

# Municipality of the District of St. Mary's

## October 2018 Newsletter

[www.saint-marys.ca](http://www.saint-marys.ca) (902)522-2049



### Meetings of Council

Visit our website for agendas and approved minutes [www.saint-marys.ca](http://www.saint-marys.ca)

Next regular meeting of Council is Tuesday, October 9<sup>th</sup> at 7p.m.

Committee of the Whole meetings are scheduled for October 2<sup>nd</sup> and 24<sup>th</sup> at 1pm

The Municipal Office, Fitness Centre and Transfer Station will be closed October 8<sup>th</sup>, 2018 for Thanksgiving.

### St. Mary's Small Business Week

#### **Small Business Week: What's that?**

-2018 Small Business Week is from October 14<sup>th</sup> – 20<sup>th</sup>

-A Business Development Bank of Canada (BDC) flagship event that celebrates entrepreneurship at the local, provincial and national levels

-Started in 1979 in British Columbia's Lower Fraser Valley

-Officially launched across Canada in 1981

#### **Why you should support small businesses.**

-They are run by your friends, neighbors, and family members

-They are important local employers

-They contribute to the local economy and more money stays in your community

-They are the largest supporter of local groups, charities, and initiatives

**Details on a local Small Business week event will be available soon.**

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Submission deadline for the November issue of the Municipal Newsletter is Wednesday October 17<sup>th</sup> at 4pm.

Submissions can be dropped off at the office or sent to:  
 522-2309 (fax)  
[council@saint-marys.ca](mailto:council@saint-marys.ca)

Please note we reserve the right to edit submissions.

### Welcome to New Municipal Staff Members

The Municipality of the District of St. Mary's would like to welcome two new additions to the municipal staff team.

Brenda Riley has accepted to position of janitor and will be providing custodial/janitorial services for the Municipal Administration building and Sherbrooke Library.

Kelly Greenland is the new Economic Development & Planning Officer. She has over 14 years of experience as a Land Use Planner in both Ontario and Alberta including experience in an Economic Development context. As a newcomer to Nova Scotia and the Eastern Shore Region, she is looking forward to working with residents and business owners alike to ensure St. Mary's future as a vibrant place to live, work and play. Kelly can be contacted at (902) 522-2607 or through email at [kelly.greenland@saint-marys.ca](mailto:kelly.greenland@saint-marys.ca)

### Solid Waste October 2018 Collection Schedule

*Eastern Shore Cartage 1-800-261-0372*

<b>Tuesday Zone 1</b>	<b>Oct 2</b> Garbage & 1 Bulky Item	<b>Oct 9</b> Recycle	<b>Oct 16</b> Garbage & 1 Bulky Item	<b>Oct 23</b> Recycle	<b>Oct 30</b> Garbage & 1 Bulky Item
<b>Wednesday Zone 2</b>	<b>Oct 3</b> Garbage & 1 Bulky Item	<b>Oct 10</b> Recycle	<b>Oct 17</b> Garbage & 1 Bulky Item	<b>Oct 24</b> Recycle	<b>Oct 31</b> Garbage & 1 Bulky Item
<b>Thursday Zone 3</b>	<b>Oct 4</b> Garbage & 1 Bulky Item	<b>Oct 11</b> Recycle	<b>Oct 18</b> Garbage & 1 Bulky Item	<b>Oct 25</b> Recycle	<b>Nov 1</b> Garbage & 1 Bulky Item

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

**ZONE 2:** East Loon Lake, Smithfield, Denver, Newtown, Glenelg Church 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.

# Municipality of St. Mary's – Did You Know?

(First in a series of information that will be posted periodically in the Municipal Newsletter and on the Website)

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## ➤ Financial:

- ❖ The municipality has been working on improving its Financial Condition Indicators (FCI) used by the Nova Scotia Department of Municipal Affairs to monitor the state of municipalities in the province. For Fiscal Year ending March 31, 2017 the municipality had 10 green (low risk) indicators and three yellow (moderate risk) indicators.
- ❖ The municipality ended the last two fiscal years with operating surpluses that added \$112,565 to the accumulated surplus. The accumulated surplus at the beginning of fiscal year 2018 / 2019 was \$1,721,192.
- ❖ Grants to organizations totaled \$37,000 over the past three years in addition to \$9,000 in scholarships to students and \$56,000 in District Grants.
- ❖ The Roy Steed Trust Fund was used to complete improvements at the RecPlex such as rebuilding compressors in 2017/18 and the community enhancement initiative.
- ❖ The municipality undertook initiatives that resulted in uncollected taxes being reduced from 28% in 2014 to 9.7% in 2017.
- ❖ The municipality's debt service ratio is at 6.5% which is substantially below the 15% target used by Municipal Affairs as a warning level on municipal debt.
- ❖ Financial assistance was provided in the form of a \$50,000 grant and loan guarantees to the Sherbrooke & Area Volunteer Fire Department for the new fire hall.
- ❖ The municipality committed to a \$25,000 grant (\$5,000 per year for 5 years) to the St. Marthra's Hospital Fund for regional health care in the area.
- ❖ An Audit Committee was formed consisting of the seven councilors and a non-elected resident of the municipality, as per the new Provincial legislation on municipal reporting (Bill 10).
- ❖ For additional financial information including audited financial statements and approved budgets check our website at [www.saint-marys.ca/finance-and-administration.html](http://www.saint-marys.ca/finance-and-administration.html)

## ➤ Infrastructure:

- ❖ Dry hydrants were installed in Denver, Liscomb, Ecum Secum, Port Bickerton, Jordanville and Goshen.
- ❖ Three projects were completed to replace all waterlines on the Eastside of the Sherbrooke Water System. Total cost of all three projects was over \$2.1 million. Funding in the amount of \$1.4 Million was provided by federal and provincial programs for the projects.
- ❖ Repaving of Court Street and sewer improvements were completed in 2016.
- ❖ Sherbrooke Library upgrades including flooring, windows, siding and a new roof were completed.
- ❖ The Municipality secured funding and engaged Seaside Wireless to install an internet tower and equipment in the Spanish Ship Bay /Liscomb area.

# Municipal News

## St. Mary's Fitness Centre

The St. Mary's Fitness Centre re-opened for the year on Monday September 10<sup>th</sup>, 2018. Regular hours will be Monday-Friday, 2:30-8p.m. Membership rates are as follows:

<b>Membership</b>	<b>New Rate</b>
<b>10 Month Family</b>	<b>\$350</b>
<b>10 Month Adult</b>	<b>\$200</b>
<b>10 Month Student/Senior</b>	<b>\$150</b>
<b>6 Month Family</b>	<b>\$200</b>
<b>6 Month Adult</b>	<b>\$120</b>
<b>6 Month Student/Senior</b>	<b>\$100</b>
<b>1 Month Adult</b>	<b>\$25</b>
<b>1 Month Student/Senior</b>	<b>\$20</b>
<b>Daily Adult Drop-In</b>	<b>\$5</b>
<b>Daily Student/Senior Drop-In</b>	<b>\$3</b>

Never been to our facility? Your first visit is free!

**Note: The St. Mary's Fitness Centre will be closed, Monday October 8<sup>th</sup> for the Thanksgiving Holiday.**

## Trail Blazers – Outdoor Education for Youth!

Trail Blazers is returning this fall! Trail Blazers will take place on Monday's in Stonewall Park (started September 17<sup>th</sup>) for grades 4-7 and Wednesday's for grades 1-3 (started September 25<sup>th</sup>). Look for registration forms coming home from school in your child's backpack or call 522-2598 for more information.

## Happy Feet

Happy Feet is a free, afterschool running program designed to get kids moving and inspire children to be active for life! The program is for children in grades P-3. Happy Feet will take place on Thursday's at SMECA from 2:30-3:30pm (started September 20<sup>th</sup>) and running for 6 weeks. Participants are encouraged to dress for indoor/outdoor running conditions and bring water bottles.

## International Walk to School Day

Thursday October 10<sup>th</sup> is International Walk to School Day. SMECA Students and Staff will be walking to school from the Sherbrooke Village! Keep your eye out for all the students walking!

## Halloween Parties

Join us for our annual Halloween Parties! Children and parents are asked to dig out your favorite costume and treat bucket! Parties are for the whole family! We will be playing games, making some Halloween crafts and of course eating Halloween treats! Stay tuned to our Facebook page for more information on dates, times and locations for parties as we may confirm more as the month moves on.

Sat, Oct 27<sup>th</sup> – Port Bickerton CC 12:30-2pm

Sherbrooke Lions Hall 3:30-5pm

Wed, Oct 31<sup>st</sup> - Greenfield Oldsters Club 6pm-8pm

## Active Start Fundamental Movement Skills

Join us for our new program for children ages 3-5! Active Start Fundamental Movement Skills will be basic movements such as throwing, kicking, hopping, jumping and catching. Fundamental sport skills are these skills linked to a sport situation. For example kicking a soccer ball, sprinting, jumping for a basketball rebound or catching a ball. During this program we will be teaching kids different kinds of fundamental movement skills such as body control, balance, co-ordination, agility and also brief introduction to sports. **Please Note: This will be a parent/child program. Registration forms will be distributed in late September/Early October. Please stay posted to our Facebook page for more details on a time and dates for this program.**

## St. Mary's Recplex

The St. Mary's Recplex will open in November. Stay tuned to our Facebook page and look for an information brochure in the mail for information on programs and events that will take place at the Recplex this season! To book the ice call the Municipal Office at 902-522-2049 or email [council@saint-marys.ca](mailto:council@saint-marys.ca).

## St. Mary's Student Recreation Leaders

The St. Mary's Recreation Department is still looking to hire a few more students to assist with recreation programming throughout the school year. If you are in grades 10-12 and are interested in leading recreation programs please send a cover letter or resume to [joshua.hilton@saint-marys.ca](mailto:joshua.hilton@saint-marys.ca) For a job description please page 8 of the newsletter.

# Community Services

## Career Connections, Guysborough Office

Career Connections, Guysborough Office a Nova Scotia Works Employment Services Center provides free access to employment services for all residents of Guysborough County. We assist job seekers and employers looking to fill positions.

- Job Search Assistance
- Create and update Resume & Cover Letter
- Info and referrals for Employment NS Programs
- Interview Coaching
- Job Board
- Free posting of job ads on-site & on Facebook
- Client referrals
- Free space for employers to conduct interviews
- Info on available wage incentive programs

For an appointment in Sherbrooke with one of our Career Practitioners call 1-844 344-1369 or 902 533 2805

## G.A.L.A.

The Guysborough County Adult Learning Association is now offering its 2018-2019 learning programs to adults in St. Mary's Municipality.

If you are interested in upgrading skills in math, reading, writing, or computer - preparing for the GED - or in exploring the nine essential employability skills; call us at 533-4252 or toll free 1-877-332-1277. We will do our best to design a program and schedule to meet your personal needs.

## Kids First

Located in the community wing of St. Mary's Education Centre/Academy.

Full-time staff on site Tues, Thurs & every second Wed.

Programs starting in September are as follows:

Parent/Tot drop – Wednesdays 9:30-11:30 am. Parents, caregivers and children are welcome. Play time, craft and snack as well as social time for all.

Tuesdays, September 25<sup>th</sup> – October 30<sup>th</sup> from 6-8pm there will be a Nobody's Perfect Parent Group.

Thursdays, September 27<sup>th</sup> – November 1<sup>st</sup> from 9:30-10:30am there will be a drop-off program for children 3+

The Parenting Journey program is open to all families with children age 3-16 who are seeking support with parenting. Call Paula at 902-870-7437 or email [parentingjourney@kids1st.ca](mailto:parentingjourney@kids1st.ca) to make a referral.

Parents/caregivers and children are welcome to attend the program in Country Harbour at the Community Centre on Mondays from 10-11:30am.

## Sherbrooke Library

GALA – Fall classes are being organized. Call 902-533-4252 or toll free 1-877-332-1277 to register.

Reiki – Monday afternoon's Carol Beaver is offering Reiki sessions by appointment. Call (902)833-2341 or email [carolann776@gmail.com](mailto:carolann776@gmail.com)

Paint Group – Tuesdays at 11 am. Bring your supplies, come to inspire and learn from each other. All ages welcome.

Knitting – Tuesday 6:30 – 8pm starting Oct 16

French - Tuesday 6:30 – 8pm starting Oct 16

Meditation – Thursdays at 11 am with Barbara Furlong

Community Café – Fridays at 9:30 am.

Oct 5 – Debbie Findlay – Council Activities

Oct 19 – Barbara Furlong – Therapeutic Touch

Village Readers' Book Club - 11 am Friday, Oct. 5. Come and tell us about a book of interest and hear about more books recommended by other readers.

Book of the Month Club – 11am Monday, Oct. 15. **NOTE the change of date this Month.** The book to be discussed is 84 Charing Cross Road.

Library Hours: Monday, Tuesday, and Thursday: 11am-4pm. Friday: 9:30am-4pm, Saturday 10am-1pm.

Call for more information: 902-522-2180.

## St. Mary's District Food Bank

Please contact the St. Mary's District Food Bank at 902-328-4148 if you know of a need in the community. Confidentiality is strictly upheld. Boxes to receive donations of non-perishable items 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, PO Box 102, Sherbrooke, NS, BoJ 3Co.

Donations make great gifts for any occasion. A card will be sent informing that a donation has been made to the Food Bank. Thank you to all who continue to support the Food Bank.

## High-Crest Nursing Home

October Birthday - Jeanette Chisholm-October 7<sup>th</sup>

High-Crest will be receiving Trick or Treaters on Oct 31<sup>st</sup> from 6-7 PM in the dining room.

We are looking for gently used Christmas decorations and would welcome any contributions from the community.

# Community News

## Indoor Flea Market

St. John's Church Hall, Hwy 7 Necum Teuch, Oct 13<sup>th</sup>, 2018 at 9am – 1pm. Serving Hot Lunch, Coffee and Tea. Sale Items include baked goods, toys, books, clothing and much more. Contact Helen Berrigan (Church Warden) to book a table. (902)347-2182.

## RCL Branch 56 Sherbrooke

Anyone wishing to purchase Remembrance Day wreaths please do so as soon as possible by contacting Greg 902 522 2797 or Kelly 902 328 4065

If you would like a personalized ribbon for your wreath it must be ordered no later than October 6th. (There is a \$20.00 charge for the ribbon).

Remembrance Day service will be held at the St. James Presbyterian Church in Sherbrooke on Nov 11<sup>th</sup> at 11 am Lest We Forget

## The Port Bickerton Planning Association

Annual roast beef dinner to be held on Saturday, Sept. 29, 2018. Dinner is at the Port Bickerton Community Centre between 4pm and 6pm. Cost is \$15 for adults and \$7 for children 10 and under. All proceeds to the Port Bickerton Lighthouse.

## The Fire Fighters Bean Brunch

Beans! Beans! Beans! Homemade and slow cooked along with various sides, from bologna to fishcakes!!!!!!

**WHEN:** October 13, 2018

**TIME:** 11 AM till 2PM

**LOCATION:** Lion's Hall #7 Highway Sherbrooke, N.S.

As well, enjoy our yard sale, raffles and hourly 50/50 Draws. Join our Sherbrooke and Area Volunteer Fire Dept. for great food and a lot of fun!!!!

**Cost:** \$10 Adults \$5 Children (10 & under)

Information contact Neil Black 902 522 2265 or [neilblack02@Gmail.com](mailto:neilblack02@Gmail.com) or Karen Hallett [hallettkt@gmail.com](mailto:hallettkt@gmail.com)

Yard Sales – weather pending will be outside or limited tables inside.

## Indian Harbour Lake/Jordanville Community Centre

Next hall meeting will be held on Mon, Oct. 15 at 7pm. Everyone Welcome.

Paint Classes began in August. \$5.00 Adm. They will be held every second Monday at 7pm.

Auction 45's will begin on Oct 2 at 8pm with a light Lunch served.

Our Christmas Tea & Bake Sale will be held on Saturday, Dec. 8 from 2-4pm.

## Maple Manor Bake Sale

Every Friday at 2pm, Maple Manor Community room.

## St. John's United Church - Dinner

A roast beef dinner will be held on Saturday, Oct. 20. 4:30 - 6pm. at the Lions Hall in Sherbrooke.

Adults \$14 children \$5

## The Luncheon Club

Next Seniors Luncheon is Tuesday, October 2, 2018, at the Ecum Secum fire hall at Noon. Menu is roast beef, veggies, dessert, etc. Donation box located at the door. Free bingo following.

## St. Mary's ATV Club

Club meeting is Thursday, Oct. 11<sup>th</sup> at 6 pm in the SHOPS room for this month only.

## MacMillan's Mobile Depot

Depot will be in the parking lot at the Sherbrooke NSLC on the 2<sup>nd</sup> & 4<sup>th</sup> Saturday of each month. Oct. 13 and Oct. 27.

## Liscomb Vol. Fire Dept.

Thank you to all those who made the Henry Tibbo Memorial Ball Tournament such a huge success. To all the players, umpires, those who work at the field, canteen staff, those who donated food and items for the canteen and players. It was greatly appreciated.

## Sonora/St. Mary's River Community Centre

Penny Auction and Cake Walk – Oct. 12 at 7pm

We would like to thank everyone who bought tickets on the homemade Quilt. Donna Lynn Provost was the lucky winner. Congrats Donna.

## Village Mire Yard Haunt

All in one night the spooks they came.

Trolls, Zombies, Witches and some I can't name.

Ghouls, ghosts and a grizzly old Gnome.

They all ended up on the lawn of our home.

Yes THE VILLAGE MIRE YARD HAUNT is happening again folks.

Come on out and enjoy the sights and frights with a hot apple cider and support your local community by helping out with a donation in support of THE SHERBROOKE VILLAGE OLD FASHIONED CHRISTMAS.

The donation box will be by the fire pit. Thanks to all the peeps that supported us last year. We had close to 400 spooks and we collected almost \$500. Money raised was used to decorate "Greenwood Cottage".

## WEATHER PERMITTING

WHERE: 213 Cameron Road Sherbrooke

WHEN: Sat Oct 27<sup>th</sup> 6 – 9 PM

Wed Oct 31<sup>st</sup> 6 – 9 PM

Hope to see you there be sure to come in your best critter Costume.

### **Indian Harbour Lake Pentecostal Church**

#### **October Worship & Activities**

Sunday, Oct 7, 14, 21 & 28 at 11am Worship

Sunday, Oct 21 6:30 pm Praise & Prayer

#### **Weekday Activities**

Wed. Oct. 10, 17 & 24 7pm "Truth & Genesis" Bible Study

All are Welcome!

For more information, contact Pastor Dave Connolly at 902-522-2759 or [ihlpastordave@gmail.com](mailto:ihlpastordave@gmail.com)

### **St. Mary's Pastoral Charge / United Church of Canada**

Sunday Worship Schedule Oct 2018

9:30am St. John's, Sherbrooke

11:00am Kirk, Glenelg

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

Call 902-833-2920 or Visit us on Facebook or at our website for information or to inquire about Youth Group, Sunday School (Jam Club), Women's Groups or Bible Study.

### **Catholic Church Mass**

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

St. Patrick's, Lochaber Sunday at 10am

St. Joseph's, Ohio Sat., 5pm and Sunday 8:30 am

Parish Priest: Fr. Lazarus Guria 902-776-0228

### **LISOMBE TOPS**

Need help and support on your healthy weight-loss journey? We are a friendly group and would love to see you.

Meetings every Tues. at the Bayside Baptist Church Hall Winter Meeting Times Starting October 2

Weigh-In, 5 to 5:30; Meeting, 5:30 to 6:30pm

For more info: 902-364-2015 , 902-779-2255 or 902-779-2709

### **Sherbrooke Village Old Fashioned Christmas**

CALL FOR VOLUNTEERS

Volunteers are needed to help get the Village ready for Old Fashioned Christmas.

There are many jobs from putting up lights on fences, decorating a building, washing dishes for the Victorian tea, etc. There is a job for everyone. This event could not happen without all the help from everyone to get it all together.

Call the Sherbrooke Village Office and leave your name and number and someone will call when the preparations begin.

### **Country Harbour Gun Club**

Country Breakfast – Oct 20 8:30 am – 10 am

Adults \$7 and Children \$3

Tuesday Night Darts at 7:30pm Admission \$5

### **Sherbrooke & Area Vol Fire Dept. & St. Mary's Lions**

Chase the Ace Fridays 7pm at the Lions Hall.

### **R.C. L Branch #86 LISCOMB**

General meeting will be Tuesday Oct 2- All Welcome! We are looking for some new people and new ideas.

#### **ACTIVITIES THIS MONTH**

Auction 45s Thursdays at 8pm \$5

Cribbage -Saturdays at 8pm \$5

Dance -Saturday Oct 20<sup>th</sup> at Liscomb Legion- 9pm till 12 midnight - Music by Boogie's Corner

Tickets will be sold starting Oct 1<sup>st</sup>, \$10 per person. Available at the legion or by contacting Deb Lutes. Seats are limited so don't wait.

### **The Anglican Parish of Liscomb/Port Bickerton**

Rev. Kristin MacKenzie 902-522-2510

Oct 7<sup>th</sup> – 9 am – St. Paul's, Port Bickerton

11 am – St. Thomas, Indian Harbour Lake

7 pm – St. James, Sherbrooke

Oct 14<sup>th</sup> – 9 am - St. Luke's, Liscomb

11 am - St. James, Sherbrooke

7 pm - St. Paul's, Port Bickerton

Oct 21<sup>th</sup> – 9 am - St. James, Sherbrooke

11 am - St. Luke's, Liscomb

7 pm - St. Thomas, Indian Harbour Lake

Oct 28<sup>th</sup> – 9 am - St. Thomas, Indian Harbour Lake

11am - St. Paul's, Port Bickerton

7pm - St. Luke's, Liscomb

### **Stillwater Community Centre**

Cards have started for fall 2018 and end last Friday in November. Doors open at 7:15pm and cards begin at 8. An evening of fun, food and prizes.

### **Baptist Congregations of Port Bickerton, Port Hilford & Sonora**

Sunday Worship Service Schedule

Oct 7 – Port Bickerton 11am

Oct 14 – Sonora 11am

Oct 21 – Port Hilford 11am

Oct 28 – Port Bickerton 11am

Rev. Ron Ford: (H) 902-522-2805 or (C) 902-318-3488

### **SMECA PTA - Playground Committee**

Thanks to all who supported our outdoor movie fundraiser. Over \$600 was raised for the playground!

We are hoping to start phase one of the playground this fall and fundraising efforts will continue throughout the school year for phase two.

Check out our Facebook page "SMECA Parent Teacher Association". For information on our upcoming fundraisers.

For information please contact Rebecca Moore at [rebeccamoore26@gmail.com](mailto:rebeccamoore26@gmail.com) or 522-2107.

### **Halloween Dance**

Join us at the St. Mary's Lions Hall for a spooktacular evening of dancing and singing along to the Band HUSH.

Saturday October 27<sup>th</sup> from 9 pm – 1 am

Tickets Prices

Pre-Register - \$10

Tickets at the Door \$15

To pre-register please call:

Rod Dunbar – (902)870-5462

Arlene Worth – (902)328-7066

Sherbrooke Garage – (902)522-2881

### **Goshen Community and Recreation Centre**

ATV Fun Rally In Memory of Brian Mason & Roy Feltmate will be held on September 29. Registration will be from 9 to 10:15am at the Goshen Community Centre by Donation. Run begins at 10:30am.

Turkey Supper Oct 27 4:30 to 6pm

\$14 Adults and \$ 5 Children.

Game Day on Wednesday afternoons at 1pm.

Bargain shop: Tues, Wed and Thurs from 1 to 3pm.

Contacts for Shop: Laurie Ann 902-783-2291 or Elizabeth 902-783-2369.

Cribbage Sundays at 7:30pm, no partner necessary and lunch is served.

Bottle Donations are still welcomed.

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## **St. Mary's River Paddling Expedition October 6<sup>th</sup> 2018**

Hello folks it's once again time to prepare for our annual paddling event. This year our excursion will take us on the West Branch of the St. Mary's. A beautiful 14 km run starting just above the Foot Bridge Pool off highway 348 in Smithfield. The launch site is at civic address 5132 and I'd like to thank the Connor family for allowing us to access the river through their property. I will mark the driveway with an orange canoe sign similar to the ones marking our existing paddling trails. I would ask that you enter their driveway to unload your boat and park in the space across the road from their property. This is where we will return after the paddle to pick up your vehicle. Same as last year, if you require a drive back up river after the paddle I will ensure you get back to your vehicle one way or another.

We will be leaving the shore from the Connor cabin at 10:00 am and I would recommend being there for 9:00 am to insure you are unloaded, packed and boat in the water. Last year we had 40 boats in the water so we will have to be efficient unloading and getting our vehicles out of the Connor driveway to the parking location.

We will need at least two feet of water on our data logger for the paddle. You can keep an eye on this via our webpage at <https://www.stmarysriverassociation.com/water-conditions.html>. If we don't have the necessary water level we will cancel the event. Click on the West River link to view a live feed of our logger level. You will all be required to fill out a release form before we leave the launch site. Please bring your canoe or kayak, life jackets, paddles, snacks, sunscreen and drinking water. If you would like to attend, but don't have the equipment, the Recreation Department at the St. Mary's Municipal office has four kayaks available for rent which come with a paddle, life jacket, and safety kit. Please contact them for more details.

We will be stopping along the route at some interesting sites including Rock Island Pool, Churn Brook waterfalls, an old lead mine and our data logger site. Our exit point will be at the Crow's Nest also known as the Bells of St. Mary's cabin. If you are going to leave a vehicle here please allow yourself a half hour of travel time to get to the Connor launch site. Keep in mind there is no cell coverage heading up the West Branch and it will probably be lost around the Hattie Road area.

Rain or shine we plan to be on the water. I hope to see you all there for a fun filled great adventure!

## Municipality of the District of St. Mary's

**Position:** 3 Student Recreation Leaders  
**Reports to:** Director of Community Development and Recreation & Active Living Coordinator  
**Hours:** September – June, hours are program based  
**Hourly rate:** \$11.00 an hour

### Scope:

Working under the direction of the Community Development & Recreation Director, Student Recreation Leaders will provide leadership at a variety of recreational programs throughout St. Mary's Municipality.

### Responsibilities

- To provide supervision for children and youth during a variety of recreational programs and services throughout the 2018/19 school year.
- Ensure the programs are delivered with the safety and protection of participants in the programs
- To assist with various special events throughout the 2018/19 school year.
- To assist in the evaluation of recreational programs
- Ensure local community buildings are returned to satisfactory condition at the end of work day. (I.e. neat, tidy, garbage disposed of, floors clean etc.)
- To fill out and turn in expected paperwork and reports
- Ensure all recreation equipment is well organized, stored in the proper place and is kept in good shape
- Other duties that may be assigned

### Requirements

- Experience in supervision of children and recreational programs considered an asset
- Successful candidates must provide a Criminal Record check
- Successful candidates must provide a National Child Abuse Registry check
- Valid Driver's License considered an asset
- High five training considered an asset
- Training opportunities may be provided

### Terms and Conditions

- Only applicants with scheduled interviews will be notified
- Resumes, cover letters and referenced can be submitted in person at the Municipal Office in Sherbrooke, by email at [Joshua.hilton@saint-marys.ca](mailto:Joshua.hilton@saint-marys.ca), fax at 522-2309 or by mail at 8296 Hwy. 7, PO Box 296 Sherbrooke, NS, B0J 3C0.
- **Application deadline: October 12<sup>th</sup>, 2018 at 4:00 p.m.**



CALL FOR

# Wellness

FUND APPLICATIONS

Community Health Boards (CHBs) in Nova Scotia play an important role in the health and well-being of their communities.

## Wellness Funds

support projects addressing the social determinants of health such as safe and affordable housing, poverty, food insecurity, early childhood development and social isolation.

## Deadlines for applications:

October 15, 2018

For more information or to  
download the application visit

<https://www.communityhealthboards.ns.ca/wellness-funds>

or contact your local  
Community Health Board.





# WELLNESS FUND WORKSHOP

Do you have an idea to improve the health of your community? Are you a non-profit group?

Join the Guysborough Community Health Board (CHB) for a free two-hour workshop designed to help community groups and organizations apply for CHB Wellness Funds.

You will learn about the CHBs and CHB Wellness Funds, how to fill out the application, share ideas and get help identifying possible areas for project collaboration.

Want more information right now? Visit:

<https://www.communityhealthboards.ns.ca/wellness-funds> for information about the Guysborough CHB, the Wellness Funds and to download a printable version of the Wellness Fund application form.

Support will be available on-site to help you with your application!



## Workshop Locations:

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**Canso Lions Club**  
**Sept. 26, 2018**  
**6pm-8pm**

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**Municipality of  
the District of St.  
Mary's Municipal  
Office**  
**Oct. 2, 2018**  
**6pm-8pm**

**Community Room**

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**Afrikan Canadian  
Heritage and  
Friendship Centre**  
**Chedabucto Place**

**Oct. 4, 2018**  
**6pm-8pm**

**All are welcome!**



# Nova Scotia Breast Screening Program

## Make A Date For Your Health

The Nova Scotia Breast Screening Program has been providing quality imaging, for the early detection of breast cancer, to women across the province for more than 25 years. During this time we have provided more than **1.1 million screening visits to 210,000** women

To make an appointment please call  
**1-800-565-0548**

**St. Mary's Hospital  
Sherbrooke, NS  
October 9-10, 2018**

# St. Mary's Comfort Centres

In times of emergency or wide spread power failure and cold weather conditions local comfort centres are available to address your needs. These centres can offer a range of services such as warmth, food, drink, information and power for recharging electronics. Each centre is run by local volunteers who along with the EMO Coordinator or Councillor for the area make the decision to open the centre. Such support for residents of St. Mary's supplements the 72 hour preparedness planning efforts suggested for all Nova Scotians ([https://novascotia.ca/dma/emo/prepare\\_for\\_an\\_emergency](https://novascotia.ca/dma/emo/prepare_for_an_emergency)).

## Who to Call

**911** - Emergency. Call 911 if your health, safety or property is threatened and you need help right away.

811 - Health information.

511 – Provincial road conditions.

1-877-428-6004 - Power outage.

Comfort Centres in St. Mary's	
Location	Contacts
Goshen Community Centre 985 Highway 276 Goshen, N.S. B0H 1M0	Community Centre 902-783-2107 Bruce Sinclair 902-783-2093 Raymond Feltmate 902-783-2074
Sherbrooke & Area Fire Hall 91 Old Road Hill Sherbrooke, N.S. B0J 3C0	Fire Hall 902-522-2242 Brain Hallett 902-328-4076 Kenneth Pye 902-522-2886 Farley Carrol 902-522-2476 Donnie Fraser 902-522-2757
Indian Harbour Lake/Jordanville Community Center 29 H MacDonald Loop Highway 211 N.S. B0J 3C0	Community Centre 902-522-2313 Jim Mills 902-522-2465 Doreen MacDonald 902-522-2369
Liscomb Legion 31 MacKinley Point Road Spanish Ship Bay, N.S. B0J 2A0	Legion 902-779-2006 Eric Nauffts 902-779-2780
Port Bickerton Community Centre 4874 Highway 211 Port Bickerton, N.S. B0J 3C0	Community Centre 902-364-2489 Lyndsay Keith 902-364-2230 Gary Mansfield 902-364-2003, 902-870-6929 Doug Acker 902-870-2100 Sandy Jack 902-870-7748
Ecum Secum Volunteer Fire Department 24 Wharf Loop Ecum Secum, N.S. B0J 2K0	Fire Hall 902-347-2266 Maudie Fleet 902-347-2605 Lawrence Fleet 902-347-2817



# **GRAND OPENING**

**You're Invited!**

**Saturday, Oct. 27<sup>th</sup>, 2018**

**2-4 pm**

**SHOPS Room,**

**Memorial Place Entrance,**

**St. Mary's Academy**

**Light Refreshments**

**Wall of Honour Unveiling & Ribbon Cutting Ceremony**

This celebration is seven years in the making and programs started in mid August for the intellectually disabled adults of our Municipality. We are so excited to show off our new space. Come see what we are all about!

For more info: Lyndsay Keith (902) 759-2831 or [managers.h.o.p.s@outlook.com](mailto:managers.h.o.p.s@outlook.com) or  
Lisa MacDonald (902) 522-2079 or [lisamac@seasidehighspeed.com](mailto:lisamac@seasidehighspeed.com).

# October Events Calendar

Tues, Oct 2 <sup>nd</sup>	Council COTW 10am Library Paint Group 11am Seniors Lunch 12pm Liscomb TOPS 5pm Wellness Fund Workshop 6pm Library Knitting 6:30pm Library French 6:30pm Country Harbour Darts 7:30pm	Tues, Oct 16 <sup>th</sup>	Library Paint Group 11am Liscomb TOPS 5pm Library Knitting 6:30pm Library French 6:30pm Country Harbour Darts 7:30pm
Wed, Oct 3 <sup>rd</sup>	Goshen Game Day 1pm Lion's Bingo 7:45pm	Wed, Oct 17 <sup>th</sup>	Goshen Game Day 1pm Lion's Bingo 7:45pm
Thurs, Oct 4 <sup>th</sup>	Library Meditation 11am	Thurs, Oct 18 <sup>th</sup>	Library Meditation 11am
Fri, Oct 5 <sup>th</sup>	Community Café 9:30am Village Reader's Club 11am Maple Manor Bake Sale 2pm Chase the Ace @ Lion's Hall 7pm	Fri, Oct 19 <sup>st</sup>	Community Café 9:30am Maple Manor Bake Sale 2pm Chase the Ace @ Lion's Hall 7pm
Sat, Oct 6 <sup>th</sup>	River Paddle gam	Sat, Oct 20 <sup>th</sup>	Country Breakfast 8:30am United Church Dinner 4:30pm Liscomb Legion Dance 9pm
Mon, Oct 8 <sup>th</sup>	Municipal Office Closed Transfer Station Closed Fitness Centre Closed	Tues, Oct 23 <sup>rd</sup>	Library Paint Group 11am Liscomb TOPS 5pm Library Knitting 6:30pm Library French 6:30pm Country Harbour Darts 7:30pm
Tues, Oct 9 <sup>th</sup>	Library Paint Group 11am Liscomb TOPS 5pm Library Knitting 6:30pm Library French 6:30pm Council Meeting 7pm Country Harbour Darts 7:30pm	Wed, Oct 24 <sup>th</sup>	Goshen Game Day 1pm Council COTW 1pm Lion's Bingo 7:45pm
Wed, Oct 10 <sup>th</sup>	International Walk to School Day Goshen Game Day 1pm Lion's Bingo 7:45pm	Thurs, Oct 25 <sup>th</sup>	Library Meditation 11am
Thurs, Oct 11 <sup>th</sup>	Library Meditation 11am ATV Meeting 6pm	Fri, Oct 26 <sup>th</sup>	Community Café 9:30am Maple Manor Bake Sale 2pm Chase the Ace @ Lion's Hall 7pm
Fri, Oct 12 <sup>th</sup>	Community Café 9:30am 9:30am Maple Manor Bake Sale 2pm Sonora Auction/Cake Walk 7pm Chase the Ace @ Lion's Hall 7pm	Sat, Oct 27 <sup>th</sup>	Mobile Depot Bickerton Halloween Party 12:30pm Sherbrooke Halloween Party 3:30pm SHOPS Grand Opening 2pm Goshen Turkey Supper 4:30pm Village Mire Yard Haunt 6pm Lion's Hall Dance 9pm
Sat, Oct 13 <sup>th</sup>	Mobile Depot Indoor Flea Market gam Fire Fighter's Bean Brunch 11am	Tues, Oct 30 <sup>th</sup>	Library Paint Group 11am Liscomb TOPS 5pm Library Knitting 6:30pm Library French 6:30pm Country Harbour Darts 7:30pm
Mon, Oct 15 <sup>th</sup>	Book of the Month Club 11am IHL Comm. Centre Meeting 7pm	Wed, Oct 31 <sup>st</sup>	Goshen Game Day 1pm Village Mire Yard Haunt 6pm Greenfield Halloween Party 6pm

\*\*Note: See event details in newsletter