

# April 2013 Newsletter

The DEADLINE to have information submitted for the May issue of the Newsletter is **WEDNESDAY, April 24<sup>th</sup>** at 4:00 p.m. Submissions can be received by fax: 522-2309 or email: (note the change in email): [council@saint-marys.ca](mailto: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 April 8<sup>th</sup>, 7 pm. The public is invited to attend. Visit our website for up to date information

### St. Mary's Recplex

Thank you to St. Mary's for making the 2012-2013 Recplex Season a great one!

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 for non-perishable food items are located in Sherbrooke, at St. Mary's Hospital and the Clover Farm. We would appreciate it if donors would check to make sure food items are not out-dated.

### 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.

### MUNICIPAL VOLUNTEER AWARDS

**Saturday May 4<sup>th</sup> 2013 – Sherbrooke Lions Hall**  
Council is honored to nominate Vi Fraser for St. Mary's Volunteer of the Year to attend the Provincial Awards in Halifax. Vi was nominated by her peers at the Sherbrooke Branch of Women's Institute of Nova Scotia. Congratulations Vi!

**National Volunteer week is April 21-27, 2013**

MacMillan's Bottle Drive – Liquor Store, Sherbrooke  
Parking Lot Location: Second and Fourth Saturday each month from 9:30 – 2:00pm. April dates; 13<sup>th</sup> and 27<sup>th</sup>



**A COLLABORATIVE EMERGENCY CENTRE (CEC) COMMUNITY CONSULTATION MEETING HAS BEEN RESCHEDULED**

Thursday April 4<sup>th</sup> at 6:00 – 8:30pm at the Lions Hall, Sherbrooke. The Department of Health and Wellness released a "Better Care Sooner" plan to address problems in the health care system such as long waits, emergency room closures etc. This meeting is being organized by Guysborough Antigonish Strait Health Authority to begin discussion to establish a Collaborative Emergency Centre (CEC) at St. Mary's Memorial Hospital (SMMH) in Sherbrooke.

## 2013 Spring Heavy Haul Collection & Regular Garbage

Tuesday April 9 <sup>th</sup>	Wednesday April 10 <sup>th</sup>	Thursday April 11 <sup>th</sup>
New Chester, Ecum Secum, Liscomb to Sherbrooke including Sonora and Old Road Hill	East Loon Lake, Smithfield, Glenelg Church Road, Aspen to Goshen to Borneo Road	Highway 211, Indian Harbour Lake to Port Bickerton, Stillwater, West Melrose, Lead Mines Road to Waternish

Heavy Haul Collection shall commence at 7:00am each day. Please make every effort to place sorted items at roadside. Contact Eastern Shore Cartage with questions at 1-800-261-0372.

Unaccepted items: needles, medical waste, compost, blue bag recyclables, car bodies, chemicals, large demolition sites, trees

Accepted items: Car parts, tires (off rims) law furniture, fridges, stoves, other appliances, sofas, beds, tables, mattresses, other furniture, boards, plastic, tools, bbq's, electronics.

\*\*\*Any changes in schedules or other details will be advertised on the radio\*\*\*\*

There will also be a Fall Heavy Haul in October

**Transfer Station CLOSED for Good Friday – March 29<sup>th</sup>**

### Job Opportunity

#### Recreation Summer Manager

St Mary's Recreation Department is seeking a person for the position of Recreation Summer Manager. This position is for 35 hours per week for 12 weeks at a rate of \$11.30 per hour beginning June 10, 2013.

The Summer Manager is responsible for developing, organizing, and implementing summer events and programs in conjunction with the Recreation Department staff. He/she must be willing to travel within the municipality and have ability to supervise at least five recreation leaders. Interested applicants can drop off their resume to 16 Main Street Sherbrooke or email to [council@saint-marys.ca](mailto:council@saint-marys.ca). Deadline is April 26<sup>th</sup>.

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

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](http://www.yourway2wellness.gov.ns.ca)

Contact Laurie Smith for more info on sessions near you at 863-7369 or [smithlj@gasha.nshealth.ca](mailto:smithlj@gasha.nshealth.ca)

The Health Connections website is a service of the Guysborough Antigonish Strait Health Authority (GASHA). It allows people to browse programs, health centre information, calendar and current advocacy work in our health district. The goal is to connect you and your family to community health services, programs and health information. On this site, we feature a range of services for all age groups that promote ways to stay healthy and provide support and education for those with chronic conditions.

[www.gashahealthconnections.ca](http://www.gashahealthconnections.ca)

Or to contact our local Health Connections offices by telephone: Guysborough County: 902-747-2211  
Antigonish Town & County: 902-863-7369  
Strait Richmond Area: 902-587-2991

## S.H.O.P.S Planning Meeting

Sherbrooke Opportunities Society (S.H.O.P.S.) is now in the process of budget planning for their new space at St. Mary's Academy. In order to properly plan for this space, the planning committee needs to know what programs the participants would like to be part in. There will be a meeting on Thursday, Mar. 28th at 5pm at St. Mary's River Lodge, Sherbrooke to gather this information. If you have a child or adult with challenging disabilities in your care that can benefit from services we are hoping to offer in this Municipality, please join the meeting or call Shirley Long at 522-2523 or 522-2029. Your voice counts!



## Spring is on the Way

Our meeting of St. Mary's Garden Club will be April 9<sup>th</sup> at 3pm at Sherbrooke Village. Come join us for planning our Plant Sale and other Garden Events. All Welcome!

St. Mary's Curling Club just finished another fun filled, successful season – many thanks! To all the organizers who participated and helped the club and bonspiel, those who help make the ice every week and the SHOPS group for putting on an amazing meal!

Thanks to Basil Dobson's Team from Canso for coming and taking the bonspiel trophy for the second time in eight years. Our curling club is always welcoming new members, if you have never curled before and want some fun exercise just inquire to any member. The only regret you will have is you didn't start years ago.

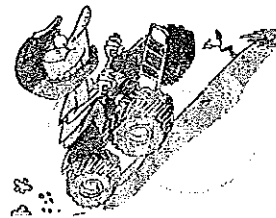
## St. Mary's ATV Club

The next meeting will be held April 11<sup>th</sup> 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!



## Penny Auction, Cake Walk, and Sorry Games

April 19<sup>th</sup> at 7pm

Sonora / St. Mary's River Community Centre

Everyone Welcome



*Want to know when and where the meetings of your local WINS are held?*

Port Hilford branch meets the 1<sup>st</sup> Tuesday of the month @2PM, contact: President Iris Hayes 522-2466. Meetings move between the members homes.

Port Bickerton branch meets at the Community Center 1<sup>st</sup> Thursday of the month @7. Contact: Marlene McInnis 364-2015.

Indian Harbour Lake Jordanville branch meets 1<sup>st</sup> Monday of the month @7 PM, meetings move between members homes. Contact: Sandra Harpell 522-2833

Sherbrooke branch meets at the Maple Manor Community Room 2<sup>nd</sup> Thursday of the month @ 1PM. Contact: Barbara Anderson 522-2343.

New Town-Denver branch meets the last Monday of the month @ 7PM. Meetings move between member's homes. Contact: Margaret Cornet 833-2747

For more information contact the names for your local branch. The 5 branches invite you to the Spring Rally being held Wednesday April 17th, 2013 at the East River St Mary's Firehall, starting at 1:30. Guest speakers, fun, friendship and a pot luck supper. Come bring a friend, learn why women have belonged to Womens' Institute of Nova Scotia for 100 years.

Indian Harbour Lake – Jordanville Community Centre  
Next Hall meeting on Monday April 8<sup>th</sup> at 7:00pm.  
Everyone Welcome.

Auction 45's every Tuesday evening at 8:00pm \$5  
admission, light lunch

Exercise and use of fitness equipment Monday,  
Wednesday and Fridays at 7:00pm \$2 admission.

**Pot Luck Supper**  
Sunday April 28<sup>th</sup> from 4-6pm.  
Admission \$10, pre-school ages Free

### Mark your Calendar - Chinese Buffet

When: Saturday April 13<sup>th</sup>, 2013

Time: 4pm - 6pm

Where: East River St. Mary's Fire Hall

Prices: Adults \$12,

Students (over 12) - \$5, (5-12) - \$3

Takeouts available

Everyone welcome

Sponsored by Kirk UCW Members



### Spring Greetings from High-Crest!

Unfortunately many of our residents have been under the weather. We have posted a friendly reminder that there is flu like symptoms in the building which can be very harmful to the elderly and small children. Visitors are still permitted however if you have any flu like symptoms please refrain from visiting. Hopefully we are on the mend!

Residents celebrating birthdays this month are:

Marion Rudolph April 5th

Irene Hodder April 8th

Cecilia Grace April 12th

Margaret Jordan April 22nd

Harvey Scott April 24th

Wow! Happy Birthday folks!

We will celebrate these birthdays on April 9th at 1:15.

We will play bingo, sing some old songs and enjoy cake and ice cream!

Everyone is welcome. Happy Easter to everyone!

happy  
birthday

The Saint John's Liscomb Cemetery Society will hold its Annual Meeting at 7pm, Monday March 25<sup>th</sup> at the home of Rachel Baker – 484 Little Liscomb Rd. Please come out and support our society so we can continue to keep the cemetery well taken care of in the future.

All welcome!

### Maple Manor Bake Sale every Friday



The St Mary's District Lion's Club is sponsoring a Walkathon on May 11<sup>th</sup>, 2013 with the proceeds going to support the St Mary's Memorial Hospital in Sherbrooke. We are looking for community groups and individuals that are interested in assisting us with this very worthwhile project. Pledge Sheets are attached to this newsletter and walkers are asked to register at the Sherbrooke Exhibit Center between 9:30 and 10:00am on May 11<sup>th</sup>. The 3km walk will leave from the Exhibit Center and circle the old race track below the village and proceed up the back street returning to the Exhibit Center where light refreshments will be served. There will be free event T-shirts for the first 50 registered walkers. Please come out and support this very worthwhile project.

### Sherbrooke Library Chat Line

Meditation Class - Tuesday from 11:00 - noon.

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 April 5<sup>th</sup> at 11:00am. Come tell us about an interesting book that you have read or are still reading, or just come and listen to others.

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

Story Time - More stories in-a-bag are now ready.

Easter Weekend - we will be closed Good Friday and Easter Monday but will be open Saturday March 30<sup>th</sup> from 10-1pm

Book Sale - From Tuesday April 2 to Saturday April 6<sup>th</sup> there will be a used book sale in the library.

We are overstocked. Come and get some bargains.

#### HOURS:

Monday, Tuesday, Thursday: 11am-4pm

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



**Homemade Beans and Fishcakes Supper**  
April 13 from 4-6pm at Bickerton Community Center  
Adults \$10.00 Children under 12 - \$5.00  
Sponsored by St. Paul's Willing Workers

On behalf of St. Paul's Catholic Church, I wish to thank members of the various communities for their support of our February lunches over the years, both those who attended and those who aided in other ways.

Unfortunately, unless new leadership can be found to undertake the planning, this year may have been our last. We sincerely express our appreciation to all those involved in contributing in any way to the excellent fellowship we have enjoyed in hosting these lunches

- Betty Reid

A big Thank you to all my Family and Friends who made it to my party on March 2<sup>nd</sup> – Your friend, Norman

**St. John's United Church will hold a Roast Beef Supper on Saturday April 20 from 4:30 – 6 pm. at the Lion's Hall in Sherbrooke. Adults \$10.00, Children \$5.00. Take-outs available**

A petition to have insulin pumps for children covered in Nova Scotia has been created by Tammy MacLaren, New Glasgow. Nova Scotia is only one of two provinces (PEI being the other) that do not currently fund these pumps in some form. The insulin pumps cost between \$6,000 - \$9,000 plus monthly expenses. Petition site: <https://www.change.org/en-CA/petitions/nova-scotia-legislature-fund-insulin-pumps-for-children> or go to [change.org](https://www.change.org) and search insulin pump



**Indian Harbour Lake Pentecostal Church April Worship & Activities Sunday:**

April 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> & 28<sup>th</sup> 11:00am Morning Worship  
Sunday, April 21<sup>st</sup> 6:30 p.m. Praise & Prayer

#### **Weekday Activities**

Wednesday, April 10<sup>th</sup> & 17<sup>th</sup> 7:00 p.m. Bible Study on The End Times

Friday, April 19<sup>th</sup> 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](mailto:pastordave@ihlpentecostalchurch.ca)

#### **SPRING EVENTS AT BAYVIEW BAPTIST CHURCH**

**EASTER SUNDAY MARCH 31 - SUNRISE SERVICE AT 7:30 FOLLOWED BY BREAKFAST IN THE FELLOWSHIP HALL. ALL ARE WELCOMED. OUR MORNING SERVICE ON EASTER SUNDAY WILL BE AT 9:30 A.M. INSTEAD OF 11:00 A.M.**

**EVANGELIST GLEN WEEKS WILL BE WITH US FOR SPECIAL MEETINGS BEGINING THURSDAY APRIL 4TH THROUGH SUNDAY MORNING APRIL 7TH. MEETINGS WILL BE HELD AT 7:00 P.M. ON THURSDAY - SATURDAY AND ON SUNDAY MORNING AT 9:30 A.M. ON SATURDAY EVENING AT 5:30 THERE WILL BE A POTLUCK DINNER TO SHARE AND ENJOY FELLOWSHIP. ALL ARE WELCOMED.**

**Liscombe Lodge Pool Membership available; Phone 779-2307 or email [liscombe@liscombelodge.ca](mailto:liscombe@liscombelodge.ca)**



Historic Sherbrooke Village Development (HSVDS) Society News:

Thank you so much to all the volunteers who worked and donated to the Historic Sherbrooke Village Development Society in the past and in 2012.

**INVITATION:** The Sherbrooke Village Development Society is committed to the enhancement and promotion of the historical and educational mandate of Sherbrooke Village.

In order to make this happen we must once again build a strong base of board members, Society members and volunteers.

**New Members Required** – If you are interested in sitting on the HSVDS Board or in being a member at large but not sit on the board please come to our Annual General Meeting to be held on May 3 at 7 pm, at the Sherbrooke Village Exhibit Centre. Please help us keep the Historic Sherbrooke Village Development Society viable by becoming a member

There will be position openings on the three HSVDS sub-committees; Show & Shine, Rally That Gives or Old Fashioned Christmas. Let us know where your interest lies by calling Lynn at 522-2400 ext. 226.

Thank you all for considering this invitation and we hope to see you at the meeting



#### **NEW IN 2013!**

Sherbrooke Village has an exciting new event coming in June and we're hoping you want to take part. **TIME TRAVELLERS REUNION - Saturday, June 15 and Sunday, June 16.** Come out and enjoy our Time Travellers Reunion with Victorian Tea, fashion show with prizes dinner, entertainment and workshops. What a perfectly authentic setting to open the Steampunk season and catch up with fellow enthusiasts. Dress up a little or a lot, it's "Steampunk casual"

What is "Steampunk" - The term denotes a world where steam power is still widely used, usually the 19th century, often Victorian era England. With prominent elements of either science fiction or fantasy, such as fictional technological inventions like those found in the works of H. G. Wells and Jules Verne, this event promises something for everyone.

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

Next general meeting will be held on Tuesday, April 5

**ACTIVITIES:** AUCTION 45's – Thursdays at 8pm \$5  
CRIBBAGE – Saturdays at 8pm \$5

**DIME AUCTION:** APRIL 27

- Tickets on prizes and 50/50 sold between 1-4pm
- Prizes drawn at 4pm
- For info and donations call Deb Lutes 779-2231



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

Also will be hosting a Dance – March 30<sup>th</sup>

9:00pm – 1:00am \$8/person

Band is Triple B

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

(Convention of Atlantic Baptist Churches)

You are invited to these Worship Services and events:

April 7, 11 AM – Sonora Baptist Church

April 14, 11 AM – Port Hilford United Baptist Church

April 21, 11 AM – Port Bickerton United Baptist Church

April 28, 11 AM – Sonora Baptist Church

Bible Study on the Book of Revelation, Tues (except April 9), 6:30 PM at Port Hilford United Baptist Church.

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

St. Mary's Minor Hockey Association will be holding their Annual General Meeting during the Year End Banquet on April 6th, 2013 at the St. Mary's Lion's Hall. The banquet will start at 6:30 p.m. All family and friends are welcome to attend!



**PORT BICKERTON WI NEWS**

The WI will be hosting an Information Session on LIVING WITH A HEALTHY HEART

WHEN: APRIL 15, at 2pm

WHERE: Port Bickerton Community Centre

SPEAKER: KATHY ANNE WOODFORD

Light Lunch to be served. ALL are WELCOME

Our next Branch Meeting will be on April 4th, at 7pm at the Community Centre. Drop in and check us out. Visitors always welcome.

***Spring Fever? Can't afford a trip down south?***

*Join us at the Lions Hall Sherbrooke, on April 13<sup>th</sup> as we Ring in Spring. Featuring new performer Lionel Fraser "Back to Country"*



From 9:00pm - 1:00am

+19 - Gov't IDs Requested

Admission \$5 per person

*All down south apparel*

*recommended! We encourage you to bring: Hawaiian skirts, Seashell Bras, any Hula dancing moves that you may have.*

**Indoor Flea Market at**

St. John's Church Hall Necum Teuch, Hwy #7.

Serving Hot Brunch tea & coffee

For Sale: Baked Goods, New & used Clothing, Household items, dishes, VHS tapes and more...

Time: 9am – 1pm

When: April 13<sup>th</sup>, 2013

Table bookings:

contact Helen Berrigan, Church Warden 347-2182

**Goshen Community Centre**

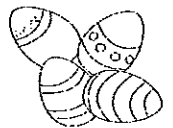
**Easter Egg Hunt & Tea**

Saturday, March 30<sup>th</sup> 2:00 to 4:00 P.M.

Adults: \$5.00

Children: \$2.00

Cake Walk: \$1.00 per walk



The Goshen Community Centre provides many activities such as suppers, events, receptions, rental space, seniors and children's programs and much more for Goshen and the surrounding communities. It also has a Fitness Centre, Playground, Ballfield, WIFI C@P Site and is equipped as an EMO Centre. Increasing overhead costs such as heat, electricity, maintenance and insurance to cover the centre and its amenities means more fundraising is required to continue to have all this in the community.

If anyone is interested in working at any of the events, please let us know. If anyone is interested in holding a fundraiser to assist with overhead costs or have any questions on this please call Jackie at 783-2443 or email: [jackie@ns.sympatico.ca](mailto:jackie@ns.sympatico.ca).

Maintenance can be costly if there is a need to hire to people to do the job. Often there are minor repairs in the building and outside as in grounds upkeep, etc. We would like to compile a list of people in the community that would be willing to help out for when the need arises to do maintenance. If you have an interest in donating any time towards any minor maintenance requirements please call Teresa at 783-2228 or email: [teresaandaubrey@hotmail.com](mailto:teresaandaubrey@hotmail.com). We welcome any time donated no matter how little or how much.

As of April 1/13, the centre will be accepting donations of refundable bottles, cans, etc. which can be placed in the baby barn at the community centre at any time. The revenue from the refundables will go towards overhead costs such as insurance, mowing, etc. If you have any questions on the Bottle Drop-off call Darlene at 783-2035/email: [darlene\\_s\\_harris@hotmail.com](mailto:darlene_s_harris@hotmail.com) or Angie at 783-2196/email: [gimpy105@hotmail.com](mailto:gimpy105@hotmail.com).

Interested in using the Gym? Call Vicky at 783-2372

Interested in renting hall space? Call Lisa at 783-2749/email: [perfectfit1999@hotmail.com](mailto:perfectfit1999@hotmail.com)

# 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. 522-2598.

## NEW!! Spin Class



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. 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](mailto:emilymargaretmorton@gmail.com).  
\* Please note the Monday and Friday Morning Classes have been cancelled due to lack of participation.

## NEW!! AFTER SCHOOL YOUTH SPIN CLASS

Looking for a way to get in shape for the summer? Join me Monday from 2:45-3:45 at the St. Marys Rec Plex for a 60 minute beginner spin class. For more information or to register please contact Emily at 522-2598

## 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](mailto:recreation@saint-marys.ca)

## 5k Learn to Run 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](mailto: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

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!



## Girls Only After School Running Program

The Municipality of St. Mary's Recreation Department in partnership with The Nova Scotia Doctors Association is please to offer a Girls Only Learn To Run Program to all interested females in grades 6-12 on Tuesday(s) from 2:30-3:30pm. To register please contact Emily at 522-2598 or by email at [recreation@saint-marys.ca](mailto:recreation@saint-marys.ca)

## Happy Feet After School Running Program is Back!!

In partnership with the Nova Scotia Dr. Association, and Run for Life Municipality of St. Mary's will be offering a children and youth after school running program. Happy Feet is a free program designed to get kids moving and foster a life long physically active life style. The program will be held Tuesdays from 2:30-3:30 at the St. Mary's Academy, runners are encouraged to dress for both indoor and outdoor running conditions. For more information or to register please contact Emily Morton at 522-2598 or by email at [recreation@saint-marys.ca](mailto:recreation@saint-marys.ca)

## 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.



## 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](mailto: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 area.

Who: Children Grades 3-7

When: April, 23-May 28

Where: St. Mary's Education Centre (home base)/Stonewall Park

\*Other locations may also apply based on the activity

\* All children who register will receive a FREE Camo Trail Blazers Hat!! (up to a max of 20 participants)

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



Looking for something to keep

you busy in the highland region?? Check out the Highland Connect website at [www.highlandconnect.ca](http://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](mailto:recreation@saint-marys.ca)

### 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](http://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](mailto:recreation@saint-marys.ca)

## Thrive!

A plan for a healthier Nova Scotia

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 through out 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](http://www.thrive.novascotia.ca) or ask your Physical activity Coordinator for more information.

### Open Gym (drop in)

The Recreation Department will once again be offering open gym on Tuesday evenings from 6:30-7:30 at the Elementary School. No registration is necessary



### JUST US GIRLS ZUMBA- THRIVE

Just us girls ZUMBA program will be open to girls grade 7-12 free of charge at the St. Mary's Academy Wednesday(s) from 2:45-3:45pm in the cafeteria. For more information or to register please contact Emily at 522-2598.

### Community ZUMBA Classes

Zumba® party dance rhythms and international flavors. You can let loose and boogie, with the extra bonus of a mega calorie burning strength workout

### ZUMBA Gold

Mondays 6 to 7 pm St. Mary's Academy

### ZUMBA Sentao

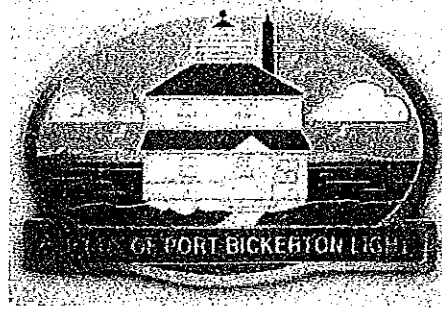
NEW \* Zumba Sentao™ combines strength and resistance exercises with cool dance moves on and around a chair.

Tuesdays 6-7 pm St. Mary's Academy

### ZUMBA TONING

Thursdays 6-7 pm St. Mary's Academy





March, 2013

Dear Friends,

The year 2012 marked a number of significant milestones for the Port Bickerton Lighthouse. We would like to share them with all of our "Friends of the Light".

We have long believed that the historic, century-old Lighthouse is a wonderful part of our area's past that deserved a better fate and is worth preserving. After 15 years of patient effort by our Association, ownership of the lighthouse property was finally divested by the federal department of Fisheries and Oceans to the Municipality of the District of St. Mary's in 2012. This means that the lighthouse and its beautiful surroundings now belong to the people of the municipality. The future of the lighthouse is therefore now in our hands. We would like to thank the municipal council and officials of the municipality for their hard work and support in making this a reality.

The Port Bickerton and Area Planning Association also received charitable organization status from Revenue Canada in 2012. This means that all monetary and in-kind donations in support of the Lighthouse now qualify for charitable donation receipts for Canadian income tax purposes. We hope that this will encourage more people and organizations to donate to this worthy cause.

The past year also saw the roll-out of a website and Facebook page for the Lighthouse. Recognition of the growing influence of social media made it imperative that we move forward to embrace this new technology as a means of bringing the Port Bickerton Lighthouse and its Nova Scotia Lighthouse Interpretive Centre to the world.

Despite these positive developments, protection and preservation of the Lighthouse still takes time, effort and money. This is where you can help by becoming a "Friend of the Light". Our annual "Friends of the Light" membership drive is a major part of our yearly fund-raising efforts.

The cost of membership in the "Friends of the Light" programme is \$25.00 annually. If you choose to join, you will receive a lovely lapel pin featured above. You will also receive a membership card that entitles you to a season family pass (2 adults + 2 school-aged children), and our annual newsletter. If you choose to maintain your support for our project by renewing your membership in subsequent years, your membership card and newsletter will continue to follow.

Join with us in supporting this important local historical and cultural site by becoming a "Friend of the Light". Thank you for your kind consideration.

Sincerely,

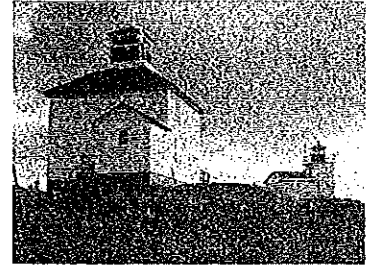
A handwritten signature in cursive script that reads "Don Dodge".

Donald Dodge  
Chairperson, P.B.A.P.A.



**Friends of the Light  
Port Bickerton, Nova Scotia**

**This is your Application Form**



Name: \_\_\_\_\_

Date: \_\_\_\_\_

Principal Residence Address:

Seasonal Residence Address:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Telephone: \_\_\_\_\_

Fax: \_\_\_\_\_

E-mail: \_\_\_\_\_

Do you belong to other lighthouse organizations?    \_\_\_ yes    \_\_\_ no

If yes, please list them: \_\_\_\_\_  
\_\_\_\_\_

Your comments, concerns and ideas are appreciated: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Yearly membership fee is \$25.00, payable by cheque, money order or cash handed directly to one of the Association's members. PLEASE DO NOT MAIL CASH**

**Return this application form to: Port Bickerton and Area Planning Association  
P.O. Box 142, Bickerton West  
Nova Scotia, Canada B0J 1A0**

On receipt of the membership fee, the applicant will receive a "Friends of the Light" membership card, a collector pin and newsletters as they become available

# April 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1 Easter Monday Municipal Office and Recreation Department CLOSED	2 Exercise 10am Meditation 11am WI Port Hilford 2pm IHL Auction 45s 8pm Melrose 45s 130pm Open Gym 6:30pm Liscomb legion AGM Happy Feet 230pm Zumba Sentao 6pm	3 Lions BINGO 745pm Goshen Yoga 1pm Sherbrooke Yoga 3pm Spin 6:30pm Girls Zumba 245pm	4 Melrose Crib 730pm Learn to Run 10am Liscomb Auction 8pm WI Bickerton 7pm Spin 6:30pm Zumba toning 6pm <b>GASHA Meeting 6pm</b>	5 Seniors Café 930am Book Club 11am Maple Manor Bake Sale	6 Melrose 45s 8pm Liscomb Crib 8pm Minor Hockey Banquet
7	8 Reading Corner 10am Exercise 10am Running 230pm IHL meeting 7pm Youth Spin 2:45pm Zumba Gold 6pm <b>Council meeting 7pm</b>	9 Exercise 10am Meditation 11am Melrose 45s 130pm Open Gym 6:30pm IHL Auction 45s 8pm Garden Club 3pm Happy Feet 230pm Zumba Sentao 6pm	10 Lions BINGO 745pm Goshen Yoga 1pm Sherbrooke Yoga 3pm Spin 6:30pm Girls Zumba 245pm	11 Melrose Crib 730pm Learn to Run 10am Liscomb Auction 8pm ATV club 6pm WI Sherbrooke 1pm Spin 6:30pm Zumba toning 6pm	12 Seniors Café 930am Maple Manor Bake Sale	13 Melrose 45s 8pm Liscomb Crib 8pm Bottle Depot Bickerton Beans Supper Necum Teuch Flea Market 9am Lions Hall Dance 9pm
14	15 Reading Corner 10am Exercise 10am PB WI info session 2pm Zumba Gold 6pm Youth Spin 2:45pm	16 Meditation 11am Exercise 10am Melrose 45s 130pm IHL Auction 45s 8pm Open Gym 6:30pm Happy Feet 230pm Zumba Sentao 6pm	17 Lions BINGO 745pm Goshen Yoga 1pm Sherbrooke Yoga 3pm WI Spring Rally 130pm Spin 6:30pm Girls Zumba 245pm	18 Melrose Crib 730pm KOC 2:30pm Learn to Run 10am Spin 6:30pm Zumba toning 6pm	19 Seniors Café 930am Sonora Cake Walk 7pm Maple Manor Bake Sale	20 Melrose 45s 8pm Liscomb Crib 8pm Roast Beef Supper
21	22 Reading Corner 10am Exercise 10am Youth Spin 2:45pm Running 230pm Zumba Gold 6pm	23 Exercise 10am Meditation 11am Melrose 45s 130pm IHL Auction 45s 8pm Open Gym 6:30pm Happy Feet 230pm Trailblazers Zumba Sentao 6pm	24 Lions BINGO 745pm Goshen Yoga 1pm Sherbrooke Yoga 3pm Spin 6:30pm Girls Zumba 245pm	25 Melrose Crib 730pm Learn to Run 10am Liscomb Auction 8pm Spin 6:30pm Zumba toning 6pm	26 Spin Class 845am Seniors Café 930am Maple Manor Bake Sale	27 Melrose 45s 8pm Liscomb Crib 8pm Bottle Depot
28 IHL Pot Luck 4pm	29 Exercise 10am Reading Corner 10am Running 230pm WI New Town 7pm Youth Spin 2:45pm Zumba Gold 6pm	30 Exercise 10am Meditation 11am Melrose 45s 130pm IHL Auction 45s 8pm Open Gym 6:30pm Happy Feet 230pm Trailblazers				

