

**Happy  
New Year**

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

# January 2011 Newsletter



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

The DEADLINE to have information submitted for the FEBRUARY issue of the Newsletter is **WEDNESDAY, January 19<sup>th</sup> at 4:00 p.m.** Submissions can be received by fax: 522-2309 or email: [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.

## Happy Holidays from The Warden

On behalf of St. Mary's Municipal Council and staff I would like to wish everyone a very Merry Christmas, and a Happy, Healthy, Prosperous New Year.

Sincerely,  
David Clark

## St. Mary's Municipal Council

The next regular meeting of St. Mary's Municipal Council will be held on Monday, **January 10<sup>th</sup>, 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](http://www.saint-marys.ca)



## Property Valuation Services Corporation (PVSC)

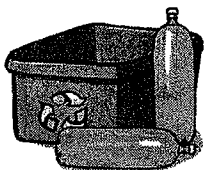
Property Assessment Notices are being mailed from PVSC on January 17, 2011.

You have **21 days** after receiving the notice to appeal the assessment. Call 1-800-667-5727 or visit [www.pvsc.ca](http://www.pvsc.ca) or [www.nsassessmentonline.ca](http://www.nsassessmentonline.ca)

for more information

## Bottle Depot Update

Starting in January the Bottle Depot in the parking lot of the Liquor Store in Sherbrooke will be operating every 2<sup>nd</sup> and 4<sup>th</sup> Saturday of the month, 9:00am-2:00 pm, weather permitting



## Learning Society for Adults with Disabilities

A society is being formed in the St. Mary's area. Anyone interested in joining is asked to contact Tonya 522-2010 (9-5pm) or 522-2029 (evenings). Deadline is December 31<sup>st</sup>, 2010. Next meeting is January 4<sup>th</sup> at 7pm in the Council Chambers, Sherbrooke.

## Sub-Committee of the School Steering Team

The School Enhancement Committee is helping to create a "school plus" with spaces dedicated to community use. Next meeting is scheduled for January 19<sup>th</sup> at 7pm in the Council Chambers, Sherbrooke. For more information please contact Mike Mosher (902) 347-2784 or Julie MacDonald (902) 522-2536

## Municipal Office and Recreation Office Holiday Hours

**December 24<sup>th</sup>-CLOSED**  
**December 27<sup>th</sup> & 28<sup>th</sup> -CLOSED**  
**December 29<sup>th</sup> & 30<sup>th</sup> - OPEN regular hours**  
**December 31<sup>st</sup>-CLOSED**  
**January 3<sup>rd</sup>-CLOSED**

Fitness Centre will be closing for the Holidays on Friday December 17, 2010 at 6pm and will re-open on January 4<sup>th</sup>, 2011



Transfer Station will be Open from 9am - 4pm Tuesday thru Saturday  
Holiday Hours:

**Dec 24<sup>th</sup> - CLOSED at 12 noon**  
**Dec 25<sup>th</sup> - CLOSED**  
**Dec 28<sup>th</sup> and Dec 31<sup>st</sup> - OPEN regular hours**  
**January 1<sup>st</sup> - CLOSED**  
**January 4<sup>th</sup> - OPEN regular hours**

### Christmas Eve Candlelight Service



Bayview Baptist Church will be holding a Candlelight Christmas Service at 7:00 p.m. on Friday, December 24<sup>th</sup>, 2010. Please come and join us for special music, worship and sharing of the true meaning of Christmas. There is no cost and everyone is welcome! For further information, please contact Pastor Dave Smith at 902-779-2709.

Bayview Baptist Church regular service times are:  
Sunday Services at 11:00 a.m. and 6:00 p.m.  
Wednesday Bible Study - 7:00 p.m. at the parsonage

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#### TOPS #5098

TOPS #5098 Liscomb meets on Tuesday nights in the fellowship room of Bayview Baptist Church. Weigh-in time 6:00 - 6:30 p.m. and meeting time is 6:30-7:30 p.m. If you wish to Take Off Pounds Sensibly then TOPS may be for you. New members are always welcome. For more information, contact Debbie Baker at 902-779-2255.

We would like to thank everyone who assisted us with TOPS fundraising this year. The winner of the rocking horse ornament was Joan Jordan. The draw took place at the Liscomb Legion Craft Sale on December 11<sup>th</sup>, and the ticket was drawn by Gary Breen. Congratulations, Joan!

The members of TOPS #5098 wish everyone a Merry Christmas and a healthy New Year!

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We would like to take this opportunity to thank all those who have sponsored, donated, volunteered and participated in the 2010 programs and events hosted at Sherbrooke Village. Without your continued support, both financial and hands-on, we would not be able to offer these activities.

On January 20 at 7:00 pm the Historic Sherbrooke Village Development Society will once again partner with the Sherbrooke Village Restoration Commission, the Show & Shine and Rally That Gives Committees to host an appreciation party. If you have volunteered, made a donation, are a member of one of the committees, or on the Commission, please come out and let us show our gratitude for your loyal support.

Auction 45's will be held Wednesday evenings at 8 pm at the Sherbrooke Village Exhibit Centre beginning January 12.

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

Next general meeting will be held on Tues, Jan. 4

#### ACTIVITIES:

AUCTION 45's - Thursdays at 8pm, \$5.00  
CRIBBAGE - Saturdays at 8pm, \$5.00  
DARTS - Wednesdays at 7:30, \$3 (starting Jan 12)

Walking and Exercise: starts Jan 10. Come join the fun Monday evenings at 6:30pm, and Wednesdays at 1pm. \$2 at the door each day

#### NEW YEARS'S DANCE:

December 31: 9pm-1am - Live Band:  
Devil's Elbow  
Midnight Celebrations with Buffet  
(SOLD OUT)



#### NEW YEARS DAY LEVY:

Liscomb Legion, 2-4 pm - All Are Welcome

#### SENIORS FUN DAY:

Liscomb Legion- January 14, 10am -1pm  
All are welcome

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

#### Sunday

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

#### Weekday Activities

Wednesday, January 12<sup>th</sup> & 19<sup>th</sup>  
Bible Study on the Gospel of John  
Friday, January 14<sup>th</sup> & 28<sup>th</sup> 7:00 p.m.  
Youth Group (Ages 13 - 19)

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

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#### *Thank You*

*I would like to thank the St. Mary's District  
Community Choir for the donation of the proceeds  
from their concerts toward my Liberation Treatment  
in Albany, NY in mid 2011.*

*Carol Hayne*

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## Guysborough County Kids First

**Program Schedule** – for an update on programming in the New Year, please check our website [www.kids1st.ca](http://www.kids1st.ca) and click on Guysborough and calendar, or watch our facebook page.

**Board Member** – Kids First is currently seeking a volunteer from the St. Mary's district to fill a vacancy on our Regional Board of Directors. This would require a commitment of one evening a month for a meeting in Antigonish. Travel and childcare expenses would be covered.

**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. 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.

**Facebook** – if you have children from birth to six years or are expecting your first child, search for Guysborough County Kids First and send in a request to join. A great way to receive updates and notices about programming in your area. For more information regarding Kids First or the programs, visit our new and improved website [www.kids1st.ca](http://www.kids1st.ca) or 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.

### THANK YOU!



Liscomb's "Christmas in the Country" was another huge success this year.

Thanks to all that helped with the organizing, setting up, donations of food and all the hard work it took to make the day complete. Special thanks to the individuals and churches for their participation, and the organization the children's Christmas concert. All proceeds of house tours and tea are going to St Luke's Anglican Church, Bayview Baptist church and Liscomb United church cemetery fund.

## Sherbrooke Library Chat Line

**Village Readers' Book Club**- will meet Wednesday, Jan 5<sup>th</sup>, at 11:00 AM.

**Share-A-Book**- Thank you to all those who so generously contributed to the Encana. To date, with Encana's share of \$10,000, we have a total of \$18,162 for Eastern Counties Regional Library with more to come.

**Storytime**- The fall Storytime Program has now ended and will begin again on Thursday, February 3, 2011 at 10:30 am. Please call Sherbrooke Library (522-2180) to register your child.

**Holiday Closure**- Be sure to pick up extra reading material for the holiday. The Library will be closed from Friday, December 24, 2010 to January 2, 2011, and will reopen on Monday, January 3<sup>rd</sup> at 2 pm. Merry Christmas and Happy New Year from the Staff of the Sherbrooke Library.

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.ecri.library.ns.ca">www.ecri.library.ns.ca</a>	

## Happy New Year from High-Crest!

Residents celebrating birthdays this month are:

Eliza Cameron	Jan. 2 <sup>nd</sup>
Ruby MacLeod	Jan. 11 <sup>th</sup>
Bessie Walkover	Jan. 21 <sup>st</sup>



Happy Birthday Folks! We will have our monthly Bingo/Birthday on January 10<sup>th</sup> when we will play bingo, sing some great old songs, and celebrate with cake and ice cream! Everyone is welcome!

Thanks to everyone who helped out, donated and attended our Christmas Tea & Sale! We had a lovely afternoon with a wonderful attendance. The winners of the door prizes were Joyce Johnston, Marlene MacInnes and John Benoit. Congratulations folks.

The homebuddies had a very successful day as well, selling all of their bake goods. Thanks again for your visit and your support.



### New Year's Eve Dance

Port Bickerton Community Centre

Fri. Dec. 31, 9pm - 1am

Tickets sold at the door, \$12 per person

Snacks will be provided

Entertainment: Philippe Babin DJ Service

For more info call Ardeth, 364-2967

### Volunteers Needed

The Sherbrooke & Area volunteer Fire Department is now recruiting volunteers for firefighters and/or medical first responders. The positions are open to all interested persons over the age of 16 years. Last year, the fire department responded to 25 calls; fires, medical, and motor vehicle accidents. Training is available in both firefighting and medical first response. Join us in this interesting and rewarding field. For further information contact David Sweet at 522-2924 or any of the other volunteers in your area.



*We would like to thank everybody who came to celebrate our 50<sup>th</sup> anniversary. Thank you for the lovely gifts we received. Special thanks to those who planned, decorated, sang, and helped in the kitchen. Our day was very special. May God Bless you all.*

***Ray and Pearl Burns***

### The Anglican Parish of Liscomb and Port Bickerton

From our Parish Family to yours, we would like to wish you all a very Merry Christmas and a Blessed New Year.

### The Eve of the Nativity (December 24<sup>th</sup>)

- 4 pm St. Luke's, Liscomb
- 6 pm St. James', Sherbrooke
- 8 pm St. Paul's, Port Bickerton
- 10 pm St. Thomas', Indian Harbour Lake

### St Stephen the Martyr (Dec 26<sup>th</sup>-Combined Service)

- 10 am St. James', Sherbrooke

### Octave Day of Christmas (transferred to Jan 2<sup>nd</sup>)

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

### 1<sup>st</sup> Sunday after Epiphany (Jan 9<sup>th</sup>)

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

### 2<sup>nd</sup> Sunday after Epiphany (Jan 16<sup>th</sup>)

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

### 3<sup>rd</sup> Sunday after Epiphany (Jan 23<sup>rd</sup>)

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

### St Charles Stewart (Jan 30<sup>th</sup>-Combined Service)

- 11 am St. Thomas', IHL

**January 6<sup>th</sup>, 6pm**-Jammin with Jesus-Epiphany Party with crafts, food, and a special blessing of the chalk, Liscomb.

Jeremiah Bible Study will continue on January 14<sup>th</sup> and 21<sup>st</sup> at 10:30 in St. Paul's Church. All are welcome!

**Special Thank you** to everyone who has worked so hard at our various Fundraisers, and to everyone who has been supporting our Youth Groups through our various fundraisers. May God Bless you all!

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

(Convention of Atlantic Baptist Churches)

You are invited to our January Worship Services:

- Sun Jan 2: Port Bickerton United Baptist Church 11 am
- Sun, Jan. 9: Sonora Baptist Church, 11 am
- Sun, Jan. 16: Port Hillford United Baptist Church, 11 am
- Sun Jan. 23: Port Bick. United Baptist Church, 11 am
- Sun, Jan. 30: Sonora Baptist Church, 11 am

Wednesday evenings at 6:30 pm starting January 12 at Port Hillford Baptist Church: "Get To Know Your Bible" study - an overview of the New Testament. For more information, contact Rev. Norman Pearce at 522-2087 or hbs.baptist@ns.sympatico.ca.

### *LADIES BIBLE STUDY*

The weekly Interdenominational Ladies Bible Study will resume on Wednesday, January 12, 1:30 PM at the home of Susan Jordan, Sherbrooke. For more information, call 522-2087 or 522-2111.

Newcomers and visitors are welcome!

# St. Mary's Recreation

website: [www.saint-marys.ca/recreation](http://www.saint-marys.ca/recreation) or [www.facebook.com/StMarysRec](http://www.facebook.com/StMarysRec)

## HAPPY NEW YEAR!!

### MINI TENNIS Ages 5 to 12

Mondays 5:30 pm – 7:00 pm. Jan. 17 – Feb. 21

St. Mary's Academy Gymnasium. \$5 per person.

If you're wondering, YES, tennis can be played in a gymnasium! Using bigger and softer balls, smaller racquets, and a small portable net, we can make it happen! Young players can learn the game more quickly, and in a fun way. Mini-tennis combines an indoor program with a fun "learn to play" aspect, along with the ability to be easy to play. Register by calling the Recreation Department.

### VOLLEYBALL Ages 12 and up

Mondays 7:00 pm – 8:30 pm. Jan. 17 – Feb. 21

St. Mary's Academy Gymnasium. \$5 Per Person.

Volleyball is an awesome sport and is very fun to play. It is a team game with different types of skills. So, come discover this great sport as we learn the basics of volleys, bumps, serves, spikes, positioning, and movement. Learn some skills and play some fun games. Register by calling the Recreation Department.

### YOUTH SPORTS AND GAMES Ages 3+ Tuesdays,

Thursdays 6:00 pm – 7:00 pm.

Jan. 18 – Feb. 24 St. Mary's Academy Gymnasium. FREE!

Come play some cool games, sports, and learn new activities in the gym! Drop the kids off so they can have some fun while being active, meeting new friends, and participating in activities. Register by calling the Recreation Department.

### BASKETBALL Ages 8-16

Tuesdays 7:00 pm – 8:00 pm. Jan. 18 – Feb 22

St. Mary's Academy Gymnasium. \$5 Per Person.

Like Basketball? Well now is your chance to be involved in a fun, active, and fast-paced sport! Come and learn the skills and fun games of Basketball, while being led by a qualified instructor who knows the game in and out, and likes to have fun. Register by calling the Recreation Department.

Kids need recreation to grow strong as individuals. By participating in physical activity, kids will develop healthy bodies, active minds, self-esteem, social skills and community values.

### WINTER SAFETY

When cold is too cold Children should play indoors if the temperature falls below -25C (-13F), regardless of the wind chill factor. Children should play indoors, regardless of the temperature, if the wind chill factor is reported as -28 C (-15F) or greater (This is the temperature at which exposed skin freezes in a few minutes). Source: [www.safekidscanada.ca](http://www.safekidscanada.ca)

### OPEN GYM All Ages

Thursdays 7:00 pm – 8:00 pm. Jan. 20 – Feb. 24

St. Mary's Academy Gymnasium. FREE!

This is a time where kids and youth can come and play whatever they want! Badminton, T-Ball, Soccer, Basketball, Ball Hockey, Volleyball, Dodgeball, Soccer Baseball, etc., you name it, we have it all for you. So, come and be active in a place where you pick the activity you want to do!

### LADIES NIGHT AT FITNESS CENTRE

Tuesdays 6:00 pm – 8:00pm. Jan. 18 – Feb. 22

St. Mary's Fitness Centre. \$2 per night.

Be healthy, active, and get in a workout routine for the New Year! Improve your physical well being while socializing, meeting new people, and just having a good time. Remember, this night is just for women! A personal trainer will be there to assist and guide you through efficient workout strategies for meaningful results. Individual or group sessions will be



available. If you have kids, drop them off at the gymnasium for sports and games night, or the Basketball program while you workout yourself. Come anytime between 6 and 8 pm on

Tuesdays, or schedule in a time that you are coming by calling the Recreation Department.

### MEN'S NIGHT AT FITNESS CENTRE

Thursdays 6:00 pm – 8:00 pm. Jan. 20 – Feb. 24

St. Mary's Fitness Centre. \$2 per night.

Men of the Municipality, it's time to get in a workout routine that will benefit you, and show noticeable results! Come socialize, stay healthy, be active, and have a good time by exercising the proper way. This is Men's night at the Fitness Centre where a personal trainer will be there to assist you and develop the correct

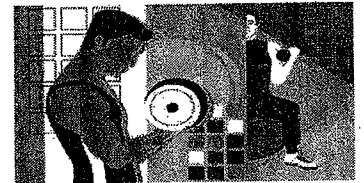
workout exercises for you.

Individual or group sessions will be available.

If you have kids, why not drop them off at the

gymnasium, while you

workout yourself! Come anytime between 6 and 8 pm on Thursdays, or schedule a time that you are coming by calling the Recreation Department.



### St. Mary's Recreation

If you would like to register for any of the programs, please call the Recreation Department at (902) 522-2598 in advance before the program starts. Also, please contact us regarding any questions you may have, needed information, or feedback on any programs.

Please feel free to contact us at anytime.

### CO-ED ADULT INTRAMURALS

Wednesdays 6:00 pm – 8:00 pm. Jan. 19 – Feb. 23  
St. Mary's Elementary School Gymnasium. \$2 drop in fee.  
An opportunity to be involved and play more than one sport is here! As you probably already know, you may be fantastic at one sport, just mediocre in another, or just like to play all sports. It does not matter what your skill level is, this program enables adults to be physically active while playing a different sport every Wednesday night. It is a great way to be social, have fun with your peers, and develop a sense of competition. It's just good fun! The beginning of the night we develop teams, following that we play a sport that the leader chooses, and this goes on for six weeks. At the end of the night of week six, we add up all individual scores and determine where you placed. Scoring is - 2 points if your there and win, 1 point if your there and lose, and 0 points if you don't show up at all. Usually two games per night. Register by calling the Recreation Department.



\*There's no excuse not to be active in winter. Don't miss your chance to get out and play in the snow -- there are many great activities that can only be done in winter!\*

- Making a snowman
- Play sports like soccer, football, Frisbee, skating, and hockey.
- Learn to snowboard, ski, etc.
- Go on a winter hike
- Make a snow angel
- Walk in the crisp, fresh air
- Go sledding and tobogganing
- Build a fort or igloo
- Play hide and go seek
- Catch snowflakes in your mouth
- HAVE FUN!!!!!!!!!!!! ☺

### AFTER SCHOOL RECPLEX SKATE!

Fridays 3:00 pm – 4:00 pm. Jan. 7 to Feb. 25  
St. Mary's Recplex. \$2 Per Person.  
Come groove to the music and enjoy yourself while skating at the RECPLEX after school on Fridays! Open to everybody!

### WINTER CARNIVAL

Sunday, January 16. 11:00 am – 2:00 pm.  
Marie Joseph Community Centre. FREE!  
Come on out to the Winter Carnival! This afternoon will consist of tons of fun, lots of smiles, laughter, and some cool activities made for kids, families, and friends. The types of activities are all a surprise so come on and check them out! Remember to dress warm!



**ZUMBA!** All Ages. Sunday, January 9<sup>th</sup>, 1:00 – 2:30 pm.  
St. Mary's Academy Gymnasium. \$5.

Zumba is a mixture of Latin and International music mixed with dance that together create a challenging, yet fun and effective fitness routine for participants of all ages. The Zumba workout features aerobic dancing as well as fitness training broken down into fast and slow rhythms that help tone and sculpt your body. Working the gluts, the entire leg, firming your arms, hitting the abs and the aerobic component is great for your Heart! It is "FUN AND EASY TO DO" allowing Zumba participants to achieve long-term health benefits. Zumba is a "feel-happy" workout that is great for both the body and the mind. Come try this introductory session! Please register by calling the Recreation Department.

### CO-ED SNOW SOFTBALL TOURNAMENT

Sunday, January 23. 10:00 am – 5:00 pm.  
Sonora Softball Field, Behind Community Centre. \$5.00 per player, or \$40.00 per team.

Ever try playing Softball in the snow? It is a lot of fun as you get some laughs, nice plays, and breaths of the cool, crisp winter air! If you don't play, never have played, or do play softball, either way this will be a fun tournament and will be a blast! Put together a team and register at the Recreation Department by calling or emailing your information. We need a team name when you register too! You can enter as an individual as well and we will put you on a team. Spectators are encouraged to come to cheer on the teams! There will be prizes to be given out.



### SNOWMAN COMPETITION Ends January 31.

Get up, get outside, and enjoy the winter air as you build your own snowman with friends, family, or have your own creation! The Recreation Department will scope out the Municipality to look for the best snowman, or a group of snowmen and will vote on which is the best. Winners will be contacted, along with a sign to put in their front yard so that the Municipality will know who won. Pictures will be posted on the website. If you do not think we saw your snowman, or snow people, please call the Recreation Department to notify us, and we will come take a look!



### New Years Resolution? FIT IN FITNESS!!

The evidence is in for fitness. Regular exercise has been associated with more health benefits than anything else known. Studies show that it reduces the risk of some cancers, increases longevity, helps achieve and maintain weight loss, enhances mood, lowers blood pressure, and even improves arthritis. In short, exercise keeps you healthy and makes you look and feel better. Why not make this the time to start getting in shape and feeling better!

### CHILI COOK OFF

Thursday, Jan. 13. 5:30 pm – 7:00 pm  
Marie Joseph Community Centre. FREE!



If you like Chili, this is the place to be! Individuals prepare a finished pot of chili to be entered into a competition. The chili will be judged at the end of the evening. The judges will select people that the Recreation Coordinator chooses. There

will be three prizes to give out for three categories: Spiciest Chili, Best Tasting Chili, and Most Unique Taste! The people who bring a pot of chili will stand behind their pot, scooping it out for people to try. Also, display ingredients that you used. For the people who do not bring chili, you will walk around and try out them all. Everyone is welcome and it will be a great time! See you there! Please call the Recreation Department if you're bringing chili!!! Waiver needs to be signed.

### SEAFOOD CHOWDER COOK OFF

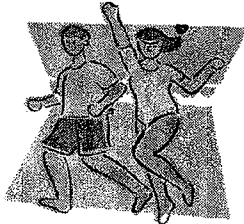
Tuesday, Jan. 11. 4:30 pm – 6:00 pm  
Sonora Community Centre. FREE!

Everyone loves nice, warm chowder, right? This chowder cook off will get your taste buds watering just thinking of it. Here's how it works: People bring in a completed pot of seafood chowder, stand behind it at a table, dish it out for others to try, and will be judged at the end of the evening to see who made the best chowder. Also, display ingredients that you used. Judges will be chosen before the cook off starts by the Recreation Coordinator. For the people who do not bring chowder, just walk around trying all the different types of it. Everyone is welcome! There will be different prizes to be given out. Please call the Recreation Department if you're bringing chowder!!! Waiver needs to be signed.



### FITNESS, EXERCISE, AND AREOBICS MORNING! KICKING CARDIO AND MID-BODY MANAGEMENT

Saturday, Jan. 15: 10:00 am – 11:00 am. St. Mary's Academy.



Spice up your Saturday morning with something active that brightens up your mood ☺. Targeted towards adults, this exercise and fitness morning will be a mixture between kickboxing, aerobics, cardio, and using small weights. With 30 minutes of Mid-Body Management, you will

work on abdominals, legs, quads, hamstrings, and your core, feeling great afterwards and ready for some more action! Following that, another 30 minutes will focus on a mixture between kickboxing and aerobics, what people like to call, "Kicking Cardio". This is an introductory/basic session so anybody can join. Bring your own small weights if you have them. Tricia Cameron will lead you through a fun, and enjoyable morning. Please register by calling the Recreation Department. It's FREE!

### St. Mary's Curling Club

Adult Curling Mondays 5:30 – 8:30pm  
Stick Curling Monday afternoons

### MORE WINTER ACTIVITIES AND GAMES HOP SCOTCH IN THE SNOW

Use a spray bottle filled with water and food coloring to outline a hopscotch board on the snow. Throw a snowball into the first square, hop over it, then hop into every square up to number ten. On the way back, stop to pick up your snowball. Now toss the snowball into number two.

#### **Name Tracks**

In fresh snow, build a snow trail using the letters in his/her name. Starting with the first letter of the name use small steps or hops to spell out each letter. Jump from letter to letter.

#### **Winter Treasure Hunt**

Objects are hidden in the snow. Each team is given a map explaining approximately where to look for the treasures. After 30 minutes ring a bell and the team with the most treasures is declared the winner.

#### **Snoccer (soccer in the snow)**

Use a softer ball so it does not become too hard in the cold.

#### **Snowman Tag – Here are the rules:**

Pick one person as the freezer and a couple of people as the melters. Be sure there are enough melters so that players will be moving most of the time. Identify the freezers and melters with different color scarves around their waists. When a freezer touches a player, they must become a snowman and freeze in place. Melters cannot be frozen, but rather work to thaw the snowmen as quickly as possible by touching them.

**LIONS BINGO** Wednesdays. Starting at 7:45  
Lions Club/Hall, Sherbrooke, NS.

**MELROSE FITNESS AFTERNOON** Wednesdays, Jan. 12 – Feb. 23. Greenfield Olsters Club. 1:00 pm – 2:00 pm. FREE!

Come join us while we get our blood flowing, have some fun, and get active. Exercise and fitness is very important in staying healthy and this is a great way to do it! Learn new low impact stretches, exercises, and ways to improve your overall wellbeing. Please register by calling the Recreation Department.



We are open to any ideas, suggestions, and programs you may like to have. Let us know! ☺

## Christmas Video Skate

St. Mary's Recreation will be hosting a Christmas Video Skate on **Thursday, December 23rd at 7pm** at the St. Mary's Rec Plex. Cost is \$2 per person, \$5 per family. Bring you Santa hat, helmet and skates and join us for this fun filled evening of skating! All ages welcome!!!



## St. Mary's Fitness Centre

The fitness centre will be closed for the Christmas Break at 6pm on Friday, December 18<sup>th</sup>, and will reopen on Tuesday January 4<sup>th</sup>. All active memberships will be extended for the closure.



## Winter Hours of Operation effective: January 3<sup>rd</sup>

Monday	6am - 7am & 3pm - 8pm
Tuesday	6am - 7am & 3pm - 8pm
Wednesday	6am - 7am & 3pm - 8pm
Thursday	6am - 7am & 3pm - 8pm
Friday	6am - 7am & 3pm - 6pm
Saturday	Closed
Sunday	Closed

## Fitness Centre Promo of the Month: January

For the month of January, you can drop-in to the fitness centre for ½ price. Drop in to the Fitness Centre today, and take advantage of this great deal!

## Fitness Centre Open House

Don't forget to join us for our January Open House at the Fitness Centre which will run from January 10<sup>th</sup>-14<sup>th</sup>. All patrons will have *FREE* access to the fitness centre during this week.

### OPEN HOUSE PROMOTION

For one day and one day only, come into the Fitness Centre on **WEDNESDAY, JANUARY 12<sup>th</sup>, 2011** and present this coupon to the fitness centre staff to get **50% off a one-year membership.**

Offer valid for Wednesday, Jan 12<sup>th</sup> only!

To contact the fitness centre: call 522-2715 after 3 pm

## Guysborough County Regional Development Authority (GCRDA) Bikeway Project

The GCRDA has partnered with the 4 Municipal Units in Guysborough County; the N.S. Department of Health Promotion and Protection; Historic Sherbrooke Village; and the Ecology Action Center to encourage biking as an alternative to motorized transportation.



In 2009, the GCRDA Bikeways Committee was formed to look at the various benefits of cycling for health, recreation, economic and/or to reduce the impact on the environment.

An on-line survey was circulated in August 2010 to 300 county residents to seek input into cycling. The survey found that 46% of people own bicycles but only 29% use them. The majority of residents (86%) say they are not comfortable with the road safety surface conditions and too much traffic/driver behavior as barriers to cycling in the county.

## Kids Only Club Update

### Job Opportunities:

Kids Only Club is still accepting job applications for the following locations: Aspen, Goshen, IHL, Port Bickerton, Sonora and Sherbrooke. Deadline to apply is January 7<sup>th</sup> at 4pm. Send resume to [council@saint-marys.ca](mailto:council@saint-marys.ca)

Parent information sheets and club dates will be sent home with the kids in January through the school. Any questions, call the Recreation Dept at 522-2598

### Trailblazers

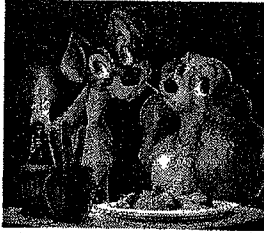
Trailblazers offers the opportunity to build bridges to the outdoors. It combines outdoor education, outdoor recreation and leadership building. Trailblazers is open to all students in grades 4-7. Registration forms went home through the school. Deadline to register is January 7<sup>th</sup>, 2011 at 4pm. Applications are accepted on a first come, first serve basis. Register your child today to take advantage of this great opportunity! Call Kristin at 522-2598 for more information.



# FUNDRAISER

The Goshen Community Centre Playground Committee invites you to help us raise funds to replace the playground at the centre. Our plan is to develop a play facility that includes equipment for children and youth.

Join us for:



## Valentine's Day Spaghetti Dinner and a Movie

**When:** Saturday February 12<sup>th</sup> (snow date Feb 19<sup>th</sup>)

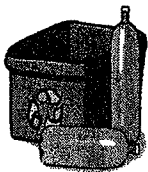
**Where:** Goshen Community Centre from 4:00pm-5:30pm

**Price:** \$6 per plate, \$4 for kids under 12, Preschool free!

Includes: spaghetti dinner, dessert, tea/coffee, juice.

Enjoy the Disney classic, Lady and the Tramp.

If you're interested in volunteering please contact:  
Jody 522-2049, Kristin 522-2598 or Jackie 783-2443



A **Bottle and Penny Drive** will be held on Saturday January 8<sup>th</sup> for St. Mary's Minor Hockey. Start saving your bottles now. Collecting will begin at 10am – for more info call Samantha 328-2063 or Stacey 364-2089.

## Arrive Alive! Don't Drink and Drive!

### Party Smart Checklist:

- ✓ Alcohol Free Drinks
- ✓ Lots of Food
- ✓ Set up for overnights
- ✓ Small tokens of appreciation for your Designated Drivers
- ✓ Drink Sensibly Yourself



