



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

# MAY 2011 Newsletter



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

The DEADLINE to have information submitted for the June issue of the Newsletter is **WEDNESDAY, May 25<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

## ALTERNATE EMO

### St. Mary's Municipal Council

The next regular meeting of St. Mary's Municipal Council will be held on Monday, **May 9<sup>th</sup>, 7 pm**. The public is invited to attend. Visit our website for recent minutes of the regular meetings, important dates and forms. [www.saint-marys.ca](http://www.saint-marys.ca)

The Municipality of the District of St. Mary's is looking for fill an alternate EMO position. If interested, please contact the office at 522-2049, or forward a written application to Box 296, Sherbrooke, NS, B0J 3C0

### SHOP

There will be a SHOP meeting May 12<sup>th</sup> at 7:00 pm in the Municipal Council Chambers, Sherbrooke. Everyone welcome!

### Building Inspector Hours

Starting in May, Peter Avery will be in the office every Thursday. He can be reached at 522-2049, by email [pavery@modg.ca](mailto:pavery@modg.ca), or at the Guysborough office at 533-3705 ext 235.

### CHANGE OF ADDRESS

The Recreation Department will now be receiving mail at PO Box 296, Sherbrooke, Nova Scotia, B0J 3C0. Please send all future correspondence to this address.

### New Waste Compliance Officer for Eastern Region

The Eastern Region Solid Waste Management Committee has hired Michele MacPhee as a new Compliance Officer to work with municipalities in Guysborough and Antigonish counties. Michele has a background in Natural Resources Management and Environmental Law Enforcement and has worked in a variety of capacities providing educational information to the public surrounding natural resource management and cultural heritage.

### Construction and Demolition Debris

#### ~ New Sorting Guidelines~

C&D Material at the Municipal Transfer Station must now be sorted in the following manner:

The main objective of the Compliance Officer position is to provide education and promotion of the provincial solid waste management strategy. In addition, she is also available to provide enforcement support of St. Mary's Solid Waste Management By-Law.

1. **Asphalt shingles**
2. **Clean wood-** ex. Brush or any wood that has NOT been treated.
3. **Treated wood-** ex. Painted, creosote timbers, pressure treated, glued, coated
4. **Clean (new) Gyproc-** Not painted or fire retardant.
5. **Aggregate-**rocks, bricks, cement (without rebar) rubble, mortar, asphalt
6. **Waste (Other) C&D** - Windows, floor coverings, vinyl siding, tile, painted gyproc & insulation.

Michele works out of the Guysborough Waste Management Facility in the administration building located at 151 Waste Management Road. The mailing address is P.O. Box 111 Boylston, NS, B0H 1G0 or you can call the office: 902-232-2563 or her cell: 902-870-6765.

**It is important to remember** that garbage generated at a C&D site ex: caulking tubes, cardboard, insulation bags, etc should be recycled or disposed of properly (and not as part of a C&D load). As well, a good rule of thumb to help classify C&D waste; If it was part of a structure it is C&D waste. If it can be removed from the structure (ex: minor, area rug, dressers, chairs, etc) it is not classified as C&D.

## Greetings from High-Crest Sherbrooke!

Happy Easter from High-Crest Sherbrooke!

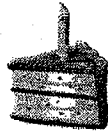
Residents celebrating Birthdays this month are:

Joyce MacEachern

May 4<sup>th</sup>

Gerard Benoit

May 17<sup>th</sup>



Happy Birthday folks! Our Homebuddies will hold their monthly birthday celebration on May 16<sup>th</sup>, everyone is welcome!

Thank you to the ladies of Port Hillford W.I.N.S. for their donation of cups and saucers, they are very beautiful and much appreciated.

On April 19<sup>th</sup> high-Crest held its Annual Volunteer Appreciation Function. Many volunteers attended, sandwiches and sweets were served, and a rose and certificate were presented to each volunteer. A donation was made of \$150.00 to the St. Mary's Education Centre for their Breakfast Program on behalf of our very loyal volunteers. A nice time was had by all!

### Thank You

I would like to thank my family and friends for a "Very Happy Birthday Party." Thank you for all the gifts, flowers and cards.

Claire McKeen

### Did You Know?



The red fox [*Vulpes vulpes*] is found in almost all of the Northern Hemisphere except Iceland, Siberia, and some desert areas. The red fox is an

omnivore which is one reason for its adaptability. It is so adaptable that it is considered an invasive species. Red fox young, called kits, are being born about now. There are six kits in an average litter. In a few weeks they will appear at the mouth of the den camouflaged by their sandy fur. Here is where they practice hunting skills in their play.

Question: In spite of the fact they have been known to eat the odd chicken why do farmers regard them as a friend?

### Thank You

Thanks to my family and friends for their kindness and generosity in putting on the Pot Luck and Variety Centre. I would also like to thank everyone who has given support towards my Liberation Treatment in Albany New York. It won't be forgotten!

Carol Hayne

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

(Convention of Atlantic Baptist Churches)

You are invited to attend our May Events:

Sunday, May 1<sup>st</sup>: Port Hillford Church 11:00 am

Sat., May 7<sup>th</sup>: Gospel Concert at Sonora Baptist, 7:00 pm

Sunday, May 8<sup>th</sup>: Port Bickerton United Baptist Church, 11 am

Sunday, May 15<sup>th</sup>: Sonora Baptist Church, 11 am

Sunday, May 22<sup>nd</sup>: Port Hillford United Baptist Church, 11 am

(Missions Sunday with Missionary Faith Holwyn)

Sunday, May 29<sup>th</sup>: Port Bickerton Church, 11 am

For more information, contact Rev. Norman Pearce

at 522-2087 or [hbs.baptist@ns.sympatico.ca](mailto:hbs.baptist@ns.sympatico.ca)

## The Anglican Parish of Liscomb & Port Bickerton

The Rev.'d Melissa Frankland, Rector 522 2510

### Octave Day of Easter (May 1<sup>st</sup>)

9 am St. Paul's Port Bickerton

11 am St. Thomas' IHL

3 pm St. Luke's Liscomb

7 pm St. James' Sherbrooke

(Morning services led by Florence Baker. Afternoon services led by Vickie Keith)

### 2<sup>nd</sup> Sunday after Easter (May 8<sup>th</sup>)

9 am St. Luke's Liscomb

11 am St. James' Sherbrooke

3 pm St. Thomas' IHL

7 pm St. Paul's Port Bickerton

### 3<sup>rd</sup> Sunday after Easter (May 15<sup>th</sup>)

9 am St. James' Sherbrooke

11 am St. Luke's Liscomb

3 pm St. Paul's Port Bickerton

7 pm St. Thomas' IHL

### 4<sup>th</sup> Sunday after Easter (May 22<sup>nd</sup>)

9 am St. Thomas' IHL

11 am St. Paul's Port Bickerton

3 pm St. James' Sherbrooke

7 pm St. Luke's Liscomb

### Rogation Sunday (May 29<sup>th</sup>-Combined Service and blessing of seeds)

11 am St. James' Sherbrooke

## Country Harbour Gun Club Events

April 30<sup>th</sup>- Flea Market, 10:00-11:30 am

Admission \$0.50, Table rental \$5.00

To rent a table call 328-2063 or 328-2210.

May 14<sup>th</sup>- Little Jim's Pizza & Dance Night

8:00 pm

May 21<sup>st</sup>- Country Breakfast 8:30-10:30 am

Adults \$6.00, Children \$3.00

## St. Mary's District Community Easter Choir

A local Community Choir, under the direction of Iris Hayes, will present their annual Easter Sacred Concert at two venues:

Mon., April 25<sup>th</sup>, at St. John's, Sherbrooke, 7:00

Thursday, April 28<sup>th</sup>, at 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.

## Turkey Supper

Where: Goshen Community Centre

When: Sat, May 28<sup>th</sup>, 4:30-6:00

Adults \$10.00, Children \$4.00

Takeouts available



### Thank You

*Many thanks to all who attended my Birthday Party-what a surprise! Eight hundred dollars was raised for the Cancer Society thanks to your generosity.*

*Edith Anderson*

### Well Woman's Clinic

There will be a well women's clinic at St. Mary's Memorial Hospital on Saturday, May 28, 2011 with Dr. Anita Foley, M.D. and Valerie Chisholm, R. N. in attendance. To book an appointment call 522-2882. This is sponsored by the St. Mary's Municipal Cancer Unit, St. Mary's Memorial Hospital and the Department of Public Health.

### St. Mary's River Association

#### Annual General Meeting

Date: Sunday, May 29<sup>th</sup>, 2011

Time: 2:00-4:00 pm

Place: St. Mary's River Association Education and Interpretive Centre, #8404 Highway #7

Everyone welcome!

### Thank You

*St. Thomas Anglican Church would like to thank everyone who helped in any way with our We Make'm you*

*Bake'm pie sale. This year we made 1728 pies.*

*I would like to express my sincere thanks and gratitude to all those who sent cards, flowers, food and prayers during my recent illness. Your kindness is greatly appreciated.*

*Lottie Harpell*

### 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 GOSPEL CHURCH

30<sup>th</sup> Anniversary, May 20-22

We will celebrate 30 years of God's goodness and Christian fellowship. We invite you to a jam-packed weekend- guest speakers, great food, great music and the great company of old friends. Special Speakers: Steven Hiltz, pastor of Faith Baptist Church, Lunenburg. Ches and Darlene MacKenzie, Truro, former and present members.

Schedule: Friday: 5:30-Meet'n Greet (and Eat).  
7:00-Steven Hiltz

Saturday: 8:30-Family Breakfast

6:00-Men's Cookout

7:00-Ladies Annual Spring Program

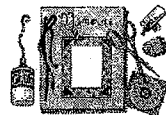
Sunday: 9:45-Sunday School

11:00am-Worship Service with a buffet following

All events are free and will take place at the Church building with the exception of the Ladies Spring Program which will be held at the Goshen Community Centre. For more information, please contact Marion Timmins at 328-2034 or Pastor John at 783-2055/2972. COME AND BRING A FRIEND, ALL ARE WELCOME!



### Scrapbooking Crop



There will be a Scrapbooking Crop Day at the Port Bickerton Community Centre on the 7<sup>th</sup> of May to

raise money for the Lighthouse project. The Crop day will run from 9 am to 9 pm. Cost is \$30.00 with snacks, supper and beverages provided. There will be a door prize giveaway and we will be selling tickets on other great prizes. To register you can call Darlene Burns at 364-2029 or Colleen Kaiser at 364-2024.

### Maple Manor Bake goods

A bake sale occurs every Friday at Maple Manor at 2:00 pm. Expect to see pies, bread, cookies, scones, squares, fudge etc. 50 cents admission.



### Port Bickerton Women's institute

The Port Bickerton WI's is going to be putting a quilt in the bars in early May. We need volunteers to help get the quilt out. If you can help, come to the Centre. Lunch will be provided. Check with a W.I. member for time and date.

### IHL/Jordanville Community Centre

Next hall meeting: June 13<sup>th</sup> at 7:00 pm.

Everyone Welcome

**Auction 45's**-Every Tuesday night at 8:00.

Admission \$5.00. Light lunch.

### **Use of exercise equipment and walking:**

Starting May 4<sup>th</sup>, Every Wed night 6:30-8:30.

Starting May 7<sup>th</sup>, Every Sat. morning 10-12.

Fee: \$2.00 each session.

There will be a **Variety Concert for Carol Hayne** to help with her trip to Albany, NY for Liberation Treatment **May 28<sup>th</sup> at 7:00 pm.**  
**Admission \$5.**

### ANNUAL PLANT SALE

Spring is here once again and the St. Mary's Garden Club is holding its annual plant sale on May 28<sup>th</sup> at the Lions Club in Sherbrooke.

All plants are \$2.00 each. Doors open at 10 am.

We are asking for donations of plants, bulbs and house plants. Money raised at the sale goes toward scholarship at St. Mary's Academy. If you wish to donate plants please contact any of the following members.

Mary Baker 779-2898, Elsa West at 522-2657 and Jan Willumsen 833-2313.

### St. Mary's Shooters Association

May 8: S.M.S.A. Spring General Meeting, Stillwater Community Centre, 2:00 pm.

Please plan to attend as much needs to be discussed.

May 15: Spinner Shoot Stillwater DNR range 9am-3

Use .22 handgun or rifle to spin targets at 25 yds.

May 29: Trap Shoot- Location to be decided at spring meeting.

June 5: Aubrey Gammel Steel Challenge and hand gun fun day. Open sight 22 rifle, and pistol and centre fire pistol. 9 am-3 pm.

*Attendance at the Spring Meeting is very important to all members. Subjects for discussion range from building expansion, finish painting on existing structures, new wood on target frames. This will involve scheduling several work days. Please attend and give your input.*

### Community Yard Sales

There will be Community Yard Sales on Highway 211 from Stillwater to Port Hilford Saturday July 30<sup>th</sup> from 10:00am-12:00pm. Also tables will be available at Indian Harbour Lake-Jordanville Community Centre. \$5.00 per space. Call 522-2369 to book tables. Everyone welcome to find a spot and join in. No early birds please. Selling will begin at 10:00am.



*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>.*

### Indian Harbour Lake Pentecostal Church May



#### Activities

#### **Sunday**

9:45 am Sunday School classes for children & adults

11:00 am- Morning Worship

6:30 pm. Prayer & Praise- May 15<sup>th</sup>

#### **Weekday Activities**

Wednesday, May 4<sup>th</sup> and 18<sup>th</sup>

Bible Study on the Gospel of John

Friday, May 6<sup>th</sup> and 20<sup>th</sup> - 7:00 pm

Youth Group (Ages 13-19)

**All are Welcome! For more info contact**

**Pastor Dave Connolly at 522-2759 or**

**[pastordave@ihlpentecostalchurch.ca](mailto:pastordave@ihlpentecostalchurch.ca)**

### **Flea Market and Craft Sale**

Goshen Community Centre  
Saturday, June 4<sup>th</sup>, 11:00 am-12:30 pm

Tables \$5.00, Admission \$0.50

To book a table call: Jean-783-2411 or Marie at 783-2325. G.O.A.L.S. table call Jackie at 783-2341.




~ *Sonora / St. Mary's River Community Center* ~  
May 9<sup>th</sup> – 11 am *Regular Monthly Meeting*  
May 14<sup>th</sup> – 2:00 – 4:00pm *Spring Tea and Antiques Road show* – Admission \$5.00 We will have an appraiser or two on hand to evaluate your treasures. Anyone bringing in an antique will be eligible for a door prize. All are welcome to attend this fun filled afternoon!

May 28<sup>th</sup> – 7:00pm Admission \$8.00 *The Kevin Beanland Show* – Come out and enjoy a lively evening of True Country, Newfld, Country Gospel and Bluegrass. All welcome.

*Thank you to everyone who donated goods and attended our Penny Auction and Cake Walk. Over \$400.00 was raised for our center.*

### Ham and Lobster Supper

A Lobster and Ham Supper will be held in the Glenelg Presbyterian Church Hall on  May 14<sup>th</sup>, from 4-6pm. Lobster – Adult \$15.00, children under 12, \$7.50. Ham - Adult \$8.00, children under 12, \$4.00. Takes will be available.

### 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

### 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



An Amendment to the Cemeteries Protection Act has been submitted to the NS Legislature. It would increase fines and penalties for persons who vandalize tombstones and monuments. If you support the increased penalties, please add your name to a petition that is circulating in the area. A copy has been posted in the Liscomb Post Office. Additional copies may be obtained from the St. John's Liscomb Cemetery Society by calling Ruth Legg 779-2931.

The St. John's Liscomb Cemetery Society is holding a "work day" at the cemetery to clean tombstones. Please bring lots of warm water (no soap), a bucket and natural bristle scrub brush if you have one. Saturday, May 14<sup>th</sup>, at 10 am. See you there!

## Kids First Programs

**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.

**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, 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.*

### Historic Sherbrooke Village Development Society

The AGM for the HSVDS will be held Friday, May 13<sup>th</sup>, at 7 pm at the Exhibit Center. All new members are welcome to attend this meeting. Light refreshments will be served.

**Sir John Coape Sherbrooke Awards Dinner** will be held Saturday, June 11<sup>th</sup>, at the What Cheer Tea Room beginning at 6:00pm. Tickets and more information will be available regarding this dinner at a later date at the Sherbrooke Village Restoration office. This years recipients for this award will be : Joyce Johnston of Sherbrooke and Scott Robson, Curator, History Collection of the NS Museum.

### Penny Auction, Cake Walk and Sorry Table Friday, May 6<sup>th</sup>, 7 pm at Sonora/St. Mary's River Community Centre.

 The centre will be open all day on the 6<sup>th</sup>, so that much appreciated donations can be dropped off. Please remember to check expiry dates. Thanks to all who donate and support this fundraiser. All proceeds go to St. Mary's River Church Restoration Society. Hope to see you there!

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](http://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](mailto: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*

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

Next general meeting will be held on Tue.

May 3<sup>rd</sup>

#### **ACTIVITIES:**

**AUCTION 45'S**-Thursdays at 8 pm \$5.00

**CRIBBAGE**- Saturdays at 8 pm \$5.00

#### **INSIDE YARD SALE:**

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

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

Space is limited so book your table early  
Kitchen and canteen will be open during yard sale

#### **Job Opportunity**

Heritage Goldenville Society is accepting applications for Summer Student Employment.

Please mail resume to William G. MacDonald, RR#2 Aspen, NS, B0H 1E0.

Deadline is May 20<sup>th</sup> at 4:00pm.



Indian Harbour Lake/Jordanville Community Center  
Saturday, May 14<sup>th</sup> 12:30 – 3:00 p.m.

For Boys and Girls ages 6 and up  
Great Spring Time challenges, wild & wacky games,  
outdoor sports and a delicious snack.

Sponsored by Indian Harbour Lake Pentecostal Church  
Phone # 522-2759

### **Sherbrooke Library Chat Line**

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

Village Readers Book Club – will meet Wednesday, May 4<sup>th</sup> at 11:00am

Senior's Café – Friday from 9:30 – 10:30am. 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 – Story time is now finished until the fall. A big thank you is extended from the Library Staff to the mothers who led story time and for continuing the program for the children.

Knitting Club – Do you knit? Would you like to learn? Would you like to join the like minded craftspeople to inspire and be inspired by each other? The Knitting Club meet on Tuesday evenings at 6pm and on Wednesday afternoon at 2pm.

Library Closed – Victoria Day, Monday May 23<sup>rd</sup>  
Coming Soon – Movie night at the Library.

#### **Meeting notice for rate payers in Districts 1 and 4**

The Sherbrooke and Area Volunteer Fire Department is holding a rate payers meeting to review the fire tax levy for District 1 and 4.

Date: May 3, 2011 Time: 7:00 pm

Place: Sherbrooke Fire Hall

Tours for the Fire Hall and equipment. New members welcome.

# St. Mary's Recreation

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

## SPRING IS HERE!!

### ST. MARY'S FITNESS FIRST CLASS

Mondays, 6:30 pm – 7:30 pm.  
May 2<sup>nd</sup> to May 30<sup>th</sup> St. Mary's Academy Gymnasium. \$5 per class. Please call the recreation department to register. Woooo Hooooo!!!! The past Saturday fitness class will now be moved to Monday evenings. 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.

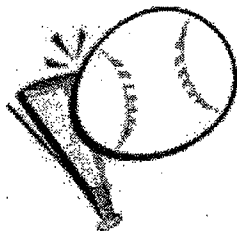


### BOOT CAMP

Thursdays, May 5<sup>th</sup> to May 26<sup>th</sup>. 6:30 – 7:30 pm. St. Mary's Academy Gymnasium. \$5 per class. Yes! Boot Camp will keep going and ready to whip you into shape! This is a great way to stay fit, be active, and have fun. 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 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 19. Players are too 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](mailto:joshcorkum@yahoo.ca)

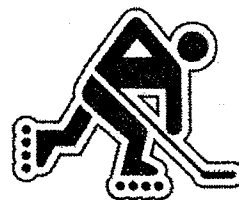


LIONS BINGO Wednesdays. Starting at 7:45.  
Lions Club/Hall, Sherbrooke, NS.

OPEN INLINE SKATING Sunday, May 22 from 3:00 pm to 4:00 pm at the RecPlex in Sherbrooke. \$2 per person. Come out and try roller blading with friends and family. We provide the roller blades.

ROLLER HOCKEY Wednesdays, Starting May 11<sup>th</sup> until May 25<sup>th</sup> at St. Mary's RecPlex in Sherbrooke from 6:00 pm to 8:00 pm. Ages 8+.

Please call the recreation department to register. \$5 per person. Sad that Ice Hockey is over? No need to worry about that as St. Mary's Recreation Department has inline skates for everyone. All you need is to bring your stick, helmet, and gloves and be ready to play!



BLACK BROOK PHOTO HIKE Black Brook Waterfalls. May 15<sup>th</sup>, 3 – 5 pm. Everyone meet at the Municipal Office in Sherbrooke around 2:45 pm and we will go from there. Provide your own transportation. Please register by calling the recreation department. Come out for an afternoon and enjoy the beautiful scenery at the Black Brook Falls while we venture through the 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 hiking shoes!

OPEN GYM All Ages. Thursdays 6:30 pm – 7:30 pm. May 5 to May 26. St. Mary's Elementary School Gymnasium. This is a time where kids and youth can come and play whatever they want! Badminton, T-Ball, Soccer, Basketball, Ball Hockey, Volleyball, Dodgeball, Soccer Baseball, etc., you name it, we have it all for you. So, come and be active in a place where you pick the activity you want to do!

### **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. Excellent for beginners through advanced levels, 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.

Also, let's get physical:

Beginning March 15<sup>th</sup> to May 25<sup>th</sup> 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 the 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.



**PUMPING HEARTS** Tuesdays and Thursdays. 9:30 to 10:30 am. \$2 per person. 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 to keep 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.

**FAMILY HIKING DAY** Sunday, May 29. 2:00 pm to 3:00 pm. Stonewall Park. Sherbrooke. Cost: Free! We are planning another hike. As you may or may not already know, Stonewall Park had some work done to it. So, St. Mary's Recreation Department is inviting the public to go on a hike through the park. Come on out and view the beautiful scenery while getting some exercise. Bring your hiking shoes! Please call the recreation department to register.

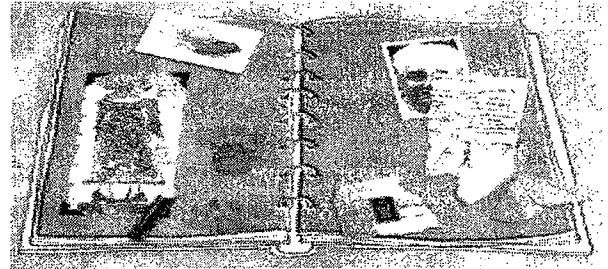


**ZUMBA!** Tuesdays May 3 to May 31. 7:00 pm - 8:00 pm. St. Mary's Academy School.

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.

### **SCRAPBOOKING FOR KIDS**

Kids, do you like to scrapbook? Well dig out your glue, scissors and your pictures. A day of scrapbooking is coming in May. May 14 1:00pm-5:00pm, St. Mary 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.



### **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, mail, or drop your resume off at the Municipal Building (16 Main Street, Sherbrooke, Nova Scotia, B0J 3C0) no later than May 13<sup>th</sup> 2011 at 4:00 pm. Pending funding. Please contact the Recreation Office for Job Descriptions.



# Volunteering

Nova Scotia's passion at work

## VOLUNTEER RECOGNITION

Each year the Municipality recognizes the outstanding contribution that volunteers make in this area. We have chose someone that represented our Municipality for the Provincial Awards that took place in Halifax on April 4<sup>th</sup>, 2011, she was Gloria MacKeen. The Local Volunteer Awards were at the Sherbrooke Lions Hall on April 16<sup>th</sup>, and was a wonderful evening. I am looking forward to next years ceremony and dinner. I like to thank all of you for coming and being a part of it.

Volunteers are the Heart of Every Community!!! We are always looking for volunteers! If you would like to Volunteer for anything, please contact us!

## ST. MARY'S SPRING BAZAAR

Saturday, June 11<sup>th</sup>, 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 like. Please call the recreation department to reserve a table for \$10. Hoping to get baked goods, yard sale items, fresh produce, jewelry, and more. So, get the word out!!

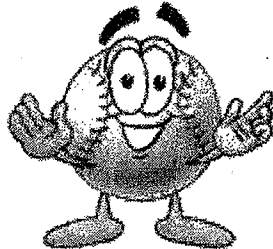
## YOUTH SOFTBALL Fridays from 6 – 7 pm.

May 13<sup>th</sup> – Sherbrooke (Village Ball Field)

May 20<sup>th</sup> – Liscomb (Legion Ball Field)

May 27<sup>th</sup> – Goshen (Community Centre Ball Field)

It's getting that time again, spring is in the air, starting to get warm, and being outside is a treat! So, have some fun and play a sport that is very popular, Softball! The last three Fridays of May, St. Mary's Recreation Department will be going to three different locations in the Municipality to run a Softball program. Please register by calling the recreation department at 522-2598. \$2 per person.



## ST. MARY'S MINOR HOCKEY

Our season may be over, but plans for next year's season have already started. Our next Executive Meeting will be an open meeting to allow for the new election of executive members. If you would like to become part of the executive or would like to nominate someone you may submit names to Darlene Oko via email at darlene.oko@bellaliant.net. The meeting will be held at the municipal chambers at 6:30 on June 14, 2011. The positions that we are looking volunteers for are Treasurer, Member at Large, Vice President. We would also welcome volunteers to take on special projects, such as new jersey's. We hope to see everyone at the meeting.

## A message from St. Mary's Recreation:

*Spring is here, so that means you can enjoy this beautiful time of the year while getting outside and staying active by going for a run, walk, or even having a picnic. There are many of things you can do on your leisure time such as playing catch, running, walking, throwing a Frisbee, kicking a soccer ball, etc. So, let's enjoy the beautiful area of this Municipality to get out and stay active!*

## St. Mary's Recreation

If you would like to register for any of the programs, you NEED to call the Recreation Department at (902) 522-2598 in advance before the program starts.

Also, please contact us regarding any questions you may have, needed information, or feedback on any programs. Please feel free to contact us at anytime.

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

### AquaFit

AquaFit is back for another season at the Liscombe Lodge pool. The class is open to all ages and will start on **Thursday, May 26th** and will run throughout the summer.

**Dates:** Monday and Thursday  
**Time:** 10-11:30am  
**Cost:** \$3 per class  
**Instructor:** Kristin Porter



Participants are asked to please bring their own towels as the Lodge can't provide them. Hope to see you at the pool!

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### SENIORS FUN DAYS

St.Mary's Recreation is in the process of organizing some more Seniors Fun Days for the Spring, Summer and Fall of 2011 throughout various communities within the Municipality.

Come join us and play washer toss, bean bag toss, Auction 45's, crib, scrabble, Wii games and so much more! It's sure to be a fun filled morning or afternoon!

Keep your eyes peeled for posters around your community advertising upcoming dates in your area.

For more information, please contact Kristin at 522-2598 or email [kristinporter@hotmail.ca](mailto:kristinporter@hotmail.ca)

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### St.Mary's Fitness Centre Promo of the Month

Teens, it's the month before prom and graduation, you want to look great in your prom dress or tux. Maybe you just want to trim up for the beach this summer.

St.Mary's Fitness Centre has the deal for you. Drop by the Fitness Centre during the month of May for \$1!

Get your butt into gear and head out to the Fitness Centre, where you can whip yourself into tip top shape just in time for summer!

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### Stonewall Park Update

The Friends of Stonewall Park are pleased to announce that Stonewall Park has re-opened. Take the family out for a hike, and check out the freshly cleared out trails, and new walking bridge. Take a stroll to the lookouts and view the falls. Enjoy what nature has to offer within our own municipality.

Keep your eyes and ears peeled for more updates from the Friends of Stonewall in the months to come! ☺

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### Quote of the Month

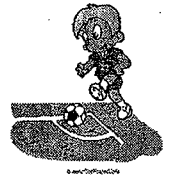
**Aerobics:** a series of strenuous exercises which help convert fats, sugars, and starches into aches, pains, and cramps. ~Author Unknown

### Minor Soccer

It's that time again! Soccer Time!  
Registration forms for soccer are attached to the back of the newsletter.

Ages: 4-14

Cost: \$15 for 1 child  
\$25 for 2 children in same family  
\$35 for 3+ children in same family



Schedule: The season will begin on Monday, May 9<sup>th</sup> and will run for eight weeks.

So grab your cleats and shin pads, and head to St.Mary's Academy Field! See you there!

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### Walk to Run Program for Teenage Girls

Hey Girls! Have you ever thought about starting to run? Running is one of the most effective ways to get into and stay in shape. Best of all, it's FREE! So, where do you start? What are the benefits?

Whether you are running for fun, want to run a marathon, or are running for a cause, this is the program for you. The program starts on Monday, May 2<sup>nd</sup>. We will be meeting out front of the St.Mary's Academy at 2:45pm. Rain or shine. Please dress to be active. To sign-up or for more information, please contact Kristin at 522-2598 or email [kristinporter@hotmail.ca](mailto:kristinporter@hotmail.ca)

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**Red Cross Summer Swim Program**  
The summer swim program is gearing up for another season.



Lessons will be held from July 4<sup>th</sup>-8<sup>th</sup>, and July 11<sup>th</sup>-15<sup>th</sup> at Liscombe Lodge pool from 9 am to 3pm.

Registration forms are attached to the back of the newsletter. Once all forms are returned, a schedule will be made up, and parents will receive a phone call with their child's swim times. Schedules will also be available in late June on our website: [www.saint-marys.ca/recreation](http://www.saint-marys.ca/recreation) and on Facebook: [www.facebook.com/StMarysRec](http://www.facebook.com/StMarysRec).

Deadline for swim registration is **Tuesday, May 31<sup>st</sup>** at 4pm. Register and pay fees before May 31<sup>st</sup> to avoid a \$10 late registration fee.

For more information, please contact Kristin at 522-2598.

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# May 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
SMMA AGM-2pm	Soccer-6pm Council meet-7pm Fitness 1st-6:30pm Sonora Hall meet-11am	Kids 1st Drop-in- 9:30am IHL 45's- 8pm Pumping Hearts-9:30am Liscomb Legion meet Knitting Club-6pm Rate Payers Meet-7pm Zumba-7pm	Village Readers Book Club- 11am Knitting Club-2pm IHL Exercise-6:30pm Roller Hockey-6pm Get Physical-11am Goshen Exercise-1pm Lions Bingo-7:45pm	Liscomb 45's-8pm Bookcamp-6:30pm Open Gym-6:30pm Pumping Hearts-9:30am	Seniors Cafe-9:30am Maple Manor Bake Sale-2pm Sonora Penny Auction/Cake Walk-7pm Youth Group- 7pm	PB Scrapbook Crop-9am IHL Exercise Morn-10am Chinese Supper-4pm Liscomb Crib-8pm
8	9	10	11	12	13	14
SMSA AGM-2pm	Soccer-6pm Council meet-7pm Fitness 1st-6:30pm Sonora Hall meet-11am	Kids 1st Drop-in- 9:30am IHL 45's- 8pm Knitting Club-6pm Pumping Hearts-9:30am Zumba-7pm	IHL Exercise-6:30pm Get Physical-11am Knitting Club-2pm Roller Hockey-6pm Goshen Exercise-1pm Lions Bingo-7:45pm	SHOP meet- 7pm Liscomb 45's-8pm Bookcamp-6:30pm Open Gym-6:30pm Pumping Hearts-9:30am	Seniors Cafe-9:30am Maple Manor Bake Sale-2pm Youth Softball- 6pm HSVDS AGM- 7pm	14 Kids Scrapbooking-1pm IHL Exercise Morn-10am Liscomb Crib-8pm JFJ Club- 12:30 Spring Tea- 2pm Liscomb Cemetery work day-10am Hann/Lobster Supper-4pm CH Pizza & Dance-8pm
15	16	17	18	19	20	21
Spinner Shoot- 9am BlackBrook Photo Hike-3pm	Homebuddies Party-1:15 Soccer-6pm Fitness 1st-6:30pm	Kids 1st Drop-in- 9:30am IHL 45's- 8pm Knitting Club-6pm Pumping Hearts-9:30am Zumba-7pm	IHL Exercise-6:30pm Knitting Club-2pm Goshen Exercise-1pm Get Physical-11am Lions Bingo-7:45pm Roller Hockey-6pm	Liscomb 45's-8pm Bookcamp-6:30pm Open Gym-6:30pm Pumping Hearts-9:30am	Goshen Gospel Church Anniversary Celebrations Seniors Cafe-9:30am Maple Manor Bake Sale-2pm Youth Softball- 6pm Youth Group- 7pm	Goshen Gospel Church Anniversary Celebrations IHL Exercise Morn-10am Liscomb Crib-8pm CH Country Breakfast-8:30am
22	23	24	25	26	27	28
Goshen Gospel Church Anniversary Celebrations Inline Skate-3pm	Victoria Day Library Closed Soccer-6pm Fitness 1st-6:30pm	Kids 1st Drop-in- 9:30am IHL 45's- 8pm Knitting Club-6pm Pumping Hearts-9:30am Zumba-7pm	IHL Exercise-6:30pm Get Physical-11am Goshen Exercise-1pm Knitting Club-2pm Lions Bingo-7:45pm Roller Hockey-6pm	Liscomb 45's-8pm AquaFit-10am Bookcamp-6:30pm Open Gym-6:30pm Pumping Hearts-9:30am	Seniors Cafe-9:30am Maple Manor Bake Sale-2pm Youth Softball- 6pm	Well Woman Clinic IHL Exercise Morn-10am Plant Sale-10am Goshen Turkey Supper-4:30pm IHL Variety Concert- 7pm Liscomb Crib-8pm Kevin Bealand- 7pm
29	30	31				
SMRA AGM-2 pm Trap Shoot Family Hike Day-2pm	Soccer-6pm AquaFit-10am Fitness 1st-6:30pm	Kids 1st Drop-in- 9:30am IHL 45's- 8pm Knitting Club-6pm Pumping Hearts-9:30am Zumba-7pm Swim Registration Deadline	Newsletter Deadline			

**St. Mary's Recreation**  
**Spring/Summer 2011 Registration Form**

**Please Print Clearly**

Child's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_  
 Grade: \_\_\_\_\_ NS Health Card #: \_\_\_\_\_  
 Parent/Guardian's name(s): \_\_\_\_\_

Home Phone: \_\_\_\_\_  
 Guardian #1 Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
 Guardian #2 Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Mailing Address (including postal code):  
 \_\_\_\_\_  
 \_\_\_\_\_

Email Address:  
 \_\_\_\_\_  
 \_\_\_\_\_

Please list any medical conditions or allergies your child has that Recreation staff should be aware of:  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Emergency Contact Information (other than parent/guardian)**

Contact: \_\_\_\_\_ Relationship: \_\_\_\_\_  
 Phone Number: \_\_\_\_\_

**Spring/Summer Programs**

Please check off all programs that you would like to register for.

Activity	# of Participants	x	Cost	=
Soccer	_____	x	\$ 15 for 1 <sup>st</sup> child \$25 for 2 kids \$35 for 3 kids	= _____
Roller Hockey	_____	x	\$5 per child	= _____
Youth Softball	_____	x	\$2 per child	= _____
Spring Bazaar	_____	x	\$10 per table	= _____
Kids Scrapbooking	_____	x	\$10 per child	= _____

**See reverse of sheet for Summer Swim Program**

Registration Forms and fees may be dropped at the Recreation Office, or mailed to: St. Mary's Recreation 16 Main St. Sherbrooke, NS BoJ 3Co. You may also call us at 522-2598 or email: [kristin.porter@saint-marys.ca](mailto:kristin.porter@saint-marys.ca) or [joshcorkum@yahoo.ca](mailto:joshcorkum@yahoo.ca). All registration forms for spring programs are due back by 4pm on May 6<sup>th</sup>. All summer registration is due back by 4pm on May 31<sup>st</sup>. For more information on the above programs, please check out our website: [www.saint-marys.ca/recreation](http://www.saint-marys.ca/recreation), catch us on Facebook at [www.facebook.com/StMarysRec](http://www.facebook.com/StMarysRec), email us, or give us a call at 522-2598.

**St. Mary's Recreation**  
**Spring/Summer 2011 Registration Form**

**Summer Swim Registration:**

Swim Lessons \_\_\_\_\_ x \$ 35 for 1<sup>st</sup> child  
\$ 25 for 2<sup>nd</sup> child  
\$ 20 for 3 or more = \_\_\_\_\_

**Swimming Lessons Levels:**

Child's name: \_\_\_\_\_ Age: \_\_\_\_\_  
Last completed level: \_\_\_\_\_ Current level: \_\_\_\_\_

Child's name: \_\_\_\_\_ Age: \_\_\_\_\_  
Last completed level: \_\_\_\_\_ Current level: \_\_\_\_\_

Child's name: \_\_\_\_\_ Age: \_\_\_\_\_  
Last completed level: \_\_\_\_\_ Current level: \_\_\_\_\_

Child's name: \_\_\_\_\_ Age: \_\_\_\_\_  
Last completed level: \_\_\_\_\_ Current level: \_\_\_\_\_

For more information on the summer swim program, please contact Kristin at 522-2598.

Parents will receive a call in June with their child's swim time. The schedule will also be available on our website, and on Facebook.

Registration Forms and fees may be dropped at the Recreation Office, or mailed to: St. Mary's Recreation 16 Main St. Sherbrooke, NS B0J 3C0. You may also call us at 522-2598 or email: [kristin.porter@saint-marys.ca](mailto:kristin.porter@saint-marys.ca) or [joshcorkum@yahoo.ca](mailto:joshcorkum@yahoo.ca). All registration forms for spring programs are due back by 4pm on May 6<sup>th</sup>. All summer registration is due back by 4pm on May 31<sup>st</sup>. For more information on the above programs, please check out our website: [www.saint-marys.ca/recreation](http://www.saint-marys.ca/recreation), catch us on Facebook at [www.facebook.com/StMarysRec](http://www.facebook.com/StMarysRec), email us, or give us a call at 522-2598.