lobster: Adults \$15 Children under 12 - \$7.50*

*Ham: Adults \$8 Children under 12 - \$4*

*Takeouts will be available*



## TOPS #5098 Liscomb

TOPS #5098 Liscomb held a raffle for an Easter dinner basket as a chapter fundraiser. The draw took place on Saturday, 27th March 2010 at the post office in Sherbrooke. The lucky winner of the Easter basket was Edith Auton. Thank you to everyone who sold tickets, and congratulations Edith!

On Tuesday, 30th March 2010, TOPS #5098 celebrated their success at the chapter's Award Night. Several members received recognition awards for their efforts in Taking Off Pounds Sensibly and a fun time was had by all.

If you would like to Take Off Pounds Sensibly, come and join us at TOPS! Meetings are held every Tuesday night at 6:30 p.m. in the fellowship room of Bayview Baptist Church in Spanish Ship Bay. If you would like further information about TOPS, please call Debbie at 902-779-2255.

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### **Indian Harbour Lake Pentecostal Church May Worship & Activities**

#### **Sunday**

9:45 am Sunday School - Classes for children & adults  
11:00 a.m. Morning Worship  
May 16<sup>th</sup> - 6:30 p.m. Prayer & Praise

#### **Weekday Activities**

Tuesdays 3:00 - 4:30 p.m. Tweens (Ages 8 - 12)  
Wednesdays 7:00 p.m. May 5, 12, 19  
Parables of Jesus Bible Study

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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## **Ecum Secum Fire Department**

2010 DUCK TICKETS are now available.

If you wish to purchase tickets, you can get them from any Ecum Secum Firefighter or one of the Ladies in the Auxiliary. Tickets will be available until the draw date - August 15th, 2010. Thank you for your continued support!



## **ST. MARY'S DISTRICT FOOD BANK**



If you are in need of assistance or would like information about the Food Bank, please call 328-4148 and leave a message. The phone number is exclusive to the Food Bank and all calls are confidential. Boxes for donations of non-perishable food items are located in Sherbrooke, at St. Mary's Hospital and the Clover Farm.

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## Community Yard Sale



Highway 211 from Stillwater to Port Hilford on Saturday July 31<sup>st</sup> from 10am - 2pm. Sales will be held in yards marked by signs and/or balloons. Also a limited number of tables will be available at the IHL Community Centre for \$5. You can call Doreen to book tables at 522-2369. Everyone welcome to find a spot and join in.

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## **Indian Harbour Lake – Jordanville Community Centre**

### Exercise & Walking program

Tuesdays and Thursdays at 10am - \$2.00 fee

### Flea Markets: Admission \$.50

Sat, May 1<sup>st</sup> from 10am – 11:30am.

Sat June 5<sup>th</sup> from 10am – 11:30am

To book tables call Doreen at 522-2369

### Hall Meeting:

Mon, May 10<sup>th</sup> at 6:30pm – Everyone Welcome.

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### ROYAL CAN. LEGION BR. #86 LISCOMB

The May general meeting will be held Wednesday May 5, at 7 pm

#### ACTIVITIES:

Auction – Thursdays at 8pm \$5

Cribbage – Saturdays at 8pm \$5



Saturday May 1 at Liscomb Legion from 10 am – 12 noon. Anyone wanting tables please contact Cheryl at 779-2677

Exercise class is over for the summer! We had a great turnout of people and we look forward to starting up again in the fall. Thanks to the participants and the legion members that provided access.

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## **Goshen Community Centre**

### **Flea Market & Craft Sale**

Saturday May 22<sup>nd</sup> 11am - 12:30pm

Admission \$.50 / Tables are \$5.00

To book a table call Jean 783-2411 or Marie 483-2325. For G.O.A.L.S table information call Jackie/Kim at 783-2341

## Spring Tea & Fashion Show

Come join us for our second annual Spring Tea at Sonora/St. Mary's River Community Centre on May 15<sup>th</sup> from 2-4 pm.

This year we are excited to have Tina Pinkham with "Destiny Jade Apparel & Design" joining us for our fashion show. Tina has taken crafting and design in the past and is now showing her own creations with young models from our surrounding area.

There are prizes to be won and an afternoon of enjoyment for everyone. Tickets are \$5.00

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### Did You Know?

The mayflower (trailing arbutus) is Nova Scotia's provincial flower. It was designated in 1901 because of its high achievement in the face of adversity. This determined evergreen will bloom amid the last snows of winter.



Preferring acidic soil it blooms in fragrant clusters of pink to white tubes at the end of hairy, wood branches. The base of the bloom tastes remarkably similar to lychee berries.

*Why is the existence of the trailing arbutus endangered by the zeal of flower pickers?*

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Answer to last month's question: Did you learn that a convective cloud is formed when air is heated from below by sunlight or contact with warmer land.

The heated air will rise until it cools to the temperature of the surrounding air.

- St. Mary's Naturalist Club

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## COMPASS ROSE QUILT GUILD

The Annual "Show & Tea" will be held at the Exhibit Centre in Sherbrooke on Saturday May 1<sup>st</sup>, 2010 between 2:00pm and 4:00pm. Free will offering. Please come and spend an enjoyable afternoon.

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A Seniors Roast Beef Dinner to be held Tuesday, May 4<sup>th</sup>, 2010 at the Ecum Secum Fire hall. Donation Box at the door.



Calling all MacKeen's, McKeen's, MacKean's, McKean's

## 2010 "BACK TO YOUR ROOTS" MacIain Clan Reunion

July 17 & 18, 2010

Kirk United Church - Glenelg NS

Registration forms available at

[mackeenreunion2010.blogspot.com](http://mackeenreunion2010.blogspot.com) or

by calling Linda McKeen at 833-2285

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### St. Mary's Shooters Association

**May 2: SMSA Spring General Meeting 2pm. Topics:**

1. Shoots for this Season
  2. Work to be done on range including new range building, painting & further improvements
  3. The possibility of a trap range at DNR range facility
- Please plan to attend and give your input, your chance to take part in long term & short term planning.*

**May 16: SMSA Trapshoot T.B.A**

**May 30: Pistol Silhouette Trial Shout Center Fire against our new heavy steel targets!**

**June 6: Aubrey Gammel**

**Steel Challenge & Handgun Fun Day. Open sight 22 rifle & pistol and center fire pistol.**

*All organized shoots starts at 9am and end time 3pm. For more info contact John at 783-2820. Please come and support your club!*

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### ARE YOU CLEANING OUT THE GARAGE, YOUR SHEDS OR THE ATTIC?

The **Hands On History** department of Sherbrooke Village would like to request your help in finding certain tools to help with their interpretation of history for children and adults. If you have any of the following tools and would like to give them a new home we would be most grateful to have them.

Caulking irons, wooden mallets, braces and any sized bits, twists or spades, auger boring tools, wedges and feathers or shims, bucksaws, crosscut saws, plumb bobs, wood planes, auger gimlets, squares or any other measuring devices.



You may drop these items off at the Administration building (across from the Court House) from 8:30 am - 4:00 pm Monday to Friday.

**Saturday May 8th, 2010 @ 9am to 2pm**



A Yard Sale will be held at St. Mary's Academy to raise funds for the **Grade 10 French Trip** to Quebec. All monies raised will go directly to the fund.

Thank you in advance for your support. If it rains, the sale will be held in the school gymnasium.

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Greetings from High-Crest!

We are presently closed to the public due to a flu outbreak. We hope the worst is over and that we will soon be able to reopen.



Grace Mahar May 13<sup>th</sup>  
Ada Mason May 27<sup>th</sup>  
**Happy Birthday Ladies!**

I would like to thank the anonymous generous person who donated many beautiful daffodils to the home. With all the sickness we have had it has been really nice to see some bright and cheery flowers. Thank you so much we are really enjoying them.

If you have any loved ones who are ill or you are ill yourself remember to drink lots of fluids. Popsicles and freezies are also a great way to stay hydrated!

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### Port Bickerton Lighthouse and Beach Clean Up



On May 24<sup>th</sup> at 9:30am we will meet at the Light House. Please bring your own gloves. Bags will be provided. Around 12 noon, lunch will be served at the Light Keepers House. Your help will be greatly appreciated. Come, bring a friend and enjoy some fresh air and exercise.

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### Marie Joseph Community Center

**May 2<sup>nd</sup> at 7pm - Ladies night BINGO. Cards are 3/ \$5.00 and a Toonie for the Jack Pot. Bring 2 wrapped gifts valued at \$5.00 each.**

**May 23<sup>rd</sup> at 7pm - Penny Auction and Walk. Everyone Welcome!**

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Sonora / St. Mary's River Community Center  
Regular Meeting to be held on May 3<sup>rd</sup> @ 7pm  
Everyone Welcome!

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**The Historic Sherbrooke Village Development Society's Annual General Meeting will be held on Friday May 14<sup>th</sup> at 7pm at the Sherbrooke Village Exhibit Center. All new and present members are welcome to attend.**



**Sherbrooke Show and Shine**  
Groups interested in selling food items at this year's Show & Shine to be held on September 11<sup>th</sup>, & 12<sup>th</sup>, 2010 are asked to contact Lynn Hayne, Sherbrooke Village @ 522-2400 to reserve a spot.

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### Port Bickerton Community Centre

**Prize Bingo** July 4<sup>th</sup> at 2pm  
at the Centre. Great fun, great prizes!



To all who supported our penny auction and the April 17<sup>th</sup> concert! All these events help to increase our building fund.

Happy Mother's Day to all the mothers, and a huge thank-you for the leadership and love you provide for our families!

### Club Meetings

The next meeting of the Club is May 17. Everyone is welcome to join in and help develop the organization and build our new Centre.

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### Sherbrooke Library Chatline

**VILLAGE READERS' BOOK CLUB** The next meeting will be held at the Library on Wed, May 5<sup>th</sup> at 11 am.



**VICTORIA DAY** The Library and C@P Site will be closed on Monday, May 24.

#### 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)

**RBC Fundraising  
Events for**



*Bake Sale - RBC Sherbrooke Branch  
Wednesday, April 28<sup>th</sup> at 10am*

*Car Wash and Hot Dog Sale  
RBC Sherbrooke - Parking Lot  
Saturday, May 15<sup>th</sup> from 11am-2pm*

**A BIG Thank You... to everyone who helped  
with the cemetery clean up at St. Luke's Church on  
April 12.**



**The monthly meeting of the Liscomb  
Vol Fire Department will be held at the  
Fire Hall, Monday April 26<sup>th</sup> at 6:30pm.  
Everyone Welcome!**

**Training is every 3<sup>rd</sup> Tues. Next training: Mon May 18<sup>th</sup>.**

**LADIES GLASS CASE FOUND AT ST.  
MARY'S REC PLEX - WARM ROOM  
DURING CURLING BONSPIEL IN  
MARCH CALL DEBBIE @ 522-2281**

**Country Harbour Gun Club**

**May 1: Featuring: Bud MacKay & Friends,  
Jakki Rogue, Second Wind Band and Dr. Chiassons  
Band. 7pm Admission \$3.00**

**May 9: Mother's Day Breakfast 8:30 – 10:30am  
Admission \$6.00 Children \$3.00**

**May 23: Holy Trinity Anglican Church is having a  
Victoria Tea – Admission \$5.00  
Church Service 11:00am, Tea 12 noon – 2:00pm**

**May 29: Flea Market 10 – 12 noon. Tables are  
\$5.00 to book – call 328-2063 or 328-2210**

**St. Mary's Garden Club**

Our annual **plant sale** will take place on **Sat, May 15<sup>th</sup>  
at the Lion's Club Hall** starting at **10 am** (until sold out).

**All plants, shrubs, etc are sold at the bargain price  
of \$2.00 each.** Money from this sale supports our  
annual St. Mary's Academy scholarship.

We are also looking for donations of  
plants, etc which we can sell at our sale.  
Please drop off your "extra" plants on  
Friday evening or contact Mary Baker (779-2898) for  
additional information.

The next Garden Club meeting will be on Tues, May  
11th at the Sherbrooke Village boardroom from 2 to  
3pm. Everyone is welcome to attend!



*The Parish of Liscomb and Port Bickerton*

**May 2nd (Fourth Sunday of Easter)**

9am - St. Paul's, Port Bickerton 11am -St. Thomas', IHL  
3pm -St. Luke's, Liscomb 7pm -St. James', Sherbrooke

**May 9th (Rogation Sunday)**

9am - St. Luke's, Liscomb 11am - St. James', Sherbrooke  
3pm - St. Thomas, IHL 7pm - St. Paul's, Port Bickerton

**May 16th (Sunday after Ascension)**

9am - St. James, Sherbrooke 11am - St. Luke's, Liscomb  
3pm - St. Paul's, Port Bickerton 7pm - St. Thomas, IHL

**May 23rd (Day of Pentecost)**

9am - St. Thomas, IHL 11am -St. Paul's, Port Bickerton  
3pm - St. James, Sherbrooke 7pm - St. Luke's, Liscomb

**May 30th (Trinity Sunday)**

11am Combined Service (HC) St. Thomas', IHL

*For more information please contact The Rev.'d Melissa  
Frankland at 522-2510 or [reomelissa@maritimers.ca](mailto:reomelissa@maritimers.ca)  
Facebook: "The Parish of Liscomb and Port Bickerton" for  
news, photos, and upcoming events*

**Kids First Drop-in** takes place at the St. Mary's  
Education Centre room 206 on Tuesdays from 9:30-  
11:30am. All parents /caregivers and children ages  
birth to six years are welcome to attend.

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Guysborough County Kids First and St. Mary's  
Recreation Department are pleased to invite all moms  
and caregivers of children ages birth to six years to  
attend our **Moms Making the Move** program. Just  
bring your children to the Kids  
First room at the St. Mary's  
Education Centre (room 206) and  
Kids First will look after them  
while you take part in the physical  
activity of the day.



**Dates and times are as follows:**

Wednesday, May 12 - Aerobics at 10:30am

Wednesday, May 19 - Yoga at 10:30am

Wednesday, May 26 - Aqua fit at 10:30am (Liscomb  
Lodge with childcare provided there)

Wednesday, June 2 - Fitness centre at 10:30am

Travel money will be given to all participants. A  
healthy snack will be provided to the Moms and  
children. For more information, please call Kids First  
at 1-888-533-3881 or St. Mary's Rec at 522-2598.

**Over 30 Hockey 2009/2010 - amount collected:**

Scott \$3,040 Mike \$3,070 Ted \$440, Richard  
\$2,555 and Geordie \$2,830 Totaling \$11,935 +  
Balance from last year \$1,162 = \$13,097.38 minus Ice  
Rental (\$12,937.50) & Bank Charge (\$9.15) = **\$150.73**

