

Municipality of the District of St. Mary's

April 2019 Newsletter

www.saint-marys.ca (902)522-2049



Meetings of Council

Visit our website for agendas and approved minutes www.saint-marys.ca

Next regular meeting of Council is Monday, April 8th at 7pm. The Annual General Meeting is March 27th at 3pm.

Committee of the Whole meetings are scheduled for April 3rd & 17th at 1pm

The Municipal Office, Fitness Centre and Transfer Station will be closed April 19th & 22nd for Easter holidays.

Annual Volunteer Reception

Calling all Volunteers! The Municipality of St. Mary's will be celebrating volunteers on Tuesday April 9th, 2019 starting at 6:00 p.m. at the St. Mary's Lion's Hall. All volunteer organizations and members are welcome to attend. There will be tea/coffee, finger foods and great company. Thank you to all of our volunteers for their dedication to making our municipality a wonderful place to live.

Active Transportation Committee Members

The Municipality's Active Transportation Committee is looking for new members. Active transportation is all forms of human powered transportation. The committee is currently focused on projects included in the Active Sherbrooke plan. This plan can be found on our website. If you are interested in joining, please contact Kerri Penney at (902)522-2598 or kerri.penney@saint-marys.ca

Saltscapes Partnership Opportunity

The Municipality of the District of St. Mary's is going to the Saltscapes East Coast Expo this April! Saltscapes is a three day consumer lifestyle show focusing on opportunities for travel and leisure in Atlantic Canada. We would love to represent your business. Please contact us to discuss how we can represent you at our booth and ways we can partner together during this exciting opportunity to promote St. Mary's. Call (902)522-2049 and ask for Kerri or Kelly.

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Submission deadline for the May issue of the Municipal Newsletter is **Wednesday April 17th** at 4pm.

Submissions can be dropped off at the office or sent to: council@saint-marys.ca 522-2309 (fax) Please note we reserve the right to edit submissions.

Important Notice to the Users of the Sherbrooke Sewer Utility

Please ensure that all materials entering the sewer system meet the definition of "sanitary sewage" as outlined in the Sherbrooke Sewer Bylaw. Textiles and other non-sewer compliant materials have been disposed of in the Sherbrooke Sewer system causing damage and clogging to the sewer pumps.

Municipal Budget Open House

Please join us at the Municipal Office on April 15th, 2019 from 6:30-8pm for our annual budget open house. Councillors and Staff will be on hand to discuss the municipal budget and answer any questions you may have.

Solid Waste April 2019 Collection Schedule

Eastern Shore Cartage 1-800-261-0372

Tuesday Zone 1	April 2 Garbage & 1 Bulky Item	April 9 Recycle	April 16 Garbage & 1 Bulky Item	April 23 Recycle	April 30 Garbage & 1 Bulky Item
Wednesday Zone 2	April 3 Garbage & 1 Bulky Item	April 10 Recycle	April 17 Garbage & 1 Bulky Item	April 24 Recycle	May 1 Garbage & 1 Bulky Item
Thursday Zone 3	April 4 Garbage & 1 Bulky Item	April 11 Recycle	April 18 Garbage & 1 Bulky Item	April 25 Recycle	May 2 Garbage & 1 Bulky Item

Municipal News

Happy Feet

St. Mary's Recreation is hosting a 10 week running program for children in grades primary to 3. Happy Feet will take place Thursday's after school from 2:30-3:30 in the "new gym" at St. Mary's Education Centre Academy. Children must bring proper footwear, clothing and a water bottle. If the weather is nice, we will be going outside! This program will run from April 11th to June 13th, 2019.

Happy Feet Dates:

April 11th, 18th, 25th

May 2nd, 9th, 16th, 23rd, 30th

June 6th, 13th

Kid Fit

Kid Fit is a free, physical activity based program for kids in grades primary to 5. It includes fitness based games, a healthy snack and a creative activity. Buses will drop registered kids off at the community centre where the program will take place. Kids will need a new note each day they attend as well as scuff free shoes, water bottle and suitable clothing.

Port Bickerton Community Centre: April 1st, 8th

St. Mary's Education Centre/Academy: April 2nd, 9th

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 SMECA 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 take place Tuesday's from 6-7pm. Come out and enjoy different sports and gym equipment.

St. Mary's Fitness Centre

The St. Mary's Fitness Centre is ready for you to start living a healthier life. Stop by the Fitness Centre and get in to a routine of being active and treating your body right. The Centre is equipped with everything you need to improve your wellbeing. The facility is open Monday to Friday from 2:30 to 8:00 p.m. Memberships rates are posted at the facility as well as on our website www.saint-marys.ca under facilities.

Easter Egg Hunt

Come on out with family or friends and take part in our Annual Easter Egg hunt! There will be an egg hunt throughout the village. The egg hunt will take place Saturday April 20th in Sherbrooke Village starting at 9 am. Everyone please meet at the Sherbrooke Village Information Centre.

St. Mary's Recplex

Thanks to everyone who participated in a program or event this season at the St. Mary's Recplex. We look forward to seeing everyone return for another successful season next year. Keep an eye out for programs that will take place at the Recplex over the off-season.

Gentle Yoga with George Cotsomitis

Gentle Yoga is a slow gentle class the starts by toning the muscles and warming the joints of the body. Then we go through a gentle version of traditional yoga practice with emphases on flexibility, strength and stress relief. Dates will be Thurs, April 4th, 11th, 18th, 25th in the SMECA music room \$10 per class, 6-7:30 pm

Trail Blazers

Our outdoor education program is returning this spring for students in grades 4 to 7. This is a free program that focuses on connecting youth to nature through outdoor education. The program takes place in Stonewall Park and starts April 15th and runs until June 10th. Trail Blazers will take place each Monday after school from 2:30-4:00pm. Trail Blazers will not be held on Monday, April 22nd, and May 20th due to Holidays. Children should prepare for all weather conditions and wear appropriate outdoor clothing. The dates of Trail Blazers will be:

April 15th, 29th

May 6th, 13th, 27th

June 3rd, 10th

Trail Blazers for kids

Our outdoor education program is returning this spring for students in grades 1 to 3. This is a free program that focuses on connecting youth to nature through outdoor education. The program takes place in Stonewall Park and starts April 16th and runs until May 28th, 2019. Trail Blazers will take place each Tuesday after school from 2:30-3:30 pm. Children should prepare for all weather conditions and wear appropriate outdoor clothing.

The dates of Trail Blazers for kids will be:

April 16th, 23rd, 30th

May 7th, 14th, 21, 28th

Trail Blazers/ Trail Blazers for kids - Call for Presenters

St. Mary's Recreation will be hosting our outdoor education program, Trail Blazers this spring! We are currently looking for volunteers with an interest in the outdoors who would be interested in leading one week of our weekly sessions. If you are an outdoor enthusiast and would like pass on your knowledge to children in grades 1-3 or 4-7, please contact the Community Development & Recreation Department at 902-522-2598. Trail Blazers will take place starting April 15th and running until June 10th.

Community Services

Sherbrooke Library

GALA – Call 902-533-4252 to register for personal instruction in a subject of your interest. Available only until May

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

Paint Group – Tuesdays at 11 am.

Knitting – Finished for the season. See you in the fall.

Meditation – Thursdays at 11 am with Barbara Furlong

Community Café – Fridays at 9:30 am March 29 – Craig Graham presenting information of available Federal Government Services.

To celebrate National Poetry month, we are pleased to host a sharing of poems during Community Café on Friday, April 26th. Everyone is Welcome

Village Readers' Book Club - 11 am Friday, April 5. Come and tell us of a new or favorite book.

Book of the Month Club – 11am Monday, April 15. The book to be discussed is "Emma" by Jane Austen. The next book for May 13 will be "The Wonder" by Emma Donoghue.

Sewing – Friday evening Sewing Class. 6:30 – 8 pm.

Books with Ms. Banks - Saturday, April 13, 10:30 – 11:30am for school age children.

Painting a la Maud Lewis – Saturday, April 6 – 10:30 – 12 with Jean Jordan-Robichaud. Only a few spaces left so please register by calling the library. Feel free to bring your own brushes.

Movie at the Library – Canadian Film Day, Tuesday, April 16 at 11 am. "The Grand Seduction", Comedy

What is under the waves – Terry Dwyer, Saturday, April 20 (Easter Weekend) 10:30 am. Especially geared for children to expand the explorer section in their geography school subject, but also for anyone interested in scuba and snorkeling in our waters.

Poem In Your Pocket Day – Thursday, April 18, Celebrate the day by finding your favorite poem and reading it to people in the area.

CLOSED - Good Friday, April 19 and Easter Monday, April 22, 2019

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

High-Crest Sherbrooke Birthdays

Duncan Chisholm-April 17th

Joy Gagnon-April 23rd

MacMillan's Mobile Depot

Depot is in the parking lot at the Sherbrooke NSLC on the 2nd & 4th Saturday of each month. April 13th & 27th

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 & 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, B0J 3C0.

Donations make great gifts for any occasion.

Thank you to all who continue to support the Food Bank.

Port Bickerton Play Space Update

You may have noticed some activity next to the Port Bickerton Community Centre lately. The Play Space Committee is excited that work is underway to build our new community space! Our Gazebo will be the first structure erected in the space thanks to funding support from the Government of Canada through the New Horizons for Seniors Grant. We will also be partnering with students at SMECA to build a community garden space, so start thinking about veggies and flowers. Our efforts now are turning to the play space itself and installing play structures. We have some upcoming fundraisers that you can take part in.

Trivia Night – Join us for some trivia fun on April 13th at the Port Bickerton Community Centre from 7-9 p.m. Teams of 4 must be preregistered. \$40 per team to take part. There will be door prizes, a cash prize for the winning team and the bar will be open. This is a 19+ event. Call 870-9882 to register your team or talk to Kerri!

Gift Card Survivor – keep your eye out for information on a Gift Card Survivor fundraiser. \$10 is your entry fee and you donate a \$15 gift card to a store of your choice. We then eliminate players and someone takes home all the gift cards.

Thanks to everyone for your support so far, we are excited to move forward with this new community space.

Community News

Thank You – Smith

We would like to thank everyone for their support and kindness in our time of need. Words can never express our gratitude. Aspen is a wonderful community and will always be in our hearts. Brenda & Leebert Smith

Thank You – Family of Vivian Hartling

We would like to thank everyone for the love and support shown to us during the loss of our loved one. A special thank you goes out to the nurse, doctors, visitors, phone calls, food, flowers, Funeral Home, pallbearers, Reverend and, donations to the St' Luke's Anglican church. Vivian will be missed forever, but you know that she will live in the hearts of all who shared their grief with us during this difficult time.

Warm Regards, The Hartling Family

Thank You - Family of Helen Hodgson

We would like to express our most sincere thanks and appreciation to all the community members for their support during this difficult time. Special thanks to everyone who sent food home and brought food and sweets to the service. All the cards, phone calls, on-line messages and donations were greatly appreciated. Thanks to the people who sanded the gun club, the church parking lot and an extra thank you to the guys for parking cars at the church.

Thank You – Gillis Family

We would like to thank all those who sent cards, condolences, visited and attended the service in North Sydney of our mother, mother-in-law, grandmother and great grandmother Marcelle Gillis. Your thoughtfulness will be forever remembered and appreciated.

Thank you again – Dave & Suzanne Gillis

Thanks - Family of Randy Parsons

Expressing our deep appreciation for all of your prayers and support. To the nurses and doctors at St. Martha's and to all the staff at St. Mary's Memorial Hospital for all of their compassion and overwhelming support, without you Randy and I would never have been able to stay home together.

Thanks you – Gwynnie, Sarah and Randy Jr.

Card Parties - Stillwater Community Centre

Card play begins April 5th and continues until June 28th
Join us for an evening of fun, food and prizes beginning @8pm. (Doors open @ 7:15)
Everyone Welcome

Maple Manor Bake Sale

Every Friday at 2pm, Maple Manor Community room.

Port Bickerton Community Centre

Chase the Ace Thursdays 7-8pm.

Saint John's Liscomb Cemetery Society

The annual meeting will be held at 7 p.m. on Tuesday, April 2, at the home of Rachel Baker, 484 Little Liscomb Rd., Little Liscomb. Please mark this on your calendar and plan to attend, so we can continue to arrange for the on-going care and maintenance of our community cemetery. We are always happy to welcome new members! 2019 dues of \$10 per person are now due and can be paid at that time or given / sent to Rachel Baker, Treasurer. For further information, please call Ruth Legge (779-2931) or Rachel Baker (779-2062).

The St. Mary's District Lion's Club

We are looking for community groups and individuals that are interested in assisting us with our Walkathon for the St. Mary's Memorial Hospital. Pledge sheet are attached to this Newsletter. All walkers are asked to register at the Sherbrooke Village Information Center in the Village parking lot between 9:30 and 10am on May 11th. The walk will leave from the Information Center and circle the Village then proceed back to the Information Center where lights refreshments will be served. There will be free event T-shirts for the first 50 registered walkers. Please come out and support this very worthwhile project.

St. Thomas Church

Cake Walk and Penny Auction at the Indian Harbour Lake/Jordanville Community Centre on Thurs April 25 at 7:30pm. Any Donations would be greatly appreciated. Drop off or call Angela MacDonald at 522-2268, Belinda Jordan at 522-2460 or Sandra Harpell at 522-2833.

The Sherbrooke Village Company Store

The store will be in a new location this summer. With the new location we are looking for crafters to consign. Anyone interested please call Lisa Myers, Financial & Retail Manager at 902-522-2400. Turn your hobbies into cash.

Goshen Community and Recreation Centre

Crib will begin on Tues, April 2, 2019 starting at 7:30pm. No partner needed.

Game Day on Wednesday afternoons at 1pm.

Bargain shop: Open every Tuesday, Wednesday and Thursday 1pm to 3pm and now open 7:30pm on Tuesday evening

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

Bottle Donations are still welcomed.

Penny Auction on Sat March 30, 2019 starting at 2pm.

Sherbrooke & Area VFD & St. Mary's Lions

Chase the Ace Fridays 7pm at the Lions Hall.

Greenfield Oldsters Club – Melrose

Auction 45's – Tuesday afternoons at 1:15pm. No partner needed.

Cribbage – Thursday evenings at 7:30. Bring a partner!

Auction 45's – Saturday evenings at 8 pm. No partner needed.

Cash prizes for all events. Come join us for a fun time.

The Anglican Parish of Liscomb/Port Bickerton

Rev. Sinclair 902-485-6007

April Service Schedule

April 7th - 9am St. Paul's, Port Bickerton

11am St. Thomas, IHL

7pm St. James, Sherbrooke

April 14th - 9am St. Luke's, Liscomb, HC

11am St. James, Sherbrooke, HC

7pm St. Paul's, Port Bickerton

April 18th Maundy Thursday 7pm St. Thomas, IHL

April 19th Good Friday 10am St. Thomas, IHL, HC

3pm St. Paul's, Port Bickerton, HC

7pm St. Luke's, Liscomb, HC

April 21th Easter Sunday 9am St. James, Sherbrooke, HC

11am St. Paul's, Port Bickerton, HC

April 28th - 9am St. Thomas, IHL

11am St. Paul's, Port Bickerton

7pm St. Luke's, Liscomb

Goshen Gospel Church

Regular Schedule of Events

Sunday 9:45am Sunday school for all ages & adults.

11:00am worship service

Guest speaker on April 7th will be Alan Klein, Pastor of Freedom Bible Church, Sutherland's River

Wednesday 6:30pm Bible study and prayer

Thursday 6:00pm Eagles Youth Program

Tuesday April 9th - 6:30pm...Ladies Fellowship. All

welcome.

If you are visiting in our area we invite you to visit with us, where a warm welcome awaits you. For information please call Pastor John Luten

902-783-2972 or johnluten3@gmail.com

Goshen & Area Fire Department

The Annual Rate Payers meeting for the Goshen & Area Volunteer Fire Department will be held on Monday, May 6th at 7:30 in the Goshen Community Centre. The financial statement for 2018/19 and the proposed budget for 2019/20 will be presented and the tax levy set for 2019/20.

Immediately following this meeting the annual meeting of the Goshen Community Centre will be held. All interested residents are invited to attend these meetings.

Bayview Baptist Church

Evangelist Glen Weeks on April 18 – 21, 2019. Services are at 7 pm Thursday – Saturday and 9:30 am Sunday morning. Saturday evening April 20, 2019 there will be a Potluck Dinner at 5:30. All are Welcome! Please bring a dish to share. For more information please call Pastor Dave Smith at (902)779-2709

Indian Harbour Lake Pentecostal Church

April Worship & Activities

Sunday, April 7, 14, 21 & 28 at 11am Morning Worship

Weekday Activities

Wednesday, April 3, 10 & 17 at 7pm "Truth and Genesis"

Bible Study

All are Welcome! For more information, contact Pastor

Dave Connolly at 902-522-2759 or

ihlpastordave@gmail.com

The United Church of Canada/ St. Mary's Pastoral

Sundays in April

9:30 am Kirk, Glenelg

11:00 am Bethany, East River St. Mary's

7:00 pm St. John's, Sherbrooke

All are welcome!

Senior Youth Group (youth grades 9-12) 7:30 pm every second Friday at Kirk!!

Junior Youth Group (youth grades 6-8) 7-8 pm, monthly at Kirk!!

JAM Club - Jesus and Me (children and all ages Sunday school) 2 pm, every second Sunday at Kirk. This year's theme: "Super Heroes!"

Women's Bible Study 10 am Thursdays at Mary Ann Cameron's in Sherbrooke.

Men's Group 7pm Thursdays at St. John's in Sherbrooke.

The Living Room - join us in a relaxed, living room/cafe atmosphere, for contemporary worship, prayer, praise, and time for just being together as community! Held in the lower hall of St. John's United Church, Sherbrooke.

Classic Country Music

Sunday April 7th at 2pm in the Lion's Club Community Centre on Highway 7, Sherbrooke. \$10 at the door and students \$5. Proceeds will be donated to the St. Mary's Education Centre/Academy Music Program for the purchase of band instruments or instrument repairs.

Port Bickerton Community Centre

April 6th Pub Night "Bash B4 Traps"

9pm-1am \$5 Over 19's

April 27th Free Family Movie Matinee 1-3pm Free popcorn

Community Centre Meeting 7pm April 15th

Chase the Ace Thursdays 7-8pm

The Luncheon Club

Next Seniors Luncheon is Tuesday, at Noon, April 30th at the Ecum Secum Fire hall. Menu is BBQ and Honey Garlic chicken legs, veggies, dessert, etc. Donation box at the door. Free bingo following.

R.C. L Branch #86 LISCOMB

Next General meeting will be Tuesday April 2

Activities This Month

AUCTION 45s Thursdays at 8pm \$5

CRIBBAGE -Saturdays at 8pm \$5

Sonora/St. Mary's River Community Centre

There will be an Easter Social on April 9th at 10am. Everyone welcome and wear an Easter Bonnet.

Earth Day 2019

Attention Residents of Port Hilford and Port Hilford Beach Lovers!

This year Earth Day is on Monday, April 22nd. What better way to acknowledge this day than by making Port Hilford even more beautiful? Join us for a ditch and beach clean-up from 9:30-12:30. We plan to work from one end of our village to the other. Even if you can donate an hour, the planet will be grateful for the gift of your time. You do not need to be a resident of Port Hilford to join us. Everyone is welcome back to 2889 Highway 211 (home of D. Banks) at 1:00 for bite to eat. If interested, please join us at the Port Hilford Beach parking lot at 9:30. Please bring gloves and garbage bags.

St. Mary's Shooters Association Spring News

Saturday May 4th - SMSA will conduct a Canadian Firearms Safety Course, for long guns, shotguns & rifles, non-restricted. 9am - 8pm at the Stillwater Community Centre, Civic 9558 Hwy. # 7 Stillwater. Register & pay online at www.safetyservicesns.ca.

Sunday May 5th -Joe Arnold Memorial Military Rifle Shoot. Military rifles @ 100 yds. 9am-3pm at the Stillwater DNR range. Military rifles as issued-no scope, 2 Classes pre 1949 and post 1949 military rifles.

Sunday May 12th - spring meeting 3pm Stillwater Centre .This is an important meeting there is a motion to amend the constitution work days for making shot gun racks, painting. I need your help if there is to be a shooting club, many hands make light work. Please support the club and come to the meeting!

John Day Pres. SMSA

Poetry Workshop

April is National Poetry Month! That means our second **Poem in Your Pocket Day** is also coming up on Thursday, April 18th. What better way to prepare yourself for the big day than to attend a poetry workshop? Please join us at the Municipal Office Community Room for an afternoon dedicated to playing with words.

Adult workshop: Thursday, April 4th from 1-3pm

Teen workshop (ages 11-17): Friday, April 5th from 1-3pm

To register: please contact Deborah Banks 522-2895.

No charge and everyone is welcome. Refreshments provided. Required materials: pen, paper, curiosity and a willingness to play with words. Hope to see you there!

The Compass Rose Quilters Guild

Annual Quilt Show and Tea will be held on April 27th from 1:30 – 4:00 pm at the Sherbrooke Village Exhibit Centre. Free will offering. Come see what we've been working on this year.

S.H.O.P.S

Open from 8 am to 3 pm, Monday, Wednesday and Friday beginning April 1st. We will be offering laundry services on those days, anyone interested can phone SHOPS at 902-318-SHOP (7467), for more information.

Sherbrooke Village Old Fashioned Christmas

Spring Fling Potluck and Silent Auction

Saturday April 13th 4-6 pm Adults \$10.00

Children under 12 \$5.00

Indian Harbour Lake Community Centre

Supported by Sherbrooke Village Historic Society

St. Mary's ATV Club

Club meeting is Thursday, April 11th at 6 pm in the SHOPS room at the School.

If anyone has questions about the on-going "Shoulder-of-the-road PILOT PROJECT" – Sherbrooke site, you may call St. Mary's ATV Club President, Jim Kirk at (902)364-2574. If you require more information on the rules and regulations they are available at the Municipal Office in Sherbrooke. You may also go to the All-Terrain Vehicle Association of Nova Scotia (ATVANS). Their website is: <https://atvans.wildapricot.org>

Sonora/St. Marys River Cemetery

A Penny Auction will be held at the Sonora Community Centre on Friday, April 12th at 7 pm. As well there will be a cake walk, sorry table and a 50/50 draw. All donations are greatly appreciated.

Join us for a Conversion on FOOD SECURITY

A few facts:

- 1 in 5 children in NS face food insecurity
- **1 in 3 children** in Guysborough County face food insecurity
- Monthly cost of a nutritious food basket is **highest** in the province in the eastern zone at **\$964.98**

Let's talk about it; What can we do?

How can we all help ensure people in our communities have access to healthy foods?

Information will be available on the Mobile Food Truck Project – Halifax

Join your Community Health Board (CHB) members in a discussion on Food Security.

April 1st, 2019 6-8pm at the Sherbrooke Fire Hall.

For more information please contact your CHB members. Cory Worth 902-328-7033 & Beulah Malloy 902-522-2184

Nature Knows Best: Leave Young Wildlife in the Wild

In the midst of February winter weather, it is hard to believe that spring is just around the corner. But soon the world will green up, flowers will bloom, and baby animals will be abundant. To wildlife rescuers and others that work with wildlife, this is the busy season. It is all the caring people, trying to do the right thing and rescue young “orphaned” animals, that make it so.

It is marvelous that so many people want to help wildlife and rescue young animals that appear to be orphaned. But by interfering, you are often doing more harm than good. Wild animals, even newborns, have a great ability to survive on their own. A parent is often nearby or will return soon, and that parent can do a far better job of raising their young than you or I.

At times it may be necessary to help out a young animal if it is in immediate danger. For example, scooping up a baby squirrel or hare before it is pounced on by your pet cat is necessary to save its life. However, once you have confined your cat or dog safely indoors, put the wild animal back where you found it and leave the area. Baby birds or entire nests can be placed back in a tree out of harm's way. Contrary to popular belief, birds will not abandon their young due to the smell of humans. In fact, most birds seem to lack a sense of smell. However, the parents are unlikely to return if you are nearby. Walk away for at least 24 hours and hope for the best.

It is not uncommon to find baby mammals, including snowshoe hares, fawns, raccoons, and seals, lying alone in a sheltered area. Mothers of these species will leave their young alone while foraging and only return a few times a day to nurse. If you find a young mammal leave it alone unless it is in a vulnerable location, such as on a road. Unlike birds, wild hare are sensitive to human scent and could abandon their young if they have been handled.

Wild animals have special requirements for nutrition, shelter, care and social interaction with their own species and other wildlife that people cannot replicate. Animals raised in captivity do not have the opportunity to learn about their natural physical environment as they grow and fail to develop necessary social, foraging and survival skills. This lack of contact with their own species, coupled with increased human contact from caregivers, not only lowers their innate fear of humans, but greatly reducing their chances of survival in the wild. If in doubt, it is always best to leave an animal in the wild. Raising or keeping wildlife without relevant training and permits is illegal under the *Nova Scotia Wildlife Act*.

If an animal seems to be hurt, lost or abandoned, do not approach it unless it is in immediate danger. Observe its behaviour and then call your local Department of Lands and Forestry office or, after hours, call 1-800-565-2224. Wildlife specialists will help determine how best to help the animal.

Lisa Doucette
Regional Wildlife Biologist, Antigonish
NS Department of Lands and Forestry

Lion's St. Mary's Memorial Hospital 7th Annual Walkathon

2019 Pledge Sheet

May 11th, 2019 Registration @ 9:30 - 10am

Sherbrooke Village Information Center (Village Parking Lot)

Walker: _____ Community: _____

Phone # _____

Name: (Please Print Clearly)	Complete Mailing Address for Receipt	Pledge	Paid	Receipt

Total Pledges: _____

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

Signature of participant or Guardian

Date



Solid Waste Sorting Guide

BLUE BAG #1

Recycle Paper

- Newspaper
- Egg Cartons
- Phone Books
- Paperback Books
- Magazines
- Flyers
- Box Board
- Cereal boxes
- Kleenex boxes
- Office Paper
- Envelopes
- Paper
- File Folders
- Shredded Paper
- Cores (from paper towel & bathroom tissue)
- Envelope windows do not need to be removed. All other plastic windows must be removed from other recyclable paper such as a Kleenex box.

ITEMS ACCEPTED AT TRANSFER STATION

- Construction and Demolition Materials
- Household Hazardous Waste
- Electronics
- Metals
- Compost

BLUE BAG #2

Recyclable Containers

All Beverage

Containers

- Juice
- Liquor
- Pop
- (These can be put in Blue Bag #2 if you are not returning for refund at depot.)

All Milk Containers

- Milk containers
- Coffee cream
- Whipping Cream
- Chocolate milk, etc.

Glass

- Bottles

- Jars

Metal

- Aluminum Pie Plates
- Food Cans (do NOT crush)

Plastics

- Grocery bags & Bread bags
- Household Containers (must have a recycling symbol with a number inside: #1-7)

All covers must be removed from milk, glass and plastic containers. Labels do not need to be removed. Do not wrap or stuff glass jars.

ALL ITEMS MUST BE CLEAN & DRY!

CLEAR BAG

Regular Garbage

Examples:

- Styrofoam (even with #6)
 - Bathroom Waste
 - Meat, Fish, bones, dairy products (i.e. Cheese & vegetables that have dairy or meat/poultry broth on them)
 - Clothes & Shoes
 - Broken Glass
 - Light Bulbs
 - Ceramics
 - Empty Aerosol & Paint Cans
 - Hot & Cold Take-out cups
 - Plastic wrap
 - Aluminum Foil
 - Candy wrappers/chip bags
 - Cigarette butts & all ashes
 - Kitty Litter & Bags
 - Cat & Dog Food Bags
 - Paper Frozen Dinner Trays
 - Caps & Lids from bottles
 - Wrapping Paper & Bows
 - Pizza Boxes
 - Flour, potato and sugar bags
 - Laundry soap boxes
 - Diapers
 - scratch lotto tickets
 - latex gloves
 - small appliances
 - construction and carbon paper
 - Other items that do NOT fall under Bag #1 or #2 and composting categories.
- *Each clear bag may contain one and only one small solid color bag for personal items.**

BACKYARD COMPOSTING

Greens:

- Pasta (Plain)
- Vegetables/Fruit Peelings
- Tea Bags
- Coffee Grinds
- House Plants

Browns:

- Coffee Filters
- Paper Towel
- Dry Leaves and Grass
- Shredder paper
- potting soil

No:

Meat/Fish/Bones/Dairy

Backyard Composting Tips:
Place your composter in a convenient location.

Empty your kitchen container daily. Always cover the items from you kitchen Greens with Browns. A dry layer on the top will reduce pests. Your compost should be as dry as a wrung out sponge or damp to touch - this reduces odors.

Solid Waste Information:

Eastern Region Solid Waste Management
902-232-2563
www.erswm.ca

RRFB Solid Waste Hotline
1-877-313-RRFB (7732)
www.rrfb.com

April Events Calendar

Mon, April 1 st	Port Bickerton Kid Fit 3pm Food Security Conversation 6pm
Tues, April 2 nd	Library Paint Group 11am Kid Fit – SMECA 2:30pm Open Gym 6pm Liscomb Cemetery Meeting 7pm Country Harbour Darts 7:30pm
Wed, April 3 rd	COTW 1pm Lion's Bingo 7:45pm
Thurs, April 4 th	Library Meditation 11am Poetry Workshop – Adult 1pm Yoga 6pm Chase the Ace @ Port Bickerton 7pm
Fri, April 5 th	Community Café 9:30am Village Readers Book Club 11am Poetry Workshop – Teen 1pm Maple Manor Bake Sale 2pm Library Sewing 6:30pm Chase the Ace @ Lion's Hall 7pm Card Party – Stillwater 8pm
Sat, April 6 th	Library Maud Lewis Painting 10:30am Bickerton Pub Night 9pm
Sun, April 7 th	Country Concert 2pm
Mon, April 8 th	Port Bickerton Kid Fit 3pm IHL Painting 7pm Council 7pm
Tues, April 9 th	Library Paint Group 11am Kid Fit – SMECA 2:30pm Open Gym 6pm Country Harbour Darts 7:30pm
Wed, April 10 th	Easter Social – Sonora 10am Lion's Bingo 7:45pm
Thurs, April 11 th	Library Meditation 11am Happy Feet 2:30pm Yoga 6pm ATV Meeting 6pm Chase the Ace @ Port Bickerton 7pm
Fri, April 12 th	Community Café 9:30am Maple Manor Bake Sale 2pm Library Sewing 6:30pm Penny Auction – Sonora 7pm Chase the Ace @ Lion's Hall 7pm Card Party – Stillwater 8pm
Sat, April 13 th	Mobile Depot Books with Ms. Banks 10:30am Spring Fling Potluck & Auction 4pm

Mon, April 15 th	Book of the Month Club 11am Trail Blazers (Grades 4-7) 2:30pm Budget Open House 6:30pm Bickerton Comm Centre Meeting 7pm
Tues, April 16 th	Library Movie 11am Library Paint Group 11am Trail Blazers for kids (Gr. 1-3) 2:30pm Open Gym 6pm Country Harbour Darts 7:30pm
Wed, April 17 th	COTW 1pm Lion's Bingo 7:45pm
Thurs, April 18 th	Poem in Your Pocket Day Library Meditation 11am Happy Feet 2:30pm Yoga 6pm Chase the Ace @ Port Bickerton 7pm
Fri, April 19 th	Municipal Office CLOSED Transfer Station CLOSED Fitness Centre CLOSED Library CLOSED Chase the Ace @ Lion's Hall 7pm Card Party – Stillwater 8pm
Sat, April 20 th	Easter Egg Hunt 9am Library - Under the Waves 10:30am
Mon, April 22 nd	Municipal Office CLOSED Transfer Station CLOSED Fitness Centre CLOSED Library CLOSED Port Hillford Clean Up 9:30am IHL Painting 7pm
Tues, April 23 rd	Library Paint Group 11am Trail Blazers for kids (Gr. 1-3) 2:30pm Open Gym 6pm Country Harbour Darts 7:30pm
Wed, April 24 th	Lion's Bingo 7:45pm
Thurs, April 25 th	Library Meditation 11am Happy Feet 2:30pm Yoga 6pm Chase the Ace @ Port Bickerton 7pm Cake Walk/Penny Auction IHL 7:30pm
Fri, April 26 th	Community Café 9:30am Maple Manor Bake Sale 2pm Library Sewing 6:30pm Chase the Ace @ Lion's Hall 7pm Card Party – Stillwater 8pm
Sat, April 27 th	Mobile Depot Bickerton Family Movie 1pm Quilt Show & Tea 1:30pm
Mon, April 29 th	Trail Blazers (Grades 4-7) 2:30pm
Tues, April 30 th	Library Paint Group 11am Seniors Luncheon - Ecum Secom 12pm Trail Blazers for kids (Gr. 1-3) 2:30pm Open Gym 6pm Country Harbour Darts 7:30pm

**Note: See event details in newsletter