



September 2010 Newsletter



www.saint-marys.ca

The DEADLINE to have information submitted for the October issue of the Newsletter is **WENESDAY, September 15th, 2010 at 4:00 p.m.** Submissions can be received by fax: 522-2309 or email: 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 Mon, September 13th, 7 pm. The public is invited to attend.

Visit our website for recent minutes of the regular meetings, important dates and forms. www.saint-marys.ca.

Sept 6 - Labour Day, Office will be closed.

St. Mary's Building Inspection/ 911 Civic addressing services.

Building Inspector, Peter Avery can be reached at 533-3705 ext 235 or Cell 870-4605 or

pavery@modg.ca. Peter will be available at our Municipal Office one day a week, usually THURSDAYS beginning at 10am. You can make an appointment by calling our office at 522-2049.



Check out NEW "Before you Build" Brochure, and Building Permit Applications. All available online www.saint-mary.ca/forms

Heavy Garbage Haul

St. Mary's Municipality is requesting price quotes for a Fall Heavy Haul for the Municipality.

Interested individuals will be required to disclose equipment and insurance and the proposed route along with a time frame.

All items are to be deposited at the Transfer Station in Geoggan.



A formal Agreement will be signed at Closing Date! All applications must be received at the Municipal Office by noon on Wednesday September 8th, 2010.

Casual Administrative Assistant

The Municipality of St. Mary's is seeking a person for the position of Casual Administrative Assistant.

The successful applicant will be responsible for general administrative duties. Duties include but are not limited to: public relations, telephone, processing tax, sewer, water payments, filing, etc.

A general job description is available at the Municipal Office in Sherbrooke or online @ www.saint-marys.ca. Rate of pay will be \$13/hour.

Tentative Work Hours:

- Month of October 35 hrs/week
- Nov 1 - Jan 31 minimum of 14hrs/week
- July 1 - Oct 31 minimum of 14hrs/week
- Additional hours available as required.

Application by resume and cover letter along with references will be accepted until 4pm, August 27th 2010, tentative start date October 4th, 2010.

Applications accepted by:

Fax: (902) 522-2309, Mail: PO Box 296 Sherbrooke, B0J 3C0, Email: council@munet.ns.ca or in person: 8:30-4:00 pm, Monday - Friday.



Tips to Help Save Money on Back to School Shopping

- 1. Make a List and Budget:** evaluate child's wardrobe, determine what still fits and check school supply list from teacher, set budget and stick to it.
- 2. Check the Sales Fliers and Cut Coupons:** take advantage of the sales at each department store to get best possible pricing.
- 3. Don't stop Shopping:** continue back to school shopping throughout the year, watch for bargains in the "off-season", buy it and save for the next year.

HYMN SING

There will be an old-fashioned hymn sing in the common room of Maple Manor in Sherbrooke on Saturday, September 18th 2010, beginning at 6:00 p.m. There is no cost, and everyone is welcome. Come out and join us for some music and fun!



The Baptist Congregation of Port Hillford, Port Bickerton, and Sonora
(Convention of Atlantic Baptist Churches)

You are invited to attend our September Worship Services:

Sunday, Sept 5: Sonora Baptist Church, 11 AM
Sunday, Sept 12: Port Hillford United Baptist Church, 11 AM
Sunday, Sept 19: Port Bickerton United Baptist Church, 11 AM
Sunday, Sept 26: Sonora Baptist Church, 11 AM

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

Did You Know?

Relative humidity is the quantity of water vapour the air contains compared to the maximum amount it can hold at that particular temperature.

A relative humidity of 60% feels comfortable when it is 20°, but a lot less comfortable when it is 30°. Because the air can contain a lot more moisture in 30° weather than it can in 20° weather, we feel the effect of humidity a lot more at 30° even though that relative humidity is the same.



The humidex is an index devised to describe how hot or humid weather feels to the average person. It combines temperature and humidity into one number to reflect perceived temperature.

Question: Why is there no degree or percentage sign after the humidex?

~~~~~  
**Answer to last month's question:** Nova Scotia Duck Tollers were first bred in Yarmouth County.

## Land & Sea Poker Rally

Sponsored by Country Harbour Gun Club  
 Saturday Sept 5<sup>th</sup>/10

Registration 1pm – 2pm at  
 Salsman Provincial Park Boat Launch

Cost is \$10.00 per hand

Prizes awarded at FREE Family BBQ  
 Walk – Bike – Boat – Have Fun!



## Sherbrooke Library Chat line

**CALLING ALL WRITERS** – If you are between the ages of 8 and 18 and would like to be part of a Writers' Club, please call the Library 522-2180 to register. When we have enough interested writers, we will begin.

**VILLAGE READERS' BOOK CLUB** - The next meeting will be held at 11:00am, Wednesday September 1<sup>st</sup>. Read a book of your choice; the theme will be determined as the books are introduced.

**Labour Day** – Monday, Sept 6<sup>th</sup> Library will be closed.

| 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           | <a href="http://www.ecrl.library.ns.ca">www.ecrl.library.ns.ca</a> |

*The Ecum Secum Volunteer Fire Department and Ladies Auxiliary wish to thank everyone who helped make "Fun Days" 2010 a great success. All who gave prizes took part in the variety show and music for the Beer Garden. Many thanks to all those who assisted, it was much appreciated.*

*Winners of "Duckie" tickets:  
 Francine Bright, Mary Swan, Kara Warren,  
 Mary Pace and Cyril & Carol Kaiser*

## The Compass Rose Quilters' Guild

Meetings will resume on Monday, Sept 13<sup>th</sup> 1:30pm at the Council Chambers, Sherbrooke and will meet every following Monday with the exception of holidays.



## Country Harbour Gun Club

Cards every Monday Night at 8:00pm  
 Country Breakfast September 18<sup>th</sup>  
 8:30 – 10:30am / Adult \$6 Children \$3

## Holy Trinity Anglican Church-Country Harbour

Sunday Sept 12 – 11:00am Celebration of New Ministry to welcome Rev Rebecca Sample. Pot Luck Lunch to follow at the Country Harbour Gun Club, everyone welcome.

Sunday September 26 – 7pm "Back to Church Sunday". If you've been away or never been here come and join us!

### Port Bickerton Road Clean-up

The Port Bickerton and Area Planning Association invites volunteers to participate in a road clean-up on Saturday, September 11, 2010. Participants are asked to meet at the Port Bickerton Fire Hall parking lot at 9:00 a.m. Safety boots or solid shoes, long pants and long-sleeved shirts, gloves and (if available) hard hats are recommended, along with rain gear in case of inclement weather. This activity is being undertaken in connection with the Eastern



Region Solid Waste Management Committee's Litter Clean-up Incentive Funding program with the proceeds going to the Port Bickerton lighthouse.

**The 15th Annual BOB BREEN LOOP Sale** at Spanish Ship Bay will be held Oct 2, 2010 from 11am-2pm. Anyone who would like to come and join us you are most welcome. Please call Cheryl 779-2677 or Cindy 779-2844. There will be baked goods, lots of treasures, hot dogs and Pop. Come and have some fun!

The Anglican Parish of Liscomb and Port Bickerton  
Diocese of NS and PEI  
The Reverend Melissa Frankland, Rector 522-2510

#### Trinity XIV (Sept. 5)

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

#### Holy Cross (Sept. 12)

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

#### Trinity XVI (Sept. 19)

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

#### Trinity XVI-(Back to Church Sunday, Sept. 26)

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

Jammin with Jesus Youth Group: Sept 9th, 6pm-7pm at St. Luke's Hall, Liscomb. Ages 6 and up



Chicken Pot Pie Supper - Sept 25<sup>th</sup> from 4-6pm  
Port Bickerton Community Centre  
Adults \$10 Children \$6 Take outs available call  
364-2489 or 364-2659 in advance

### Annual Gospel Sing

Port Bickerton Light House Sept 5<sup>th</sup> at 6:30pm  
Free will offering in aid of Lighthouse project.  
Everyone welcome, light refreshments

Port Bickerton Lighthouse wishes to thank everyone who purchased Crystal Lighthouse Tickets. The Lucky winner was Janice Chaisson, Antigonish.

"Friends of the Light" memberships are available at the lighthouse and those purchased after Sept 15<sup>th</sup> will be valid for the year 2011

Lighthouse monthly meeting  
for September will be held on Sept 21<sup>st</sup>



### **SHERBROOKE VILLAGE RALLY THAT GIVES,**

**August 27-29 - Motorcycle**

Rally fundraiser in aid of the Lodge That Gives, which offers a home away from home for cancer patients and their families. The event will feature music at the Performance Centre, dance, field games, show & shine, dinner and poker run.

### **16<sup>th</sup> ANNUAL SHERBROOKE SHOW & SHINE**

**Sept 11 & 12 -A gathering of classic and antique vehicles. Event features a road rally, music, dance at the Lions Hall, door prizes and a silent auction.**



### **HISTORIC WARDROBE**

**DEPARTMENT OPEN HOUSE, Sept 12 from 12 to 4pm. Behind-the-scenes look at the workings of our historical costume workshop**

<http://museum.gov.ns.ca/sv/events.php>

Visit website for a full list of upcoming events

### Old Fashion Sherbrooke Christmas Committee

The OFSCC would like to extend an invitation to any groups, businesses, or individuals to lend a hand in making this Old Fashion Christmas the best yet. Anyone looking to support us on November 26<sup>th</sup>-28<sup>th</sup> by donating, volunteering, or hosting an event/workshop, please contact Marissa or David Jordan 522-1190

## Greetings from High-Crest!

Residents celebrating birthdays this month are:

|                  |                            |
|------------------|----------------------------|
| Mary Whidden     | September 1 <sup>st</sup>  |
| Jean Amos        | September 6 <sup>th</sup>  |
| Dorothy Bouchie  | September 11 <sup>th</sup> |
| Foster Marple    | September 16 <sup>th</sup> |
| Alice Sutherland | September 18 <sup>th</sup> |

The homebuddies monthly birthday party is September 13<sup>th</sup>. We will play bingo, sing some great old songs and have cake and ice cream. Everyone is welcome!



We are having a great time on our bus trips, seeing lots of countryside and eating lots of ice cream!

### Indian Harbour Lake Pentecostal Church

#### September Worship & Activities

##### Sunday

9:45 am Sunday School (beginning Sept. 12<sup>th</sup>)  
Classes for children & adults  
11:00 a.m. Morning Worship  
6:30 p.m. Prayer & Praise – Sept 19<sup>th</sup>

##### Weekday Activities

Tuesdays 3:00 – 4:30 p.m. Beginning Sept 14<sup>th</sup>  
Twens (Ages 8 – 12)  
Friday Sept 10<sup>th</sup> & 24<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)



#### FREE Computer Classes for WOMEN

Free training sessions for women at local C@P sites and community centers within the Municipality of St. Mary's, District of Guysborough, Towns of Mulgrave and Canso and adjacent communities in Antigonish County. Whether you've never sat in front of a computer before, or you already know your way around, IT Works for Women can take you to the next level. Topics for sessions include:

Basic Computer Skills, Using Internet and Email, Intermediate Level Computer Skills, Career Planning, Creating Resumes, and More. Confidence building is a bonus with each session you take!

Contact Kim Avery, IT Works for Women

[kavery@weesociety.ca](mailto:kavery@weesociety.ca) 902-870-0593

[www.weesociety.ca](http://www.weesociety.ca)

## Celebration Weekend Indian Harbour Lake Pentecostal Church

Do you have special memories of the Church? You are invited to join in a celebration of 80 years of ministry in our Community. We will have special music, a power point presentation of the people and events from past years, and a good time for all.



#### Celebration Banquet

Saturday, October 9<sup>th</sup> 6:30 p.m.

Indian Harbour Lake  
Community Center

Hot Turkey Dinner Cost: \$10.00

For tickets call 522-2759 by Sept. 19<sup>th</sup>.

#### Celebration Service

Sunday, October 10<sup>th</sup> 11:00 a.m.

Special Speaker: Rev. Burton Hooper

### St. Mary's River Association

#### FORESTRY-BASED FIELD TOURS

August 28 (10 am – 2pm)

September 14 (12 noon – 4pm)

Learn about modern forest practices and issues associated with natural resources management as practiced

in the St. Mary's watershed. **Please call 522-2099 to register 3 days before tour date.** Tour will depart from the SMRA Education & Interpretive Centre 8404 Highway #7 Sherbrooke.



#### MOOSE - WHERE HAVE THEY ALL GONE?

September 23, 2010 at 7 PM

Join us the SMRA Education & Interpretive Centre 8404 Highway #7 Sherbrooke as Mark Pulsifer, Regional Wildlife Biologist, Nova Scotia Department of Natural Resources Eastern Region gives an overview on

his thoughts on why our moose have declined over the past 40 years. Seating is limited so call to pre-register 522-2099.



#### BENEFIT SUPPER

A Benefit Hot Roast Beef Supper will be held at the Goshen Community Centre to assist Shelly Dorey (daughter of Delbert & Elizabeth MacGrath) in going to Bulgaria for MS Surgery.

Sept 11<sup>th</sup> from 4:00 – 6:00pm

Adults \$10.00

Children 12 & under \$5.00





**COMMUNITY YARD SALE**  
 Saturday, 28<sup>th</sup> August from  
 9:00am - Noon  
 in the parking lot of Bayview

Baptist Church in Spanish Ship Bay. Tables are \$2 and no selling will take place before 9:00am. Please contact Debbie Baker at 779-2255 for further information or to book a table.

**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.



**St. Mary's District Lions Club**  
**3<sup>rd</sup> Annual GOLF Tournament**  
 Saturday, Sept 25<sup>th</sup>

Glen Lovat Golf Club: 151 Frasers Mountain Branch Road, New Glasgow, NS.  
 \$240.00 per Team/\$60.00 per golfer. To register contact Lion Russ Ward 779-2171. All golfers and non-golfers welcome.  
**HELP US HELP OUR COMMUNITY!**

**St. John's Church Hall - Necum Teuch**  
**Flea Market:**

Held on the 2<sup>nd</sup> Sat of each month Sept 11<sup>th</sup>, Oct 9<sup>th</sup> and Nov 13<sup>th</sup> (Christmas Sale)  
 9:00am to 1:00pm at St. John's Church Hall,  
 #7 Hwy, Necum Teuch  
 New and Old Items, Bake Table,  
 Lunch and Tea/Coffee available  
 To book tables contact Helen 347-2182

**OPEN HOUSE**

The Burns family invites you to an open house in honor of their mom, Rita Burns who will celebrate her 90<sup>th</sup> Birthday on Saturday September 18<sup>th</sup> from 2-4pm at Sonora/St. Mary's River Community Center. Everyone is welcome. Best wishes only please.



**St. Mary's Shooters Association**  
 Schedule for September

Sept 5<sup>th</sup> Spinner Shoot, Stillwater: 22 cal open sights rifle or pistol, no semi auto rifles please. Open to all

Sept 12<sup>th</sup> Annual General Meeting, Stillwater  
 Community Centre at 2:30pm

Sept 18-19<sup>th</sup> Canadian Firearms restricted and non-restricted Safety Course and written and practical gun handling Tests. Course is from 9am - 5pm at the Stillwater Community Centre. Cost is \$50.00 per exam. Please bring 2 pieces of government ID. Pre-registration is advised. Text books available, call Mike Ackermann at 522-2172. For additional info you can call John 783-2820 or Stanley 783-2144.

Sept 25-26<sup>th</sup> Gun Show in Truro

Oct 2<sup>nd</sup> NS Hunter Safety Course, Stillwater  
 Community Centre from 9am to 5pm. You must take CFSC first, no exceptions. Get text and pre-register please call Mike 522-2172

SMSA is busy training young shooters for Canada Games 2011 in Nova Scotia. We are also working with the Department of Natural Resources to try and establish a shotgun range next to the 100 yard rifle range in Stillwater.

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

Next general meeting will be held on Wednesday, September 1. This is the first meeting after the summer and there will be many items on the agenda. Member attendance is requested.

**ACTIVITIES:**

**AUCTION** - Thursdays at 8pm \$5  
**CRIBBAGE** - Saturdays at 8pm \$5

**ANNUAL MIXED BALL TOURNAMENT**

**SEPTEMBER 18-19**

Games will run all day starting 8 am  
 Dance with Band Saturday night  
 (Gov't ID's required) Watch for posters with more info



*We would like to thank everyone who sent us sympathy cards and words of kindness. It was very much appreciated.  
 ~ Eileen, Mark & Family.*

## Guysborough County Kids First

The Parent/Tot Drop-in takes place in Sherbrooke on Tuesdays from 9:30 to 11:30AM at the St. Mary's Education Center. 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.



Starting up on September 14, 2010. Kids First is looking for a volunteer to help with this program, if you are interested in spending two hours a week with young families, please call Paula at 1-888-533-3881.

Just Me & My Friends School Readiness program will be taking registration for children turning four on or before December 31/10 in the St. Mary's district who will be registering for school in the fall of 2011. The children are to be dropped off at 9:30AM and picked up at 11:30AM and bring a healthy snack. This program gives the 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. For more information about this program please call Paula toll free at 1-888-533-3881.

Moms Making the Move - This popular program for Moms will be starting up again this fall in Sherbrooke. This program provides Moms with opportunities to be physically active without barriers such as; lack of childcare, travel money and lack of local activities. For more information or to suggest activities, call Paula at 1-888-533-3881 or Brendon at 522-2598.

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.

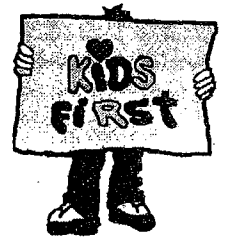
Guysborough County Prenatal Nutrition Program is designed to support pregnant women and their babies up to six months of age. Supports include:

- Home Visits
- Nutritional Counseling/Support
- Milk & Nutritional Supplements
- Lending Library
- Breastfeeding Supports



Kids First Family Home Visitor Program is designed to help new parents with goal planning using a family-centered, strengths-based approach. The home visitor will provide emotional and practical supports, as well as role modeling, parenting information, and general health information. Referrals to other agencies and organizations who may be able to provide supports, assistance with family goal setting and achievement of these goals. Referrals for this program are through Public Health after the birth of the baby. For more information about this program contact your local Public Health office or Kids First.

For more information regarding Kids First or the programs, visit our website [www.kids1st.ca](http://www.kids1st.ca) All programs and services are free and confidential! For more information, please contact Kids First toll free at 1-888-533-3881.



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

### Fireman's Picnic



It's time again for the 2010 St. Mary's and District Fireman's Picnic.

It all begins at **3:30pm at the Glenelg Fire hall on Sept 18<sup>th</sup>.**

It is a great opportunity to get together with old friends and to meet new ones. We will look forward to seeing each of you there!

For more information contact Linda at 833-2035

### **Charity BBQ on August 21**

**10:30am to 3:00pm**

**M&M Meat Shop 44 James St., Antigonish  
Hamburger or Hot Dog plus drink \$2.50**



**Proceeds for Goldenville  
Gold Mining Museum and  
Interpretive Centre**



We, the family of the late Kerwin Mills, would like to thank all our friends, family and neighbours who phoned us, sent cards, food and donations during this sad time of loss. We are truly grateful.

# ST. MARY'S RECREATION

## Take me Outside Week Sept 20 - 26

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

### Friends of Stonewall Park

The Friends of Stonewall Park would like to invite everyone to a public meeting on **Tuesday September 14<sup>th</sup> at 7pm**. The location for the meeting is to be confirmed, but hoping to host in one of the schools.

This meeting will have a consultant from Cobquid Trail Consulting firm to give a layout on future plans for the park along with hearing public opinion on what other features they like to see in the park.

If you have any question please contact  
Brendon Smithson at 522-2598.

### Fitness Centre Fall Hours

School is just around the corner and the St. Mary's Fitness Centre will be moving to it new fall hours starting Sept 7<sup>th</sup>. Listed below are the fitness centre hours

Monday: 6 – 7am & 4 – 8pm  
Tuesday: 6 – 7am & 4 – 8pm  
Wednesday: 6 – 7am & 4 – 8pm  
Thursday: 6 – 7am & 4 – 8pm  
Friday: 6 – 7am & 4 – 6pm



The Fitness Centre will be closed on Labour Day Sept 6<sup>th</sup>, 2009

Each month the fitness centre will have a new promotion. Check the website or drop by.

### Thank You

St. Mary's Recreation Office would like to thank all community centres/legions for the use of their halls to run our summer day camp programs. Without these great facilities we wouldn't be able to offer the level of programming we do. Thank you for your commitment to keeping our youth active.

### St. Mary's Minor Hockey

#### Registration

Last years players have all been mailed a registration form; if you have not received one please contact Tammy Cole at 522-2259. Registration is going excellent for this year, and minor hockey hopes to have everyone registered by September 8<sup>th</sup>.



#### Floor Hockey Program

As an addition to this year hockey program, minor hockey plans to run a floor hockey league in late September through October. This will give our players the opportunity work on stick handling skills and have some fun before the season begins. More information about this league will be sent home from school. Any players registered with minor hockey before September 8<sup>th</sup> will not be charged a fee for the league.

#### Coaches

Volunteers are what makes minor hockey so successful and this year is no different. We are looking for head coaches of each team. Minor hockey selects the coaches and allows each head coach to select there own bench staff. If you are interested in coaching this year please contact Brendon Smithson at 522-2598 before September 8<sup>th</sup>.

#### Silent Auction

With back to school right around the corner and the minor hockey's major fundraising event is as well. A silent Auction will be held at the Sherbrooke Show N; Shine on Sept 11, 2010. Funds assist with registration costs for minor hockey players. If you are able to donate to the auction or volunteer at the table please contact Samantha Dort at 328-2063.

### Take Me Outside Week

Take Me Outside Week, from Sept 20 to 26, supports families, groups and organizations in Nova Scotia in a growing "back to Nature" movement, inviting more children and youth into the great outdoors.

St. Mary's Recreation office is planning a week full of after school/family activities for Take Me Outside Week. Information on activities will be sent home from school put on our website and facebook. For more information on Take Me Outside week check [www.recreationns.ns.ca/takemeoutsideweek](http://www.recreationns.ns.ca/takemeoutsideweek)

# ST. MARY'S RECREATION

## Take me Outside Week Sept 20 - 26

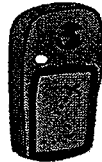
website: [www.saint-marys.ca/recreation](http://www.saint-marys.ca/recreation)

### Equipment Loan Out

Did you know the Municipal Rec Department has various equipment for loan out?

Listed below is a sample of the equipment available for community groups to use:

- Handheld GPS
- Personal Floatation Devices (PFD's)
- Snowshoes
- Inline Skates
- And much more.....



For more info about what's available, or to borrow some equipment, pop into the Rec Office or call 522-2598

### Training Opportunity

St. Mary's Recreation is currently looking for community groups, youth group leaders and individuals interested in obtaining training for the CATCH Kids Club, physical activity and nutrition based after school program. To submit your name, or for more information, please contact St. Mary's Rec at 522-2598



### Upcoming Seniors Fun Days

Sept 10<sup>th</sup>- Greenfield Oldsters Club  
Sept 17<sup>th</sup>- Port Bickerton Community Centre  
Sept 24<sup>th</sup>- Liscomb Legion

Senior's Fun from 10am-1pm. Light lunch provided.

Try your hand at the Wii, or play Auction 45's, Crib, Crokinole, Scrabble, Bean Bag Toss, Carpet Bowling and much more.

For more information, please contact the Recreation Department at 522-2598.

### Physical Activity Part 4 of 5 Types of PA:

#### Aerobic Training

- Also known as cardiovascular training
- Improves heart and lung health, decreases body fat, improves stamina
- Involves moving large muscle groups in arms, legs and hips in a continuous fashion.
- Involves heavier and deeper breathing and increased heart rate
- Involves activities that would benefit heart and respiratory health.
- Recommendation of CV Training is 4-7 days per week.
- Moderate to Vigorous Intensity
- Examples: Brisk Walking, Cycling, Jogging, Running



#### Strength Training

- Also known as resistance training
- Increases strength and muscle tone
- Increases metabolism
- Increases bone strength
- Improves balance
- Recommendations of RT are 2-4 days a week.
- Examples: Weight Machines, Free Weights, Push-ups, and Pull-ups.

#### Flexibility Training:

- Exercises that stretch and lengthen your muscles
- Warm body up and helps prepare for exercise
- Improves joint mobility and flexibility, preventing injury
- Recommendation is 4-7 days a week
- Examples: Stretching, Yoga and Housework

#### Quote

Aerobics: a series of strenuous exercises which help convert fats, sugars and starches into aches, pains and cramps

~ Author Unknown



# September 2010

| Sunday                                                                                                           | Monday                                                                                                                  | Tuesday                                                                                                                                                                            | Wednesday                                                                             | Thursday                                                                                    | Friday                                                                                                       | Saturday                                                                                                                                                                                                                           |
|------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 5<br>SMSA Spinners<br>Shoot Stillwater<br>CH Land & Sea<br>Poker Rally 1pm<br>PB Annual<br>Gospel Sing<br>6:30pm | 6<br>Labor Day                                                                                                          | 7<br>TOPS 6:30pm<br>IHL Auction 8pm                                                                                                                                                | 8<br>Aquafit 10am<br>Lions Bingo 7:45pm                                               | 9<br>Jammin with Jesus Youth<br>Group 6pm<br>Auction Liscomb 8pm                            | 10<br>Greenfield Seniors Café<br>9:30am<br>Seniors Fun day 10am<br>IHL Youth Group 7pm                       | 11<br>Sherbrooke Show N Shine<br>PB Road Clean-up 9am<br>Necum Teuch Flea Market<br>9am<br>Goshen Benefit Supper 4pm<br>Liscomb Legion Cribbage 8pm                                                                                |
| 12<br>Sherbrooke<br>Show N Shine<br>SV wardrobe<br>open house 2pm<br>SMSA AGM<br>2:30pm                          | 13<br>Aquafit 10am<br>Homebuddies monthly<br>Bday party<br>Quilters Guild 1:30pm<br>Council meeting 7pm<br>CH cards 8pm | 14<br>Kids First Drop-in Sherbrooke 9:30am<br>Forestry-based field tours 12pm<br>IHL Tweens 3pm<br>TOPS 6:30pm<br>Friends of Stonewall Park Open<br>meeting 7pm<br>IHL Auction 8pm | 15<br>Aquafit 10am<br>Lions Bingo 7:45pm                                              | 16<br>Auction Liscomb 8pm                                                                   | 17<br>Port Bickerton Seniors<br>Café 9:30am<br>Seniors fun Days 10am                                         | 18<br>Liscomb mixed Ball<br>Tournament 8am<br>CH Country Breakfast 8:30am<br>SMRA Safety Course 9am<br>Open House 90 <sup>th</sup> bday 2pm<br>Fireman's Picnic 3:30pm<br>Hymn Sing Maple Manor 6pm<br>Liscomb Legion Cribbage 8pm |
| 19<br>Liscomb mixed<br>Ball Tournament<br>8am<br>SMRA Safety<br>Course 9am                                       | 20<br>Take Me Outside Week<br>Aquafit 10am<br>CH cards 8pm                                                              | 21<br>Take Me Outside Week<br>Kids First Drop-in Sherbrooke 9:30am<br>IHL Tweens 3pm<br>TOPS 6:30pm<br>PB Lighthouse meeting<br>IHL Auction 8pm                                    | 22<br>Take Me Outside Week<br>Aquafit 10am<br>Lions Bingo 7:45pm                      | 23<br>Take Me Outside Week<br>Moose Where have they all<br>Gone? 7pm<br>Auction Liscomb 8pm | 24<br>Take Me Outside Week<br>Liscomb Seniors Café<br>9:30am<br>Seniors Fun Days 10am<br>IHL Youth Group 7pm | 25<br>Take Me Outside Week<br>Gun Show Truro<br>Lions Club Golf Tournament<br>PB Chicken Pot Pie 4pm<br>Liscomb Legion Cribbage 8pm                                                                                                |
| 26<br>Take Me Outside<br>Week<br>Gun Show Truro                                                                  | 27<br>Aquafit 10am<br>CH cards 8pm                                                                                      | 28<br>Kids First Drop-in Sherbrooke 9:30am<br>IHL Tweens 3pm<br>TOPS 6:30pm<br>IHL Auction 8pm                                                                                     | 29<br>Aquafit 10am<br>Lions Bingo 7:45pm                                              | 30<br>Auction Liscomb 8pm                                                                   |                                                                                                              |                                                                                                                                                                                                                                    |
|                                                                                                                  |                                                                                                                         |                                                                                                                                                                                    | 1<br>Aquafit 10am<br>Village Readers 11am<br>Liscomb Legion AGM<br>Lions Bingo 7:45pm | 2<br>School begins<br>Auction Liscomb 8pm                                                   | 3<br>Seniors Café 9:30am                                                                                     | 4<br>Liscomb Legion Cribbage 8pm                                                                                                                                                                                                   |

