

Spring Yoga Classes

Class Option #1: Instructor Pauline Pineau

Beginner's yoga!! A gentle non-competitive approach to physical fitness which stretches and strengthens muscles, increases flexibility, and improves concentration.

Time: Saturdays, 10a.m. – 11a.m.

Cost: \$80.00

Place: Recreation Center

What to Bring: A yoga mat, a small blanket, comfortable clothing, water.

Classes: 8 week session starting April 9th and running until June 4th. Please note there will be no class April 23rd.

Class Option #2: Instructor Eric Kedrosky

Flow based yoga for those who are looking for a more physical approach. This class provides relaxed approach to stretch and strengthen the muscles, extend flexibility, gain concentration and reduce stress.

Times: Mondays 6:30p.m. – 7:30p.m.

Wednesdays 6:30p.m. – 7:30p.m.

Cost: \$80.00

\$80.00

Place: St. Philip Church

Recreation Center

Register for both classes and receive a discount rate of \$140 for 2 sessions per week for 8 weeks!

What to Bring: A yoga mat, a small blanket, comfortable clothing, water.

Classes: 8 week session beginning May 9th and running until June 29th.

Registration

You can register by phone or in person starting April 1st. Classes must be paid for in full upon registration. Participants registered in the winter session will get first chance to register until April 8th. After this date, registration will be open to everyone. To register please call 895-8000 Ext 4.



Town residents Florence & Shirley Tucker recently won bronze medals in bowling.

PCSP Minor Soccer

An important notice to all new and returning soccer players for the up coming 2011 house league season. The following dates have been set for **registration**, mark your calendars to avoid disappointment!

March 5, 2011 on line registration **opens**

May 7, 2011 **walk in** registration, 9am-12pm @ Beachy Cove Elementary

May 10, 2011 **final date** for on line registration

Please contact us at www.soccer895.ca to register and join our email list

PCSP Minor Soccer is currently recruiting house league coaches for the 2011 season.

-NO experience necessary

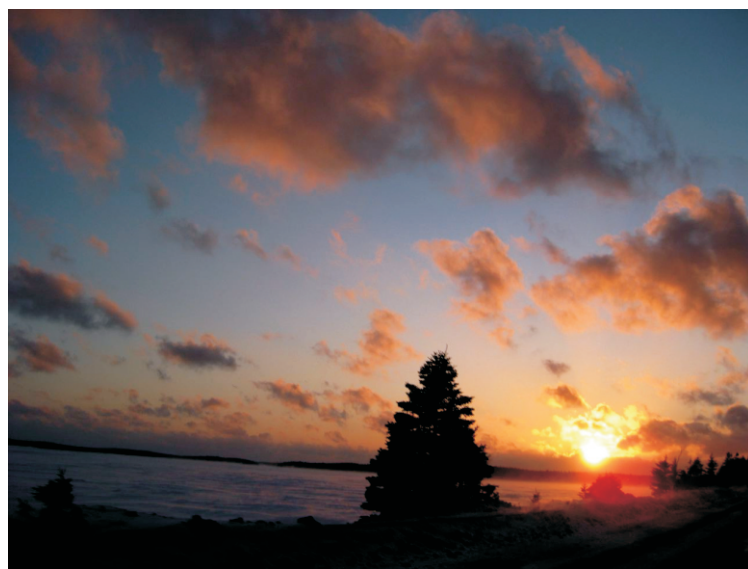
-Free coaching certification available

-Fun and Rewarding!

All interested coaches please contact

janet.bryant@bellaliant.net

The PCSP Lion's Club is accepting new members. Contact Gertie at 895-6857 for more information. Meetings are held every second Thursday.



"Windsor Lake Fire & Ice", Photo by Eddi Kenny Boyd 2011
Submission for the Winter Photo contest

What's going on

April 2011

in Portugal Cove - St. Philip's

On-Line www.pcsp.ca

Winter Festival Snowman/Snow Sculpture Competition Winners

We would like to thank all entrants of the 2nd Annual Snowman Competition. It was great to see the community out and active building these wonderful creations from snow. The Largest Snowman/Snow Sculpture went to the Hall Family with their 18 foot castle. The Most Creative category was awarded to the Moss family who had a whole winter hotel feel to their creation. Last but not least we would like to give honorable mention to Thomas O'Brien for his efforts.



Community Consultation

Interested in the economic future of Portugal Cove-St. Philip's? Have your voice heard!

The Town of Portugal Cove-St. Philip's, in partnership with the Northeast Avalon Regional Economic Development Board (NEAREDB) is holding public consultations regarding the upcoming economic action plan for the community.

All are welcome and no RSVP is necessary! The next meeting is as follows:

- **April 18th, 7:30 pm-9:30pm at the St. Philip's Anglican Church**

For more information, please contact Sheree Kent at the town hall at 895-8000 or Sheree.Kent@pcsp.ca or visit us at www.pcsp.ca

Winter Festival Photo Contest

We would like to thank all participants that entered a photo into the First Annual Photo Contest. Congratulations to Margaret Cotton who won first place with her beautiful shot "Flanders Ferry".



Volunteer Week April 10th – 16th

The Community Sector Council of Newfoundland and Labrador are encouraging communities across the province to celebrate Volunteer Week. This is a time set aside to celebrate the tremendous contribution made by thousands of people throughout the province who give their time freely to make their communities a better place to live. It provides an opportunity to express gratitude to the many dedicated volunteers in Newfoundland and Labrador and to increase public awareness of their efforts. This year's theme is "Volunteers.....Stars in the Community".

As part of the celebrations the Town of Portugal Cove-St. Philip's is accepting nominations for the following awards:

Volunteer of the Year – presented to a volunteer for their outstanding efforts and invaluable contributions to the development of the community and improving the quality of life for the citizens.

Youth of the Year– presented to a youth (under 19 years) who has demonstrated outstanding efforts in volunteering, athletics, and academics.

Group of the Year – presented to a volunteer group/organization for their outstanding efforts and invaluable contributions to the development of the community and improving the quality of life for the citizens.

In order to make this year a success we need help from residents to nominate individuals that you feel deserve these awards and recognition. To nominate a person/group for these awards, please provide a short write-up as to why you are nominating them. Please be sure to provide any awards, specific contributions, or projects they are involved in. Nominations can be emailed to Jennifer.martin@pcsp.ca, faxed to 895-3780 or dropped off at the Town Hall anytime. Please ensure you mark your correspondence Volunteer Nominations so that they can be sorted accordingly.

The deadline for nominations is April 11th.

Congrats to.....

Elizabeth Crawford of PCSP who has been appointed to the Working Committee of the Community Sector Council, Newfoundland and Labrador.

PCSP Memorial Library Hours

Now it's easier to make time to visit the Library! Our hours have expanded so that you can drop by on your way home from work. We are pleased to offer more accessible Library hours so that you can find it easier to borrow and return your books.

Tuesday	4:00 p.m. to 9:00 p.m.
Wednesday	1:00 p.m. to 4:30 p.m.
Thursday	3:00 p.m. to 9:00 p.m.
Friday	10:00 a.m. to 12:30 p.m. 1:00p.m. to 4:30 p.m.

Easter Bunny Comes to Town

Join us at the Recreation Centre for fun, crafts, jewelry making and of course a visit from the Easter Bunny. Be prepared for a hopping good time at the Easter Party! For more information on this event please call 895-8000 Ext 4.

Date: Saturday April 9th

Time: 10:00a.m.-12:00p.m.

Location: Recreation Centre

National Day of Mourning

At 7:00pm, prior to the Council meeting of April 12th, there will be a Signing of a Proclamation for the National Day of Mourning for Workers Killed or Injured in the Workplace, in partnership with the St. John's District Labour Council. All are welcome to come and witness.

Thank-you Parents

The Town of Portugal Cove-St. Philip's, and Beachy Cove School Council wish to thank the parents for attending the presentation of the Town and the School Council to the Eastern School District on March 2, seeking a new Grade 6-9 school in the Town. Even though the current decision of the Board is to build a new school up to grade 7, with over 100 parents present, we feel you made a strong educational and political statement about the need for a new Grade 6-9 school and that the Town is united for this purpose. Thank-you!

"Face to the Gale: The Fight for Rural
Newfoundland and Labrador"

... an on-line publication of Community Linkages and may be accessed at www.communitylinkages.ca The Chair of the Group is Ray Johnson (of Buddy Wassisname and the Other Fellers) and the Vice-Chair is Dean Penton of Portugal Cove-St. Philip's.

April 2011

Saturday

2

9

16

23

30

Friday

1

8

15

22

29

Thursday

7

14

21

28

Wednesday

6

13

20

27

Tuesday

5

12

19

26

Monday

4

11

18

25

Sunday

3

10

17

24

Easter Sunday



50+ Club
Cards & Darts
PCSP Rec. Centre
2:00pm, \$4.00

Under 12/14 Provincial Rugby
Fundraiser Dance
Grades 4-6, PCSP Rec Centre,
7-10pm, \$5.00 with canteen service
for info contact
janetadamsryan@gmail.com

Beginners Yoga
10-11am
Rec. Centre

50' Plus Dance
9:00pm, PCSP Rec Centre
\$5.00
Do not have to be a member
For info call Sheila @ 895-3374

Beginners Yoga
10-11am
Rec. Centre

St. Lawrence Spring Sale
11am-1:30pm
Soup, rolls, dessert, tea/coffee
\$8.00

Holy Rosary Card Game
Parish Hall, 9pm

Yoga cancelled today

Beginners Yoga
10-11am
Rec. Centre

50+ Club
Cards & Darts
PCSP Rec. Centre
2:00pm, \$4.00

Under 12 Soccer Group
Fundraiser Dance
Grades 4-6, PCSP Rec Centre,
7-10pm, \$5.00 with canteen service
Call Cathy 895-9284.

50+ Club
Cards & Darts
PCSP Rec. Centre
2:00pm
\$4.00

50+ Club Cards & Darts
PCSP Rec. Centre
Cancelled this Good Friday

Good Friday

50+ Club
Cards & Darts
PCSP Rec. Centre
2:00pm
\$4.00

Tots & Us
PCSP Rec Centre
10am - 12 noon

St. Lawrence Seniors Fellowship
Afternoon card game
2-4pm, Parish Hall

BINGO
Portugal Cove Legion
8:15pm

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PCSP Rec Centre
10am - 12 noon

No Card Game Today at
St. Lawrence

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Card Game
St. Lawrence Parish Hall
8pm, \$5.
Bring your own cards,
refreshments provided

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