



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

# December 2013 Municipal 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 January Issue of the Newsletter is **December 18<sup>th</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 January 13<sup>th</sup>, 2014**. The public is invited to attend. Note the Municipal Office Holiday Hours;

### Municipal Office Holiday Hours

Monday Dec 23	OPEN	(8:30am – 4:00pm)
Tuesday Dec 24	CLOSED	
Wednesday Dec 25	CLOSED	
Thursday Dec 26	CLOSED	
Friday Dec 27	CLOSED	
Monday Dec 30	OPEN	(8:30am – 4:00pm)
Tuesday Dec 31	OPEN	(8:30am – 12noon)
Wednesday Jan 1	CLOSED	

### Municipal Transfer Station Holiday Hours

Monday Dec 23	CLOSED	
Tuesday Dec 24	CLOSED	
Wednesday Dec 25	CLOSED	
Thursday Dec 26	CLOSED	
Friday Dec 27	OPEN	(9:00am – 4:30pm)
Saturday Dec 28	OPEN	(9:00am – 4:30pm)
Monday Dec 30	CLOSED	
Tuesday Dec 31	OPEN	(9:00am – 12noon)
Wednesday Jan 1	CLOSED	

**Christmas food drive** St. Mary's Recreation is building its Christmas tree out of food bank donations this year! Bring a non-perishable food donation to the Municipal Building in Sherbrooke and add it to our tree! Let's see how big it will grow! All donations will be given to the St. Mary's District Food Bank in time for Christmas.



Please make sure your donation is not past the best before date. In March 2013, 21,760 Nova Scotians were assisted by food banks - 2357 of those were from Guysborough- Antigonish-Pictou counties. Let's make sure everyone has something to eat this Holiday season.

**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.



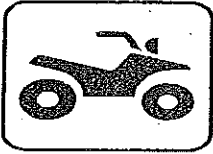
New Municipal Office Revitalizes District of St. Mary's  
Project made possible thanks to Federal Gas Tax Fund

Sherbrooke, Nova Scotia, November 16, 2013 – The District of St. Mary's now boasts a modern municipal building that will help improve the delivery of key services to residents. The new administration building houses municipal offices and Council chambers, and will benefit local community groups by providing them with adequate meeting and event space. The new building will also serve as the Emergency Management Office command centre for the municipality.

"Investing in social, cultural and civic resources is key when we want to ensure that our communities remain among the best in the world," said the Nova Scotia Regional Minister Peter MacKay. "This new building will centralize municipal services while providing opportunities for families and residents to gather together. Our government is proud to invest in infrastructure projects that generate economic growth and job creation through the federal Gas Tax Fund transfer here in the District of St. Mary's and across Canada." "This new building provides the municipality with a modern facility that will bring the community together for meetings and events for many years to come," said Lloyd Hines, MLA for Guysborough-Eastern Shore-Tracadie, on behalf of the Honourable Mark Furey, Minister of Service Nova Scotia and Municipal Relations. "It is through the availability of the Gas Tax Fund that St. Mary's was able to build this structure in a timely and cost-effective manner."

The new administration building has achieved a level four Green Globe designation. This designation shows leadership in energy and environmental design practices and a commitment to continuous improvement and industry leadership in environmental practices such as energy efficiency, water conservation and choice of materials with lower environmental impact.

"The Municipality of the District of St. Mary's is very proud of our new Green Globes certified administration building," says David Clark, Warden, Municipality of St. Mary's. "The funding for this building was a result of the hard work and cooperation of the Federation of Canadian Municipalities and both our federal and provincial governments. Allowing us to access the Gas Tax Funds was critical for St. Mary's Municipality to move forward with this project by providing 100 per cent of the capital funding. Not only will this facility fulfill our municipal needs, we have approximately 28 community organizations and services within the municipality that will also benefit from this enhanced community infrastructure."



Join the ATV Club for the monthly meeting on Thursday December 12<sup>th</sup> at 6:00pm in the Community Room at the Municipal Office, 8296 Highway #7.

### Maple Manor Bake Sale every Friday

#### Goshen Community & Recreation Centre Events



Tuesday, Dec. 10<sup>th</sup> at 7pm Admission: \$5.00 per person

#### Crib Night

Cribbage will be held every Sunday evening at 7pm Admission: \$5.00 per person - Bring a partner

#### Refundable Bottle Program

The Goshen Community Centre accepts donations of refundable bottles and cans. Donations can be placed in the baby barn at any time.

#### Community Centre Hall Rental and Gym

For hall rental contact Lisa at 783-2749 or [perfectfit1999@hotmail.com](mailto:perfectfit1999@hotmail.com)

For gym usage contact Vicky at 783-2372

Thank you to all that supported in any way the ongoing fundraising, volunteering, attending events, etc. at the Goshen Community Centre, Gym, Ball field, Playground and C@P Site over the past year. It is through your continuous support that we are able to provide ongoing events and activities for Goshen and the surrounding communities. Merry Christmas & A Happy New Year.

#### Last Minute Christmas Flea Market

St. John's Church Hall - Necum Teuch, Hwy #7  
9am - 1pm

December 14, 2013

Cds, Christmas tree ornaments, books, grabs, VHS movies, lots of gift items, puzzles, homemade knitted socks and mitts



#### Ecum Secum Annual Christmas Penny Auction

will be held on Dec 7, 2013 at the Ecum Secum Fire Hall. There will be a chocolate walk and lunch. Everyone Welcome!

All proceeds to the Fire Department



#### Christmas at Bayview Baptist Church

On December 14th at 5:30 there will be a Christmas potluck and Carol sing. Please bring your favorite dish to pass. All are welcome.

There will be a Christmas Carol-Hymn sing on December 21 at 6:00 P.M. in the community room at Maple Manor. All are welcome.

On December 24th there will be a Candle light service at 7:00 P.M. All are welcomed as we celebrate the birth of our Savior, Jesus Christ.

#### **Still searching for a special Christmas gift for that special someone?**

The Port Bickerton and Area Planning Association has two unique suggestions for you.

Why not make a charitable donation on behalf of that special person in support of the historic Port Bickerton Lighthouse? Donations of \$20.00 or more will qualify for a certified Revenue Canada income tax receipt and we will send a Christmas card of thanks to the recipient of your choice.

Alternatively, \$25.00 will purchase a summer pass for a family of four to the Nova Scotia Lighthouse Interpretive Centre for the 2014 season.

In both cases, your contribution will go a long way to helping our volunteers restore and preserve this historic municipal landmark.

Merry Christmas to all and a Happy New Year, and thank you for your great support throughout 2013 for the Port Bickerton Lighthouse!

#### The annual Christmas Sing Fundraiser will be held at the **Stormont Union Church**

on Saturday December 21st at 7:00pm. Admission \$5.00.

Season Greetings to one and all!



**Thank you** to our dear family and special friends for the wonderful 50<sup>th</sup> Wedding Anniversary Party. We enjoyed visiting with those who attended and appreciated their best wishes, beautiful cards and gifts. Also thank you to those who sent congratulatory messages via email, phone and facebook. - Buddy and Helen Kaiser

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

Best wishes to all residents of St. Mary's District this  
Christmas Season. May you experience the joy of Christ  
at Christmas and through the New Year.

"Unto us a child is born, unto us a Son is given."

We welcome you to our December worship services:

- Dec. 1, 11 AM – Port Hillford United Baptist Church
- Dec. 8, 11 AM – Port Bickerton United Baptist Church
- Dec. 15, 11 AM – Sonora Baptist Church
- Dec. 22, 11 AM – Port Hillford United Baptist Church
- Dec. 23, 7 PM – Sonora Baptist Church (Special  
Christmas Service)
- Dec. 29, 11 AM – Port Bickerton United Baptist Church

For further information, call 522-2087 or email  
hbs.baptist@ns.sympatico.ca (Rev. Norman Pearce)

**Thank You**

We would like to thank everyone who donated to our  
recent fund raising campaign for Sonora – St. Mary's  
River Community Center..The response to our appeal  
was very heart warming and we invite everyone to our  
monthly meeting and held keep the center a part of our  
community. – The Executive

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

The next general meeting will be held on Tuesday, Dec 3  
Please take time to attend and support your legion.

**ACTIVITIES:**

- AUCTION 45's – Thursdays at 8pm \$5
- CRIBBAGE – Saturdays at 8pm \$5

**CHRISTMAS IN THE COUNTRY**

Come to Liscomb on Dec.7 and enjoy:

- Craft and bake sale, get your live trees and wreaths  
from (10am -12 noon)
- Christmas House tours – (1-4pm); beautifully  
decorated homes for your viewing pleasure
- Christmas tea served by the gentlemen – (2-4 pm)
- Walk of trees at the Bay View Baptist
- Memory tree at St Luke's Anglican
- Get tickets at Liscomb PO or Liscomb Legion;  
\$8 a ticket for a very enjoyable day

**Victorian Tea at the Country Hbr Gun Club**

Dec 7th - 2pm admission \$5.00

Cake walk, door prizes, and lunch. If you would like to  
bring a Christmas ball we hang it on our tree.

**Christmas Breakfast**

Dec 14th Country Hbr Gun Club

8:30 - 10:00am Adults \$7.00, Children \$3.00

**Anglican Parish of Liscomb/ Port Bickerton**

St Luke's Liscomb, St. Paul's Port Bickerton  
St. Thomas, Indian Harbour Lake and St James, Sherbrooke

**Please join us for these Advent and Christmas services!**

**Dec-1st-First Sunday of Advent**

9:30 am: St. Paul's, Morning Prayer

11:00 am: St. Thomas, Eucharist

No service for St Luke's

4:30 pm –Old Fashioned Candlelight Carol Service at St  
James Church in conjunction with Christmas in the Village

**Dec. 8th 9:30 Second Sunday of Advent**

9:30 am St. Luke's, Morning Prayer

11:00 am- St. James, Eucharist (Maple Manor)

No service for St Thomas

7:00 pm: St. Paul's, Evening Prayer

**Dec. 15-Third Sunday of Advent**

11:00 am-St Luke's, Morning Prayer

4:00 pm- St James, Evening Prayer (Maple Manor)

No Service St Paul's

7:00 pm- St Thomas, Evening Prayer

**Dec 22-Fourth Sunday of Advent**

9:30 am- St Thomas, Morning Prayer

11:00 am- St Paul's, Morning Prayer

No Service St. James or St Luke's

**Candlelight Christmas Eve Eucharist**

4:00 pm-St Luke's

6:00 pm-St James (Maple Manor)

7:30 pm St Thomas

9:00 pm-St Paul's

**Dec 29th- No Services**

If you wish to contact our Interim Priest Rev. Marilyn  
would be happy to receive any of your calls at 522-  
2510.

Christmas Play-"Journey to the Christmas Star"

*A delightful Norwegian tale of a King, a star and  
a little beggar girl with a few elves, birds, and  
royal intrigue thrown in*

Sat. Dec 21 6:30 pm Sun. Dec 22 3:00 pm

Lion's Hall, Sherbrooke

Admission: Free Will Offering



You are invited to the Community Choir  
Sacred Christmas Concerts on Monday,  
December 9<sup>th</sup>, 7:00 PM, at the Port  
Hillford United Baptist Church; and on  
Thursday, December 12<sup>th</sup>, 7:00 PM, at St. John's United  
Church, Sherbrooke. A freewill offering for S.H.O.P.S.  
[Sherbrooke Opportunities Society] will be received.  
Please join us. Everyone is welcome.

### THANK YOU

The family of the late Billy MacDonald wish to express our heartfelt gratitude and appreciation to all of our relatives and friends who embraced and surrounded us with care and love during our time of bereavement. The Doctors and staff of St. Mary's Hospital, and H.W. Angus Funeral Home for their compassionate care. We were deeply moved by the visits, prayers, calls, food, and words of sympathy and encouragement. You just do not know how much those kind gestures meant to each and every one of us during this very difficult period. May the good Lord continue to shower His abundant love and blessings upon each one of you. With grateful hearts, Jessie, Linda, Wendy, Judy, Sandy, Timmy, Scott and their Families

### THANK YOU

With the recent homegoing of Melvin, we would like to take this time to thank our family and friends for the tremendous love and support you have shown us over the past few weeks with Melvin's advanced illness and passing. We have been overwhelmed by the number of people who visited Melvin while he was in the hospital. A very special thank you to the doctors, nurses and staff at St. Mary's Memorial Hospital. We truly appreciated the high level of care and concern you provided for Melvin while he was there. We would like to thank all those who attended the visitation and funeral as well as the many who prepared food for the reception, sent cards, and provided food for our family during this difficult time. Thank you to those who also sent flowers or made donations in Melvin's memory. Your kindness and generosity is greatly appreciated.

Thank you to the Sherbrooke Village staff for providing the honour guard for the service and the respect you showed to Melvin and his years of service there. Thank you to all those who helped in any way setting up the Lions' Hall for the visitation and funeral service. A special thanks to G.W. Giffin's Funeral Home and the care they provided to make it a special service for us. Thank you to those who had a part in the service. We are thankful for you. Although we know there will be many difficult days ahead, we are thankful for all the wonderful memories we have, many that include so many of you. — Jo-Anne Burns and Family

### Sherbrooke Library Chat Line

Mediation Class Tuesdays from 11-12pm. Learn how to meditate followed by a short practice. Feel the peace and calmness. New comers welcome.

Village Reader's Book Club: December 6<sup>th</sup> at 11am. Come tell us about an interesting book.

Seniors Café Join us Fridays at 9:30am for light snack, conversation, games, check out books and use the computers

Story Time – new Christmas bag ready!

Part of Old Fashion Christmas; Children's Story time and craft workshop for ages 4-9: Saturday Nov 23<sup>rd</sup> and Nov 30<sup>th</sup> from 10:30am – 12pm



### HOURS:

Monday, Tuesday, Thursday: 11am-4pm  
Friday: 9:30am-2:30pm Saturday 10am-1pm  
NOTE Library will be CLOSED on December 25<sup>th</sup> and Reopen after Christmas on Thursday January 2<sup>nd</sup>

### December Services - Glenelg Presbyterian Church

All ages are welcome to our Sunday School

Dec 1<sup>st</sup>: 10:00am First Sunday of Advent Communion Service, 10:10am Sunday School

Dec 8<sup>th</sup>: 10:00am Second Sunday of Advent

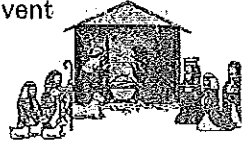
Dec 15<sup>th</sup>: 10:00am Third Sunday of Advent  
10:10am Sunday School

Dec 22<sup>nd</sup> 10:00am Fourth Sunday of Advent

December 24<sup>th</sup> 6:00pm

CHRISTMAS EVE SERVICE

Dec 29<sup>th</sup> 10am Church Service



### Indian Harbour Lake Pentecostal Church



Sunday, December 1, 8, 15, 22 & 29

11:00 a.m. Morning Worship

### Weekday Activities

Wednesday, December 4<sup>th</sup> 7:00 p.m. Bible Study

Friday, December 13<sup>th</sup> 7:00 p.m. Youth Group (Ages 12 – 18) at the parsonage

### Christmas Eve Candlelight Service

Tuesday, December 24<sup>th</sup> – 7:00 p.m.



All are Welcome! For more information, contact Pastor Dave Connolly at 522-2759

or [pastordave@ihlpentecostalchurch.ca](mailto:pastordave@ihlpentecostalchurch.ca)

The congregation of Indian Harbour Lake Pentecostal Church wish all a blessed Christmas filled with the peace and hope of Christ whose Birth we celebrate.

### Christmas Greetings from High-Crest!

Lillian Jordan's birthday is on December 8th.

Happy Birthday; we'll celebrate at our party in January!



Our Christmas Tea & Sale will be held on Friday Dec 6<sup>th</sup> at 1:30 p.m. The cost of the tea will be \$5.00, there will be tea and sandwiches and sweets served and some lovely Christmas music provided by Mr.

Don Cameron. We will have a gently used table (and donations greatly appreciated) and our Homebuddies will have a bake table with lots of delicious goodies!

The Christmas Tea & Sale is a special event for our Residents. It is a great opportunity to visit with community and welcome friends (old and new) into their home. Hope to see you!

With Christmas fast approaching, just a reminder that you can purchase a gift certificate from our hair salon as a gift for your loved one living here.

A special thank you for the donation of some lovely lap blankets and for donations made to the home on behalf of loved ones that have recently passed away. Thank you so much for thinking of us, much appreciated.

**Employment Opportunity:**

**After School Program Coordinator**

Working under the direction of the Physical Activity Coordinator, the after school program coordinator will develop a quality 8 week program (with the potential of renewal) aimed at the development and implementation of wellness initiatives. These initiatives will specifically address; increasing the physical activity levels of youth, with a primary focus on the female population.

**Employment Opportunity:**

**After School Program Coordinator**

Working under the direction of the Physical Activity Coordinator and Recreation Department, the On Ice Skills Development Coordinator will develop and deliver a quality 8 week program, aimed at the enhancement of sport specific skills surrounding skating and hockey. Specifically addressing; increasing the physical activity levels of youth, with a primary focus on the female population.

\*To apply for either opportunity, please forward your resume, cover letter and references to [recreation@saint-marys.ca](mailto:recreation@saint-marys.ca). Application deadline is November 29th.

**Recreation Christmas Parties**

Christmas time is here and we want to celebrate with you! St. Mary's Recreation will be hosting Christmas Parties in communities around the district! We will have music, games, crafts, treats and MORE! There will be something for everyone, so bring the whole family! Here is the full schedule:



- Sherbrooke, Lion's Hall: December 15<sup>th</sup>, 3:00 p.m.
- Ecum Secum, Fire Hall: December 16<sup>th</sup>, 6:00 p.m.
- Liscomb, Legion: December 17<sup>th</sup>, 6:00 p.m.
- Greenfield, Oldsters Club: December 18<sup>th</sup>, 6:00 p.m.
- Port Bickerton, Community Ctr: December 19<sup>th</sup>, 6:00 p.m.

**Equipment Loan Out Program**



The St. Mary's Rec. Dept. has a variety of recreational equipment available for your use at little to no cost. With winter right around the corner, why not try out our snowshoes?!

For more information please contact the Department at 522-2598 or stop by the municipal building for an equipment loan out sheet!

**Free Skates**

Keep your eyes open for FREE skates at the Recplex all season! We will be hosting a one hour free skate on Saturday's from 3-4 p.m. and select Wednesday's. No skates, no problem! The Recreation Department has a number of skates free for you to rent. Free skates are made possible with support from the Province of Nova Scotia through the THRIVE initiative.

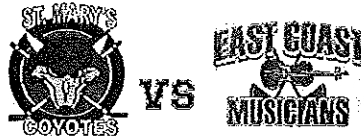


**\*New\* Spin class is back!**

Well it's that time of year again! Join us for a 45 minute introductory to spin class on Tuesday evenings on Dec. 3rd 10<sup>th</sup> and 17<sup>th</sup> at 6:30-7:30 at the SMEC/Fitness Centre. To register please contact Emily at 522-2598.

**East Coast Musicians vs. St. Mary's Coyotes**

St. Mary's Recreation is teaming up with promotional company SK Beaton to host the "East Coast Musicians vs. the St. Mary's Coyotes." This will be a fundraiser hockey game with proceeds going to St. Mary's Minor Hockey! It will be held at the Recplex on Saturday, December 14th at 6:00 p.m. Tickets are \$10 each and are on sale at the Municipal Building now! There will also be a dance after the game at the Lion's Hall. Some of the musicians will be hitting the stage, you won't want to miss out! The dance will be \$5 at the door. Come on out to the Recplex to watch our local players take on the East Coast Musicians. It's all for a great cause!



**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)



- Minor Hockey Jersey Sponsors** - St. Mary's Minor Hockey Association is seeking jersey sponsors for the 2013-2014 hockey season. Sponsorship is \$80.00 per jersey, if you are interested please contact the recreation department at 522-2598
- Pancake Breakfast** - St. Mary's Minor Hockey will be hosting a pancake breakfast at the St. Mary's Lion's Hall on December 1<sup>st</sup>, doors opened 8:00am.
- New Years Eve Dance** - Mark your calendars, St. Mary's Minor Hockey will be hosting a New Year's Eve dance this year at the St. Mary's Lion's Hall. The dance will be held December 31<sup>st</sup> 2013 from 9:00 pm -1:00am.

**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. If you would like to submit an application please contact Municipality of St. Mary's Recreation Department at 522-2598 or by email at [kerri.penney@saint-marys.ca](mailto:kerri.penney@saint-marys.ca).



**\*New\* Wake up Wednesdays! Train with the Trainer Class**

Looking for a new way to increase your energy throughout the day? We have the answer for you! Join us Wednesday mornings from 6-7am at the St. Mary's Fitness Centre for an instructor lead fitness class. This class is free to all members. For more information or to register please contact Emily at 522-2598 or by email at [recreation@saint-marys.ca](mailto:recreation@saint-marys.ca)

### St. Mary's Fitness Centre

The New Year is just around the corner, why not make your resolution to be a healthier you! Let us help. Personal training and orientations are always available at the Fitness Centre. To arrange a consultation please contact the Rec. Dept. We look forward to hearing from you!

**Fitness Centre Hours:**

**Monday-Friday: 4-8 p.m.**

**Monday, Wednesday & Friday: 6-11am**

**Saturday: 8AM-1pm**

\*Please Note, these hours are always subject to change depending on school usage.



The St. Mary's Fitness Centre will be closed the following dates for Christmas ONLY: December 24<sup>th</sup>, 25<sup>th</sup>, 26<sup>th</sup> 31<sup>st</sup> and January 1<sup>st</sup>. Fitness Centre staff would like to take this opportunity to wish all of our current and future members a very Merry Christmas and a healthy, happy New Year!

### Move it Monday

The Municipality of St. Mary's will once again be offering low-medium intensity exercise classes Monday mornings from 9:45-10:45 at the Fitness Centre. Classes are specially designed to incorporate strength, flexibility and cardiovascular training at an intensity level that works for you! \$2 a class!

### St. Mary's Curling Club

Curling takes place on Monday with draws at 5:30 and 7:00pm. If you have not registered please call 522-2281 to be added to the list. New curlers are encouraged to contact Debbie Feltmate or Brad Burns. We always have room to grow! 2013/14 fees are as follows: \$135 under 55 years of age and \$115 for ages 55+ and youth. David MacDonald will be leading the After School Youth Curling. Registration is \$75 for 1 hour every Monday after school. Clean indoor shoes are required. Registration is required for Stick Curling! We need 16 people to register. Fee is \$85 for 17 weeks. Stick Curling takes place from 11am-12pm every Monday morning.

### 19+ Hockey 2013-2014 Season

The 2013 Adult Hockey season is underway! For a full schedule, visit our website at [www.saint-marys.ca](http://www.saint-marys.ca). Good luck to all teams!

### Cook Book Club

The Cook Book Club will be meeting on December 11<sup>th</sup> at 6:30 p.m. at the Greenfield Oldsters Club. This month, we will be doing a cookie swap! Pick your favorite cookie recipe, bake a couple of batches and SWAP at our meeting. Come with one kind of cookie, leave with lots! Perfect for Christmas visits! Call the Rec. Dept. for more info, 522-2598. Stop by the municipal office for cookie recipes.

### Coming soon!

Keep your eyes open for the following upcoming programs from St. Mary's Recreation!

**On ice skill development program**

**Just us Girls programming**

**Girl Guides (We are still accepting leader registration, 522-2598)**



### Zumba

Are you ready to ZUMBA! Zumba in Sherbrooke will be starting a brand new 8 week session on December 3<sup>rd</sup>. Classes take place on Tuesday and Thursday's at St. Mary's Education Centre/Academy from 6:00 p.m. to 7:00 p.m. Preregister at the municipal office today for \$80. 5 class punch cards will also be available at a cost of \$30. Punch cards are only accepted during this 8 week program. For more information, please contact the Recreation Department at 522-2598.



### Happy Feet Lunch Time 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 FRIDAY'S**, from 12:15-12:35 (play break) at St. Mary's Academy. All participants are asked to meet in the main lobby at 12:15. Runners are encouraged to dress for both indoor and outdoor running conditions. For more information please contact the Recreation Department at 522-2598 or by email at [recreation@saint-marys.ca](mailto:recreation@saint-marys.ca).

### Guysborough County Kids First

**Sherbrooke Parent/Tot Drop-in** - Parent tot drop in will be held Wednesdays from 9:30-11:30am at the United Church Basement. All parents and caregivers and children ages birth to six years are welcome, health snacks are provided. This program is free of charge.

**Just Me & My Friends** - The school-readiness program is for children who have turned four by December 31/13 and will be attending SMEC in September 2014. Just me and my friends is temporary located in the United Church Basement. We ask that all children are dropped off at 9:30am and picked up at 11:30am. This program is free of charge.

**Guysborough County Prenatal Nutrition Program** - Guysborough County Prenatal Nutrition Program is designed to support pregnant women and their babies up to six months of age.

Supports include: Home Visits, Nutritional Counseling/Support, Milk & Nutritional Supplements, Lending Library, Breastfeeding Supports. Call Stacy at 1-888-533-3881 for more information.

**Kids First Family Home Visitor Program** - The Kids first Family Home Visitor Program is designed to help new parents with goal planning using a family-centered, strengths-based approach. The program provides emotional and practical support as well as role modeling, parenting information and general health information, and provides referrals to other agencies and organizations who may be able to help with family goal setting and achievement of these goals. Referrals made through Public Health for more information call Paula or Allison at Kids First at 1-888-533-3881

**Contact us** - Guysborough County Kids First has a Facebook page for families who are expecting their first child or have children from birth to six years. If you would like to join the page, send us a request! It is a great way to receive updates and notices about upcoming programs and events in your community. For more information regarding Kids First or the programs, visit our new and improved website [www.kids1st.ca](http://www.kids1st.ca). All programs and services are free and confidential! For more information, please contact Kids First toll free at 1-888-533-3881.





## Solid Waste Collection Schedule

<b><u>Tuesday</u></b> <b>ZONE 1</b>	<b><u>Wednesday</u></b> <b>ZONE 2</b>	<b><u>Thursday</u></b> <b>ZONE 3</b>	<b><u>Saturday</u></b>
November 26 Recyclables	November 27 Recyclables	November 28 Recyclables	
December 3 Garbage	December 4 Garbage	December 5 Garbage	
December 10 Recyclables	December 11 Recyclables	December 12 Recyclables	
December 17 Garbage	December 18 Garbage	December 19 Garbage	December 21 Recyclables FOR ZONE 2
December 24 Recyclables	December 25 NO COLLECTION (see December 21)	December 26 Recyclables	December 28 Garbage For ZONE 2
December 31 Garbage	January 1 NO COLLECTION (see December 28)	January 2 Garbage	

### **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.

*Garbage: Clear Bag – 8 bag limit for 2 weeks*

*Recyclables: Blue Bag – Unlimited*

**QUESTIONS? Call Eastern Shore Cartage**

**1-800-261-0372**



### **MacMillan's Bottle Drive**

8015 Hwy 7 Sherbrooke, Liquor Store Parking Lot: Second and Fourth Saturday each month

### **Municipal Transfer Station**

Hours of Operation Tuesday to Saturday 9:00am – 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

# D E C E M B E R 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Goshen Crib 7pm Minor Hockey Breakfast 8am	2 FC Fitness 10am Stick Curling 11a Curling 5:30/7pm	3 Meditation 11am Spin Class 6:30pm Sherb. Zumba 7pm Liscomb Legion mtg 19+ Hockey	4 FC Train w the trainer 6a Kids 1st Drop-in 9:30a Lions BINGO 745pm	5 Sherb. Zumba 7pm Liscomb Auction 8p	6 Seniors Café 930am Book Club 11am Happy Feet -12:15pm Highcrest tea/sale 1:30 Maple Manor Bake Sale Stillwater Card Play 8pm	7 Liscomb Christmas in the County Country Hbr tea 2pm FREE skate 3pm Liscomb Crib 8pm Ecum Secum penny auction
8 Goshen Crib 7pm	9 FC Fitness 10am Stick Curling 11a Curling 5:30/7pm Happy Feet -12:15pm Christmas Concert-Port Hilford 7pm	10 Meditation 11am Spin Class 6:30pm Sherb. Zumba 7pm IHL Card Party 8pm 19+ Hockey	11 FC Train w the trainer 6a Kids 1st Drop-in 9:30a Cook Book Club 6:30pm Lions BINGO 745pm	12 ATV Mtg. 6pm Sherb. Zumba 7pm Liscomb Auction 8p Christmas Concert- Sherbrooke 7pm	13 Seniors Café 930am Happy Feet -12:15pm Maple Manor Bake Sale Stillwater Card Play 8pm	14 Necum Teuch flea mkt 9am Country Hbr breakfast 8:30 Bottle Depot 930am FREE skate 3pm Bayview church Potluck-carol sing 5:30pm HOCKEY FUNDRAISER/DANCE 6PM Liscomb Crib 8pm
15 Goshen Crib 7pm Sherbrooke Rec. Christmas Party 3pm	16 FC Fitness 10am Stick Curling 11a Curling 5:30/7pm Ecum Secum Rec. Christmas Party 6pm	17 Meditation 11am Spin Class 6:30pm Sherb. Zumba 7pm IHL Card Party 8pm Liscomb Rec. Christmas Party 6pm 19+ Hockey	18 FC Train w the trainer 6a Kids 1st Drop-in 9:30a Greenfield Rec. Christmas Party 6pm Lions BINGO 745pm	19 Port Bickerton Rec. Christmas Party 6pm Sherb. Zumba 7pm Liscomb Auction 8p	20 Seniors Café 930am Happy Feet -12:15pm Maple Manor Bake Sale Stillwater Card Play 8pm	21 FREE skate 3pm Maple Manor carol/hymn sing 6p Christmas Play-Lions Hall 6:30pm Stormont Church Christmas sing 7pm Liscomb Crib 8pm
22 Christmas Play- Lions Hall 3pm Goshen Crib 7pm	23 FC Fitness 10am Stick Curling 11a Curling 5:30/7pm Transfer station closed	24 Meditation 11am Municipal office closed Transfer station closed Fitness Ctr. closed	25 Library closed Municipal office closed Transfer station closed Fitness Ctr. closed	26 Liscomb Auction 8pm Library closed Municipal office closed Transfer station closed Fitness Ctr. closed	27 Maple Manor Bake Sale Stillwater Card Play 8pm Library closed Municipal office closed	28 Bottle Depot 930am FREE skate 3pm Liscomb Crib 8pm
29 Goshen Crib 7pm	30 FC Fitness 10am Stick Curling 11a Curling 5:30/7pm Library closed Transfer station closed	31 New Year's Eve Minor Hockey Dance 9pm Library closed Fitness Ctr. closed				