



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

March 2011 Newsletter



www.saint-marys.ca

The DEADLINE to have information submitted for the APRIL issue of the Newsletter is **WEDNESDAY, March 23rd 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 Monday, **March 14th, 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

Grants to Organization

Any requests for funding from organizations for the 2011/2012 Municipal fiscal budget must be made by application (available at the Municipal Office) and submitted no later than March 31, 2011 at 4pm
- No exceptions.

Municipality of the District of St. Mary's Solid Waste-Resource Management Bylaw

The second reading of the Solid Waste-Resource Management Bylaw has been approved and council is proceeding with the next steps. Copies are available at the Municipal Office.

School Enhancement Committee

The Sherbrooke Opportunities Society (SHOP) is a group formed to provide an adult learning centre in the proposed community space in the St. Mary's School addition. Also being organized is a designated space to provide Kids First programming to be developed within the community space.



Please, if you are interested in getting involved with the school enhancement committee for the better of the community join us on Thursday, March 3rd at 7pm in the council chamber, Sherbrooke. For more information contact Colin Coady 522-2995.

NOTICE OF TAX SALE

Public Auction will be held on **March 24th, 2011 at 10:30am,** Municipal Office, Sherbrooke.
See insert at back of this newsletter for List of Properties



The St. Mary's Recreation Department would like to thank all groups, clubs and community organizations who participated in this worthwhile annual project. Volunteers are the Heart of Every Community!!! Please call the Recreation Department if you have any questions. We are always looking for volunteers! If you would like to volunteer for anything, please contact us!

The local Volunteer Awards Ceremony will be held Saturday April 16th to celebrate all nominated volunteers. Invitations will be going out soon.

The committee has chosen a volunteer to represent the entire Municipality as **Volunteer of the Year** at the provincial awards ceremony in Halifax on Monday April 4th.

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. Feel free to contact us at anytime. We are always open to any ideas, suggestions, and programs you may like to have. Let us know!

Remember, Have Fun and Be Safe!

Greetings from High-Crest Sherbrooke!

We celebrated Valentines Day with a great party and crowning of Valentines King, Papa Joe and Queen, Clare Harpell. Congratulations Folks! We also had a lovely Valentines Tea party; Don Cameron entertained us while we had tea and sweets using our fine china. Anyone wishing to donate China cups and saucers is much appreciated, we use them often.

The home buddies will be hosting a St. Patrick's Day Party on March 17th! We will play bingo, sing some great old songs, and have cake and ice cream. We have no residents celebrating birthdays this month but we always find a reason to have a party!



The Anglican Parish of Liscomb & Port Bickerton

The Rev.'d Melissa Frankland, Rector 522 2510

Quinquagesima (March 6th)

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

Ash Wednesday

with the Imposition of Ashes (March 9th)

10am St James' Sherbrooke
7pm St Thomas' IHL

First Sunday in Lent (March 13th)

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

Second Sunday in Lent (March 20th)

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

Third Sunday in Lent (March 27th)

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

Jammin' with Jesus will meet March 3rd and 31st, 6-7pm at the Hall.

Pancake, Beans, and Sausage Supper



St. Luke's Parish Hall, Liscomb

Tuesday March 8th from 4-6pm

Adults \$8 children \$5

There will also be Bake and Craft table

Everyone Welcome

Proceeds for St. Luke's Anglican Church

Did You Know?

The Canadian Horse is one of the animal symbols of Canada. The Canadian Horse is a breed developed in Canada from stock sent over by Louis XIV. Their build is muscular and compact and they are known for having good bones and feet. The head is well structured with large expressive eyes and delicate ears. There are willing horses considered to have soundness, hardiness, and endurance. Unlike most breeds, there is a set naming system that is used to name individuals. First comes the prefix, the farm or breeding establishment the foal was born into. Followed by the sire's name and lastly a given name for the foal. However, each year a different letter is assigned and it is by that letter that the foal is named.



Where can you see a Canadian Horse in this area?

Answer from last month: Among mammals only humans and beavers can change their environment.

IHL /Jordanville Community Centre



Pot Luck Supper

Sunday March 20

Time: 4-6pm

Admission: \$8.00 adults

\$5.00 children under 12

Next Hall Meeting: Monday April 11 at 7pm

Auction 45's Every Tuesday at 8:00pm

Walking & Areobics every Tuesday & Thursday at 10am \$2.00 Admission

**Cemetery Caretaker, Riverside Cemetery
Moser River, NS**

Tenders are requested for a Caretaker from May 1, 2011 to September 30, 2011. Job requires mowing all grass area, clipping and sweeping head stones. Applicant must supply own mower, fuel, tools, etc. as needed. Accepted tender will be paid at completion of season. Submit tenders by March 25, 2011 to Roger Naugler – 8 Dufferin Mines Rd, Port Dufferin, NS B0J 2K0

**Indian Harbour Lake Pentecostal Church
March Worship & Activities**

Sunday:

9:45am Sunday School Classes for children/youth

11am Morning Worship

6:30pm Prayer & Praise – March 20

Weekday Activities:

Tuesdays 6:30 – 7:30pm Tweens (Ages 8-12)

Wed Mar 9, 16, 23 - Bible Study, the Gospel of John

Fri Mar 11, 25 -7pm Youth Group (ages 13-19)

**All are Welcome! For more info contact
Pastor Dave Connolly at 522-2759 or
pastordave@ihlpentecostalchurch.ca**

The Guysborough County Triathlon, being held in Guysborough, has been moved to Sunday, July 24, the first weekend of the Guysborough Come Home Week.

Continued for 2011, in lieu of paying the triathlon's registration fee, collect pledges as support for one of Guysborough County's three rural hospitals.

(For more detailed information. www.pals-ns.ca)

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

Experience the triathlon -- Experience the county

The Guysborough County Walkathon is undergoing some changes. The walkathon is being moved to Saturday, July 23, the first weekend of the Guysborough Come Home Week, and will be paired with a Kids Fun Run. In addition, there will be a change to the distribution of walkathon pledges received. The walkathons' participants will select the hospital to receive their pledge sheet's total moneys: St. Mary's Memorial Hospital Society, Eastern Memorial Hospital Foundation, or Guysborough Memorial Hospital Auxiliary.

Questions? Contact one of the following: Donald Dunbar, St. Mary's Memorial Hospital Society (522-2572); Julie-Ann Levangie, Eastern Memorial Hospital Foundation (366-2361); Elizabeth Connolly, Guysborough Memorial Hospital Auxiliary (533-2248); or Ray Bates, Physically Active Lifestyle Society (PALS) (533-2528).

Neighbours Helping Neighbours

Sonora/St. Mary's River Community Center

March 7th at 7pm – Regular Monthly Meeting,
Everyone is welcome.

April 8th at 7pm – Penny Auction and Cake Walk
\$5.00 for 20 numbers. Donations of goods and cakes will be greatly appreciated. All welcome to attend.

We will be hosting a Spring Tea in May.

More info in future newsletters.

For hall bookings contact: Elaine Mahar 522-2245

Sherbrooke Library Chat Line

Village Readers' Book Club- will meet Wednesday, March 2, at 11:00 am. Come and tell us about an interesting book that you have read so that we will know about it, too. Any book that you have read or are reading is one that you could talk briefly about. If you need a new book, be sure to come into the library to select something that is interesting to you.

Seniors' Café - Friday mornings from 9:30-10:30am. Join us for tea, coffee, and snacks. It is a good time to select some new books, get help using the computers, and visit with your neighbours.



Story Time- The winter Story Time is on Thursday mornings at 10:30. It is a time for reading, games, and crafts. Please call the Library (522-2180) to register your child/children.

New Books- Come in to check out our selection of new fiction and non-fiction books. If you need a specific book which we do not have, we will be pleased to specially order it for you.

Sherbrooke Library & C@P Site

Monday, Tuesday, Wednesday.....2-5 & 6-8pm

Thursday..... 2-5pm

Friday.....10:30am-4pm

Saturday.....11am-2pm

Telephone: 522-2180

www.ecrl.library.ns.ca

SHROVE TUESDAY BRUNCH

March 8, 2011 at 11am – 1pm

Port Bickerton Community Centre

Adult \$8 Child \$5

Menu: Pancakes, sausage & beans, dessert and tea, coffee or juice

Sponsored by: Port Bickerton Women's Institute
Come and have lunch with us!

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.

Sherbrooke Parent/Tot Drop-in takes place at the St. Mary's Education Centre on Tuesdays from 9:30-11:30am. This program is open to all parents/caregivers and their children ages 0-6.

Just Me & My Friends - This program is a school-readiness program for all children who have turned four by December of 2010. This program takes place at the St. Mary's Education Centre. The children are to be dropped off at 9:30AM and picked up at 11:30AM and bring a healthy snack. To register for this program please call Paula at 1-888-533-3881.



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 All programs and services are free and confidential! For more information, please contact Kids First toll free at 1-888-533-3881.

Marie Joseph Community Centre

March 5 - Chilli and Chowder Luncheon 4-6pm

March 7 - Penny Auction 7pm.
Proceeds for Grade 7 class trip

March 20 - Men and Women's BINGO 7pm
Each person brings 2 gifts valued at \$5 each. Make sure they are wrapped. Men bring gifts for a man to win; women bring gifts for a woman.
Cards are 3 for \$5.00, Jackpot - a Toonie

ROYAL CAN. LEGION BR. #86 LISCOMB

General meeting will be held on Tuesday, March 1

ACTIVITIES:

AUCTION 45's - Thursdays at 8pm \$5

CRIBBAGE - Saturdays at 8pm \$5

DARTS - Wednesdays at 7:30 \$3

Walking and Exercise:

Monday evening at 6:30pm and Wednesday at 1pm

\$2 at the door each day

KITCHEN PARTY & JAM SESSION

Saturday, March 12 starting at 4:30 pm/ \$2

Hot food will be available at 5pm

Bring an instrument and join in the fun!

CANCELLATION:

Due to weather and snow conditions, the annual ATV pocker Rally had to be cancelled this year. Thanks to all those that tried to make the trails usable, your efforts were appreciated.



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

(Convention of Atlantic Baptist Churches)

Our February Worship Services (Sundays, 11am)

Mar 6: Port Bickerton United Baptist

Mar 13: Sonora Baptist

Mar 20: Port Hillford United Baptist

Mar 27: Port Bickerton United Baptist

For more info contact Rev. Norman Pearce at 522-2087

The Community Choir, under the direction of Mrs. Iris Hayes, will be practicing for their Easter Program on Mondays starting Feb. 21, at 7:00 PM at Port Hillford Baptist Church. If you enjoy singing, please join us.



The Alpha Course

The St. Mary's District Ministerial (representing five denominations) is offering **The Alpha Course**, 6:15 PM Tuesday evenings starting March 1 at St. Mary's Education Centre (elementary school) in

Sherbrooke. Each evening features a meal, music, a DVD (in a new format), and discussion. Reserve a spot for the first night, or register for the entire 7-week course, at 522-2759, bconnolly@seasidehighspeed.com or www.alphacanada.org. The Alpha Course is an opportunity to explore the meaning of life in a relaxed, friendly setting. People enjoy good food, laughter and learning in a fun and friendly atmosphere where no question about life and God is considered too simple or too hostile. Millions of people have participated ... why not check it out? For further information, call 522-2087 or check the Alpha website.



Alpha

The Port Bickerton and Area Planning Association will hold its annual Roast Beef Dinner in support of the Port Bickerton Lighthouse on Sat March 26, from 4:30-6:00pm at the Port Bickerton Community Centre. Cost is \$12/adult & \$6/child

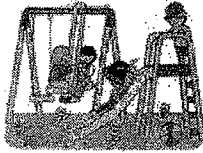


St. Mary's District Food Bank

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.

Goshen Community Centre Playground

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



Quilt ticket sales/bottle drive

Our funding applications are ongoing and we are proud to report our fundraising activities have raised \$351 - Thank you for your support of a fun and healthy lifestyle for our kids.

5th Annual Memorial Mixed Dart Tournament In Memory of Karlese Hendsbee

Where: County Harbour Gun Club
When: March 5, 2011, registration at 10:00 am
Play begins at 10:15, Cash prizes will be awarded
3 players per team, \$30.00 per team
For more info or to register call: Carol at 328-2199

Stillwater Community Centre
Continue to enjoy Card Play Friday evenings with prizes, 50/50, sandwiches and sweet and of course good company!



Annual General Meeting coming up on Sunday April 24th. Members are encouraged to attend as election of executives will take place.

Hot Luncheons

Feb. 24th & Mar. 3rd

11:30 am - 1 pm

St. Paul's Catholic Church

Hwy. #7, Sherbrooke

\$6 per person

Includes hot lunch, dessert & beverage

April is Cancer Month and once again we thank everyone for your continued support and dedication to this worthy cause.

Below is the breakdown of revenue for 2009 and 2010
2009 Campaign - \$4,456.80 TOTAL
Daffodills \$1,051.00
Res. Collecting \$3,405.80

2010 Campaign - \$4,850.12 TOTAL
Daffodills - \$572.00
Res. Collecting - \$4,278.12



This is only possible through the work of our volunteers and donations to the Cancer Society. Our canvassers will be again calling at your door. We look forward to your support for the 2011 campaign. Any questions call Alice Kennedy 522-2518

Wagon rides available at Sherbrooke Village on Tuesday and Thursday from 1pm - 2:30pm

Card Play - Auction 45's Wednesday at 8pm at Exhibit Centre

St. Mary's Shooters Association

Canadian Non Restricted Firearms and Canadian Restricted Firearms Safety Courses will be held at Stillwater Community Centre on March 26 and 27. You must Pre-Register and Pre-Pay by calling NSCC Stellarton Campus at 752-2002 or 755-2602 - No walk-in's accepted. The program includes the Safety Course and Written Guns Handling Tests. You must bring TWO government issued ID's.

Nova Scotia Hunter Safety Course - Stillwater Community Centre, Saturday April 9th from 9am - 5pm
Students must have Canadian Firearms Safety Course First. Bring ID's and Lunch

For more info or to pre-register for the Nova Scotia Hunter Safety Course, call Stan 783-2141 or John 783-2820 or Mike 522-2172.

Benefit Variety Concert

March 12th at 7:00, Country Harbour Gun Club. In benefit of Carol Sangster (Hayne) who will be going to New York for treatment for MS.



Seniors Turkey Dinner

Tuesday March 15th at the Ecum Secum Firehall at 12 o'clock. Take outs available only after all the other people that are present have been served. Donation Box at the door.



Thursday evening, March 3rd the St. Mary's District Lions Club will be hosting a Family Skate at the RECPLEX from 6:30 – 8:00pm. Hot Chocolate will be served. Come out and enjoy the fun filled family event.

Antigonish Guysborough Early Childhood Intervention Program

This is a family centered program for preschool children; our office is located in the Chedabucto Mall in Guysborough. The preschool years are the most important years of any child's development. Early Intervention can assist families to meet their child's needs through a supportive family-centered approach which helps to foster their child's development. Our free service is offered to families raising preschool children who are delayed, or at risk for delay in their development. Referrals to our program can be made by parents, professionals or others with the parent's permission.

Together with parents and other professionals an individual program is developed, this program is designed to fit the child and the family's daily routine. Regular visits take place at home, daycare, pre-primary program or within the child's community. Visits are scheduled at the family's convenience. Along with regular visits we offer a variety of services to families in our program including:

Advocacy and support Referrals to other services
Co-visits with other professionals Playgroup
Resource/Toy lending library Community involvement
Transition to daycare, pre-primary and school programs

If you would like further information about our program please call Karen Roberts, Early Interventionist, AGE CIP 533-2694 or email gecip@ns.aliantzinc.ca

Antigonish Office:
25 Bay St. Antigonish, NS B2G 2G5
Phone (902) 863-2298 Fax (902) 867-1037
Email: aecip@ns.aliantzinc.ca

Guysborough Office:
PO Box 51, Guysborough, NS B0H 1N0
(902) 533-2694 email: gecip@ns.aliantzinc.ca

In the spring I have counted one hundred and thirty-six different kinds of weather inside of four and twenty hours. ~Mark Twain



LOOKING FOR A FUNDRAISER? Lucky Duck Lottery

For the 32nd consecutive year, Recreation Nova Scotia is pleased to present "Lucky Duck Lotto" - an easy, risk-free ticket sales fundraising program designed to help schools, sports clubs, community groups and other non-profit groups/organizations raise monies for their own programs and activities. Last year approx. 150 schools, clubs and community groups participated. There is no upfront cost to the ticket sellers. Tickets are \$1.00 each and come in books of ten. 70 cents of every \$1.00 ticket sold remains with the ticket sellers. Recreation Nova Scotia uses the remaining 30 cents to cover lottery administration costs (tickets, mailings, prizes) and support RNS provincial programs (removing barriers to recreation for low income families). The Campaign runs from January 10th to March 18, 2011 - groups can sell any time between those dates.

Reserve your tickets today! If your group is interested in participating, please contact St. Mary's Recreation Office at 522-2598 for a registration form.

Important Dates:
Start Selling: January 10, 2011
Return Tickets to RNS by: March 18, 2011
Draw Date: March 25, 2011 - 10:30 am

Prizes: 1st Prize - \$3,000.00 Cash
2nd Prize - \$500.00 Cash
3rd Prize - Weekend Get-Away package for Two at Digby Pines Golf Resort and Spa.
Plus: Seven (7) Prize Draws of \$100.00 each.
Every group that sells a minimum of 500 tickets (50 books), your group's name will go into a draw for a \$75.00 cash prize.

Tickets come in books of ten and sell for \$1.00 each. Your group keeps \$7.00 of every book! RNS looks after the administration, co-ordinates the lottery, arranges for thousands of dollars in cash prizes and distributes tickets directly to your group.

St. Mary's Recreation

website: www.saint-marys.ca/recreation or www.facebook.com/StMarysRec

MARCH BREAK 14TH - 18TH

ARCHERY Ages 18+ \$20 for four classes.



Tuesdays, March 1st - March 29th. With the exception of March 15th. St. Mary's Academy Gymnasium. Archery is the art, practice, or skill of propelling arrows with the use of a bow. Archery has historically been used for hunting and combat; in modern times, however, its main use is that of a recreational activity. One who practices archery is typically known as an "archer" or "bowman," and one who is fond of or an expert at archery can be referred to as a "toxophilite." This class will teach you how to properly shoot an arrow from a bow by the basics, playing games, and activities through Archery. It does not matter if you already know how to do it, or if you are a beginner. Please register by calling the Recreation Department.

LEARN TO SKATE Ages 12+ RecPlex. Sherbrooke. \$20.

Sundays, March 13th and March 20th. 3:00 pm to 4:00 pm. This Learn to Skate Program is focused on the basics of learning how to skate. So, come and join us and learn how to skate!

ST. MARY'S RECREATION HOCKEY LEAGUE

Come and join the Recreation Hockey League! The St. Mary's Recreation Department is having an 8 week program consisting of 1 hour games, no travel, and non contact league. Everyone needs full hockey gear and the league gives everyone a chance to play. The teams will be organized by age, and skill level if needed. Also, we are looking for volunteer coaches for these teams as well, so if you have Friday afternoons free, and would be interested in coaching a team please call us! Register by calling or dropping by the recreation department so we can then develop teams ASAP. There is a registration form at the recreation department, so fill that out and bring it to the program or drop it off to the recreation department before the program starts. This is how it works: Ages 5-11 year olds will play from 3:00 - 4:00 pm, and the 12+ year olds will play from 4:00 - 5:00 pm. So, we are aiming to have two teams in the 5-11 year old age group where they will have 2 minute shifts. Therefore, the 5-7 year olds on a team will play against the other 5-7 year olds on the other team, and the 8-11 year olds will play against the other 8-11 year olds on the other team, rotating age groups every 2 minutes. The 12+ age group will play depending on age and aiming to have two teams here as well.



A scorekeeper is needed, if interested please call the recreation department. He/she will receive \$10 each Friday.

\$50/Per Person. Fridays, February. 18th to March 25th. RecPlex, Sherbrooke.

MARCH BREAK CAMPS Ages 5+

Listen kids, you have a whole week off from school! Why don't you get out and have some fun!! St. Mary's Recreation Department is announcing March Break Camps throughout the whole Municipality. We plan to get to every area of the Municipality in just a week playing games, sports, recreational activities, physical activity, and just having fun! We could be going snowshoeing, so dress appropriately. Please register by calling the Recreation Department at 522-2598. Also, if you would like to volunteer to help out with these camps, please call us.

Dates and Times are as follows:

Monday, March 14th

Sherbrooke (St. Mary's Academy) 9:00 am - 12 noon.

Aspen 1:00 pm to 4:00 pm.

Tuesday, March 15th

Liscomb (Liscomb Legion) 9:00 am - 12 noon.

Port Bickerton (Community Centre) 1:00 pm to 4:00 pm.

Wednesday, March 16th

Sonora (Community Centre) 9:00 am - 12 noon.

Goshen (Community Centre) 1:00 pm - 4:00 pm.

Thursday, March 17th

Indian Harbour Lake (Community Centre) 1:00 pm - 4:00 pm

Marie Joseph (Community Centre) 9:00 am - 12 noon.

MARCH BREAK SKATING AFTERNOON

Friday, March 18th. 1:30 pm - 2:30 pm. \$2.

After all of the activities are done through the week, strap your skates on and hit up the RecPlex for an afternoon of skating.



RUG HOOKING

Port Bickerton Community Centre.

Wednesdays, 1:00 pm to 4:00 pm at the \$30 for 5 weeks.

Like Rug Hooking? Well, here is your chance to be involved in afternoons of creativity. Please call the Recreation Department to register before the program starts so we can get enough materials.

DIGITAL PHOTOGRAPHY

Wednesdays, 6:30 - 7:30 pm. March 2nd to March 30th. \$30 Per Person for 5 weeks. St. Mary's Academy, Sherbrooke. Please call the recreation department to register. The course is packed full of photography tips and advice, built for the novice and professional alike. You will learn: Camera modes - Auto, aperture priority, shutter priority, manual, sports, landscape, close up, portrait. Black and White Photography - Timeless! Composition - Don't just stand there! Learn how to "see" a photo just about anywhere! Lenses - You have the ability to add just about any lens to your new camera, you now need to understand what you need and why. Lighting - Probably the single most important aspect of any art form. Flash photography - Understand how the light works and how you can control it. Digital Imaging - Touching on uploading to a PC and using Photoshop/other editing software.



BOOT CAMP

Thursdays, March 3rd to March 31st. 6:30 – 7:30 pm.
St. Mary's Academy Gymnasium. \$25/person for 5 weeks.
Yes! Boot Camp is back and ready to whip you into shape!
This class is a great way to be active and is for anybody. The instructor will lead you through exercises that will get you moving, active, and build your muscle strength. So, get your gym clothes on, strap up your sneakers, get ready to exercise and get a sweat on. Remember to call the recreation department to register!

ST. MARY'S FITNESS FIRST CLASS

Saturdays, 9:00 am – 10:00 am. March 5th to March 26th. St. Mary's Academy Gymnasium. \$20 per person for 4 weeks. Please call the recreation department to register. Woouo Hooooo!!!! This is a fitness class where anything goes; circuits, intervals, resistance exercises, dry-land sport-training drills, etc. This high-energy class is considered moderate to intense. Key words for this class: FUN, ACTIVE, ENERGETIC, AWESOME, etc. I think you get it.

Sunday, February 27th, 1:00 – 2:00 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" Zumba is a "feel-happy" workout that is great for both the body and the mind. Come try this introductory session! Please register.



SPANISH AND ZUMBA CLASS

Port Bickerton Community Centre. Fridays.
March 4th to April 29th. \$5 Per Class.
Spanish - 6:30 pm to 7:30 pm ZUMBA - 7:45 pm to 8:45 pm
So join the party and Maria Tate from south America will teach you different basic steps (Merengue, Salsa, Cumbia, Calypso, Mambo, ChaCha, Zamba and Reageton) and enjoy a workout with fun!! Please Register by calling the Recreation Department.



CREATIVE EXPRESSIONS CONTEST 2011

Ages 5 to 12.

An opportunity for children to be creative! All you have to do is draw or sketch a picture about playing and being active outdoors in the winter. A random draw will take place on April 1, 2011. The winner receives a great gift bag valued at \$150 from a Canadian Tire! Everyone who enters will receive a Take the Roof Off Winter certificate. Simply go to www.taketheroofoffwinter.ca/kidszone.php and download the Creative Expressions Contest Form and "start drawing." Entries may be dropped off at the Recreation Office in Sherbrooke, by March 26, or mail to Recreation Nova Scotia, 5516 Spring Garden Road, Suite 309, Halifax, NS B3J 1G6

SONORA WINTER WONDERLAND

Ages 5+
Sonora. Community Centre. March 13th, 11:30 am to 1:30 pm.
Winter is almost over, so why not come out and enjoy the season. The Recreation Department will do fun, enjoyable, and exciting winter activities. Remember, activities can be from Show shoeing, Snow Frisbee, to indoor activities, so dress appropriately. Please call the recreation department to register before the programs starts. It's FREE!!



LISCOMB WINTER ACTIVITY DAY Ages 5+

Liscomb Legion. March 20th, 11:30 am to 1:30 pm. It's FREE!
Let's play some fun games, do some fun activities, inside or outside, and enjoy the winter snow before it is over! The recreation department is offering a Winter Activity Day where kids can be involved in physical activity, recreation, having fun, and enjoy themselves. Please call the recreation department to register before the program starts.

TAKE THE ROOF OFF WINTER SHERBROOKE

Ages 5+ St. Mary's Academy School Grounds.
March 27th, 2:30 pm to 4:30 pm. FREE!
Okay people, the winter season is almost done so let's end it with a bang! Come out to do some winter activities and be involved with the action. This afternoon will involve the recreation department leading activities in the snow! You never know what activities you will be doing but it can be from sledding, snow soccer, or indoor activities, so dress appropriately. It will depend on the weather as well, and if we have snow. See you there! Please register by calling the recreation department before the program starts.

TAKE THE ROOF OFF WINTER PORT BICKERTON

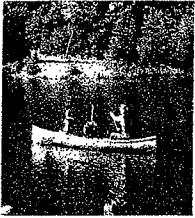
Ages 5+ Port Bickerton Community Centre.
March 27th, 11:00 am to 1:00 pm. FREE!
By reading the above three programs, I think you get the picture of what this is. It's time to Take the Roof Off Winter in Port Bickerton. Fun, winter activities are what you will get. Dress warm, and also dress for indoor activities as well. See you there! Please register by calling the recreation department before hand.

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

ST. MARY'S ADULT SLOWPITCH LEAGUE St. Mary's recreation Adult Slow-pitch league will be back this year. The



league will be open to anyone over the age of 20. Players are to sign-up as individuals or teams. Once we have our numbers we will be holding a draft to select this year's teams. We plan to begin in the spring and run until late September. Games will be played on Tuesday evenings and ball fields may vary throughout the municipality. If you have any questions about the league please contact the recreation office at 522-2598 or email joshcorkum@yahoo.ca



Trailblazers: No Child Left Inside

Trailblazers are back! The popular after school program will start up again on Tuesday March 1st. The program will run on Tuesday afternoons from when school lets out until 5pm.

Trailblazers combine outdoor education, outdoor recreation and leadership development. Programming will include: snowshoeing, archery, angling, geocaching, camping and much more.

Program specific information will be sent home with the children who registered through the school.

Outdoor Education Volunteers

St.Mary's Recreation is also looking for community volunteers with a passion for outdoor education (ie. hunting, trapping, fishing, outdoor survival) If you or someone you know fits this description, and would be interesting in volunteering for a day, please contact Kristin at 522-2598, or email kristinporter@hotmail.ca. You would only be required to volunteer for one day, and it can be of your choosing.



Any questions about this program can be directed to: Kristin at 522-2598, or kristinporter@hotmail.ca

St.Mary's Fitness Centre

Winter Hours:

Monday: 6-7am, 4-8pm
Tuesday: 6-7am, 4-8pm
Wednesday: 6-7am, 4-8pm
Thursday: 6-7am, 4-8pm
Friday: 6-7am, 4-8pm



The fitness centre is now open until **8pm** on **Friday** night (effective Friday, February 11th).

Promo of the Month: March

During the month of March, stop into the Fitness Centre and get \$3 off a one month membership for the month of March. An adult 1 month membership will be \$30. A Senior/Student 1 month will be \$25.

To contact the Fitness Centre: 522-2715 after 3pm or call the Rec Office at 522-2598

Email: stmarysfitnesscentre@live.ca

Walking and Exercise Classes

Greenfield Oldster Community Centre

Monday at 1pm

Friday at 2pm

IHL Community Centre

Tuesdays 10am

Thursday 10am

Liscomb Legion

Monday 6:30pm

Wednesday 1pm



Moms Making the Move (continuing until March 28th)

St.Mary's Fitness Centre

Mondays 10:30-11:30am

There will be no Moms Making the Move on March 14th because of March Break.

For more information on any of these exercise classes, contact Kristin at 522-2598, or by email kristin.porter@hotmail.ca



EMERGENCY FIRST AID/CPR LEVEL A

Saturday, March 12th, 2011. 9:00 am – 5:00 pm.

St. Mary's Academy School \$70.

Designed to meet industry, business and government requirements, St. John Ambulance first aid courses are your assurance of quality, flexibility and expertise. The course covers both Emergency and Standard First Aid, as well as CPR.

Please register well in advance by calling the Recreation Department. Need a minimum of 8 people.

Babysitting Course

Saturday March 26th

9am-4pm

St.Mary's Academy

Cost: \$35

Designed for youth ages 11-15, this course teaches the skills necessary to care for infants, toddlers and preschoolers. It emphasizes safety, dealing with emergencies, and first aid basics. Topics include: Basic First Aid, Injury Prevention, Responsibilities of a Mature Babysitter, and hands on practice. Course materials include a student activity book, certificate, and wallet sized certification card. Please register by calling the Rec. Dept. Minimum of 15 people needed.

Winter is the season in which people try to keep the house as warm as it was in the summer, when they complained about the heat.



- Anonymous

Equipment Loan Out

Did you know that the Recreation Department has various equipment available for loan-out to individuals and community groups?

St.Mary's Recreation has the following equipment available for loan-out:

- Snow shoes(5 adult sized, 10 child sized)
- Balls of every shape and type
- Lifejackets (infant to adult)
- Parachute
- Inflatable Bouncers (Shark Slide and Bouncy House)
- Handheld GPS
- Washer Toss Boxes
- and so much more



Equipment is available for loan-out as long as it's not currently being used by St.Mary's Recreation programs. Equipment is available for loan-out for up to 2 weeks, but is subject to change based on amount of requests for equipment. For more information on equipment loan-out, please contact Kristin at 522-2598.

ACTIVE TRANSPORTATION VIDEO

“Active Transportation is human-powered travel. It refers primarily to walking and bicycling, but also to in-line skating, snowshoeing and even kayaking and canoeing”- Taken from the Federation of Canadian Municipalities Website.



Check out this neat AT video put out by the Union of Nova Scotia Municipalities:

<http://www.sustainability-unsm.ca/active-transportation.html>

or click on the link from our Facebook Page, or on our website.

Winter Indoor Walking Program

As the winter months drag on, don't risk walking on the ice. Join us for our indoor walking program.

Stay warm and enjoy your walk in the halls of St.Mary's Academy. All you need to do is bring a pair of indoor sneakers, and sign in the Fitness Centre. Join us on Mondays and Wednesdays from 3-6pm.

It's absolutely free, and a great way to beat the winter blues by walking indoors.

Program Cancellation Notifications



During the winter months, many of St.Mary's Recreation's programs are cancelled due to weather conditions. As a Recreation Department, we work hard to make sure every participant of our programs will be safe traveling to, and from our programs. We do our best to notify all participants of our cancellations during these conditions. Listed below are a few places/rules you should be aware of to check on our programs in case of inclement weather.

- When school is cancelled all St.Mary's Recreation School Related Programs are cancelled.
- Cancellations are listing on our website: www.saint-marys.ca/recreation
- Cancellations are called into CJFX, and put on the air and their website
- Cancellations are called into the school, and announced before the kids leave school for the day.
- Cancellations are listed on our Facebook Page www.facebook.com/StMarysRec
- You can also contact the office at 522-2598 or email Josh at joshcorkum@yahoo.ca, or Kristin at kristinporter@hotmail.ca

Get out, get active, be safe and enjoy the snow!

Kids Only Club Update

Remaining Dates for Kids Only Club:

Mondays: MJ and Aspen
(March 7th and 21st)

Tuesdays: PB and Liscomb
(March 1st, 8th, and 22nd)

Wednesdays: Sherbrooke and Sonora
(March 2nd, 9th, 23rd and *30th)

Thursdays: Goshen and IHL
(March 3rd, 10th, 24th, and *31st)

*Please note that an additional day has been added to the Wednesday and Thursday groups due to so many weather related cancellations.



March 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 IHL Aerobics-10am Kids First DropIn-9:30 Just Me & My Friends-12:00 Twins-6:30pm KOC PB and Liscomb Trailblazers 2:30pm ALPHA 6:15pm Wagon Rides 1pm IHL 45's 8pm	2 Liscomb Aerobics-1pm KOC Sonora and Sherbrooke Bookclub-11am Rug Hooking 1pm Cadets Photo Sherbrooke 6:30 Lions Bingo 7:45pm Sherbrooke 45's 8pm	3 IHL Aerobics-10am StoryTime- 10am KOC Goshen and IHL Hot Luncheon 11:30am Bootcamp 6:30pm School Comm. Meet 7pm Wagon Rides 1pm Jam w/ Jesus 6pm	4 Melrose Exercise 2pm Rec Hockey 3pm Seniors Café 9:30am Card Party IHL Youth Group PB Spanish&Zumba 6:30pm	5 Fitness 1 st Class 9am CH Dart Tourney 10am
6	7 Moms Making Move 10:30am Melrose Exercise 1pm Indoor Walk 3pm KOC Aspen and Sherbrooke Liscomb Aerobics-6:30pm Comm. Choir Practice 7pm Sonora Hall Meeting 7pm	8 IHL Aerobics-10am Twins-6:30pm KOC Liscomb and PB Trailblazers 2:30pm ALPHA 6:15pm PB:Shrove Brunch 11am Liscomb Pancakes 4pm Wagon Rides 1pm IHL 45's 8pm	9 KOC Sonora and Sherbrooke Liscomb Aerobics-1pm Bible Study Cadets Rug Hooking 1pm Photo Sherbrooke 6:30 Lions Bingo 7:45pm Sherbrooke 45's 8pm	10 IHL Aerobics-10am KOC Goshen and IHL Bootcamp 6:30pm Wagon Rides 1pm Storytime- 10:30am	11 Melrose Exercise 2pm Rec Hockey 3pm Seniors Café 9:30am Card Party PB Spanish&Zumba 6:30pm IHL Youth Group 7pm	12 Fitness 1 st Class 9am FirstAid/CPR 9am CH Variety Concert 7pm
13 Adult Learn to Skate 3pm Sonora Fun Day 11:30am	14 Melrose Exercise 1pm Indoor Walk 3pm MB: Aspen and MJ Liscomb Aerobics-6:30pm Comm. Choir Practice 7pm Council 7pm	15 IHL Aerobics-10am Twins-6:30pm MB:Liscomb &PB Wagon Rides 1pm Ecom Secum Turkey 12pm ALPHA 6:15pm IHL 45's 8pm	16 MB: Sonora Goshen Liscomb Aerobics-1pm Bible Study Cadets Rug Hooking 1pm Photo Sherbrooke 6:30 Lions Bingo 7:45pm Sherbrooke 45's 8pm	17 IHL Aerobics-10am StoryTime- 10:30am Homebuddies Party MB:IHL and MJ Bootcamp 6:30pm Wagon Rides 1pm	18 Melrose Exercise 2pm Rec Hockey 3pm Card Party Seniors Café 9:30am IHL Youth Group March Break Skate Party PB Spanish&Zumba 6:30pm	19 Fitness 1 st Class 9am
20 Adult Learn to Skate 3pm Liscomb Fun Day 11:30am IHL Potluck 4pm	21 Moms Making Move 10:30am Melrose Exercise 1pm Indoor Walk 3pm KOC Aspen and MJ Liscomb Aerobics-6:30pm Comm. Choir Practice 7pm	22 Kids First DropIn-9:30 Just Me & My Friends-12:00 IHL Aerobics-10am Twins-6:30pm KOC PB and Liscomb Trailblazers 2:30pm ALPHA 6:15pm Wagon Rides 1pm IHL 45's 8pm	23 KOC Sonora and Sherbrooke Liscomb Aerobics-1pm Cadets Bible Study Rug Hooking 1pm Photo Sherbrooke 6:30 Lions Bingo 7:45pm Sherbrooke 45's 8pm	24 IHL Aerobics-10am StoryTime-10:30am KOC Goshen and IHL Tax Sale 10:30am Bootcamp 6:30pm Wagon Rides 1pm	25 Melrose Exercise 2pm Rec Hockey 3pm Card Party Seniors Café 9:30am PB Spanish&Zumba 6:30pm IHL Youth Group 7pm	26 Fitness 1 st Class 9am Babysitting Course 9am PB Roast Beef 4:30
27 Stillwater CC Meeting-7pm PB Fun Day 11am Sherbrooke Fun Day 2:30pm	28 Moms Making Move 10:30am Melrose Exercise 1pm Indoor Walk 3pm Liscomb Aerobics-6:30pm Comm. Choir Practice 7pm	29 Kids First DropIn-9:30 Just Me & My Friends-12:00 IHL Aerobics-10am Twins-6:30pm Trailblazers 2:30pm ALPHA 6:15pm Wagon Rides 1pm IHL 45's 8pm	30 KOC Sonora and Sherbrooke Rug Hooking 1pm Photo Sherbrooke 6:30 Lions Bingo 7:45pm	31 KOC Goshen and IHL Bootcamp 6:30pm Jam w/ Jesus 6pm		