

January  
February  
March  
2012

Issue 11

*Village of New Minas...A Good Place To Live*

# NEW MINAS NEWS FOR YOU

*The Village's Community Newsletter*

**NEW MINAS**

A GOOD PLACE TO LIVE

**Since 1968**

[www.newminas.com](http://www.newminas.com)

**Special points of interest:**

## New Minas' March Break Day Camp 2012

**Register Now — Spots are limited!**



Phone:

902-681-6577,

902-681-6972

Or drop in to:



New Minas Civic Centre, 9209 Commercial Street

New Minas March Break Day Camp will take place from March 12 through 16, for children between the ages of 5 to 12. Cost is \$100.00 per child for a ten hour day (7:30 am to 5:30 pm) payable by March 9, 2012. Each day is jam-packed with fun activities for the campers. Call to secure a spot today, space is Limited!

Please have your child(ren) bring to camp each day: plenty of fluids, lunch, at least two snacks, indoor footwear, and appropriate outdoor clothing; coats, boots, hats and mittens.

- ✓ March Break Day Camp
- ✓ Happy New Year
- ✓ Special Events Thank You
- ✓ Special Events
- ✓ Your Way to Wellness
- ✓ HFH Thank you
- ✓ Kids Activity Sheets
- ✓ Recreation Programs
- ✓ Director's Note
- ✓ Just for Fun
- ✓ Community Groups
- ✓ Contact Numbers
- ✓ Answers to Just for Fun

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*The Village Commission & Staff,  
wish everyone a happy & healthy 2012!*



# Special Events Notice

## Thank You to our Halloween & Christmas Sponsors

Platinum Sponsor Boston Pizza, You're among friends



Gold Sponsor Merry Maids, Relax. It's Done



Bronze Sponsor New Minas & District Lions Club



Bronze Sponsor Connors Diesel Ltd



Bronze Sponsor McDonalds Restaurant



Sponsor Service Master



Sponsor Valley Stationers Ltd



Sponsor Sobeys



Sponsor Tim Hortons



Sponsor Saunders Tartans & Gifts



Sponsor Prettie Posies



Sponsor Stirlings Fruit Farms Ltd



Sponsor Solas Naturals



**“Thank You”** to all who attended and sponsored our **Halloween Parties** and our **Celebrations of Lights 2011**, they were fun. These special events would not be possible without the help and generous support of the businesses in New Minas and the surrounding area.



## Special Events



Do you have a chronic (on-going) health condition such as Diabetes, Arthritis, High Blood Pressure, Heart disease, or COPD to name a few? Do you want to take control of managing your symptoms?

**Your Way to Wellness** is a **FREE** self-management program for people living with a chronic health condition. It is designed to help participants manage symptoms and gain the confidence needed to cope with on-going health conditions.

The **FREE** six-week program is being offered by Annapolis Valley Health (AVH) in the Kentville /New Minas/Wolfville areas in early 2012.

Learn how to take action toward a healthier life! To register or for more information about *Your Way to Wellness* or 4 the Health of it , an eight-week health self-improvement program offered by Annapolis Valley Health, contact Pat Lithgow 902.538.1315, plithgow@avdha.nshealth.ca [View an informative video at https://yourway2wellness.gov.ns.ca](https://yourway2wellness.gov.ns.ca)

### Habitat for Humanity Nova Scotia Annapolis Valley Project

Would like to thank all who volunteered with us and helped us to place two families in new homes for Christmas. What a joyful Christmas it will be on Maple Avenue! May the spirit of Christmas fill your hearts and homes in this loveliest of seasons may you find many reasons for happiness.

In order, to provide new homes to other families in the Annapolis Valley area, your continued support is extremely important.

Watch for more information on the website at [www.habitatav.com](http://www.habitatav.com)



### Take The Roof Off Winter Creative Expressions Contest 2012 Recreation Nova Scotia

An opportunity for children ages 5 to 12 to be creative! All you have to do is draw or sketch a picture about playing and being active outdoors in the winter means to you!

A random draw will take place on March 29, 2012. The winner receives a great gift bag valued at \$150 from Canadian Tire!

Check out <http://www.taketherooffwinter.ca/kidszone.php> for fun printable take the roof off winter activity sheets and game ideas: Dot to Dot, Winter Word Search, Skier Shaped Maze, & Games.

#### Last Year's Contest: A Wild Success!

The 2011 Take the Roof off Winter Creative Expressions Contest was Lucy Gillis. Thanks to everyone who entered.



## Recreation

### New Minas & Area Parent/Tot Playgroup



Children ages: 0 — 3

**Mondays 10:00 — 12:00**

**Downstairs New Minas Civic Centre**

#### January Schedule

**Jan 2:** No Group (Christmas Break) Happy New Year!

**Jan 9:** Just Play

**Jan 16:** Outing: Roo's Playhouse, Greenwood Mall. Cost is \$5.00 per child. We will meet at 10:30am.

**Jan 23:** Outing: Lockhart Ryan Park at 10:30 am weather permitting, for some outdoor fun.

**Jan 20:** Just Play



**Program Leader: Stephanie Williams**

**No need to register, just stop by and play. Contact info: parentandtot@gmail.com.**

### Winter Sports Programs

**N.M.H.L. Youth Floor Hockey Jan 24 — Apr 13, 2012**

**Ages: 9 — 13**

**Tuesdays 6:00 — 7:30pm**

**New Minas Baptist Church \$45.00**

**Minimum Participants: 12**

**Sport Start for Kids**

**Jan 23 — Apr 2, 2012**

**Active Start** Teaches the ABC's of movement: Agility, Balance, Coordination and Speed

**Ages: 4 — 6**

**Mondays 5:30 — 6:00pm**

**New Minas Baptist Church \$40.00**

**Minimum Participants: 8**

**Fundamentals** Program includes 2 sessions — one for hitting — one for ball games

**Ages: 6 — 8**

**Mondays 6:00 — 7:00pm**

**New Minas Baptist Church \$45.00**

**Minimum Participants: 8**

**Instructor: Evan Slauenwhite**

**Physical activity should always be fun and not a task!**



**Ballet, Hip-Hop & Jazz**

**Instructor: Sarah Walsh**

Sarah has trained with many famous dancers including *So You Think You Can Dance* star Blake McGrath and she's here to share her expertise with us! She will be hosting classes on Saturdays for two different age groups, 5-7 & 8-10, beginning January 21st. Sessions with Sarah will be 1 hour and run for 10 weeks. Register quickly because there are **only 15 spots available per group.**

**Ages: 5 — 7**

**Saturdays 10:00 am**

**Downstairs New Minas Civic Centre**

**Ages: 8 — 10**

**Saturdays 11:00 am**

**Please register before Jan 13, 2012**

**Please Note! There will be no classes during the week of March 12 — 16th, 2012!**

## Recreation

### Older Adults Life Quality Improvement Program

**Tuesdays & Thursdays**

**10:00 - 11:00 am**

**New Minas Civic Centre**

This program is the perfect way to get some exercise and meet new friends. Stop in and check out our exercise classes with Eve, Tuesdays and Thursdays between 10 and 11:00 am.

**Instructor: Eve Deir, Certified older-adult fitness instructor. \$2.00 drop-in fee.**



### Computer Availability Schedule

The Village of New Minas, is offering Seniors a place to come use a computer. We have four computers available for seniors enjoyment. Below is a list of day and times that the computers will be available for use.

Monday	Tuesday	Thursday	Friday
9:00am - 4:00pm	12:00pm - 4:00pm	12:00am - 4:00pm	9:00pm - 4:00pm
<b>Date &amp; Times are subject to change, if required</b>			



### Ballroom Dancing

**Wednesdays**



**6:30 pm to 9:00pm**

**New Minas Civic Centre**

The Village of New Minas is offering a Weekly Ballroom Class; all levels of experience welcome.

**Instructor: Steven MacDonald**

**\$5.00 drop-in fee.**



### Decorative Painting

**Painting Classes**

**Wednesdays 1 – 4 pm**

**New Minas Civic Centre**

Open House: January 11, 2012. A preview of the winter pieces will be on display at that time. Projects will be available in a variety of mediums and are priced on a per project basis. You choose the projects that appeal to you. We are a fun social painting group and welcome all levels of experience; we look forward to meeting you.

Regular classes begin on Wednesday, January 18 at 1:00pm, until the spring. Occasional Saturday seminars are also held.

**Please, pre-register for classes so that the instructor has sufficient supplies on hand**

**Phone: 902-798-5831 or by email: debifitzpatrick@eastlink.ca.**

**Instructor: Debi Fitzpatrick**



# New Minas Recreation

## Director's Note

I'm just getting settled into my new position as Recreation Director and I must say I'm pretty excited about what's in store for the future. For starters, construction of the community's new facility is well underway. When all is said and done the building will have a high school size gym, a conference room, several camp rooms, a full kitchen and a music room. So, the next time you're in the area, stop by and take a look (but please don't enter the construction site!), you'll see the Gym is almost complete and the foundation for the rest of the building has been laid. It's only a matter of time before we open the doors to a new chapter in the Village's history!

I'm also happy to report that both NME and EMS will have afterschool programs beginning in January. We have a terrific new instructor to lead the way, too. Sarah Walsh is originally from Kitchener, Ontario where she first started her dance training. She has been a dancer for 15 years and teacher for 6. Sarah has taken classes from professional dancers including Blake McGrath (Dance Life/Recording Artist), Everett Smith (So You Think You Can Dance Canada), Scott Kufske, Lisa Collins and Jonathan Arseneault (So You Think You Can Dance Canada). She has competed all over North America winning numerous awards along the way. Sarah will be leading a mix of programs at NME, and will be focusing directly on Dance at EMS. She will also be teaching dance out of our civic center on Saturday mornings starting Jan 21 at 10:00 a.m. Sarah is very excited to start work in the community and we're just as excited to have her!

In addition, I'd like to draw attention to one of the programs that we will be offering in January. *Sports Start for Kids* will run out of New Minas Baptist Church on Monday evenings and cater to children 4-8yrs old (visit [www.newminas.com](http://www.newminas.com) after Christmas for more info). This is an important community program because it teaches children *physical literacy* through multi-sport programming, and follows the Long Term Athlete Development Model (LTAD). The goal is to help children develop fundamental movement and athletic skills through a variety of modified games that are based on well-known sports, with the idea being that if we give children the opportunity to do the right physical activities at the right time in their development, more of them will enjoy getting active and stay active. One 10 week session will include:

**Introduction to ball games** – teaching the throwing, hitting, catching, passing and kicking skills that could lead to later involvement in basketball, volleyball, soccer, rugby, team handball and other similar games.

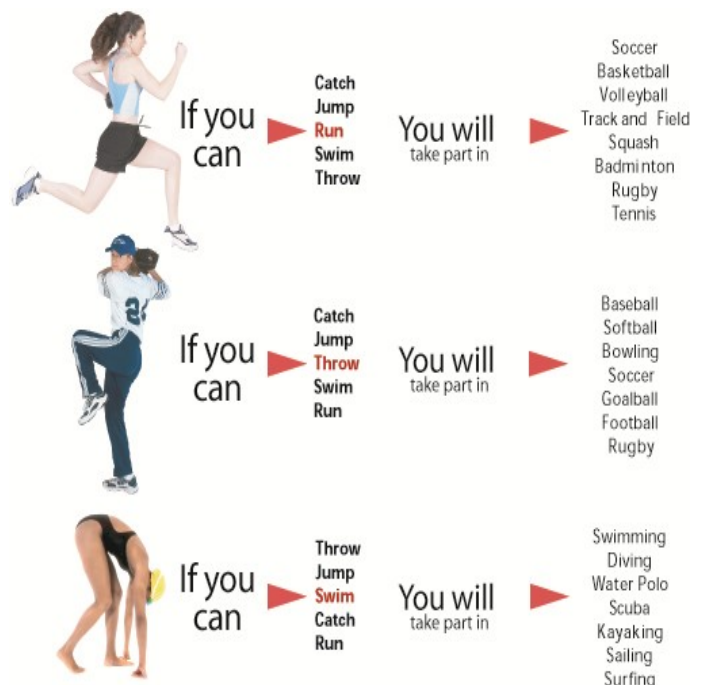
**Introduction to hitting games** – teaching children to hit stationary and moving objects with a variety of bats and racquets, providing the building-block skills for softball, baseball, hockey, golf, tennis, badminton, racquetball or squash.

Finally, we have jumped on the social bandwagon and launched a facebook page. Please find us on facebook by searching "New Minas Recreation".

We would love to hear from you!

Sincerely,

John



## Just for Fun

S	N	O	W	M	A	N	L	N	E	R
N	C	B	I	V	W	A	D	O	O	F
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G	N	I	T	S	A	O	C	T	H	G
S	E	I	R	O	M	E	M	D	R	E

- |          |                  |                 |
|----------|------------------|-----------------|
| Cards    | Fun              | Snow Sculptures |
| Children | Gifts            | Snowman         |
| Coasting | Lights           | Tradition       |
| Family   | March Break Camp | Vacations       |
| Food     | Memories         | Valentine’s Day |
| Friends  | Participants     | Winter Carnival |

**Solve our cryptogram by replacing the incorrect letter with the correct letter.**

1) P ofei vfrias aitif diom ra nxef gpn eazimm nxe gpkkir ox ui dxrad sxga. **Pfaxzs Q. Drpmxg.**

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2) H qbztyehr bi h ehc kwy htkhni gpepexpgi h kyehe’i xbgrwqhn cpmg gpepexpgi wpg hvp. **Gyxpgr Dgyir.**

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## Community Groups

### New Minas Sparks, Brownies, Guides, Pathfinders, Rangers

Please contact: District Commissioner’s **Carrie Doyle** 542-2309 [carriedoyle@hotmail.com](mailto:carriedoyle@hotmail.com) & **Carrie Nichols** 542-5538 [carrienichols@eastlink.ca](mailto:carrienichols@eastlink.ca)

#### Seniors Minas Fifty Plus Club

Minas Fifty Plus Club meets Wednesdays at 1:00 pm at the New Minas Volunteer Fire Department (NMVFD).

The first Wednesday of every month is pot luck beginning at 11:30 am.

Contact: President Nora Russell at 678-6848 or Anita German at 678-6741.

#### New Minas Sunrise Rotary Club

President: Jim Lamb  
 Phone: 670-3084 / Fax:538-8284  
 E-mail: [jimblamb@hotmail.com](mailto:jimblamb@hotmail.com)

Wednesdays at 7:00 am at Smitty’s

#### Evangeline Recreation Society

8752 Commercial Street, New Minas, NS B4N 3C5  
 Tel:(902)678-1117 Fax:(902)678-4668

Email: [kickoff@ns.sympatico.ca](mailto:kickoff@ns.sympatico.ca)

#### Welcome Wagon, Since 1930

Contact Ellen: 902-678-5734

#### New Minas & District Lions Club

Mary Stevens, President 681-2040  
 Peter Wallis, Treasurer 582-7980  
 Morley Wills, Secretary 678-3819

-Country Breakfasts are the 1st Saturday of every month: 7-10:30 am at Civic Centre.

-Collect used eye glasses, hearing aids, used postage stamps and cell phones. Please drop off at Civic Centre.

Meet: 2nd Tuesday, 6:30pm Business

Meet: 4th Tuesday, 6:30pm Supper

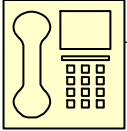
**Meeting guests welcome**

#### Alexander Society for Special Needs

Email: [kp@alexandersociety.org](mailto:kp@alexandersociety.org), Call: 582-3888

#### Habitat for Humanity

Annapolis Valley Project  
 P.O. Box 632 Kentville, NS B4N 3X7  
[www.habitatav.com](http://www.habitatav.com)  
[Habitat.av@gmail.com](mailto:Habitat.av@gmail.com)



# Contact Numbers

9209 Commercial St., New Minas, NS B4N 3G1  
 newminas@ns.aliantzinc.ca, www.newminas.com Phone: 681-6972 Fax: 681-0779

## Organization

## Contact Info

Animal Control .....	Phone 678-3647
Building Permit Inquiries.....	Phone 690-6123
Civic Centre Rentals.....	Phone 681-6972
Civic Numbers Signs.....	Phone 582-7980
Department of Environment .....	Phone 679-6086
Lockhart & Ryan Memorial Park Inquiries (fields).....	Phone 681-0870
MLA Ramona Jennex, Kings South.....	Phone 681-3741 ramonajennexmla@bellaliant.com
MP Scott Brison, Kings-Hants.....	Phone 542-4010 kings.hants@ns.sympatico.ca
Municipality of Kings County.....	www.county.kings.ns.ca or Phone 678-6141
New Minas Volunteer Fire Department (NMVFD).....	Phone 681-6661
Planning and Development Inquiries.....	Phone 690-6138
Police General Inquiries-RCMP.....	Phone 679-5555
School/Busing Inquiries.....	Phone 538-4600
Sidewalk Inquiries.....	Phone 681-6972
Soccer Inquiries.....	Phone 542-2905
Street Inquiries.....	Phone 679-6122 (DOT)
Street Light Inquiries/Emergencies.....	Phone 1-800-428-6230 (NSP)
Street Signs.....	Phone 679-6122 (DOT)
Tax Bills (Village and County).....	Phone 690-6144
Traffic Lights.....	Phone 679-6122 (DOT)
Valley Regional Hospital.....	Phone 678-7381
Valley Waste: Garbage/Recycling.....	Phone 679-1325
View all approved Village Minutes.....	www.newminas.com
Village Bylaws.....	Phone 681-6972
Village Commissioners Contact Numbers.....	Phone 681-6972
Village General Business.....	Phone 681-6972 / Fax 681-0779
Village General Business on line.....	www.newminas.com
Village Recreation Programs & Events.....	Phone 681-6577
Village Water/Sewer Bills/Inquiries.....	Phone 681-6972
Village Water/Sewer Inquiries/Emergencies.....	Phone 681-7750
Welcome Wagon/Welcome Baby.....	Phone 678-5734

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P	N	C	R		K			T		I
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S	E	I	R	O	M	E	M			

## Answer to our Just for Fun

1) A true friend never gets in your way unless you happen to be going down. **Arnold H. Glasow**

A-p, B-u, C-h, D-s, E-i, F-v, G-d, H-q, I-r, J-c, K-w, L-z, M-b, N-a, O-x, P-k, Q-y, R-f, S-m, T-o, U-e, V-t, W-g, X-j, Y-n, Z-l.

2) A diplomat is a man who always remembers a woman's birthday but never remembers her age. **Robert Frost**

A-h, B-x, C-f, D-q, E-p, F-d, G-v, H-w, I-b, J-s, K-r, L-t, M-e, N-c, O-y, P-z, Q-a, R-g, S-i, T-r, U-l, V-m, W-k, X-o, Y-n, Z-j.