

Municipality of the District of St. Mary's

Newsletter: May 2020 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 May 11th, 2020 at 7:00 pm. Committee of the Whole meetings are scheduled for Wednesday, May 6th and May 20th at 7:00pm. Meetings will be done virtually using Microsoft Teams or teleconference. Audio recordings will be posted on our website 24hrs later.

The Municipal Office & Transfer Station will be closed Monday, May 18th for Victoria Day.

Condolences to the Community of Portapique and Surrounding Areas

Warden, Council and staff at the Municipality of the District of St. Mary's are deeply saddened by the tragic events that occurred in Portapique, Colchester County on April 18-19th. Our thoughts and prayers are with the families of the victims of this horrific act and we want to extend our support and well wishes to the community.

2020-2021 Municipal Approved Budget

On March 25th, 2020 St. Mary's Municipal Council approved the Municipal Operating and Capital Budgets for 2020-21 and set the tax rates. This is the second balanced operating budget in over a decade that does not require the use of operating reserves. The total operating budget is \$3,287,160, a 0.86% increase over last year's. The tax rate will remain the same as last year, at \$0.95 for residential/resource assessed properties and \$2.26 for commercial assessed properties. Capital projects planned for the fiscal year include dry hydrants, streetscape projects and sewer and water plant upgrades.

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COVID-19

The province of Nova Scotia continues to be under a State of Emergency by Premier McNeil. The Municipality of the District of St. Mary's is committed to protecting the health and safety of our residents, councillors, staff and customers during the current pandemic by reducing the risk of coming in contact with the Covid-19 virus. The office is currently closed to the public, but limited staff will still be in the office and can be reached at 902-522-2049 to answer any questions. The Municipality has created a COVID-19 section on the municipal website that organizes federal, provincial and community information and resources. This can be found at www.saint-marys.ca/covid-19. In an effort to relieve financial burden at this time, Council has extended the due date on the fourth quarter water utility billing until August 1st, 2020.

Submission deadline for the June issue of the Newsletter is May 20th, 2020. Submissions can be put in the drop box at the office, faxed to 522-2309 or emailed to: physical.activity@saint-marys.ca. Please note we reserve the right to edit submissions.

Solid Waste May 2020 Collection

Eastern Shore Cartage 1-800-261-0372

The Transfer Station is open:

Monday & Tuesday and Friday & Saturday: 9:00-4:30

Tuesday	Zone 1	May 5 Recyclables	May 12 1 Bulky Item & Garbage	May 19 Recyclables	May 26 1 Bulky Item & Garbage	June 2 Garbage & Recyclables
Wednesday	Zone 2	May 6 Recyclables	May 13 1 Bulky Item & Garbage	May 20 Recyclables	May 27 1 Bulky Item & Garbage	June 3 Garbage & Recyclables
Thursday	Zone 3	May 7 Recyclables	May 14 1 Bulky Item & Garbage	May 21 Recyclables	May 28 1 Bulky Item & Garbage	June 4 Garbage & Recyclables

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.

Municipal News

TENDER - Water Treatment Facility - Roofing

The Municipality of the District of St. Mary's is accepting tenders for the re-roofing of the Water Treatment Facility at 8232 Highway #7, Sherbrooke. The Municipality will accept tenders on two different methods of roofing, shingle roofing and metal roofing. Contractors can bid on one or both methods. Sealed bids can be submitted to the Municipal Office at 8296 Highway #7, by mail to PO Box 296, Sherbrooke, B0J 3C0 or by email to marvin.macdonald@saint-marys.ca. Please mark on the envelope/email: "Water Treatment Facility Roofing". Tender closing date is 4:00pm, Thursday, May 22nd, 2020. For a full tender package, including the tender bid form, please contact the Municipality at 902-522-2049 or check our website at: <https://www.saint-marys.ca/tenders-and-proposals.html>. The Municipality reserves the right to accept or reject any tender based on the best interest of the Municipality.

Canada Day Cancellation

It is with great sadness that the Municipality of the District of St. Mary's announces that it will be cancelling the 2020 Canada Day Celebrations. The Municipality hopes to host a special community event in the future once Public Health deems it safe to gather in groups once again.

Accessibility Committee

Are you looking to make a difference in your community? Why not consider serving as a volunteer member of the newly formed Accessibility Advisory Committee? This committee provides advice to the Municipal Council on identifying, preventing and eliminating barriers to people with disabilities in municipal programs, services, initiatives and facilities. This will help the Municipality to become an accessible community that complies with NS's Accessibility Act (2017). Applications are available online or at the office and can be submitted to the office or planning@saint-marys.ca, or contact Hannah MacDonald at 902-522-2607.

Recreation News

Community Wellness Challenge

The Community Development and Recreation Department has issued a community wellness challenge that can be done by all ages during the COVID-19 Pandemic. The challenge encourages activities that will benefit mental, physical and social health. It is in the form of a Bingo game! Complete two lines or one line and four corners to have your name entered into a draw for a prize (consisting of local products) or complete the full card to have your name entered twice! Once your lines or card are complete, please complete the included survey. There is currently no closing date for this challenge.

Art Walk St. Mary's

We would like to extend an invite to all residents of St. Mary's to join a popular movement taking place across the country and world to brighten up our communities with art. Get creative and add some colour to your windows, doors, front porches, or driveways. You can use any artistic medium you want. Your creation can be inspiring words or quotes, pictures or 3D creations. Your creations will be seen by the whole community while walking or driving by your home. Send us a picture and we will post them on our Facebook Page for all residents to enjoy. Have fun and get creative!

Keeping Active During the Pandemic

Remaining active while practicing social distancing is very possible! Maintaining your health during the COVID-19 restrictions is very important as it leads to an improved mental health as well. Even though we are being asked to stay home and social distance, you can still remain active within your own communities with those you live with. Here are some guidelines to help you remain active!

1. Be active in your own community. Go for a walk in your neighbourhood with your family. This can be done on your street or in a local hiking trail if you can reach it by foot.
2. Do not drive to access physical activity opportunities – If you cannot reach a hiking trail by foot, please do not go.
3. Maintain 6ft of distance while being active – When passing someone in a trail or on the road, maintain the recommended 6ft of distance.
4. Enjoy your own yard – Get outside and walk around your own property. Being outside and enjoying nature can play a positive role on your mental health.
5. Do not gather in groups – Even though the State of Emergency allows for groups of 5, this allowance is for special circumstances. You should only be spending time with those in your household.
6. Have fun! – Make sure to continue to have fun as a family and enjoy the spring weather.

Community Services

CBDC Guysborough County

Please know that we have put mechanisms in place to assist you in your time of need while we all fight against COVID-19. CBDC staff will work with you in providing financial adjustments to alleviate the impact of COVID-19 to your business. All CBDC clients are asked to contact their CBDC to discuss the relief options we will be providing to all our borrowers. If you are having difficulty getting in touch with your CBDC please visit our website where you can find updated contact info for our offices or where you can send us a message via the contact card. <https://www.cbdc.ca/en/contact>

St. Mary's District Food Bank

Please contact 902-833-2920 if you know of a need in the community. 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, B0J 3C0. Donations are a great gift option and a card will be sent stating that a gift donation has been made.

High-Crest Sherbrooke

High-Crest Sherbrooke would like to thank the members of the Compass Rose Quilters Guild for generously making masks for our staff. Your kindness means so much to our staff! Sincerely, Courtney Mailman, Recreation Director.

MacMillan's Depot Recyclables Pick Up

MacMillan's Depot will not be doing any recyclable collection until further notice.

St. Mary's Kids First

Hello from Kids First! We hope you are all doing well and staying home to protect yourself and your love ones from this virus! We certainly do miss seeing you all at our programs, but we want you to know that we are here to support you during this difficult time. Any participants of Kids First are encouraged to contact us if they need support during this difficult time. If you just need to chat with someone, please don't hesitate to reach out. In an attempt to make some contact with you all, we will be holding weekly Zoom chat groups on Tuesdays from 10-11:30am starting April 21, 2020. If you are interested in taking part in this chat call with or without video, please contact Paula at 902-870-7437 or message the St. Mary's Kids First Programming Facebook page or email parentingjourney@kids1st.ca We are all in this together just apart for now! Take care.

SHOPS Toonie Draw

Every Wednesday. Pay in advance by leaving cash or cheque at locations, or call Jacqueline or Jeff 902-318-7467. Players 19 or older. Proceeds to SHOPS.

Eastern Counties Regional Library

Digital content offered by Eastern Counties Regional Library (ECRL) can support learning at home by providing access to downloadable books (fiction and non-fiction), online encyclopedias, French materials and language learning. Our online Library resources are free, high quality and available with an internet connection. Visit www.ecrl.library.ns.ca/digitalcontent for a complete list of ECRL's digital content.

Congregational Services

The United Church of Canada

All church services and weekly activities are cancelled until further notice.

Indian Harbour Lake Pentecostal Church

During our pastoral transition you can contact the church in the following ways. Facebook:

<http://www.facebook.com/ihlpentecostalchurch>

Email: ihlpentecostalchurch@gmail.com

Phone at [902-318-0066](tel:902-318-0066) ask for Sean

Catholic Church

All services are cancelled until further notice. Please call Fr. Lazarus Guria- 902-776-0228 for more information.

Baptist Congregation of Port Bick., Port Hillford & Sonora

Sunday worship schedule May 2020. The services below are tentative depending on if and when shutdowns due to Covid-19 are lifted. Call Pastor Ron for confirmation.

May 3 – Port Hillford, 11:00am

May 10 – Port Bickerton, 11:00am

May 17 – Sonora, 11:00am

May 24 – Port Hillford, 11:00am

May 31st – Port Bickerton, 11:00am

Rev. Ron Ford, 902-522-2805 (Home) 902-318-3488 (mobile)

Community News & Events

Greenfield Oldsters Club – Melrose

All events will be cancelled until further notice.

Goshen Community and Recreation Centre

The centre will remain closed for the month of May.

Stillwater Community Center

All card play is suspended until further notice.

Port Bickerton Community Center

Port Bickerton Community Center has closed all events, activities, meetings and the exercise room until the Health Authorities make the decision it is safe to gather again. Thank you for your cooperation during this time of the Corona-virus. Add us on our Facebook group for further updates. Thank you for your cooperation PB Community Club.

Indian Harbour Lake-Jordanville Community Center

All events will be postponed until further notice.

Compass Rose Quilters Guild

All meetings will be postponed until further notice.

St. Mary's Shooters Association

All activities for St. Mary's Shooters Association are on hold until at least July 4th. This all depends upon the COVID-19 outcome. There will be more info in June.

Royal Canadian Legion Branch 86, Liscomb

The Liscomb Legion is closed until further notice. Please be safe and follow the health rules.

St. Mary's ATV Club

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) website at: <https://atvans.wildapricot.org>

St. Mary's Lion's Club Walkathon

St Mary's Lion Club annual Walkathon for St. Mary's Memorial Hospital is postponed until further notice.

News from the Whale Sanctuary Project

We miss being with you and hope that everyone is healthy and staying safe. We also want to assure everyone that our work to create the whale sanctuary in Port Hilford is moving forward. Like everyone throughout the world, we are conducting internet meetings with Zoom and Skype, and we are getting used to seeing people on cameras from their homes rather than all being around a table. Thank you for your patience and your support.

For us, the most difficult aspects of the travel and meeting restrictions are that we cannot now be sitting down with the St. Mary's communities, sharing our concepts for Port Hilford and discussing your ideas. Therefore, in order to share any news and create a dialog, in the coming days we will establish a local Facebook page and we are looking into opening an information center on Main Street.

We have begun to do environmental analyses of Port Hilford under the direction of our Nova Scotia research analyst, Dr. Amanda Babin. She is getting excellent help from Jamie Anderson, Amy Simon, Hughie MacDonald and other fishers – all practicing social distancing and often having to work independently. On Zoom, we are meeting with Nova Scotia scientists and researchers to understand their questions and get their advice. We are receiving inquiries from many people offering their skills and assistance and we are doing everything possible to conduct initial meetings with them via phone and internet.

In short, we are setting-up the structure to move forward as actively as possible. With the help of many of you, we will create ways to meet with the community. Some meetings may have to wait until travel restrictions are lifted, but in the interim, with our local leaders, Stephen Flemming, Jamie Anderson, Amy Simon, so many others and especially the fishers, we will be able to communicate with all of you. And, please do not hesitate to reach out to me. Thank you so very much. Be well and be safe.

Charles Vinick, charlesv@whalesanctuary.org



Application for Residential Low Income Property Tax Exemption 2020/21

The Municipality of the District of St. Mary's provides assistance to homeowners to help pay their residential property taxes. Qualified applicants will receive a credit which is applied directly to the tax account.

To Qualify:

- You must be a *Canadian citizen and permanent* resident of St. Mary's Municipality and
- Own the assessed property and occupy it as your home and
- Prior year's property taxes must be paid in full
- Annual income from all sources for the previous calendar year for yourself, spouse, and other family members that reside in the same household was equal to or less than annual amount set (based on line 150 of the income tax *Notice of Assessment*)

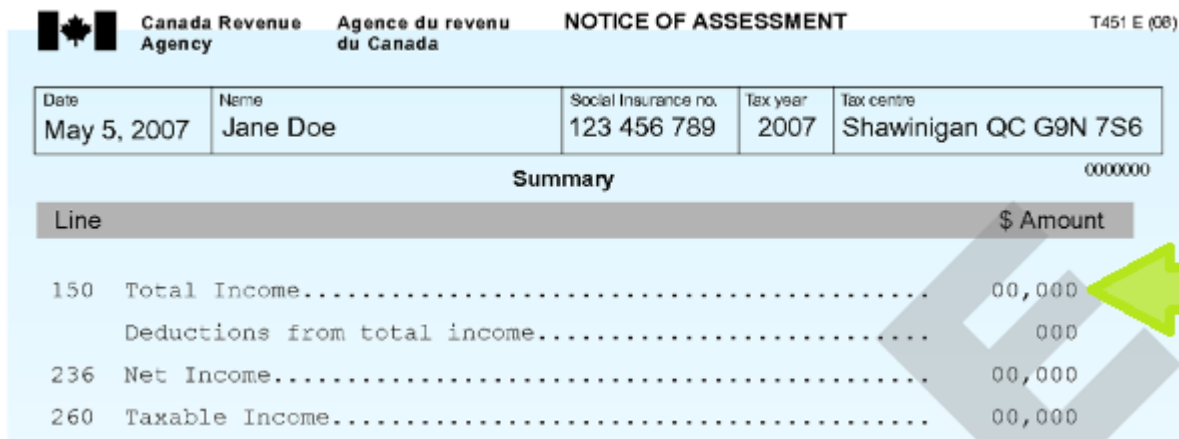
Exemption Value:

The exemptions provided will be based on the following income levels:

Annual Income	Tax Exemption
Less than or equal to \$21,000	\$110

How to Apply:

- After you have filed your personal income tax return for 2019 and received your Notice of Assessment from Canada Revenue Agency, complete the Municipal Application for Residential Low Income Property Tax Exemption form
- Attached copies of the 2019 Canada Revenue Agency (CRA) Notice of Assessment for each adult residing in the home
- Sample Notice of Assessment from Canada Revenue Agency (CRA)



- If you do not have your CRA Notice of Assessment for 2019 you can call 1-800-959-8281
- Applications must be received by the Municipality no later than December 31, 2020
- Applicants must re-apply each year

ST. MARY'S WELLNESS BINGO

Turn off your cell phone by 6pm	Call a family member or friend you haven't talked to for a while.	Eat a healthy lunch using Canada's Food Guide.	Try a new hobby	Dance! Throw on some music and dance.
Go for a 30 minute walk in your neighbourhood	Send a family member or friend a healthy recipe or project idea	Take a mental moment to yourself. Do something you enjoy.	Do a 10 minute stretch.	Make a homemade smoothie
Drink the recommended 8 glasses (8-ounce glass) of water in a day	Listen to 10 minutes or more of music	FREE SPACE	Turn off the TV and read a book for 20 minutes	Go for a bike ride
Tidy your garden or yard	Create a positive message to post in your front window for local walkers	Go for a walk in nature (in your own yard or local trail)	Use an online video to lead you in 15 minutes of yoga.	Park at the back of the parking lot when running an errand
Start a journal. Make your first entry.	Post a positive poem or quote on a friends Facebook wall	No caffeine for a day	Donate three items to the St. Mary's Foodbank	Submit a video to the Municipality's Video Challenge

St. Mary's Wellness Challenge Bingo Survey

Please complete the following survey once you have completed two lines, one line and four corners or a full card in your bingo game. Completing this survey and submitting it to the Municipality will enter your name in for a draw for one of our prizes. You can fill this copy of the survey out and send it to the Municipality of the District of St. Mary's, PO Box 296 Hwy. 7, Sherbrooke NS B0J 3C0 or find a link to the survey on our Facebook page or website, www.saint-marys.ca

* Indicates questions you must answer to be entered to win a prize.

*1. What is your name? _____

2. What is your age range? 0-5 6-10 11-15 16-20 21-30 31-50 51+

*3. What bingo activities did you complete?

- | | |
|---|--|
| <input type="checkbox"/> Turn off Cell Phone | <input type="checkbox"/> Turn off TV, read a book |
| <input type="checkbox"/> Call a family member or friend | <input type="checkbox"/> Go for a bike ride |
| <input type="checkbox"/> Eat a healthy lunch | <input type="checkbox"/> Tidy yard or garden |
| <input type="checkbox"/> Try new hobby | <input type="checkbox"/> Post message in window |
| <input type="checkbox"/> Dance | <input type="checkbox"/> Go for a walk |
| <input type="checkbox"/> 30 minute walk | <input type="checkbox"/> 15 mins of yoga |
| <input type="checkbox"/> Send a healthy recipe | <input type="checkbox"/> Park at back of parking lot |
| <input type="checkbox"/> Mental moment | <input type="checkbox"/> Start a journal |
| <input type="checkbox"/> 10 minute stretch | <input type="checkbox"/> Post of positive poem/quote on Facebook |
| <input type="checkbox"/> Make a smoothie | <input type="checkbox"/> No caffeine |
| <input type="checkbox"/> Drink 8 glasses of water | <input type="checkbox"/> Donate to foodbank |
| <input type="checkbox"/> Listen to music | <input type="checkbox"/> Submit video to municipal video challenge |

*4. Did you enjoy the challenge, and would you do another?

5. Do you have any other suggestions for how the Community development and Recreation Department can Support you through the Covid-19 Pandemic?
