



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

May 2015 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 20th 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.

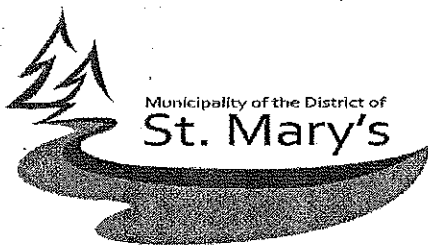
COUNCIL MEETING: The next Regular Meeting of St. Mary's Municipal Council will be held on **Monday, May 11th, 2015 at 7pm**, Council Chambers. The public is invited to attend. Check out our website for updated information.

Message from Chief Administrative Officer

On April 1, 2015 the municipality switched from a Clerk/Treasurer system of administration to a Chief Administrative Officer (CAO) system. I am honored to have been selected as the first CAO for the District of St Mary's.

I'm looking forward to working with Council, staff and you, the residents, of St Mary's as we address the challenges that small rural municipalities in Nova Scotia are faced with and work to identify opportunities to move the municipality forward in the coming years. I welcome any ideas, comments, questions or concerns that you may have on the operations of the municipality. Please contact me so we can discuss them.

Thank you, Marvin MacDonald, CAO



Municipal Council is pleased to announce the launch of New Logo for Municipality of the District of St. Mary's.

HEAVY HAUL: MAY 19th, 20th & 21st

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

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 \$19,130.00 or less. Applications are available at the Municipal Office, or by contacting your local councillor. Deadline to submit is May 31, 2015. Be sure to attach a copy of your **Canada Revenue Agency Notice of Assessment from 2014**.

Solid Waste Collection Schedule

Please note a limit of clear bags is **4/week** (8 bags) with a 50lbs weight limit per bag and unlimited recyclables. 1-800-261-0372

ZONE 1	ZONE 2	ZONE 3
Apr. 28 Recyclables	Apr. 29 Recyclables	Apr. 30 Recyclables
May 5 Garbage	May 6 Garbage	May 7 Garbage
May 12 Recyclables	May 13 Recyclables	May 14 Recyclables
May 19 HEAVY HAUL Garbage	May 20 HEAVY HAUL Garbage	May 21 HEAVY HAUL Garbage
May 26 Recyclables	May 27 Recyclables	May 28 Recyclables
June 2 Garbage	June 3 Garbage	June 4 Garbage

ENVIRONMENTAL HOME ASSESSMENT PROGRAM (EHAP)

The Clean Foundation proudly delivers the Environmental Home Assessment Program in the Central and Northern regions of Nova Scotia....The program delivers information and savings right to your door. Homeowners receive a rebate of up to \$100.00 on their next septic tank pumping or well water testing, a sample of a local environmentally friendly cleaning product, valuable tips and reference materials to enhance the performance and longevity of on-site septic systems, oil tank security and tap water. In addition, a septic system repair grant of up to \$3000.00 is available to homeowners who qualify. To learn more information or book your free Environmental Home Assessment contact **1-866-500-3427** to be delivered to the delivery agent in your area.

SEEKING BOARD MEMBERS TO SERVE ON THE EASTERN STRAIT REGIONAL ENTERPRISE NETWORK (ESREN)

The ESREN is currently recruiting 8-10 volunteer directors with extensive business experience to serve on its inaugural Board of Directors. The ESREN has been established by the Towns of Antigonish and Port Hawkesbury and the Municipalities of Antigonish, Guysborough and St. Mary's, as well as the Province of Nova Scotia, to **provide regional leadership on economic development priorities and support business development in the region.**

The ESREN is recruiting a competency-based board of directors to serve 1 to 3 year terms. Applicants should be driven by the belief that they can make a difference in the region by leveraging their backgrounds, skills and connections in one or more of the following areas: **business, entrepreneurship, strategic planning, value-added and technology development, exports, partner and stakeholder relations, as well as expertise in law, policy governance, accounting, human resources, economic development, or other relevant fields of expertise.**

For additional information or to obtain a recruitment package and application, please email easterstraitren@gmail.com or call Stephen Feist, CAO Town of Antigonish, and (902) 867-5576

Eastern Region Solid Waste Management Community Bin Project

This funding program sponsored by St. Mary's Municipality and RRFB Nova Scotia is to assist community groups with up to 50% of the costs of waste sorting stations to replace single stream containers managed by your group. Access to proper waste sorting stations will assist Nova Scotian's achieve our provincial disposal target of 300kg per person per year. Interested community groups must complete application (available at the Municipal Office) and submit to Eastern Region Solid Waste Management by February 5, 2016.

Litter Clean-up Incentive Application

A community group can apply to receive up to \$500 to clean litter from a roadside or other public property. This application must be submitted and approved prior to the clean-up. Funding is limited so get your application in early. Available at the Municipal Office

District #6 Fire Dept. Ratepayers Meeting

The Annual Ratepayers Meeting for District # 6 Volunteer Fire Department, Goshen will be held on Tuesday, May 12th at 7:30 in the Goshen Community Centre. Annual Reports will be reviewed. All interested residents are invited and encouraged to attend this meeting.

GUYSBOROUGH COUNTY CAREERS NOVA SCOTIA CENTRE

FREE ACCESS TO EMPLOYMENT RELATED SERVICES FOR ALL RESIDENTS OF GUYSBOROUGH COUNTY

- ✓ Job Search Assistance
- ✓ Create and update Resume & Cover Letter
- ✓ Information and referrals for Employment Nova Scotia Programs
- ✓ Interview Coaching
- ✓ Job Board
- ✓ Job postings at Guysborough County Careers Nova Scotia Centre Facebook Page
- ✓ Free posting of job ads to employers and client referral

Please contact us for all your employment and career decision needs!

SHERBROOKE - ST. MARY'S MUNICIPAL OFFICE BUILDING

Hours of Operation for May: Wednesday, May 13th and May 20th, 2015 from 10am-2pm. Please contact us to arrange an appointment.

ST.MARY'S RIVER ASSOCIATION

Annual General Meeting

Sunday May 24, 2015 from 2 pm – 4 pm

8404 Highway 7, Sherbrooke Everyone Welcome!

Resumes for Summer Student position(s) will be accepted until 4 pm May 22nd

E-mail: stmarysriver@ns.sympatico.ca

Port Bickerton Lighthouse News

Don't miss the following Lighthouse events taking place in the month of May!

Photo Competition – May 15 is the deadline for the submission of photos of our municipality's Lighthouse. Great prizes will be awarded to the winners! Further details can be found on our Facebook page, "Port Bickerton Lighthouse".

Lobster Raffle - Our annual lobster raffle in support of the Lighthouse is now officially underway! A \$2 ticket (3 for \$5) gives you a chance to win 1 of 3 draws for 10 pounds of succulent fresh Nova Scotia lobster which will take place on Mother's Day, May 9. Tickets are now available from any Lighthouse association member, or at selected locations including Beanie's Bistro and the public library in Sherbrooke, or Whitney's Corner Store in Port Bickerton.

Annual Lighthouse and Beach Clean-up – Join us on Victoria Day, Monday, May 18 starting at 9:00 a.m. Come and help get the site spruced up for our summer visitors. Bring rubber boots and gloves. Cleaning equipment will be supplied. Light lunch at the residence will follow.

Friends of the Port Bickerton Light - There's still time to purchase your 2015 "Friends of the Light" membership. Check out our website at www.portbickertonlighthouse.com for further details.

Thank you for your continuing support!

St. Mary's Memorial Hospital

Foot Care Clinics are held at St. Mary's Memorial Hospital every Friday. For more information or to book an appointment, call the hospital at 902-522-2882 and ask for Katherine.



The **Community Choir**, under the direction of Iris Hayes, will begin practices on Monday, May 4th, 2015, at 7:00 PM at Port Hillford United Baptist Church. A Sacred

Concert will be held in June. If you are interested in joining the choir, there is room for **YOU!** For more information, contact Shirley Pearce (902-522-2087).

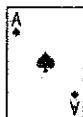
Port Bickerton Community Centre

Chase the Ace **Thursday's at 7pm**

Tickets sold until **8:30pm**

Seashore Volunteer Fire Dept. Bar is open

Gov't ids may be requested.



Sonora Community Center

There will be a Penny Auction, Cake Walk, and Sorry Game on May 1, 2015 at 7pm in Sonora Community Center.

Come out and have a fun evening. Everyone Welcome

SPRING RALLY

The Nova Scotia Woman's Institute will be holding their Spring Rally in Indian Harbour Lake Community Center, on April 28, starting at 2 pm. We will have some very informed guests including Marcia Connolly, An Outreach support worker for the Antigonish Woman's Resource Center, who will speak on a wide range of Issues and concerns. Another guest will be a member of Sherbrooke R.C.M.P. To talk about Home Security. We will also be having a delicious Pot Luck supper and we will also have 'touch and buy' gifts.

Come out and bring a friend to have some fun and see what the Woman's Institute is all about. Everyone is Welcome. Hope to see you there.

DENVER & NEWTOWN WOMEN'S INSTITUTE

Ham, Scalloped Potatoes and Bean Supper. Homemade brown bread and corn meal muffins, dessert coffee and tea. Wednesday, May 20, 2015 from 4 – 6 pm at the East River St. Mary's Fire Hall. Free will donation.

THANK YOU

We would like to express our thanks to our friends & family for helping us to celebrate our 50th Wedding Anniversary on March 6th. We really appreciated the kind wishes & cards we received. Thanks again so very much. HAROLD & JESSIE WEBBER

St. Mary's Garden Club

"Attention the St. Mary's Garden Club will hold their annual plant sale at the Lions Hall on Saturday June 13 at 10 AM. Plants \$2.00 each."

Indoor Flea Market at St. John's Church Hall

Necum Teuch – Highway #7

Time: 9am – 1pm

When: May 9, 2015

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:

June 13, July 11, Aug 8, Sept 12, Oct 10 2015



Jive For Jacob

May 2, 2015

9:00pm-1:00am

Country Harbour Gun Club

19 years and over – Gov't ID's will be requested.

This is a benefit for 6 year old Jacob McDonald, Country Harbour, who has recently been diagnosed with Leukemia. Thanks.

Card of Thanks

Archibald-We the family of the late Joyce Archibald would like to acknowledge and express our heartfelt thanks to our relatives, friends and neighbors during our recent loss. Many thanks to those who sent food, sent sympathy cards and messages, made visits, phone calls, memorial donations and attended the visitation and funeral service. Thank you to all who offered prayers of support and comfort. Your kindness will always be remembered. God bless you all!

Sincerely, Brian, Blair, Brent, Brenda, Betty and Blaine and our families

Congratulations on Your Retirement!!!!

Shirley Kaiser

Open House at Royal Bank Sherbrooke

Please join us on **Friday, May 8** during branch hours to wish Shirley well and to thank her for being with RBC for 35 years! Refreshments and cake will be served. Look forward to seeing everyone there.

Turkey Dinner

St John's United Church will hold its annual spring dinner on Saturday May 2, 2015 at the Lions' Hall Sherbrooke from 4:30 – 6:00 pm.

Turkey with all the trimmings, great desserts, tea and coffee. Adults 12.00 & children 6.00 all welcome. Come and enjoy some great fellowship

Maple Manor Bake Sale
Friday at 2:00 pm



Calling All Crafters and Artisans!

The Port Bickerton Lighthouse wants to showcase your talent in its Interpretive Centre gift shop. We are looking to stock our shelves with a variety of locally-produced hand-made crafts and wares for the coming summer season. If you have any items that you would wish to donate or sell on consignment in the Lighthouse gift shop, please contact Ardie Dodge at 364-2967 or onthetickle@ns.sympatico.ca.

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 it 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.

Sherbrooke Library
Chat Line for May 2015

Writers Group – Bring your winter writing creations to share on Thursday, May 7 from 2-4 in the program room. We will decide future dates and times at this meeting.

Meditation Class – Tuesdays from 11 – 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 1st at 11:00 am.

Seniors' Café – Fridays at 9:30 am. Join us for a snack, conversation.

Library Hours:

Monday, Tuesday, Thursday: 11am-4pm

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

Liscomb Fire Dept.

Training Monday May 18th at 630

Monthly Meeting Monday May 25th at 630!

St. Mary's Garden Club

Next meeting will be May 12, 2:00 p.m. @ the Community Room in the Municipal Building. We will be planning our Plant Sale. The proceeds of this sale will become a Scholarship for a graduating student from our school. All are invited to attend our meeting.

Goshen Community Centre Flea Market

Saturday, May 23rd 11:00 a.m. to 12:30 p.m.

Admission: .50 Tables: 5.00

To book a table call: Jean @ 783-2411 or

Teresa @ 783-2228

Call Jackie @783-2341 regarding GOALS table

Turkey Supper

Saturday, May 30th 4:30 to 6:00

Adults: 12.00 Children: 4.00

Takeout's available

Games Day

Games Day is held each Wednesday starting at 1:00 p.m.

Everyone Welcome

Crib Night

Crib will be held every Wednesday evening at 7:00

Starting May 6th until the end of August.

Everyone Welcome

St Mary's Shooters Association.

NSRA Provincial indoor 22 target rifle shoot, **Apr.25 & 26, 2015** @ Pictou Military Rifle Association range, Foster Ave., Stellarton

9am start both days. The air rifle, air pistol competitions will take place Saturday evening **Apr.25/15**.

SUNDAY May 3/15, spring meeting Stillwater

Community Ctr. lease plan to attend and give your in-put for the coming season.

SUNDAY May 17/15 Military Rifle Shoot 09:00-15:00, 5 shots @100yds open military sights, no scopes \$3.00 per try, 3 try's per competitor. Come and shoot any time between 9 am and 3 pm public can shoot as guests. Club has on sight range safety officers. BBQ lunch available.

There will be an **ATV Club** meeting on **Thursday, May 14th at 6pm** in the United Church Basement in Sherbrooke.
All welcome!



THANK YOU

Carole Gartside Law Office – the repairs to the office are now complete.

We are now back in our regular location in Sherbrooke.

Guysborough County Kids First update!

Sherbrooke Parent/Tot Drop-in

Takes place on Wednesdays 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

Starts up on Tues, March 3rd from 9:30-11:30 am for 10 weeks
Open to all children who have turned four by Dec. 31, 2014 and will be attending St. Mary's Education Centre in September 2015. Located at St. Mary's Education Centre, use community entrance. Registration for the 2015-16(children who turn four by Dec. 31/15) group can be made by phone, email or Facebook message to Paula

Story Time with Friends

Takes place at the Country Harbour Culture Centre Mondays from 10-11:30am. All parents/caregivers and children age birth to six years are welcome
Story time, play time and a healthy snack provided.

NOTE: When school is cancelled, Kids First Programs are cancelled too!

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, and 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

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! Or call us at 1-888-533-3881. Kid's 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 Guysborough County Kids first would like to thank those who supported the purchase of a baby changing station for the Early Years room at St. Mary's Education Centre/Academy.

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 3, 11 AM – Sonora Baptist Church
May 10, 11 AM – Port Hillford Baptist Church
May 17, 11 AM – Port Bickerton Baptist Church
May 24, 11 AM – Sonora Baptist Church
May 31, 11 AM – Port Hillford Baptist Church

For further information, call 902-522-2087 or email hbs.baptist@ns.sympatico.ca (Rev. Norman Pearce). See us on Facebook: **The Baptist Congregation of Port Hillford, Port Bickerton and Sonora**

Mass Times for the Catholic Communities of:

St. Paul's [Sherbrooke] Sunday at 11:30am...

St. Patrick's [Lochaber] Sunday at 10am...

St. Joseph's [Ohio] Saturday at 5pm and Sunday at 8:30am

Parish Priest: Fr. Alphonsus IK Iwuji

PORT BICKERTON WOMEN'S INSTITUTE MEETING

WHEN: MONDAY, MAY 4 AT 1PM

WHERE: PORT BICKERTON COMMUNITY CENTRE

REMINDER: Bring gifts for New Mom's and/or babes; Dues are due and Quilt Tickets will be available. Also, a Special Guest....

Please join us and share your ideas and talents...

Our last two socials will be May 13th and May 27th from 12:30 – 4:00pm for this many have enjoyed these, although it was a difficult winter to get around... Hopefully we will be able to carry these on another year, if it is what the Community wants... Please pass your comments along to a member or to the Recreation Co-ordinator... Thank You

ROYAL CAN. LEGION BR. #86 LISCOMB

Next general meeting will be held on **Tuesday May 5**
Please take time to attend and support your legion

ACTIVITIES:

AUCTION 45's – Thursdays at 8pm \$5

CRIBBAGE – Saturdays at 8pm \$5

CHASE THE ACE: Continues 6:30 -7:30pm

Every Thursday until the Ace of Spades is revealed

Country Harbour Gun Club

May 1st at 730 pm crib game at the Country Harbour Gun Club
May 24th prize bingo at 2 pm also at the Country Harbour Gun Club
Both events are benefits for Gladys Hudson who is undergoing radiation therapy in Halifax Thank you!

May 16th Country Breakfast 8:30am-10. Adults \$7, Kids \$3

May 16th Holy Trinity Anglican Church is hosting and Presenting Kevin Beanland Show. Time: 7pm – 10pm
Tickets are \$10 – contact Judy Gay 902-328-2389

HO-HO-HO..... IT'S A GO!!!!

Sherbrooke Village Old Fashion Christmas GOLF TOURNAMENT, **Saturday, July 18th 2015**, Red Hill Road Golf Course, Indian Harbour Lake, NS

Registration starts 8:00 am, Tee Time 9:00am

We promise a Fun Tournament!! It's one you'll not want to miss!! So save the date!!! **JULY 18th 2015**

Spring Greetings from High-Crest!

Isn't it great to see the sunshine!

Residents celebrating birthdays this month are:

Don Curtis	May 3rd
Fred Harris	May 13th
Marion Jordan	May 16th
Mina Sinclair	May 23rd
Vera Grover	May 26th

The Home buddies will host a Bingo/birthday party on May 12th at 1:15.

We will play bingo, sing some good old songs and enjoy each other's company as well as delicious cake and ice cream. Everyone is welcome.

Thank you to the municipality for hosting a Volunteer Appreciation Evening for the Volunteers of St. Mary's; and to all of the volunteers that attended. It was lovely. We will be having an afternoon social for the Volunteers of High-Crest in the near future! I will be in touch! Thank you to all who volunteer, big and small, who donate their time and talents. It really doesn't take much to make someone's day and every little bit counts! Please keep doing the wonderful things that you do!



Indian Harbour Lake Pentecostal Church May Worship & Activities

Sunday, May 3rd, 10th, 17th, 24th & 31st 11:00 am
Worship

Sunday, May 17th 6:30 p.m. Praise & Prayer

Weekday Activities

Wednesday, May 13th & 20th

7:00 p.m. Bible Study

"What Does the Bible Say About Prayer?"

Friday, May 8th & 22nd

Youth Group (Ages 12 – 18) at the parsonage

Saturday, May 30th 1:00 - 4:00 p.m.

Prayer Power Hours All are Welcome! For more information, contact Pastor Dave Connolly at 522-2759 or ihlpastordave@gmail.com

Prayer Power Hours

You are invited to stop by Indian Harbour Lake Pentecostal Church on May 30th 1:00 - 4:00 p.m. To spend some time in private prayer. We will also be available to join with you in prayer to God for your concerns. More things are wrought by PRAYER than this world dreams of" Alfred Lord Tennyson

TOPS in LISCOMB

Looking for help and support with your weight....

Check us out... Meeting times: **Every Tuesday @ 6:00 pm** at the *Bayview Baptist Church Hall*

See you there...

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 1 at the Sherbrooke Exhibit Centre, at 7 pm. 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 accomplish all that we do. We'd like to thank our members and our Board of Directors who give so much of themselves on our behalf

Support Local & Make a Difference with the Tree of Hope Fundraising Campaign for Memorial Place & S.H.O.P.S.

Thank you to all who have made donations to our project so far. As of April 17th, the total raised from the Municipal campaign is \$8470.00 and we appreciate your support. If you have not received the donation request letter that was mailed out for the Municipal Campaign please don't hesitate to call or email if you'd like a copy of that letter to make your donation. Call 522-2079 evenings, leave a message at that number or email lisamac@seasidehighspeed.com. Donations can also be mailed to PO Box 124, Sherbrooke, NS, BoJ 3Co. Memorial Place is now home to Kids First and will be home to the Sherbrooke Opportunities Society or S.H.O.P.S. once funds are in place and the interior can be completed. It will serve as a day center/workshop that will engage and support the developmentally challenged adults of our area as well as serve as extra space for the community when needed and available. Memorial Place is named in honor of our veterans and past educators and the space will pay tribute to these important people in a special way that will also be accessible to the general public. This is a great opportunity for all of us to say thanks and a great way to leave important information for our young people to access for the future. We understand that the winter months can be a challenge so our campaign will be ongoing and donations are accepted at any time.

Eastern Mainland Housing Authority is looking for a reliable and experienced person or company for **Grounds Maintenance** (mowing, whipper snipping weeding, trimming and general spring and fall labour) at the Maple Manor Seniors Complex in Sherbrooke. If you are interested in applying or have some questions please contact Rick Chisholm at 902-863-1259
Application Closing Date is May 8, 2015

Physical Activity Strategy for the District of St. Mary's

The Municipality of the District of St. Mary's will be conducting a series of focus groups for each community in St. Mary's. Our community consultations will be open to the public and information will aid in the development of a Physical Activity Strategy. Snacks and refreshments will be provided, we look forward to your participation. ** We expect all meeting to be approximately two hours.

Community	Date and Time	Location
Ecum Secum/ Liscomb	Monday, June 1 st @ 6pm	Liscomb Legion
Goshen/Aspen	Wednesday, June 3 rd @6pm	Goshen Community Centre
Port Bickerton/ IHL	Monday, June 8 th @ 6pm	Port Bickerton Community Centre
Sherbrooke/Sonora	Tuesday, June 9 th @6pm	Sherbrooke Lions Hall

St. Mary's Fitness Centre

Join our team and work towards living a healthier life!

May 2015 Schedule (subject to change)

Monday	Move It Monday: 9:00-10:00am Regular Hours: 2:30-8:00pm #smsBEFIT - 2:30 - 3:30pm
Tuesday	Regular Hours: 2:30-8:00pm #smsBEFIT - 2:30 - 3:30pm Boot Camp: 6:30 p.m.
Wednesday	Wake up Wednesday: 9:00-10:00am Regular Hours: 2:30-8:00pm #smsBEFIT - 2:30 - 3:30pm
Thursday	Regular Hours: 2:30-8:00pm #smsBEFIT - 2:30 - 3:30pm Boot Camp: 6:30pm
Friday	Drop in: 9:00-10:00am Regular Hours: 5:00 - 8:00 p.m.

#smsBEFIT

Students 15 years+: St. Mary's Fitness Center is offering a new program to give students an opportunity to use the facility at a discounted price of \$2 Mon-Thurs 2:30-3:30.

Move it Monday/Wake up Wednesdays!

St. Mary's Recreation offers a drop-in class every Monday and Wednesday morning from 9-10 a.m. at the Fitness Centre. This class is free for members and \$2 to drop in!

Lose your Booty Boot Camp

Join us for Lose Your Booty Boot Camp every Tuesday/Thursday at 6:30-7:30 p.m. This class is a 60 minute circuit style work out that will have you sweating away those unwanted calories. \$2/Free for members.

Canadian Tire JumpStart



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 us for more information.

Visitguysborough.ca

There is a brand new website for tourism in Guysborough County! The Municipality of St. Mary's is happy to be a partner on visitguysborough.ca. Check out everything that Guysborough has to offer! Don't see your business there? Submit your own listing! Get out and play in St. Mary's this summer!

Dodge Ball Tournament

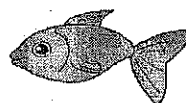
St. Mary's Recreation would like to host an Adult Dodgeball Tournament at the St. Mary's Recplex June 27th. Teams would consist of 6-10 with registration costing \$5 per person. If you register your team before June 1st, the cost will be \$4 per person. There would be a BBQ on site and possibly a dance following! There will be prizes and a trophy for the winning team! Register by calling 522-2598. Recreation will be entering a team, and we would like to "throw" out a challenge to all non-profits in our community to do the same!



Adult Ball League

Would you like to casually take part in a recreational ball league this summer? St. Mary's Recreation would like to organize a weekly, co-ed scrimmage for adults 18 years old and up. This would take place on Tuesday nights at your local ball field at 6:00 p.m. Each week, participants will gather and play a scrimmage game. Everyone is invited to play! This program will take place in the following communities: Goshen, Sonora, Liscomb, Sherbrooke and Port Bickerton. We need a program leader in each community to organize this program each week. If you are interested in volunteering your time for one hour each week, please contact us! This program will get underway once the fields are a dry and snow free (late May)! Keep an eye out on our Facebook page for more details.

Annual Fishing Derby



St. Mary's Recreation is hosting our Annual Fishing Derby on Saturday, May 30th at Nimrods campground (Sixth Lake). The derby will run from 10 a.m. to 1 p.m. There is a \$2.00 registration fee and prizes will be available. Remember standard rules apply: Adults over 16 need a fishing license. Those under 16 can fish without a license! So grab your fishing rod, some worms and a couple of friends and join us on May 30th at Nimrods!

Goshen Community Garden

Planting season is just around the corner and Goshen Community Garden is looking for volunteers, all ages and abilities welcome to lend a hand. If you are a gardener, a builder that can help with special projects, volunteer or just curious about growing your own food, please get in touch with us!



Gardening Workshops

Various hands-on workshops will be hosted by the Municipality of St. Mary's, during our growing season. Topics will include, how to start your own garden, seed saving and companion planting. Contact us to sign up for a workshop.

Got a question? Give us a call!

If you have any inquires for St. Mary's Recreation, don't hesitate to call us!

Recreation main line: 902-522-2598

Kerri Penney: kerri.penney@saint-marys.ca

Lindsay Robinson: physicalactivity@saint-marys.ca

Spring Dance Classes



Maureen Fraser School of Dance classes begin on Thursday, April 30th. Please return registration forms to the Municipal office as soon as possible. If you would like to donate/sell any new or used ballet slippers or body suits, please bring them to the Municipal office, as there will still be a swap shop event held again this year.

Age	Dance Genre	Time
3-6 years	Ballet and Hip-Hop	4:30pm-5:10pm
5+ years	Musical Theatre	5:15pm-5:55pm
7-10 years	Ballet and Hip-Hop	6:00pm-6:50pm
11+ years	Ballet and/or Hip-Hop	6:55pm-7:50pm

Country Girls

Country Girls will continue to be on Tuesdays from 12:20pm-1:20pm and will now be outside, for the rest of the year! Please come dressed appropriately. Any girls interested but not currently in the program can join anytime! If you have any questions, please contact the Rec. Dept.

Kid Fit continues!

Our super active 16 week program is back and bigger than ever! We have new equipment, new locations and loads of new games! The program is designed to help children in grades primary to grade 6 get the recommend 60 minutes of vigorous physical activity they need to stay happy and healthy! Children will arrive by bus to their local community centers and participate in fun games. Children must have a **NEW BUS NOTE** each week they wish to attend the program. The program runs to 5pm each day. May Schedule:

Mon, May 4 th Ecum Secum	Tues, May 5 th Sonora	Wed, May 6 th Port Bickerton	
Mon, May 11 th Liscomb	Tues, May 12 th Sherbrooke	Wed, May 13 th Goshen	
Mon, May 18 No Kid Fit	Tues, May 19 th Sonora	Wed, May 20 th Port Bickerton	Thurs, May 21 st Ecum Secum
Mon, May 25 th Liscomb	Tues, May 26 th Sherbrooke	Wed, May 27 th Goshen	

Intramurals

Intramurals has been re-schedule to begin on May 7th for grades 10-12 in the RecPlex. Intramurals will take place every Thursday afterschool from 2:30pm-4:00pm for six weeks. Registration forms have been sent home, please return registration forms to St. Mary's Academy. Bring gym clothes to school on Thursday's. Prizes will be awarded to the winning team each week.



Open Gym/Ball Hockey

We are making some changes to our open Gym program! Open Gym will take place as usual from 6:30-7:30 p.m. on Tuesday's at St. Mary's Academy/Education Centre. The Thursday program will be moving to the St. Mary's Recplex from 6:30-7:30. Half the rink will be used for Open Gym, and the other half will be set up for Roller Hockey! Participants can play on Roller Bladers provided by us, or play on foot! This change will take place as soon as the Recplex surface is cleaned. Stay tuned on our Facebook page to know when this change will take effect.

Walk and Talk

The snow has melted and its beginning to look a lot like spring! St. Mary's Rec. will be hosting walking socials in each community where you can choose to take a part in a "challenge". How does it work? We will start by setting a goal, for example: "Our community wants to walk to Cape Breton". Cape Breton is about 213km away so we will meet each week and record how many kilometers we walk and add them up! It may take weeks or months to reach the goal but once we do we will celebrate with a potluck! This program is excellent for those who want to become active or socialize with other in the community. For more information or to sign up, get in touch with us! Walk and Talk schedule:

Goshen Community Centre	Thursday, May 7 th @ 6pm
Greenfield Community Centre	Tuesday, May 12 th @6pm
Port Bickerton Community Centre	Thursday, May 14 th @6pm
Sherbrooke Village parking lot	Tuesday May 26 th @ 6pm
Sonora Community Centre	Thursday, May 28 th @6pm
Liscombe Legion	Tuesday, June 2 nd @6pm
Ecum Secum Fire Hall	Thursday, June 4 th @6pm

Trail Blazers



Trail Blazers is back! Our outdoor adventure program for children in grades 3-7 takes place from 2:30-4:30 on Tuesday's. As always, our program is based outside – so children **MUST** come prepared to play in the woods. With the spring, comes bugs – so make sure your child has some bug spray or a bug net with them. We hope to do some new and exciting activities this year, along with a potential field trip!

Sherbrooke Zumba

A new 8 week/16 class session of Sherbrooke Zumba has started! Zumba takes place at St. Mary's Education Centre/Academy every Monday and Thursday from 6-7 p.m. Instructor Maria Tate leads a special Zumba Toning/Sentao Class on Monday's and regular Zumba on Wednesday's! 6 class punch cards are always available for \$36 and can be purchased at the municipal building.



St. Mary's Socials

Social Events around St. Mary's have been a hit! They will continue to take place each month! These events consist of great food, great friends, fun games and lots more. Everyone is invited to attend! Each event has a free homemade lunch, games and prizes and good company. Participants are invited to bring their favorite games from home or a current project they are working on. This is our schedule for the month of May: Ecum Secum Fire Hall – May 6th 10-1 p.m. Maple Manor – May 7th 10-1 p.m.

Recreational Scuba Diving Course



Are you interested in exploring the beautiful under water planet of St. Mary's and beyond? We have an opportunity for you to learn how to scuba dive right here on the Eastern Shore! Please get in touch with the Recreation Department if you are interested in learning more about this opportunity.

Lion's St. Mary's Memorial Hospital 3rd Annual Walkathon

2015 Pledge Sheet

May 30th, 2015 Registration @ 9:30am to 10am

Sherbrooke Village Information Center

Walker _____ Community _____

Phone # _____

Name	Mailing Address	Pledge	Paid	Receipt

Total Pledges: _____

Waiver/Release: By participating in the Lion's St Mary's Memorial Hospital Walkathon I waive and release any and all claims for myself, heirs, executors and administrators against the Walkathon sponsors, officials, organizers and supporters of the walk for injury, illness or death which may be directly or indirectly result from my participation in the walk. I am physically fit to participate in the walk. I have read and fully understand and agree to the contents of this waiver/ release prior to the walk.

Signature of participant or Guardian

Date



Sun	Mon	Tue	Wed	Thu	Fri	Sat
3 Shooters Assoc. Spring Mtg.	4 Move it Monday 9am Country Hrb. Story Time 10am PB Women's Institute Mtg. 1pm Kid Fit in Ecum Secum 3-5 Sherbrooke Zumba 6pm	5 Kids First Mle & My Friends 930 Meditation 11am Country Girls 12:20 Greenfield Cards 1:30pm Trail Blazers 2:30-4:30 Kid Fit in Sonora 3-5 p.m. TOPS Mtg 6pm Liscomb Legion Meeting Boot Camp 6:30pm Open Gym 6:30pm	6 Wake-up Wednesday 9am Kids First Drop in 9:30 Ecum Secum Social 10am Goshen Game Day 1pm Kid Fit in Port Bickerton 3-5 St. Mary's Girl Guides Meet Goshen Crib 7pm Lions BINGO 745pm	7 Sherbrooke Social 10am Writers Group 2pm Intramurals at Recplex 2:30pm Dance Classes Walk and Talk Goshen 6pm Sherbrooke Zumba 6pm Boot Camp 6:30pm Open Gym 6:30pm Liscomb Chase Ace 6:30 PB Chase Ace 7-8:30 Liscomb auction 8pm	8 Fitness Ctr. Drop in 9am Seniors Cafe 930am Book Club 11am Maple Manor Bake Sale 2pm Sonora penny auction 7pm HSVDS AGM 7pm Stillwater Card Play 8pm	9 St. John's Church Turkey Dinner 4:30pm Liscomb Crib 8pm Jive For Jacob 9pm
10	11 Move it Monday 9am Country Hrb. Story Time 10am Kid Fit in Liscomb 3-5 Sherbrooke Zumba 6pm Liscomb Fire Training 6:30 Council mtg. 7pm	12 Meditation 11am Country Girls 12:20 High-Crest Bday Party 1:15 pm Greenfield Cards 1:30pm Garden Club Mtg 2pm Trail Blazers 2:30-4:30 Kid Fit in Sherbrooke 2:30-5 Walk and Talk Greenfield 6pm TOPS Mtg 6pm Boot Camp 6:30pm Open Gym 6:30pm Dist. 6 Fire Mtg. 7:30 pm	13 Wake-up Wednesday 9am Kids First Drop in 9:30 Goshen Game Day 1pm Kid Fit in Goshen 3-5 St. Mary's Girl Guides Meet Goshen Crib 7pm Lions BINGO 745pm	14 Intramurals at Recplex 2:30pm Dance Classes ATV Club Mtg. 6pm Walk and Talk PB 6pm Sherbrooke Zumba 6pm Boot Camp 6:30pm Open Gym 6:30pm Liscomb Chase Ace 6:30 PB Chase Ace 7-8:30 Liscomb auction 8pm	15 Fitness Ctr. Drop in 9am Seniors Cafe 930am Maple Manor Bake Sale 2pm Stillwater Card Play 8pm Lighthouse Photo Contest ends	16 Country Hrb. Breakfast 8:30am Kevin Bealand Show @ Holy Trinity 7pm Liscomb Crib 8pm
17 Military Rifle Shoot 9am	18 Victoria Day Holiday No Recreation Programming Municipal Office Closed Lighthouse Cleanup 9am Liscomb Fire Training 6:30pm	19 Heavy Haul (see schedule) Meditation 11am Country Girls 12:20 Greenfield Cards 1:30pm Trail Blazers 2:30-4:30 Kid Fit in Sonora 3-5 p.m. TOPS Mtg 6pm Boot Camp 6:30pm Open Gym 6:30pm	20 Heavy Haul (see schedule) Wake-up Wednesday 9am Kids First Drop in 9:30 Goshen Game Day 1pm Kid Fit in Port Bickerton 3-5 Denver WI Dinner 4pm St. Mary's Girl Guides Meet Goshen Crib 7pm Lions BINGO 745pm	21 Heavy Haul (see schedule) Intramurals at Recplex 2:30pm Intramurals at Recplex Dance Classes Sherbrooke Zumba 6pm Boot Camp 6:30pm Open Gym 6:30pm Liscomb Chase Ace 6:30 PB Chase Ace 7-8:30 Liscomb auction 8pm	22 Fitness Ctr. Drop in 9am Seniors Cafe 930am Maple Manor Bake Sale 2pm Stillwater Card Play 8pm	23 Bottle Depot 930am Goshen Flea Market 11am Liscomb Crib 8pm
24 River Assoc. AGM 2pm	25 Move it Monday 9am Country Hrb. Story Time 10am Kid Fit in Liscomb 3-5 Sherbrooke Zumba 6pm Liscomb Fire Dept. Mtg 6:30	26 Meditation 11am Country Girls 12:20 Greenfield Cards 1:30pm Trail Blazers 2:30-4:30 Kid Fit in Sherbrooke 2:30-5 Walk and Talk Sherbrooke 6pm TOPS Mtg 6pm Boot Camp 6:30pm Open Gym 6:30pm	27 Wake-up Wednesday 9am Kids First Drop in 9:30 Goshen Game Day 1pm Kid Fit in Goshen 3-5 St. Mary's Girl Guides Meet Goshen Crib 7pm Lions BINGO 745pm	28 Intramurals at Recplex 2:30pm Dance Classes Walk and Talk Sonora 6pm Sherbrooke Zumba 6pm Boot Camp 6:30pm Open Gym 6:30pm Liscomb Chase Ace 6:30 PB Chase Ace 7-8:30 Liscomb auction 8pm	29 Fitness Ctr. Drop in 9am Seniors Cafe 930am Maple Manor Bake Sale 2pm Stillwater Card Play 8pm	30 Recreation Fishing Derby 9am Lion's Club Walkathon 9:30am HIL Pentecostal Church prayer event 1pm Goshen Turkey Supper 4:30pm Liscomb Crib 8pm