



October 2015 Municipal Newsletter



Phone: 522-2049 www.saint-marys.ca [facebook.com/DistofStMarys](https://www.facebook.com/DistofStMarys) Rec: 522-2598

The DEADLINE to have information submitted for the November issue of the Newsletter is October 21 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, October 5, 2015 at 7pm, Council Chambers. The public is invited to attend.

Solid Waste Collection Schedule

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

Zone 1	Zone 2	Zone 3
Oct. 6 Garbage	Oct. 7 Garbage	Oct. 8 Garbage
Oct. 13 Recyclables	Oct. 14 Recyclables	Oct. 15 Recyclables
Oct. 20 Garbage	Oct. 21 Garbage	Oct. 22 Garbage
Oct. 27 Recyclables	Oct. 28 Recyclables	Oct. 29 Recyclables
Nov. 3 Garbage	Nov. 4 Garbage	Nov. 5 Garbage

FEDERAL ELECTION DAY

Make your voice count. Have a say in who represents you in Parliament. If you're registered, you will get a voter information card by mail. It tells you when and where to vote. You should receive it by October 1. Polls are open 12 hours on Election Day. You have the option to vote on one of four advance voting days. Advance Polls are open from **NOON to 8:00 PM** and address of advance polls will be on your voter information card.

Advance Polls:

Friday, Oct. 9 – noon to 8pm
 Saturday, Oct. 10 – noon to 8pm
 Sunday, Oct. 11 – noon to 8pm
 Monday, Oct. 12 – noon to 8pm

Election Day: Oct. 19

In the Community Room at the Municipal Office, 8296 Hwy. 7 Sherbrooke

Seniors Luncheon: Tuesday, September 29th, 2015 at the Ecum Secum Firehall at 12 noon. Stew and dessert etc. is on the menu. Take-outs available after all present have been served. Donation box at the door Thanks so much. Colleen Pace 347-2553.

Utility and Review Board (UARB) Decision on Number of Councilors and Polling Districts for St. Mary's

The UARB released their decision confirming the number of councilors and polling district boundaries for the Municipality of the District of St. Mary's on August 25, 2015. A copy of the decision is available on our website at www.saint-marys.ca. The Board approved the application by the Municipality to retain seven polling districts with changes to the boundaries and a councilor to be elected to represent each district. In general, changes to boundaries for the districts will be as follows:

District 1 – Sherbrooke – District Boundary will end at the Sherbrooke Village Sawmill on Sonora Rd and will no longer include Goldenville and Gegogan or the High Crest Nursing Home.

District 2 – Ecum Secum / Marie Joseph – District will be extended east on Highway #7 to include Liscomb Lodge.

District 3&5 – combined polling district Aspen & Caledonia – District will run from Melrose to the Maritimes Northeast Pipeline on Highway #7 at Fishers Mills.

District 4 – Indian Harbour Lake / Sonora – District will be extended from Sonora towards Sherbrooke to include the Sherbrooke Village Sawmill and will run to but not include civic #1889 Highway 211 and no longer include Port Hilford or Wine Harbour.

District 6 – Goshen – District will now include all areas of Lochiel Lake and West Side Lochiel Lake and extend south along Highway # 7 to the Maritimes and Northeast Pipeline.

District 7 – Liscomb & Area – District will now run from west of Arm Brook along Highway #7 to Liscomb River and areas inclusive and will also include the High Crest Nursing Home.

District 8 – Port Bickerton /Port Hilford & Fisherman's Harbour – District will begin at civic #1889 on Highway 211 and run east to the municipal boundary and all areas inclusive and will include Wine Harbour.

The boundary changes will be in effect for the next municipal election in October 2016 and more specific details on polling districts will be provided over the next few months.



There will be an **ATV Club** meeting on **Thursday, October 8th at 6pm** in the United Church Basement in Sherbrooke. All welcome!

Indoor Flea Market at St. John's Church Hall

Secum Teuch - Highway #7

Time: 9am - 1pm

When: October 10, 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



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. For more information call Paula at 1-888-533-3881



Just Me & My Friends

Starts up on Tuesday, September 15th from 9:30-11:30 am for 10 weeks

Open to all children who have turned four by Dec. 31, 2015 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, Facebook message to Paula or just show up on Tuesday morning.

For more information call Paula at 1-888-533-3881

Fun 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

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 call Paula or Allison at Kids First at 1-888-533-3881

Facebook

Guysborough County Kids First has a Facebook page for families who are expecting their first child or have children from birth to six years

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. 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.

The **St. Mary's & District Fire Department** will be having their Annual Fireman's Picnic on Sunday October 4th, 2015 at the Glenelg Fire hall starting at 11am. Yard sale, BBQ and raffle prizes. For more information contact Linda @ 833-2035 or email stmarysfiredept@live.ca

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 June: Wednesday, October 14th and October 28th, 2015 from 10am-2pm. Please contact us to arrange an appointment.

PENNY AUCTION and CAKE WALK

Where: Ecum Secum Fire Hall

When: Saturday, October 10th, 2015

Time: 7:00 pm

Proceeds for St. Barnabas Church

Any and all donations appreciated. All Welcome



ROYAL CAN. LEGION BR. #86 LISCOMB

Next general meeting will be held on Tuesday October 6

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

OCTOBERFEST- Liscomb Legion- Sat - October 17

3 pm till 11pm -with food at 5pm

Music (country entertainers), prizes, draws and food

Admission- \$10 bracelet for the day

Seashore Volunteer Fire Department

Will be holding a bottle drive on Oct. 3, 2015

All proceeds will go toward the Fire Hall's Fund

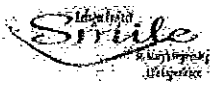
You can call your local firefighters or put at roadside



Maple Manor Bake Sale

Friday at 2:00 pm





"Update from S.M.I.L.E. (St. Mary's Improving Life Experience) Refugee Project

At the beginning of September our team selected to sponsor a family of 5 from the Congo. The family consists of a man and wife (both 27) and three children (ages 6, 4, 1). We are happy to report that paperwork has been submitted and we are anxiously awaiting their arrival (1-3 months). For updates or more information: Join our facebook page-S.M.I.L.E. Refugee Project. Email us- smilerefugeeproject@gmail.com Call- (Len Archibald) 783-2711(Rebecca Moore) 522-2107 to make a donation: Cheques or cash can be sent to: Port Bickerton United Baptist Church
C/O Gwen Robar, Sherbrooke, NS B0J 3C0
Cheques made payable to "Port Bickerton United Baptist Church" Memo: S.M.I.L.E. Refugee Project. An online giving format is currently in progress.

Port Bickerton Women's Institute News:

Next Meeting: Monday, 1pm Oct.5, 2015
*Our first meeting for the Fall Season ...
Lots of plans for Fall/Winter Socials and
Many new Projects and Plans to be made...*
[Due to health problems, our Sept. meeting was cancelled,
But we are back on track this month.]
Come and share your IDEAS AND TALENTS
Visitors always welcome....



PORT BICKERTON SOCIALS

First of the fall] **Sept. 30, from 12:30 to 4pm**
Come out and have a cup of tea, play a game or knit a "yarn" with a friend...
We need new ideas and input for the Socials...
Come and let us know your ideas...
Socials are open to all ages Great way to meet your friends and maybe help a senior get out...
There are two Socials planned for October...
Be sure and mark your calendars with these dates
Wednesday, Oct. 14 and October 28...
Doors will open at 12 noon...
Hope to see you there...

Country Harbour Gun Club

Oct. 3 - Flea Market from 10am – 11:30am
Admission: \$0.50, Table Rental: \$5.00
To book a table call 328-2063 or 328-2211
Oct. 17 – Country Breakfast from 8:30 – 10am
Adults: \$7.00 and Children: \$3.00
Cards – Monday Nights @ 8pm
Darts – Starting Tuesday Nights @ 7:30
Crib – Friday Nights @ 7:30

GOSHEN COMMUNITY CENTRE

Trivia night – Tuesday, September 29 at 7:30 p.m.
Penny Auction – Friday, October 16 at 7 p.m.
Turkey supper – Saturday, October 31 - 4:30 to 6 p.m.
Breakfast –Saturday, November 7 from 8:30 to 10 a.m.
Remembrance Week – Sunday, November 8 – Lunch at 12:30 followed by a service
Flea Market – Saturday, November 14 - 11 am to 1 pm
Thank you for taking care of this.

Chat Line for Sherbrooke Library for Oct 2015

Meditation Class – The Meditation Program has moved to Thursday mornings from 11:00 – noon. Learn how to meditate followed by a short practice. Feel the peace and calmness. New comers are welcome to join.
Village Readers' Book Club – The second Friday in the month – October 9th at 11:00 am. Come tell us about an interesting book that you have read or are still reading, or just come and listen to others.
Seniors' Café – Fridays at 9:30 am. Join us for a snack, conversation, have a game of scrabble, check out your books, and use the computers.
How-to-Take-Better-Pictures- with Dawn Howard, Thursday Oct. 8 from 2 -5. Bring your camera fully charged and ready to take pictures. Dawn will give a presentation followed by a field trip. Wear sturdy foot wear and dress for outdoor weather. This will involve actual picture taking, NOT how to use your camera. Limited to 8. Tentative rain date is Monday, Oct 19 same time. Pre-registration required.
CLOSED: Friday, Oct 2nd for staff CPR Training & Monday, Oct 12th for Thanksgiving
Library Hours:
Monday, Tuesday, Thursday: 11am-4pm
Friday: 9:30am-4pm, Saturday 10am-1pm

SHERBROOKE VILLAGE OLD FASHIONED CHRISTMAS ASSOCIATION



We are in full planning mode for the 2015 Christmas event. The dates for 2015 are November 27, 28, 29. Watch for the full schedule coming out shortly.
Kris Kringle Craft Market: Tables are available for the craft market. We are accepting direct sale vendors this year as well.
Workshops: Looking for crafters of all talents to host a workshop during the OFC weekends. You host the workshop, provide materials, set your #'s and cost.
House Tours: Saturday, November 28 & Sunday, November 29 from 1 – 4 pm Would you like to showcase your Christmas decorating? The Sherbrooke Village Old Fashioned Christmas Association is looking for anyone in the area interested in putting your decorated home in the Christmas House tours.
Dinner theatre with the group "The Company You Keep" at the Lion's Hall will take place on Saturday, November 28th. Tickets available beginning September 21st at the Sherbrooke Village Administration Office.
Memory Tree: There will be a memory tree located close to the St. James Presbyterian Church. You may purchase a light bulb for \$10.00 in memory of a loved one. All names will be listed and on display in a shadow box near the tree. The deadline for purchasing a light bulb is **November 18th**. Call Sharon Vasil at 522-2425 to purchase a light. Money can be dropped off at the Sherbrooke Village Administration office, mailed to: SVOFCA PO Box 123 Sherbrooke, NS B0J 3C0 or given to Sharon Vasil when purchasing the light.
Adopt-A-Door:
If you would like to adopt and decorate one of the storm doors at Sherbrooke Village for the Old Fashioned Christmas event, please contact Sharon Vasil at 522-2425. Please note: You must be able to pick up, decorate and deliver the door you adopt. We look forward to seeing your creations.

Important Notice re: groups applying for Wellness Fund

Please be advised that the Nova Scotia Health Authority has determined that applications for the Guysborough County Community Health Board's Wellness Fund must be received by **November 1st, 2015** for the 2015/16 fiscal year. Wellness Grants provide funding to non-profit community groups for projects that improve health and in local communities. Wellness Fund applications will be reviewed in December and distributed early in the New Year. There will not be another opportunity to apply until fall 2016. Complete information about the Health Board and the new application form can be found at www.gashachb.ca. If you have additional questions or concerns, please feel free to connect with your local Community Health Board representative, Barb Anderson at (902) 522-2343.

Healthy Bodies, Healthy Minds



Do you care about your own well-being? Do you want to improve your over-all wellness? If the answer is yes, this is the group for you!

This motivational and support group will give you the opportunity to connect with like-minded individuals and share ideas and information about healthy living! This group will be based on Facebook; you can search "Healthy Bodies, Healthy Minds" and click "join". Once you join, you can share websites, pictures, idea's and see what everyone else is up to! This group will also meet once a month face to face. During our meetings we will have different guest speakers such as dietitians, personal trainers, etc. If there is a specific speaker or topic you would like to have at our monthly meeting, feel free to request topics. Trudi Burns and Tammy Cole will be your go-to-girls and will lead monthly meetings. If you have any questions, feel free to contact the Recreation Department. The first Healthy Bodies, Healthy Minds meeting will be October 26th at the Municipal office at 6:30pm. Spread the word and join us on Facebook!

International Walk to School Day



International Walk to School Day is a global event that involves communities from more than 40 countries walking and biking to school on the same day. It began in 1997 as a one-day event. Over time, this event has become part of a movement for year-round safe routes to school and a celebration. St Mary's Education Centre/Academy will be taking part this year on October 9th. All buses will be dropping registered students off at Sherbrooke Village at 8am. Students then will walk as a group to school! Registration forms will be sent home, late forms/bus notes will not be accepted. All approved school volunteers are invited to take part!

Fall Prevention

Brenda MacKinnon with Community Links will be visiting Sherbrooke on November 12th at 1:00pm to do a presentation on fall prevention. The presentation will be held at Maple Manor, there is no cost and members of the public are welcome. The presentation will highlight changes that occur as we age and how to accommodate them in our daily lives.

Sherbrooke Zumba



Sherbrooke Zumba classes are back baby! Maria Tate is ready to lead you through a high paced, fun work out that will keep you wanting more! Join her every Monday and Wednesday at St. Mary's Academy from 6-7pm. Punch cards are available at the municipal office in Sherbrooke for \$36. Can't get enough of Zumba? Why not purchase a 16 week package for \$80. Never done Zumba before? Well why not try a class on us! Let our instructor know that this is your first class, and we will pick up the tab!

Open Gym

Open Gym is a free play program that allows all school aged children to be the masters of play! Children are invited to attend this weekly program in the new gym at St. Mary's EC/A and choose their own equipment and activity. Equipment will be provided, but must be respected and cleaned up at the end of the program. Open Gym will be held on Tuesday's from 6:30-7:30pm. A recreation staff person will be on hand to supervise children, but parents are strongly encouraged to attend with their child and play! Open Gym has a zero tolerance policy when it comes to bullying. Participants are expected to respect each other, staff, equipment and the gym. Registration forms will be circulated at St. Mary's Education Centre/Academy. All those wishing to participate, must return a form. Program starts Oct. 6th.

Family Intramurals

This brand new program is an opportunity for parents and children to shed all the stress of everyday life and just PLAY! Family Intramurals will take place every Thursday in the new gym at St. Mary's Education Centre/Academy from 6:30-7:30pm. Parents must accompany their children for this program. Equipment will be provided, and families are invited to play an activity or game of their choice! From ParticipACTION's Website on why it's important to be active with your children: Your kids are watching you, even when you're watching TV! Keep TV viewing in moderation. Make sure you live an active life. It's important that your child sees you running, walking and playing sports. Starting Oct. 8th.



PORT BICKERTON LIGHTHOUSE NEWS

The Lighthouse Interpretive Centre closed for the season on September 15. Many thanks to all who helped make the summer such a great success, especially our interpretive guides Dale Kaiser, Donna Blackie, and Jenny and Jessie Kaiser. Hope to see everyone back next summer when we will be changing our opening dates to July 1-September 30. Congratulations to Maria Wolke, winner of our Port Bickerton Lighthouse quilt for 2015!

Special thanks to all those local musicians whose enthusiasm and talent helped make our September 6 benefit concert an evening to remember.

Coming events:

October 3 - annual roast beef supper at the Port Bickerton Community Centre, 4:00-6:00 pm, Adults \$12.00/children \$6.00.

November 21 - annual prize bingo at the Port Bickerton Community Centre, 2:00 p.m.

The Baptist Congregation of Port Hillford, Port Bickerton and Sonora

(Members of the Convention of Atlantic Baptist Churches)

We welcome you to our October worship services:

October 4, 11 AM – Port Hillford Baptist Church

October 11, 11 AM – Port Bickerton Baptist Church

(Thanksgiving Sunday)

October 18, 11 AM – Sonora Baptist Church

October 25, 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; also check out the S.M.I.L.E. Refugee Project on Facebook.

St. Mary's River Association

Will be closing for the season on Friday October 9th. Thank you to all our supporters who donated their time and yard sale items. We had a very successful summer! Proceeds from the yard sales goes towards heating the building during the winter months. We are still accepting YARD SALE items and have new stuff being brought in weekly, so drop in. We are open Monday to Friday from 9 am – 4:30 pm.

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

Fall Bible Study! The Parables of Jesus.

In the month of October we will explore the Parables of Jesus throughout the Gospels. Come to all or any of the sessions. Bring a bible, bring a friend! All are welcome.

October 4th: 2:00-3:00 pm St. Luke's Anglican Church, Liscomb. 6:30-7:30 pm St. Paul's Anglican Church, Port Bickerton.

October 11th: 2:00-3:00 pm St. Luke's Anglican Church, Liscomb. 6:30-7:30 pm St. Paul's Anglican Church, Port Bickerton.

October 18th: 2:00-3:00 pm St. Luke's Anglican Church, Liscomb. 6:30-7:30 pm St. Paul's Anglican Church, Port Bickerton.

October 25: 2:00-3:00 pm St. Luke's Anglican Church, Liscomb. 6:30-7:30 pm St. Paul's Anglican Church, Port Bickerton

The Anglican Parish of Liscomb/Port Bickerton

Parish Office 902-522-2510

Reverend Kristin MacKenzie Welcoming you to join us in worship



Monthly Worship Schedule

October 4th 9:00 am St. Paul's, Port Bickerton

11:00 am St. Thomas, IHL

7:00 pm St. James, Sherbrooke

October 11th 9:00 am St. Luke's, Liscomb

11:00 am St. James, Sherbrooke

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

October 18th 9:00 am St. James, Sherbrooke

11:00 am St. Luke's, Liscomb

7:00 pm St. Thomas, IHL

October 25th 9:00 am St. Thomas, IHL

11:00 am St. Paul's, Port Bickerton

St Marys' Shooters Association Schedule

Sunday Oct 4th, 2015 Skeet Shoot DNR Range Stillwater 9 am - 3 pm, bring your own shells. \$ 5.00 entry fee per turn of 25 skeet .maximum 3 turns per competitor. BBQ lunch available. Every one welcome, large spectator area.

Saturday Oct 10/15 Hunter Safety Course Stillwater Centre 9558/9560 #7 HWY.9am-5 pm to register go to www.hnatiuks.com to pay on line at same site.

Sunday Oct 25/15- PCMRA Foster Avenue Stellarton , "big gauge trophy' Shoot 22 target & 22 hunting rifle classes 9am start Lots of door prizes to be drawn. AMMO provided (50 rounds Lapua Target)

Nov 1/15 TURKEY SHOOT 10am-3pm 5 turkeys & 5 chickens prizes J Day Pres. SMSA

Port Bickerton Community Center News

Members meet every 3rd Monday at 7pm at the center...We welcome any new person(s) that would like to join.

Chase the Ace Every Thursday Evening

Tickets sold from 7-8:30 pm. Gov't Id's may be requested. Thank you for your continued support with our fundraiser.

Exercise Room available for use.

Please see a member for the key.



Fall Greetings from High-Crest!

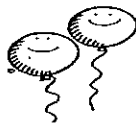
Residents celebrating birthdays this month are:

Graham MacRae Oct 4th

Mona Mills Oct 31st

Happy Birthday Folks! The Home buddies will be hosting a bingo/birthday party on October 13th at 1:15 to celebrate these birthdays. We will play bingo, sing some songs and enjoy each other's company as well as delicious birthday cake and ice cream! Everyone is welcome!

We are going to start some rug hooking this fall, if anyone has some hooks they would like to donate or their rug hooking knowledge both would be welcome! We will also be needing some wool fabric. If your winter coat has had the biscuit and it's made out of wool, we would love to have it!! To all the trick or treaters out there, don't forget! The residents always have lots of good treats and love to see you all dressed up in your costumes, so come on by. Have a safe and happy Halloween!



GOLF TOURNAMENT 2015

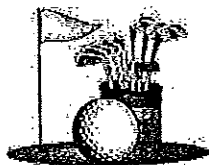
4 person team (\$30.00 per player)

Red Hill Golf Course on Oct. 3, 2015

Registration at 9:30am

Tee-off at 10:00am

For more information contact Gary Mansfield at 902-364-2003 or Staff at Red Hill Golf Course Office



Sherbrooke & Area

Volunteer Fire Dept. Putting Contest

The putting contest that was rained out at our Golf Tournament will be held Oct. 10th 1 - 4 PM at the Red Hill Golf Course.

Cost is \$1.00 for 3 balls, no limit on the number that can be purchased. Non golfers are invited to attend. Putting club only requirement.

1st prize is a night for 2 at Liscomb Lodge which includes buffet breakfast. Other prizes as well.

Hot dogs & beverages will be sold.

S&AVFD Ladder up Campaign

Sherbrooke & Area Volunteer Fire Dept. on going fund raiser Ladder Up campaign for our new fire hall continues to grow with \$ 8900 raised thru our golf tournament and personnel donations. Our goal is to raise \$ 125,000. Donations may be forwarded to the fire dept. at PO Box 2 Sherbrooke, B0J 3C0 many thanks to those who already have donated. Sherbrooke & Area Fire Dept. Building Committee Wayne Auton, Laura Banks, Wayne Feltmate, Herb Scott, Ed Weir



Indian Harbour Lake

Pentecostal Church

October Worship & Activities

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

11:00 am Morning Worship Sunday, October 18th

7:00 p.m. "Heaven" Billy Graham Film at Indian Harbour Lake Community Center

Weekday Activities Wednesday, October 7th & 14th Bible Study on "Prayer" All are Welcome! For more information, contact Pastor Dave Connolly at 522-2759 or ihlpastordave@gmail.com

Heaven

A Message from Billy Graham

Death comes to all, but when it comes

To you or those you love, will you be ready?

Do you have the hope of heaven?

Join with us to watch the true stories of two People who came face to face with death

- And hear from Billy Graham about what happens When this life is over. 7:00 p.m. On Sunday,

October 18th at Indian Harbour Lake Community Center For more information contact

Pastor Dave Connolly at 902-522-2759

Or ihlpastordave@gmail.com

St. Mary's Education Centre/Academy

There will be a Penny Auction in support of the Grade 12's taking place on Tuesday, October 13th starting at 7PM at St. Mary's gymnasium.

If anyone is interested in helping to support the grade 12's through donations please contact the school. This fund-raiser will help raise funds for fees and activities associated with graduation.

St. Mary's District Women's Institutes will host the annual Activity Day on Oct. 8th. 10:00am to 3:00pm at Indian Harbour Lake Community Center.

Lunch will be provided. All ladies, both W.I. members, and non-members are encouraged to come for the day, and help with some worthwhile

easy to do craft projects, while enjoying the company of others. Come for the whole day-- or any part that fits your schedule ☺ Questions??

Contact W.I members in your area

SUPPER: HARVEST SUPPER

WHEN: OCTOBER 3 FROM
4PM-6PM

WHERE: Country Harbour
Community Centre 17846 Highway 316 Country
Harbour

NOTE: ALL YOU CAN EAT SOUP, SALAD AND
DESSERT WITH A SERVED ROASTED PORK
DINNER (TAKE OUT AVAILABLE from 3:30-6)
PRICE: \$13.00



Best Wishes

An evening to honor Reverend Norman and Shirley
Pearce as they prepare to leave the area. This event will
be held at the Indian Harbour Lake/Jordanville
Community Centre on Thursday, October 1 from 7-9pm.
Best Wishes only. At their request in lieu of gifts please
support the Refugee Sponsorship Fund. Everyone
Welcome

Sonora Community Center

Penny Action & Cake Walk: Friday October 2nd, at
7 pm

Crokinole starts on Thursday, Oct 8 and runs every
Thursday for the winter season at 7 pm.
come out and have a good laugh & fun.
Get in the Festive Spirit early and join us
for our



Christmas Tea. November 7th @ 2-4pm
Darlene Feltmate will have her jewelry table for early
gift shopping. There will be door prizes so bring a friend
and enjoy a great afternoon.

St. John's United Church will hold a Ham and Potato
Scallop supper on Saturday, September 26th from
4:30pm-6:00pm at the Lions Hall in Sherbrooke. Adults:
\$10.00 Children: \$5.00

St. Mary's Garden Club next meeting is Tuesday,
October 13th at 2 pm in the Community Room at the
Municipal Office. Everyone Welcome.

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...



Hunters Buffet Breakfast

Where: East River St. Mary's Fire Hall
When: Saturday, October 31, Saturday,
November 7 & Saturday, November 14

Time: 7am to 10 am

Adults: \$8.00 and Children: \$4.00 Sponsored by the
Ladies Auxiliary

Thank You

We would like to sincerely thank the families from the
Antigonish, Indian Harbour Lake, Jordanville and
Sherbrooke areas who organized, brought food, sent well
wishes and attended Stephanie's bridal shower on
August 11, 2015. The outpouring of love from the
community was a wonderful way to begin our week of
wedding celebrations in Nova Scotia. We were blessed
to have the opportunity to spend time with each of you.
Stephanie and Jamie Burans

The Seashore Volunteer Fire Dept. would like to
thank everyone who donated food, volunteered their
valuable time and everyone who supported us by
attending the dinner. There was also a dance after the
Fish Fry with volunteers there as well and a great turnout
of people. Then the annual Duck Race took place with
the following winners: 1st Place 300.00: Dawn Howard,
2nd Place 100.00: Brent Kennedy, 3rd Place 25.00:
Cameron & Junior Kaiser, 4th Place 25.00: Patricia
Cook, 5th Place 25.00: Lane Kaiser, 6th Place 25.00:
Debbie Bingley Congratulations to all of you. Another
successful year thanks to everyone who helped out in
any way!

Card of Thanks

We, the family of the late Phyllis Mason, wish to extend
our deepest gratitude and appreciation for all of the love,
kindness and support shown to us during our recent
loss. Thank you to all who visited from near and far,
brought food to our homes, attended the wake and
funeral, send cards, sent online condolences, donations
and sympathy cards and supported us in many other
ways. Our hearts were touched by the overwhelming
show of support and love by all.

Thank you

We would like to thank everyone for coming out to
celebrate our 50th Wedding Anniversary at the Country
Harbour Gun Club. Thanks for all the cards and gifts,
they were very much appreciated. Also a special thanks
to all those who helped to organize this special day. Iris
& Henry Martin and Family

Thank you

We would like to thank everyone for coming out to
celebrate our 50th Wedding Anniversary at the Country
Harbour Cultural Center. Thanks for all the cards and
gifts, it was very much appreciated. Also a special
thanks to all those who helped to organize this special
day to make it a success. Melvin & Sheila Veinotte
family

Goshen Community Centre

Turkey Supper -- Saturday Oct. 31 from 4:30-6:00
Adults: \$12.00 and Children under 12 years: \$4.00
Take-outs available Thanks to all who donated
refundables in the Center's baby barn. Your
continued support with this fundraiser assists the
center with overhead costs.

St. Mary's Fitness Centre

The St. Mary's Fitness Centre is back in action for the 2015/16 year! Right now is the perfect time to get into an active routine, and make the Fitness Centre a daily stop on your schedule. Drop by the facility and ask Fitness Centre Leader, Tara MacPhee how you can integrate fitness into your everyday life! The Fitness Centre is open from 2:30-8pm Monday-Thursday and 5pm-8pm on Friday's. For more information on rates and services, check out our website www.saint-marys.ca. Please note, the Fitness Centre will be closed on October 12th for Thanksgiving. Visit us on October 13th to start working away the Thanksgiving calories!



Lose your Booty Boot Camp

Join us for Lose Your Booty Boot Camp every Tuesday/Thursday at 6:30-7:30 p.m. at the St. Mary's Fitness Centre. Instructor Tara MacPhee will have you sweating away the calories with this high paced, circuit style work out that will have you sweating away those unwanted calories. This class is open to everyone, beginner and expert! Classes are only \$2.00 and free for Fitness Centre members. You don't want to miss Lose your Booty Boot Camp!

Square Dancing



Ready to boogie?! Did you know that one night of square dancing can equal 5kms or more of walking? Square dancing is a social, low impact activity that combines mental concentration with exercise.

Dancing will increase heart rates which improves your cardiovascular system, lowers cholesterol and improves blood pressure. Dance class will be offered October 6, 13, 20, 27th from 7-9pm at the Goshen Community Centre. This class was rescheduled from September. All participants who registered for the September classes are automatically registered. The cost of registration is \$20 and forms are available at the municipal office.

High Five! Training

St. Mary's Recreation will be hosting a High Five Principals of Healthy Childhood Development training course on October 24th from 9:00 a.m. - 4:00 p.m. at the Municipal Building in Sherbrooke. This course costs \$40 and provides participants with a certification. High Five is the standard for working with children 6-12 year's old across Canada. It is open to parents, volunteers, coaches and students looking to work in the Recreation field. Registration forms are available at the municipal building. Don't miss out on this great opportunity!



Halloween Parties!

Join us for our annual St. Mary's Recreation Halloween Parties! Dig out your favorite costume and treat bucket! We will be playing games, making some Halloween crafts and of course, eating some Halloween treats! Party Schedule:

October 26th: Sonora Community Centre 6:30-7:30 p.m.
October 27th: Ecum Secum Fire Hall 6:30-7:30 p.m.
October 28th: Port Bickerton Comm. Ctr. 3:00-4:00 p.m.
October 29th: Goshen Community Centre 6:30-7:30 p.m.
October 30th: To be announced at a later date
October 31st: Greenfield Oldsters Club 6:00 p.m.



Community members are invited to the Oldsters Club to hand out treats to trick-o-treaters. These are free parties for the whole family, parents are encouraged to attend! Please feel free to bring extra treats for children. *****PLEASE NOTE: Disregard dates in calendar. These dates and locations are correct.*****

Jingle Run

The 2nd annual Old Fashioned Christmas Jingle Run will be held November 29th as part of the Old Fashioned Christmas celebrations held in beautiful Sherbrooke Village. It consists of a 5km and 10km run. Atlantic Chip will be present to time the race. Please register at www.raceroster.com/events/2015/5642/jingle-run. Hope to see everyone there!

Canadian Tire Jump Start

The goal of the Canadian Tire Jumpstart program is to ensure that all children have the opportunity to participate in recreational sport by providing financial assistance to qualifying families with children ages 4 to 18. If you would like to submit an application please contact us for more information.

Kid Sport

Did you know qualifying families could receive up to \$300.00 in funding for registration fees and equipment associated with sport through Kid Sport? Submit an application today so your child can take part in sport. Visit www.kidsportcanada.ca for an application. Completed applications can be submitted to St. Mary's Recreation.

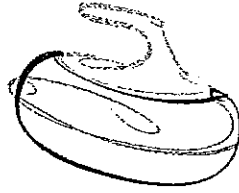
Got a question? Give us a call!

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



The St. Mary's Curling Club is looking for all those people interested in curling this season.

We will accommodate everyone who is keen on returning to curling this year, as well as anyone that is thinking about trying curling for the first time and any former curlers who would like to come back to the sport.

The curling season this year will start on Monday, November 16th, there will be curling at 5:30 and 7:00pm and we are looking at a 4:00 draw if we have an interest. The season will consist of 18 weeks of fun and exercise.

We are planning to finish off the season with our annual fun weekend open
Bonspiel!!

Registration fees this season will be:

Students (13 years and up) - \$75.00

Adults - \$140.00

There will be an open registration and meeting for all curlers on October 19th at
the REPLEX at 7pm

Each curler that registers and pays on that evening or before will have their name entered in a draw for \$100.00.

Get active this winter and help us make this a great curling season!!!

If you need more information feel free to contact:

Gloria MacIntosh 522-2824, Suzanne Gillis 522-2322 or Ken MacDonald 522-2366

October 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
3				1	2	3
				Meditation 11am Liscomb Chase Ace 6:30 PB Group Walk 6:30pm PB Chase Ace 7 Liscomb auction 8pm	Seniors Café 930am Book Club 11am Maple Manor Bake Sale 2pm Sonora penny auc 7pm Ctry. Harb. Crib 730pm Stillwater Cards 8pm	Seashore Fire Dept. Bottle Drive Golf Tournament 930am Gun Club flea mkt. 10am Lighthouse supper 4pm Country Harb. Supper 4pm Liscomb Crib 8pm
4	5	6	7	8	9	10
Fire Dept. Family Picnic 11am Shooters Assoc. Skeet Shoot 9am	PB Women's Institute mtg. 1pm Zumba 6pm St. Mary's Dart League Mun Council Mtg. 7pm Country Harb Cards 8pm	School readiness 930am Greenfield Cards 1:30pm Fitness Centre Reopens TOPS Mtg 6pm Open Gym 6:30pm Bootcamp 6:30pm Square Dancing 7pm Country Harb. Darts 730pm	Kidsfirst Drop-in 9:30am CBDC 10am-2pm Goshen Game day/walk 12:30pm Zumba 6pm Goshen Crib 7pm Lions BINGO 745pm	WI activity day 10am Meditation 11am Photography class 2pm ATV Club Mtg. 6pm Liscomb Chase Ace 6:30 PB Group Walk 6:30pm Family Intramurals 6:30pm Bootcamp 6:30pm Sonora Crokinole 7pm PB Chase Ace 7 Liscomb auction 8pm	St. Mary's Walk to School Day Event Seniors Café 930am Maple Manor Bake Sale 2pm Ctry. Harb. Crib 730pm Stillwater Cards 8pm	Necum Teuch Indoor Mkt 9am Hunters Safety Course 9am Bottle Depot 930am Putting contest 1pm Ecum Secum Penny Auction 7pm Liscomb Crib 8pm
11	12	13	14	15	16	17
	Happy Thanksgiving! Municipal Office Closed Fitness Centre Closed	School readiness 930am Greenfield Cards 1:30pm High-Crest Party 130pm Garden Club mtg. 2pm TOPS Mtg 6pm Open Gym 6:30pm Bootcamp 6:30pm St. Mary's Penny Auc. 7pm Square Dancing 7pm Country Harb. Darts 730pm	Kidsfirst Drop-in 9:30am PB Social 12pm Goshen game day/walk 12:30pm Zumba 6pm Goshen Crib 7pm Lions BINGO 745pm	Meditation 11am Liscomb Chase Ace 6:30 PB Group Walk 6:30pm Family Intramurals 6:30pm Bootcamp 6:30pm Sonora Crokinole 7pm PB Chase Ace 7 Liscomb auction 8pm	Seniors Café 930am Maple Manor Bake Sale 2pm Goshen penny auc 7pm Ctry. Harb. Crib 730pm Stillwater Cards 8pm	Country Harb Breakfast 8:30am Liscomb Octoberfest 3pm Liscomb Crib 8pm
18	19	20	21	22	23	24
	Federal Election Zumba 6pm PB Comm. Ctr. Mtg. 7pm St. Mary's Dart League Country Harb Cards 8pm	School readiness 930am Greenfield Cards 1:30pm TOPS Mtg 6pm Open Gym 6:30pm Bootcamp 6:30pm Square Dancing 7pm Country Harb. Darts 730pm	Kidsfirst Drop-in 9:30am CBDC 10am-2pm Goshen game day/walk 12:30pm Zumba 6pm Goshen Crib 7pm Lions BINGO 745pm	Meditation 11am Liscomb Chase Ace 6:30 PB Group Walk 6:30pm Family Intramurals 6:30pm Bootcamp 6:30pm Sonora Crokinole 7pm PB Chase Ace 7 Liscomb auction 8pm	Seniors Café 930am Maple Manor Bake Sale 2pm Ctry. Harb. Crib 730pm Stillwater Cards 8pm	High Five Training 9am Bottle Depot 930am Liscomb Crib 8pm
25	26	27	28	29	30	31
	Zumba 6pm Healthy Bodies/Minds mtg. 6:30 Liscomb Halloween Party 6:30pm St. Mary's Darts league Country Harb Cards 8pm	School readiness 930am Greenfield Cards 1:30pm TOPS Mtg 6pm Open Gym 6:30pm Bootcamp 6:30pm Sonora Halloween Party 630pm Square Dancing 7pm Country Harb. Darts 730pm	Kidsfirst Drop-in 9:30am Goshen game day/walk 12:30pm PB Social 12:30pm Zumba 6pm ES Halloween Party 6:30pm Goshen Crib 7pm Lions BINGO 745pm	Meditation 11am Liscomb Chase Ace 6:30 PB Group Walk 6:30pm Family Intramurals 6:30pm Bootcamp 6:30pm Gosh Halloween Party 630p Sonora Crokinole 7pm PB Chase Ace 7 Liscomb auction 8pm	Seniors Café 930am Maple Manor Bake Sale 2pm PB Halloween Party 6:30pm Ctry. Harb. Crib 730pm Stillwater Cards 8pm	Happy Halloween! East River/St. Mary's breakfast 7am Goshen Turkey supper 430pm Greenfield Halloween Party 6:00pm Liscomb Crib 8pm