

Municipality of the District of St. Mary's & St. Mary's Recreation
MAY 2014 Municipal Newsletter

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

*The DEADLINE to have information submitted for the June Issue of the Newsletter is May 21st 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. 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 May 12th, 2014 at 7pm**, Council Chambers. The public is invited to attend.

Low Income Exemption

St. Mary's Municipal Council is once again offering a **\$110.00 exemption** to be applied to your Property Tax Bill for households with incomes \$18,700 or less. Applications are available at the Municipal Office, or by contacting your local councillor. Deadline to submit is May 30, 2014. Be sure to attach copy of your **Canada Revenue Agency Notice of Assessment from 2013**

St. Mary's Municipal Transfer Station:

Hours of Operation Tuesday to Saturday from 9:00pm – 4:30pm

Please note on Friday May 2nd transfer station will be closed from 10am to 12 noon, staff apologizes for any inconvenience this may cause.

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

**GUYSBOROUGH COUNTY CAREERS
NOVA SCOTIA CENTRE**

We are located in the St. Mary's Municipal Office Building and are open to the public every 2nd and 4th Wednesday. However, our office dates for the month of May are: May 14th and May 21st, 2014. We look forward to assisting you!

The Guysborough County Careers Nova Scotia Centre 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 Dorothy Bennett or Kim Avery at 1-888-533-1906, for all your employment and career decision needs

Job Opportunities:

After School Program Coordinator for "Just Us Girls"
Recreation Department of St. Mary's Municipality is looking for an after school Program Coordinator to develop an 8 week program (with potential for renewal) aimed at the implementation of wellness initiatives, specifically addressing increasing the physical activity levels in female youth.

This is an 8 hours per week position and requires traveling within the District. Hourly Rate is \$11.00 - \$15.00/hour

Preference will be given to adult female applicants, however all resumes will be considered.

For a full job description and/or more details contact the Municipal Office. Resumes, cover letter and references can be submitted in person, or via email to recreation@saint-marys.ca

Summer Manager

Recreation Department of St. Mary's Municipality is looking for a Summer Manger for the duration of the summer; beginning on June 16th to August 22nd, for 35 hours per week at a rate of pay of \$11.30/hour.

The successful applicant will be responsible for planning, developing, and implementing summer day camps and special events. Position also requires supervision of summer recreation students/staff and camps, and promoting events.

Applicants **MUST** be attending/returning to a form of Post-secondary Education in the Fall of 2014 and have valid Drivers License as travel throughout the Municipality is required.

For full job description and/or more information contact the Municipal Office.

Resumes along with cover letter and references will be accepted until Friday May 16th, 2014 @4pm via email kerri.penney@saint-marys.ca



Sherbrooke Zumba

Zumba in Sherbrooke is underway. 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. You can still get in on

the action by purchasing a 5 class punch card. Cards are \$30 and can be purchased at the Municipal Office in Sherbrooke! For more information, please contact the Recreation Department at 522-2598 or by email at kerri.penney@saint-marys.ca

Greenfield Zumba

Zumba is continuing in Greenfield for the month of May! Instructor Maria Tate will be leading a one hour Zumba class on Monday's. (Please note, there will be no Zumba on May 19th) Three class punch cards are available for \$18 and can be shared.



Liscomb Zumba

Zumba will be coming to Liscomb! Please stay tuned for details in the June newsletter. Thanks to residents for their continued patience as we try to work out the details for this program.

HAPPY FEET IS BACK!

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'S after school from 2:30-3:15 p.m. 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.



Youth Run Program

Spring is FINALLY here and there is no better time to dust off those running shoes! A running program will be held for all students in grade 5-12 on Monday's from 2:30-3:30 at the St. Mary's Education Centre / Academy. To register or for more information please contact Emily at 522-2598 / 870-2808 or by email at recreation@saint-marys.ca

St. Mary's RecPlex Walking Program

The St. Mary's RecPlex will be open Monday to Friday from 9:00am-11:00am starting May 5th for anyone wishing to use the walking track surrounding the ice surface. A \$2.00 fee will be issued, to offset the cost of electricity. For more information please contact the recreation department at 522-2598 or by email at recreation@saint-marys.ca

Open Gym / Unstructured Play

Open gym will be held at SMEC on Tuesday and Thursday's from 6:30-7:30, all children are welcome to attend! Please note that supervision will be provided by Recreation staff during this program. If you have any questions please contact Emily at 522-2598 or email recreation@saint-marys.ca.
St. Mary's Fitness Centre

Starting May 1st, the St. Mary's Fitness Centre will operate its updated schedule. The schedule is as follows:

Monday	3-8 p.m.
Tuesday	3-8 p.m.
Wednesday	3-8 p.m.
Thursday	3-8 p.m.
Friday	6-10:45 a.m.
Saturday	CLOSED

Please see below for special programming that takes place at the Fitness Centre for all residents.

Move It Monday

St. Mary's Recreation offers a low-medium intensity exercise class every Monday morning 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! Class are only \$2! For more information please contact Emily at 522-2598 or by email at recreation@saint-marys.ca



Wake up Wednesdays!

Looking for a new way to increase your energy throughout the day?! We have the answer for you! Join us Wednesday mornings from 9:00-10:00 at the St. Mary's Fitness Centre for a \$2.00 drop in. For more information please contact Emily at 522-2598 or by email at recreation@saint-marys.ca

Fitness Friday with Tara!!

Join us Wednesday mornings from 9:00am-10:00am at the St. Mary's Fitness Centre, where we will have a fitness centre staff member on hand to help answer all your questions and get you started on a path to healthy living. \$2 drop in fee for non-members.



Lose your Booty boot camp TUESDAY AND THURSDAY!

Join us for another 4 week session of lose your booty boot camp! This class is a 60 minute circuit style work out that will have you sweating away those unwanted calories. As a result of the fantastic turn out on Tuesday evening we have implemented an additional class on Thursday evenings from 6:30-7:30 at the St. Mary's Fitness Centre!

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, including Kayaks! For more information please contact 522-2598 or stop by the municipal building for a loan out sheet!

Equipment	Rental fee	Total	Foil week	Deposit
Kayak	\$20.00	\$23.00	\$115	\$50.00
Snow Shoes	\$3.00	\$3.45	N/A	\$20.00
Skater	Free	Free	N/A	\$20.00
Bouncy Castle	Free	Free	N/A	N/A
GPS Unit	Free	Free	N/A	\$10.00
Sports Equip.	Free	Free	N/A	\$20.00





The *St. Mary's District Lion's Club* members are reminding district residents of the upcoming walkathon (runners are very welcome) for the *St. Mary's Memorial Hospital*. If you would like to take part please collect your pledges on the pledge sheet that was attached to the April Municipal Newsletter. If you are unable to be with us please support a walker from your area. The walkathon will take place May 10th starting from the Sherbrooke Village Exhibit Center with registration at 9:30am.....we are looking forward to seeing you. There will be t-shirts and water for all the participants, a few prizes to be drawn and a hotdog bar-b-q at the finish line!!!

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**Indoor Flea Market at St. John's Church Hall
Necum Teuch – Highway #7**

Time: 9am – 1pm

When: May 10, 2014

Serving: Hot Brunch, Tea-Coffee

Sale Items: Baked Goods, Toys, Books, Clothing, CD's, Tapes, Games, Dishes and more

Contact for table bookings Helen 347-2182

Flea Market dates:

May 10, June 14, July 12, Aug 9, Sept 13, Oct 11 2014

The Ecum Secum Volunteer Fire Department Ladies Auxilliary wishes to thank those who supported the recent Chinese supper. Thanks to all who donated prizes for the Easter Penny Auction and coming to support it.

Thank you

Barry and I would like to thank everyone who attended and organized the penny auction for us and brought food to the house and phone calls and donations and visits, it was greatly appreciated - Barry & Diane Jewers



The **COMMUNITY CHOIR** will hold a **SACRED SPRING CONCERT** on **Thursday, May 29th, 2014** at 7:00 PM at the Presbyterian Church, Glenelg and **Saturday, May 31st, 2014** at 7:00 PM at the Indian Harbour Lake

Pentecostal Church. The concert will include classic hymns of the faith and gospel songs of praise. Please join us ... everyone is welcome. A freewill offering for the school breakfast program will be received.

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

We welcome you to our May worship services:
May 4, 11 AM – Port Bickerton Baptist Church
May 11, 11 AM – Sonora Baptist Church
May 18, 11 AM – Port Hillford Baptist Church
May 25, 11 AM – Port Bickerton Baptist Church with a team from *Youth With A Mission* (YWAM) as guest presenters.

Tuesday evenings: 'Through the Bible' Study, 6:30 PM, at Port Hillford Church.

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

Glenelg Church Service Schedule for May:

Sunday May 4th 10:00 am Church Service
10:10 am Sunday School

Sunday May 11th 10:00 am Church Service

Sunday May 18th 10:00 am Church Service
10:10 am Sunday school

Sunday May 25th 10:00 am Church Service

Special Announcement: Lobster and Ham Supper at the Glenelg Presbyterian Church in Glenelg.

Saturday May 10th from 4:00 - 6:00 PM

Cost: Lobster \$15.00 Adult, \$8.00 Child

Ham \$8.00 Adult, \$4.00 Child

Hope to see you there!



Indian Harbour Lake Pentecostal Church May Worship & Activities

Sunday, May 4th, 11th, 18th & 25th

11:00am Morning Worship

Sunday, May 18th 6:30 p.m. Praise & Prayer

Weekday Activities

Wednesday, May 14th & 25th 7:00 p.m. Bible Study

Friday, May 9th 7:00 p.m. Youth Group (Ages 12 -- 18) at the parsonage

Friday, May 23rd 4:00 p.m. - 12:00 a.m.

Youth Rock-a-thon Fundraiser

All are Welcome! For more information, contact

Pastor Dave Connolly at 522-2759 or

pastordave@ihlpentecostalchurch.ca

July 12th – Sherbrooke Volunteer Fire Department Golf Tournament – More to follow

Greetings from High-Crest!

Residents celebrating birthdays this month are:
Don Curtis on May 3 and Eileen Gillis on May 15
Happy Birthday Folks!

The Homebuddies will host a Birthday party on May 13th at 1:15 and we will celebrate then! We will play some bingo, sing some old songs, laugh and enjoy each others company and enjoy cake and ice cream!

Everyone is welcome to join us!

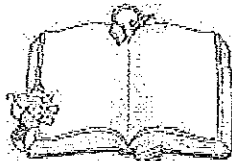
We have been very fortunate to have a homemade quilt donated by Gwen Robar. We are presently selling tickets at Styles Unlimited and at the Nursing Home as well as some of our staff members! The quilt is beautiful and the proceeds go to the Activity fund and will benefit the residents of the home. The draw will take place on June 27th, get your tickets soon!

We recently had a donation of some lovely china cups and saucers and some beautiful Christmas ornaments, thank you so much, they will be put to good use and very much appreciated!

Heartfelt thanks as well to anyone who have made memorial donations on behalf of loved ones who have passed. Your thoughtfulness is much appreciated.

Sherbrooke Library Chat Line

Has it been a while since you have been to your library? Come in and see what is available for your listening and reading pleasure.



In addition to children, youth and adult fiction and non-fiction there are LARGE PRINT books, DVD movies, CD's with music, with fiction and non-fiction and Play Aways. The stories can be read or can be listened to, can be downloaded to your ipad or e-reader. There are puzzles and magazines to borrow. We have Ancestry.com, a library edition, which is wonderful for searching your roots. Quick introductions as well as in-depth workshops for using Ancestry can be arranged.

Meditation Class – Tuesday from 11am-noon. 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 May 2 at 11am. Come tell us about one of the books that you have read or are reading.

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.

Library Hours:

Monday, Tuesday, Thursday: 11am-4pm

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



The Annual Ratepayers Meeting for District 6 Fire Department Goshen will be held Monday May 5th at 7:30 pm in the Goshen Community Centre.

Annual Reports will be reviewed. All interested residents of District 6 are invited and encouraged to attend this meeting.

S.H.O.P.S Update

The Sherbrooke Opportunities Society or S.H.O.P.S is moving along steadily with plans for their new space located at St. Mary's Academy. The Kids First space is now completed with programming officially started on April 9th and the S.H.O.P.S space is next. Our initial goal was to raise \$480,000 and we are pleased to announce that we have already reached close to \$300,000 with more funding opportunities on the horizon. It's a slow process, but all good things take time and this new space will help us strengthen existing services as well as build new ones so we can adapt and be flexible to various needs. There will be an opportunity for residents of the Municipality of the District of St. Mary's to contribute to this endeavor in the very near future and we thank you and look forward to your continued support.

Looking for anyway interested in taking a Food Handlers Education Course. This course will be put on sometime this spring at the Goshen Community Centre. It is ideal for ANY community organization that deals with food. The course fee is \$26.22. If you are interested, please contact The St. Mary's Recreation Department at 522-2598 or email kerry.penney@saint-marys.ca. For more information on the course, visit Nova Scotia Department of the Agriculture website. Stay tuned for a date and time.



Stillwater Community Centre

Stillwater Community Centre Auction forty-fives (45s) card parties will be held every Friday evening for the months of May and June. Come enjoy an evening of fun. A light lunch will be served.

For hall bookings call Colin Coady @ 522-2995

Yard Sale

May 3rd 9am – 12pm

At 63 Highway 211 Stillwater at back of the house. Furniture, small appliances, utensils, 32 foot trusses, etc.





Maple Manor Sherbrooke Bake Sale

Every Friday 2pm
Cake, Pies, Cookies, Eggs, Bread,
Prepared Meals
\$.50 admission

St. Mary's Shooters Association Schedule:

Sunday May 4: Spring general meeting at Stillwater Community Centre (9560 #7 Highway) at 2pm. There is much to discuss including finishing skeet range and building repairs, everyone welcome.

Saturday May 10/Sunday May 11: Nova Scotia Rifle Association smallbore (22) Provincial Shoot @ PCMRA Foster Ave Stellarton at 9am start each day

Sunday May 18: Military rifle shoot, 9am any military rifle at 100 yds open military sights (No Scopes)

Saturday May 31/Sunday June 1: Gun Show and sale New Glasgow Curling rink. Sat 9-5 and Sun 9-3

St. Mary's River Association (SMRA)

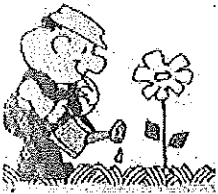
Annual General Meeting – will be held on Sunday May 25th from 2-4pm at the Salmon Museum (8404 Highway #7, Sherbrooke). Everyone is welcomed. Our guest speaker will discuss upcoming plans for the river and also updates on past projects. We are looking for new directors, so if you're interested call 522-2099 and let us know. Refreshments served, hope you see you there.

Summer Employment – SMRA is now accepting resumes from students for summer employment, please email to stmarysriver@ns.sympatico.ca Only those chosen for interview will be contacted.

www.stmarysriverassociation.com

St. Mary's Garden Club

Next meet will be May 13th at the Municipal Community Room at 2pm. Everyone Welcome.



Annual Plant Sale on Saturday May 24th
at 10am at the Sherbrooke Lions Hall.
Plants priced at \$2.00. If you have any plants to donate, call or bring to hall.
Mary 779-2898, Hertha 522-2612, Elsie 522-2657 or Jan 833-2313

St. John's United Church will hold a Roast Beef Supper
Saturday May 3rd from 4:30pm – 6:00pm
at the Lions Hall in Sherbrooke
Adults \$10, Children \$5

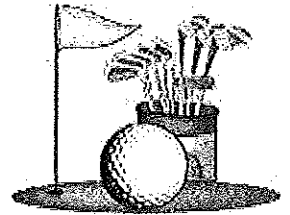
There will be a District wide Palliative Care Volunteer Program at St. Martha's Regional Hospital. The program will be taking place over three days: May 21, May 28 and June 4 from 8:30 – 4:30. Breaks and light lunch will be provided. Initial registration is May 21 from 8am-8:30am. Interested participants can phone Norah-Lee Goulding, Palliative Care Secretary at 867-4500 ext 4419 or email norah-lee.goulding@gasha.nshealth.ca

2nd Annual Golf Tournament

The Indian Harbour Lake/Jordanville Community Centre will be holding their 2nd annual golf tournament at Red Hill Golf Club, set to go for June 28th. Registration begins at 8am and tee off at 9am. Cost is \$30 per person with a pot luck meal at the hall to follow, which is included in registration price. Four players per team and if you don't have a team and still want to play let us know and we'll find you one. There will be hot dogs, hamburgers and drinks for sale at lunch and putting competition to follow.

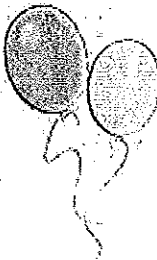
Also there are sponsorship opportunities available. We are looking for hole sponsors of \$100 per hole. We will be looking for donations of door prizes and prizes for winning team. Anyone who can volunteer to help out on the day of the tournament would be appreciated as well.

To register a team, sponsor a hole or donate a prize, please call David Jordan at 522-1190. Register Early as space is limited. Thank you in advance for your help, participation, and support for our hall and please join us on this fun day of golf!



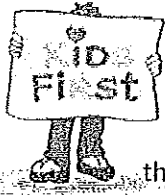
A Well Women's Clinic will be held on Saturday June 14th at St. Mary's Memorial Hospital in Sherbrooke with Dr. Anita Foley and an RN in attendance. For appointments call Katherine at 522-2882

Bob Reid's 80th Birthday and
Bob & Betty's 40th Wedding Anniversary!
You are invited to join the celebrations in the Port Bickerton Community Centre on Saturday May 24th from 2-4pm. Best Wishes Only



90th Birthday

The Family of Mina Sinclair invite you to celebrate her 90th Birthday on Saturday May 24th from 2-4pm at her home. Best Wishes Only.



Guysborough County Kids First Staff and families would like to say Thank You to the following community groups for providing space for us while the school space was being built, St. John's United Church, Sherbrooke Lions Club and Sherbrooke Village Commission. Without the support of these groups our programs would not have been able to continue in the community from September until April. We encourage all to come visit us during an **Open House** at our new space at St. Mary's Education Centre/Academy on **Wednesday, May 14th between 9:30-11:30am** during the regular Parent/Tot Drop-in. Please use the community entrance on the right side of the front of the building.

Programs located in the St. Mary's Education Centre; Community Entrance:

Sherbrooke Parent/Tot Drop-in: Wednesdays from 9:30-11:30am. All parents/caregivers and children ages birth to six years. Welcoming environment for both adults and children. A Healthy snack provided with an Activity or craft each week

Just Me & My Friends : Taking registration for the next school-readiness program for children who have turned four by December 31/14 and will be attending St. Mary's Education Centre in September 2015

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

Kids First Family Home Visitor Program is designed to help new parents with goal planning using a family-centered, strengths-based approach.

- Provides emotional and practical support as well as role modeling, parenting information and general health information.
- 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

Roots of Empathy

- Looking for a family for the Roots of Empathy program. Baby must be between 2-4 months old
- One or both parents must commit to nine visits to the grade one class at St. Mary's Education Centre between September and June

Facebook : Send a request to join page - A great way to receive updates and notices about programming in your area!

For more information regarding Kids First or the programs, visit our new and improved website 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.

Kids First programs are made possible through financial contributions from the Public Health Agency of Canada, the Nova Scotia Department of Community Services and by the generous donations by the general public.



Join us at the Sherbrooke Village Information Centre, Building #1 on Tuesdays and Thursdays from 1-2:30pm for a wagon ride. Please call to confirm availability 522-2400 or 1-888-743-7845

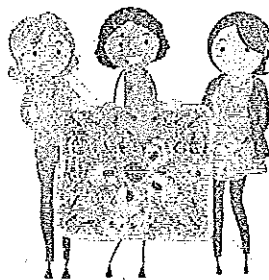
The Historic Sherbrooke Village Development Society (HSVDS) was formed to provide support for Historic Sherbrooke Village, its operations and programs and to encourage interest in its cultural and historical significance.



The Annual General Meeting will be held on Friday, May 2 at the Sherbrooke Exhibit Centre, at 7 pm. Anyone wishing to offer for a Board position please contact Shelley MacArthur at 328-7045 or Brenda Carpan at 522-2840. All memberships must be renewed prior to the AGM in order to vote or stand for office. Membership is open to all individuals interested in supporting the cultural and historical significance of Historic Sherbrooke Village. Annual membership fee is \$5.00. A members-only reception will follow. All are invited to attend and become members at large of the HSVDS.

Thank You to Our Supporters

We would like to thank all those who have contributed to HSVDS committees, projects and events in any way. Without your support we could not carry on. We'd like to thank our members and our Board of Directors who give so much of themselves on our behalf



Compass Rose Quilt Guild

Quilt Show and Tea
April 26th from 2-4pm
Exhibit Centre
Free Will Donation
See what projects we've been working on while enjoying a cup of tea



**ANGLICAN PARISH OF
LISCOMB/PORT BICKERTON
MAY SERVICE SCHEDULE**

Second Sunday after Easter

Sun, May 4th

9:30 am-Eucharist -St Paul's, Port Bickerton

4:00 pm-Eucharist St James, Sherbrooke (with St Luke's)

Tues. May 6th - 10:00 am Highcrest Nursing Home

Wed., May 7th - 7:00 pm-Evening Prayer-St Thomas, Indian Harbour Lake

Third Sunday after Easter

Sun. May 11th 9:30-Eucharist St. Thomas, Indian Harbour Lake. 11:00-Eucharist St. Luke's, Liscomb (with St James)

Wed. May 14 -7:00 pm, Evening Prayer, St Paul's Bickerton

Fourth Sunday after Easter

Sun. May 18th

9:30 am-St James Morning Prayer -Maple Manor

11:00 am-Joint Morning Prayer St Paul's (with St Thomas) 6:30 pm -St Luke Evening prayer with special guest speakers from "Youth with a Mission"

Fifth Sunday after Easter

Sun. May 25

9:30-St Luke Morning Prayer

11:00- Morning Prayer St Thomas (with St Paul)

Wed. May 28 -7:00 pm St James-Maple Manor -Evening Eucharist

WILLING WORKERS BEAN AND FISH CAKE SUPPER-Port Bickerton Community Hall-Sat. April 26th 4:00 - 6:00
Fee: 10.00 for adults and 5 for children.

GOSPEL CONCERT--Sunday June 8 at 7:00 pm St Thomas, Indian Harbour Lake

UPCOMING PLAY-With the help of Ruth Legge, Rev. Marilyn is researching into the amazing life and ministry of Joseph Alexander (an early catechist and priest on the eastern shore) and his wife Ann. From her research she plans to write an intergenerational play to perform, in conjunction with the village, Sept. 26, 27, Oct 3, 4. Auditions for actors of all ages from the community, will take place in June with practices for primary characters beginning in July, and children and support characters beginning in August. There will also be a choir, who will also double as additional actors for crowd scenes, and many support positions. Please contact Rev. Marilyn if you would be interested in being involved in the play in any way

For information on the parish contact Priest in Charge: Rev Marilyn Haugen-Strand 522-2510, 870-4471, revmarilynhs@gmail.com Check us out on facebook: Anglican Parish of Liscomb and Port Bickerton

The Ecum Secum Fun Days will be held on August 9th & 10th, 2014. Information on the activities will follow. All proceeds to the Fire Department.

St. Mary's District Food Bank

If you are in need of assistance (on-going or emergency basis), 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 of non-perishable food items are located in Sherbrooke at St. Mary's Hospital and the Clover Farm. We would appreciate if donors would check to make sure food items are not outdated.

In a typical month, the food bank could provide food assistance to upwards of 24 adults and 19 children. While the number of clients can vary from month to month, the need is ongoing. Food Bank assistance is delivered by volunteers on a once a month basis, or as needed, in emergencies, and is intended to provide supplemental support to those in need.

The Depression Awareness Seminar with Wendy Farha

Monday evening, June 2nd at 7pm

Doors open at 6:30pm

Presented by St. Mary's Ministerial at:

St. Mary's Education Centre/Academy

121 Old Road Hill, Sherbrooke, NS

Info: 783-2245

Free Admission; an offering will be taken

Wendy Farha is a singer, songwriter, musician, comedian & speaker. For over 36 years, she has been delighting audiences with her hilarious comedy, stunning vocals & poignant songs.

Diagnosed with clinical depression in 2000 & with breast cancer in 2009, Wendy is now touring Canada, performing in concerts, teaching seminars on depression, and speaking about how to overcome life's obstacles with faith and courage.

While she is not a trained professional nor a medical doctor, Wendy brings valuable insights on the subject. If you are battling depression, you care about someone who is, or you want to learn more about it, you won't want to miss this important event.

Port Bickerton Women's Institute News:

Next Meeting: Thursday, May 1st @ 7pm

There will be a guest speaker and light lunch

Visitors always Welcome...

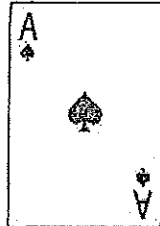
WI Quilt update: Quilt will be "going in the bars" early in May... Watch for announcements.... All are welcome to come and quilt... Meals will be provided

Country Hbr Gun Club

May 2nd & 9th Crib starting at 7:30
Chase the Ace every Friday 7:30 - 9:00

May 17th Country Breakfast
8:30am - 10:00am
Adults \$7.00 children \$3.00

May 24th Flea market
10:00am - 11:30am
Table rental \$5.00
To rent a table call 328-2063 or 328-2210



Port Bickerton Community Center welcomes all to use the facility. If looking to rent or use the exercise room (Exercise if \$1.00 per visit) Please call Velma at 364-2724 in advance to get the key. Thank you and look forward to seeing you all at our next event.

May 24: St. Mary's River Canoe Trip with Nova Scotia Nature Trust and Canoe Kayak Nova Scotia



The Nature Trust, in partnership with Canoe Kayak Nova Scotia, invites you to paddle a stretch of the West Branch of the St. Mary's River, making stops along the way to visit

stunning Acadian old-growth hemlock and floodplain forests on Nature Trust protected properties. Canoe-sharing can be arranged. Start time: 10:30am. Rain date: June 8. Please register with Karen at the Nature Trust (karen@nsnt.ca or 902-425-5263). Nova Scotia Nature Trust - www.nsnt.ca

Thank you to all those for your donations, to those who donated prizes and attended the benefit held on March 16th and also to the businesses who donated prizes for the raffle. Your kindness will always be greatly appreciated. Thank you to the ladies who helped the afternoon of the benefit and special thanks to the lady who planned it all.
Forever grateful, Dan Boutillier

Solid Waste Collection Schedule

<u>Tuesday</u> ZONE 1	<u>Wednesday</u> ZONE 2	<u>Thursday</u> ZONE 3
April 29 Recyclables	April 30 Recyclables	May 1 Recyclables
May 6 Garbage	May 7 Garbage	May 8 Garbage
May 13 Recyclables	May 14 Recyclables	May 15 Recyclables
May 20 HEAVY HAUL Garbage	May 21 HEAVY HAUL Garbage	May 22 HEAVY HAUL Garbage
May 27 Recyclables	May 28 Recyclables	May 29 Recyclables
June 3 Garbage	June 4 Garbage	June 5 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.

Heavy Haul:

Accepted items include Car parts, tires (off rims) furniture (chairs, mattresses), appliances (fridge, stove), Electronics (TV, computer), BBQs, wood...etc
NO medical waste, compost, recyclables, car bodies, large demo sites or trees will be picked up
Please have sorted if possible at roadside

Garbage: Clear Bag - 4 bag limit per week

Recyclables: Blue Bag - Unlimited

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

Summer Schedule (garbage collected every week) will begin in June - available schedule next newsletter

MacMillan's Bottle Drive

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

New!! Indoor Roller Hockey at the St. Mary's RecPlex

The ice is long gone but that does not mean it's time to put those hockey sticks away!! Join us Wednesday evenings from 6:00pm-7:00pm beginning May 7th for indoor roller hockey / skating with Coach Ryan Macdonald! Please note roller blades are available on site and helmets MUST be worn at all times. For more information please contact Emily at 522-2598 or by email at recreation@saint-marys.ca



Ballet and Hip Hop Dance Class in Partnership with Maureen Fraser School of Dance

Join us for an eight session ballet and hip hop class at the Greenfield Oldsters Club! The program is open to all children age 3-17 and will be held on May 6, 13,20,27,29 & June 3,9,10.

Ballet slippers are mandatory and can be purchased on site (NEW) for \$30.00. A swap and shop will be held on May 6th 2014 beginning at 5:00pm at the Oldsters Club. If you have a uniform from previous years that you wish to sell please assure it has been washed and a price is clearly marked. Maureen Fraser School of Dance suggests the following uniform: (please note this is not mandatory) Pale Pink Short Sleeve Leotard, Pale Pink Ballet Tights, Pale Pink Chiffon Skirt.

Age 3-6 Ballet and Hip Hop 5:30-6:15 \$80.00

Age 5-10 Musical Theater 6:20-6:50 \$ 40.00

Age 7-10 Ballet and Hip Hop 6:55-7:45 \$80.00

Age 10+ Ballet and Hip Hop 7:55-8:40 \$80.00

Payments can be issued to the St. Mary's Recreation

Department. For more information or to register please contact Emily at 522-2598/ 870-2808 or by email at recreation@saint-marys.ca

Just Us Girls Horse Back Riding Lessons

The Just us Girls Program is very excited to offer horseback riding lessons at Creek Side Riding Stables in Ohio on April 29, May 6th, 8th, 12th. All girls wishing to participate are asked to fill out a registration form and submit it by Monday April 28th. Bus transportation will be provided from St. Mary's Education Centre/Academy to the Creek Side Riding Stables. Parents are asked to pick up their children at the School no later than 6:15pm. For more information please contact Emily at recreation@saint-marys.ca or by phone at 522-2598/870-2808.



St. Mary's Girl Guides

Thanks to all the parents and guides for their continued support and patience as we get the St. Mary's Girl Guides unit up and running. We will be officially enrolling our girls in our unit on April 30th, 2014 starting at 6:00 p.m. at St. Mary's Education Centre/Academy. Parents, guardians and family are invited to attend. There will be a social following the ceremony. Please note girls are asked to wear their full uniform on this date including dark pants. Our Pathfinder unit will be providing the sweets as a part of their fundraising effort for a trip in the summer. If you would like more information on how you can get involved with Girl Guides, get in touch with us! Call Kerri at 522-2598. To find out more, visit www.girlguides.ca.



Girl Guides
of Canada
Guides
du Canada



Are you ready for Trail Blazers?!

Trail Blazers is returning for another Spring Session! We will be hanging out in Stone Wall Park starting on May 7th. Trail Blazers will be held each Wednesday from 2:30 to 3:30. Staff will meet kids at St. Mary's Education Centre/Academy and walk to Stone Wall Park. This session, we will be going fishing, hiking, and exploring nature. Trail Blazers is designed to teach youth outdoor education, physical recreation and leadership building through a number of fun outdoor activities! Grades 3-7 are welcome. Registration forms will be sent home soon.

Water Safety Instructor Course

Are you interested in becoming a certified Red Cross swimming instructor?? If so we have the course for you!! The Assistant Water Safety Instructor Course teaches candidates the foundation of instructional skills such as teaching methods, learning styles, physical principles, progressions, communication, safety supervision, and feedback.

The certification allows the Assistant Water Safety Instructor to teach Red Cross Swim lessons under the supervision of a Water Safety Instructor. This course is the prerequisite for the Water Safety Instructor Course. If you would like more information or to find out more information please contact Emily at 522-5298 / 870-2808 or by email at recreation@saint-marys.ca Please note that once 5 or more individuals are registered an instructor will make arrangements to visit our community.

Beginner Painting Program

Are you interested in learning how to paint? The St. Mary's Recreation department is extending it's beginner painting program at the Port Bickerton Community Centre for the month of May. This program is lead by instructor Karen Warner and takes place on Thursday's from 7:00 to 8:30 p.m. Participants only need to bring paint brushes. Please note, this is a beginner program that teaches the basic theory of painting. If you are interested in attending this program, please call 522-2598. Please note, attendance is NOT required at every class.

Greenfield Painting Program

Please join us for a painting program at the Greenfield Oldsters Club starting May 7th. This program will run every Wednesday from 1:00 to 3:00 p.m. This is a free program, and participants only need to bring acrylic style paint brushes with them.



Archery Club

Calling all archery enthusiasts! St. Mary's Recreation is looking to get an Archery Club up and running. We are still looking for input and help with this project. Our next meeting will be held May 8th, 2014 starting at 6:30 p.m. at the Municipal Office in Sherbrooke. EVERYONE interested in being a part of the club is invited (Board, volunteer, member). If you are interested in being part of this club, please get in touch with Kerri at 522-2598 or by email at kerri.penney@saint-marys.ca



May 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 PB Women's Institute Mtg 7pm	2 Manor Bake Sale 2pm HSVDS AGM 7pm Book Club 11am Seniors café 930am Auction 45s Stillwater CH Crib 730pm CH Chase the Ace 730pm	3 Roast Beef Supper 430pm Yard Sale 9am
4	5 Goshen Fire Dept AGM 730pm Greenfield Zumba Happy Feet 230pm Move it Monday 945am	6 Meditation 11am Sherbrooke Zumba 6pm Open Gym 630pm Boot Camp 630pm Dance Class 5:30	7 Kids 1 st Drop in 930am Wake up Wednesday 9am Roller Hockey 7pm Trailblazers 230pm Painting Program 1pm	8 Sherbrooke Zumba 6pm Open Gym 630pm Boot Camp 630pm Painting Program 7pm Archery Club Mtg 630pm	9 Manor Bake Sale 2pm Seniors café 930am Auction 45s Stillwater Fitness Friday 9am CH Crib 730pm CH Chase the Ace 730pm	10 WALKATHON 930am Flea Mkt 9am
11	12 Council Mtg 7pm Greenfield Zumba Happy Feet/Running Program 230pm Move it Monday 945am	13 Meditation 11am Sherbrooke Zumba 6pm Open Gym 630pm Boot Camp 630pm Dance Class 5:30	14 Kids 1 st Drop in 930am Wake up Wednesday 9am Roller Hockey 7pm Trailblazers 230pm Painting Program 1pm	15 Homebuddies 1:15pm Sherbrooke Zumba 6pm Open Gym 630pm Boot Camp 630pm Painting Program 7pm	16 Manor Bake Sale 2pm Seniors café 930am Auction 45s Stillwater Fitness Friday 9am CH Chase the Ace 730pm	17 CH Country Breakfast 830am
18	19 Happy Feet/Running Program 230pm Move it Monday 945am	20 Meditation 11am Sherbrooke Zumba 6pm Open Gym 630pm Boot Camp 630pm Dance Class 5:30 HEAVY HAUL	21 Kids 1 st Drop in 930am Wake up Wednesday 9am Roller Hockey 7pm Trailblazers 230pm Painting Program 1pm HEAVY HAUL	22 Sherbrooke Zumba 6pm Open Gym 630pm Boot Camp 630pm Painting Program 7pm HEAVY HAUL	23 Manor Bake Sale 2pm Seniors café 930am Auction 45s Stillwater Fitness Friday 9am CH Chase the Ace 730pm	24 Plant Sale 10am Bob Reid Celebrate Mina Sinclair Celebrate CH Flea Mkt 10am Nature Trust Canoe Trip 1030am
25 River Assoc AGM 2pm	26 Greenfield Zumba Happy Feet/Running Program 230pm Move it Monday 945am	27 Meditation 11am Sherbrooke Zumba 6pm Open Gym 630pm Boot Camp 630pm Dance Class 5:30	28 Kids 1 st Drop in 930am Wake up Wednesday 9am Roller Hockey 7pm Trailblazers 230pm Painting Program 1pm	29 Sherbrooke Zumba 6pm Open Gym 630pm Boot Camp 630pm Painting Program 7pm	30 Manor Bake Sale 2pm Seniors café 930am Auction 45s Stillwater Fitness Friday 9am CH Chase the Ace 730pm	31 Community Choir concert 7pm