

September 2014 Municipal Newsletter

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The DEADLINE to have information submitted for the October issue of the Newsletter is **September 17th 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 September 8th, 2014 at 7pm**, Council Chambers. The public is invited to attend.

St. Mary's Business Association

Do you own or operate a Small Business in St. Mary's Municipality? The newly formed SMBA would love to hear from you! The St. Mary's Business Association provides its members both a strong unified voice and a taskforce to work together on meaningful projects for the prosperity of not only their businesses, but their communities as well.

The next meeting of the SMBA will be September 10th at 7pm, Council Chambers.

For more information, please contact:

Christa Webber, Community Development Officer
522-2432 or christa.webber@saint-marys.ca

Solid Waste Collection Schedule the LAST week of BOTH Garbage and Blue Bag Collection will be September 2nd, 3rd, and 4th Effective Sept 9th Garbage (clear bag) pickup will be bi-weekly and Recyclables (Blue Bag) remain the same at every 2 weeks. Please note a limit of clear bags is 4/week (8 bags) with a 50lbs weight limit per bag and unlimited recyclables.

Tuesday ZONE 1	Wednesday ZONE 2	Thursday ZONE 3
Aug 26 Garbage	Aug 27 Garbage	Aug 28 Garbage
Sept 2 Garbage & Recycle	Sept 3 Garbage & Recycle	Sept 4 Garbage & Recycle
Sept 9 Garbage	Sept 10 Garbage	Sept 11 Garbage
Sept 16 Recycle Only	Sept 17 Recycle Only	Sept 18 Recycle Only
Sept 23 Garbage	Sept 24 Garbage	Sept 25 Garbage

Fall Heavy Haul is scheduled for the week of October 20th. Watch for more details next month.

TENDER

Sherbrooke Water Utility - Water Main Replacement in Historic Sherbrooke Village

Sealed tenders addressed to Marian Fraser, Finance Officer/Deputy Clerk, Municipality of the District of St. Mary's, PO Box 296, Sherbrooke, B0J 3C0 and marked on the envelope or via email to marian.fraser@saint-marys.ca.

"TENDER – Excavation work for Water Main Replacement" will be received until **12 noon, Wednesday, September 3rd, 2014** for the removal and disposal of asphalt paving from the streets within the Historic Sherbrooke Village Compound, trench excavation, backfill and compaction of the new water mains and laterals and graveling of the streets. For a full tender package, including the tender bid form and diagrams please contact the Municipality at 902-522-2049. Tenders must be accompanied by a bid bond or security in favor of the Owner for not less than ten percent (10%) of the amount of the tender as outlined in the tender documents. The lowest or any tender not necessarily 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. Our office dates for the month of September are the 10th and 24th. 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

Health Connections Academy- GASHA

Location: Municipal Community Room

Nutrition: Healthy eating can increase energy and improve health. Along with a healthy lifestyle, it can help prevent illness and chronic disease.

Goal Setting: Goal setting is a powerful process for thinking about your ideal future, and for motivating yourself to turn your vision into reality.

Physical Activity: helps growth and development prevent chronic diseases like cancer, Type 2 diabetes and heart disease make us stronger give us energy decrease stress, and prolong independence as we get older.

Coping & Stress: Stress is a fact of daily life and is the result of both the good and bad things that happen. Too much stress can cause serious health concerns, but there are many ways of dealing with stress that can reduce your risk.

Session Dates Remaining: NOTE CHANGE OF TIME

Sept. 17, 3:30-4:30 pm - Goal Setting

Oct. 29, 3:30 – 4:30pm - Physical Activity

Nov. 26, 3:30 – 4:30pm pm - Coping & Stress

Dec. 10, 3:30 – 4:30pm pm - Nutrition

Open To Everyone – Let's Become Better Self-Managers

MAPLE MANOR

BAKE SALE:

Held Every Friday – come and enjoy some goodies!

EXERCISE EQUIPMENT:

Maple Manor is looking for an exercise bike and a rowing machine. If you could donate these, or any other exercise equipment, it would be greatly appreciated. Please call CJ @ 522-2155

HANDCRAFT GROUP:

We meet at Maple Manor Common Room every Monday 1 pm - 3 pm. If you enjoy working on your own crafts in good company, please join us, we would love to have you. Please call Alice @ 522.2347

Save the Date:

Annual Turkey Supper Nov 1st, 2014

Lions Community Centre

Parish of Liscomb/Port Bickerton

Guysborough Kids First

Sherbrooke Parent/Tot Drop-in

Will start up again on September 10, 2014 from 9:30-11:30am. All parents/caregivers and children ages birth to six years are welcome to attend. This program takes place at St. Mary's Education Centre. Use the community entrance.

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. Located at St. Mary's Education Centre, use community entrance. This program is starting up on Tuesday, September 16th from 9:30-11:30am

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 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

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. Send us a request to join Facebook page as well.

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.

THANK YOU FROM KIDS FIRST

Guysborough County Kids First and the participants in the St. Mary's District would like to extend a big THANK YOU to the following groups who made it possible to continue running programs while our community space at St. Mary's Education Centre/Academy was under construction. We look forward to the 2014-15 programming year at St. Mary's!



FAMILY PICNIC

Come and enjoy an "Old-Fashioned Picnic" for people of all ages!!

When: Sunday, September 21, 2014 at 1pm
Where: Sherbrooke Ball Field and the Performance Centre
What: Children games with prizes, Bar-B-Q, Desserts
Special Music Program
Why: Enjoyment and Fun

No Charge - Free Will Offering Only.
Sponsored by: St. Mary's Ministerial



LISCOMB VOL. FIRE DEPARTMENT

Training Night: September 15 @ 6:30
Monthly Meeting: September 29 @ 6:30

KEVIN RUDOLPH 19TH MEMORIAL MIXED BALL TOURNAMENT

August 30 & 31/ 2014 in Liscomb
Liscomb Vol. Fire Department will provide canteen services



Specialized Careers Nova Scotia Center for persons with disabilities, serving the counties of Antigonish, Guysborough, Inverness and Richmond since 2007. We provide assistance with resumes, cover-letters, job search, job development, job coaching, psycho-educational assessment, skills development applications, certification funding, in addition to other disability specific employment supports.

SHERBROOKE: First Thursday and Third Wednesday of every month.

To make an appointment or for more information, please contact us at: 902-625-0001 or admin@eastnovability.ca. Visit us online at www.eastnovability.ca

St. Mary's Minor Hockey Association will be hosting our **2nd Annual Golf Tournament** on **September 13th** at the Red Hill Golf Course in Indian Harbour Lake to fundraise for the upcoming hockey season. Lunch and Prizes for every golfer. 4 people per team (18 teams), \$30.00 per person, to register contact David Jordan @ 968-1190, Patti Rehill @ 522-2889 or Susanne McGrath @522-2028.

Hockey season is approaching. Have your kids come out and join the fun! Please contact Tammy Cole @ (H) 522-

2259 or (c) 328-7977 for information or to register for the 2014/2015 hockey season.

Port Bickerton Women's Institute News:

Next Meeting: Monday Sept.8th @ 1:30pm
[please note the change of time and day]
There will be a light lunch and possibly a special guest. Visitors are all welcome.....

Note: We are moving to Monday afternoon meetings: If you are interested in joining us, but afternoons are not good for you – Please contact one of us and we will see if other arrangements can be made...We would like to include everyone.

Royal Canadian Legion Br. #86 Liscomb

Next general meeting will be held on Tuesday Sept. 2. Please take time to attend and support your legion.

Activities: Action 45's – Thursdays at 8 pm \$5.00
Cribbage – Saturdays at 8 pm \$5.00

Chase the Ace: Thursday 5:30 – 6:45
Winning ticket holder of the weekly 50/50 draw will cut the deck in hopes of revealing **The Ace of Spades** and winning the JACKPOT. Every week the Jackpot grows and the deck decreases by one card until the Ace of Spades is revealed. Ticket sales stop at 6:45 pm Lottery # AGD-100469-14 Jackpot for August 21 will be approx.. \$2750 with 25 cards left.

Dance Sat. Aug 30 – Music with Craig Cole, Gov't Id's are req'd at the door - \$10

Stillwater Community Centre

Card play resumes on Friday, September 12th and will continue every Friday Night at 8 pm (Doors open at 7:45) until November 28th. Come play – prizes and lunch.

CONGRATULATIONS

To the Sherbrooke Women's Institute on their 100th Anniversary. The Sherbrooke branch was formed August 27th 1914 and this branch has given continuous active service in our community for 100 years. The Mission statement is: "The Women's Institutes of Nova Scotia continue to provide opportunities to enhance the quality of life, through education and personal development, allowing us to meet the changing needs of our local and global communities." At present we have 22 members and meet at the Maple Manor Common Room on the second Thursday each month at 1 pm. All new and interested members are welcome to join. The next meeting is Sept 11th. If you would like further information please call Barb Anderson @ 522-2343 Or Gwen Robar @ 522-2004.

Holy Trinity Anglican Church

Country Harbour, N.S

Featuring: Steven Palmer – Folk, Gospel, and Country
Friday, September 12, 2014 at 7pm

Tickets: \$10.00 being sold at "New to You Shop" or at the door with a light lunch being served.

Sherbrooke Library

Chat Line for September 14

Our C@P student, Alyssa Hiltz, will only be here a few more days. Book her now to update your computer, Ipad, and e-reader skills.

Writers Group – Meets every second Thursday at 7 pm in the library. Our meetings this month will be Sept. 4th and 18th. Everyone is welcome.

Meditation Class – Tuesdays 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 – Sept. 5th at 11 am. Join us to tell us about a book you have read or are reading.

Seniors' Café – Fridays at 9:30 am. Join us for a snack, conversation, have a game of scrabble, check out your books and use the computers. On Sept. 19th at 9:30 Marcia Anderson will show pictures from her visit to Sri Lanka.

Goshen Gospel Church Events

The Eagles Youth Group is starting up again. The juniors are from Grade 1 to 7 and the seniors from 8 up – and there is lots of room for more to join. Both groups will be together for the opening event on Thursday, September 18 at 6 pm – a cookout at the home of Mark and Barb Kinley, 479 W. Lochaber Road.

The Gabriel Trio will be singing at Goshen Gospel Church on Sunday, Sept 28th at 11 am. All are invited to come out and enjoy this special musical presentation.

The Baptist Congregation of Port Hilford, Port Bickerton and Sonora

We welcome you to our September worship services:

Sept. 7th - 11 am – Port Bickerton Baptist Church

Sept. 14th - 11 am – Sonora Baptist Church

Sept. 21st – 11 am – Port Hilford Baptist Church, followed by the Family Harvest Picnic, Sherbrooke

Sept. 28th – Port Bickerton Baptist Church

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

On Sunday, Sept 7th 2014 **The Port Bickerton & Area Planning Association** will be hosting a Gospel Concert at the Community Centre featuring the Harpell Family. Concert begins at 7 pm, light refreshments will be served. Admission is a free offering. All proceeds in support of the Lighthouse project.

Compass Rose Quilt Guild

Will resume meetings September 8th 2014 at 1:30 pm.

We welcome new members and new ideas.

St Mary's District Fireman's Picnic

The annual picnic will be held on Sunday, Oct. 5th starting at 11 am to 2:30 pm at the Glenelg Firehall. There will be a BBQ, Prize raffle and yard sale. For more information phone Linda at (902) 833-2035.

St. Mary's Shooters Association

The August 3rd Harold Scott Bench rest & Bulls eye Shoot was a huge success with 16 competitors. Many thanks to all who helped and attended.

The Sept / Oct Schedule is as follows;

Sun. Sept.7/14 9:00—3:00

Steel plate shoot @ 25 &50 yds scoped and open sighted rim fire rifle classes . Also rim fire and center fire pistol competitions. Lunch available.

Sun. Sept.14/14

SMSA Annual General Meeting Stillwater Community Ctr 9558 # 7 Hwy. Annual Dues payable at this meeting please plan to attend.

Sat. Sept 20/14 9:00 am-5:00 pm

Canada Firearms Safety Course Stillwater Community Center 9558 HWY # 7 cost \$50.00 + HST(\$7.50) register on line @ www.hnatiuks.com

Sept 27/28 2014

Gun Show and sale Bible Hill.9-5 Sat, 9-3 Sun.

Sat., Oct 4/14 -9 am--5 pm

N.S Hunter Safety Course Stillwater Community Center 9558 Hwy # 7.Cost \$25.00 + hst register on line @ www.hnatiuks.com. Get text books for this course and the CFSC ahead of time by call

522-2172 .

Sunday Oct/5--9 am--3 pm

Field Skeet Shoot on our new skeet range. Any shot gun size 7 1/2 or smaller

John Day, President SMSA

40th Wedding Anniversary

Anil and Aaron Hayne invite friends and neighbours to the Country Harbour Gun Club on Saturday, October 11th to celebrate with their parents Heather and Derek Hayne on the occasion of their 40th WEDDING ANNIVERSARY. Social hour at 5:00, Buffet at 6:00 with dance to follow. Best wishes only. Thank you

St. Mary's River Association

Event: Ruth Legge – Laos and Cambodia Trip (slide show and discussion)

Date: Sunday September 7

Time: 2 pm

Join us as Ruth Legge talks about her recent trip to Laos and Cambodia.

Everyone welcomed.

Contact Helen Berrigan @ (902) 347-2182 to book tables.

Book Launch, September 6th

.Marion Timmons will launch her second book, Ruins In The Mist.

Where: People's Place Public Library, Main Street, Antigonish, N.S.

Time: 2:00 pm

Visit at www.wildernesshome.webs.com for more information

Thank you very much.

Marion Timmons

PORT BICKERTON LIGHTHOUSE NEWS

*** Save this date *** - **2 pm Saturday,**

August 30th, 2014. Susan Paterson, the first Artist-in-Residence at the Port Bickerton Light keeper's house will be hosting an Artist Talk at the Lighthouse Interpretive Centre from 2-4 pm to discuss her current work and perhaps give us a sneak preview of what she's been up to during her residency. Refreshments will be served and all are welcome. Please come and meet Susan and support this worthwhile programme.

INDIAN HARBOUR LAKE PENTECOSTAL CHURCH

September Worship & Activities

Sunday, September 7th, 14th, 21st & 28th

11:00 am Morning Worship

Sunday, September 21st

6:30 pm Praise & Prayer

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

St. Mary's Dart League

The regular season will be starting soon.

DATE: Monday, September 22, 2014

PLACE: St. Mary's Lion's Club

TIME: 7:30 pm

New members welcome! PLEASE register before September 15th so we know how many teams we are going to have. Must be 19 years of age.

To register Call Edith Auton @ 522-2204 or Brian Hallett @ 522- 2224

INDOOR FLEA MARKET August 9, 2014

St. John's Church Hall in Necum Teuch – Highway 7

TIME: 9 am- 1 pm

Anglican Parish of Liscomb/ Port Bickerton

September Schedule

Sun. Sept. 7

4:00 pm – Eucharist, **St. James**, Sherbrooke

7:00 pm – Eucharist, **St. Paul's**, Port Bickerton

Sun. Sept. 14

9:30 - Eucharist, **St. Thomas**, Indian Harbour Lake

11:00 – Eucharist, **St. Luke**, Liscomb

Sat. Sept. 20

7:00 pm – Evening Prayer, **St. James**

Sun. Sept. 21

9:30 – Morning Prayer, **St. Luke**

11:15 – Morning Prayer, **St. Paul's**

Sun. Sept. 28

9:30 – Morning Prayer, **St. Luke**

11:00 – Morning Prayer, **St. James**-Maple Manor

11:00 – Morning Prayer, **St. Paul's**

7:00 – Evening Prayer, **St. Thomas**

Wednesday Evening Prayer with Reflections

St. Thomas September 30th at 7:00 pm

Catechisms in the Wilderness

The story of Joseph Alexander,

An early catechist on the Eastern Shore

Will be presented by the Anglican Parish

In cooperation with Sherbrooke Historical Village

Oct. 18th, 19th and Oct 25th & 26th at St. James Presbyterian

Church (in the Historical Village)

Saturday Performances 7:00 pm

Sunday Performances 3:00 pm

Refreshments provided at intermission

Fee: Children \$5 (4-12) Adults \$10, Family \$25

If you would like to join us in participating as an actor, choir member, or support person please contact Rev.

Marilyn by August 26.

Meet and Greet: Tues. Aug 26 at 7 pm at the Anglican Rectory (40 Old Road Hill) for all those participating in the play and their families. Refreshments provided.

Choir Practises: Tues. Sept 2 at the Rectory Mondays at 7 following weeks (Rectory or Village church)

Children's Choi, line practise and mural painting (optional): Tuesdays 2:45 at Rectory

Group Practises: designated Mon, Tues or Wed, evenings and some Saturdays at the Village For more information Contact: Marilyn Haugen-Strand 506-522-2510 or 902-870-4471 revmarilynhs@gmail.com

St. Thomas Anglican Church at Indian Harbour Lake are having a ham & potato scallop supper to raise funds for our church. At Indian Harbour Lake & Jordanville community Centre on Sept. 20th, 2014

from 4 -6 pm. Adults \$10, Children \$5, 4 yrs. & under FREE. Take outs are available.