



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

October 2011 Newsletter



www.saint-marys.ca

The DEADLINE to have information submitted for the NOVEMBER issue of the Newsletter is **WEDNESDAY, October 19th at 4:00 p.m.** Submissions can be received by fax: 522-2309 or email: council@munet.ns.ca Subject line must read NEWSLETTER SUBMISSION. Also please note that we reserve the right to edit any and all submissions to this newsletter.

St. Mary's Municipal Council

The next regular meeting of St. Mary's Municipal Council will be held on Monday, **OCTOBER 11TH, 7 pm.** The public is invited to attend. Visit our website for council minutes, and important updates: www.saint-marys.ca

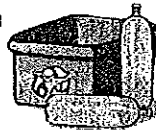


Building Inspector- Peter Avery

Peter is available by drop in or appointment on Thursdays at the Municipal Office in Sherbrooke from 11am-4pm. He can be reached at any time by email: pavery@modg.ca or at the Guysborough Municipal Office at 533-3705 ext 235. Applications and other information available on website.

Bottle Depot Exchange

Parking Lot of NS Liquor Commission
Every 2nd and 4th Saturday of each month
October 8th and October 22nd
Questions? Call
MacMillans Service Centre 863-1127



School Enhancement Committee

Developing plans and fund raising strategies to provide a community space in the St. Mary's School addition. Please, if you are interested in getting involved with the school enhancement committee for the better of the community join us on September 28th and October 3rd at 7:00pm in the Council Chambers, Sherbrooke

St. Mary's District Food Bank

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.

Reminder:

Heavy Haul is coming thru
September 27-29.



Items must be road side by 7am on your Regular Garbage Collection day.

Unaccepted Items: medical waste, compost, blue bags recyclables, car bodies, chemicals, large demolition sites, trees.

Accepted Items: Car parts, tires (off rims), lawn furniture, fridges, stoves, other appliances, sofas, beds, tables, mattresses, other furniture, boards, plastic, tools, BBQ, electronics.

Call Eastern Shore Cartage 1-800-261-0372

St. Mary's Sorting Guide includes

2 separate blue bags for recyclables;

1 for paper and corrugated cardboard and the other for bags, bottles, cans, milk containers, plastic, etc. For more detailed list and complete guides visit: <http://www.saint-marys.ca/services/solid-waste.html>

RecPlex Canteen Operations:

As you may be aware the Municipality of St. Mary's has taken over ownership and operations of the St. Mary's Recplex as of April 29th, 2011. As a result, Council is looking for expression of interest from any non-profit organization to take over the canteen operations in its entirety as another avenue of fund raising.

If members from your association would like to meet with Recplex Committee to further discuss this venture, please contact the Municipal Office at 522-2049 to arrange. A response to this matter would be appreciated by mid October and Council looks forward to working with your association.





**FALL
FUN FOR
KIDS !!!**

JFJ (Juniors for Jesus Club)

on
Sat, October 15th & 29th
12:30 - 3:00 p.m.

At IHL/Jordanville Community Center

For Boys and Girls ages 6 and up
Great Fall Activities – Wacky Thanksgiving
Challenges, Minute to Win It Games, Fear Factor
with a Variety of Daring Challenges, and Delicious
Snacks.

Sponsored by Indian Harbour Lake Pentecostal Church
Phone # 522-2759 or 364-2270

Christmas Craft Sale at Lion's Hall
Sherbrooke on November 19th, from 10-
3. To book a table contact Margaret at
connectfamilyfarm.com or phone 833-
2747 or Rita at 522-2153.



Country Harbour Gun Club

October 15th - Country Breakfast 8:30-10:30
Adult \$6 Children \$3

October 29th - Flea Market 10-11:30am
Table rental - \$5 admission .50cents
Call 328-2210 or 328-2063



Oct 29th
Adult Halloween Dance 9-1am
Admission \$5. Judging at 11:00pm
1st Prize - \$100, 2nd Prize -\$75 ,
3rd Prize \$50

*The Liscomb Fire Department would like to
thank everyone for the donations of food for the
Kevin Rudolph memorial ball tournament, for the
canteen workers and the BBQ cookers, the kids
for gathering balls. To everyone who helped in
any way, it was greatly appreciated. The sum of
\$712.00 was raised for the Fire Department.*

*The monthly meeting of the Liscomb Fire Dept
will be Monday Sept 26th at 6:30pm
Training on Monday October 17th 6:30pm*

Thanksgiving Day comes, by statute, once
a year; to the honest man it comes as
frequently as the heart of gratitude will
allow. ~Edward Sandford Martin

Happy



Thanksgiving

**Port Bickerton Community Centre and
Sea Shore Volunteer Fire Dept**

Penny Auction and PIE Walk
Saturday Sept 24th at 7 pm
Sponsored by the Community Club



Exercise Equipment will be available for the community use
every Monday and Wednesday starting Oct 3rd -Centre will be
open from 10 am until 12 pm
A disclaimer must be signed before using equipment; Program
will be expanded as requested

Bottle Drive - Oct 27th
Sponsored by the fire Dept

All Centre rentals now handled by Velma Kaiser -364-2724

The Anglican Parish of Liscomb & Port Bickerton
The Rev.'d Melissa Frankland, Rector 522 2510

Michaelmas (October 2nd)

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

Edward the Confessor (October 9th)

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

Trinity XVII (October 16th)

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

St Luke (23rd)

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

St. Simon & St. Jude (October 30th)

11 am Combined Holy Communion Service at St. Paul's

Other Events in the Parish...

*Fruit of the Holy Spirit Bible Study is held every Friday
from 10:30-11:30 at the hall in Liscomb

Calvary Faith Baptist Church - Sonora

Sunday Services

Sunday School 9:45AM
Morning Service 11AM
Evening Service 7PM
Tuesday 3:30PM - Children's Program Ages 3-12
Wednesday Bible Study and Prayer Meeting 7pm

Sherbrooke Library Chat Line

From Mundane to Mysterious, Session III -
Thursday, October 20 at 10:30am

How might the mysterious help you in
everyday life? With Barbara Z Furlong,
Intuitive Coach



Village Readers' Club - Friday Oct 7th at 11am

Knotty Knitters' Club - Wednesday afternoon 2-
4pm. Now that fall has arrived, it is time to get
back to the yarn.

Story Time for Children - Starting Oct 27th from
10:30 - 11:15 for ages 3-5. To register, please call
522-2180 or stop in at Sherbrooke Library

Sherbrooke Library & C@P Site

Monday, Tuesday, Wednesday.....11am-4 pm

Thursday..... 10am-1pm

Friday.....9:30am-4pm

Saturday.....10am-1pm

Telephone: 522-2180 www.ecrl.library.ns.ca

MAPLE MANOR BAKE SALE



*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.

Litter Clean-Up Incentive Program

A community group can apply to
receive funding for litter cleaned from
a roadside or other public property in
the municipality. An application form
must be completed for consideration and
submitted to the Eastern Region Solid Waste
Management Committee. A successful community
group will be paid \$100 for 1km cleaned. If
additional kms are cleaned the community group
may receive additional funding for those kms if
there is funding available. Total funding the group
receives will be determined by the Eastern Region
Solid Waste Management Committee. Total
funding for the project in St. Mary's is \$800.
Application forms are available at the Municipal
Office or by contacting your local councilor. For
more information please call the Municipal Office
at 522-2049 or Eastern Region Solid Waste
Management at 1 888-377-9622. **DEADLINE FOR
APPLICATION IS OCTOBER 20th**



Seniors Games Afternoons

Wed. Oct. 19th, 29th, Nov. 2nd,
9th, 23rd, 30th, Dec 7th

From 12:30-4:00 pm at the
Goshen Community Centre.



We would like to express our heartfelt
thanks to family and friends who
helped us celebrate our 50th wedding
anniversary. The calls, cards, flowers and
gifts were greatly appreciated. We very much
enjoyed seeing everyone who attended our open
house.

Sincerely,
Vic and Elizabeth Mason

Greetings from High-Crest Sherbrooke!

Residents celebrating birthdays this month are:

Stella Fourgere	Oct. 11th
Phyllis Martin	Oct. 12th
Marie Tate	Oct. 20th
Mildred Kalzer	Oct. 24th
Mary Langille	Oct. 25th



Happy Birthday Folks!

This month we will celebrate Birthdays and
Halloween together! Our Homebuddies
Bingo/Birthday/Halloween party will be held on
Oct. 31st! Everyone is welcome!

I would like to remind all the trick or treaters in
the neighbourhood that we give out really good
treats! Hope to see you then! Be safe and have
fun!

Annual Chinese Supper to be held Saturday,
October 22nd at East River St. Mary's Fire
Hall. Adults \$12, High School \$5,
Elementary \$3. Sponsored by the Kirk
UCW.

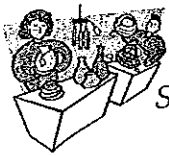


Of the Sea
Shore

Volunteer Fire Department and the Port
Bickerton Community Centre will take place
on October 15th, 2011 from 2-4 pm. The fire
trucks and equipment will be on display, there
will be entertainment, refreshments and visits
from the various levels of government that
helped make this project possible. Later that
evening there will be a dance from 9pm-1am,
music by local DJ, government ID's may be
requested.

IHL-Jordanville Community Centre
Next hall meeting: Mon. Oct. 17th, 7:00 pm.
Everyone welcome.
Auction 45's every Tuesday night at 8:00 pm
Light lunch. Admittance \$5.00

FLEA MARKETS at St. John Church Hall
Necum Teuch-Hwy #7
October 8th and Christmas Bazaar Nov 12th
9 am-1 pm. Lots of New and Old Items, Bake Table,
Lunch also available.



Flea Market and Craft Sale
Goshen Community Centre
Saturday, October 22nd 11:00 am-12:30 pm
Tables \$5.00 Admission \$0.50
To book a table, call Jean 783-2411/ Marie 783-2325
Call Jackie- 783-2341 regarding GOALS table.

Stillwater Community Centre Card parties
begin Friday, October 7th at 8 pm.
Work day for Volunteers, Saturday,
October 1st at 9 pm.
**Annual General Meeting and
election, Sunday October 2nd at 7 pm.**



When our community reached out and surrounded us with its generosity and simple grace, we were truly overwhelmed and grateful by this outpouring during this difficult and confusing time. Thank you to everyone who sent cards of encouragement, flowers, food, gifts and money. Also thanks to the organizers, performers and spectators of the recent Benefit concert held for us. The Benefit alone brought in more than \$4300.00 and combined with other generous donations has topped \$5000.00. This will help keep us secure until I can hopefully return to work in June 2012. We have been greatly humbled by all your kindness.

*Beyond just thanks,
Betty and Darrell Beaver and family*

*Thank You - We would like to thank everyone who helped to make Jim Johnston's 90th Birthday Party such a success. Thank you for your cards, gifts and visits. They were appreciated very much.
The Johnston Family*

St. Mary's Dart League
Registration for the 2011/2012 season for darts will be **Sept. 26th at 7:30 pm** at **St. Mary's District Lion's Club Sherbrooke**. Must be 19 years of age.
To pre-register call: Edith Auton at 522-2204 or Herbie Scott at 522-2742.
New Members Welcome.



Sonora/St. Mary's River Community Centre
Penny Auction, Cake Walk and Sorry game,
Friday, Sept. 30th 7:00 pm.
Anyone that has donations please drop them off at the center on Sept. 30th.
Please note we will be holding "Christmas by the Sea" on December 3rd from 2-4 pm. Stay tuned for more information in the next newsletter.

Senior's Dinner

Tuesday, September 27th at 12 noon at the Ecum Secum Firehall. Donation Box at the door. Stew is on the menu. Take outs available after all that are present have been served. There will be a guest speaker from Northwood Center to discuss the "In Touch" (formerly called the Life Line).



Happy
50th
Anniversary!

Wedding Anniversary Open House
Family and friends are invited to help celebrate the 50th anniversary of Charles and Sandra Sinclair,
October 1, 2011 from 1-4 pm at Goshen Community Centre.
Best wishes only please.

Indian Harbour Lake Pentecostal Church
October Worship & Activities
Sunday

11:00 am- Morning Worship
6:30 pm- Praise and Prayer, Oct. 16th

Weekday Activities

Wednesday, October 5th, 12th and 19th -7:00 pm
Bible Study on the Life of Moses
Friday, October 7th and 21st- Youth Group (Ages 12-18) at the parsonage.

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





St. Mary's Recreation

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

HAPPY HALLOWEEN!

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

SOCCER Wednesdays, September and October starting on Sept. 7th for eight weeks at the Sherbrooke Village Field. Ending on Oct. 26th. 6 pm. Ages 4 – 14. Please call the Recreation Department to register. Cost will be \$20 per person.



OPEN REC NIGHT Mondays, October 3, 17, 24. 6:30 – 7:30 pm. St. Mary's Education Centre. All Ages. FREE! This is a time where kids and youth can come and play whatever they want! 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!

ST. MARY'S FITNESS CENTRE The fitness centre is now open from Monday to Friday, 3:00 pm to 8:00 pm. Hours of Operation/Fees, etc. is posted on our website and on our Facebook site as well. Have any questions on exercise programs and how to use the equipment; The fitness centre staff can provide you with everything that you need. They can provide you with exercise programs, workout routines, etc. With a membership, or drop in fee, the staff can help you on your way to fulfill your needs in a workout setting.

Promo of the Month: Existing Members get 50% off their next membership purchase when you refer a friend who purchases a new membership. If you have any questions or want information, please contact the recreation department at 522-2598.



Community Groups, Organizations, Clubs

Please contact the recreation department at anytime if you would like to promote recreation in your area in any way and we will do our best to fulfill your need. This is to provide recreational opportunities and to live a healthy lifestyle.



HALLOWEEN IN ST. MARY'S

Halloween is coming up very soon and the recreation department wants you to make it a good one! We know that everyone goes trick-or-treating, but let's spice Halloween up a little bit this year! We are going to do this by getting out to each community to hold a Halloween Party. These Halloween Parties will involve pumpkin carving, costumes, arts and crafts, games and activities, relay races, etc. These parties are for everybody! Youth, children, older adults, families, etc., So, get into your costumes and come out for a fun-filled Halloween with St. Mary's Recreation.

Wednesday, October 26 –

Greenfield Oldsters Club, 3:00 pm to 5:00 pm.

Thursday, October 27 –

Sonora Community Centre, 3:00 pm to 5:00 pm.

Friday, October 28 –

Pt Bickerton Community Centre, 11 am to 1:00 pm.

Friday, October 28 –

Liscomb Legion, 3:00 pm to 5:00 pm.

Saturday, October 29 –

Goshen Community Centre, 11:00 am to 1:00 pm.

Saturday, October 29 –

Ecum Secum Fire Hall. 3:00 pm to 5:00 pm.

Sunday, October 30 –

Sherbrooke Village Ball Field and Performance Center, 2:00 pm to 4:00 pm.

Monday, October 31 –

IHL Community Centre, 3:00 pm to 5:00 pm.



St. Mary's Recreation would like to wish everyone of the Municipality a Safe, and Fun Halloween.

St. Mary's Recreation has a facebook page where people can go on and get updates on programs and activities that are going on within the Municipality. On there you will get updates on when things are cancelled, reminders of when programs are, pictures, etc. All you have to do is join the facebook page are you are set! Type in St. Mary's

facebook

Recreation and like it, or join group.

What would you like to see for Programming?

The Recreation Department will be hosting public meetings around the municipality. The focus will be on Physical Activity, Recreation Opportunities, and Venues. Recreation Department is looking for residents to voice their opinions on activities that you would like to see for any age.

The meetings are scheduled as following:

Port Bickerton Community Center:

Thursday, October 20th 6:30 pm.

Sonora Community Center.

Tuesday, October 18th. 6:30 pm.

Melrose (Greenfield Oldsters Club).

Thursday, October 27th. 6:30 pm.

Goshen Community Center.

Monday, October 24th. 6:30 pm.

Indian Harbour Lake Community Center.

Wednesday, October 19th. 7:00 pm.

Sherbrooke. Council Chambers

Tuesday October 25th at 6:30 pm.

Ecum Secum Fire Hall.

November 2nd. 6:30 pm.

Harvest Market



Join the Guysborough Farmers' Market Group October 8th for their first Harvest Market. Decorate your

Thanksgiving table with pumpkins, freshly baked breads, sweets and beautiful fall flower arrangements. Or stop by for a freshly brewed organic coffee and browse all the market has to offer: original water colour paintings, handmade leather bags and belts, adorable baby sweaters, unique handmade jewelry and much more.

Location: Jost Building Time: 9-1

If you are interested in putting a table in please contact Ashley @ the GCRDA 533-3731 or Ashley.williams@gcrda.ns.ca

An Activity Day

Sponsored by the Guysborough District of Women's Institute of NS will be held on Wednesday November 2nd beginning at 10am. This event will be held at the IHL/Jordanville community centre. Items to be made include; tied and rag quilts, puppets, fleeces coverlets, scarves, pillows, turbans, totebags. Items made will be donated to hospitals and support groups. Lunch will be provided participants may take part in an exercise program. All are welcome to take part.



Friday, September 30, **COURTHOUSE CONCERT** – Featuring the country sounds of Lee Burke, 7:30 pm, tickets \$8 at the door.

Sunday, October 2, "**WITH THESE TWO HANDS**" Weaving is truly an art form with its intricate and beautiful patterns. It is amazing to watch as a weaver throws a shuttle through a series of threads to create the desired pattern.

Monday, October 3 to 6, **SHERBROOKE VILLAGE PHOTOGRAPHY CAMP** – With Instructor Wally Hayes. Registration is still available so sign up today! Visit Wally's Blog <http://www.novascotiablogs.com/whereiswally/> Thursday afternoon we will have an exhibit of the participants work at the Exhibit centre from 2 to 4.

Thursday, October 6, **SEVENTH ANNUAL ROAD TO CELTIC COLOURS CEILIDH AT THE COURTHOUSE** – Once again the Road to the Isles runs through Sherbrooke. This pre-festival event will allow visitors to get a head start on the music and magic that is Celtic Colours. 7:30 pm, admission \$8.00 at the door, season passes will be honoured. This will be the final concert of the 2011 Courthouse Concert Series.

Saturday & Sunday, October 8-9, **HARVEST WEEKEND** – We're celebrating Thanksgiving and the harvest, featuring traditional holiday fare at the jail.

Sherbrooke Village closes for the season on October 15. I hope everyone has had a chance to get out and visit us this season and we will look forward to your visit again next year.

Saturday, November 26, **Christmas in Sherbrooke** – The Historic Sherbrooke Village Development Society will be hosting a dinner theatre featuring the **Harbour Players** on Saturday, November 26 at the Lions Hall. Tickets for the play, "**Bed Rock n Roll**" will be available at the Sherbrooke Village Administration Office beginning October 18.

MARY'S MINOR HOCKEY



St. Mary's Minor Hockey is gearing up for another exciting hockey season for the St. Mary's Coyotes. St. Mary's offers hockey at the initiation level (ages 4 and up), novice (6-8 years), Atom (9-10 years), Pee wee (11-12 years), Bantam (Ages 13-14 years), and Midget (Ages 14-17). We will be accepting new registrations for our 2011-2012 hockey season for all levels on October 5th at the Municipal Office from 6:00 – 8:00 pm. The Registrar will be there with registration form and information about the upcoming hockey season. **This is the deadline for registration**, as we need to know what numbers we have for each team for the season – so if you plan to register your child, or are thinking about registering your child, please come out and do so on October 5th. Alternatively, you can email our registrar, Tammy Cole at Tammycole@live.ca prior to October 5th, 2011.

Cost for a full season of hockey for one child is \$375.00, two children in the same household \$575.00, and three children in the same household \$775.00. The initiation program for a full year is \$150.00. Registration fees are due prior to the first practice at the beginning of November. St. Mary's Minor Hockey fees are significantly less than any other local minor hockey associations – the best deal around for a great season of hockey!

For those who have pre-registered, please confirm your registration by email with Tammy Cole

If you are looking for hockey gear – there will also be an equipment swap and shop at the same time on October 5th at the Municipal Office. Bring your used equipment to sell and/or pick up some new gear for your hockey player for a reasonable price. For more information please contact Dion McGrath at 522-2028.

We are also now accepting expressions of interest for all coaching staff for the upcoming season. If you are interested in coaching at any level of hockey, or becoming involved with the hockey teams in any capacity, please indicate your interest by contacting the president of St. Mary's Minor Hockey, Darlene Oko at Darlene.Oko@bellaliant.net or at 328-2435 or

Julie MacDonald at goodka@hotmail.com or phone at 22-2536. We are also looking to fill the position for fundraising chair. If you are interested in contributing to minor hockey as the Fundraising chair, or to obtain more information about the position, please contact Darlene Oko.

If you have any other questions, or if you are new to hockey and considering putting your child into the program, please do not hesitate to contact the president, Darlene Oko, or Julie MacDonald or any member of the executive and we will be happy to answer any of your questions.

It is going to be a great season. Come out and here us HOWL!!



The Antigonish Recreation Departments are hosting Canadian Red Cross Water Safety Instructor courses. The Alumni Aquatic Center is offering Canadian Lifesaving Society Training Programs. Make waves and sign up for these courses. Interested in Lifeguarding? Contact the Alumni Aquatic Centre at 867-2181 or 867-3925 Interested in becoming a Swim Instructor? See WSI information below: Course for ages 15+. AWSI's can co-teach all levels of Red Cross Swim Preschool & Swim Kids. Course Dates Friday, November 4th; Saturday, November 5th & Sunday, November 6th; Saturday, November 12th & Sunday, November 13th (Attendance on all dates is mandatory) Contact Antigonish County Recreation at 863-1141 for more information and to apply! Or... contact St. Mary's Recreation to get more information we well at 522-2598.

NOVA SCOTIA FITNESS ASSOCIATION



NSFA NSFA holds the standards for fitness certification in Canada. By becoming certified through NSFA you receive the highest standard of fitness certification that is transferable across Canada. Fitness is a growing industry and by becoming a certified fitness professional you become a part of this movement. Fitness professionals are a vital component of our society as they play an important role in increasing physical activity levels and the health of Canadians. Training courses that enable you to be a fitness leader involve fitness theory, wellness leader, group fitness leadership, resistance training leadership, personal fitness trainer leadership, older adult fitness leadership, and aqua fitness leadership. If you are interested and for more information and for training courses and times please contact the recreation department at 522-2598, or visit their website at <http://www.nsfa.info/> On the website, there are course dates, locations and times.



KidSport is a national children's program that helps kids overcome the financial barriers

preventing or limiting their participation in organized sport. KidSport Nova Scotia provides funding of up to \$300/year/child for sport registration and/or equipment. KidSport™ Canada is a national not-for-profit organization that provides financial assistance for registration fees and equipment to kids aged 18 and under. Through a confidential application process we provide grants so they can play a season of sport. One of our primary goals is to support our network of 11 provincial/territorial KidSport chapters and 177 community KidSport chapters across Canada in their fundraising and sport activities. If you want more information on this program, please contact the recreation department at 522-2598, or visit the website (<http://www.kidsportcanada.ca/>). (<http://www.sportnovascotia.ca/KidSport/tabid/145/Default.aspx>)

PORT BICKERTON OPEN EXERCISE As Port Bickerton just opened a new community center, there is exercise equipment in there now for you to be able to use to stay healthy and active. The community center will be open on Mondays and Wednesdays from 10:00 am to 12 noon starting on October 3rd for you to workout with the exercise equipment. Before you go, you need to contact Ardith Dodge and fill out a disclaimer. Her number is 364-2967. There will be a \$2 charge on an honour system as well. If there is interest in other times to go and workout, please contact at Ardith Dodge to expand the program.

ST. MARY'S FIGURE SKATING CLUB



Attention, there will be a skating club meeting at 6:30 pm on October 6th at the Municipal Office in Sherbrooke. As you

may or may not know, currently there is no skating club committee and their needs to be one in order to have a skating club in this area. So, we are inviting you to attend this meeting if you are interested in being involved with this program to get it started up again. This is a great opportunity to get the kids involved in skating as they were before. We need volunteers to make this happen! See you there! If you have any questions, please contact the recreation office at 522-2598.

FALL FUN WITH S.H.O.P.S.
(SHERBROOKE OPPORTUNITIES SOCIETY)



Thursdays, in October, Sherbrooke. 3:00 pm to 5:00 pm. S.H.O.P.S. is a newly formed society in the Sherbrooke Community that will provide space, programs

and a future for the disabled adults of the community. These adults now travel to Guysborough, Antigonish, or have no access to all programs. So, there is a need to provide access right here at home. The amalgamation of the schools has given us an opportunity to acquire the space that is needed for such a project. The Municipality of St. Mary's Recreation Department and the S.H.O.P.S. group partnered up to create a program called Summer Fun with S.H.O.P.S. and now continuing the program on to the Fall because of the success. Events will be held in Sherbrooke and in various areas. The Program will be held every Thursday during the month of October (Unless there is an activity going on another day and time). Some activities included will be trips to various parks, Wii Day, Softball, trips to events and activities, Basketball, Craft Day, Movie Day, Bowling, Swimming, etc. Home base will be in Sherbrooke, but some days and times may change according to what activity we will be doing that week, but please call and get on the phone list so you can be notified of what activity, when, and where we will be doing. This will be a good start of getting these young adults a chance to meet and interact with each other. Please call the recreation department to register @ 522-2598.

STONEWALL PARK SOCIETY MEETING

Attention: There will be a Stonewall Park Society Meeting on Monday, October 17, 2011 at the Recreation Office in the Municipal Building in Sherbrooke at 6:00 pm. We are inviting people to come who are interested in the restoration of Stonewall Park and to join our committee to improve the park.

EMERGENCY FIRST AID/CPR LEVEL A

Saturday, October 15th, 2011. 9:00 am – 5:00 pm.
St. Mary's Academy School, Sherbrooke. \$80.

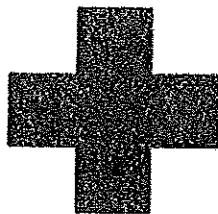
Designed to meet industry, business and government requirements, St. John Ambulance first aid courses are your assurance of quality, flexibility and expertise. Emergency level first aid is a state-of-the-art, modular, course of basic first aid skills and other select subjects needed to sustain life and manage the scene of an injury. **Emergency First Aid is recommended for worksites with 1-19 employees per shift.** The Emergency Level First Aid course is built on the same core and elective lessons as the Standard Level course. The course includes core and elective lessons as well as a written exam. Lessons that make up the Standard and Emergency Level courses are outlined below. Both the Standard First Aid and Emergency First Aid courses include five core lessons (four hours).

- Emergency Scene Management
- Shock, Unconsciousness and Fainting
- Choking (Adult)
- Cardiovascular Emergencies and One-Rescuer
- CPR (Adult casualty) and Severe Bleeding.

There are 18 elective lessons. The Emergency course includes approximately 1.5 hours* of elective content, while the Standard course includes about 7.5 hours.

1. Medical Conditions (Diabetes, Convulsions, Asthma, Allergies)
2. Child Resuscitation
3. Infant Resuscitation
4. Two-Rescuer CPR
5. Automated External Defibrillation
6. Secondary Survey
7. Bone and Joint Injuries
8. Head/Spinal and Pelvic Injuries
9. Chest Injuries
10. Wound Care
11. Multiple Casualty Management
12. Rescue Carries
13. Eye Injuries
14. Burns
15. Poisons, Bite and Stings
16. Heat and Cold Illness and Injuries
17. Emergency Childbirth and Miscarriage
18. Artificial Respiration

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



ST. FX WOMEN'S VARSITY VOLLEYBALL

Tuesday, October 11, 2011. St. Mary's Academy.
7:00 pm. Warm-Up begins at 6:30 pm.

The St. FX Women's Varsity Volleyball Team will be coming down to Sherbrooke and playing at the High School as the new squad gets ready for the upcoming season.

Come out and watch the X Girls in action!!!



CANADIAN TIRE JUMP START PROGRAM

This program helps kids be involved in sport and recreation. It enables financial assistance to families. Canadian Tire Jumpstart is dedicated to removing barriers, so children can participate in organized sport and recreation. We see it as equipping kids for life, because participation in organized sport and recreation increases a child's chance for success in life. They discover and participate. They gain self-confidence. They develop self-esteem. They learn leadership skills. Canadian Tire Jumpstart helps financially disadvantaged kids ranging in age from 4 to 18. **HOW TO APPLY:** Applications for assistance can be submitted from July 1 – Nov. 15 for fall/winter programs. Call 1-877-616-6600. Based on your postal code, a representative will provide a contact on the closest Canadian Tire Jumpstart Chapter. When calling your local Canadian Tire Jumpstart Chapter representative, be prepared to provide your contact information and the details of the sport or recreational activity your child would like to participate in. You may also be asked to provide financial information in order to prove eligibility for funding. Applicants will be notified by the local Canadian Tire Jumpstart Chapter representative if they are approved or if further information is required. All information received is kept confidential. The Canadian Tire Jumpstart program provides grants up to a maximum of \$300 per qualifying child per session (i.e., spring/summer, fall/winter). Grants are provided directly to the non-profit or charitable organization coordinating the sport or recreational activity on behalf of the qualifying child. Since each child's financial needs are unique, Canadian Tire Jumpstart's contribution can be made for equipment, registration or transportation costs. All approvals are the sole discretion of the local Canadian Tire Jumpstart chapter and designated Canadian Tire Jumpstart personnel. If you want additional information on this program, please do not hesitate to contact the recreation department at 522-2598, or visit the jumpstart website (<http://jumpstart.canadiantire.ca/>).



Jumpstart
Supporting the Future

ACTIVE TRANSPORTATION

What is Active Transportation?



Active transportation refers to any form of human-powered transportation. There are many ways to engage in active transportation, whether it is walking to the bus stop, or cycling to school/work. Active transportation includes many active modes and methods of travel such as: walking/jogging/running; cycling; in-line skating; skateboarding; non-mechanized wheel chairing; and snowshoeing/skiing.

Taking Action

Here are some ideas that may help you to adopt more active modes of transportation: Think twice about using your car for every trip. Could you walk or use your bike instead? Dust off your bicycle and cycle to work when the weather permits. Trade in your dress shoes for running shoes, strap on a backpack and walk all, or part of, the way to work/school. Instead of driving your kids to the park, why not walk or make it a family outing on your bikes?

Physical Activity

Physical activity plays an important role in the health, well-being and quality of life of



Canadians. People who are physically active live longer, healthier lives. Active people are more productive, and more likely to avoid illness and injury. Physical activity helps: healthy growth and development. Prevent chronic diseases like cancer, Type 2 diabetes and heart disease. Make us stronger. Give us energy. Decrease stress, and prolong independence as we get older.

Tips to Get Active

Being active doesn't have to be difficult. There are many ways to make physical activity a part of daily life — at home, at school, at work, at play, and on the way. Getting started is easier than you think. Start now and slowly increase your physical activity to meet the new recommendations. They can be met through planned exercise sessions, active forms of transportation like walking or biking, as well as recreation and sports.



Sherbrooke Parent/Tot Drop-in has started up again - St.



Mary's Education Centre from 9:30-11:30am and will run each Tuesday until December 13th. This program is open to all parents/caregivers and their children ages 0-6. A family centered program which provides a safe and welcoming environment for adults and children to come together and play and learn. A great opportunity to meet other families with young children in your area.

Just Me & My Friends – This program is a school-readiness program for all children who have turned four by December 31st of 2011 that will be attending St. Mary's Education Centre in the fall of 2012. This program takes place at the St. Mary's Education Centre. Starting Tuesday, October 4th the children are to be dropped off at 12pm and picked up at 2pm. This program will run for 10 weeks before Christmas and 10 weeks after. The Children are to bring a healthy snack. This program gives the children some adjustment time away from their parents before entering school the next year. During our morning together, we will be having lots of fun while learning, sharing and playing. To register for this program please call Paula at 1-888-533-3881.

Guysborough County Prenatal Nutrition Program is

designed to support pregnant women and their babies up to six months of age.

Supports include:

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

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

Facebook – if you have children from birth to six years or are expecting your first child, search for Guysborough County Kids First and send in a request to join. A great way to receive updates and notices about programming in your area.

For more information regarding Kids First or the programs, visit our new and improved website www.kids1st.ca All programs and services are free and confidential! For more information, please contact Kids First toll free at 1-888-533-3881. 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.

September 2011

Tuesday	Wednesday	Thursday
27 Garbage + HEAVY HAUL New Chester, Ecum Secum, Liscomb to Sherbrooke including Sonora and Old Road Hill	28 Garbage + HEAVY HAUL East Loon Lake, Smithfield, Glenelg church road, Aspen, to Goshen to Borneo Road inclusive	29 Garbage + HEAVY HAUL Hwy 211, IHL to Port Bickerton, Stillwater, West Melrose, Lead Mines Rd, to Waternish inclusive

October 2011

Tuesday	Wednesday	Thursday
4 Blue Bag New Chester, Ecum Secum, Liscomb to Sherbrooke including Sonora and Old Road Hill	5 Blue Bag East Loon Lake, Smithfield, Glenelg church road, Aspen, to Goshen to Borneo Road inclusive	6 Blue Bag Hwy 211, IHL to Port Bickerton, Stillwater, West Melrose, Lead Mines Rd, to Waternish inclusive
11 Garbage New Chester, Ecum Secum, Liscomb to Sherbrooke including Sonora and Old Road Hill	12 Garbage East Loon Lake, Smithfield, Glenelg church road, Aspen, to Goshen to Borneo Road inclusive	13 Garbage Hwy 211, IHL to Port Bickerton, Stillwater, West Melrose, Lead Mines Rd, to Waternish inclusive
18 Blue Bag New Chester, Ecum Secum, Liscomb to Sherbrooke including Sonora and Old Road Hill	19 Blue Bag East Loon Lake, Smithfield, Glenelg church road, Aspen, to Goshen to Borneo Road inclusive	20 Blue Bag Hwy 211, IHL to Port Bickerton, Stillwater, West Melrose, Lead Mines Rd, to Waternish inclusive
25 Garbage New Chester, Ecum Secum, Liscomb to Sherbrooke including Sonora and Old Road Hill	26 Garbage East Loon Lake, Smithfield, Glenelg church road, Aspen, to Goshen to Borneo Road inclusive	27 Garbage Hwy 211, IHL to Port Bickerton, Stillwater, West Melrose, Lead Mines Rd, to Waternish inclusive

November 2011

Tuesday	Wednesday	Thursday
1 Blue Bag New Chester, Ecum Secum, Liscomb to Sherbrooke including Sonora and Old Road Hill	2 Blue Bag East Loon Lake, Smithfield, Glenelg church road, Aspen, to Goshen to Borneo Road inclusive	3 Blue Bag Hwy 211, IHL to Port Bickerton, Stillwater, West Melrose, Lead Mines Rd, to Waternish inclusive

*** Please note the change from Garbage EVERY week to Garbage collection every TWO weeks. Also note it is permitted to have total of 8 bags of household garbage every two weeks. Recyclables will continue on an every TWO week schedule***

OCTOBER 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 Stillwater Centre Mtg	3 School Enhancement Mtg Open Rec Night	4 IHL auction 45s Parent/Tot Drop in School Readiness Program	5 Knotty Knitters Club Lions BINGO Minor Hockey Registration	6 Figure Skating Club Mtg Fun with SHOPS	7 Village Readers Book Club Maple Manor Bake Sale	8 I Sinclair Wedding Anniversary
9	10 COUNCIL Meeting IHL auction 45s Parent/Tot Drop in School Readiness Program St. FX Women's Varsity VOLLEYBALL Game	11	12 Knotty Knitters Club Lions BINGO	13 Fun with SHOPS	14 Maple Manor Bake Sale	15 JFJ Club Country Breakfast Sea Shore FD/Community Centre GRAND OPENING First Aid/CPR
16	17 Liscomb Fire training IHL Hall Meeting Open Rec Night Stonewall Park Society Mtg	18 IHL auction 45s Sonora Recreation Public Mtg Parent/Tot Drop in School Readiness Program	19 Knotty Knitters Club Goshen Senior Games IHL Recreation Public Mtg Lions BINGO	20 Library - Intuitive Coach PB Recreation Public Mtg Fun with SHOPS	21 Maple Manor Bake Sale	22 Bottle Exchange Sherbrooke Goshen Flea Market East River Chinese Supper
23	24 Goshen Recreation Public mtg Open Rec Night	25 IHL auction 45s Sherbrooke Recreation Public Mtg Parent/Tot Drop in School Readiness Program	26 Knotty Knitters Club Lions BINGO Greenfield HALLOWEEN	27 PB Bottle Drive Children Story Time Library Melrose Recreation Public Mtg Sonora HALLOWEEN Fun with SHOPS	28 Maple Manor Bake Sale P Bickerton HALLOWEEN Liscomb HALLOWEEN	29 JFJ Club CH Flea Market CH Dance Goshen Senior Games Ecum Secum HALLOWEEN Goshen HALLOWEEN
30 Sherbrooke HALLOWEEN	31 High Crest Birthday/Halloween Party IHL HALLOWEEN					