

# OCTOBER

# 2013 Newsletter

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

The DEADLINE to have information submitted for the November issue of the Newsletter is October 23<sup>rd</sup> at 4:00 p.m. Submissions can be received by fax: 522-2309 or drop off at Office 8296 Highway #7 Sherbrooke or email: [council@saint-marys.ca](mailto:council@saint-marys.ca). 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, October 7<sup>th</sup> at 7pm. The public is invited to attend.

The Grand Opening for the St. Mary's Municipal Administration Building is now postponed due to the upcoming Provincial Election. Please watch for updates on our website and our November Newsletter. Join us for a tour of the Green Globes Certified facility and enjoy some refreshments. Also we will be unveiling photo contest winners!

### Solid Waste Collection Schedule on the Back!

### Heavy Haul will be October 22 – 25

Tuesday October 22	Wednesday October 23	Thursday October 24
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 as there are multiple trucks used for pickup. 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\*\*\*\*

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.

### REQUEST FOR PROPOSAL TRANSIT FEASIBILITY STUDY

The Municipality of the District of St. Mary's is seeking to obtain the professional services of a qualified consultant(s) to conduct a transit feasibility study. Full proposal documents are available from the municipal administration building located at 8296 Hwy #7 Sherbrooke, NS our website: [www.saint-marys.ca](http://www.saint-marys.ca) Sealed proposals clearly marked "**RFP TRANSIT FEASIBILITY STUDY 2013**" should be addressed to Christa Webber, Community Development Officer, Municipality of the District of St. Mary's and will be received until noon, **October 1, 2013**. Tenders will be opened publicly at the Committee Municipal Council meeting on Oct 2, 2013 at 9:00am. For additional information please contact: Christa at (902) 522-2432 [christa.webber@saint-marys.ca](mailto:christa.webber@saint-marys.ca)

### TENDER FOR ROOF REPLACEMENT ON RECplex FACILITY IN SHERBROOKE

The Municipality of the District of St. Mary's is seeking to obtain price quotes for an asphalt roof and/or a Metal roof. Sealed quotes marked "**Tender for Recplex Roof**" to be submitted to Municipal Clerk, David Gillis 8296 Hwy #7 PO Box 296, Sherbrooke, NS 3:00pm on October 7<sup>th</sup>, 2013

- Work to be completed by November 30<sup>th</sup>, 2013
- Must include proof of workers compensation

*Municipality reserves the right to accept any or all bids*

### JOB POSTING: Fitness Centre Staff

The municipality is looking to hire one individual to work at the St. Mary's Fitness Centre this year. Everyone is welcome to apply for this part time position. Please send applications to [kerri.penney@saint-marys.ca](mailto:kerri.penney@saint-marys.ca) or drop them off at the Municipal Office in Sherbrooke. No experience is necessary. For more information, call 522-2598. Deadline to apply is Thursday, September 26<sup>th</sup>

## Guysborough County Adult Learning Association (GALA)

GALA wants to offer an adult learning program in St. Mary's Municipality. If you need access to quick, free and accessible information in order to get a job or to keep and advance in a present job you might want to look at some of our free programs. Some examples of the training we can offer are:

- Improving technology skills
- Building confidence for job hunting or exploring new work opportunities
- Learning how to communicate better about yourself and the skills you can offer
- Things you need to know to work in tourism or other public service industry
- Math for the trades or Math for daily living
- Improving basic reading and writing skills
- GED preparation

If you would like more information please call us at 533-4252 or toll free 1-877-332-1277. Our programs are funded by the Province of Nova Scotia and follow the Nova Scotia School for Adult Learning curriculum.

---

### ROYAL CANADIAN LEGION - BRANCH 86

General Meeting -- Tuesday Oct 8

Auction 45's - Thurs at 8pm - \$5

Cribbage - Saturdays at 8 pm - \$5

PRIZE BINGO - Sunday October 20 at 2PM

Come join the fun- many great prizes

Winning ticket on Generator - Eric Nauffts

Winning ticket on the bicycle - Anrew Crossman

---

T.O.P.S # 5098 LISCOMB WOULD LIKE TO CONGRATULATE JOAN MULLENS, THE WINNER OF THE BASKET THAT WAS DRAWN ON AUGUST 31st. WE APPRECIATE ALL OF YOU WHO BOUGHT TICKETS.

---

### Benefit Concert

in support of Alex (Tud) MacLennan

Sunday Oct 6<sup>th</sup> 7:00pm

Country Harbour Gun Club

Donations at the Door

Featuring Dave Kaiser & Cross Roads Connections

PLUS Special Guests



Sherbrooke Village will be closing for the season on **September 28<sup>th</sup>, 2013**. Thank you to everyone who has visited, taken part or attended the concerts & special events throughout the 2013 season. We look forward to seeing you all again in 2014.

## Old Fashioned Christmas in Sherbrooke



**November 22<sup>nd</sup>, 23<sup>rd</sup>, 24<sup>th</sup> – November 29<sup>th</sup>, 30<sup>th</sup> &  
December 1st**

The Old Fashioned Christmas committee has been hard at work and a schedule is near completion.

Now we need some help. We are looking for:

- Volunteers to help with different activities
- Anyone willing to have their decorated home available for house tours (Saturday, Nov. 30<sup>th</sup> from 1-4)
- Groups or individuals interested in adopting and decorating a door to be displayed in the village (you are responsible for pickup and to have them delivered to Sherbrooke Village by November 18<sup>th</sup>)

If you can help or wish to take part in any of the above activities please contact: Sherbrooke Village @ 522-2400

---

### Port Bickerton WI News

Our next regular Meeting is **Thursday, Oct.3rd at 7pm** With a *Special Guest*. Come along and check us out...

**ALL are Welcome**

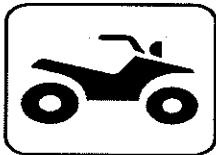
The winner of our Quilt Draw was MONICA HULL of St. Andrews Thank You to Everyone who supported our Annual Fundraiser

**\*\*\*Watch for a November Date for a "Seniors Fun and Games Day" at the Centre\*\*\***  
*Games...Fun... and Food...*

---

Liscomb Community and area, we will be having tryouts for a short play to be performed during the Community Christmas Concert. We would like to do a play called the Gifts. Adults and Children over age 8 are welcomed to tryout for a part on October 16, 2013 from 4:00 p.m. to 5:30 p.m. at the fellowship hall of Bayview Baptist Church. Please call Debbie Baker with any questions at 779-2709.

---



Join the ATV Club for the monthly meeting on Thursday October 10<sup>th</sup> at 6:00pm in the Community Room at the Municipal Office, 8296 Highway #7.

### Maple Manor Bake Sale every Friday

Flea Market and Sale at Eastern Shore Sunshine Club in Ecum Secum on Oct 12, 2013 from 9am to 2pm

#### Country Harbour Gun Club

**Oct 12:** Flea Market from 10am – 11:30 Adm \$.50  
Table rental \$5, call 328-2210 or 328-2063 to book  
**Oct 19:** Country Breakfast from 8:30am – 10:00  
Adm \$7.00 adult and \$3.00 children

October 19<sup>th</sup>

Adult Halloween Dance 9:00pm – 1:00am  
Judging at 11:00pm – Adm \$7.00  
1<sup>st</sup> Prize - \$100.00  
2<sup>nd</sup> Prize - \$75.00  
3<sup>rd</sup> Prize - \$50.00  
Music by Dave Hanhams



## ZUMBAATHON

**Charity Event:** Come out and support our Goshen Community Centre. 100% of all proceeds go to the community centre. Come and shake and groove with me, Mandy Craig and my fellow Zumba Instructors, Peggy Kaiser-Kirk and Natasha Kirk MacQuarrie.

Where: Goshen Community Center  
When: October 19<sup>th</sup> 2013  
Time: 10am – 12:30pm  
(Registration 10-10:30)

The next meeting of the Saint Mary's District Garden club will be held on Tuesday, October 8<sup>th</sup> at 2pm in the Community Room of the new Municipal Building. New members are welcome. For further information, please contact Karen Ward at 779-2285



Thank you – I would like to thank my family and friends for helping me celebrate my 80<sup>th</sup> Birthday. Many thanks to all who came out to the community centre in Stillwater and sent cards and good wishes.  
Sincerely Colin "Duke" Coady

#### Indian Harbour Lake- Jordanville Community Centre

- Card Parties (Auction 45s) will begin Tues. Oct 1<sup>st</sup> at 8:00pm. \$4 Admission, Light Lunch
- Exercise Nights will be every Mon, Wed, & Fri at 7:00pm \$2 admission at all sessions
- Next Hall meeting will be Mon Oct 14<sup>th</sup>. This will be the annual meeting to elect new officers. 7pm everyone welcome
- Pot Luck supper Sunday Oct 27<sup>th</sup> from 4-6pm. Admission \$10 per person & \$5.00 12 years & under
- Christmas Tea and bake table Sat. November 16<sup>th</sup> from 2-4pm. Admission \$5.

#### 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!

**Village Readers' Book Club:** The first Friday in the month. 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 available.

#### HOURS:

Monday, Tuesday, Thursday: 11am-4pm  
Friday: 9:30am-2:30pm Saturday 10am-1pm

#### Seashore Volunteer Fire Department

The seashore Vol Fire Dept. would like to thank everyone for another successful fish fry supper, this was our 30<sup>th</sup> year of holding this event. Thanks to all the workers who came to help in the kitchen, on the floor and looking after the tables. A huge thank you to the community members who donated items for the supper. We also want to offer a heartfelt thank you to all who came to our support from near and far and we are sorry for those who came and didn't get served because we ran out of fish. Next year we will have more fish!! We had a great concert in the evening and great entertainment! On Sunday we had our Duck Race and the winners were: Noah & Lain Horton, James Harpell, Paul Keith, Isaac Harpell, Quinton Pye, Tim Ashely. Thanks to everyone who bought duck numbers.

**On October 5<sup>th</sup>, 2013** we will be having a golf tournament at the Red Hill Golf Course (3 person team) Call Gary Mansfield at 364-2003 to enter a team  
**On October 19<sup>th</sup>, 2013** we will be having our Fall Bottle Drive, only money back bottles and cans. No soup cans or milk product containers or household garbage please.

Please join us as we celebrate the 50th Wedding Anniversary of our parents, Buddy and Helen Kaiser on Saturday, October 12th, 2013 from 2 - 4 p.m. at the Port Bickerton Fire Hall. Best wishes only, Mark and Michele

---

#### Goshen Community Centre Events

Trivia Night: Tues. Oct 15<sup>th</sup> at 7:30 p.m.  
\$5.00 per person

Prize Bingo : Sun. Oct 20<sup>th</sup> at 2:00 p.m.

#### Flea Market

Sat. Oct 26<sup>th</sup> 11:00 a.m. to 12:30 p.m.

Admission: \$0.50, Tables: \$5.00

To book a table call Jean at 783-2411 or Rickey at 783-2613. For donations to the GOALS table call Jackie Smith at 783-2341. Canteen Available

#### Turkey Supper

Sat. Nov. 2<sup>nd</sup> 4:30 to 6:00 p.m.

Adults: \$12.00 Children under 12: \$4.00

Take Outs Available

#### Remembrance Week Celebration

Sun. Nov. 10<sup>th</sup> at 2:00 p.m.

Refreshments Served. Everyone Welcome!

Crib Night is held every Sunday night at 7:00. Bring a partner. Admission: \$5.00.

Game & Social Day is held every Wednesday at 1:00 p.m. Everyone Welcome!

#### REFUNDABLE BOTTLE PROGRAM

The community centre accepts 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 assists with the overhead costs of the centre. If you have any questions on the Bottle Drop-off call Darlene at 783-2035/email:

darlene\_s\_harris@hotmail.com or Angie at 783-2196/email: gimpy105@hotmail.com . Thank you to all who have been donating your refundables.

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

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

---

**Goshen Gospel Church** will host a **Music Night** on Sunday, September 29 at 7:00pm.

The Quartet *Crystal Sea*, and other local talents, will seek to encourage our hearts in our walk with God. We invite you all to come and enjoy this evening. If you would like more information, please, contact Pastor John at 783-2055/2972

### *The Baptist Congregation of Port Hillford, Port Bickerton and Sonora*

(Members of the Convention of Atlantic Baptist Churches)

We welcome you to our September worship services:

Oct. 6, 11 AM – Port Bickerton United Baptist Church

Oct. 13, 11 AM – Sonora Baptist Church

Oct. 20, 11 AM – Port Hillford United Baptist Church

Oct. 27, 11 AM – Port Bickerton United Baptist Church

Tuesdays, Oct 1 and 8 (6:30 PM): Bible Study at Port Hillford Church on the Book of Revelation; Oct 15, 22 & 29 (7 PM): *Matthew Training* on sharing our faith, sponsored by the St. Mary's Ministerial, at Greenfield Oldsters Hall, Melrose. For further information, call 522-2087 or email hbs.baptist@ns.sympatico.ca (Rev. Norman Pearce)

---



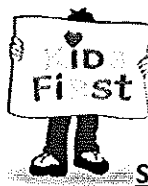
Ladies Bible Study will be held at Maple Manor on Wednesdays at 1:30 PM, starting on Oct.2nd. The study is **Experiencing God: Knowing and Doing the Will of God**. Please join us as we study seven truths that will help us know God better. For information, contact Shirley Pearce (522-2087).



Practices begin for the Community Christmas Choir on Monday, October 21<sup>st</sup>, at 7PM at Port Hillford United Baptist Church. Please join us as we prepare for sacred Christmas concerts. For information, call Iris Hayes 522-2466

---

#### Guysborough County Kids First Drop in



Guysborough County Kids First will be holding their first day of drop-ins on Wednesdays, from 9:30-11:30 am at the United Church.

**School Readiness** - The Guysborough County School Readiness Program will begin on September 24<sup>th</sup> and will be running 10 weeks. If your child is turning four-years-old prior to December 31, 2013 and you wish to enrol them into the school readiness program, please contact Paula MacIsaac at 1-888-533-3881.

---

#### St. Mary's Minor Hockey

Minor Hockey Registration Forms have been distributed to all children in both SMEC and SMA. If your child is interested in participating in minor hockey, or if you would like more information regarding potential funding opportunities please contact the recreation department at 522-2598 or by email at [recreation@saint-marys.ca](mailto:recreation@saint-marys.ca)

### Zumba!

Are you ready to Zumba? Zumba is returning to the St. Mary's Recreation Department! If you are in the market for a fun, interactive and upbeat workout program, Zumba is the program for you! We will be offering two 8 week Zumba programs in Sherbrooke and Goshen!

Zumba in Sherbrooke will take place on Tuesday and Thursday's at St. Mary's Education Centre/Academy from 7:00pm to 8:00pm starting **October 1st**. The fee for this program is \$80. This cost covers two classes a week for 8 weeks. 5 class punch cards are also available at a cost of \$30. Punch cards are only accepted during this 8 week program. You can pre-register or purchase a punch card by visiting the Municipal Office in Sherbrooke.

Zumba in Goshen will take place at the Goshen Community Centre on Wednesday's from 6:30pm to 7:30pm starting **October 2<sup>nd</sup>**. The fee for this program is \$40. 4 class punch cards are available for \$24. \*there is a minimum of 5 participants necessary for this program to proceed.

### St. Mary's Fitness Centre

After much anticipation, the St. Mary's Fitness Centre is back up and running in a brand new location! Thank you to all of our members for their patients and a special thank you to all the volunteers who helped make our move possible. Our 2013/14 hours are as follows:

**Monday-Friday: 4:00 – 8:00 p.m.**

**Monday, Wednesday & Friday: 6:00 a.m. – 1:00 p.m.**

**Saturday: 8:00 a.m. – 1:00 p.m.**

You can find our rates under the Recreation tab at [saint-marys.ca](http://saint-marys.ca). New members are always welcome!

### Move it Monday

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! Punch cards can be purchased at the Fitness Centre for \$20.00 (12 classes) Additional questions may be directed to Emily Morton at 522-2598 or by email.



### Low impact fitness in Goshen

Are you a lady over the age of 50 who is looking to get more active? Join us from 1-2pm on Wednesday's at the Goshen Community Centre for some low impact fitness. Go at your own pace. After exercising, why not enjoy some cards! This is free to anyone who would like to take part.

### Aqua Fitness

Thank you to all who participated in our Aqua Fitness program at the Liscombe Lodge pool this year. The program is wrapping up for the season in September. The last class will be held on September 26<sup>th</sup> at 10:00 a.m. See you next year!

### Cookbook Club

Do you enjoy cooking? Are you interested in trying some new recipes? Exploring a new style of food? Or perhaps just looking for a fun evening out? Well, we have the club for you! Each month we are going to choose a cookbook and every member will have the opportunity to select a recipe to prepare for the next meeting. Every meeting will be potluck style, where you will have a chance to try multiple recipes from the same cookbook. We will then have a discussion about the cookbook - what we liked or found difficult. Every meeting guarantees a yummy meal, good conversation and fun with other foodies! Come out to the Greenfield Oldsters on October, 16<sup>th</sup> at 6:30pm to see what it is all about! Everyone is welcome to attend!

### Healthy Cooking Classes with Chef Barb

Are you looking for new ways to eat healthy without losing taste? Maybe even shed a few pounds? Chef Barb from Beanies Bistro has teamed up with the Recreation Department to offer 4 weeks of cooking classes that will have your taste buds watering and your waist line singing! Classes are \$50.00 per person and by pre-registration only, to register please contact the Recreation Department at 522-2598 or by email at [recreation@saint-marys.ca](mailto:recreation@saint-marys.ca).

Classes will be held on the following dates:

**October 16<sup>th</sup> - 6:30**

**October 23<sup>rd</sup> - 6:30**

**October 30<sup>th</sup> - 6:30**

**November 6<sup>th</sup> - 6:30**

\*\*Please be advised there's a minimum of 10 participants needed in order for this program to proceed. Location TBA.



### Recreation Programming

Have you mastered a trade or hobby? The Recreation Department is always on the lookout for instructors for potential new programming. Have you been knitting or quilting for years? 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 or you would like to suggest a program we should add, 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).

### Canadian Tire Jump Start

The goal of Jumpstart 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 to the St. Mary's Recreation office. For more information please contact Jump Start at 1-877-616-6600.

## **\*\*NEW SMEC Lunch Time Programing\*\***

### **LUNCH TIME Happy Feet Run program**

In partnership with Doctors Nova Scotia and Run for Life, the 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 lifelong physically active life style! The program will be held on **MONDAY and WEDNESDAY, from 12:15-12:35 (play break)** at SMEC/Academy. All participants are asked to meet in the main lobby at 12:15 sharp. Runners are encouraged to dress for both indoor and outdoor running conditions. For more information or to register please contact the Recreation Department at 522-2598 or by email at [recreation@saint-marys.ca](mailto:recreation@saint-marys.ca). \*Please note, this replaces the After School Happy Feet program on Monday's.

### **LUNCH TIME Fundamental Movement Skills and Games**

Fundamental movement skills are basic movements such as throwing, kicking, running, jumping, hopping and catching. Fundamental sport skills are these movement skills applied to a sport situation: kicking a soccer ball, running a sprint, jumping for a basketball rebound, catching a baseball. The fundamental Movement Skills Program will be held **WEDNESDAY'S from 12:15-12:35 (play break)** at SMEC/Academy. All participants wishing to participate are asked to meet at 12:15 SHARP in the main lobby. For more information or to register please contact the recreation department at 522-2598 or [recreation@saint-marys.ca](mailto:recreation@saint-marys.ca).

### **SMEC Tumblebugs**

Tumblebugs is an introductory program designed to teach the basics of physical literacy to preschool children ages 3-5 years old. Tumblebugs is a safe, inclusive and most importantly fun approach to laying the building blocks for a physically active life style. Tumblebugs is being offered to all grade primary students at St. Mary's Education Centre. For more information or to the program in your community, please contact the recreation department at 522-2598 or by email at [recreation@saint-marys.ca](mailto:recreation@saint-marys.ca).



### **Grade 5&6/ Youth After School Running Program**

The St. Mary's Recreation Department has recently teamed up with St. Mary's Education Centre/Academy to offer a Cross Country Running Program Tuesday after school from 2:30-3:30. Children are asked to dress appropriately according to the weather and bring proper footwear. If your child is interested in participating, please contact the Recreation Department at 522-2598 for more information!

### **CALL FOR GIRL GUIDE LEADERS**

Are you or your daughter interested in getting involved with Girl Guides of Canada? We are currently in the process of opening our very own branch. For more information on how you can get involved, or to submit a registration form please contact Emily Morton at 522-2598 or by email at [recreation@saint-marys.ca](mailto:recreation@saint-marys.ca).



### **Halloween Parties!**

St. Mary's Recreation is hosting a number of family



Halloween parties across the District! There will be treats, games and haloweenie activities! Parents are encouraged to dress up too!

**Ecum Secum Fire Hall – Saturday, October 26<sup>th</sup>, 2-3:30pm**

**Goshen Community Centre - Sunday, Oct. 27<sup>th</sup>, 2-3:30pm**

**Sonora Community Centre – Monday, Oct. 28<sup>th</sup>, 6-7:30pm**

**Port Bickerton Community Centre – Tuesday, Oct. 29<sup>th</sup>, 6-7:30pm**

**Liscomb Legion – Wednesday, October 30<sup>th</sup>, 6-7:30 pm**

**Greenfield Oldsters Club – Thursday, October 31<sup>st</sup>, 6-7:30pm**

### **19+ Hockey Registration/Captain's Meeting**

We are now taking registration for 19+ Hockey. A registration list will be posted at local community centers and stores. If interested, please sign your name and phone number and we will contact you with more information. You can also register by contacting the Recreation Department at 522-2598.

There will be a **Captain's Meeting Tuesday October 8<sup>th</sup>, 2013** at 6:30 at the municipal office for all 2013/14 team captains. If you are unable to make this meeting please contact the Recreation Department at 522-2598 or by email at [recreation@saint-marys.ca](mailto:recreation@saint-marys.ca).

### **Trail Blazers**

Trail Blazers is back for a fall session! This is a FREE outdoor program for students in grades 3-7. Trail Blazers teaches outdoor education through fun, interactive activities. The program also offers a standard for physical activity and leadership building. Trail Blazers will run each Wednesday from 2:45 – 4:30 p.m. starting September 18<sup>th</sup>. Registration forms will be accepted anytime throughout the program. Forms can be picked up and dropped off at the Municipal Building in Sherbrooke.

\*Please note, there will be no Trail Blazers on Wednesday, October 23<sup>rd</sup>. The program will conclude on October 30<sup>th</sup>, 2013.



### **Making Tracks Mountain Bike Program**

Did you know that the Municipality of St. Mary's Recreation Department has 10 Norco Mountain Bikes available for YOU to use? We are pleased to offer a free after school, learn to mountain bike program for all students ages 10-18. Making Tracks will be held on Thursdays afternoons from 2:45-3:45. Please note spots are limited therefore anyone looking to participate must contact the recreation office at 522-2598 or by email at [recreation@saint-marys.ca](mailto:recreation@saint-marys.ca) to reserve a spot. If you have your own bike, we encourage you to bring it along! Storage is available.



## Solid Waste Collection Schedule

<b>Tuesday ZONE 1</b>	<b>Wednesday ZONE 2</b>	<b>Thursday ZONE 3</b>
<b>October 1</b> Recyclables	<b>October 2</b> Recyclables	<b>October 3</b> Recyclables
<b>October 8</b> Garbage	<b>October 9</b> Garbage	<b>October 10</b> Garbage
<b>October 15</b> Recyclables	<b>October 16</b> Recyclables	<b>October 17</b> Recyclables
<b>October 22</b> Garbage AND HEAVY HAUL	<b>October 23</b> Garbage AND HEAVY HAUL	<b>October 24</b> Garbage AND HEAVY HAUL
<b>October 29</b> Recyclables	<b>October 30</b> Recyclables	<b>October 31</b> Recyclables

**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.

***QUESTIONS? Call Eastern Shore Cartage 1-800-261-0372***



**MacMillan's Bottle Drive**

Liquor Store, Sherbrooke Parking Lot: Second and Fourth Saturday each month

**Municipal Transfer Station**

Hours of Operation Tuesday to Saturday

9:00pm – 4:30pm

Regular Garbage (Clear Bag) tipping Fee \$1/bag, No Recyclables


No Charge for onsite services such as; Construction and Demolition Materials Waste Disposal,  
Household Hazardous Waste disposal, Metal & Appliance Disposal





# October 2013



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Meditation 11am After School Running Program 2:45 Computer Class 3pm Sherb. Zumba 7pm IHL Auction 8pm	2 Kids 1 <sup>st</sup> Drop-in 9:30a FMS 12:15pm Goshen fitness 1pm Bible study 1:30pm Trail Blazers 2:30pm Goshen Zumba 6:30 Lions BINGO 7:45pm	3 Making Tracks -- 2:45pm Sherb. Zumba 7pm PB WI mtg. 7pm Liscomb Auction 8pm	4 Seniors Café 930am Book Club 11am Happy Feet -12:15pm Maple Manor Bake Sale Stillwater Card Play 8pm	5 Seashore Golf tourney Liscomb Crib 8pm
6 Goshen Crib 7pm CH Benefit Concert 7pm	7 FC Fitness class 10am Happy Feet - 12:15pm Council mtg. 7pm	8 Meditation 11am Garden club mtg 2pm After School Running Program 2:45 Computer Class 3pm 19+ Hockey mtg 6:30 Sherb. Zumba 7pm Liscomb Legion mtg	9 Kids 1 <sup>st</sup> Drop-in 9:30a FMS 12:15pm Goshen fitness 1pm Bible study 1:30 Trail Blazers 2:30pm Goshen Zumba 6:30 Lions BINGO 7:45pm	10 Making Tracks -- 2:45pm ATV club mtg. 6pm Sherb. Zumba 7pm Liscomb Auction 8pm	11 Seniors Café 930am Happy Feet -12:15pm Maple Manor Bake Sale Stillwater Card Play 8pm	12 Ecum Secum mkt/sale 9am Bottle Depot 930am CH gun club mkt. 10am Liscomb Crib 8pm
13 Goshen Crib 7pm	14 FC Fitness class 10am Happy Feet - 12:15pm IHL Hall mtg 7pm	15 Meditation 11am After School Running Program 2:45 Computer Class 3pm Sherb. Zumba 7pm Goshen trivia 7:30pm	16 Kids 1 <sup>st</sup> Drop-in 9:30a FMS 12:15pm Goshen fitness 1pm Bible study 1:30 Trail Blazers 2:30pm Liscomb. play aud. 4p Goshen Zumba 6:30 Cookbook Club 6:30 Cooking class 6:30 Lions BINGO 7:45pm	17 Sherb. Zumba 7pm Liscomb Auction 8pm	18 Seniors Café 930am Happy Feet -12:15pm Maple Manor Bake Sale Stillwater Card Play 8pm	19 Seashore bottle drive CH gun club breakfast 8:30am Goshen Zumbathon 10am Liscomb Crib 8pm CH Gun Club Halloween Dance 9pm Chinese Supper 4pm
20 Goshen Crib 7pm Liscomb prize bingo 2pm Goshen prize bingo 2pm	21 FC Fitness class 10am Happy Feet - 12:15pm Port Hillford Choir practice 7pm	22 Meditation 11am After School Running Program 2:45 Computer Class 3pm Sherb. Zumba 7pm Heavy Haul	23 Kids 1 <sup>st</sup> Drop-in 9:30a FMS 12:15pm Goshen fitness 1pm Bible study 1:30 Goshen Zumba 6:30 Cooking class 6:30 Lions BINGO 7:45pm Heavy Haul	24 Sherb. Zumba 7pm Liscomb Auction 8pm Heavy Haul	25 Seniors Café 930am Happy Feet -12:15pm Maple Manor Bake Sale Stillwater Card Play 8pm Heavy Haul	26 Bottle Depot 930am Goshen flea mkt. 11am ES Halloween party 2pm Liscomb Crib 8pm
27 Goshen Halloween party 2pm IHL potluck 4pm Goshen Crib 7pm	28 FC Fitness class 10am Happy Feet - 12:15pm Sonora Halloween party 6pm	29 Meditation 11am After School Running Program 2:45 Computer Class 3pm PB Halloween party 6pm Sherb. Zumba 7pm	30 Kids 1 <sup>st</sup> Drop-in 9:30a FMS 12:15pm Goshen fitness 1pm Bible study 1:30 Trail Blazers 2:30pm Liscomb Halwn pty 6p Cooking class 6:30 Lions BINGO 7:45pm	31  HALLOWEEN Greenfield Halloween Party 6pm Sherb. Zumba 7pm Liscomb Auction 8pm		