

Municipality of the District of St. Mary's

DECEMBER 2016 Newsletter

www.saint-marys.ca

Questions? Call (902)522-2049



Municipal Council Meeting

The next Regular Municipal Council meeting will be held on Monday January 9, 2017 at 7:00pm. Visit website for agenda and minutes www.saint-marys.ca. The Municipal Office will be CLOSED on the following dates: December 23, 26, 27, and January 2nd. Best Wishes for the Holiday Season!

Recplex Christmas Skates

The St. Mary's Recplex is a great location to host skating events over the Holiday season. We invite you to host a family skating event, a children's Christmas or birthday party or a corporate holiday event. There is a special rental rate for the Holiday season, from December 1st to January 2nd; an hour rental at the Recplex is only \$100 (taxes included). This includes the use of our warm room facilities, access to skates and helmets of all sizes and staffing if you so require! Book your holiday event today by calling 902-522-2646!

Community Socials

Keep your eye out for information on Community Socials taking place all over the municipality in the New Year. Socials include a free lunch, fun activities and of course an opportunity to spend time with friends and meet new people. Community Socials are sponsored by the New Horizons for Seniors program.

IWK Knitted Finger Puppet Collection

The Community Development & Recreation Department is collecting Knitted Finger Puppets for the IWK. Patterns are available at the Municipal Office if needed. Completed puppets can be dropped off at the Municipal Office. Once we have collected enough puppets, we will send them to the IWK Children's Hospital. Did you know that the IWK hands out roughly 1,000 finger puppets to children and siblings each month?

Solid Waste November Collection Schedule

Eastern Shore Cartage 1-800-261-0372

| Tues-ZONE 1 | Wed-ZONE 2 | Thurs-ZONE 3 |
|-------------------------------------|-------------------------------------|-------------------------------------|
| Nov 29 Garbage & 1 Bulky Item | Nov 30 Garbage & 1 Bulky Item | Dec 1 Garbage & 1 Bulky Item |
| Dec 6 Recyclable | Dec 7 Recyclable | Dec 8 Recyclable |
| Dec 13 Garbage & 1 Bulky Item | Dec 14 Garbage & 1 Bulky Item | Dec 15 Garbage & 1 Bulky Item |
| Dec 20 Recyclable | Dec 21 Recyclable | Dec 22 Recyclable |
| Dec 27 Garbage & 1 Bulky Item | Dec 28 Garbage & 1 Bulky Item | Dec 29 Garbage & 1 Bulky Item |

Transfer Station will be closed on Saturday December 24th

ZONE 1: New Chester, Ecum Secum, Liscomb to Sherbrooke including Sonora and Old Rd Hill

ZONE 2: East Loon Lake, Smithfield, Denver, Newtown, Glenelg Church Rd, Aspen, to Goshen to Borneo Rd inclusive.

ZONE 3: Hwy 211, IHL to Port Bickerton, Stillwater, West Melrose, Lead Minds Rd, to Waternish inclusive.

Collection services can begin as early as 7 a.m. Changes to routes and the order in which haulers collect may change depending on weather, staffing levels etc.

Table of Contents

Municipal News -
page 1-2

Community Based
Services - page 3

Community News and
Events - page 4, 5, 6

Calendars – page 7

The deadline to have information submitted for the January 2017 issue of the Newsletter is December 15th at 4:00 p.m. Submissions can be received by fax: 522-2309, drop off at office 8296 Highway #7 Sherbrooke or emailed to council@saint-marys.ca. Also please note that we reserve the right to edit any and all submissions to this newsletter.

Economic Development Officer

We are pleased to announce that we have hired Stephen Novak as the Economic Development Officer for the Municipality of the District of Saint Mary's. Stephen is originally from the Antigonish area and has spent the last six years in Nunavut and Alberta in economic development roles there. Stephen is a graduate of St. Francis Xavier University and has also completed a Certificate in Municipal Management & Leadership at the University of Alberta. In his role here as Economic Development Officer he will lead efforts to facilitate economic and business development to secure growth and to increase local employment opportunities. In addition to seeking new business opportunities he will work with existing businesses in the area to assist with retention and expansion initiatives. He will coordinate Saint Mary's involvement in the Eastern Strait Regional Enterprise Network (Regional Development) and develop an economic development plan for the Municipality. Stephen will be starting on December 12, 2016. Please join us in welcoming Stephen to the District of Saint Mary's.

Community Based Services

Kids First Programming

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

Open to all children who have turned four by Dec. 31, 2016 and will be attending St. Mary's Education Centre in September 2017. Located at St. Mary's Education Centre, use community entrance. Registration for the 2016-17(children who turn four by Dec. 31/16) group can be made by phone, email, Facebook message to Paula or just show up on Tuesday morning. Spring session will be starting up after March Break 2017

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 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, 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
Parenting Journey Home Visitor Program is intended to promote the optimal development and well-being of children and youth by providing family support. This program is for families with children ages 3-16 and is self-referral.

Contact : 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 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. Programs are made possible through financial contributions from the Public Health Agency of Canada, the Nova Scotia Department of Community Services and by the donations by the public.

Sherbrooke Library for December 2016

NOTE Meditation Class – Meditation Class at the library is postponed until further notice. If you would like to meet with Barbara at her home, please call her Thursday before 10:30 am 902-522-2469

Village Readers' Book Club - Postponed until January 7th, 2017, the first Friday in the New Year.

Seniors' Cafe – Fridays at 9:30 am. Join us for a snack, conversation, check out your books, and use the computers. All residents and visitors are welcome whether you consider yourself a senior or not!

Painting Group – Tuesday at 10:00 am. Bring your supplies and come to inspire and learn from each other
Knitting Group Tuesday at 6:30-8:00pm. Come and knit and learn from each other.

Online Courses – Are you taking an online/distance education course? When it is exam time, we can arrange for you to write them in the library rather than having to drive a distance to do so.

French Club – Anyone interested in being part of a French Club to learn or review your conversational/high school French, please call the library 902-522-2180 to let us know.

Old Fashion Christmas Children's Crafts – Saturday, Nov. 26th at 10:15-12:00. Ages 4-6 and 7-9. Pre-register, 902-522-2180: limit 8 per age group.

The library will be open until 4pm Friday, December 23rd and reopening 11 am Tuesday, January 3rd. Be sure to get some books, DVD's, and audio books for your holiday relaxation.

Library Hours: Monday, Tuesday, and Thursday: 11am-4pm. Friday: 9:30am-4pm, Saturday 10am-1pm. Call for more information: 902-522-2180

Nova Scotia Works

Do you need assistance in finding employment? Are you an employer who is looking for the right person to join your Team? Career Connections, a Nova Scotia Works Employment Services Centre serving Guysborough, County can provide you with assistance! Call, email or drop by the Municipal Office on December 14th or 28th and speak to one of our qualified staff who can assist you. (902) 533 -2858.

St. Mary's District Food Bank Please contact 902-328-4148 if you know of a need. Confidentiality is strictly upheld. Boxes to receive food donations are located at Clover Farm and at the St. Mary's Hospital. Please check the "best before" date. Cash donations can be sent to St. Mary's District Food Bank, P.O. Box 102, Sherbrooke, NS, BoJ 3Co. Donations are a great gift option and a card will be sent stating that a gift donation has been made. Thank you to all who support the Food Bank and Merry Christmas.

Municipal News

Christmas Parties

St. Mary's Community Development and Recreation will be partnering with community organizations around the municipality to host Christmas events. These events will feature a special visit from the North Pole, cookies and hot chocolate, games and more. These events are for the whole family. Some events may feature a tree lighting or other activities based on the community partnership. All are welcome. Here is a full schedule of events in St. Mary's:

Goshen Community Centre – (Tree lighting event) Sunday, Nov 27 -4pm

Liscomb Legion – (Christmas in the Country Tree lighting event) on December 10th at 6:30 p.m.

Ecum Secum Fire Hall – December 11th, 2016, 1:30-3:00 p.m.

Port Bickerton Community Centre – (Tree Lighting event)

Greenfield Oldsters – December 14th 6:30-8pm

Intermurals

Intermurals is a free program for all school aged kids and takes place from 6:30-7:30 on Tuesday's in the big gym of St. Mary's Education Centre/Academy. All are welcome. For the month of December, participants will get to choose their preferred activity!

Zumba

The last class for Sherbrooke Zumba will be Wednesday, December 7th. Zumba will return on January 16th, 2017

Fitness Centre

The St. Mary's Fitness Centre is your one stop show to living a healthier, active lifestyle. The Fitness Centre has a combination of cardio and resistance equipment to meet the needs of beginners to experts. No matter your ability, there is something at the St. Mary's Fitness Centre for you. New users are always welcome and your first visit is free.

St. Mary's Fitness Centre Rates

Daily Drop in: Adult-\$5 Student/Senior-\$3

One Month: Adult-\$25 Student/Senior-\$20

Six Month: Adult-\$120 Student/Senior-\$100

10 Month: Adult-\$150 Student/Senior-\$200 Family-\$350

The St. Mary's Fitness Centre is now open on Monday's, Wednesday's and Friday's from 8:30 – 10:00 a.m. These hours are run by volunteers, and could be subject to change. Regular rates apply. If you are interested in joining our volunteer team, get in touch with us!

Fitness Centre will be closed from the Dec 22 to Jan 3rd.

Bootcamp classes take place each week at the St. Mary's Fitness Centre on Tuesday's at 6:30 p.m

Pound Fitness Classes

A brand new way to get active is coming to St. Mary's Education Centre/Academy on Thursday's starting in January. POUND is the world's first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. There will be a FREE try-it session on January 11th, 2017. POUND Ripstix will be provided to participants. To learn more about this program, visit poundfit.com.

Learn 2 Skate/Learn 2 Play Hockey

Learn 2 Skate & Intro 2 Play Hockey classes are underway at the St. Mary's Recplex, but it not too late to get involved. This program will take place on each Friday from 6:00 to 7:00 p.m. Learn to Skate is for children +3 who are learning how to skate. Intro to Hockey is for children with 2 years skating experience and are ready to learn to play hockey. This program costs \$50 and covers 15 weeks of classes, plus two free skates to finish off the season. Registration forms are available at the municipal office. Thank you to organizers of the Keith Jordan Memorial Ball Tournament that took place this fall for a donation of \$1050.00 to the Learn 2 Skate program.

Recreation Hockey

Recreation Hockey is a FREE hockey program available to all school aged children. This program will take place at the St. Mary's Recplex on Thursday's from 6-7 p.m. starting on November 31st. This is a non-competitive program that allows young children to test their skills and older children an opportunity to have fun playing the sport of hockey. There is a limited amount of donated hockey gear at the Recplex. Families are invited to use this equipment as needed. We will also accept donations of used equipment. Volunteers are welcome to help out with this program.

Adult free skate

The Community Development & Recreation Department is proud to announce a brand new program at the St. Mary's Recplex this year. There will be an Adult Only Free Skates held each Saturday from 4:30-5:30 p.m. This is an opportunity for adults to hit the ice, kid free! Whether you are new to skating and want the peace & quiet and space to be able to test your ability or you are a couple looking to go for a skate without the kids, this is the time to do it! Adult Skates will take place every Saturday for the season. If individuals would like classes on how to skate, please contact the Recreation Department. This program is for 18+. Skates and helmets are available to use free of charge

Free skate

Free Skates take place at the St. Mary's Recplex every Saturday from 3:00 to 4:00 p.m. Skates and helmets are available to use free of charge. Helmets are mandatory for all skaters. Christmas Family Skates will be held at the Recplex on the following dates: December 21st & 28th from 6:00 - 7:00 p.m. Free Skates on December 24th and 31st will be cancelled. We invite all skaters to drop off a food bank donation at the rink during the month of December. All donations will be given to the St. Mary's Food Bank.

Community News

The Ecum Secum Fire Dept will hold their annual Christmas Penny Auction on December 10, 2016. Auction starts at 7pm with a chocolate walk half way through. Everyone welcome.

Ecum Secum Firehall Seniors Luncheon, Thursday, Dec. 8, 2016 12 Noon. Turkey, veggies, dessert etc. Donation box at the door. Free Bingo following. **Chase the ACE** every Monday night from 7-8 pm

The Port Bickerton and Area Planning Committee are hosting a 'Christmas at the Lighthouse' event on Saturday December 10th, at 2 p.m. There will be tea, sandwiches and cookies at the Port Bickerton light keeper's cottage, and a good old fashioned Christmas Carol sing at the lighthouse interpretive centre. Donations gratefully accepted at the door. Come and join us for this first annual event.

Goshen Community Centre: Santa will be arriving on November 27 at 4 p.m. At 4:30 hot chocolate and treats, Donated by Sherbrooke Recreation, will be served, followed by the tree lighting and singing of carols. The Bargain Shop at Goshen Community Centre will be open until December 15. Hours will be Tues., Wed, and Thurs. 1 to 3 pm. and Tues. 6:30 to 7:30 p.m. There's a nice variety of Christmas items; a good place for children to get gifts for family and friends. After this date the Shop will be closed for the season – until further notice.

R.C. L Branch #86 LISCOMB

Next General meeting will be Tuesday, December 6. All welcome to attend.

ACTIVITIES:

AUCTION 45s Thursdays at 8pm \$5

CRIBBAGE -Saturdays at 8pm \$5

CHASE THE ACE – Thursdays from 6:30 -7:30 p Jackpot as of Nov 17. approx. \$3850

SENIORS CHRISTMAS PARTY – Nov 29 at Liscomb Legion - Start time 2pm – Prize Bingo for seniors. - Christmas dinner served at 4 pm.

Christmas in the Country –Dec 10- Liscomb Legion. – Craft/bake sale- 10 am till 12 noon. "Gentlemen's tea" - 2-4 pm (no house tours) Tree Lighting, pictures with Santa, at 6:30pm. Each person is asked to bring one non-perishable food item to the tree lighting. The children in the community are invited to box the items for the food bank. Help us help others! PLEASE NOTE: The light exchange program has completed.

Benefit for Ruth Bourinot - Dec 11 -12:30 till 6pm Penny Auction. Tickets on 50/50 draws, "7 wishes", baked goods, baskets. Musical Extravaganza – with Ruth's daughter Becky and friends. Any donations to the benefit will be greatly appreciated. More info will be available on flyers and Facebook or by contacting Deb Lutes 902 779-2231

Sherbrooke Vol. Fire Dept. - Chase the Ace Every Friday Night at 7 pm

New Year's Dance – St. Mary's District Lions Hall, Sherbrooke -Saturday, December 31st, 2016. Music By: DJ Craig Robertson, Dancing from 9pm – 1am. Snacks will be provided. Admission \$25.00. Government ID'S upon request

Holiday Greetings from High-Crest Sherbrooke!

Residents celebrating birthdays this month are:

Lauretta Baker Dec. 9th

Charlie Pelrine Dec. 10th

Jeanine Cross Dec. 25th

The homebuddies will be hosting a bingo/birthday party on December 13th, at 1:15pm. We will play bingo, sing some songs, and enjoy delicious cake and ice cream! Everyone is welcome!

Thank you to the Veterans and Legion members who were our honored guests at our Remembrance Day Tea. A heartfelt thank you to all who have served and who continue to serve our country.

Our annual **Christmas Tea and Sale** will be held on December 10th at 1:30! Mark your calendars! We will be having a delicious bake table, a gently used/craft table, and a fun filled afternoon tea with music and door prizes! Hope to see you there! The residents look forward to your visit!

Our 3rd Annual **Holiday Memory Tree Fundraiser** is now underway. We will be placing a tree in the hallway and dining room of the nursing home and ornaments will be sold (minimum five dollar donation) in Memory of a loved one, living or who has passed, or to honor a family member, child, grandchild, grandparent of as a get well/prayer or wish for someone special. Ornaments may be purchased for **anyone**, not just residents or former residents of High-Crest.

A lovely way to remember someone, or to let someone know you have been thinking of them and at the same time make a donation to the High-Crest Activity fund which benefits the residents of the home. Ornaments may be purchased in person at the nursing home (ask for Rhona) or e-transfer at memorytree@high-crest.com, by Have a look at our High-Crest Memory Tree on Facebook. High-Crest Memory tree fundraiser, c/o Rhona Carroll, 53 Court Street, Sherbrooke, N.S. BoJ 3Co. All of the ornaments will have name tags attached with the name of the person being honored, the sentiment and the name of the sponsor will be placed on the tree. The tree will be displayed until the end of the holiday season. Remember to tell your friends! Let's make this tree even more beautiful than last year!

Community News

TOPS in LISCOMB

Looking for Help and/or Support with your Weight. Check Us Out... Lots of "new" things happening. Meeting Times: Every Tuesday at 5pm.... (Winter Meeting Time)** At the Bayview Baptist Church Hall. For more info call: 779-2709 or 364-2015. See You There....

Port Bickerton Women's Institute will meet on Monday, Dec.5 at the Community Centre. New members welcome, anytime...Socials will be back in January. More dates in next Newsletter. Merry Christmas & Happy New Year from the PB WI.

S&AVFD Ladder up Campaign

Sherbrooke & Area Volunteer Fire Dept's. Ongoing fund raiser Ladder Up campaign for our new fire hall continues to grow with \$54,052.57 raised thru donations and fund raising. Our goal is to raise \$ 125,000. Donations may be forwarded to the fire dept. at PO Box 2 Sherbrooke, BoJ 3Co. Many thanks to those who already have donated and supported our fund raisers. Sherbrooke & Area Volunteer Fire Dept. Building Committee Wayne Auton, Laura Banks, Wayne Feltmate, Herb Scott, Ed Weir

Community Adult & Children's Choir Concert

You're invited: Monday, December 19th, 6:30pm. St. James Presbyterian Church. Free Will Offering

Baptist Congregations: Port Hilford, Port Bickerton and Sonora

11.00 am Sunday service schedule Nov. – Dec.

November 27th – Port Hilford

December 4th – Port Bickerton

December 11th – Sonora

December 18th – Port Hilford

December 25th – Port Bickerton

St. Paul's Catholic Church in Sherbrooke

Mass time is 11:30 am on Sunday's . There will be a fundraiser Flea Market in the Church Basement on Sat. & Sun. both Sherbrooke Village Old Fashion Christmas Weekends. Saturday, Nov. 26 and Sat.Dec.3, starting @ 9am

Christmas Food Bank Donations

The Community Development & Recreation Department will be collecting donations of food for the food bank during the month of December. Donations can be dropped off at the Municipal Office or the St. Mary's Recplex. Help us restock the food bank's shelves this holiday season

St. Luke's Anglican Church, Liscomb: Christmas Angel Tree

In this Christmas season consider making a donation to our angel tree in memory of your loved ones. You may place an angel in person or send your donation to the church to have your names added to our tree. The names will be read and prayed for at our Christmas Eve service. Donations may be sent to: Michael Wilson, RR#1, Liscomb, NS, BoJ- 2A0

St. Thomas Anglican Church (Indian Harbour Lake)

are having their annual Christmas Memory Tree. Ornaments will be placed on our Christmas tree with the names of those gone before us (minimum five dollar donation). This is a lovely way to honor and remember loved ones. These names will be read and prayed for at our Christmas Eve Service. Names and donations may be sent to: St. Thomas Church C/O: Rev. Kristin MacKenzie P.O. Box 153 Sherbrooke, NS BoJ 3Co.

The Anglican Parish of Liscomb/Port Bickerton

The Rev. Kristin MacKenzie, 522-2510 Service Schedule

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

11:00 am St. Thomas, Indian Harbour Lake

7:00 pm Ecumenical Service Sher. Village

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

11:00 am St. James, Sherbrooke

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

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

11:00 am St. Luke's, Liscomb

7:00 St. Thomas, Indian Harbour Lake

December 24th: Christmas Eve Services:

4:00 pm St Paul's, Port Bickerton

6:00 pm St. Luke's, Liscomb

8:00 pm St. Thomas, Indian Harbour Lake

10:00 pm St. James, Sherbrooke

4 Week Advent Study starting November 30th: In the midst of the busy holiday season join us for a time of study and reflection on the true meaning of Christmas. Every Wednesday, 2:00 pm at the Rectory in Sherbrooke 7:00 pm at the church in Port Bickerton

Christmas at Bayview Baptist Church

December 3: Our annual Carol sing and potluck dinner begins at 6:00 P.M. All are welcomed to come and please bring a dish to share. Saturday December 24th: Our Christmas Eve. Candlelight service at 6:00 P.M. all are welcomed to celebrate the birth of Our Lord Jesus. Sunday December 25th will be an 11:00 A.M. service only. For questions concerning any event call Pastor Dave Smith at 779-2709.

Community News

Maple Manor Bake Sale

Bake sale takes place Friday's at 2:00PM at the Maple Manor

St. Mary's ATV Club Annual Rally - THANK YOU

Despite the wild and wet weather on Saturday, Oct. 29th, the 1st Annual St. Mary's ATV Club Fall 4 Wheelin' Rally took place and the Club extends a huge thank you to all participants who braved the weather that day to support us. We registered 25 machines and 41 people that day who enjoyed the run along with the food and warmth of the fire on their return to MacKee Lake Lodge. Congratulations to poker hand winners Roy Furlong (\$200 for 1st place), Rodney MacDougall (\$100 for 2nd place) and John Arthur Archibald (\$50 for 3rd place). The 50/50 winner was Blaine Harpell. The first participants to arrive at the lodge were Ian Fraser and his son Chase so a gift card for Cabela's, donated by Chris Wilson, was presented to Chase. A draw was held for a jacket donated by Alva Construction, which was awarded to Patty Lou MacGrath, and a set of mugs was awarded to John Arthur Archibald. The second part of the rally, which was supposed to run to St. Mary's Recplex followed by Jordan's Family Lakeside Restaurant, was changed to just the restaurant and we would also like to thank Gary and Debbie Jordan for their hospitality and yummy chowder that day. Friends, food and fun make for a great combination no matter what the weather might be. See you all next year!

Cards of Thanks

The Family of the late Barbara Jordan wishes to express our heartfelt thanks for the support and kindness we received during our loss. We would like to thank you for the cards, memorial donations, calls, messages and visits. Thank you to the people who sent food to our homes and to those who organized and provided food for the reception following the funeral. Special thanks to the Reverend for the beautiful service. Also thanks to all who provided the music and the pallbearers? Greatly appreciated was the service from the Funeral Home. We will be forever grateful to the Nursing Home staff who treated Barbara with dignity and respect in her last three months. She became part of their family, receiving excellent care and making us feel like family when we visited. God gave you all the special talent to make a difference in a life – a true gift. God Bless You All. Ray and Family.

50th Wedding Anniversary

We invite you to join us in celebrating the 50th Wedding Anniversary of our parents, Jim and Dorothy Ostewig at the Lochaber Centre on Saturday, December 17, from 2 to 4 p.m. Best wishes only. Nita & Ed, Pete & Cheryl, Phil & Teresa

Stormont Union Church

The Annual Stormont Christmas Sing will be held in the on Saturday December 17th 2016 at 7pm. Admission by donation. Merry Christmas and a Happy New Year!

Country Harbour TOPS #5296 will be holding their meetings/weigh-ins on Thursdays at 3pm for the winter months in the Community Centre at the Crossroads. Feel free to drop by and check us out! Always open for new members!

GUYSBOROUGH COUNTY EARLY YEARS COMMITTEE
This information has been taken from: THE FIRST YEARS
LAST FOREVER - I AM YOUR CHILD by the Canadian
Institute of Child Health

Research in brain development and school readiness suggests the following ten guidelines that can help parents and other caregivers raise healthy, happy children and confident, competent learners before their children start school Ten Guidelines for promoting young children's healthy development and school readiness

- Be warm, loving and responsive
- Respond to the child's cues and clues
- Talk, read, and sing to your child
- Establish routines and rituals
- Encourage safe exploration and play
- Make TV and screen time watching selective
- Use discipline as an opportunity to teach
- Recognize that each child is unique
- Choose quality child care and stay involved
- Take care of yourself

December at Indian Harbour Lake Pentecostal Church

Sunday, December 4, 11, & 18 11:00 a.m.

Morning Worship Sunday, December 11th 11:00 a.m. "Our Jesus Tree" Children's Christmas Presentation.

Weekday Activities: Wednesday, December 7 at 7:00 p.m.

"Money by the Book" Bible Study . Christmas Eve

Candlelight Service: Saturday, December 24th – 7:00 p.m.

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

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

St. Mary's Pastoral Charge – The United Church of Canada

Sunday Worship in December

9:30am at St. John's, Sherbrooke

11:00am at Kirk Memorial, Glenelg

6:30pm at Bethany, East River St. Mary's

Wednesday, December 14

Service of Light and Holy Communion

7:00pm at St. John's, Sherbrooke

Friday, December 16

Christmas Open House

7:00pm at the Manse, Aspen

Saturday, December 24

Christmas Eve Service

7:00pm at Bethany, East River St. Mary's

Sunday, December 25

Christmas Day Service

11:00am at Kirk Memorial, Glenelg

Feel free to contact us at 902-833-2920 for more information or to inquire about Sunday school (JAM Club), Youth Group, women's groups or Bible Study. Visit us on Facebook or at our website www.stmaryspastoralcharge.blogspot.com

December 2016

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SAT/SUN |
|-----------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| | | | 1 Outreach for Rural Women Liscomb Auction 8pm PB Chase the Ace Liscomb Chase the Ace Rec Hockey 6 | 2 MM Bake Sale 2pm Seniors Café 930am Card Party 8pm Stillwater Cards 8pm Sherbrooke Chase the Ace Learn 2 Skate 6 | 3 Women's Wellness Clinic 8am Medical Clinic 2-4pm Liscomb Crib FREE skate 3 & adult 430 <hr/> 4 Goshen Crib 730 |
| 5 Quilters 1:30pm Zumba 6:00pm E. Secum Chase Ace Fun with Friends 10 PB WI meeting | 6 Painting Group 10 IHL Card Parties 8pm Happy Feet 2:30 Bootcamp 6:30 Intermurals 6:30 Knitting 630 Homebuddies 1:15 TOPS 5pm Liscomb meeting | 7 Zumba 6:00pm Medical Clinic 7-9pm Girl Guides 6pm Adult Hockey Garden Club mtg Parent/Tot drop in 930 | 8 Outreach for Rural Women Liscomb Auction 8pm PB Chase the Ace Liscomb Chase the Ace Rec Hockey 6 Senior Luncheon 12 | 9 Seniors Café 930am MM Bake Sale 2pm Card Party 8pm Stillwater Cards 8pm Sherbrooke Chase the Ace Learn 2 Skate 6 | 10 Mobile Depot Medical Clinic 2-4pm Liscomb Crib 8pm Liscomb Christmas Party 630 Liscomb Tea/Tree Lighting FREE skate 3 & adult 430 Christmas Penny Auction 7 Christmas Tea Nursing Home <hr/> 11 Goshen Crib 730 E. Secum Christmas Party 130 Bourinot Benefit |
| 12 Quilters 1:30pm Zumba 6:00pm E. Secum Chase Ace | 13 Painting Group 10 Bootcamp/Intermural 6:30 Happy Feet 2:30 TOPS 5pm Knitting 630 Homebuddies IHL Card Parties 8pm | 14 Careers NS Ctr. 10am Medical Clinic 7-9pm Adult Hockey Parent/Tot drop in 930 Greenfield Christmas Party 630 | 15 Liscomb Chase/Ace 6:30pm Liscomb Auction 8pm Outreach for Rural Women PB Chase the Ace Rec Hockey 6 | 16 MM Bake Sale 2pm Card Party 8pm Seniors Café 930am Stillwater Cards 8pm Sherbrooke Chase the Ace Learn 2 Skate 6 | 17 Medical Clinic 2-4pm Liscomb Crib 8pm FREE skate 3 & adult 430 <hr/> 18 Goshen Crib 730 |
| 19 E. Secum Chase Ace Quilters 1:30pm Zumba 6:00pm Choir Concert | 20 Painting Group 10 Bootcamp 6:30 Happy Feet 2:30 Intermurals 6:30 TOPS 5pm Knitting 630 IHL Card Parties 8pm | 21 Medical Clinic 7-9pm Adult Hockey Parent/Tot drop in 930 Christmas Skate 6pm | 22 Liscomb Chase/Ace 6:30pm Liscomb Auction 8pm Outreach for Rural Women PB Chase the Ace Rec Hockey 6 | 23 Seniors Café 930am MM Bake Sale 2pm Card Party 8pm Stillwater Cards 8pm Sherbrooke Chase the Ace Learn 2 Skate 6 | 24 Medical Clinic 2-4pm Liscomb Crib 8pm <hr/> 25 CHRISTMAS DAY |
| 26 BOXING DAY | 27 TOPS 5pm Knitting 630 IHL Card Parties 8pm Senior Xmas Party 2pm | 28 Careers NS Ctr. 10am Medical Clinic 7-9pm Adult Hockey Christmas Skate 6pm | 29 Liscomb Chase/Ace 6:30pm Liscomb Auction 8pm Outreach for Rural Women PB Chase the Ace Rec Hockey 6 | 30 Seniors Café 930am MM Bake Sale 2pm Card Party 8pm Stillwater Cards 8pm Sherbrooke Chase the Ace Learn 2 Skate 6 | 31 New Year's Dance Sherbrooke |

Don't see your event? Send it to us.

We will add it to our comprehensive, up-to-date event calendar at www.saint-marys.ca

