

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

Special points of interest:

October/
November/
December
2010

NEW MINAS NEWS FOR YOU

Issue 6

The Village's Community Newsletter

They're Back



Fitzpatrick Motors

Canadian TV comedy "Call Me Fitz" starring Jason Priestley (90210), is back here in New Minas.

The notorious face of Phil Fitz once again graces Commercial streets along with the two famous car dealerships: Fitzpatrick Motors and Ruptal's Prestige Autos. Filming of the second season, started on September 22, 2010.

First season, aired on HBO Sunday, September 19th, 2010.

- ✓ "Call Me Fitz" Is back
- ✓ New Laptops
- ✓ Halloween Parties
- ✓ Celebration of Lights
- ✓ New Instructor
- ✓ Ballroom Dancing
- ✓ New Minas Lions Special Events
- ✓ Environmental Trade Show
- ✓ Habitat for Humanity
- ✓ Art & Music
- ✓ Live an Active Life-style
- ✓ From the Office
- ✓ From Public Works
- ✓ Community Groups

Age Friendly Grant Computer Program



The Village of New Minas, in conjunction with the Provincial Government, is sponsoring an **Age Friendly Community** program. Starting October 4, 2010, laptops will be available for use by seniors as a computer centre, in the New Minas Civic Centre four days a week. No appointment necessary, side entrance please.

Senior's will be able to use these laptops to do their banking, emailing, letter writing or surf the net, etc.

Monday	Tuesday	Thursday	Friday
9:00am - 4:00pm	12:00pm - 4:00pm	12:00am - 4:00pm	9:00pm - 4:00pm
Date & Times are subject to change, if required			



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Community Special Events



**HAPPY
HALLOWEEN**



Senior's Costume Party

Thursday, October 28, 7:00 – 9 pm, NMVFD Hall

Seniors 50+ are invited to bring friends and guests and join host Denny Myles, for a night out of fun and music. It's a costume party so, put on your best costume, prizes will be awarded.

New Minas Recreation will provide refreshments for participants. The fee is only \$5.00 per participant to register. Please register in advance at the Village office or by phone 681-6577, by Tuesday, October 26, 2010.

Children's Costume Party

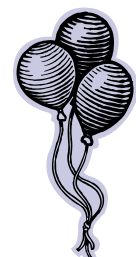
Friday, October 29, 6:00 – 8 pm, New Minas Civic Centre

Children, ages five through nine are invited to bring friends for a night out of fun, music and games; such as bobbing for apples, candy tosses and more. It's a costume party, so put on your best costume, prizes will be awarded.



Thank You, to our Halloween 2010 Sponsors

These special events would not be possible without the help and generous support of the businesses in New Minas and the surrounding area. Charm Diamond Centre, Dairy Queen, The Head Shoppe, Happy Harry's Affordable Building Centre, Valley Stationers Ltd, Nothin' Fancy Furniture Warehouse and more. For a complete list of sponsors, check out our website...www.newminas.com.



Celebration of Lights 2010



A Quick Glance at the Schedule!

November 20 – December 31, 2010

DATE/TIME	EVENT/ACTIVITY	LOCATION
Nov 20 6:00 pm	Santa Parade	Commercial Street
Dec 1 6:45 pm	Tree Lighting Ceremony	New Minas Civic Centre
Dec 1 7:00 pm	Spectacular Fireworks	New Minas Civic Centre
Dec 1 7:05 pm	Children's Christmas Party	NMVFD
Dec 9 5:30 pm	Seniors Christmas Party	NMVFD
Dec 11 1:00 pm	Family Holiday Fun Day	County Fair Mall



Santa Parade of Lights

The Santa Parade 2010 will officially kick off the New Minas Celebration of Lights with another Parade to be held Saturday evening, November 20, at 6:00pm on Commercial Street.

Tree Lighting Ceremony & Children's Party

You and your family are cordially invited to attend the New Minas Celebrations of Lights Christmas Tree Lighting Ceremony & Children's Christmas Party on Wednesday, December 1st, beginning at 6:45 pm at the New Minas Civic Centre.

This annual event will start at the Village's gigantic Christmas tree between the New Minas Civic Centre and the Skate Park, with Seasons Greetings from invited dignitaries before the Light-up and will then proceed to the New Minas Volunteer Fire Hall, led by the Town Crier, Lloyd Smith, for the continuation of activities with the Children's Christmas party.

Family Holiday Fun Day Chili Cook-off & Ginger Bread House Contest

Residents of New Minas and surrounding areas are invited to participate in our Chili Cook-off on December 11, at the County Fair Mall, 1:00 to 4:00 pm. The winner will be determined by the entry with the most ballots for best chili and the winner will be announced at 4:00 pm at centre court, County Fair Mall.

Children and youth of New Minas and surrounding areas are invited to use their creative talents on a very special Ginger Bread House project. All young artists' will get together to create their entries on December 11, at the County Fair Mall, 1:00 to 4:00 pm. The contest will be judged by a panel of judges and the winners will be announced at 4:00 pm at centre court, County Fair Mall during Family Holiday Fun Day.



"Senior's Christmas Party" Thursday, December 9, 2010, 5:30 – 9 pm NMVFD (New Minas Volunteer Fire Dept)

Seniors 50+ are invited to bring friends and guests for a night out of sentimental music and dancing. The host for this event will be announced later.

New Minas Recreation will provide a chicken dinner, from Swiss Chalet for participants. The fee is only \$10.00 per participant to register. Please register in advance at the Village office or by phone 681-6577, by Friday, December 3, 2010.



Thank You, to our Celebration of Lights 2010 Sponsors



These special events would not be possible without the help and generous support of the businesses in New Minas and the surrounding area. A complete list of this years sponsors will be posted on our website and on our next Newslettlter, going out in January.

Recreation

New Minas & Area Parent/Tot Playgroup

Mondays

10:00 – 12:00pm

Downstairs New Minas Civic Centre

October 2010



Oct 4- Outing...Kings County Family Resource Centre in Kentville

Oct 11- No Group (Thanksgiving Holiday)

Oct 18- Just Play

Oct 25- Halloween Party! Come and join in the fun dressed up in your Halloween costumes (kids and adults too, if you like) There will be lots of yummy treats, some crafts and activities.

Program Leader Stephanie Williams

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



Instructor for the Older Adults Life Quality Improvement Program

New Program Leader: Sandye Prout

Starting Oct 5, 2010

Tuesdays & Thursdays, 10:00 - 11:00 am

New Minas Civic Centre (9209 Commercial St.)

Fee: Only **\$2.00** drop-in fee each day

Prior to Starting: Please fill out a registration and a PAR-Q form. Forms are available on-line and at the Village office. For further information contact New Minas Recreation 902-681-6577.

Ballroom Dancing



Wednesdays

7:30 pm to 9:00pm

New Minas Civic Centre

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

Beginning September 29, 2010. Instructor: Steven MacDonald

\$5.00 drop-in fee.



Fall Programs

- Adult Basketball

Three sessions being offered from September 26, 2010 through to June 19, 2011, located at **Evangeline Middle School (EMS) Fee only \$35.00 each session. Sundays 7:00-9:00 p.m.**

Session 1 Sep 26 to Dec 12, 2010

Session 2 Jan 9 to Mar 6, 2011

Session 3 Mar 27 to June 19, 2011

For further information call Fred Mac Askill at 542-3014 or 698-2170.

- Adult Co-ed Volleyball

Three sessions being offered from September 22, 2010 through to June 15, 2011, located at **Evangeline Middle School (EMS) Fee only \$50.00 each session. Wednesdays 7:30-9:00 p.m.**

Session 1 Sep 22 to Dec 8, 2010

Session 2 Jan 5 to Mar 2, 2011

Session 3 Apr 6 to June 15, 2011

Maximum 16 participants per group only please

Programs/time/facilities are subject to change if required.

Recreation

Yoga Classes

All levels welcome!

Monday & Wednesdays 5:30 — 6:30 pm

New Minas 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

Classes are divided into individual projects with a growing level of challenge with each one.

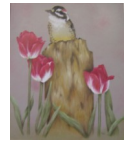
Blue Heron — Oil, Sep 22, Oct 6 & 13th, \$70.00

Tuscan Sitter — Oil/Acrylic, Oct 20, 27 & Nov 3rd, \$45.00, gallery canvas — \$22.00

Fall Morn — Watercolour, Nov 10th, \$22.00, includes 11 x 14 paper

Winter Stroll — Oil, Nov 24, Dec 1 & 8th, \$45.00, canvas \$10.00, gallery canvas — \$20.00

Christmas Surprise Seminar— Nov 27 at 9:30, \$55.00, includes all surfaces and lunch



Learn to Play the Piano, Drums & Djembe Program



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

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



NEW MINAS VARIETY SHOW "KITCHEN PARTY"

(Last Saturday of Every Month) Starting November 26, 2010



STARTING AT 7:00 PM

FREE WILL OFFERING

NEW MINAS CIVIC CENTER

Donations gratefully Accepted

Canteen Available

Open Mic



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. 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.

September	October	November	December	January	February
5	9	14	12	9	6
19	17	28		23	20
	31				
Date & Times are subject to change, if required					

Live an Active & Healthy Lifestyle

Celebrate Food...from Field to Table

Anne McLaughlin, AVH Dietitian

Barley is a grain with a slightly nutty flavor and soft texture, is high in soluble fibre, which research has shown lowers blood cholesterol. It is an excellent base for soups: it's inexpensive, filling and nutritious. This is a basic recipe; add any other vegetables you like, such as leeks, green beans, cabbage, turnip, sweet potato or squash.

Old-Fashioned Mushroom Barley Soup

Recipe Source: Anne Lindsay Light Hearted at Home 2010

This recipe for homemade soup has just over 100 mg of sodium per serving!

Make Ahead: If possible, make this soup a day in advance, cover and refrigerate. Any fat from the soup bone will solidify on top and can then be easily removed.

Serves: 8

INGREDIENTS:

2 L	(8 cups) water	1 large	onion, chopped
125 ml	(1/2 cup) pearl or pot barley	1 large	potato, peeled and diced
1 large	(beef or lamb) soup bone	1 clove	garlic, minced
1	bay leaf	1 ml	(1/4 tsp) dried thyme
3 large	carrots, chopped		
1	(including leaves) celery stalk, chopped		
375 ml	(1 1/2 cups) coarsely chopped mushrooms		
1 ml	(1/4 tsp) or less salt and freshly ground pepper		



DIRECTIONS:

1. In a large pot, combine water, barley, soup bone and bay leaf; bring to boil. Reduce heat, cover and simmer for 1 hour.
2. Add carrots, celery, onion, potato, garlic and thyme; simmer, covered, for 25 minutes.
3. Add mushrooms and simmer for 5 minutes or until tender. Season with salt and pepper.
4. Remove bay leaf and soup bone.

Registered Dietitians are your best source for trusted advice on healthy eating. AVH dietitians are located in all the AVH hospitals and Health Centres. **And** remember, if you have any nutrition questions, **call the AVH Nutrition Line toll free at 1-88-642-8484.**

Make www.dietitians.ca/eatwell your "go to" source for trusted nutrition information and fun healthy eating ideas. This website has a variety of healthy eating tips, practical food solutions plus many interactive tools such as:

- ➔ **EATracker** – get a personal assessment of your daily food and activity choices
- ➔ **Recipe Analyzer** – find out the nutrients of your favourite recipes and get practical tips on how to make your recipes healthier
- ➔ **Healthy Eating is in Store for You TM** – learn more about nutrition labeling in a Virtual Grocery Tour
- ➔ **Let's Make a Meal** – build a one-day menu to compare against recommended servings in Canada's Foods Guide.

From the Office

The Village Commission and staff, wish everyone a safe and happy Halloween. Welcome, to our newest member of the Water Commission, Scott Crowell. Scott has been a resident and property owner in New Minas since 1996.

From Public Works

The New Minas Water Commission will be flushing hydrants during October

You may experience some discoloration of water and loss of pressure at this time. We apologize for any inconvenience this may cause.

From New Minas Recreation

New Minas Recreation wishes to express it's sincere thanks to all the directors, leaders, junior leaders and to the participants and their families for another great summer of day camps.

Community Groups

New Minas Sparks, Brownies, Guides, Pathfinders, Ranchers, Beavers & Cubs

For further information, please contact: District Commissioner's **Carrie Doyle** 542-2309 carriedoyle@hotmail.com & **Carrie Nichols** 542-5538 carrienichols@eastlink.ca

Beavers & Cubs

Mondays

Cubs
6:00 — 7:30 pm

Thursdays

Beavers
6:00 — 7:00 pm

Downstairs NM Civic Centre

Contact Dianne Burns 681-2581

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: Adam Smith
Phone: 678-4399 / Fax: 678-7290
E-mail: 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

Welcome Wagon, Since 1930

Contact Ellen: 902-678-5734

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

Alexander Society for Special Needs

For information email: 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
Habitat.av@gmail.com
902-690-5344

New Minas & District Lions Special Events

Diabetes Tag Day

Nov 13, 9:30 am to 1:00 pm

Canadian Tire and Wal-Mart

All proceeds going to the Diabetes Association.

With Diabetes being one of the fastest growing diseases' in Canada today, they need your help not only for Diabetes Awareness and Education but also for Diabetes Research. Diabetes can strike any one at any time so please drop by and support the Diabetes Association through the New Minas & District Lions Club.

5th Annual Christmas Basket

Draw on December 20th, 2010

Tickets may be purchased at the County Fair Mall on November 25th, 26th & 27th and also, on December 9th, 10th, 11th, 16th, 17th & 18th, 2010 or from any Lions Member.

All proceeds from this project will be returned directly to the community for those less fortunate than ourselves. We ask for your support in supporting some of the community needs through our Lions Programs.

Tree Planting

Red Crimson Maple

The New Minas & District Lions Club has selected an environmental project to help celebrate the 40th Anniversary of the Village of New Minas by planting a tree at the entrance to Lockhart Ryan Park.

Unfortunately, a replacement of the original type of pear tree could not be found anywhere so the Lions Club has planted a Red Crimson Maple to commemorate the 40th Anniversary of the Village.



Annapolis Valley Business Environmental Committee AVBEC

Environmental Trade Show

On Saturday, October 23, 2010, from 10:00am to 2:00pm at the Canadian Tire Store in New Minas

Valley Waste will be bringing a truck and container's for house hold batteries and flashlight batteries, car batteries and 6 volt batteries, and so on **no motorcycle batteries please.**

Free Community Shred

Kings District RCMP and Kings Senior Safety Program will be holding a **Free Community Shred** courtesy of Shred-It. On Saturday **October 23rd from 10 - 2** in the parking lot of the New Minas Baptist Church. We encourage residents to bring old receipts, financial, medical and legal documents that are no longer needed to be shredded. Information will also be on hand on frauds and scams including Identity Theft.



Habitat for Humanity
Halifax Regional Municipality / Annapolis Valley



Habitat for Humanity is a community-based, non-profit organization working for a world where everyone has a safe and decent place to live. Habitat builds and rehabilitates simple, decent houses with the help of local volunteers and partner families. These houses are then sold to the partner family at no profit, and financed with affordable, no-interest mortgages.

Habitat for Humanity HRM / Annapolis Valley is looking for families that need affordable housing, with the ability to repay a no-interest mortgage and a willingness to partner with them. If you or someone you know fit this criteria please check their website (www.habitatav.com) for more information or to register as a volunteer. You can also pick up an application form in the New Minas office.