

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

- Community with Unity! / Shopping Centre of the Valley / Soccer Capital of Atlantic Canada -

April
May
June
2011

NEW MINAS NEWS FOR YOU

NEW MINAS

A GOOD PLACE TO LIVE

Since 1968

www.newminas.com

Issue 8

The Village's Community Newsletter

Special points of interest:

New Minas' Easter Bunny Hop



The New Minas' Easter Bunny Hop will take place on Friday evening, April 8, 2011, at the New Minas Civic Centre. For children five through nine. This fun event starts at 5:30 pm and goes until 7:30 pm. Come and enjoy: Easter egg hunt, Easter egg decorating and possibly a visit from the Easter Bunny himself.

New Minas Recreation will provide refreshments. Free admission, and there is no need to pre-register. Just show up and have fun.



- ✓ Easter Bunny Hop
- ✓ 2011 New Minas Princess
- ✓ Summer Day Camps
- ✓ Habitat for Humanity/ Adopt-A-Day Challenge
- ✓ Canada Day
- ✓ New Minas & District Special Events
- ✓ New Minas Parent & Tots
- ✓ Fit as a Fiddle
- ✓ Spring Programs
- ✓ Recreation Programs
- ✓ Live an Active & Healthy Lifestyle
- ✓ VON
- ✓ From Public Works

2011 New Minas Princess



Regardless of this cold weather... The apple blossoms are getting ready!! The 78th Apple Blossom Festival theme is "Our Blossoms, Our Families." What a wonderful year to participate in The Valleys time honoured tradition!! The Village of New Minas is now accepting resumes for 2011 New Minas Princess and child attendant.

If you, or someone you know want to have the amazing experience of representing her community at various events throughout 2011, please contact the Village office at 9209 Commercial Street or phone 902-681-6972.

The Village will be hosting the New Minas Princess Tea on Tuesday, April 18th at 7:00 pm at the New Minas United Church, 130 Cornwallis Avenue (just north of the County Fair Mall). Princess New Minas 2011 will be crowned, admission is \$5.00.



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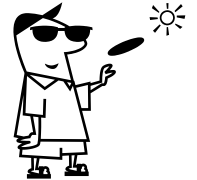
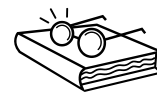
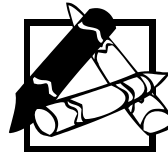
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Community Special Events

New Minas' Summer Day Camp 2011

With summer time fast approaching New Minas Recreation is once again offering its summer day camp program. **July 4th through to August 26, 2011**

Summer Day Camp runs for eight weeks, Monday through Friday, 7:30 am to 5:30. To ensure your child's place in our camps, please pre-register. Contact the Village of New Minas for more information 902-681-6577, office hours Monday – Friday, between 8:30 am – 4:30 pm.



Annapolis Valley Business Environmental Committee AVBEC








AVBEC is hosting "Earth Day" on April 17, 2011, 10:00 am to 2:00 pm in the Wal-Mart parking lot. Get a free hot dog when you help out by picking up a small bag of garbage. Other services provided. Help keep New Minas a beautiful place!



Adopt-a-Day Challenge!

Imagine your employees working together to build a home for a family in need. Imagine that while you are having this incredible experience, your employees are also deepening their team building skills and respect for the company they work for.

By Adopting A Day with Habitat for Humanity Nova Scotia Annapolis Valley Project, you get all the benefits of employee team building while giving back to the community. The employees and the company will experience the following benefits:

-  Helping a local family in need who would not otherwise achieve home ownership
-  Gain deep insights about productive teaming
-  Increase goodwill and visibility for the company while providing participants with new sources of inspiration, empowerment and self worth
-  Enhancing team skills, such as communication, collaboration, project management, creative thinking, accountability, goal setting, cross functional teaming and information sharing
-  Challenging participants at a deeper level, both mentally and physically
-  Providing an experience that is highly relevant and meaningful to all participants
-  Giving back to the community

Community Special Events

NEW MINAS

Canada Day Celebrations

Lockhart & Ryan Memorial Park

Fun Activities for the Entire Family

Come and enjoy a fun filled day of food, live music, soap slide, face painting, wagon rides, flag raising, and more! Starting at 12:00 pm.

For further information please contact: New Minas Recreation Department at 902-681-6577

Happy Canada Day!



New Minas and District Lions Special Events



Club President Flo Wallis makes a donation to Andrea Hamilton and children, to assist them after losing everything in a house fire in Kentville.

The New Minas & District Lions Club were pleased to have the Executive Director of the Brigadoon Children's Camp Society, Mr. David McKeage attend their Country Breakfast on Saturday, March 5th at the New Minas Civic Centre. Mr. McKeage had a small display set up showing the building and ground plans for the facility. In the picture above, David is showing and discussing the plans with a couple of our breakfast supporters.

The Milne Court Petro Canada has sold another big winning card for the Valley Lions Radio Bingo. Pictured above is Lion Peter Wallis, Milne Court Petro Canada Manager, Karen Reeves presenting 1/3 of the 15,000.00 VLRB Cookie Jar, 5000.00 to Diane Graves of Canning.

Recreation

New Minas & Area Parent/Tot Playgroup

Ages:0 – 3

Mondays**10:00 – 12:00pm****Downstairs New Minas Civic Centre****Apr 4** - Just Play**Apr 11** - Just Play**Apr 18** - Easter Party**Apr 25** - No group — Easter Monday

Stop by and check out our Parent and Tot's group and let your children have the opportunity to interact with other children while you have the opportunity to chat with other parents.




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

Fit as a Fiddle!

Tuesdays & Thursdays**10:00 - 11:00 am****New Minas Civic Centre**



"Fit as a Fiddle" is an 8 week fitness and education program for older adults. The program will provide information on the importance of a healthy, active lifestyle so that you can maintain your mobility and independence. Start date, March 24, 2011 through to May 12, 2011.

New Canadian Physical Activity Guidelines for Older Adults Jan 2011:

-  150 minutes of moderate intensity aerobic physical activity/week
-  Two weekly sessions of resistance training (weights or elastic bands)
-  Balance & Flexibility training will decrease fall injuries



Come in and enjoy the exercise and fun with a great group of enthusiastic people.

-  Please bring a list of medications
-  Cost is \$2.00 pay as you go

This program was developed by the Seniors LINC Team and is brought to you by the New Minas Recreation Department, Annapolis Valley Health and Valley Seniors Fitness Network.

Spring Programs

- Adult Co-ed Volleyball

Two sessions offered from January 5, 2011 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 3 Apr 6 to June 15, 2011

- Volleyball Skills Program

Grades 6 to 8 Starting April 5 through to may 31, 2011, located at **New Minas Elementary School (NMES)** **Fee only \$45.00. Tuesdays 7:30-9:00 p.m.**

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



Recreation

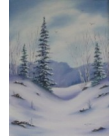
Art & Music Programs

Oil Painting Classes

Wednesdays 1 – 4 pm

New Minas Civic Centre

An OPEN HOUSE for spring painting classes will be held on Wed., March 30, 2011. Projects will be on display for the spring session. Registration is on a project by project basis. Classes will begin the following Wednesday. Drop in and see what we are painting this time around. Everyone is Welcome! Call Debi Fitzpatrick at 902-798-5831 for more information.



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) Next one April 30, 2011



STARTING AT 7:00 PM

FREE WILL OFFERING

NEW MINAS CIVIC CENTER

Donations Gratefully Accepted
50/50 Tickets Open Mic

Join us for a great evening of classic country Profits for Charity Fund

Computers Available

The Village of New Minas, through an "Age Friendly" grant has purchased laptop computers for free use of the older adult population. Please bring your own removable flash drive if you want to save your work. These computers are available for use at the New Minas Civic Centre.

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			



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.

Instructor: Steven MacDonald

\$5.00 drop-in fee.



Live an Active & Healthy Lifestyle

Three Berry Smoothie By Navid

1001Recipe, http://www.1001recepte.com/recipes/food/three_berry_smoothie March 17, 2011, 9:39am

March is National Nutrition Month....(check out this healthy recipe!)

INGREDIENTS:

1/2 cup Frozen Strawberries	1.5 cups Milk
1/2 cup Frozen Blueberries	3 tbsps Whipping Cream
1/2 cup Frozen Raspberries	3 tbsps Sugar
1/2 cup Fresh Raspberries	



DIRECTIONS:

1. Place frozen strawberries, half a cup milk and 1 tbsp sugar in a blender or food processor and process for 1 minute, until smooth and creamy.
2. Pour the first layer into chilled tall glasses.
3. Place frozen blueberries, half a cup milk and 1 tbsp sugar in the blender and process.
4. Pour the second layer into glasses.
5. Place frozen raspberries, half a cup milk and 1 tbsp sugar in the blender and process.
6. Pour the third layer into glasses.
7. Decorate the glasses with fresh raspberries and serve immediately.

Looks and tastes Yummy and it's healthy!

Prep Time: 10 min

Ready In: 10 min

Serves 3

VON BOARD OR COMMITTEE MEMBER POSITION

POSITION: Board of Directors **STATUS:** Volunteer **LOCATION:** Annapolis Valley Site

The Victorian Order of Nurses for Canada (VON Canada) is a nationally accredited health care organization and a federally registered charity that has been caring for the lives and well being of Canadians in their homes and local communities since 1897.

The contributions of **Community Board members** are vital to the success of VON – in the local community and across Canada. Community Board Directors provide leadership, identify local community needs, and advocate for those needs. They also build partnerships in the community, raise funds, and speak on behalf of VON within the community. **If you are interested in becoming a Board or Committee Member please email katherine.hayes@von.ca for further information.**

Board Members responsibilities include:

- Building and maintaining relationships with community members, agencies and other health and social advocates
- Identifying community needs and strengths
- Identifying potential solutions to identified needs; such as new programs, advocacy initiatives or partnerships with other agencies
- Working in partnership with other community agencies to reduce duplication, build Synergies, and identify initiatives that that address gaps
- Raising funds for identified programs/projects with support from the VON Canada Fund Development Team
- Stewardship of charitable funds
- Advocating for the community to VON Canada and advocating for VON Canada within the local community
- Participation in at least one Board committee

If you are not interested in becoming a board member you may want to consider joining a committee. Committees also meet monthly with the schedule changing to meet the needs of the members.

Committees open to members:

- Fund Development Committee
- Programs Committee

If you are interested in becoming a Board or Committee Member please email katherine.hayes@von.ca

As part of our commitment to client safety all VON Volunteers must fill out an application form and undergo a screening process



From Public Works

The Village of New Minas would like to remind the residents of New Minas that all dogs off the property must have an apparent restraint or control according to the Municipality of the County of Kings By-Law #71A. Any person who contravenes the By-law is liable if convicted to a fine of not less than One Hundred dollars (\$100.00) and not more than Five Thousand dollars (\$5,000.00) and in default of payment to imprisonment for a period not exceeding thirty (30) days. The Dog Control Officer or Officers employed by the Municipality of the County of Kings shall be responsible for the enforcement of this By-law.

From New Minas Recreation

New Minas Recreation is looking to expand it's programming and would welcome suggestions for future sports and other recreation programs. Please contact **Saï Sherwood, 902-681-6577** or **village.newminas@ns.aliantzinc.ca**.

Community Groups

New Minas Sparks, Brownies, Guides, Pathfinders, Rangers

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

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

Evangeline Recreation Society

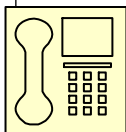
8752 Commercial Street,
New Minas, NS B4N 3C5
Tel:(902)678-1117 Fax:(902)678-4668

Welcome Wagon, Since 1930

Contact Ellen: 902-678-5734

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



Contact Numbers

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
Welcome Wagon/Welcome Baby.....	Phone 678-5734

VON COMMUNITY SUPPORTS

VON Annapolis Valley Hosts Lunch Bunch 2011, Katherine Hayes, Manager 690-2118

Seniors come together during the winter and spring to enjoy a hot nutritious meal and the camaraderie of friendship. Cost is \$7.00 per person and includes a full hot meal, dessert, and tea or coffee. Bring a friend and join us for great food and friendly conversation.

If you are interested in attending a Lunch Bunch, please register by contacting VON Annapolis Valley at 678-1733 or 1-800-411-9646.

Lunches start at noon. Lunch Bunch dates and locations for 2011 are listed:

- April 05 Bethany Memorial Church, Kentville
- May 10 St James Anglican Church, Kentville
- May 31 Rebekah Lodge, Berwick

