



rEcReAtIoN tAlk
 hiver/winter 2009/10

rEcReAtIoN tAlk

HAPPY HOLIDAYS **MEILLERS VOEUX POUR LA SAISON DES FÊTES** **MUNICIPALITÉ D'ARGYLE MUNICIPALITY**



**15TH ANNUAL
 ARGYLE MUNICIPAL
 CHRISTMAS TREE LIGHTING CEREMONY**
 All are welcome to attend!!!



When: Sunday, November 29, 2009
Where: Tusket Courthouse
 8138 Hwy 3
Time: 6:45 p.m.

There will be hot chocolate, Christmas carolling and a special visit from Santa Claus!

LATE BREAKING NEWS - Malcolm Madden, one of the Olympic Torch Bearers as well as our own Argyle District 5 Councillor will be at the 15th Annual Argyle Municipal Tree Lighting Ceremony dressed in his Torch Run gear and bearing the Olympic Torch. Bring your camera for a picture with the Olympic torch!

EXCHANGE YOUR OLD LIGHTS FOR NEW ONES!

This year the Municipality of Argyle is participating in the Nova Scotia Power LED Holiday Light Exchange program. Bring two strings of traditional glass holiday lights for free recycling and receive one string of LED holiday lights in return. Quantities are limited and are based on a first-come, first served basis. There is a limit of one LED set per person.

For more information, please contact the Argyle Municipal Recreation Department at 648-3379.

Let Les Jeux Begin!
 We Won! We Won!

The Municipality of Argyle has won their bid to host "La Finale des Jeux de l'Acadie" in 2012

Thank you for your support.
 Now "let the games begin"!



**ATTENTION COMMUNITY GROUPS!
 RECREATION GRANTS**

Grant application forms are presently available through the Argyle Municipal Recreation Department to community groups wishing to apply for funding for the 2010-2011 fiscal year.

Deadline to submit application is April 15, 2010. Forms are available at the Municipality of Argyle Recreation Department located at 27 Courthouse Road in Tusket. Forms can also be requested by calling the Argyle Recreation Department at 648-3379.

**Municipality of Argyle
 Holiday Hours**

The hours of operation for the Municipality of Argyle over the holiday season will be as follows:

- Thursday, December 24, 2009
 - Closing at 12:00 p.m. - noon
- Thursday, December 31, 2009
 - Re-open at 8:30 a.m.
 - Closing at 12:00 p.m. - noon
- Monday, January 4, 2010
 - Re-open at 8:30 a.m.

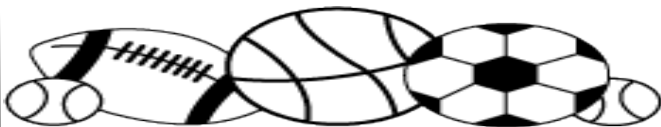


Did You Know?

1. In Canada, an estimated \$2.1 billion in annual health care costs can be directly attributed to physical inactivity. This translates to \$5.3 billion in direct and indirect costs. (Source: Katzmarzyk, P., Gledhill, N., & Shephard, D. (2000) The Economic Burden of Physical Activity in Canada. CMAJ 163 (11), 1435-40.)
2. In Canada, 2.8 million Canadians aged 20 to 64 are obese - this equals 15% of the population, or one in every seven people. (Source: 2000/01 Canadian Community Health Survey)
3. The average Canadian child is sedentary for three to five hours a day in front of a television (Source: Canadian Fitness and Lifestyle Research Institute)
4. Four in ten (40%) Canadian children already have at least one risk factor for heart disease due to an inactive lifestyle. (Source: Canadian Association for Health, Physical Education, Recreation and Dance, 1998, and Fishburne, Graham. (1991). The Well-Being of Children and Youths. ACFWB Newsletter. May.)
5. More than 1,800 medals are awarded at the Olympics.
6. Track athletes are most likely to break records later in the day, when their body temperatures are highest.
7. A soccer ball has 32 panels.
8. Golf balls can reach speeds of 170 miles an hour.
9. A hockey puck weighs .38 lb.

WAYS TO BEAT THE *Winter* BLUES

1. Find something fun to look forward to. Do you have a special outing, party or event scheduled sometime in the next few months? If not, schedule something -- a ladies tea, a book club, a monopoly or canasta tournament, a Saturday scrap booking marathon. When we have something fun to look forward to, time flies.
2. Plan next year's garden. Order every seed catalogue you can get your hands on. Every few days the mail will deliver a beautiful breath of spring to your mailbox. It is so much fun to pour over all the stunning photos while a storm rages outside. Think of where to put a new variety of hosta, or if you should start a rose garden or add morning glories to the rock garden or put in a fountain or ... well, the possibilities are endless!
3. During severe weather we tend to spend more time indoors. Let's find creative ways to use this time productively! How about making a list of projects you would like to complete? Now is a great time to completely organize the basement or attic, or to clean out the closets. Just think how great it feels to complete a big project like this! Being busy with something not only makes the time pass quickly, it also makes us feel better about ourselves.



33rd Annual Yarmouth County Athletic Awards Night

The 33rd Annual Yarmouth County Athletic Awards Night was held on Friday, November 13th at the Beacon Church. Over 300 athletes, coaches, volunteers, and officials were honoured for achievements in Provincial, Atlantic, or National competitions in various sport activities during the past year.

Special Award Recipients were:

Yarmouth County Athlete of the Year:

Ariel Smith
Sponsored by Tim Horton's

Yarmouth County Sport Volunteer of the Year:

Aaron Sweeney
Sponsored by Tuskett Sales and Service

Yarmouth County Coach of the Year:

Peggy Royal (awarded posthumously)
Sponsored by the Yarmouth County Athletics Awards Committee

Yarmouth County Fair Play Award:

Jill Surette
Sponsored by the Yarmouth County Athletics Awards Committee

Yarmouth County Official of the Year:

Chris Newell
Sponsored by the Yarmouth County Athletics Awards Committee

Yarmouth County Youth Athlete of the Year:

Justin Blades
Sponsored by the Yarmouth County Athletics Awards Committee

Congratulations to all athletes and coaches for making the year 2009 a great year for sport in Yarmouth County!





So **ALL** Kids Can Play!

If you know of any child who would like to participate in a sport, but cannot afford it, we can help! Contact the Argyle Recreation Department at 648-3379.

SENIOR'S CORNER

Le Club des Acadiens - Wedgeport

We invite everyone to join us on:

- * Tuesdays* for card playing
- * Wednesday* afternoons at the Tuna Museum to do crafts for the New Horizon Program
- * Tuesday, December 8th, 2009 for a Christmas Party

*There will be no activities for the period December 9, 2009 - January 8, 2010.

Please join us in January & February 2010 when we will be making quilts for nursing homes and for the needy. We will also be celebrating ♥Valentine's Day♥ and Mardi Gras!

Ste. Anne du Ruisseau New Horizons

- * **Tuesday, December 15, 2009** - Christmas Party - Dinner at Marco's,
- ♥ **February 2010** - We will celebrate with a ♥Valentine's Day♥ party at the Knights of Columbus Club.

Quinan New Horizons

- **Sunday, December 6 2009** - Christmas Party at Marco's. Meet at 4:00 p.m.
- The Quinan New Horizons Club will not meet again until February 2010 (dependant upon the weather)

For more information contact Nettie Doucette at 648-2888



Musée des Acadiens des Pubnicos et Centre de recherche

2 décembre/December 2, 2009

Soirée de musique/ Evening of Music
Salle Sylvester's Club, Centre de Pombcoup, Pubnico-Ouest, Heure:19 h 30 à 21 h 30/Time: 7:30 - 9:30 p.m.
Musique par/Music by **Delbert & Amis**
Goûter, thé, café, ou jus/ Tea, coffee and juice
5\$ la personne/\$5 per person

9 décembre/December 9, 2009

Présentation de l'histoire "Le tapis de Grand-Pré
Musée acadien & centre de recherche de Pubnico-Ouest, Heure: 19 h/ Start Time: 7:00 p.m.
5\$ la personne/\$5 per person
Histoire de Noël suivi par cidre au pomme chaud
The Christmas Story followed by hot apple cider

13 décembre/December 13, 2009

Thé de Noël & Musique de Noël/ Yuletide Tea & Christmas Music
Centre de Pombcoup, Pubnico-Ouest
Exposition de père Noël: de 13 h 30 à 16 h 00
Father Christmas Display: 1:30 p.m. - 4:30 p.m.
Thé de Noël et musique avec Adeline d'Entremont au piano: de 14 h 00 à 16 h 00/Yuletide Tea and Piano music by Adeline d'Entremont from 2:00 - 4:00 p.m.
7\$ la personne/ \$7 per person

20 décembre/December 20, 2009

Chants de Noël avec des artistes locaux/Christmas Carol Sing Along by Local Artists and Friends
Centre de Pombcoup, Pubnico-Ouest
Heure:19 h 30/Start Time: 7:30 p.m.
Musique de Noël et chansons acadiennes de Noël.
Nourriture, thé, café ou jus, 7\$ la personne
Snacks, tea, coffee and juice, \$7 per person

3 février – 2010/February 3, 2010

Soirée de musique/Kitchen Party
Musique par des artistes locaux/Music by local artists with a singsong of Acadian songs
Salle Sylvester's Club, Centre de Pombcoup, Pubnico-Ouest
Heure:19 h 30 à 21 h 30/Time: 7:30 - 9:30 p.m.
Goûter, thé, café ou jus, tea, coffee and juice
5\$ la personne

15 février – 2010/February 15, 2010

Journée du patrimoine/Heritage Day
13 h à 16 h/1:00 p.m. - 4:00 p.m.
Défilé de mode d'antan, thé acadien
Historical Exhibits
5\$ la personne/\$5 per person

Pour plus d'information contactez le Musée acadien (902) 762-3380./For further information please contact the Acadian Museum at (902) 762-3380.

Sentimental Journey Dance

Sentimental Journey Dances with Loren Fevens are back in full swing! Don't miss this wonderful opportunity to sing & dance the night away!

Where: Milo Boat Club

When: Dec. 21st 2009

Time: 6:30-9:00pm

Doors open at 6:00

Cost: \$5

Please register by calling **742-8868**

**Synchronized Swimming**

Do you like swimming, being creative, working as a team and learning new things?

Then Learn Synchro!

No experience necessary - basic swimming proficiency is an asset.

Ages 9 +

Adult instruction available.

New session starting in January - Tues & Thurs 8-9pm.

Contact Misty at 742-8868 for more information.

**Pot Luck Social**

Enjoy a variety of activities with friends new and old! Try something new or bring your own favorite hobby along. If you are looking for something new to do in Yarmouth we need to hear from you! Share lunch and your ideas!

Hebron Recreation Complex, 11-am-3pm

Dec. 16th

Please RSVP to Misty at 742-8868

**Cross Country Ski Clinic**

Come out and learn to cross country ski! Equipment is provided but bring your own if you have it.

Sat., Jan 9th, 2010 - Two Sessions
Ellenwood Park

The clinic is free but registration is required. Call Yarmouth Leisure Services at 742-8868.

**EVENTS**

YMCA Yarmouth
275 Main Street,
Yarmouth, NS
(902) 742-7181

**Tumble Bugs**

Tumble Bugs is an age-appropriate, progressive program of modified gymnastics and basic movements. The goal of this program is to strengthen the range of foundation motor skills that children need to enhance daily living and participation in play and sports. For ages: 4, 5, 6, 7

When: Thursdays - 3:30 - 4:30 pm

Where: YMCA Yarmouth

Cost: YMCA Members: FREE

Non-members: \$3 for 1st child, \$1.50 for other children in the same family.

Biggest Loser II - 2 person team or individuals

If you are overweight and serious about starting a healthy lifestyle with the goal of a healthy weight in a supportive and motivating environment - this program is for you! We strongly recommend that you become a Y member if you are serious about getting into shape and losing weight.

When: Starting Wednesday, January 27, 2010 and continuing on Wednesdays from 6:30 - 8:30 p.m.

Where: YMCA Yarmouth

Cost: YMCA Members: \$25/person

Non-members: \$60/person

This includes group exercise class, weekly challenges, body measurements, information and support, healthy recipes, and an exercise plan.

YMCA Frost Bite - 5 km Fun Run

When: Tuesday, February 16, 2010

Donations to the Food Bank gratefully accepted.

Fitness Leadership Course - learn more about fitness and motivate and inspire others - become a YMCA certified fitness leader. Contact Cindy at YMCA Yarmouth for more information. This course will be held in the winter of 2010 over 2 weekends.

Junior Karate - for ages 6 - 10

When: Starting in January 2010: Thursdays - 6:00 - 7:00 pm.

Where: YMCA Yarmouth

Cost: YMCA Members: \$20/person
Non-members: \$30/person



Fitness Classes: at the Y

Core synergistics, Plyometrics, Yoga, Pilates-type classes, Cardio Boot Camp, Ab Ripper, Step Express, Cardio X, Aqua (pool) fitness classes - all included in your Y membership.

Mommy & Me - Fitness for mom and baby (in stroller). Various times.

For more information on these or other offerings of the Yarmouth YMCA, please contact the Y at (902) 742-7181



YOGA



The following yoga classes are offered by:

Monique D'Eon
Certified Yoga Instructor

(8 years Experience)

Phone: 762-0261

monique.deon@gmail.com

Registration Fees

Yarmouth & Barrington:

6 week session \$45; Drop in fee \$10

Pubnico:

8 classes per month \$40; 4 per month \$24; Drop in \$7

Please phone or email for more information.

"Hot" Yoga - (\$10) **November 29th** - 9:30 - 11:00am West Pubnico. 90 min power yoga class practiced in a room with the temperature at about 25+ degrees. **(pre-registration required; space limited to 18)**

Yoga & Lunch (\$20) - **December 5th** - 10:30am West Pubnico. 90 min Beginner yoga class followed by a vegetarian lunch. **(pre-registration required; space limited to 18)**

Partner Class - (\$7 per person) **December 28th** - 7 - 8:30pm, West Pubnico. Bring a partner for a 60 min flow class of partner poses. Beginner / Intermediate level. **(pre-registration required; space limited to 18)**

Yoga & Sauna - (\$17) **January 4th, 2010** - 7pm - West Pubnico. 60 minute Intermediate level class to get warmed up, followed by a dry, wood fired sauna. **(pre-registration required; space limited to 10)**

Yoga for Girls (\$40 for a six week session) - **Classes begin January 21st 2010**, 3- 4pm. or ages 9-12 West Pubnico **(pre-registration required; space limited to 18)**

Beginners Yoga Workshop (\$30) - **January 24th, 2010**, 9:00am - 2:00pm, West Pubnico We will be covering basic alignment with the use of a wall, blocks and straps. Great for those just starting out in yoga, or with some experience and wanting to get back to basics. Bring a lunch. **(pre-registration required; space limited to 18)**

Group Classes - (regular or partner/couple classes)

Groups of friends, Christmas Clubs

Birthday Parties (**\$85**) - Grade 2+, bring your cake, 2 hours including 45 min yoga class.

Classes may be in studio or in your choice of location.

Private Individual Classes - Available in my studio or location of your choice.

The following classes will be offered in Argyle and taught by Cindy Robichaud. She can be contacted via email at cynick1@hotmail.com or by telephone at 761-2487. Location to be determined.

QiGong Energy Exercise - The most ancient form of self healing. Gentle movements designed to relax the mind and body and to encourage the flow of energy. It's also an immune booster that massages every major organ and promotes healing and regeneration. It relieves pain and improves flexibility. It can be practiced standing or sitting and is suitable for everyone of every ability.

When: Monday, January 18, 2010 - Monday, March 22, 2010 - 7:00 p.m.

Where: TBD

Cost: \$5.00/person

Learn to Jive, Cha Cha and Foxtrot - great exercise for the body, brain and lots of fun

When: Monday, January 18, 2010 - Monday, March 22, 2010 - 8:00 p.m.

Where: TBD



GYM PROGRAMS

West Pubnico:

Tuesdays:

Toddler Time (for pre-schoolers)

6:00 - 7:00 p.m. - \$1.00

Floor Hockey (for ages 13 and up)

7:00 - 9:00 p.m. - \$2.00

Get Active This Winter!!

École secondaire de Par-en-Bas:

Thursdays:

Adult Badminton 7:00 p.m. - 9:00 p.m. - \$2.00

For more information contact the Argyle Recreation Department at 648-3379.



Kids First Fund Municipalité d'Argyle Municipality



Avez-vous ou connaissez-vous un enfant qui profitera de participer dans des activités communautaires, mais n'ont pas les moyens de payer les frais? On peut aider!

- ⇒ Conçu pour aider aux enfants et aux familles avec le coût des programmes de sports et loisirs.
- ⇒ L'objectif du programme est de créer des opportunités pour tous les enfants peu importe leurs milieux socio-économiques.
- ⇒ Ouvert aux jeunes âgés de 16 et moins qui ne peuvent pas fournir les frais nécessaires.

Pour d'autres informations ou faire application, veuillez communiquer avec le Département des loisirs 648-3379.

Do you know or have a child that would benefit from participating in a community activity, but cannot afford it? We can help!

- ⇒ The program is designed to assist children and families with the costs associated with sport and recreation programs.
- ⇒ The objective of the program is to create opportunities for all children and youth, regardless of socio-economic backgrounds.
- ⇒ Kids First is open to children/youth, ages 16 and under, who are unable to provide the necessary fees. They must reside in the Municipality of Argyle

For more information or to apply, please contact the Municipality of Argyle at 648-3379.

National Coaching Certificate Program

Upcoming Courses:

Introduction to Competition Part A Coaching Clinic

February 19th & 20th, 2010

Friday, February 19, 2010
6:00 p.m. - 10:00 p.m.

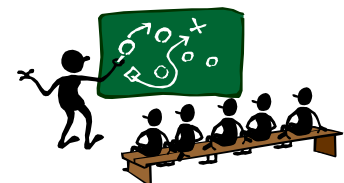
Saturday, February 20, 2010
8:30 a.m. - 4:30 p.m.

\$25.00

This session will be held at the Argyle Municipal Building located at 27 Courthouse Road, Tusket, NS.

To register or for more information, contact the Municipality of Argyle Recreation Department at 648-3379 or via email at:

recreation@munargyle.com



FREE PROGRAM!



South West Health
Working Together for Better Health
Shelburne • Yarmouth • Digby

Your Way to Wellness: Living a Healthy Life with Chronic Conditions

In this **FREE** six week program, people living with a chronic condition such as arthritis, diabetes, heart disease, asthma, fibromyalgia, hypertension, depression or other long-term health conditions, will learn to:

- ✓ manage their symptoms
- ✓ get started with healthy eating and exercise
- ✓ communicate effectively with their doctor and/or health care team
- ✓ manage their fear, anger, and frustration
- ✓ get more out of life!

To learn more about this program please call 742-3542, extension 436.

Concerts de Noël

École secondaire de Par-en-Bas

le lundi 14 décembre - Monday, December 14

Drumlin Heights Consolidated School

le jeudi 10 décembre - Thursday, December 10

6:30 p.m.

Plymouth School

le lundi 14 décembre - Monday, December 14

6:30 p.m.

École Belleville

le mercredi 16 décembre -

Wednesday, December 16

École Pubnico-Ouest

le mardi 15 décembre - Tuesday, December 15

12:30 p.m. & 6:30 p.m.

École Wedgeport

le vendredi 11 décembre - Friday, December 11

7:00 p.m.



FEVRIER/FEBRUARY FAM- *Winter* CHAL-

The Municipality of Argyle Recreation Department would like to **challenge** you and your family to be winter-active at least four (4) times each week during the month of February. Tally sheets will be distributed through the schools or can be picked up at the Argyle Recreation Department in Tusket. These tally sheets are to be used to record your winter activities and the length of time you participated in these activities. The results are to be submitted to the Argyle Recreation Department by telephone at 648-3379, via email at gdentremont@munargyle.com or via fax at 648-0367 on each Monday in February.



Prizes will be awarded.

South Shore Active Communities will once again sponsor the Grand Prize of a family weekend getaway at White Point Beach Resort.

For more information contact the Argyle Recreation Department at 648-3379.

Be creative Get active your way Have fun! Be healthy! Win prizes!

Soyez creative Soyez active de votre manière Gagnez des prix!



**Joyeux Noël, Bonne et Heureuse année de la
Commission des loisirs de la Municipalité d'Argyle
Merry Christmas and a Happy New Year
from the Argyle Municipal Recreation Commission**

- | | |
|-----------------------------|--|
| <i>Emile Babin</i> | <i>Président/Chairperson</i> |
| <i>Amy Cottreau</i> | <i>Vice-président/Vice Chairperson</i> |
| <i>Nicole Albright</i> | <i>Membre/Member</i> |
| <i>Maurice Babin</i> | <i>Membre/Member</i> |
| <i>Adrian Cottreau</i> | <i>Membre/Member</i> |
| <i>Kendrick d'Entremont</i> | <i>Membre/Member</i> |
| <i>Peter Hansen</i> | <i>Membre/Member</i> |
| <i>Vernon Pothier</i> | <i>Membre/Member</i> |
| <i>Greg Pottier</i> | <i>Membre/Member</i> |
| <i>Scott Surette</i> | <i>Membre/Member</i> |
| <i>Bruce Hubbard</i> | <i>Conseiller/Councillor</i> |
| <i>Malcolm Madden</i> | <i>Conseiller/Councillor</i> |
| <i>Roderick Murphy Jr.</i> | <i>Conseiller/Councillor</i> |
| <i>Ginette d'Entremont</i> | <i>Directrice Département des loisirs/
Recreation Director</i> |
| <i>Juanita Bruneau</i> | <i>Secrétaire/Secretary</i> |

Argyle Recreation Department
Recreation Matters



Les loisirs ça compte
Département des loisirs d'Argyle

27 Courthouse Road
P.O. Box 10
Tusket, NS B0W 3M0

Phone: 902-648-3379
Fax: 902-648-0367