



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

# APRIL 2011 Newsletter



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

The DEADLINE to have information submitted for the MAY issue of the Newsletter is **WEDNESDAY, April 20<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.



## St. Mary's Municipal Council

The next regular meeting of St. Mary's Municipal Council will be held on Monday, **April 11th, 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)

## Proposed New Municipal Building

As you have been made aware, the Municipality is in the process of developing plans for a new Municipal Administration Building. Once these plans are finalized, construction costs are established, and funding avenues explored to determine an end cost, then a Public Meeting will be held. It is at that time, Council will have sufficient information to bring to the people and not just speculation. No discussion has been held regarding the future of the existing building.

Municipality of the District of St. Mary's has taken the next steps in determining the feasibility for universal haul. A **TENDER** for curbside collection of residual waste & recyclables is now open. Copies are available at the Municipal Office and the closing date is April 29<sup>th</sup> at 12 noon.

**Transfer Station hours beginning April 5<sup>th</sup> Please note the St. Mary's Transfer Station will be open from 9am-5pm Tuesdays thru to Saturdays**

### Building Inspector Note:

Beginning in May, Peter Avery will be available at the St. Mary's Municipal office on Thursdays. To contact the Building Inspector, phone 533-3705 ext 235.

### Possible Newsletter Change

We are currently reviewing the possibility of moving the Municipal newsletter to a bi-monthly publication. If you have any questions or concerns, please contact the Municipal office at 522-2049.

**Earth Hour** will take place on March 26<sup>th</sup> at 8:30. If you would like more info on Earth Hour see <http://wwf.ca/earthhour>

## Construction & Demolition Debris Request for Price Quotes

Pending the approval from the Department of Environment, The Municipality of St. Mary's is requesting a price quote for the burying and covering of the construction and demolition debris pile at the Municipal Transfer Station location at Gegogan. The price quote is to include the machinery to be used, the depth of cover and an estimate of the time frame allocated.

The price quote is to be on the completed job and not an hourly rate. Further information may be obtained by visiting the Transfer Station during regular hours Tuesday to Saturday 9-5pm inclusive.

The deadline for the sealed price quote is April 13, 2011 at 4pm and must be marked "**CONSTRUCTION AND DEMOLITION DEBRIS BURYING**" and left at the Municipal Office, Sherbrooke.

Verbal submissions will NOT be accepted nor will mailed/faxed items received after the deadline regardless of mailing/faxing date.

The Municipality of the District of St. Mary's reserves all rights of acceptance and refusal in requesting this price quote.

### WELCOME LEE McCARRON

Lee is now hired as our Development Officer with Guysborough County Regional Development Authority for the Sherbrooke Office, upstairs at 16 Main Street. He can be reached at 902-522-2432 or [lee.mccarron@gcrda.ns.ca](mailto:lee.mccarron@gcrda.ns.ca)

St. Mary's Municipal Council is offering a **\$100.00 Low Income Exemption** for those residents whose income does not exceed \$15,900 per household. Deadline to have these applications submitted is **April 31<sup>st</sup>, 2011** at 4:00pm. For more information on application criteria, contact your local councilor or Municipal Office. **NOTE: your 2009 Revenue Canada Notice of Assessment MUST be included**

### 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.

#### *Thank You*

We would like to thank our community and surrounding communities for the support in the fundraising towards Trent's insulin pump. Special thanks to the organizers of the fundraisers and the band for donating their time for the dance. Thanks to all who donated towards the penny auction, and those who gave donations of money.

Shawn, Jennifer and most of all Trent Noel

**TOPS** is a not-for-profit weight loss support group.

If you would like to Take Off Pounds Sensibly, come and visit one of our meetings to see if TOPS is for you. TOPS #5098 meets every Tuesday in the fellowship room of Bayview Baptist Church in Spanish Ship Bay. Weigh-in is at 6:00 pm and meeting time is from 6:30 pm to 7:30 pm.

For further information, call Debbie Baker at 902-779-2255.

**St. Mary's River Association** is accepting applications for summer student employment.

Please mail resumes to PO Box 179, Sherbrooke, NS B0J 3C0 or email to [stmarysriver@ns.sympatico.ca](mailto:stmarysriver@ns.sympatico.ca)

Deadline is April 29<sup>th</sup> 2011, at 4 pm.

### **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 17<sup>th</sup> (NOTE CHANGE OF DATE) Members are encouraged to attend as election of executives will take place.



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

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

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

*Daffodils sales in support of the Canadian Cancer Society will be available in our area from March 31-April 3<sup>rd</sup>. They are \$7.00 a bunch.*



Orders can be placed by calling: Ola Laing-522-2046 Mona Anderson-522-2313, Esther Rumley-779-2865 or Marlene McInnis-364-2015.

*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*

### **Sherbrooke "Old Fashioned Christmas"**

**Meeting: Friday, March 25<sup>th</sup>, 6:30, Exhibit Centre**  
**New Committee Members Welcome** - Please help us keep the spirit of Christmas alive in Sherbrooke! If you would like to see the continuation of "Old Fashioned Christmas" please come out and join the committee. Representatives from local community groups with an interest in taking part are invited to attend.

### **"Rally that Gives"**

**Meeting: March 29<sup>th</sup>, 7 pm, Exhibit Centre**  
On August 26-28, 2011, we will host the 4<sup>th</sup> annual Rally That Gives and we are setting up new subcommittees to help with organization and presentation of the various activities.

Committees will be: Registration and Vendors; Poker Fun and Field Events; Entertainment and Ticket Sales; Door Prizes and Raffles; Sponsorship and Donors; Marketing and Promotions.

### **Pot Luck Supper and Bake Table Fundraiser**

For: Carol Hayne towards her MS Liberation Treatment  
When: April 17<sup>th</sup>, 4 to 6 pm  
Where: Country Harbour Gun Club



**Goshen Gospel Church Anniversary Weekend**  
When: May 20, 21 and 22. All are invited to take part in the 30<sup>th</sup> anniversary celebration of the church. Details to follow in May newsletter.

### **Easter Penny Auction**

**Ecum Secum Fire Department**  
**April 9<sup>th</sup>, 2011 at 7:00 pm Chocolate Walk and lunch. Proceeds for the Fire Department.**  
*All are welcome!*



**April at Indian Harbour Lake Pentecostal Church**

**Special Easter Events**

**Good Friday Service** April 22<sup>nd</sup> 10:30 a.m.  
at Bethel Community Church, South Lochaber  
Special Speaker: Rev. Art Sawler

**Easter Service**  
on April 24<sup>th</sup> at 11:00 a.m.

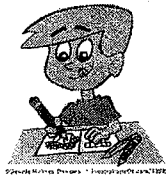
**Sunday**  
9:45 am Sunday School Classes for children & adults  
11:00 a.m. Morning Worship  
6:30 p.m. Prayer & Praise – April 17<sup>th</sup>

**Weekday Activities**  
Tuesdays 6:30 – 7:30 p.m. Tweens (Ages 8 – 12)  
Wednesday, April 6<sup>th</sup>, 13<sup>th</sup> & 20<sup>th</sup>  
Bible Study on the Gospel of John  
Friday, April 8<sup>th</sup> 7:00 p.m.  
& April 29<sup>th</sup> 4:00 p.m. – 12:00 a.m. Rockathon  
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)

**Easter Coloring Contest**

Hop into the Port Bickerton Post office on or after April 1<sup>st</sup> to pick up your coloring page. Drop it back in as soon as possible so that the pictures can be displayed in the office for all to see.



There will be two age categories and a prize will be awarded for each. Age 3, 4 & 5 in one category and age 6, 7 & 8 in another. We encourage everyone to come in and see the beautiful pictures and help us judge the contest too, which will take place from Apr. 18<sup>th</sup>-20<sup>th</sup>. The prizes will be awarded on Thursday, April 21<sup>st</sup> and we will announce the winners in the next community newsletter. We look forward to seeing you all and wish you a Happy Easter!!

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

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](mailto:bates@ns.sympatico.ca) Telephone: 1-902-533-2528

**Experience the triathlon -- Experience the county**

The Guysborough County 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**. 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**

**April 4<sup>th</sup> at 7 pm-** Regular Monthly Meeting  
**April 8<sup>th</sup> at 7pm** – Penny Auction and Cake Walk and "Sorry" game. \$5.00 for 20 numbers.

Once again, we will be looking for donations of goods from the community. Please remember to check expiry dates. Goods may be dropped off at the centre or call for pick-up: Elaine Mahar at 522-2245 or Sandra Robinson at 522-2642.

Thank you to all who donate to this fundraiser. Your generosity is well appreciated.



**May 14<sup>th</sup> from 2:00-4:00pm-** Spring Tea and Antiques Roadshow. Admission \$5.00. Anyone bringing in an antique will be eligible for a door prize. We will have an appraiser on hand to evaluate your treasures. All welcome!

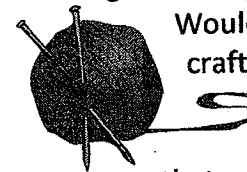
**Sherbrooke Library Chat Line**

**Village Readers' Book Club-** will meet Wednesday, April 6<sup>th</sup>, at 11:00 am

**Seniors' Café-** Friday mornings from 9:30-10:30. Join us for tea, coffee, and snacks. The computers are available for your use-we will be pleased to show you how to use them. Get some new books, DVD's, audio books, and/or place a request for a book from another library.

**Story Time-**Note the CHANGE OF DAY-Story time is now on FRIDAY mornings, 10:30-11:15, led by Debbie Stewart and Jennifer Bingley. Stories, crafts, and games will continue only if the children consistently attend.

**Knitting Club-**Do you knit? Would you like to learn? Would you like to join like-minded craftspeople to inspire and be inspired by each other? Call the library at 522-2180 to let us know so that we can get a club started.



**Coming Soon-** Movie night at the Library. Watch for the sign

**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](http://www.ecrl.library.ns.ca)

**Library Closed-** Good Friday and Easter Monday

## Spring Events at Bayview Baptist Church

Mr. Glen Weeks will be with us for special meetings from Thursday, April 7th-Sunday, April 10<sup>th</sup>. All services will be at 7:00 pm, except Sunday morning at 9:30 am. There will be a potluck dinner honoring Mr. Weeks on Friday, April 8<sup>th</sup> at 5:00 pm. All are welcome to bring a dish and enjoy the fellowship.



On Easter Sunday morning we will have a sunrise service at 7:15 am with breakfast afterward in the fellowship hall. All are welcome!

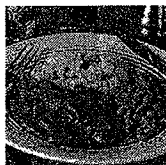
Our regular Sunday morning service will be held at 9:30 am on Easter Sunday.

### Roast Beef Dinner

April 30<sup>th</sup> from 4:30-6:00 pm at the Lions Hall in Sherbrooke.

\$10 for adults, \$ 5 for children

Sponsored by the United Church



### Spring Fling

When: Saturday, April 16th at 11:00 am

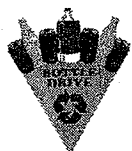
Where: St. Barnabas Church Hall Ecum Secum

There will be a variety of soup and chowders with desserts. There will also be an Easter bake table with Easter things for children. Adults \$5.00, children \$3.00, under 5 yrs free. Proceeds for St. Barnabas Altar Guild

St. John's Liscomb Cemetery Society will hold their Annual Meeting on **Wednesday, April 6<sup>th</sup> at 7 pm** at the home of Rachel and Wayne Baker, 484 Little Liscomb Road. Please come out to support the society. All are welcome!

Ecum Secum Volunteer Fire Dept.

Bottle Drive happening April 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>. For pick-up call Burnell at 347-2214



### "Friends of Main Street" - Notice of Meeting

A public meeting to address local concerns about the future of Main Street Sherbrooke and the proposed relocation of Municipal Services from the Main Street area will be held on Friday, April 8<sup>th</sup>, at 7 pm in the Exhibit Centre, Sherbrooke Village. Special speakers and presentations.

### Prize Bingo Fundraiser

For: Margie Hayne who is undergoing treatment for a brain tumor

When: April 10<sup>th</sup> at 2 pm

Where: Country Harbour Gun Club

## St. Mary's Shooters Association

April 2<sup>nd</sup> and 3<sup>rd</sup>- West Pictou Wildlife Association Gun show, Michelin Social Club, Granton, Pictou County.

Saturday, 9-5 and Sunday, 9-3. For info call 485-8107.

April 9<sup>th</sup>- Hunter Safety Course, Stillwater Community Centre 9am-5pm. Must have Canadian Firearms Safety Course first. Bring ID and lunch. For info call 522-2172 or 783-2820.

Members of S.M.S.A. are asked to check their membership cards and see if they are up to date. Hunters and sports people are welcome to join and help the firearms community speak with a united voice. Annual dues are still a bargain at \$15.00. Check out our website at SMSA.ca

### Events at the Country Harbour Gun Club

April 9<sup>th</sup>- Holy Trinity Anglican Church will be holding an Easter tea at 12:00-2:00 pm. There will be bake and craft tables, a cake walk and penny auction.

April 10<sup>th</sup>- A Benefit Prize Bingo for Margie and Eric Hayne, starting at 2:00 o'clock.

April 16<sup>th</sup>- County breakfast, 8:30-10:30 am. Adult \$6.00, Children \$3.00

April 17<sup>th</sup>- Pot Luck Supper and Bake table 4:00-6:00 pm. Proceeds in support of Carol Hayne.

April 30<sup>th</sup>- Flea Market. 10-11:30

Table rental \$5.00, admission \$0.50. To book a table call 328-2210

## Gospel

A Gospel Concert will be held at Sonora Baptist Church, 1871 Sonora Road, on Saturday, May 7<sup>th</sup> at 7:00 pm.

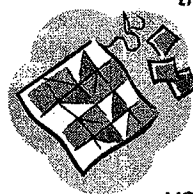
Come and enjoy the music of Joan and Alvin Archibald from Pictou County, as well as several local talents. A freewill offering will be taken in support of Shirley Pearce's short-term mission trip to India, August 23-October 4, 2011. Refreshments will follow in church basement. Everyone welcome!

The Compass Rose Quilters Guild will be holding their annual Show and Tea on

Saturday, April 30<sup>th</sup> from 2-4 pm in the Exhibit Centre, Sherbrooke.

Come and enjoy a cup of tea and view an array of handmade items which we have created since last year. Everyone welcome. A Free Will

donation will be given to a local charity. Also, someone will be the lucky winner of an Applique Sampler quilt which will be drawn for on that day. Tickets available until time of draw. Proceeds from this ticket draw will go to St. Mary's Hospital. Hope to see you on the 30<sup>th</sup>.



## ROYAL CAN. LEGION BR.#86 LISCOMB

Next general meeting will be held on Tues, April 5

### ACTIVITIES:

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

CRIBBAGE- Saturdays at 8 pm, \$5

### Walking and Exercise:

Monday evening at 6:30 pm and Wed. at 1 pm

\$2 at the door each day

### INSIDE YARD SALE:

April 30<sup>th</sup>, 11am-2pm

Call Cheryl Bowen to book at table (779-2677)

Space is limited so book your table early

### BENEFIT FOR ERICA NAUFFTS-MacPHERSON-

Breast Cancer Patient - April 2<sup>nd</sup>

**1 pm**-Penny auction and cake walk

Donated penny auction items and cakes are appreciated

**7 pm**-Variety Concert (\$5 per person)

Come early to get a seat. If you want to take part in the concert contact Deb Lutes 779-2231

## 30 HOUR FAMINE

St. Mary's Academy will be holding their annual 30 hour famine on April 7<sup>th</sup> and 8<sup>th</sup>. This is a fundraiser through World Vision which helps raise money and awareness about third world countries. With this fundraise they provide food and nutrition. If you would like to donate, check out the 30 hour famine link on the home page of the St. Mary's Academy website: sms.srsb.ca  
-St. Mary's Global Issues Spartans

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

#### Sunday Worship in April

9:30 am at St. John's in Sherbrooke

11:00 am at Kirk in Glenelg

6:30 pm at Bethany in East River-St. Mary's

#### Holy Week Services

Palm Sunday, April 17<sup>th</sup>, Combined Service at Kirk in Glenelg, 7 pm

Maundy Thursday, Holy Communion, April 21<sup>st</sup> at Bethany in East River-St. Mary's, 7 pm

Good Friday, Apr 22<sup>nd</sup> at St. John's in Sherbrooke, 7pm

*For more information on services, Bible Study, Sunday School or Youth Group please call our minister, Derek Elsworth at 833-2920.*

### Chinese Buffet Supper

Sat., May 7<sup>th</sup> in the East River Fire Hall from 4-6 pm.

Prices: Adults \$12, Students \$5, Preschoolers-Free

Takeouts Available. Stop-in or call the hall at 833-2450.

Everyone welcome!

Sponsored by: Kirk Church UCW members



## School Enhancement Committee

### Update

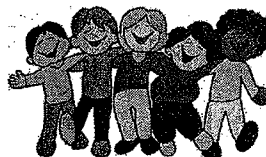
Fundraising for the proposed community addition in the amalgamated school is looking to get underway. Anyone who is interested in helping out with the fundraising is invited to a meeting on **April 7<sup>th</sup> at 7:00 pm** in the Council Chambers, Municipal Office, Sherbrooke. The purpose of this meeting is to set up a fundraising committee.

*Thank You*

*I wish to thank everyone who remembered me in sympathy by your prayers, cards, phone calls and visits in the passing of my sister Alice.*

*Your acts of kindness will not be forgotten.*

*God bless you all, Rita Burns*



### 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.

This program gives the children some adjustment time away from their parents before entering school the next year. 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.

**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.

*For more information regarding Kids First or the programs, visit our new and improved 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.*

## Greetings from High-Crest Sherbrooke!

Our Residents celebrating birthdays this month are:

Marion Rudolph	April 5 <sup>th</sup>
Irene Hodder	April 8 <sup>th</sup>
Clare Harpell	April 19 <sup>th</sup>
Pearl Jordan	April 23 <sup>rd</sup>
Harvey Scott	April 24 <sup>th</sup>



Wow! Happy Birthday Folks! We will be celebrating these birthdays on April 11<sup>th</sup> at 1:15. The homebuddies will be hosting bingo, a sing song and we will have cake and ice cream, everyone is welcome!

I would like to send a very special thank you for the generous donation of china cups and saucers. They are very beautiful. They are on display in our china cabinet and will be used at our special tea parties and will be very loved.

Happy Easter Everyone!

### The Anglican Parish of Liscomb & Port Bickerton

The Rev.'d Melissa Frankland, Rector 522 2510  
[revmelissa@maritimers.ca](mailto:revmelissa@maritimers.ca)

#### Lent IV (April 3rd)

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

#### Lent V (April 10th)

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

#### Palm Sunday (April 17th)

11am St. Luke's Liscomb  
3pm St. Paul's Port Bickerton

#### Wednesday in Holy Week (April 20th)

7pm St Thomas' IHL

#### Maundy Thursday (April 21st)

7pm St James' Sherbrooke (Holy Communion and Stripping of the Altar)

#### Good Friday-Meditation on the Cross (April 22nd)

3pm St Luke's Liscomb  
7pm St Paul's Port Bickerton

#### Easter Day!! (April 24th)

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

*Jammin with Jesus will meet on April 7th at the Hall.  
6-9pm*

## Did You Know?

There was a sighting of an unusual creature, apparently sunbathing on an ice cake floating down the St. Mary's River. It appeared to have a long, slinky body with a flat tail. Large eyes were closely set above a canine snout. From one report the feet looked to be webbed. It was light on the top and had a dark underbelly. There was speculation as to what this animal could find to eat at this time of year.

What food do you think would be available?

*Answer from last month:* Canadian Horses can be found at Sherbrooke Village

The answer to this month's question is *suckers*. Have fun on April 1<sup>st</sup>.

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

You are invited to attend our April Worship Services:

Sunday, April 3<sup>rd</sup>: Sonora Baptist church, 11:00 am  
Sunday, April 10<sup>th</sup>: Port Hillford United Baptist church, 11 am  
Palm Sunday, April 17<sup>th</sup>: Port Bickerton United Baptist, 11 am  
Good Friday, April 22<sup>nd</sup>: Port Hillford United Baptist, 11 am  
Easter, April 24<sup>th</sup>: Sonora Baptist Church, 11:00 am  
"Christ has indeed been raised from the dead!" (1 Cor. 15:20)

For more info, contact Rev. Norman Pearce at 522-2087 or  
[hbs.baptist@ns.sympatico.ca](mailto:hbs.baptist@ns.sympatico.ca)

### Marie Joseph Community Centre

April 14<sup>th</sup>- Penny Auction and Easter Walk  
7 pm- Everyone Welcome

April 16<sup>th</sup>- Karaoke and Dance with Gordie  
Duggan \$8.00/person, 9 pm-1am

19 and older. Gov't ID's may be requested.

April 17<sup>th</sup>-Merchandise Bingo, 2 pm

Liscomb Volunteer Fire Department

The monthly meeting of the Liscomb Vol. Fire Dept will be held in the Fire Hall Monday, March 28<sup>th</sup> at 6:30 pm.

Training will be Monday, April 18<sup>th</sup> at 6:30 pm.

### St. Mary's District Community Choir Concerts

A local Community Choir, under the direction of Iris Hayes, will present their annual Easter Sacred Concert at two venues:  
**Monday, April 25<sup>th</sup>**-St. John's

United Church, Sherbrooke, 7:00 pm

**Thursday, April 28<sup>th</sup>**-Port Bickerton United Baptist Church, 7:00 pm

Everyone Welcome!

*There will be a free will offering to assist Carol Hayne to receive MS Liberation Treatment.*



# St. Mary's Recreation April Newsletter

## Happy Easter!



### EASTER EGG HUNTS

To celebrate Easter, St. Mary's Recreation is very excited to put on Easter Egg Hunts for communities. Everyone is welcome! In each egg there

will be a prize and it's FREE!

#### Sherbrooke:

Wed, April 20, 3 – 4 pm. Elementary School.

#### Marie Joseph:

Thursday, April 21, 1 – 2 pm. Community Centre.

#### Indian Harbour Lake:

Fri, April 22, 11-12. Community Centre.

#### Melrose:

Friday, April 22, 2 – 3 pm. Greenfield Oldsters Club.

#### Goshen:

Saturday, April 23, 11-12 Community Centre.

#### Liscomb:

Saturday, April 23, 2 – 3 pm. Liscomb Legion.

#### Port Bickerton:

Mon, April 25, 11-12. Community Centre.

#### Sonora:

Monday, April 25, 2 – 3 pm. Community Centre.

### ST. MARY'S ADULT SLOWPITCH LEAGUE St.

Mary's Recreation Adult Slowpitch 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 contact the recreation office at 522-2598 or email [joshcorkum@yahoo.ca](mailto:joshcorkum@yahoo.ca)



### SCRAPBOOKING FOR KIDS DAY (Ages 8-14)



Kids, do you like to scrapbook? Well, dig out your glue, scissors and your pictures. A day of scrapbooking is coming in April.

April 2<sup>nd</sup> 1:00pm-5:00pm, St. Mary's

Academy School. Cost: \$10. Please call St. Mary's Recreation to register and for a list of supplies you will need to bring with you. Space is limited! Healthy snacks and drinks will be provided.

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

ZUMBA-April 5th, 19th, and 26th. 7:00 pm - 8:00 pm. St. Mary's Academy Gym.

Are you ready to party yourself into shape? That's exactly what the Zumba program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party that's moving millions of people toward joy and health.

Cost: \$5 per class. Please call St. Mary's Recreation Department to register.

### SPANISH AND ZUMBA CLASS

Port Bickerton Community Centre. Fridays. March 4<sup>th</sup> to April 29<sup>th</sup>. \$5 Per Class.

Spanish – 6:30 pm to 7:30 pm. ZUMBA – 7:45 pm to 8:45 pm.

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.

### DIGITAL PHOTOGRAPHY

Melrose: Greenfield Oldsters Club. Thursdays, 6:30 – 7:30 pm. Running every

Thursday for 5 weeks, April 7th to May 5th. \$30.

Goshen: Community Centre.

Mondays, 6:00 – 7:00 pm. Running every Monday for 5 weeks, April 4th to May 2nd. \$30.

Beginner Course of Photography. This course was designed specifically for those who want to learn how to shoot beautifully and properly. Beginners will learn to “understand” the camera, learn to shoot in manual mode, learn the principles of lighting, and experiment with the major genres of photography. Please call the Recreation department to register.



ST. MARY'S FITNESS FIRST CLASS Saturdays, 9:00 am – 10:00 am. April 2nd to April 30th. St. Mary's Academy Gymnasium. \$5 per class. Please call the recreation department to register. This is a fitness class where anything goes. This high-energy class is considered moderate to intense.

**OUT DOOR PHOTOGRAPHY** Liscomb Waterfall Trail. April 10<sup>th</sup>, 2 pm.

Come out for an afternoon and enjoy the beautiful scenery in Liscomb while we venture through the Water Fall Trail where you can take pictures, view the sights, and have a great afternoon. Digital Photography instructor, Jennifer Chandler will be joining us as she will be giving guidance to take awesome pictures of nature. Remember to wear your boots!

Everyone meet at the Municipal Office in Sherbrooke at 2:00 pm and we will go from there. For everybody from the Liscomb area, please arrive at the Water Fall Trail approx. 2:30 pm. Provide your own transportation. Please register by calling the Recreation department.

**LOW IMPACT EXERCISE CLASS**

Wednesdays, April 20 to May 25. 1:00 pm to 2:00 pm. Goshen Community Centre. \$2 Per Class.

This class is a great way to exercise while avoiding extra stress on the muscles and joints.



© Amy Yanggard \* www.OlparIO.com/12108

Excellent for beginners through advanced levels as it's easy to increase or decrease the movement effort. This class will focus on movement, fun, exercise, and cardio on a low impact scale.

**LET'S GET PHYSICAL GOSHEN**

Beginning March 15 to May 25 the New Horizons Wii Program for seniors will be offered at the Goshen Community Centre. The Program is free of charge and will be delivered on Wednesdays from 11:00 am to 1:00 pm. The aim of this program is to provide physical activity in rural communities and develop leadership. For more information on this program please contact Pam O'Neil at 533-2780.

**EXERICSE PORT BICKERTON** Fridays, April 1 to April 29, 2011. 1-2 pm. Port Bickerton Community Centre. This class will focus on movement, exercise, flexibility, fun, and cardio on a low impact scale. The instructor will lead you through excellent exercises that will get you moving, and having fun as well. Please call the recreation department to register.

**OPEN GYM** All Ages. Thursdays 6:30 pm – 7:30 pm. April 7 to April 28.

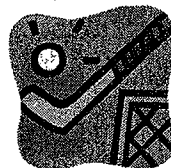
St. Mary's Elementary School Gymnasium. FREE! This is a time where kids and youth can come and play whatever they want! So, come and be active in a place where you pick the activity you want to do!

**BADMINTON** All Ages. Mondays, 6:30 – 7:30 April 4 to April 25.

St. Mary's Academy Gym. \$2 Per Person. This is your chance to show your skills on the Badminton Court. Bring friends, relatives, kids, etc., and come out, be active, and play this great sport.



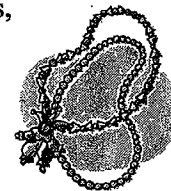
**BALL HOCKEY** Wednesdays, April 6 to April 27. 6:30 to 7:30



St. Mary's Elementary School Gym \$2 Per Person. Please call the recreation department to register.

**JEWELLERY MAKING WORKSHOP** Saturday, April 9, 9:00 am to 4:00 pm. Indian Harbour Lake Community Centre. \$5.

Participants will learn how to make earrings, necklaces, and bracelets. Participants can bring clasps, chain, lobster clasps earring findings, jump rings, links, head and eye pins, memory wire, stretch elastics & beads. A variety of beads will be available from the instructor to purchase however, participants are urged to come to the class prepared with beads they would like to use. Instructor: Maria Jose Tate. Location: IHL Community Centre. Please register by calling the recreation department.



**HIGH CREST Wii DAY** April 5, 10:00 am to 11:00 am. FREE! High Crest Seniors Home, Sherbrooke. St. Mary's Recreation Department is visiting High Crest in Sherbrooke to play the Wii. The Wii brings people together, enjoyment and laughter, and movement within the body while having fun at the same time.

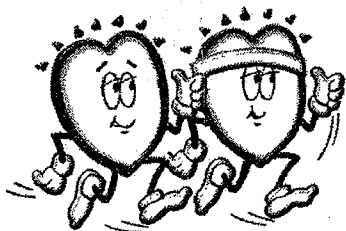


## ST. MARY'S MINOR HOCKEY ANNUAL

GENERAL MEETING Saturday, April 2, 2011.

Banquet 4:00 pm, followed immediately by the Annual General Meeting at Sherbrooke Lions Hall. While this meeting is going on, St. Mary's Recreation Department will be at the schools providing recreation activities for the kids.

PUMPING HEARTS Tuesdays and Thursdays. 9:30 to 10:30 am. April 5 to May 26. St. Mary's Fitness Centre, Located in St. Mary's Academy.



St. Mary's Recreation Department, in collaboration with the Community Cardiovascular Hearts in Motion (CCHIM) organization, partnered up to continue this excellent

program going for another two months. So, for the next two months, the fitness centre will continue to run a similar program at the same time to keep people healthy and active and to maintain a healthy lifestyle. St. Mary's Recreation Staff will be in the fitness centre to guide participants through their workout routines and provide knowledge towards a healthy lifestyle.

To find out if you can take part in the Community Cardiovascular Hearts in Motion Program consult your family doctor and ask for a referral. On the other hand, anyone can attend the Pumping Hearts Program that St. Mary's Department puts on, it is just a continuation to keep people active. The CCHIM Program is mobile and is offered in one community at a time throughout the Guysborough Antigonish Strait Health Authority. Please call the recreation department if attending. Public is welcome.

BOOT CAMP Thursdays, April 7th to June 30th. 6:30 – 7:30 pm. St. Mary's Academy Gymnasium. \$5 per class. Boot Camp is continuing and ready to whip you into shape!



## **st. Mary's Spring Bazaar**

Saturday, June 11, 2011. RecPlex, Sherbrooke, ATTENTION VENDORS! This is the time to sell, promote, and distribute. Tables will be set up at the Recplex for you to sell/buy whatever you would like. Please call the recreation department to reserve a table for \$10. Hoping to get baked goods, yard sale items, fresh produce, jewelery, and more.. Check for updates in the next newsletter.

### ST. MARY'S RECREATION DEPARTMENT SUMMER JOB OPPORTUNITIES

Summer Manager Position.

12 Weeks starting in June. \$10.65 per hour.

Special Event Coordinator.

12 Weeks starting in June. \$9.65 per hour.

Four Recreation Leaders.

8 Weeks starting in July. \$9.65 per hour.

Two Swim Instructors/Recreation Leaders.

8 Weeks starting in July. \$9.65 per hour.

Please apply by emailing your resume to: [joshcorkum@yahoo.ca](mailto:joshcorkum@yahoo.ca), stating what position you are applying for, by mail, or drop your resume off at the Municipal Building (16 Main Street, Sherbrooke, Nova Scotia, B0J 3C0) no later than April 29<sup>th</sup> 2011 at 4:00 pm. Pending funding. Please contact the Recreation Office for Job Descriptions.

### VOLUNTEER RECOGNITION

Each year the Municipality recognizes the outstanding contribution that volunteers make in this area. The recreation office has chosen someone that will be representing our Municipality for the Provincial Awards that will be taken place in Halifax on April 4<sup>th</sup>, 2011. She is Gloria MacKeen. The Local Volunteer Awards will be at the Sherbrooke Lions Hall on April 16<sup>th</sup>, 2011 starting at 5:00 pm. Volunteers are the Heart of Every Community! Please call the Recreation Department to RSVP for the Local Awards, or if you have any questions. We are always looking for volunteers! If you would like to Volunteer for anything, please contact us!

## Friends of Stonewall Park Update

Stonewall Park will be closed for park upgrades and maintenance until further notice. Everyone is asked to refrain from entering the park until the park re-opens, at which time the Friends of Stonewall Park will notify the public of the park's re-opening.

Once the park has re-opened, St.Mary's Recreation will be hosting a **Family Hiking Day** on **Sunday, April 17<sup>th</sup>** from **1-2pm**. Please contact the Rec. office to register.

Should you have any questions or concerns about Stonewall Park, please direct them to The Friends of Stonewall Park Society c/o Kristin Porter at [kristinporter@hotmail.ca](mailto:kristinporter@hotmail.ca) or Josh Corkum at [joshcorkum@yahoo.ca](mailto:joshcorkum@yahoo.ca).

## Trailblazers Update

Trailblazers is off and running for another year. There are many returning students this year, who will serve as mentors to the newest additions to our group.

### Outdoor Education Leaders

St.Mary's Recreation is still seeking some willing and knowledgeable community volunteers to showcase their skills and love for the great outdoors.



This is only a one-time, 1 hour commitment on the day of your choice to share with the Trailblazers (kids in grades 4-7) your skills or passions.

We are looking for individuals who are interested in teaching: angling, stargazing, orienteering, shelter building, outdoor survival, canoeing, kayaking, trapping, wildlife identification: the sky's the limit.

Any knowledge you have on a specific skill or hobby would be greatly appreciated. If you or someone you know fits the above description, and would be interested in dedicating an hour to teach the Trailblazers, please contact St.Mary's Recreation at 522-2598, or stop by the office.

## St.Mary's Fitness Centre

### Spring 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



### Promo of the Month: April

During the month of April, stop into the Fitness Centre to take advantage of our latest BOGO sale. For the month of April, when you buy one 7-day punch pass, you can get a second 7-day punch pass for 1/2 price.

For more information, contact the Fitness Centre: 522-2715 after 3pm or call the Rec Office at 522-2598

Email: [stmarysfitnesscentre@live.ca](mailto:stmarysfitnesscentre@live.ca)

Thank you! You! Thank You!

St.Mary's Recreation would like to thank all the community centers/legions/halls for the use of their facilities to run our after school Kids Only Club program. We had another very successful year, and without these great community facilities, this level of programming would not be possible. Thank you for the commitment that you show towards keeping our youth active and healthy in an after school setting!  
THANKS SO MUCH!!!

A BIG Thank You as well is extended to the parents who allowed their children to take part in this program.

Thanks also goes out to the staff and kids who made the 2011 year of Kids Only Club another very successful year!

Hope to see you all again in 2012!!!

### Quote of the Month

The word aerobics came about when the gym instructors got together and said, "If we're going to charge \$10 an hour, we can't call it jumping up and down." ~Rita Rudner

## **APRIL IS EARTH MONTH**

Teachers, students, community groups and all others interested in planning an event for Earth Day 2011 can get useful result-based resources from Earth Day Canada including posters, brochures, public service announcements and informative hints and tips for Earth Day activities. Activities already scheduled include community cleanups, tree planting events and Eco Festivals to name a few. You can help the environment this Earth Day too. Visit [www.earthday.ca](http://www.earthday.ca), to learn how you can make a difference in your local community and register your event.

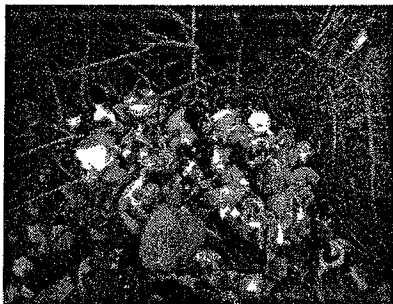
### **Earth Friendly Habits to Practice All Year**

- Prevent Litter – Organize or Participate in a Litter Clean-up
- Waste Less – Only Purchase Things You Need
- Recycle & Compost Right – Questions – Call 1-888-377-9622

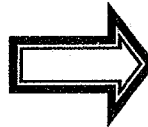
## **COMPOST AWARENESS WEEK**

**MAY 1 – MAY 7, 2011**

Compost Awareness Week is internationally declared to promote compost knowledge and the use of the products. Let us know if you would like to have a backyard composting information session in your area by calling 1-888-377-9622.



**Food and Yard Waste**



to



**Black Gold!!**

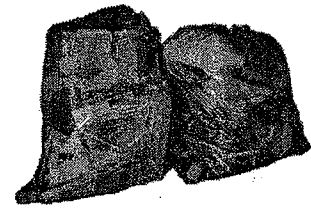
### **SPRING COMPOSTING BASICS**

Spring is near, it's time to mix your compost pile well after the winter months and to start your layers of food waste covered by drier materials such as leaves, shredded paper or wood shavings. Always place food wastes such as veggie peelings, fruit scraps, coffee grinds/filters, tea bags etc. into your backyard composter and not in the garbage. Rural areas that do not have access to an organics collection program are permitted to place meat, fish, bones and dairy products in with their regular clear bag garbage as these items may draw unwanted pests to your backyard composter.

If you have questions on backyard composting please call your municipal office or Eastern Region Solid Waste Management at 1-888-377-9622.

## RECYCLING – Lets Sort It Right

For the most part we are doing a great job but here are some friendly reminders be sure your recycling doesn't become a wasted resource ...



1. Never mix paper and containers in the same blue bag.  
**Remember** – Blue Bag 1 is for paper and small amounts of cardboard. Blue Bag 2 is to be used for all recyclable glass, plastic and metal food containers, drink containers, milk cartons, aluminum pie plates and shopping bags.
2. Cardboard boxes should be emptied, flattened for recycling.
3. Paper must be clean and dry.
4. Other recycling must be rinsed clean and dry.
5. If in doubt, never place a garbage item in your recycling bag. Call for assistance!!
6. All caps from bottles, containers and jars must be removed. (Caps left on creates a safety hazard for workers when containers are being compressed)

## MUNICIPAL WASTE SORTING GUIDE

### GARBAGE – CLEAR BAG

Meat/Fish/Bones/Dairy  
 All Styrofoam  
 Toys & Dishes  
 Incandescent Light Bulbs  
 Saran Wrap & Lunch Bags  
 Plastic bags with metal fasteners  
 Empty Paint Cans (lid off)  
 Empty Motor Oil Containers  
 Carbon Paper  
 Scratch Lotto Tickets  
 Construction paper  
 Binders & Coils from note pads  
 Gift Wrap & Tissue Paper  
 Thermal Fax Paper  
 Laminated Items  
 Wallpaper & Photos  
 Stickers  
 Potato Chip Bags  
 Candy & Bar Wrappers  
 Netted Onion Bags  
 Coffee Cups  
 Clothing & Shoes  
 Latex Gloves  
 Tissue & Toilet Paper  
 Sanitary Products - Diapers  
 Pet Food Bags  
 Kitty Litter  
 Plastics – no recycling symbol  
 Tooth Paste Tubes  
 Cigarette Butts/Ashes & Foils  
 Floor Sweepings  
 Vacuum Cleaner Bags  
 Small Appliances  
 CD's & Cases

### PAPER RECYCLING BLUE BAG 1

Newspapers  
 Flyers  
 Egg Cartons  
 Phone Books  
 Magazines  
 Flyers  
 Soft Cover Books  
 Hard Cover Books (cover garbage)  
 Paper Boxes
 

- Cereal boxes
- Kleenex boxes
- Toilet paper rolls
- Paper towel rolls

 Copier paper  
 Envelopes  
 File Folders  
 Shredded Paper

**Cardboard Boxes:**  
 Must be Clean & Dry!  
 Must be empty!  
 Flatten and bundle!



**Paper Recycling Rules:**  
 Paper must be Clean & Dry!  
 If it is dirty it cannot be recycled.

Envelope windows do not need to be removed. All other plastic windows must be removed from other recyclable paper such as a Kleenex box.

### OTHER RECYCLING BLUE BAG 2

**Beverage Containers (4L or less)**

- Juice \$
- Pop \$
- Liquor \$
- Water \$

\$ Refund at an  
 ENVIRO-DEPOT™

### All Milk Containers

- Paper Cartons
- Plastic Jugs

### Glass

- Bottles
- Jars



### Metal

- Aluminum Pie Plates
- Food Cans (don't crush)

### Plastic

- Grocery & Bread Bags
- Containers (must have a recycling symbol with a number inside):



**Other Recycling Rules:**  
 Containers must be Clean.  
 All covers must be removed from milk, glass and plastic containers.  
 Labels do not need to be removed.  
 Do not wrap or stuff glass jars.

### BACKYARD COMPOSTING

**Greens:**

- Pasta (plain)
- Vegetables & Peelings
- Fruit & Peelings
- Tea Bags
- Coffee Grinds
- House Plants

**Browns:**

- Coffee Filters
- Napkins
- Paper Towel
- Dry Leaves
- Dry Grass
- Shredded Paper
- Potting Soil

**No:**  
 Meat/Fish/Bones/Dairy

**Backyard Composting Tips:**  
 Place your composter in a convenient location.

Empty your kitchen container daily. Always cover the items from your kitchen or the Greens with Browns. A dry layer on the top will reduce pests.

Your compost should be as dry as a wrung out sponge or damp to the touch. This reduces odours.

Food waste can also be delivered to the St. Mary's Waste Transfer Station for composting Gegogan, Hwy 7.

**QUESTIONS – Phone 1-888-232-2316 or 522-2049**

# April 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3 Ecum Secum Bottle Drive	4 Sonora Hall Meeting-7pm Goshen Photo-6pm Badminton-6:30pm Prov. Vol Awards Melrose Exercise-1pm	5 IHL Exercise-10am IHL Tweens- 6:30pm Liscomb TOPS-6pm Wagon Rides-1pm Sherbrooke Zumba- 7pm High Crest WII- 10am Pumping Hearts-9:30am Kids 1st Drop In-9:30am Just Me & My Friends- 12pm	6 IHL Bible Study Book Club-11am Liscomb Cemetery meet- 7pm Sherbrooke 45' s-8pm Lions Bingo-7:45pm Ball Hockey-6:30pm	7 IHL Exercise-10am Jammin w/ Jesus-7pm Wagon Rides-1pm Melrose Photo-6:30pm Bookcamp-6:30pm Open Gym-6:30pm Pumping Hearts-9:30am Liscomb 45' s-8pm 30 Hour Famine SEC meeting-7pm	8 Melrose Exercise-2pm Seniors Cafe-9:30am Storytime-10:30am Bayview Potluck-5pm IHL Youth Group-7pm Penny Auction 7pm Friends of Main meet-7pm Stillwater Cards PB Zumba/ Spanish 6:45pm	9 Hunter Safety Course-9am CH Easter Tea-12pm Ecum Secum Penny Auction- 7pm Fitness 1st- 9am IHL Jewelry Class-9am Liscomb Crib-9pm
10 CH Prize Bingo-2pm Photo Hike-2pm	11 Homebuddies Party- 1:15pm Council-7pm Goshen Photo-6pm Badminton-6:30pm Melrose Exercise-1pm	12 IHL Exercise-10am IHL Tweens- 6:30pm Liscomb TOPS-6pm Wagon Rides-1pm Pumping Hearts-9:30am Kids 1st Drop In-9:30am Just Me & My Friends- 12pm	13 IHL Bible Study Sherbrooke 45' s-8pm Lions Bingo-7:45pm Ball Hockey-6:30pm	14 IHL Exercise-10am Mj Penny Auction-7pm Wagon Rides-1pm Melrose Photo-6:30pm Bookcamp-6:30pm Open Gym-6:30pm Pumping Hearts-9:30am Liscomb 45' s-8pm	15 Seniors Cafe-9:30am Storytime-10:30am Stillwater Cards PB Zumba/ Spanish 6:45pm Melrose Exercise-2pm	16 Ecum Secum Spring Fling- 11am Liscomb Crib-8pm CH Breakfast-8:30am Mj Karaoke Dance-9pm Fitness 1st- 9am Vol. Awards- 5pm
17 CH Potluck- 4pm MJ Merchandise Bingo- 2pm Stillwater AGM Family Hike-1pm	18 Liscomb Fire Training- 6:30pm Goshen Photo-6pm Badminton-6:30pm Melrose Exercise-1pm	19 IHL Exercise-10am Pumping Hearts-9:30am IHL Tweens- 6:30pm Liscomb TOPS-6pm Wagon Rides-1pm Sherbrooke Zumba- 7pm Kids 1st Drop In-9:30am Just Me & My Friends- 12pm	20 IHL Bible Study Sherbrooke Easter Egg Hunt 3pm Sherbrooke 45' s-8pm Lions Bingo-7:45pm Goshen Exercise-1pm Ball Hockey-6:30pm	21 IHL Exercise-10am Wagon Rides-1pm Mj Easter Egg Hunt 1pm Melrose Photo-6:30pm Bookcamp-6:30pm Open Gym-6:30pm Pumping Hearts-9:30am Liscomb 45' s-8pm	22 Good Friday IHL Egg Hunt-11am Melrose Egg Hunt- 2pm PB Zumba/ Spanish 6:45pm  It's Earth Day!	23 Goshen Egg Hunt-11am Liscomb Egg Hunt-2pm Fitness 1st- 9am Liscomb Crib-8pm
24	25 Easter Monday Sherbrooke Comm. Choir- 7pm PB Egg Hunt-11am Sonora Egg Hunt-2pm Goshen Photo-6pm Badminton-6:30pm	26 IHL Exercise-10am IHL Tweens- 6:30pm Liscomb TOPS-6pm Wagon Rides-1pm Sherbrooke Zumba- 7pm Pumping Hearts-9:30am Kids 1st Drop In-9:30am Just Me & My Friends- 12pm	27 Sherbrooke 45' s-8pm Lions Bingo-7:45pm Goshen Exercise-2pm Ball Hockey-6:30pm	28 IHL Exercise-10am PB Comm. Choir- 7pm Wagon Rides-1pm Melrose Photo-6:30pm Bookcamp-6:30pm Open Gym-6:30pm Pumping Hearts-9:30am Liscomb 45' s-8pm	29 Melrose Exercise-2pm Seniors Cafe-9:30am Storytime-10:30am IHL Youth Group-7pm Stillwater Cards PB Zumba/ Spanish 6:45pm	30 Liscomb Crib-8pm CH Flea Market- 10am Quilt Show&Tea-2pm Sherbrooke Roast Beef Dinner- 4:30pm Fitness 1st- 9am Liscomb Yardsale-11am