

# August 2013 Newsletter

[www.sant-marys.ca](http://www.sant-marys.ca) [facebook.com/DistofStMarys](https://www.facebook.com/DistofStMarys)

The **DEADLINE** to have information submitted for the September issue of the Newsletter is **AUGUST 21** 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 8296 Highway #7 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, September 9<sup>th</sup> at 7pm. Also, a Special Council Meeting is scheduled for Monday, July 29<sup>th</sup> at 6:30pm for the purpose of old municipal administration building. The public is invited to attend.

## Tender for Surplus Trailer

A 48 foot universal trailer with walking floor. As is, where is. To make arrangements to view, please contact David Gillis, Municipal Clerk. Trailer must be removed from location within 14 days of tender being awarded. Written sealed tenders will be accepted until **Monday, September 9<sup>th</sup> at 12noon** at the St. Mary's Municipal Office, 8296 Hwy #7, Sherbrooke. **No verbal submission accepted.**

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

## BUILDING PERMIT FEES HAVE CHANGED

The permit fees for the Municipality of the District of St. Mary's are as follows:

- Any residential buildings, community centers & churches, excluding unfinished basements: \$20.00 (non-refundable) plus \$0.10 per sq ft.
- Commercial Buildings: \$20.00 (non-refundable) plus \$0.14 per sq ft.
- Sheds, shell warehouses, garages, barns & other farm buildings: \$20.00 (non-refundable) plus \$0.04 per sq ft.
- Alterations/Repairs in excess of \$2500; \$20.00 (non-refundable) plus \$2.00 per \$1,000.00 value of alterations & repairs;
- Alterations/Repairs or all other projects with a non-defined floor space: \$20.00 (non-refundable) plus 2% of value;
- \$20.00 administrative fee for Demolition Permits;
- Renewal of permits – \$20.00

**Emergency Flares:** Please note the proper way to dispose of emergency flares is take them to your local RCMP office. 8013 Hwy 7, Sherbrooke  
Phone: (902) 522-2200

## **New Community Room Available**

Municipal Council and Staff would like to invite you and your community group to utilize our new facility. The community room / meeting space is available to non-profit groups, free of charge, at any time! To book please call the Municipal Office at 902-522-2049.

## **Register your Dog(s) Free of Charge**

Council passed motion to offer Dog Tags to residents in an effort to easily identify lost, stray dogs and comply with Municipal Dog Control bylaw.

Also note, Council has entered into a shared services agreement with the Municipality of Guysborough for Dog Catcher services to ensure and increase dog bylaw enforcement. Any complaints please forward in writing to [council@saint-marys.ca](mailto:council@saint-marys.ca) or in person at Municipal Office



We now have an Office Space to offer our services in the Sherbrooke area. We are located in the St. Mary's Municipal Office

Building and will be open to the public every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of each month beginning July 24<sup>th</sup>. We look forward to assisting you!

The Career & Job Counselling Center can assist you in making your career and educational decisions. Through a one-on-one session, you will gain information on what employment opportunities are available and will be provided with up to date labour market information. You can create or update your resume and cover letter and apply for jobs. We offer information on educational opportunities and provide assistance with funding applications for Employment Nova Scotia programs.

Please contact us for all your employment and career decision needs at 1-888-533-1906

Guysborough County



**St. Mary's Council is presently planning a Grand Opening of the New Municipal Administration Building in September – Watch for further details in next Newsletter**

MacMillan's Bottle Drive  
Liquor Store, Sherbrooke Parking Lot:  
Every Saturday for the summer months

---

## **YARD SALES!**

### **GREAT BIG COMMUNITY YARD SALE!!!**

There will be a community yard sale on Saturday, August 31<sup>st</sup>, 2013 from 9 a.m. til noon in the parking lot of Bayview Baptist Church in Spanish Ship Bay. No selling will take place before 9 a.m. Please contact Debbie Baker at [902-779-2255](tel:902-779-2255) for further information or to book a table.

---

Community Yard Sales will take place Saturday, August 3<sup>rd</sup> along Highway 211 from Stillwater to Port Hilford. Starting at 10am to 2pm. Tables available to sellers at IHL/Jordanville Community Centre for \$5 call 522-2369 to book. **No early birds.** Everyone welcome to take part, find a spot to sell.

---

### **INDOOR FLEA MARKET**

Serving Hot Brunch, tea & coffee

For Sale: Baked Goods, New & Used Clothing, Household Items, Dishes/etc., VHS tapes and more.

Time: 9am-1pm

When: August 10<sup>th</sup>

September 14<sup>th</sup>

October 12<sup>th</sup>

November 9<sup>th</sup> – Christmas Bazaar

For table bookings contact Helen at 347-2182

### **Sherbrooke Library Chat Line**

Meditation Class: Tuesdays from 11 - 12noon. Learn how to meditate followed by a short practice. Feel the peace and calmness. Newcomers are welcome to join

Village Readers' Book Club: The first Friday in the month, August 2<sup>nd</sup> at 11am. 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

We also have Lego blocks for all ages, to be used in the library. Come and relive a fun childhood experience or allow your children to develop a new one.

### **HOURS:**

Monday, Tuesday, Thursday: 11am-4pm

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

### **Heritage Day Celebrations**

On August 24<sup>th</sup> 2013, 11 a.m. to 4 p.m., New Chester Community Club members would like to invite and welcome everyone to join us at the New Chester School for our Heritage Day Celebrations.

There will be:

-50/50 Draw	Games and Prizes
-Bake Sale	Cake Walk
Pie Contest & Auction	Lunch, Tea and Coffee
Food concession table	
Grab bags and more!	

Hope to see you there!



August 1: Courthouse concert – Featuring Hal Bruce

August 10: A Sporting Day of Horse & Carriage Driving

Aug. 16-18: St. Mary's Garden Club Annual Flower Show

Aug. 23 & 24 : Sherbrooke Village Rally That Gives

August 30: Courthouse Concert with Sam Moon

For a complete list of August 2013 schedule of events

visit: <http://museum.gov.ns.ca/sv/events.php>

### **Greetings from High-Crest!**

Residents celebrating birthdays this month are:

Kaye Mason	August 9 <sup>th</sup>
Kaye Cox	August 19 <sup>th</sup>
Kathleen Chamberlain	August 22 <sup>nd</sup>
Marks Knauers	August 24 <sup>th</sup>
Bill Teasdale	August 28 <sup>th</sup>

Wow! Happy Birthday folks! We will be celebrating these birthdays on **August 13<sup>th</sup> at 1:30 p.m.** We will play bingo, sing some songs and have some cake and ice cream!

As mentioned in the last newsletter the grade 2 & 3 students held a walk-a-thon for their "Grandfriends" here at the nursing home. The grand total was \$1,171.50! Amazing! Thanks to all of the children for all of their hard work and to everyone who supported the children and in turn the residents here at High-Crest!

Thank you to the families who have made donations on behalf of lost loved ones. We recently had a beautiful painting donated in remembrance, it is hanging in the hallway for everyone to enjoy. We recently purchased a beautiful table and chairs set for the lower lounge so drop in and have a look next time you're visiting!

Have a wonderful summer and remember to drink lots of water and stay hydrated.

## Maple Manor Bake Sale every Friday

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.

---

### **Smokey Hollow Holidays 2013**

July 29<sup>th</sup> – Cards 8pm Admission \$5

July 30<sup>th</sup> – BINGO 7:30pm

July 31<sup>st</sup> – Darts 7:30pm Admission \$5

Aug 1<sup>st</sup> – Trivia and Pizza Night 8pm Admission \$5

Aug 2<sup>nd</sup> – Little Jim Smokey Crib Tournament 7:30pm, \$5 Admission

Aug 3<sup>rd</sup> – 38<sup>th</sup> Kenny Porter Memorial Men's Ball  
Tournament Starts at 8am

- Hootenanny from 2-6pm Admission \$5

- Dance 9-1pm Admission \$7

Music by The Boys n' Ivy for both

Aug 4<sup>th</sup> – Men's Ball Tournament Continues begin at 9am  
Championship scheduled for 4pm

Water Poker Rally will be August 31 2013

### **Annual Fish Fry Supper**

August 17, 2013

Port Bickerton Community Centre 4874 Hwy. 211

3:00 p.m. to 6:00 p.m.

Admission: \$10 for adults \$5 for children

Concert to follow Fish Fry Supper 7:30 p.m.

Featuring David and Dennis Kaiser & Friends

Special Guest – Sam Moon

Lots of Country, Bluegrass and Gospel

Adults \$8, children \$5

### **Duck Race**

August 18<sup>th</sup>, 2013

300 toy ducks are released at Port Hilford Lake and race to  
Port Hilford Beach

6 prizes – Ducks can be purchased from fire hall members

---

### **Level 1 Reiki Training Weekend**

September 7-8, 2013

9 a.m. to 5 p.m. both days, lunch provided

Location: 4994 Hwy. 7, Liscomb

Cost: \$150.00

Sharon Duggan – 779-1221

Please call to register if interested

### **Ecum Secum Volunteer Fire Department**

Fun Days

August 10, 2013

Breakfast at the Fire Hall – 8 a.m. – 10 a.m.

Bingo – Starting after 10 a.m.

Races – 11:30-12:30 p.m.

BBQ – starting at 12 p.m. and going all afternoon

Games – in the afternoon

Beer Garden – Starting at 1 p.m.

Variety Show – 7:00 p.m.

Fire Works at Dusk (weather permitting)

Adult Dance – 9:30 p.m. Government ID's may be required

August 11, 2013

BBQ Lunch – 12 p.m.

Duck Race – 2 p.m.

Entertainment – 11 a.m. onwards

“Duck” Tickets are on sale now”

Call any member of the Fire Department or Ladies  
Auxiliary

Ecum Secum Vol. Fire Dept. “Bottle Drive”

August 29, 30, 31<sup>st</sup>

For pick up, please call Burnell at 347-2214

---

### **80<sup>th</sup> Birthday Party!**

For Colin “Duke” Coady

Stillwater Community Centre

Wednesday, August 7<sup>th</sup>, 2013 from 2 – 6 p.m.

Well wishes only!

---

*I would like to thank my friends, family also my fellow grads, teachers and staff of St. Mary's Academy for your support of cards, gifts and being there for me.*

*Brittany Baker*

---

*We would like to take this time to thank the Sea Shore, Sherbrooke and Issac's Harbour Volunteer Fire Departments who fought to save our home from fire on May 4<sup>th</sup>. Unfortunately, it could not be saved. The support from our community and surrounding areas has been overwhelming and we have so many people to thank, but too numerous to list you all. The community centre and fire department for putting on a benefit dance for us. Friends, neighbours and family for the donations, clothes and comfort in our time of need. From deep in our hearts we thank you all so much for everything you have done. We will never forget the kindness of strangers and our community for everything you have done for us. God bless you all.*

*Dean, Crystal and Felicia*

---

*I wish to thank all those who attended my 95<sup>th</sup> birthday party, and to all those who could not attend but sent notes, cards and other greetings. I would also like to thank my family for making this day so special.*

*Thank you everyone, Joan Moore*

---

### St. Mary's River Association

Fly tying – Interested in learning to tie flies?  
Call 522-2099 to schedule

#### Secret Scientist Society

Tuesday August 6, 2013 - 1:00 to 3:00 p.m.

\*The program is designed for children ages 8 and up and has a scavenger hunt, outdoor survival, science experiments and more!

Please call 522-2099 or email us at [stmarysriver@ns.sympatico.ca](mailto:stmarysriver@ns.sympatico.ca) to reserve a spot, there will be a maximum of 12 participants

#### Today Yesterday and Tomorrow

Saturday August 17, 2013 - 2:00 – 4:00 p.m.

\*This is a fun and educational event and has been designed for ages 8 to 16 years of age and is focused on Atlantic Salmon. Three learning stations will be set up by staff and volunteers who will help enhance the youths' knowledge about Atlantic Salmon fishing and navigate the river. Please dress to be outside rain or shine, as two events will be outside. There will be snacks and everyone will be taking home a map of the St. Mary's River.

There is only room for 20 kids so sign up quickly by calling the association at 522-2099 or email [stmarysriver@ns.sympatico.ca](mailto:stmarysriver@ns.sympatico.ca).

### A Tribute to George Archibald

In 1963 two young college students decided to set up a project to protect the Crane population of the world. These two young men, Ronald Savey of Wisconsin, USA and George Archibald of Sherbrooke, NS called their project "The International Crane Foundation". This project proved to be enormously popular. Sir David Attenborough had this to say about it, "Cranes are international travelers and great ambassadors for conservation, worldwide. What birds could be more deserving of our help and protection? After the project had run for some time Ronald died but so much interest had been aroused in saving cranes that George has been left with a great team of people assisting him in carrying on this worldwide work and now a delightful little paper is published regularly "The Bugle". Anyone making a donation to the I.C.F will receive "The Bugle". On this 14<sup>th</sup> anniversary of I.C.F George was awarded the Dan Lufkin prize for Environmental Leadership and \$10,000 cash prize, both of which were offered by the Audubon Society. George immediately donated the \$10,000 to the I.C.F.

Also his Excellency Hon. David Johnson, Gov. Gen. of Canada – announced his appointments to the "Order of Canada" one of our countries highest civilian appointments. George was named one of these 56 new appointees. At a ceremony to be held at a later date these recipients will be invited to accept their insignia

Congratulations to George!

Join the ATV Club for the monthly meeting on August 8<sup>th</sup> at 6:00pm in the Community Room at Municipal Office

---

### Sailing for Adventure!

V.B.S time is here at Bayview Baptist Church

August 5-8 at 6:30 p.m.

Ages 3-12 are welcomed!

Stories, crafts, games, songs, fun, fun, fun!

Where: Bayview Baptist Church, Liscomb, N.S.

Contact: Pastor Dave Smith 799-2709

Rides will be available

### St. Mary's Shooters Association

August Schedule:

Sunday, August 4<sup>th</sup> – Benchrest at 100 yds.

2 classes – Centre fire rifle with scope  
- rim fire rifle with scope

Bullseye Handgun @ 20 yds 2 classes – 22lr - Centre fire  
Sat. August 10<sup>th</sup>, Range Work Day – Painting and repairs to be completed. Bushes to be cut, limbs to trim, work needed at sign on #7 Hwy.

Approval should soon be in place for a long awaited shotgun range. Anyone interested in shooting shotgun, any comments or ideas for scheduling or competitions please call John Day at 783-2820, Charles Hallett at 328-2284 or Mike Ackermann at 522-2172. We value your input.

### Port Bickerton Women's Institute News

*Quilt Ticket's are on sale at various locations and from any member...*

Draw Date is Aug. 17<sup>th</sup> at the Firemen's FISHFRY.....

#### PORT BICKERTON MULTI-FAMILY YARD SALE[S]

LOCATION: 35 VILLAGE RD. [Bet McInnis]

(Across from POST OFFICE)

Date and Time:

***AUG. 17 - Opening at 9:30 am [day of FishFry]***

*Many Items for sale: Tools - Garden & Workshop  
Household including Appliances, China [some antique]  
and Many Many Many More Things*

ROYAL CANADIAN LEGION - BRANCH 86- LISCOMB  
GENERAL MEETING AUGUST 6<sup>th</sup> at 7PM ALL WELCOME

AUCTION 45'S - THURSDAY AT 8 PM (\$5)

CRIBBAGE - SATURDAYS AT 8 PM (\$5)

SPECIAL EVENT-- PRIZE BINGO

SUNDAY - AUGUST 4 AT 2PM

LOTS OF GREAT PRIZES

THE WINNER OF DINNER FOR 4 AT LISCOMB LODGE ---  
SANDRA ROBINSON--

The Baptist Congregation of Port Hillford, Port Bickerton and Sonora (Members of the Convention of Atlantic Baptist Churches)

We welcome you to our August worship services:  
August 4, 11 AM – Port Bickerton United Baptist Church  
August 11, 11 AM – Sonora Baptist Church – a service of praise and worship led by Leonard Archibald  
August 18, 11 AM – Port Hillford United Baptist Church  
August 25, 11 AM – Port Bickerton United Baptist Church  
For further information, call 522-2087 or email [hbs.baptist@ns.sympatico.ca](mailto:hbs.baptist@ns.sympatico.ca) (Rev. Norman Pearce)

### Stillwater Community Centre News

Card Play resumes on Friday September 6<sup>th</sup> and will continue every Friday Night at 8pm (Doors open @7:15) till December 13<sup>th</sup>. There will be a special prize for opening night "High Score" so join us for some tea, sandwiches, and deserts and as always enjoy some good company.

### Older Adult Games – Liscombe Lodge



August 20-21<sup>st</sup>

Liscombe Lodge - Ages 50+

Walking, Crokinole, Outdoor Shuffleboard, Scrabble, Washer Toss, Coquet, Cribbage, 45's (auction), Darts, Indoor shuffleboard, Carpet Bowling

Banquet, Dance, Live Entertainment

Registration forms can be found at any municipal office in Guys. County (St. Mary's, Guysborough, Mulgrave)  
Call 522-2598 for more information

The Nova Scotia Lighthouse Interpretive Centre is open from 9:00 a.m. to 5:00 p.m., seven days a week from June 15 to September 15 each year. Admission to lighthouse site is \$3.00 per person or \$7.00 per family for a day pass; \$12.00 for a family season pass. A "Friend of the Light" membership is \$25.00 annually and includes a family season pass, an annual newsletter, and a lapel pin.

Visit them online:

<http://www.portbickertonlighthouse.ca/>

#### Our Motto

*"The light of the past illuminates the path to our future."*

### St. Mary's Coyotes

would like to thank all who supported the BBQ on Canada Day. We raised 898.12 towards the upcoming hockey season. Special thanks to our sponsors. 50-50 tickets were also sold at this event. To date, no one has come forward with the winning ticket (last four numbers 5049). If you are the lucky ticket holder, please contact Susanne McGrath to claim your prize (522-2028).

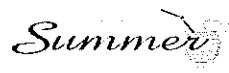


Plans are currently underway for the 1st Annual St. Mary's Coyotes Golf Tournament" on September 14th at Red Hill Golf Course in Indian Harbour Lake. This tournament is also a fundraiser for the upcoming hockey season. Tournament can accommodate up to 18 teams of 4. Cost is 30.00 per player. The format for the tournament is Texas Scramble Please contact Susanne McGrath (522-2028) or David Jordan (522-1190) to register.

The Minor Hockey Executive has plans to meet in the upcoming weeks to discuss team formation for the 2013- 2014 hockey season. Please contact Tammy Cole or any of the executive with your intentions for the season to help facilitate with the formation of teams. It is our hope to have preliminary teams formed by the end of the summer so parents and players know the status of their age appropriate team. Please pass the word around to help promote minor hockey in our area. Physically active, healthily kids, who experience the benefits of being a part of a team, is an investment you can make for your child that will last a lifetime.

### St. Mary's Photo Contest –

The top three winner's photographs will be unveiled and displayed during the Grand Opening of the Municipal Building in September! Thank you again to all those who submitted the beautiful photos that we call home!



The Municipality of the District of St. Mary's hopes you are enjoying your summer so far! Here is a list of activities you could try out on your own or with the family in August:

- Blow bubbles
- Catch fireflies
- Build a sandcastle
- Have a picnic
- Go kayaking
- Make fresh lemonade
- Dig your own clams
- Nap in a hammock
- Look at the stars
- have a campfire

### Seashore Co-Ed Ball tournament

The Recreation Department is hosting the first ever Seashore Co-Ed Ball Tournament at the Port Bickerton Ball Field August 24<sup>th</sup>-25<sup>th</sup>. The fee is \$10 per person with teams including a 50/50 split of men and women. Action gets underway at 8:00 a.m. on Saturday, August 24<sup>th</sup> and 10:00 a.m. on Sunday, August 25<sup>th</sup>. All proceeds will go toward the maintenance and upkeep of the field. There will be a BBQ on site as well as a 50/50 draw and door prizes. Call Kerri at 522-2598 to register your team or email [kerri.penney@saint-marys.ca](mailto:kerri.penney@saint-marys.ca).



### St. Mary's Community Markets

The Recreation Department will be hosting two community markets at the St. Mary's RecPlex over the duration of the summer. These sales will be a pilot project to see if there is interest in hosting regular markets next year! Markets are being held on **Sunday, August 11<sup>th</sup>** and **Sunday, September 1<sup>st</sup>**. Both markets will get underway at 10:00 a.m. and run until 1:00 p.m. All vendors are welcome and encouraged to come. Vendors can sell anything from household items to baked goods or even crafts or fresh produce. Tables are \$5 each. For more information or to book a table contact the Recreation Department at 522-2598 or email Recreation Coordinator Kerri Penney at [kerri.penney@saint-marys.ca](mailto:kerri.penney@saint-marys.ca).

### FUNDamental Movement Skills.. Sport Starts Here!

To become completely physically literate, children need to master the fundamental movement skills which include: dodge, hop, skip, log roll, stork stand, jump, kick, dribble, over arm throw, catch, run, side arm strike. FMS does just that! We would like to open this program up to any community who would like it. The FMS program is open to ALL children ages 3+. For the month of August, we will be offering FMS at our summer day camps weekly on Wednesday's. For more information on this program OR to request it in your community, please contact the Recreation Department at 522-2598 or email us at [recreation@saint-marys.ca](mailto:recreation@saint-marys.ca). The development of fundamental movement skills and motor skills is critical to establishing the foundation for participation in many sports and physical activities. A child who has not had the opportunity to develop these basic motor skills experiences difficulties or barriers when participating in sport experiences, or school-based programs that involve more difficult skills.



### NSAF Fitness Instructor Certification

NSAF is the standard for fitness certification in Canada. By becoming certified through NSAF you receive the highest standard of fitness certification that is transferable across the county. If you are interested in getting certified or would like 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)

### Aqua Fitness

Aqua Fitness is continuing at the Liscombe Lodge starting **Tuesday, July 30<sup>th</sup>**. Our Aquafit classes are a great, low impact work out that uses water resistance to increase cardiovascular health, muscle endurance and strength. Join us Tuesday and Thursday mornings from 10:00 a.m. - 10:45 a.m. at the Liscombe Lodge pool. To register please contact Emily Morton at 522-2598 or by email at [recreation@saint-marys.ca](mailto:recreation@saint-marys.ca). There is a \$2.00 drop in fee OR purchase an eight class punch card for \$6.00. Punch cards can be purchased at the Recreation Office or at classes.

Thank you to all of our Aquafit participants for their patients during St. Mary's Swimming Lessons. See you on **July 30<sup>th</sup>**!

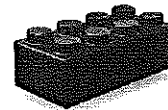
### Fall Programming

Have you mastered a trade or hobby? The Recreation Department is looking for instructors for potential upcoming fall programming. Have you been knitting or quilting for years? Or maybe your scrapbooking collection needs its own bedroom. Does your garden catch the eye of all the neighbors? Or are your chocolate-chip cookies the envy of all your friends? Well we are looking for YOU! We would like to find the talent that we have right here within our own communities. Instructors would partner with the Recreation Department to teach others their trade or hobby. If you would be interested in instructing a recreation program this fall, get in touch with the municipality's Recreation Coordinator, Kerri Penney at 522-2598 or by email at: [kerri.penney@saint-marys.ca](mailto:kerri.penney@saint-marys.ca).

### Eastern Counties Regional Library

#### Summer Reading Club!

The ECRL summer reading club is making a couple of stops in our municipality! The Library will be hosting their LEGO Wedo program at the Goshen Community Centre on August 9<sup>th</sup> starting at 10:00 a.m. If your child would like to attend, please contact the Recreation Department at 522-2598 or email Kerri at [kerri.penney@saint-marys.ca](mailto:kerri.penney@saint-marys.ca) so we have an idea of numbers for this event. The library will also be hosting a gardening session for kids at the St. Mary's Lion's Hall in Sherbrooke on August 23<sup>rd</sup> as part of day camp activities. For more information on these programs visit the Library's website: <http://ecrl.library.ns.ca/>.



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 programs, trails and recreation facilities in your area!

### St. Mary's Family Picnic

The Recreation Department is hosting its first ever St. Mary's Family Picnic at Lochiel Lake Provincial Park. This event is for all ages! Bring your own packed lunch or purchase some goodies from our BBQ! There will be family games, water games, a washer toss tournament and lots more! This event will run from 2:00 p.m. – 6:00 p.m. on



Sunday, August 18<sup>th</sup>. Come on out and join us for an afternoon of fun to celebrate the summer season! This is a FREE event. See you there!

---

### Social media

Whether you share, like, tweet or hashtag – we got you covered! The Municipality of the District of St. Mary's is on Facebook and Twitter! Search for St. Mary's Recreation on Facebook at [Facebook.com/DistofStMarys](https://www.facebook.com/DistofStMarys).

On Twitter, we are Dist. Of St. Mary's - tweet us @StMarysDist! Like or follow us for chances to win prizes, keep up to date on our programming, or what's going on around your community and much, much more! You can also find the link to both pages through the St. Mary's website

---

### Summer Day Camps continue!

Summer Day Camps are in full swing and we still have lots of excitement left for the summer! Day camps are continuing for children ages 4-12 throughout August at a community centre or church near you! This month, we will be offering BAZINGA Science camps (for all you Big Bang Theory fans)! Camps are FREE of charge, and run from 9:00 a.m. until 3:00 p.m. Monday to Friday.

Goshen Com. Ctr./IHL Jordanville Com. Ctr.

July 29-Aug 2

Port Bickerton Com. Ctr./Aspen United Church

Aug. 6-9

Sonora Com. Ctr./Liscomb Legion

Aug. 12-16

Sherbrooke Lions Hall/Ecum Secums Fire Hall

Aug. 19-23



If you would like more information, please contact Devan at 522-2598 or by email at [d.w.e.mills@gmail.com](mailto:d.w.e.mills@gmail.com).

---

### Equipment Loan Out Program

The Municipality of the District of St. Mary's Recreation Department has a variety of recreational equipment available for your use at little to no cost. That includes our kayaks that are available for rent for just \$10 per day plus a deposit. For more information please contact the Recreation Department at 522-2598 or stop by the municipal building for an equipment loan out sheet!



### THRIVE!

The rise in childhood obesity and preventable chronic disease is a global issue. In Nova Scotia one in three children and youth are overweight 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](http://www.thrive.novascotia.ca) or ask your Physical Activity Coordinator, Emily Morton for more information!

---

### St. Mary's Fitness Centre

The St. Mary's Fitness Centre remains closed for the rest of the summer. There is still no confirmed date for our reopening, but stay tuned as we will officially announce the opening of our NEW facility soon! Thanks for your patients, and all memberships will be extended!

---

### 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 15th to June 1st for spring and summer programs and from July 1st to November 15th 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).



---

### 2013 St. Mary's Swimming Lessons

Thanks to all who took part in Red Cross Swimming Lessons at the Liscombe Lodge this summer! We had tons of fun learning to swim with children of all ages from around the municipality and beyond. We hope to see you next year! If you filled out a swim survey and did not turn it in, no worries! You can drop them off at the municipal building in Sherbrooke or fax them to (902)-522-2309.



We are always looking to improve our programs, and that requires your help! Please see the attached anonymous survey. We are asking parents and guardians who **DID NOT** register their children in swimming lessons this year to fill out the survey and return it to us! All information collected will be used for informational purposes and will be completely confidential. You can drop them off at the municipal building in Sherbrooke or fax them to (902)-522-2309. Thank you!

# August 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 AquaFit 10am Liscomb Auction 8pm IHL/Goshen Camps Smokey Hollow trivia	2 Seniors Café 930am Book Cub 11am Maple Manor Bake Sale Jim Smokey crib tourney	3 Liscomb Crib 8pm Yardsale Stillwater –Port Hilford 10am Kenny Porter ball tourney
4 Shooters Assoc. bench rest shoot Goshen Crib 7pm Liscomb prize bingo 2pm	5 Civic Holiday Bayview bible camp (Aug. 5-8 6:30pm)	6 AquaFit 10am Meditation 11am River Assoc. secret scientist society 1pm PB/Goshen camps start Liscomb Legion mtg	7 Lions BINGO 745pm Bayview bible camp	8 AquaFit 10am Liscomb Auction 8pm ATV club mtg. 6pm Bayview bible camp	9 Seniors Café 930am Maple Manor Bake Sale Lego Wedo at Goshen Comm. Ctr. 10:00am	10 Flea mkt St. John's Church Hall 9am Bottle Depot 930am Liscomb Crib 8pm Ecum Secum Fun Days Shooters range cleanup
11 St. Mary's Market 10am Goshen Crib 7pm Ecum Secum Fun Days	12 Sonora/Liscomb camps start	13 AquaFit 10am Meditation 11am Highcrest Party 1:30	14 Lions BINGO 745pm	15 AquaFit 10am Liscomb Auction 8pm	16 Seniors Café 930am Maple Manor Bake Sale Garden Club Flower Show (16 <sup>th</sup> —18 <sup>th</sup> )	17 Liscomb Crib 8pm River Assoc. kids event 2pm PB Fish Fry Supper 3pm Fish Fry Concert 7:30pm PB Quilt draw
18 St. Mary's Family Picnic 2pm Goshen Crib 7pm PB Duck Race	19 Sherbrooke/Ecum Secum camps start	20 AquaFit 10am Meditation 11am Older Adult Games 9am	21 Lions BINGO 745pm Older Adult Games 7am	22 AquaFit 10am Liscomb Auction 8pm	23 Seniors Café 930am Maple Manor Bake Sale Rally That Gives	24 Bottle Depot 930am Liscomb Crib 8pm Rally That Gives Seashore Ball Tourney New Chester Heritage Days 11am
25 Seashore Ball Tourney 10am Goshen Crib 7pm	26	27 AquaFit 10am Meditation 11am	28 Lions BINGO 745pm	29 AquaFit 10am Ecum Secum bottle drive	30 Seniors Café 930am Maple Manor Bake Sale Ecum Secum bottle drive	31 Liscomb Crib 8pm Yardsale – Spanish Ship Bay 9am Ecum Secum bottle drive