

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



November 2011 Newsletter



www.saint-marys.ca

The DEADLINE to have information submitted for the DECEMBER issue of the Newsletter is **FRIDAY, November 18th at 4:00 p.m.** Submissions can be received by fax: 522-2309 or email: council@mynet.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, **NOVEMBER 14TH at 7:00.** The public is invited to attend. Visit our website for council minutes, and important updates: www.saint-marys.ca

For Tender

For Tender: A 28 foot universal trailer with walking floor. As is, where is. Located at the St. Mary's Municipal Transfer Station, 150 Cape Gegogan Road.

Deadline for tenders: Must be received at the St. Mary's Municipal Office, Sherbrooke by Monday, November 14th at 4:00 pm.

St. Mary's Municipality reserves the right to accept or reject any or all bids.

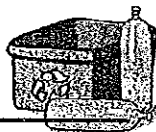
For further information please contact St. Mary's Municipal Office 522-2049 or visit St. Mary's Transfer Station Tuesday-Saturday 9:00 am-4:30 pm.

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
Questions? Call
MacMillans Service Centre 863-1127



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.

Christmas Tree Lighting, Sherbrooke

Maple Manor, Friday, December 2nd at 6:30 pm.

Sponsored by St. Mary's Lions Club and Nova Scotia Power.

Christmas Family Skate at St. Mary's Recplex at 7:00 pm with hot chocolate sponsored by the Lions Club and Santa and treats for children sponsored by the Fire Department.

Karaoke Dance at St. Mary's Lions Club, with Master Blaster 9:00 pm-1:00 am. Gov. ID required. \$10 per person.

Do you own a burn barrel?

Did you know that: Burning garbage and plastic releases toxins that can cause cancers, learning disorders, nausea, asthma and breathing difficulties, reproductive and heart problems and more! Children are especially vulnerable to the effects of waste burning.

Burning garbage harms the environment by polluting our air, soil, food and water.



Health Authority Makes Changes to Foot Care Program

GASHA has made two major changes to the way foot care services are delivered in the district. Clinics offered by GASHA which are currently held in community centres and halls, will now be offered only in hospital. Starting in October, when a client has a booked appointment, they will go to their community hospital to access acute foot care services. In addition, an administration fee of \$15 will be required per visit. The fee will be used to cover the costs of delivering the foot care program to clients. The fee will help to pay for equipment and supplies that are used by the nurse when caring for skin and nail conditions.

IHL-Jordanville Community Centre

Next hall meeting: Monday, Nov. 14th, 7:00 Everyone welcome!

Exercise, walking, and use of exercise equipment will begin Nov. 1st (Tue) and Nov 3rd (Thur) and every Tuesday and Thursday onward at 10:00am. Evening exercise will be held on Wednesday evenings at 7:00 pm beginning November 2nd. Admission is \$2 for each session.

Christmas Tea Bake and Craft Sale
Saturday, December 3rd, 2-4 pm.
Admission \$5.00



Christmas Bazaar at St. John Church Hall
Necum Teuch-Hwy #7
Nov 12th 9 am-1pm

Christmas Ornaments and Mitts on tree for sale.
Lots of New and Old Items, Bake Table, Seafood Chowder lunch also available for \$5.00

Indian Harbour Lake Pentecostal Church
November Worship & Activities
Sunday

11:00 am- Morning Worship
6:30 pm- Praise and Prayer, Nov. 20th



Weekday Activities

Wed. Nov. 9th, 16th, 23rd 7:00 pm Bible Study on the Life of Moses
Friday, Nov. 4th and 18th 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**

Sherbrooke Library Chat Line

Village Readers' Club - Friday Nov 4th at 11am

Seniors' Café- Fridays at 9:30

Knotty Knitters' Club - Wednesdays 2-4pm.

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.

Thank you to the Seniors' Café for creating the Pumpkin Readers for Halloween.

Sherbrooke Library & C@P Site

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

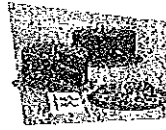
Thursday..... 10am-1pm

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.

Seniors Games Afternoons

Nov. 2nd, 9th, 23rd, 30th, Dec 7th. 12:30-4:00 pm at the Goshen Community Centre.



Greetings from High-Crest Sherbrooke!

Residents celebrating birthdays are:

Mary Janet MacDonald November 3rd

Dorothy Bouchie November 9th

Happy Birthday Folks! Our Homebuddies Bingo/Birthday Party will be held on November 21st at 1:15 pm to celebrate. Everyone is welcome! Just a reminder to children in the area, come and see us on Halloween night. We have good treats! Have a fun and safe Halloween!

This Halloween, High-crest is competing in the scarecrow display. Come by and take a look. Don't forget to vote for the best scarecrow.

Drama Adventures

at

JFJ Club

(Juniors for Jesus)

on

Saturday, Nov. 12th & 26th

12:30 - 3:00 p.m.

Indian Harbour Lake/Jordanville Community Center

For Boys and Girls ages 6 and up

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 cornectfamilyfarm.com or phone 833-2747 or Rita at 522-2153.



Sonora/St. Mary's River Community Centre



Join us for "Christmas by the Sea" and view our many decorated trees. There are prizes to be won and tea and lunch

for everyone. We hope to see you there as we spread the Christmas cheer.

When: December 3rd, 2-4 pm

Admission: \$5.00

Country Harbour Gun Club

October 29th - Flea Market 10-11:30am
Table rental - \$5 admission \$0.50cents
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

Nov. 19th- Country Breakfast 8:30-10:30 am.
Adults-\$6.00, Children- \$3.00

Nov. 20th-Holy Trinity Anglican Church.
Christmas Victoria Tea 2:00-4:00 pm.
Admission- \$5.00. There will be a lunch, door prizes
and a wonderful time for everyone. Christmas items
for sale.

Dec. 4th- Christmas Prize Bingo starting at 2:00 pm.

The Annual Casserole Supper,
Christmas Crafts and Bake Tables
will be held in the Glenelg
Presbyterian Church hall on
Saturday, November 26, 2011 from
4-6 pm.



Supper: Adults, \$8.00, Children under 12 \$4.00.
Takeouts will be available.

Christmas Flea Market/Craft-n-Bake Sale



Where: Ecum Secum Fire Hall
When: Sat., Dec. 3rd at 9:00 am.
For more info or to book tables call
Susan at 347-2825 or Carolyn at 347-
2390

Bottle/Penny Drive

Goshen & Area- Sat., Nov. 19th.
Please have your bottles/pennies at
roadside by 9:00 am for pick up, or
bottles/pennies can be dropped off at the Goshen
Fire Hall from 9:00-10:00 am. To make other
arrangements for pick up call Angie at 783-2196 or
Jackie at 783-2443. All proceeds for the Troy
Hudson Memorial Playground, Goshen.



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

The Anglican Parish of Liscomb & Port Bickerton

The Rev.'d Melissa Frankland, Rector 522 2510

November 6th (Octave in All Saints)

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

November 13th (Trinity XXI)

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

November 20th (Sunday Next before Advent)

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

November 27th (Advent I)

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

Other Events in the Parish...All are welcome!

*Fruit of the Holy Spirit Bible Study is held every Friday
from 10:30-11:30 at the hall in Liscomb
Jammin' with Jesus...November 3rd and November
24th- 6pm at the Hall in Liscomb.

Activity Day

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, and tote bags. Items made will be
donated to hospitals and support groups. Lunch
will be provided and participants may take part in
an exercise program. All are welcome to take part.

Lions Masquerade Dance

1st Prize- \$150, 2nd Prize- \$75, 3rd prize-
\$50

Saturday, October 29 9:30-1:30 am.

Music By: Master Blaster

Admission is \$10 per person.

Government IDs upon request



*The first Remembrance Day was conducted in
1919 throughout the Commonwealth. Originally
called Armistice Day, it commemorated the end
of the First World War on Monday, November 11,
1918, at 11 a.m.: the eleventh hour of the
eleventh day of the eleventh month.*



A PART of THE NOVA SCOTIA MUSEUM

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.

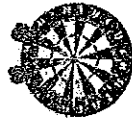
ROYAL CANADIAN LEGION BRANCH 56, SHERBROOKE

The Legion hall is available for birthday parties, baby/wedding showers etc for a fee of \$25.00 Due to low membership, Branch 56, Sherbrooke, is in danger of having to close its doors. Please note that members do not have to be veterans. If you are interested in belonging to an organization that serves your community (ie. Donations to food bank, school scholarships, breakfast program etc) and if you are willing to be actively involved- please contact:

Greg at 522-2797 or Kelly at 522-2553.

Chip Fun Darts

Beginning Friday nights 7 pm at Ecum Secum Fire Hall. Ages 15 & up.



Come out and have some fun, for a couple of hours, whether you know how to play or not. Just have fun!

For info: call Susan at 347-2825 or Marlene at 347-2795 or Travis at 347-2188.

DEDICATION OF VETERANS MEMORIAL IN GOSHEN

After three years of planning, a Veterans Memorial will be unveiled and dedicated at a ceremony in Goshen scheduled for **Sunday November 6th at 2:00 pm**. The Memorial will be in recognition of the men and women from Goshen and surrounding communities who faithfully served and those who made the supreme sacrifice during World War I and II, the Korean War and peace keeping missions. Local dignitaries and clergy will be on hand to help the community celebrate such a memorable event.

In addition to this event, the Goshen Community and Recreation Centre will be marking its 20th anniversary since taking over the former Goshen Consolidated school in 1991. It will be an opportunity to walk down memory lane and see many of the changes that have occurred to the building to make the Centre what it is today. A lunch will be served following the formal ceremonies.

ROYAL CAN. LEGION BR. #86 LISCOMB

Next general meeting: Tuesday, November 1st

ACTIVITIES:

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

CRIBBAGE- Saturdays at 8 pm \$5.00

HALLOWEEN DANCE:

October 29th 9 pm-1 am Music by "Triple B"

Best Costume prizes

\$10 per person, gov't ID required

REMEMBRANCE DAY-NOVEMBER 11TH

Church Service-9:30 am- St. Luke's Church

Laying of the Wreaths-11 am-Branch 86

Dinner for Veteran's and guests-12 noon

To order wreaths in memory of loved ones, please contact Connie Nauffts by Nov. 7th.

SENIORS CHRISTMAS PARTY

Tuesday, November 29th-2-5 pm

Games, visit with Santa and meal

CHRISTMAS IN THE COUNTRY

December 10th-Mark your calendars.

Stay tuned for the schedule of events.

Reserve your table for crafts or baked goods by calling Cheryl at 779-2677. Space is limited, so call early.

NEW YEARS DANCE & BUFFET

Liscomb Legion-Dec. 31st 9-1. Music: Devil's Elbow

Tickets on sale-December 1st- tickets limited

\$35 per couple, \$20 single ticket

Contact Deb Lutes at 779-2231



BIGGEST HomeParty Experience

You are invited to Jost Waterfront Centre, Guysborough on November 12th from 11 am-3 pm where you will find 8 home based parties all in one area. You will find jewelry, handbags, home décor, health and wellness, baby care products, spices, make-up, clothing and wickless candles, all under one roof!

Free admission and lots of door prizes!



We were touched by the care and concern evidenced at the Benefit Concert for us. Thanks to the Goshen Community Centre committee for organizing the event and all who helped out in any way; to those who contributed their wonderful musical talent and to the many who attended and gave so generously.

With love and appreciation,

Harold and Evelyn O'Brien and Family

God keeps in perfect peace all who trust in Him.

Isaiah 26:3

Fall Business Expo

Port Bickerton Community Centre

November 5th from 11 am-2 pm

Over 6 vendors on site. If you have a home based business and would like to book a table call Rachel at 364-2051.



St. Mary's Shooters Association

Nov. 6th- SMSA Turkey Shoot, Frozen turkeys and chickens as prizes. 100 yrd range. Any rifle, any caliber. Skill is not a factor aside from safety. The public is welcome to shoot as guests. **10am-3 pm.**

The members are reminded that the annual dues are due. Call Mike at 522-2172, John at 783-2820 or Colin at 522-2995.

The range will be open for members and guests for the rest of the fall as weather permits on Sundays.

The expansion on the range building is nearing completion. The roof is on and the windows are in. The area for a skut and trap range on the DNR property is being looked at this fall for clearing to start.

Thank you to the Club members who helped with the work days so far this year.



We would like to express our gratitude to all the family and friends who came out to celebrate our 50th Wedding Anniversary. The many cards, calls, gifts and well

wishes were greatly appreciated.

Sandra and Charles Sinclair

TOPS NS#5098 LISCOMB

We would like to thank everyone who supported our fall fundraiser. We sold tickets on a variety of gift certificates, and had a Sorry Box at the indoor yard sale at the RecPlex on Sept. 24th. The winning ticket was drawn on Sept. 24th at the RecPlex. The winner of the gift certificates was Marlene McInnis. *If you would like to learn more about TOPS and what we're all about, please contact Debbie Baker at 902-779-2255 or Mary Lou Cole at 902-347-2285.*

GOSHEN GOSPEL CHURCH

20672 Highway 316

Tuesday, October 25th, 7 pm- The FEHR Family.

Christian Blue Grass and Folk Quartet from Alberta. Come and enjoy their Gospel ministry with us. We'd love to see you here.

Friday-Sunday, Nov 4-6th- Ed Sealy

Well-known singer and Bible teacher.

Friday and Saturday evening- 7 pm.

Saturday Morning: Breakfast-8:30 am.

Sunday: Worship Service- 11:00 am

Come and enjoy a weekend of encouragement in the Word of God and Song. For further information, please contact Pastor John at 783-2055 or 783-2972 or by email: johnluten3@gmail.com

Roast Beef Dinner

The Port Bickerton and Area Planning Association will be holding a roast beef dinner in support of the Port Bickerton Lighthouse and Interpretive Centre on Sunday, October 29th from 4:30-6:00 pm at the Port Bickerton Community Centre. Cost is \$10.00/adults; \$6.00/children. Takeout will be available by calling 364-2489. If you require transportation, call 364-2967 (Don), 870-5971 (Ron) or the Community Centre at 364-2489.



11th Annual Christmas Banquet

**Bethel Community Church,
South Lochaber
Friday, Dec. 9th 6:30 pm.
Attendance is free!**



The Family of Ricky McKeen would like to express our sincere thanks to all who remembered us at this sad time with visits, phone calls, cards, food, and donation to various charities.

*Love and Prayers,
Claire, Doug and family*

RBC Royal Bank

Join us and learn more about what home buyers need to know.

Date: Friday, November 4th, 2011 Time: 1:00-3:00 pm.

Location: Sherbrooke branch, 6 Main St, Sherbrooke

RSVP by contacting: Heather Laybolt at 522-2063 or

heather.laybolt@rbc.com

Please RSVP by: Friday, October 28th, 2011

The Baptist Congregation of Port Hilford, Port Bickerton and Sonora

You are invited to our November Services:

Nov. 6th, 11:00 am-Port Hilford United Baptist Church

Nov. 13th, 11 am-Port Bickerton United Baptist Church

Nov. 20th, 11:00 am-Sonora Baptist Church

Nov. 27th, 11:00 am-Port Hilford United Baptist Church

An Adult Elective study will be held each Sunday morning at 10:00 am. Topic-*"Groups of Hope"*

On Wednesday, Nov. 2 at 6:30 pm, at Port Hilford United Baptist Church we are starting a Study of World Religions in relation to the Bible and Christianity. Everyone is welcome to join this discussion.

For more information, contact Rev. Norman Pearce, 522-2087 or hbs.baptist@ns.sympatico.ca

The monthly meeting of the Liscomb Vol. Fire Dept is cancelled due to Halloween. The next meeting is Nov. 28th at 6:30.

Training is Monday, Nov. 21st at 6:30.



Congratulations and best wishes to Mrs. Catherine Sponagle on her retirement as organist of the Port Bickerton United Baptist Church. Thank you for your faithful service of four decades and more. "Grace to

you and peace from God our Father and the Lord Jesus Christ" (1 Cor. 1:3).

With love, from the Baptist Congregation of Port Bickerton, Port Hilford and Sonora.



**Public Health Services
Community Flu Clinics
November 3rd, 2011 -
November 17, 2011**

Nov. 3-Sherbrooke Lion's Club 1:00PM-7:00PM
Nov. 7-Port Bickerton Community Hall 10-12 PM
Nov. 7 Ecum Secum Sunshine Club 10:00-12:00
Nov. 17-Maple Manor, Sherbrooke 9:30-12:30

Flu Facts:

- Seasonal flu vaccine is free for all Nova Scotians.
- This year, H1N1 will be part of the seasonal flu vaccine.
- The flu shot is a simple, safe and effective way to protect yourself and your family against the flu.
- Please bring your health card with you!
- For more information, please contact your local public health office or visit www.gov.ns.ca/hpp/flu



Remembrance Day Ceremony
There will be a ceremony in honour of veterans at St. James Presbyterian Church, Sherbrooke

Village, on November 11th at 11:00 am.

YARD SALE

When: October 29th 9 am -12 pm

Where: 20 Stillwater Drive, Bickerton West



The Guysborough County Adult Learning Association offers training that will improve your chances of finding work: e.g. Basic Math Skills, Communicating More Effectively, Learning and Improving Computer Skills, Preparing to Write the GED. To learn how a workshop or adult learning program can come to your community, call GALA at 533-4252.

ST. MARY'S RECPLX

Ice Rentals: Private Rentals \$135, no HST. Minor Hockey, Schools, Birthday Parties-\$110.00

A great way to celebrate your child's birthday is to rent the rink for skating, hockey, or both. Ice rental time includes the use of the Hospitality Room.



St. Mary's Recplex will be having at least one free family skate per week.

Looking for a way to advertise your business? Call 522-2646 for pricing and location for a 4'X8' wall sign.

The Sherbrooke Opportunities Society (SHOPS) has agreed to take over the canteen operations. If anyone is interested in volunteering, please contact Colin Coady at 522-2995.

St. Mary's Curling Club

With fine weather slowly coming to an end thoughts are turning to the upcoming curling season. Because of low attendance at previous years registration we have decided to try a different method.

First curling night is Monday, November 7, 2011 with draws at 5:30 and 7:00pm.

Stick Curling will be offered again this year free of charge to all participants Tuesday mornings at 11:00am for 1 hour.

Junior after school curling will be offered for 8 weeks if a minimum of 8 participants sign up. Teams will be selected from this group to play in high school competitions.

To register yourself or your team for any of the above please call Debbie Feltmate at 522-2281 or Gloria MacIntosh at 522-2824 as soon as possible after receiving this newsletter. Fees remain the same as previous years: \$115 for Juniors (16 and under) and Seniors (55+); Ages 17 - 54 is \$135.

Once teams or individuals are registered a schedule will be drawn up and team skips will be contacted. We will collect fees the first night of curling, please arrive early to fill out the membership form and pay to avoid games being delayed.

New curlers are welcome and encouraged to join. The **Learn to Curl** program will be offered if we have sufficient interest from new curlers and existing members who wish to further develop their skills. For more information and to register please call Debbie or Gloria.

St. Mary's Recreation

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

November, 2011!!

SUMMER FUN WITH S.H.O.P.S The S.H.O.P.S. program would like to thank everyone who donated for our fun day at Magic Valley Fun Park that we had in August!



ZUMBA GOLD Mondays, November 7th to the 28th. 6:00 to 7:00 pm at St. Mary's Education Centre. \$5 Per Person. Join certified ZUMBA Instructor Maria Tate for this great class. Zumba Gold targets the largest growing segment of the population: baby boomers. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant, as well as those just starting their journey to a fit and healthy lifestyle. What stays the same are all the elements the Zumba Fitness-Party is known for: the zesty Latin music, like salsa, merengue, cumbia and reggaeton; the exhilarating, easy-to-follow moves; and the invigorating, party-like atmosphere. Active older adults want camaraderie, excitement and fitness as a regular part of their weekly schedule. Zumba Gold is the perfect fit. It's a dance-fitness class that feels friendly, and most of all, fun. Please Register by calling the Recreation Department at 522-2598.

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

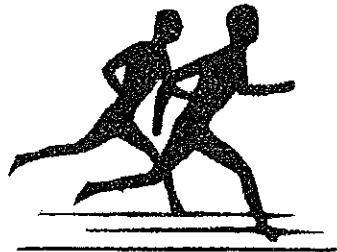
ST. MARY'S FITNESS CENTRE The fitness centre is now open from Monday to Friday, 3:00 pm to 8:00 pm. Hours of Operation/Fees, etc. is posted on our website and on our Facebook site as well. Have any questions on exercise programs and how to use the equipment?; The fitness centre staff can provide you 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: Bring a friend for free week. If you are a member of the Fitness Centre, the week of Nov. 14th you can bring a friend in for free.

Community Groups, Organizations, Clubs

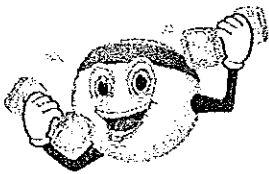
Please contact the recreation department at anytime if you would like to promote recreation in your area in any way and we will do our best to fulfill your need. This is to provide recreational opportunities and to live a healthy lifestyle. joshcorkum@yahoo.ca or phone: 522-2598.

ST. MARY'S IN MOTION Staying active and healthy is an important part of an everyday lifestyle, therefore we need to keep on the move and be involved in physical activity. So, St. Mary's Recreation Department will have the Fitness Centre open for you to come and exercise every Monday and Wednesday from 10:00 am to 11:00 am starting on November 14th. \$2 per person each time you come. There will be a staff member there to help and guide you through relevant exercises to help your needs.



KIDS FIRST PARENT EXERCISE DROP-IN

For the month of November, The St. Mary's Fitness Centre located in the High School will be open for you to use on Tuesdays, 12 noon until 2:00 pm. \$2 per person. Parents!!! – After you drop your child off for the Kids First Program, why not get a workout in? This is a great opportunity to stay active, and healthy.



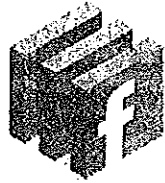
ST. MARY'S WALKING PROGRAM It's getting that time again where it is getting chilly outside! St. Mary's Recreation has the fix for you. St. Mary's Academy will be open for you to walk the halls Monday to Thursday from 3:00 pm to 5:00 pm to walk in warmth, and out of the cold.

ZUMBA! Fridays, Nov. 4 to the 25th. 6:30 pm – 7:30 pm. Indian Harbour Lake/Jordanville Community Centre. Mondays, 7:15 to 8:15 pm at St. Mary's Education Centre. **ZUMBA IS BACK!** Come join Maria Tate which is a certified Zumba instructor for this awesome class. 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. \$5 per class. Call rec dept to register.



Social Media and Facebook

Social Media is becoming a trend in the recreation industry for promoting, advertising, and getting information on programs, activities, and what's going on in your area. If you may or may not have known, 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 Recreation and like it, or join group.



RUG HOOKING Wednesdays, November 2 to 30. 1:00 pm to 4:00 pm at the Port Bickerton Community Centre. \$35 for 5 weeks. Like Rug Hooking? Well, here is your chance to be involved in afternoons of creating your own rug. Please call the Recreation Department to Register before the program starts so we can get materials.



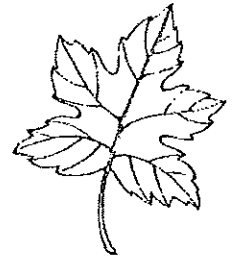
KIDSPORT KidSport is a national children's program that helps kids overcome the financial barriers preventing or limiting their participation in organized sport. KidSport Nova Scotia provides funding of up to \$300/year/child for sport registration and/or equipment. KidSport™ Canada is a national not-for-profit 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>).



FALL FUN WITH S.H.O.P.S.

(SHERBROOKE OPPORTUNITIES SOCIETY)

Thursdays, in November, 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 the District 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, Hockey Games, 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

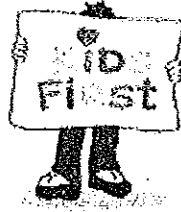
Attention: There will be a Stonewall Park Society Meeting on Wednesday, November 16, 2011 at the Recreation Office in the Municipal Building in Sherbrooke at 6:00 pm. We are inviting people to come who are interested in the restoration of Stonewall Park and to join our committee to improve the park.

HOCKEY, SKATING, and CURLING The Winter sport season is about to start up so come check out all the action at the RecPlex in Sherbrooke this Winter! Open skates, Minor Hockey, Curling, and good food at the Canteen! Please contact Josh Corkum at 522-2598 for information on programs, leagues, socials, tournaments, etc.

KIDS FIRST

Parents & Tots

- **Sherbrooke Parent/Tot Drop-in** This program started on Tuesday, September 13th at the 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.



Parents/Caregivers/Grandparents can come sit and talk with other adults while children play and socialize with other children. 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.

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. And on Tuesday, Thursday, and Sundays from 6-8 pm. This started on October 3rd and will continue on. This is for you to come 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

There will be a skating club meeting at 7:00 pm on November 1st 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. 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. We need volunteers to make this happen! If you have any questions, please contact the recreation office at 522-2598.

CANADIAN TIRE JUMP START PROGRAM



This program helps kids be involved in sport and recreation. It enables financial assistance to families. Please read more on this program.

Vision: One in three Canadian families cannot afford to enroll their children in sport and recreation activities because of financial barriers (Ipsos Reid, 2009). That means that many kids are missing out. 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. Their lives become richer. This is the power of Canadian Tire Jumpstart.



Jumpstart
Helping kids & families jumpstart their lives

Canadian Tire Jumpstart helps financially disadvantaged kids ranging in age from 4 to 18. **HOW TO APPLY:** Applications for assistance can be submitted from Jan. 15 – June 1 for spring/summer programs, and from July 1 – Nov. 15 for fall/winter programs. Call 1-877-616-6600. Based on your postal code, a Call Centre 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/>).

RED CROSS ASSISTANT WATER SAFETY INSTRUCTOR (AWSI)

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

NFLA 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.

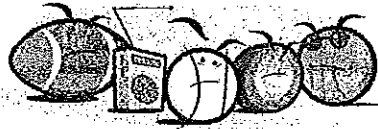
R.A.L.L.Y. (Recreation and Leisure, Life and Youth Program) This is an after school program targeted towards children and youth of the Municipality. It is focused on getting kids physically active, being involved in social settings, playing games, interacting with their peers, doing activities, and just engaging in recreation type activities. Wednesdays, Nov. 2 to the 30. Grades 2–8. 2:30 pm to 5:00 pm. St. Mary's Education Centre. Free of Charge. Please call the rec dept. to register. 522-2598.

RECREATION PUBLIC MEETINGS The Recreation Department will be hosting public meetings in various communities around the municipality. The focus of the meetings will be on Physical Activity/Recreation opportunities/venues that are happening in your area, and will give the residents a chance to voice their opinions on activities that you would like to see happening in your community. This is a great opportunity to tell the recreation department what you would like to see in your community. The meetings are scheduled as following:



Ecum Secum, Fire Hall. November 2nd. 6:30 pm.
 Liscomb, Liscomb Legion. November 3rd. 6:30 pm.
 Sonora, Community Centre. November 7th, 7:00 pm
 Port Bickerton, Community Centre. November 14th, 6:30 pm.

OPEN REC NIGHT Thursdays, November 3 to 24. 6:30 - 7:30 pm. St. Mary's Education Centre in Sherbrooke. All Ages. FREE! Youth, children, teens, families, etc. This is a time where kids, youth, and families 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. This is also a chance to get the family together and to spend some quality time together. So, come and be active in a place where you pick the activity you want to do!



SCHOOLS PLUS Schools Plus is a comprehensive and collaborative interagency approach to educating and providing services to the whole child and family, with the school as the center of service. Schools Plus is partnering with a number of agencies to provide the Grade 8 Boys with an opportunity to learn as well as have fun. The Municipality of the District of St. Mary's Recreation Department is teaming up with this initiative and providing the grade 8 boys an opportunity to scope out the fitness centre and learn some tips to working out on November 16 and 23, 2011. Also partnering with the grade 8 girls program as well, which is inspire. For more information, please contact: Marguerite Mac Gillivray, Schools Plus Facilitator Guysborough County Schools 902-533-4046

FITNESS CLASSES Keep on the look out for fitness classes in your area of the Municipality as they are coming soon. If you would like some more information please contact the recreation department at 522-2598 at any time.

SENIORS FUN DAYS The Recreation Department is planning to have seniors fun days in the future, so please keep your eyes open for these great events. If you have any questions or want some information, please contact the Recreation Coordinator, Josh Corkum at 522-2598.

St. Mary's Municipality Website

We also have a municipal website that you can go on as well to get information. The web address is on the front page of the recreation newsletter section. On the recreation section of the website you will find the programs that we offer, updates on programs, cancellations of programs if needed, and other additional information. On there, we also have an events calendar where you can look and see what is going on in the municipality any day of the week.



EVERYBODY GETS TO PLAY, RECREATION WITHOUT BARRIERS. RECREATION NS. Kids need recreation to grow strong as individuals. By participating in the cultural arts and physical activity, kids will develop healthy bodies, active minds, self esteem, social skills and community values. Everybody Gets to Play is a Canada-wide initiative led by the Canadian Parks and Recreation Association (CPRA) and coordinated locally by Recreation Nova Scotia. Everybody Gets to Play workshops are designed to highlight the importance of accessible recreation, the community mobilization process and gain an understanding of the Everybody Gets to Play Tool Kit, community practitioners and volunteers are the target audience for this sponsored daylong workshop. They also have a chance to network with other professionals and share ideas, strategies and success stories. Workshops are available upon request. To find out more information about a workshop taking place near you, please contact the RNS office at info@recreationns.ns.ca for more information, or call (902) 425-1128.

NOVEMBER 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 Veterans Mem. Ded. 2 pm Turkey Shoot-10 am Ed Sealy-11 am Groups of Hope study-10 PB Exercise- 6 pm	7 Flu Clinic-PB-10-12 Flu Clinic-Eccm Secum-10-12 Curling St. Mary's in Motion -10 Walking Program-3 pm Zumba Gold-6:00 PB Exercise-10	8 Parent/TOT drop in 9:30 Just Me&My Friends-12 IHL Exercise-10 Children's Program-3:30 Stick Curling 11:30 am Parent Exercise-12 pm Walking Program-3 pm PB Exercise- 6 pm	9 Knotty Kniters Club-2 IHL Exercise- 7 pm IHL Bible Study-7 pm Senior Games-12:30 Lions BINGO St. Mary's in Motion -10 Walking Program-3 pm Rug Hooping-1 pm Rug Hooping-10	10 IHL Exercise-10 Story Time-10:30 Liscomb Auction 45's- 8 Walking Program-3 pm SHOPS-3 pm PB Exercise- 6 pm	11 Bake Sale Liscomb Bible Study-10:30 Chip Darts- 7 pm Remembrance Day Ceremony, Liscomb, Sherbrooke-11 am Zumba-6:30	12 Bottle Exchange Christmas Bazaar-9 am Juniors for Jesus-12:30 Cribbage- 8pm Homeparty Guys. 11 am PB Exercise- 6 pm
13 Groups of Hope study-10	14 Council- 7 pm IHL Hall Meeting- 7 pm Curling St. Mary's in Motion -10 Walking Program-3 pm Zumba Gold-6:00 PB Exercise-10 Sonora Meeting- 7 pm PB Meeting-6:30	15 Parent/TOT drop in 9:30 Just Me&My Friends-12 IHL Exercise-10 Children's Program-3:30 Stick Curling 11:30 am Parent Exercise-12 pm Walking Program-3 pm PB Exercise- 6 pm	16 Knotty Kniters Club-2 IHL Exercise- 7 pm IHL Bible Study-7 pm Lions BINGO St. Mary's in Motion -10 Rug Hooping-1 pm Stonewall Park-6 pm PB Exercise-10	17 IHL Exercise-10 Story Time-10:30 Liscomb Auction 45's- 8 Flu Clinic-Sherbrooke 9:30-12:30 Walking Program-3 pm SHOPS-3 pm PB Exercise- 6 pm	18 IHL Youth Group Seniors' Cafe-9:30 Bake Sale Liscomb Bible Study-10:30 Chip Darts- 7 pm Zumba-6:30	19 Christmas Craft Sale-10 Country Breakfast-8:30 Bottle/Penny Drive-9 am Cribbage- 8pm PB Exercise- 6 pm
20 Christmas Victoria Tea-2 Groups of Hope study-10	21 Bingo/Birthday Party-1:15 Curling St. Mary's in Motion -10 Walking Program-3 pm Zumba Gold-6:00 PB Exercise-10	22 Parent/TOT drop in 9:30 Just Me&My Friends-12 IHL Exercise-10 Children's Program-3:30 Stick Curling 11:30 am Parent Exercise-12 pm Walking Program-3 pm PB Exercise- 6 pm	23 Knotty Kniters Club-2 IHL Exercise- 7 pm IHL Bible Study-7 pm Senior Games-12:30 Lions BINGO St. Mary's in Motion -10 Rug Hooping-1 pm PB Exercise-10	24 IHL Exercise-10 Story Time-10:30 Jammin with Jesus-6 pm Liscomb Auction 45's- 8 Walking Program-3 pm SHOPS-3 pm PB Exercise- 6 pm	25 Seniors' Cafe-9:30 Bake Sale Liscomb Bible Study-10:30 Chip Darts- 7 pm Zumba-6:30	26 Bottle Exchange Juniors for Jesus-12:30 Casserole Supper-4 pm Dinner Theatre Cribbage- 8pm PB Exercise- 6 pm
27 Groups of Hope study-10	28 Curling St. Mary's in Motion -10 Walking Program-3 pm Zumba Gold-6:00	29 Parent/TOT drop in 9:30 Just Me&My Friends-12 IHL Exercise-10 Children's Program-3:30 Liscomb Seniors Christmas-2 Stick Curling 11:30 am Parent Exercise-12 pm Walking Program-3 pm PB Exercise- 6 pm	30 Knotty Kniters Club-2 IHL Exercise- 7 pm Senior Games-12:30 Lions BINGO St. Mary's in Motion -10 Walking Program-3 pm Rug Hooping-1 pm PB Exercise-10			

October 2011

Tuesday	Wednesday	Thursday
25 Zone 1 GARBAGE	26 Zone 2 GARBAGE	27 Zone 3 GARBAGE

November 2011

Tuesday	Wednesday	Thursday
1 Zone 1 BLUE BAG	2 Zone 2 BLUE BAG	3 Zone 3 BLUE BAG
8 Zone 1 GARBAGE	9 Zone 2 GARBAGE	10 Zone 3 GARBAGE
15 Zone 1 BLUE BAG	16 Zone 2 BLUE BAG	17 Zone 3 BLUE BAG
22 Zone 1 GARBAGE	23 Zone 2 GARBAGE	24 Zone 3 GARBAGE

November-December 2011

Tuesday	Wednesday	Thursday
29 Zone 1 BLUE BAG	30 Zone 2 BLUE BAG	1 Zone 3 BLUE BAG

ZONES

ZONE 1- New Chester, Ecum Secum, Liscomb to Sherbrooke including Sonora and Old Road Hill.

ZONE 2- East Loon Lake, Smithfield, Glenelg church road, Aspen, to Goshen to Borneo Road inclusive.

ZONE 3- Hwy 211, IHL to Port Bickerton, Stillwater, West Melrose, Lead Minds 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*****



St. Mary's Municipality Universal Residual Waste and Recycling Collection



St. Mary's Transfer Station hours have changed to **9am - 4:30pm all year round**. There will be a charge of \$1/bag for residual waste, \$2 for small items (arm chair) and \$5 for larger items (couch, mattress) dropped off at the Transfer Station and there will continue to be **NO charge** to drop off C&D materials, larger appliances, propane tanks, compost, Household Hazardous Waste, tires, electronics, etc.

Construction and Demolition Materials Guide:

Asphalt Shingles - No starter Strip, No Plastic, No flat roofs

All Metal - Doors, Siding, Frame, Plumbing, Wire, Nails, Flashing

Clean Wood - Brush, Untreated Wood i.e. strapping, stud wood

Treated Wood - Painted, Gyproc-Painted/Fire retardant, pressure treated, glued, coated, plywood, chipboard, engineered wood trusts, clad board, wood shingle siding, wood doors, wood framed windows, wood flooring, wood cupboards.

Clean Gyproc-Compost bin - New gyproc waste, not painted, no fire retardant

Aggregate- Permitted as Clean Fill - Rocks, Bricks, cement (without rebar), rubble, mortar, asphalt, concrete, new ceramic tile, busted toilets/ceramic porcelain with metal/plastic removed

Other C&D(Waste generated from C&D) - vinyl cased windows, vinyl siding, rain gutter, carpet, cushion flooring, plastic plumbing, tiles, insulation, counter top, tubs, roofing started strip, plastic/tyvec house wrap, vapor barrier, flat roof, creosote timbers

If you have any questions please do not hesitate to contact the Municipal Office 522-2049, your local Councilor, Transfer Station 522-2659, or **Eastern Shore Cartage directly at 1-800-261-0372**

St. Mary's Sorting Guide

Paper and Corrugated Cardboard: Place paper products in a transparent blue bag. Cardboard should be flattened and bundled and placed with recycling bags for collection. Paper must be clean and dry to be recycled. Plastic windows must be removed from boxes but not from envelopes. The hard covers from books and coils from notebooks must be removed and placed in the garbage.

Paper Recyclables:

- Dry & Clean Paper
- File Folders
- Newspapers
- Flyers
- Phonebooks
- Shredded Paper
- Paperbacks
- Paper egg cartons
- Paper Towel Cores
- Toilet Paper Cores
- Glossy Magazines
- Envelopes

Corrugated Cardboard:

- Appliance Boxes
- All Clean Cardboard



Blue Bag Recyclables: Place these items in a see through blue bag. No needles, Styrofoam or caps. All items must be clean and dry.

- All Deposit Bearing Containers
- Retail Bags
- Steel & Aluminum Cans
- Bread Bags
- Bleach Containers, Empty
- Grocery Bags
- Mini Sips & Tetra Juice Packs
- Dry Cleaning Bags
- Frozen Food Bags
- Glass Bottles and Jars
- Plastic Laundry Containers, Empty
- All Plastics Clean and Dry
- Bubble Wrap
- Milk Containers
- Shampoo Bottles, empty
- Clean Aluminum Foil & Plates

Place these items in a clear garbage bag:

- Aluminum foil, soiled
- Floor sweepings
- Latex gloves
- Styrofoam
- Meat, Fish, Bones
- Ashes (cold)
- Carbon paper
- Paint Cans, empty & dry, lids removed
- Plastic wrap, soiled
- Pet/animal waste
- Frozen juice cans
- Toothpaste tubes
- Toys, broken
- Broken glass (wrapped)
- Ceramics
- Diapers, disposable
- Packaging, non-recyclable
- Cloth items
- Wallpaper
- Vacuum cleaner bags
- Waxed Cardboard
- Potato chip bags
- Dishes
- Light bulbs
- Coffee cups, disposable
- Motor oil containers
- Plastics, non-recyclable
- Paper (Soiled)

***Certain electronics are not accepted for curbside collection, including TVs, computers, monitors, printers, telephones, fax machines, cell phones and audio/video playback systems. These items can be dropped off at St. Mary's Transfer Station.