

July/  
August/  
September

**Village of New Minas...A Good Place To Live**  
- Community with Unity! / Shopping Centre of the Valley / Soccer Capital of Atlantic Canada -



**Since 1968**

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

**Issue 5**

**The Village's Community Newsletter**

**Special points of interest:**

**Summer Day Camps**

**8 Week program, Starting July 5<sup>th</sup>, from 7:30 am to 5:30 pm**

Please have your child(ren) dropped off by 8:45 am unless prior arrangements have been made

\$130.00 for the week, \$26.00 a day, except Wednesdays, Wednesdays \$36.00

Pre-School	ages 3 – 5	TBA
Junior	ages 6 – 8	TBA
Senior	ages 9 – 12	Baptist Church
Sports	ages 9 – 12	NMES
Visual Arts	ages 6 – 12	Hope Church



Don't miss out, only a few sporadic weeks left, funding available. Contact the Village of New Minas for more information 902-681-6972, office hours Monday – Friday, between 8:30 am – 4:30 pm.

- ✓ Summer Day Camps
- ✓ Princess New Minas
- ✓ Canada Day
- ✓ Celebration Days
- ✓ Summer programs
- ✓ On Going Programs
- ✓ Art & Music
- ✓ Live an Active Lifestyle
- ✓ From the Office
- ✓ From Public Works
- ✓ Community Groups
- ✓ Contact Numbers

**Princess New Minas 2010**

**Mandy Deveau and Her Child Attendant Rebecca Smith**



Mandy Deveau is the 23-year-old daughter of Ricky Deveau and Debby and Darren LeBlanc. Mandy has a very strong interest in business and marketing, and currently works at Cornwallis Chevrolet Buick GMC in New Minas as one of its leading sales consultants.

She attended Acadia University and is continually working towards earning her sales certification as a Genuine GM sales consultant. As much as Mandy is becoming an active part of the Valley's business scene, she is equally becoming more and more active in her community. She was recently approached to be a part of the Valley's Big Brothers, Big Sisters Board of Directors, which she eagerly accepted. She volunteers with the Village of New Minas, helping out with the annual Festival of Lights and winter carnival. In her spare time, Mandy enjoys studying, drawing, running and volunteering whenever possible.

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## Community Special Events

### Canada Day Celebrations

Lockhart & Ryan Memorial Park

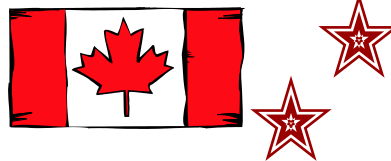
#### Fun Activities for the Entire Family

Come and enjoy a fun filled day of food, live music from Vintage Country, Csaba and Frederico, and Swig, magic show, soap slide, face painting, wagon rides, bounce kingdom inflatable jumper, wagon rides, Tim Beanie's balloon twisting, flag raising, and more! Opening Ceremonies begin at 12:00 noon.

**Happy Canada Day!**

#### Canada Day – A Quick Glance at the Schedule!

TIME	EVENT/ACTIVITY	Lockhart Ryan Park
12:00 pm	Dignitaries' Welcome Messages	Stage
12:30 pm	Vintage Country	Stage
1:00 pm	Bouncy Castle	Stage
1:30 pm	Al Bernard -- Magician	Stage
2:00 pm	Csaba & Frederico	Stage
3:15 pm	S.W.I.G.	Stage
12:30 pm	Soap Slide	Hill
	Face Painting	Hill
	Wagon Rides	Hill
2:00 pm	Tim Vallillee – Balloon Twisting	Hill



#### **PUBLIC SERVICE ANNOUNCEMENT**

The Village Commission of New Minas passed its Operating and Capital Budgets on June 15<sup>th</sup>.

The General Operating Budget was approved at \$2,329,825. The General Capital Budget was approved at \$555,985. The New Minas Water Commission passed its Operating and Capital Budgets on June 9<sup>th</sup>: The Water Operating Budget for the Water Commission at \$848,759. The Water Capital Budget for the New Minas Water Commission at \$75,793



# Celebration Days



**August 13th-15th**

Celebration Days are scheduled for August 13 to 15 this year and there will be fun for the whole family. Events will include the annual Golf Ball Drop, balloon twisting by Tim Beanie, fireworks and more! Live music supplied by Hal Bruce, the Vintage Country, Beer in the Headlights, and Csaba & Frederico, Highway 10 and a karaoke talent contest with Denny Myles.

## New Minas Volunteer Fire Department



**Golf Ball Drop**



**7:30 pm, August 13, 2010**

**Lockhart Ryan Park**

The New Minas Volunteer Fire Department Auxiliary, is once again offering a golf ball drop Friday evening. First prize is \$1,000.00, the other two prizes are undetermined at this time. All proceeds go to the New Minas Volunteer Fire Department.

### Celebration Days 2010 – A Quick Glance at the Schedule!

<b>Friday 13th</b>	<b>EVENT/ACTIVITY Lockhart Ryan Park</b>
6:30 pm	Official Opening with Town Crier Lloyd Smith
7:30 pm	NMVFD Golf ball drop
8:00 pm	Vintage Country
9:00 pm	Beer in the Headlights
10:00 pm	Fireworks
<b>Saturday 14th</b>	<b>EVENT/ACTIVITY Lockhart Ryan Park</b>
9-12 pm	Flea Market in the park
<b>Stage</b>	
12-12:45 pm	Highway 10
1-1:45 pm	Hal Bruce
2-2:45 pm	Csaba & Frederico
3-4:00 pm	Little Tim & Smile E Guy
<b>Hill</b>	
12-2:00 pm	Tim Vallillee – Balloon Twisting
12-4:00 pm	Face Painting
	Soap Slide
	Wagon Ride
<b>Sunday 15<sup>th</sup></b>	<b>EVENT/ACTIVITY Lockhart Ryan Park Stage</b>
12-4:00 pm	Karaoke contest with Denny Myles
<b>Please pre-register with Denny at 678-7666 to ensure spot</b>	



Annapolis Valley Business Environmental Committee AVBEC will be there each day to answer any and all questions you may have regarding waste disposal.

# Recreation



## Summer Programs



Program Leader Stephanie Williams  
 No need to register, just stop by and play  
 Contact info: parentandtot@gmail.com

### New Minas & Area Parent/Tot Playgroup

**Mondays 10:00 – 12:00pm**

**Downstairs New Minas Civic Centre**

#### July Schedule

July 5 - Special Guest: Karen Kennedy from Nova Scotia Hearing and Speech. She will be giving an overview of what to expect in each stage of your child’s development. She will be available to answer any questions and address any concerns you may have.

July 12 & 26 - “Just Play”

July 26 - Outing to the New Minas Volunteer Fire Department. They will be able to see the fire trucks up close and learn about fire safety. They will meet at the Fire Department at 10:30 am.

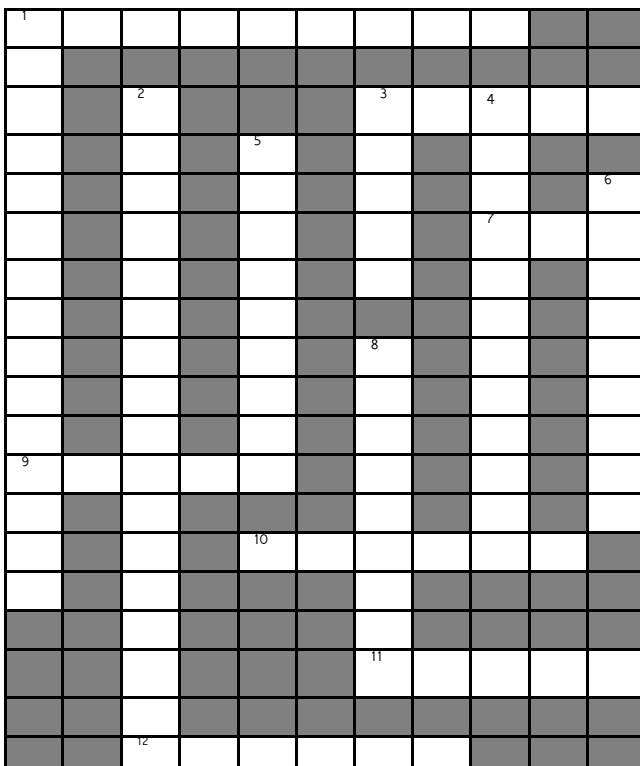


### New Minas Play Days Playground Fun

New Minas Recreation is once again offering it’s “Play Days” Playground Fun program this summer. Participants will enjoy a number of activities including; arts and crafts, sports games, water slides, water sprinklers and other fun activities at our playgrounds throughout the Village. Promoting physical activity while helping children to learn social skills.

For further information please check our website at [www.newminas.com](http://www.newminas.com) or contact New Minas Recreation at 902-681-6577, office hours are Monday to Friday between 8:30am and 4:30pm.

### Just for Fun



The answers are on page 8.

#### Across

- 1 July first
- 2 Unexplained
- 3 Entertaining
- 4 Form of expression, Boogie, Bop
- 5 Bands
- 6 Movies
- 7 Skills — Abilities

#### Down

- 1 August 13 — 15
- 2 Are you a superstar?
- 3 Listening pleasure, melodies
- 4 Fire department special event
- 5 Slippery fun
- 6 Pleasurable
- 8 Sky Changers

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

1) Yho cwfg rxsom rtgmo onhi cwf sxi vtmowgo onhb xm cwf zphz mh. Bxgu Oexti

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2) Rx rv kyx vy sphf ypl dlrmkiv' fmcz xfnx fmcz pv, nv xfm hykdrimk hm yd xfmrl fmcz. Mzrhplpv

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## Recreation

### On going Programs

#### Older Adults Life Quality Improvement Program

Cancelled for the summer, will restart in the fall with a new instructor. We wish Chris Seymour a happy retirement, we'll miss you.

#### Yoga Classes

##### All levels welcome!

Monday & Wednesdays 5:30 — 6:45pm  
Saturdays 9:00 — 12:00 pm

New Minas Civic Centre  
Downstairs NM Civic Centre

Basic Yoga Postures and Relaxation.

\$10 drop-ins; or multiple class punch cards...second class is free!

For further information contact Ashley Macleod 365-5266



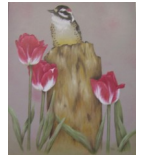
#### Art & Music Programs

##### Oil Painting Classes

Wednesdays 1 — 4 pm

New Minas Civic Centre

Painting classes are not scheduled for the summer they will start up again in the fall.



##### Learn to Play the Piano, Drums & Djembe Program

Learn to play traditional and djembe drums. Group sessions only (Max 3 students per session). Lessons are continuing, fee: \$150.00/10 group sessions or \$38/45 minutes individually for drums. Minimum numbers are required.

Learn to play the piano \$38/45 minutes.



To register for any of our programs contact the Village Office at 902-681-6972.



##### Accessorize You



##### Design your own jewelry

1:00—4:00pm

Downstairs, New Minas Civic Centre

The Village of New Minas is offering a Bi-Weekly jewelry class, every second Sunday starting July 4th,. Be your own designer, have fun and learn how to create original hand made jewelry for your wedding, prom, birthday party, or any special occasion.

Instructor: Jo-Ann Jones, Prices are subject to pieces chosen, starting at \$10.00.



##### NEW MINAS KITCHEN PARTY

(Last Saturday of Every Month)



STARTING AT 7:00 PM

\$5.00 AT DOOR

NEW MINAS CIVIC CENTER

Canteen Available

We always feature great local talent and everyone is welcome to participate in our **OPEN MIC**

**Proceeds for Charities and/or Equipment**

## Live an Active & Healthy Lifestyle

### Celebrate Food...from Field to Table

Anne McLaughlin, AVH Dietitian

Canada's Food Guide recommends beans, lentils and tofu more often. Pulses are dry seeds of legumes and include peas, beans, lentils and chickpeas. Canada is a large producer and exporter of pulses. Farmers alternate production of pulses with grains. Try beans or lentils in soup, make bean burritos, vegetarian chili or a bean and rice dish

**Did you know...** 77% of the sodium that we eat comes from processed foods and restaurant meals such as processed meats, pizza, frozen dinners, canned soups, packaged rice and noodle mixes, etc. Cut down on your sodium intake by making more meals at home, using minimally processed foods, and flavour your foods with herbs and spices instead of salt. Choose lower sodium products when you can.

### CHEESY MEXICAN ENCHILADAS

Recipe Source: Adapted from *Cooking Healthy across America*, American Dietetic Association, 2004

Serves: 12

Serving Size: 1 enchilada

1 – 11" x 17" sheet pan

Preheat oven to 350°F

Cost of Recipe: \$6.96

#### INGREDIENTS

1 tsp non-hydrogenated margarine	½ tsp ground allspice
2 medium onions, chopped	1½ cups grated medium cheddar cheese
½ cup canned black beans, rinsed and drained	1 (14oz) jar salsa
12 6-inch whole wheat tortillas	pepper to taste
1 ½ cups freshly prepared mashed squash (see below)	

1. Lightly grease the baking pan with the margarine.
2. Combine the mashed squash, allspice, onions, black beans, and cheese in a large bowl. Season with pepper; blend thoroughly.
3. Spread each tortilla with 1 Tbsp salsa. Place ¼ cup of the squash mixture in the centre of the tortilla. Tuck in the end and roll up.
4. Repeat until all of the tortillas are filled. Place on the sheet pan and bake in the oven for 20 minutes, until slightly brown.

*To prepare mashed squash (can be done ahead of time): Wash the squash thoroughly. Cut in half and scrape out the seeds. Place in a baking pan with the skin side facing down. Add enough water to cover the bottom of the pan and cover with aluminum foil. Bake for 45 minutes to an hour, until the squash is very tender when a fork is inserted. Remove from the oven and let cool until the squash can be handled. The skin should easily lift off the squash, and the remaining squash may now be cut into smaller pieces and mashed with a potato masher. To make the squash smoother, you can beat it with a mixer. One 3-lb (1.5-kg) squash makes 3 cups mashed squash.*



## From the Office

The Village Commission set the Village's Tax rates at 45¢ per \$100 of Assessment for Residential and Resource, and 57.2¢ per \$100 of Assessment for Commercial and Business Occupancy. The Residential rates remain the same, while the Commercial rates have increased by 3.1¢ to recover lost Business Occupancy Tax revenue due to the provincial phase-out of the BOT.

## From Public Works

New Minas Public Works has placed new garbage receptacles throughout the Village. Public works is asking the public to place garbage in their appropriate sections.

## From New Minas Recreation

New Minas Recreation is looking to expand its programming and would welcome suggestions for future events. Please contact Sai 902-681-6577 or [village.newminas@ns.aliantzinc.ca](mailto:village.newminas@ns.aliantzinc.ca).

## Community Groups

### Girl Guides Of Canada, Kings 1 Area

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

For further information, please contact: Laura E. Huntley, District Commissioner East / Chase District, 46 Catherine Crescent, New Minas, NS B4N 3Z7 Phone: 681-2787

#### 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.

For further information on the Club, please contact President Nora Russell at 678-6848 or Anita German at 678-6741.

#### New Minas Sunrise Rotary Club

President: Adam Smith  
Phone: 678-4399 / Fax: 678-7290  
E-mail: [adam@3Cwealth.ca](mailto:adam@3Cwealth.ca)

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)

#### Annapolis Valley Business Environmental Committee

Gerald Davidson  
Tel:(902)681-6749

Email:[greenteam2010@live.ca](mailto:greenteam2010@live.ca)

#### New Minas & District Lions Club

Flo Wallis, President 582-7980  
Peter Wallis, Secretary/Treasurer 582-7980

-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

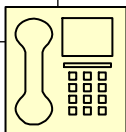
**Meeting guests welcome**

#### Alexander Society for Special Needs

For information email: [kp@alexandersociety.org](mailto:kp@alexandersociety.org) or call: 582-3888

#### Habitat for Humanity

Halifax Regional Municipality  
Annapolis Valley  
P.O. Box 632 Kentville, NS B4N 3X7  
[www.habitatav.com](http://www.habitatav.com)  
[Habitat.av@gmail.com](mailto:Habitat.av@gmail.com)  
902-670-5344



# Contact Numbers

## VILLAGE OF NEW MINAS

9209 Commercial St., New Minas, NS B4N 3G1

newminas@ns.sympatico.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

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### Answer to our Just for Fun

#### Across

- 1 Canada Days
- 3 Magic
- 7 Fun
- 9 Dance
- 10 Groups
- 11 Shows
- 12 Talent

#### Down

- 1 Celebration Days
- 2 Karaoke Contestant
- 3 Music
- 4 Golf Ball Drop
- 5 Soap Slide
- 6 Enjoyable
- 8 Fireworks

### 1) Get your facts first then you can distort them as you please. Mark Twain

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

### 2) It is not so much our friends' help that help us, as the confidence of their Help. Epicturus

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