



March 2013 Newsletter



www.saint-marys.ca

The DEADLINE to have information submitted for the April issue of the Newsletter is **WEDNESDAY, March 20th** at 4:00 p.m. Submissions can be received by fax: 522-2309 or email: (note the change in email): council@saint-marys.ca or drop off at Office 16 Main St. Sherbrooke. Subject line must read **NEWSLETTER SUBMISSION**. Also please note that we reserve the right to edit any and all submissions to this newsletter.

COUNCIL MEETING: The next regular meeting of St. Mary's Municipal Council will be held on Monday March 11th, 7 pm. The public is invited to attend. Visit our website for up to date information

St. Mary's Recplex Update

Family Skates are Sundays from 2:00-3:00 pm.



Cost is \$2/person or \$5/family For anyone wishing to book ice time contact Brad Burns, Recplex Manager at 522-2646. See the RECREATION/RECPLEX CALENDAR www.saint-marys.ca



St. Mary's District Food Bank is in urgent need of financial assistance. To make giving easier for you, automatic withdrawals may be made from your RBC Sherbrooke Account. To set up; see one of the customer service representative at the bank. If you are in need of assistance or would like information about 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.

Municipal Grants to Organizations

Any requests for funding from organizations for the 2013/2014 Municipal fiscal budget must be made by application (available at the Municipal Office, and on our website www.saint-marys.ca) and submitted no later than March 29, 2013 at 4pm – No exceptions.

Low Income Exemption

St. Mary's Municipal Council is offering a \$110.00 exemption to be applied to your Property Tax Bill for households with incomes \$18,500 or less. Applications are available at the Municipal Office, or by contacting your local councillor. Deadline is April 30/2013.

VOLUNTEER AWARDS NOMINATION FORMS – Deadline Extension – March 15th

If your group or organization has a committed member that you feel deserving of recognition please fill out nomination form available at the Municipal office and **return by March 15th, 2013**. Our local ceremony will be on May 4th, 2013. National Volunteer week is

April 21-27, 2013



Job Opportunity

Recreation Coordinator

The Municipality of the District of St. Mary's is seeking a person for the position of Recreation Coordinator. The position is a full time renewable one year term, 35 hours per week. Anticipated term; April 1st, 2013 to March 31st, 2014.

The successful applicant will be responsible for the planning, organizing, delivering and evaluating various recreational programs, activities, facilities and special events for the Municipality. For a complete job description visit www.saint-marys.ca, or contact the Municipal Office at 522-2049, 16 Main Street, Sherbrooke. Salary range \$32,000 to \$40,000.

Job Opportunity

Community Development Officer

The Municipality of the District of St. Mary's is seeking a person for the position of Community Development Officer. The position is a full time renewable one year term, 35 hours per week. Anticipated term; April 1st, 2013 to March 31st, 2014.

The successful applicant will be responsible for assisting council in developing a social and economic vision for St. Mary's through tourism promotion, community and business development. For a complete job description visit www.saint-marys.ca, or contact the Municipal Office at 522-2049, 16 Main Street, Sherbrooke. Salary range \$35,200-\$44,000.

For both positions applications by resume and cover letter along with references must be delivered to the Municipal Office by 1 pm, Wednesday, March 6th, 2013 by either drop off, mail or email to marian.fraser@saint-marys.ca

MacMillan's Bottle Drive – Liquor Store, Sherbrooke
Parking Lot Location: Second and Fourth Saturday each
month from 9:30 – 2:00pm. March dates; 9th and 23rd

BUILDING TENDER

Marie Joseph Community Center

The Municipality of the District of St. Mary's is requesting sealed tender bids for the purchase of the Marie Joseph Community Center and land in an as is condition. Sealed bids must be received, and clearly marked, at the Municipal Office, 16 Main Street Sherbrooke by March 6th at 1pm. The Municipality reserves the right to accept or reject any/all bid(s). For additional information please contact, David Gillis, Municipal Clerk, 522-2049.

TENDER

Spring and Fall Heavy Haul Garbage Collection

The Municipality is now accepting tenders for a spring and fall Heavy Haul Garbage Collection. Please submit bids separately and collectively. Bids must include collection dates, routes, vehicle detail/proof of insurance, and workers comp/clearance letter if applicable. Written sealed tenders will be received until Wednesday, March 6th, 2013 at 1pm. The Municipality reserves the right to accept or reject any or all bid(s).

Sherbrooke Library Chat Line

Meditation Class – Tuesdays from 11:00-12.

Learn how to meditate followed by a short practice. Feel the peace and calmness.



Village Readers' Book Club – The first Friday of every month. Next meeting is March 1st at 11am. Come tell us about an interesting book that you have read or are still reading.

Seniors Café – Fridays at 9:30am. Join us for a snack, conversation, have a game of scrabble check out our books, and use our computers.

Story Time – More Stories-in-a-Bag are now ready.

HOURS:

Monday, Tuesday, Thursday: 11am-4pm

Friday: 9:30am-2:30pm Saturday 10am-1pm

**The Baptist Congregation of Port Hilford,
Port Bickerton & Sonora**

(Convention of Atlantic Baptist Churches)

You are invited to these Worship Services and events:

March 3, 11 AM – Port Hilford United Baptist Church

March 10, 11 AM – Port Bickerton United Baptist Church

March 17, 11 AM – Sonora Baptist Church (guest speaker: Paul Tingley)

March 24, 11 AM – Port Hilford United Baptist Church

March 29, 11 AM - Good Friday Service at Sonora Baptist Church

March 31, 11 AM (Easter) – Port Bickerton United Baptist Church.

"Jesus was handed over to die because of our sins, and he was raised to life to make us right with God." (Romans 4:24)

Bible Study, Tuesdays, 6:30 PM at Port Hilford United Baptist Church

For more information contact Rev. Norman Pearce, 522-2087 or

hbs.baptist@ns.sympatico.ca.

Goshen Gospel Church has a small Food Bank Ministry in Goshen.

Anyone in our area who would be in need of a box of groceries, please feel free to contact the names below or anyone willing to donate non-perishable items or funds to help us help others, please call:



Pastor John Luten (h)783-2972 (c) 318-0711
Peggy Kaiser-Kirk (h) 364-2574 (c) 870-3430

You are invited to the **Community Choir Sacred Easter Concert on Thursday, March 21st, 2013, 7:00 PM, at St. John's United Church,**

Sherbrooke. (Storm date: Friday, March 22nd). A freewill offering for a worthy cause will be received. Please join us – Everyone is welcome.

The World Day of Prayer Service will be held on March 1, 2013, at 7 p.m. at St. Paul's Catholic Church, Sherbrooke.

The speaker will be Fr. Alphonsus Ik Iwuji.

A reception will follow.

ROYAL CAN. LEGION BR. #86 LISCOMB

Next general meeting will be held on Tuesday, March 5th

ACTIVITIES:

AUCTION 45's – Thursdays at 8pm \$5

CRIBBAGE – Saturdays at 8pm \$5 no cards on March 9th

THANK YOU: BRANCH 86 would like to extend a huge thank you to the many people that helped with all the jobs to make the 2013 ATV RALLY the success it was. We appreciate all the donations of prizes and food, the help at the check points and road crossings, the hall workers and those that took part in the trails and the ride itself. Rally results: 50/50 went to Nick Kaiser
1st prize – Andy McKay 3-9's 2nd prize – Deb Lutes 3-7's
3rd prize – Simone Spears 3-5's



The World Day of Prayer Service will be held at Kirk United Church in Aspen on Friday, March 1, 2013, at 2 p.m. Social hour to follow, everyone welcome.

A Chinese Buffet Supper will be held April 13, from 4-6pm at East River St. Mary's Firehall.
Sponsored by Kirk UCW

Country Harbour Gun Club

March 16th – Country Breakfast 8:30-10:00am.
Adults \$6.00, Children \$3.00

March 16th – Dart Tournament in memory of Ozzie Myers. Registration at 10:45am. Play begins at 11:00. 3 players per team \$30.00 per team. Cash prizes awarded.
For more information call Carol at 328-2199 or 328-2496.

March 23rd – Trivia & Pizza Night at 7pm.
Admission \$5.00. Prizes awarded.

Thank you to all our Neighbors, Relatives, and all our Dear Friends with Anniversary cards, hugs, and good wishes for our 60th Wedding Anniversary. Thank-you and God Bless You All. -Vic & Ruby Kaiser

St. Thomas' Anglican Church would like to thank everyone for their support in our annual "we make em, you bake em" pie sale. This year was our 18th year for this fund raiser. This year we made 1,300 pies. We still have apple pies, \$8.00 each for sale. Call Sandra at 522-2833 to order. Thanks everyone.

St. Mary's ATV Club

The next meeting will be held March 14th at 6pm at the Council Chambers.

Come out and join us. New members are always welcome, and we would love to see old members too!



Goshen Community Centre will be hosting a Chinese Supper on Saturday, March 16th from 4:30-6:00pm. Adults \$12.00, Children \$4.00. All proceeds are for the Goshen Fitness Centre.
Take-Outs Available.

Seniors Luncheon will take place Tuesday, March 19th at noon at the Ecum Secum Firehall.
Ham and veggies on the menu.
Donation box at the door.

Free Basic Tax Preparation Service

For those interested, I will prepare your tax return for you free of charge in the Ecum Secum area if you have a simplified basic return. That means anyone with just working income or a senior with just their Canada Pension and/or old age pension. I will prepare your return free of charge. Please call Veronica at 347-2585 to make an appointment. Please note that this service is being offered for simplified returns only. Thank-you.

St Mary's District Lion's Club

The St Mary's District Lion's Club members are continuing to collect and recycle used eye glasses. A container where you can leave glasses is located in the lobby of the Sherbrooke Branch of Royal Bank. We are reminding the public that WE NO LONGER collect ink cartridges and used postage stamps. We thank you for your support.

The St Mary's District Lion's Club is celebrating 40 years of service in our Municipality on May 25th, 2013. If there are former club members who would like to join us for this celebration please contact King Lion Norah Fraser at (902)522-2757 / Donnie.fraser@ns.sympatico.ca for details before April 1st.

We, the family of the late Mildred L Kaizer wish to thank the staff of Highcrest Sherbrooke Home for Special Care for their loving and compassionate care of our mother over the last 5 years. We wish to thank all the people who braved the bad weather and roads to attend the visitation and funeral. Special thanks to Reverend and Organist, Pall Bearers and for the prepared lovely lunch. Thank you to the Funeral Home for their compassionated care. Many thanks to those who made donations in memory of our mother. Merrill, Clifford, Charles and family

Your Way To Wellness

Do you have an ongoing health condition? For example; arthritis, diabetes, COPD, depression, fibromyalgia, chronic pain, asthma or high blood pressure?

Would you like to:

- Improve your overall health? -Make daily tasks easier?
- Increase your confidence? -Develop coping skills?
- Manage fear, anger & frustration?
- Set goals and problem solve?
- Meet new people dealing with the same issues?

Attend Your Way to Wellness Program! This program is free. Groups meet weekly (2hrs) for six weeks and are lead by trained volunteers.

Watch our video at www.yourway2wellness.gov.ns.ca

Contact Laurie Smith for more info on sessions near you at 863-7369 or smithlj@gasha.nshealth.ca

Greetings from High-Crest!

I would like to announce our Valentine's Kings and Queens of 2013! Congratulations to Norm Knapman and Martha Kaiser & Emery & Kathleen Chamberlain! May you have a wonderful year as royalty!

Residents celebrating birthdays this month are:

Doris Moulard	March 1st
Mildred Murphy	March 1st
Martha Lafford-Diaz	March 24th

Happy Birthday Ladies! I would like everyone to know that Mildred Murphy will be celebrating her 104th birthday! Wow! Anyone wanting to drop by with Birthday well wishes can do so from 1-3 p.m. on Friday, March 1st! The Homebuddies will be hosting our Monthly birthday party on March 15th when we will also celebrate St. Patrick's Day!

We will play bingo, sing some songs, and enjoy some cake and ice cream and have some fun! Everyone is welcome!

Thank you for the very generous donations made in memory of lost loved ones.

The Sherbrooke Opportunities Society (S.H.O.P.S.) would like to send a thank you for the donated queen size quilt for our Christmas draw that was held on Dec. 12th. The draw raised \$1,177.25 and the quilt was won by Blair P. Horne of Canso. Congratulations to Blair and thank you to everyone who supported us by buying tickets.

Maple Manor Bake Sale every Friday

Benefit Concert for Joyce Baker March 9th 2013 at 7pm at the Liscomb Legion. All ages are welcome.

A luncheon will be held on Saturday March 2nd to celebrate Norman Kelly's 80th Birthday at the Lions Hall, Sherbrooke starting at 6pm with Dance to follow. All welcome!

Port Bickerton Women's Institute News

Our next monthly meeting will be March 4th at 1pm. Feel free to visit and see what we are doing. We had a successful Shrove Tuesday Brunch, even after a delay. Thanks to the community for your support and to all the grocery businesses for the donations.

Congratulations to Chloe Hebb of Sonora, representing Antigonish Skating Club who received Gold in "Primary B" Division of the Robert McCall Memorial Competition in Dartmouth NS on February 1st, 2013.

Indian Harbour Lake Pentecostal Church March Worship & Activities

Special Easter Events

Good Friday Service March 29th 10:30

a.m. at Bethel Community

Church, South Lochaber

Special Speaker: Rev. Jim Malloy

Easter Service on March 31st at 11:00

a.m. Special Speaker: Pastor Bruce Parsons



Sunday, March 3rd, 10th, 17th, 24th & 31st

11:00 am Morning Worship

March 24th - Guest Speaker: Pastor Sheila MacDonald

Sunday, March 17th 6:30 p.m. Praise & Prayer

Weekday Activities

Wednesday, 6th & 13th 7:00 p.m. Bible Study on The End Times

Friday, March 8th Youth Group (Ages 12-18) at the parsonage

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

The Port Bickerton & Area Planning Association would like to invite everyone to attend an evening with Terry Dwyer. Terry is a renowned deep sea diver and author of "Wreck Hunters". Enjoy slides and video of under water wrecks. Free will offering
Place: Sherbrooke Lion's Hall,
Date & time: Friday, March 15th at 7:00pm.

The St. Mary's Atom B Hockey Team would like to thank all those who supported our tournament on February 2nd. The tournament was a great success, with the Coyotes taking home Silver. Special thanks to all who donated food for the hospitality room, sponsors, volunteers, and to the Councillors who supported the kids in their communities.

Ecum Secum Fire Dept Easter Penny Auction
March 23rd at 7pm. Chocolate walk and lunch.
Come and support the Fire Dept!

The Ecum Secum Fun Days will be held on August 10th and 11th 2013. More information to follow in the coming months. Looking forward to seeing everyone again for a fun filled weekend!!

Municipality of St. Mary's Recreation

St. Mary's Fitness Centre Personal training and orientations are available, to arrange a consultation please contact the recreation office.

Winter Fitness Centre Hours

Monday	Tuesday	Wednesday	Thursday	Friday
10:00-11:30 2:30-7:30	2:30-7:30	10:00-11:30 2:30-7:30	2:30-7:30	10:00-11:30 2:30-7:30

Fitness Centre rates are available on our website.

NEW!! Spin Class



Spin classes are an amazing opportunity to burn calories and build muscles. The municipality of St. Mary's Recreation Department has recently purchased 5 spin bikes and we are very excited to offer the first ever spin classes in the Municipality of St. Mary's. Classes will be held Monday and Friday mornings from 8:30-9:30am and Wednesday and Thursday evenings from 6:30-7:30 at the St. Mary's Rec Plex. To register please contact Emily at 522-2598 or by email at emilymargaretmorton@gmail.com.



SMEC Tumble Bugs Tumble bugs is an introductory program designed to teach the basics of physical literacy to pre school children ages 3-5 years old. Tumble bugs is a safe, inclusive and most importantly fun, approach to laying the building blocks for a physically active life style. The tumble bugs program is being offered to all grade primary students at St. Mary's Education Centre. For more information or to see a Tumble Bugs offered in your community please contact the recreation office at 522-2598 or by email at recreation@saint-marys.ca



Kids Only Club

St. Mary's Recreation will continue holding after school programs in Sherbrooke, Ecum Secum, Aspen, Indian Harbour Lake, Sonora, Goshen, Liscomb and Port Bickerton.

Programs will run Mondays, Wednesdays, Thursdays and Fridays from 2:30pm-5:00 pm. Children will be bussed to the appropriate locations immediately after school, parents are asked to pickup children at the community centre no later than 5:00pm. Programs are designed to provide children in the community with opportunities to become physically active through organized activities. Registration forms are still available at the recreation office. All forms must be submitted prior to the child attending the program. Call rec dept. at 522-2598.

Monday	Tuesday	Wednesday	Thursday	Friday
Liscomb Legion		Goshen Community Centre	Ecum Secum Fire Hall	IHL Community Centre
Sherbrooke Elementary School		Port Bickerton Community Centre	Sonora Community Centre	Aspen Greenfield Oldsters Club

Hearts in Motion

The District of St. Mary's hosts GASHA Hearts in Motion!! Guysborough Antigonish Strait Health Authority's (GASHA) Community Cardiovascular Hearts in Motion Program (CCHIM) team is back in Sherbrooke this winter. For more information please contact the recreation department at 522-2598.

Smile Program

The smile program is a recreation and physical activity based program that aims to provide and facilitate opportunities for the citizens in the Municipality of The District of St. Mary's whom have special needs, and exceptionalities to interact and develop social skills in a safe and educational environment. Please be advised that the smile program will be postponed until further notice. However please do not hesitate to contact the recreation department to for more information 522-2598 or by email at recreation@saint-marys.ca

5k Learn to Run Program Liscomb

The Liscomb Learn to Run Program is a beginner level program that has seen great success over the past year! Each week we will teach you the basics of running; from techniques to footwear, we have it covered!! Liscomb Legion Thursday's at 10:00am! For more information or to register please contact Emily at 522-2598 or by email at emilymargaretmorton@gmail.com



Move it Mondays Low Impact Fitness Class The Municipality of St. Mary's will once again be offering low-medium intensity exercise classes Monday mornings from 10:00-11:00 at the St. Mary's Fitness Centre. Classes are specially designed to incorporate strength, flexibility and cardiovascular training at an intensity level that works for you! Additional questions may be directed to Emily Morton at 522-2598 or by email.



Indian Harbour Lake Fitness Class Join us Tuesday mornings from 10:00-11:00pm for a medium- low intensity fitness class. Using thirty second intervals; each class is designed to incorporate strength, flexibility and cardiovascular training. For more information or to register please contact Emily at 522-2598. Please note a minimum of five participants must register in order for the program to proceed.

Grade 5&6/ SMA After School Running Program

St. Mary's Recreation Department has recently teamed up with St. Mary's Education Centre/ Academy to offer a Cross Country Running Program Mondays after school from 2:30-3:30. Children are asked to dress appropriately according to the weather and bring proper footwear. Information sheets have recently been sent home with children. If your child is interested in participating and did not receive a registration form please contact the recreation office at 522-2598 for more information!

Goshen Yoga

The municipality of St. Mary's will be offering yoga at the Goshen Community Centre Wednesday afternoons from 1:00-1:45. We encourage all participants to bring their own yoga mats. For more information or to register please contact Emily Morton at 522-2598.

NEW!! Sherbrooke Yoga

The municipality of St. Mary's will be offering yoga at the St. Mary's Education Centre Wednesdays from 3:00-3:45. We encourage all participants to bring their own yoga mats. For more information or to register please contact Emily Morton at 522-2598 or by email at recreation@saint-marys.ca

Looking for something to keep you busy in the highland region?? Check out the Highland Connect website at www.highlandconnect.ca for the most up to date program, trail and recreation facilities in your area!!

Equipment Loan Out Program

The municipality of the district of St. Mary's recreation department has lots of recreational equipment available for your use at little to no cost. For more information please contact the recreation office at 522-2598 or by email at recreation@saint-marys.ca

Trail Blazers



Trail Blazers is a free after school club offered by the St. Mary's Recreation and the GCRDA, which focuses on outdoor education, physical recreation and leadership building. We will use a combination of outdoor activities to get kids back in touch with the outdoors while being active in the area.

Who: Children Grades 3-7

When: Every Tuesday from 2:45-4:30pm, two sessions; Jan. 29 –Mar 31. and Apr. 23-May 28

Where: St. Mary's Education Centre (home base)/Stonewall Park.*Other locations may also apply based on the activity There are a maximum of 20 spots available and will be filled on a first come, first serve basis. Registration forms can be filled in at the Recreation/Main Office of the Municipal Building. Feel free to contact either Emily Morton @ 522-2598 or Christa Webber @ 522-2432 with any questions.

NSAF Fitness Instructor Certification

NSAF is the standard for fitness certification and Canada by becoming certified through NSAF you receive the highest standard of fitness certification that is transferable across Canada. If you are interested and for more information on training courses please contact the recreation department at 522-2598 or visit their website at www.nsfa.info

Canadian Tire Jump Start

The goal of the Canadian tire jumpstart program is to ensure that all children have the opportunity to participate in recreational sport by providing financial



assistance to qualifying families with children ages 4 to 18. Applications for assistance can be submitted between January 15 to June 1 for spring and summer programs and from July 1 to November 15 for fall and winter programming for more information please contact jump start at 1-877-616-6600. If you would like to submit an application please contact Municipality of St. Mary's recreation department at 522-2598 or by email at recreation@saint-marys.ca

Stillwater Community Hall Rental – If you or your organization are interested in renting the Stillwater Community Hall please contact David Nadler at 522-2468. Full day rentals \$75 and ½ days are \$50.



Card Play resumes April 5th and will continue every Friday night at 8pm. Doors open at 7:15pm and all are invited to play. Refreshments will be provided.



The rise in childhood obesity and preventable chronic disease is a global issue. In Nova Scotia one in three children and youth are over weight or obese, and rates of unhealthy eating, sedentary behaviors and physical inactivity are much higher. Our rates of chronic disease are among the highest in the country! It is with this information that the Municipality of St. Mary's has decided to implement a number of programs targeted at children and youth to increase active transportation throughout the municipality. To learn more on the THRIVE strategy and find ways to incorporate it into your life style please visit www.thrive.novascotia.ca or ask your Physical activity Coordinator for more information.

St. Mary's Cancer Unit Update Daffodil Campaign

Daffodils will be available the week of March 18th. Cost: Bouquet of 10 for \$ 8.00, Bouquet of 5 for \$ 4.00 or individually for \$ 2.00 each.

Anyone wishing to place an order contact:
Ola - 522-2046 or Alice - 522-2518

April is Cancer Month

Welcome your Canadian Cancer Society volunteer canvassers when they knock at your door this April. Each year throughout April, Canadian Cancer Society volunteers organize and implement a country-wide month long door to door campaign to raise funds – and awareness – to fight cancer. The Residential Campaign is one of the Canadian Cancer Society's longest-running fundraising events, involving hundreds of volunteers right across Nova Scotia. Donations to the Residential Campaign allow the Canadian Cancer Society to take up the fight against all types of cancers on 5 critical fronts: prevention, advocating for healthy public policy, crucial research, providing information and support services for those living with cancer. Anyone who would like to assist the St. Mary's Cancer Unit, with their April Campaign, please contact Ola or Alice.

Through your generous support our area has raised:

2011	2012
Residential \$ 2,717.85	Residential \$ 2,866.25
Daffodils \$ 1,345.50	Daffodils \$ 916.50



Spaghetti/Chili Dinner
Port Bickerton Community Centre
Saturday March 2nd 4-6pm
Admission :
Adults \$8.00, Children under 12 - \$5.

Sponsored by Port Bickerton Community Centre

February - March 2013

Tuesday	Wednesday	Thursday
26 Zone 1 GARBAGE(Clear Bag)	27 Zone 2 GARBAGE(Clear Bag)	28 Zone 3 GARBAGE(Clear Bag)
Mar 5 Zone 1 Recyclables (Blue Bag)	Mar 6 Zone 2 Recyclables (Blue Bag)	Mar 7 Zone 3 Recyclables (Blue Bag)
12 Zone 1 GARBAGE(Clear Bag)	13 Zone 2 GARBAGE(Clear Bag)	14 Zone 3 GARBAGE(Clear Bag)
19 Zone 1 Recyclables (Blue Bag)	20 Zone 2 Recyclables (Blue Bag)	21 Zone 3 Recyclables (Blue Bag)
26 Zone 1 GARBAGE(Clear Bag)	27 Zone 2 GARBAGE(Clear Bag)	28 Zone 3 GARBAGE(Clear Bag)

ZONE 1:

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

ZONE 2:

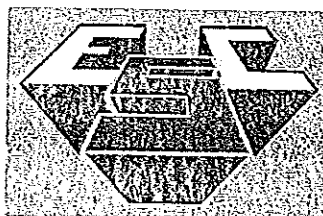
East Loon Lake, Smithfield, Denver & Newtown, Glenelg church road, Aspen, to Goshen to Borneo Road inclusive.

ZONE 3:

Hwy 211, IHL to Port Bickerton, Stillwater, West Melrose, Lead Minds Rd, to Waternish inclusive.

Please do not overfill bags. Weight limit is 50 lbs/bag.

QUESTIONS... Call Eastern Shore Cartage 1-800-261-0372



March 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Spin Class 845am Seniors Café 930am Book Club 11am Maple Manor Bake Sale KOC 2:30pm Highcrest Party 1pm	2 Melrose 45s 8pm Liscomb Crib 8pm Spaghetti/Chili Dinner 4pm
3 Spin Class 845am Reading Corner 10am Exercise 10am KOC 2:30pm Running 230pm PB W/ mtg 1pm	4 Parent-Tot 930am Exercise 10am Meditation 11am Melrose 45s 130pm Trailblazers 245pm Open Gym 6:30pm Liscomb Legion mtg	5 Lions BINGO 745pm KOC 2:30pm Goshen Yoga 1pm Sherbrooke Yoga 3pm	6 Melrose Crib 730pm KOC 2:30pm Learn to Run 10am Liscomb Auction 8pm	7 Spin Class 845am Seniors Café 930am Maple Manor Bake Sale KOC 2:30pm	8 Bottle Depot 930am Melrose 45s 8pm Liscomb Crib 8pm Joyce Baker Benefit Concert	9
10 Spin Class 845am Reading Corner 10am Exercise 10am KOC 2:30pm Running 230pm Council Mtg 7pm	11 Parent-Tot 930am Meditation 11am Exercise 10am Melrose 45s 130pm Trailblazers 245pm Open Gym 6:30pm	12 Lions BINGO 745pm KOC 2:30pm Goshen Yoga 1pm Sherbrooke Yoga 3pm	13 Melrose Crib 730pm KOC 2:30pm Learn to Run 10am Liscomb Auction 8pm ATV Mtg 6pm	14 Spin Class 845am Seniors Café 930am Maple Manor Bake Sale KOC 2:30pm Evening with Terry Dwyer Volunteer Awards Nomination Forms Due	15 Melrose 45s 8pm Liscomb Crib 8pm CH Breakfast 830am CH Dart Tourn 1045am Goshen Chinese Supper 430pm	16
17 Spin Class 845am Reading Corner 10am Exercise 10am KOC 2:30pm Running 230pm	18 Parent-Tot 930am Exercise 10am Meditation 11am Me&MyFriends 12noon Melrose 45s 130pm Trailblazers 245pm Open Gym 6:30pm Ecum Secum Senior Luncheon	19 Lions BINGO 745pm KOC 2:30pm Goshen Yoga 1pm Sherbrooke Yoga 3pm	20 Melrose Crib 730pm KOC 2:30pm Learn to Run 10am Liscomb Auction 8pm	21 Spin Class 845am Seniors Café 930am Maple Manor Bake Sale KOC 2:30pm	22 Bottle Depot 930am Melrose 45s 8pm Liscomb Crib 8pm CH Trivia 7pm Ecum Secum Penny Auction	23
24 Spin Class 845am Exercise 10am Reading Corner 10am KOC 2:30pm Running 230pm	25 Parent-Tot 930am Exercise 10am Meditation 11am Me&MyFriends 12noon Melrose 45s 130pm Open Gym 6:30pm Trailblazers 245pm	26 Lions BINGO 745pm KOC 2:30pm Goshen Yoga 1pm Sherbrooke Yoga 3pm	27 Melrose Crib 730pm KOC 2:30pm Learn to Run 10am Liscomb Auction 8pm	28 Municipal Grants to Organizations Due	29 Liscomb Crib 8pm	30