



# Portugal Cove St. Philip's

Just imagine!



## The *Tickle* Newsletter

March–April 2013

### Reason for the Rink

The Town would like to congratulate a truly inspiring hero in our community, Todd Churchill. We have all seen the story on our local, provincial and national news outlets. He has raised over \$32,000 for Easter Seals, Rainbow Riders and Shriners Hospital by building an outdoor hockey rink, like no other. Inspired by his son Carter, who was diagnosed with Cerebral Palsy in 2012, Todd and his family are changing the lives of so many and we in the Town could not be prouder of his accomplishments. On behalf of all residents in PCSP we say thank you to Todd, his family and their supporters!



### Wayne Trask Receives Queen's Diamond Jubilee Medal



The Queen Elizabeth II Diamond Jubilee Medal honors significant contributions and achievements by Canadians. Recently, this honour has been awarded to a passionate contributor from our community, Wayne Trask. The Canada Games Council

nominated Mr. Trask to recognize his achievements over the past 15 years, and his commitment and dedication to the Canada Games movement. Under his leadership the 1999 Canada Winter games earned substantial profit and were a resounding success. Congratulations Wayne from the residents of PCSP!

### Go PUMAS!



The Beachy Cove PUMAs have been very busy this year playing in games and invitational basketball tournaments. On January 20th, the girls provided entertainment for the fans

watching the MUN Seahawks game by playing during the half-time. During the women's game, grade 4/5 girls took the court. During the men's game, it was the grade 6/7 girls turn. They did a fantastic job and had lots of fun. Great job, girls!

The teams have had a busy year so far as they begin preparations for school provincials.



**For more information on locations and schedules, contact Liesa at [lrcollier@nl.rogers.com](mailto:lrcollier@nl.rogers.com). GO PUMAS !!**



Farewell to the Chief

On behalf of Council, Staff, the Volunteer Fire Department and the residents of the Town of Portugal Cove - St. Philip's, we extend a fond farewell to Fire Chief Michael Raine. Michael began his role with the Town on January 31st, 2011 after relocating from Ontario. Michael was the Town's first full time professional Chief and has contributed greatly to the department. He has been an outstanding leader to the men and women of the Fire Department, an invaluable resource to council and staff at the Town Hall and a source of strength for the residents.



The Town will now begin the process of selecting a new Fire Chief. In the interim, Ian Mercer, Deputy Fire Chief, will be responsible for the provision of town fire and emergency services after Chief Raines last day, February 28th

PCSP Launches Info Line

In an effort to increase communications with residents and tourists you can now call 895-7474 for a recording of important information. The info will be updated weekly with notices for residents and upcoming events. It can also be used during emergency situations for residents to find out more information.



**Find out More!**  
**Call 895-7474**

PCSP Receives Funding

The Town of Portugal Cove - St. Philip's has received funding of over \$16,000 for the development of a Community Profile and to upgrade pieces of their website. They have received the funding through the Invest in Canadian Communities Initiative through the Department of Foreign Affairs and International Trade.



District 19 Girl Guides Association

GIRL EMPOWERMENT & ASSISTING OTHERS

Last year as part of our Girl Empowerment guiding theme we endeavored to learn about and demonstrate an act of Girl Empowerment. We chose to support Naomi House and provided aid by donating toiletries such as soap, toothbrushes, shampoo, and bed sheets. Naomi House was overwhelmed by our support, and we chose to support them again this year.

Naomi Centre is located in St. John's and is an emergency shelter and residence for women between the ages of 16 to 30 who are in need of safe and temporary housing. Women who are residents at Naomi Centre receive support that encourages stability in personal relationships, finances, and emotional well being. Staff assists residents with education and employment needs, providing invaluable life skills instruction.

As a district, we would like to thank all the young girls and families for their generous donations. We hope the girls have learned the importance of assisting those in need, and of empowering themselves and others to make a positive change in the world around them.

Attached is a picture of the Guide unit and the two Brownie units with the donations on the table behind them. Not pictured but also contributing were 1st Beachy Cove Sparks.



MMSB taking steps to cut down on e-waste

In Newfoundland and Labrador it is estimated that households generate 1,551 tons of e-waste. This includes items such as computers, televisions, cell phones and printers. Electronics products often contain lead, cadmium, mercury and other hazards. They need to be disposed of in a safe and responsible manner.

Residents of Newfoundland and Labrador will soon be able to recycle their end-of-life electronics, as the Government has implemented amendments to the Waste Management Regulations. These amendments require electronics manufacturers to be responsible for their products from the point of production through to post-consumer recycling.



Among these duties are collecting electronics when they reach the end of their useful life, and providing proof that measures were taken to design electronics in a way that is environmentally sustainable. For more information on this initiative visit [www.mmsb.nl.ca](http://www.mmsb.nl.ca).

Health and Fitness:  
A New Year! A New You?

Setting realistic goals is one of the keys steps in achieving New Year's resolutions. Laura Murray, instructor of the Morning Fitness Classes, has five easy steps to help with this task and achieve success in 2013!

In order to be successful, a goal needs to be well defined and specific; an example of this is "I will exercise 3 times a week, 20 minutes each time". Commit to your goal in writing. State your goals in a positive voice, tell yourself, "I will eat healthy foods". Select goals that you are truly interested in seeing to completion, and compile a list that explains why exercise is good for your social, physical and mental wellbeing. Lastly, make sure your goal is realistic; a 100 pound



weight loss in 6 months is not realistic, so set a goal that is achievable within your new and improved lifestyle.

It's never too late to start a wellness program! If you want 2013 to be your best year yet, come try Tuesday & Thursday morning fitness classes at 10:30-11:30 in the recreation center, next to the town hall. All ages and abilities are welcome. Contact Kelly @ 895 - 8000 ext 233 or [kelly.gaulton@pcsp.ca](mailto:kelly.gaulton@pcsp.ca) for more information.

Snow Clearing Regulations Reminder

- During the period from November 1<sup>st</sup>, in each year to the 30<sup>th</sup>, day of April in the succeeding year, both days inclusive, no person shall park, leave or abandon any vehicle or any portion of any vehicle upon any Street Reservation within the Town:
  - Between the hours of 12:00 Midnight to and including 8:00 a.m.; and
  - At any time when there is a snowfall and for twelve hours after the snowfall has ceased.
- Highway Traffic Snow Clearing Regulations (O.C. 96-136) states, "Subject to Act or regulation in force respecting the parking, drawing up or standing of vehicles in a city, municipality or other designated area of the province, a person shall not, during the period in each year that this regulation is in force, leave a vehicle unattended on a highway between the hours of 12 midnight and 8 a.m.;
  - within 3 meters of the paved portion of the highway; or
  - if the highway is not paved, within 3 meters of the edge of the travel surface of the highway.
- During the period from November 1<sup>st</sup>, in each year to the 30<sup>th</sup>, day of April in the succeeding year, both days inclusive, no person shall shovel, plow, blow or cause to be shoveled, plowed or blown any residue snow or ice from a driveway or parking lot unto any Street within the Town.



## March 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Library Open House 10:30am Storytime 10:30am Rainbow 50+ Club Open House 2:00pm Portugal Cove Scout Dance 6:30pm	Cross-Country Skiing 10:00am Community Breakfast 9:00am Community Skate Jack Byrne Arena 4:00pm
3	Women's Institute 8:00pm  Alive Adventures After School 3:30 - 5:00pm	4 Fitness 10:30am Youth Self Defense 3:30-4:30pm Zumba 8:15pm	5 Mom & Tots 10:00am Storytime 2:00pm Bricks 4 Kids 6:15pm Legion Bingo 8:00pm St. Lawrence Parish Cards 8:00pm	6 Fitness 10:30am Youth Self Defense 3:30-4:30pm Yoga 6:30pm Darts 8:00pm Zumba 8:15pm	7 Storytime 10:30am 50+ Club 2:00pm	8 Legion Women's Dart Tournament  Irish Stew and Music 7:00pm
10	Women's Institute 8:00pm  Alive Adventures After School 3:30 - 5:00pm	11 Fitness 10:30am Youth Self Defense 3:30-4:30pm Lion's Club Meeting 7:30pm Zumba 8:15pm	12 Mom & Tots 10:00am Storytime 2:00pm Bricks 4 Kids 6:15pm Legion Bingo 8:00pm St. Lawrence Parish Cards 8:00pm	13 Fitness 10:30am Youth Self Defense 3:30-4:30pm Yoga 6:30pm Darts 8:00pm Zumba 8:15pm	14 Storytime 10:30am 50+ Club 2:00pm	15 St. Paddy's Dance at Legion 8:00pm
17	Women's Institute 8:00pm  Alive Adventures After School 3:30 - 5:00pm	18 Fitness 10:30am Youth Self Defense 3:30-4:30pm ACW Card Game Zumba 8:15pm	19 Mom & Tots 10:00am Storytime 2:00pm Bricks 4 Kids 6:15pm Legion Bingo 8:00pm St. Lawrence Parish Cards 8:00pm	20 Fitness 10:30am Youth Self Defense 3:30-4:30pm Yoga 6:30pm Darts 8:00pm Zumba 8:15pm	21 Storytime 10:30am 50+ Club 2:00pm	22 Easter Party 11:00am  Legion Dance and Fundraiser 8:00pm
24/31	25 Fitness 10:30am Youth Self Defense 3:30-4:30pm Lion's Club Meeting 7:30pm Zumba 8:15pm	26 Fitness 10:30am Youth Self Defense 3:30-4:30pm Lion's Club Meeting 7:30pm Zumba 8:15pm	27 Fitness 10:30am Youth Self Defense 3:30-4:30pm Yoga 6:30pm Darts 8:00pm Zumba 8:15pm	28 Fitness 10:30am Youth Self Defense 3:30-4:30pm Yoga 6:30pm Darts 8:00pm Zumba 8:15pm	29	30

## April 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Women's Institute 8:00pm	1 Fitness 10:30am Youth Self Defense 3:30-4:30pm Lion's Club Meeting 7:30pm Zumba 8:15pm	2 Mom & Tots 10:00am Storytime 2:00pm Bricks 4 Kids 6:15pm Legion Bingo 8:00pm St. Lawrence Parish Cards 8:00pm	3 Fitness 10:30am Youth Self Defense 3:30-4:30pm Yoga 6:30pm Darts 8:00pm Zumba 8:15pm	4 Storytime 10:30am 50+ Club 2:00pm	5 Spring Sale 11:00am
7	Women's Institute 8:00pm  Alive Adventures After School 3:30 - 5:00pm	8 Fitness 10:30am Youth Self Defense 3:30-4:30pm Lion's Club Meeting 7:30pm Zumba 8:15pm	9 Mom & Tots 10:00am Storytime 2:00pm Bricks 4 Kids 6:15pm Legion Bingo 8:00pm St. Lawrence Parish Cards 8:00pm	10 Fitness 10:30am Youth Self Defense 3:30-4:30pm Yoga 6:30pm Darts 8:00pm Zumba 8:15pm	11 Storytime 10:30am 50+ Club 2:00pm	12 Goods and Services Auction 8:00pm
14	Women's Institute 8:00pm	15 Fitness 10:30am Youth Self Defense 3:30-4:30pm Zumba 8:15pm	16 Mom & Tots 10:00am Storytime 2:00pm Bricks 4 Kids 6:15pm Legion Bingo 8:00pm St. Lawrence Parish Cards 8:00pm	17 Fitness 10:30am Youth Self Defense 3:30-4:30pm Yoga 6:30pm Darts 8:00pm Zumba 8:15pm	18 Storytime 10:30am 50+ Club 2:00pm	19 Goods and Services Auction 8:00pm
21	Women's Institute 8:00pm	22 Fitness 10:30am Youth Self Defense 3:30-4:30pm Zumba 8:15pm	23 Mom & Tots 10:00am Storytime 2:00pm Bricks 4 Kids 6:15pm Legion Bingo 8:00pm St. Lawrence Parish Cards 8:00pm	24 Fitness 10:30am Youth Self Defense 3:30-4:30pm Yoga 6:30pm Darts 8:00pm Zumba 8:15pm	25 Storytime 10:30am 50+ Club 2:00pm	26
28	29 Fitness 10:30am Youth Self Defense 3:30-4:30pm Lion's Club Meeting 7:30pm Zumba 8:15pm	30 Fitness 10:30am Youth Self Defense 3:30-4:30pm Lion's Club Meeting 7:30pm Zumba 8:15pm				

— Volunteer Week —

### Town of Portugal Cove - St. Philip's Kids Easter Party



**WHEN:** Saturday, March 23rd, 2013  
11a.m. – 1p.m.

**WHERE:** Community Recreation Centre

**WHAT:** Easter craft, games,  
food and refreshments

Most importantly –  
a special visit from  
the Easter Bunny!



### The Portugal Cove - St. Philip's Biggest Loser Challenge 2013

Registration for The Town of Portugal Cove – St. Philip's Biggest Loser Challenge was finalized on Wednesday, January 30<sup>th</sup>. There was a great turnout for the start to this challenge. 186 participants registered, making a total of 31 teams, all competing for the title of The Portugal Cove – St. Philip's Biggest Loser 2013. Each week, until the individual winner is chosen, prizes will be awarded to the teams with the highest percentage of weight loss for that week. The individual winner will be announced on Wednesday April 17<sup>th</sup>. Good luck to all contestants!



## PCSP Volunteer Week

APRIL 21 – 27, 2013

Planning for volunteer week is well underway. Stay tuned for exciting information about a Volunteer Fair that will showcase different groups and associations in the community, and our annual volunteer appreciation night.

For more information contact Kelly at 895-8000 ext 233 or [kelly.gaulton@pcsp.ca](mailto:kelly.gaulton@pcsp.ca).

### Go Bag distribution extended Tubes required for delivery after April 25<sup>th</sup>

It was previously announced that starting March 31st, 2013 Go Bags would be delivered only to residents who have the designated box or who have registered their mailbox to receive the Go Bags.

This date has been extended until April 25th, 2013. The Go Bag policy has been changed such that after the delivery on Thursday, April 25th, 2013, only residents who have motor route tubes (red or green) at the end of their driveways will receive delivery of the Go Bag. There will be no Go Bags tossed in the driveways of any residents in the Town Portugal Cove – St. Philip's.



If you currently do not have a Go Bag tube and wish to have one installed at no charge please call 709-748-0887, and leave a message including your name, address, contact number and description of your house. You can also

e-mail the information to [gobag@transcontinental.ca](mailto:gobag@transcontinental.ca). A letter is being sent to residents to outline the changes to Go Bag Distribution. Additionally, Go Bags will still be available in some of our local stores.



## Scarlet Dragon Society Kung Fu

The Scarlet Dragon Society Kung Fu is a non-profit Kung Fu based school that utilizes its background in Martial Arts to teach Kids Self Defense Awareness skills and introduce them to Kung Fu. Started by Marlene (Churchill) Mallett, they are pleased to be celebrating 25 years in operation in Portugal Cove - St. Philip's.

Marlene's first school opened in September 1987, and since then schools have operated from various locations throughout Portugal Cove - St. Philip's and other neighboring communities. Twenty-five years later The Scarlet Dragon Society continues to have a strong presence at Beachy Cove Elementary and in Mount Pearl's Reid Centre since 1994. Their success can be attributed the many instructors such as Mel Harding, Henry Picco, Chelsea Newman, and Marlene (Churchill) Mallett, with special thanks going to Bob Picco and Trina Churchill who have since retired. Scarlet Dragon also thanks Volunteers and parents of the students who, over the years, helped with fundraising and even lent their homes when needed.

The school has produced 10 Black Sash students, and operates from Beachy Cove Elementary, Thursday 6-7 p.m for children aged 5- 12, and for teens 13 and older from 7-8 p.m. Occasionally Women's Self Defense workshops are offered. The school hopes to expand on their Black Sash Division with the upcoming grading of three young students this year 2013. Hopefully, these Black Sashes will be the first of a new generation that will lead the school to future success, in the supportive and rapidly growing Town of Portugal Cove-St. Philips.

Contact Marlene for information regarding registration at [mjmallett@nl.rogers.com](mailto:mjmallett@nl.rogers.com).



## PCSP HERITAGE COMMITTEE

The Heritage Committee continues to work away on developing a 5 year strategic plan. We hope to have a public consultation in the spring to discuss outcomes of this plan. The Heritage Committee has also worked with the town and Grand Concourse on the development of the West Point Cemetery Municipal Heritage Site. There will be a commemoration ceremony at the site in late spring/early summer. Details for both events to follow - check the town's website [www.pcsp.ca](http://www.pcsp.ca) for updates.

We already have a small archive in operation and are currently developing an artifact donation database for a future museum. If you have any items that you would like to see preserved, or have any questions regarding heritage in our community please contact Julie Pomeroy, Heritage Programs and Services Coordinator, at

[Julie.pomeroy@pcsp.ca](mailto:Julie.pomeroy@pcsp.ca) or 895-8000 ext. 229.



West Point Cemetery Municipal Heritage Site



## The Royal Canadian Legion Branch 10, Portugal Cove Legion Happenings...



### HAVING A BIRTHDAY, A WEDDING, A BANQUET, A SHOWER, FAMILY REUNION?

Book your function at the Royal Canadian Legion

*Great rates – great hall – great fun!*

Call 895-6521

Monday to Friday - open at 4:00 pm

Saturday - open at 12:00 pm

Sunday - open at 2:00 pm

EVERY WEDNESDAY NIGHT AT 8:00 PM

OLD FASHIONED BINGO!

YES!! WE STILL HAVE THE OLD  
FASHIONED HARD CARDS

WE ALSO HAVE PAPER GAMES SUCH AS:

Early Bird, Lucky 7, Satellite Bingo,

Callers Choice & Jackpot

Plus regular games and Nevada. Spins..and fun!

Door Prize tickets for 50/50

Bring your friends and your smile.

MARCH 9, 2013

Women's Dart Tournament

## The Anglican Church of St. Philip's 13<sup>th</sup> Annual Goods & Services Auction

DATE: Saturday, April 20, 2013

AUCTIONEER: Fitzpatrick Auctioneering Services Ltd

LOCATION: Royal Canadian Legion, Blackmarsh Rd

EVENT: Cocktails, Dinner & Auction

TIME: 6:00 pm COST: \$30.00

FOR TICKETS, call the Church: 895-0715;

George: 895-3360; Susan: 754-6259

TIM HORTONS FUNDRAISER FOR TIM HORTON'S CHILDREN'S CAMPS

MARCH 23, 2013

Music by **Stag and Pitcher**

Starts at 8:00 pm

Contact Kelly Squires or the Legion for more info.

Check sign for updates.

ST. PADDY'S DANCE – MARCH 16, 2013

Music provided by the very popular **EvenKeel**

Starts at 8:00 pm

Great Irish and Newfoundland tunes. Come and have a scuff with us at the Royal Canadian Legion.

Open Mic Prior to the Band. Bring your guitar, accordion and Ugly Sticks!!

\$10.00 entry fee.

*Proceeds go to Tim Horton's Children Camps.*

Reserve your tickets now!

895-6521

MAY 5, 2013

The annual Battle of the Atlantic Ceremony held by the Royal Canadian Legion in conjunction with one of the local churches. Details are being finalized, stay tuned to the sign.

Varying Fridays and Saturdays

Texas Hold Em' Poker

Watch sign for details

*Due to extreme Health Issues please note that the Legion is a designated Scent Free Building. These are life threatening health issues so we respectfully request your cooperation.*

## PCSP Minor Soccer House League Registration

When: Saturday, May 4th from 10:00am – 12pm

Where: Rainbow Gully -St. Philip's Clubhouse.

Cost: \$90 for first child, \$80 for each additional child.

Online registration will be available  
beginning in March.





## Winter Fire Safety

Be warm and safe this winter!

Keep anything that can burn at least three-feet away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.

Have a three-foot "kid-free zone" around open fires and space heaters.

Never use your oven to heat your home.

Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.

Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.

Remember to turn portable heaters off when leaving the room or going to bed.

Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.

Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container. Keep the container a safe distance away from your home.

Test smoke alarms monthly.

## Portugal Cove Lions Club

Meetings every 2<sup>nd</sup> and 4<sup>th</sup>

Tuesday of the month.

New Members Welcome!

Starts at 7:30 pm at the

Holy Rosary

Community Centre



## St. Lawrence Parish

March – April Events

**EVERY WEDNESDAY AT 8PM**

Seniors Cards

& Fellowship

\$5.00 Admission

**MARCH 1ST**

World Prayer Day

**MARCH 9TH**

Irish Stew and Music

7:00 pm

**MARCH 19TH**

ACW Card Game

**APRIL 13TH**

ACW Spring Sale

Tables and Lunch

11:00 am

*For more information on  
these events please contact*

*Marg at 895-6424*

## Mayor Fagan Wins Queen's Golden Diamond Jubilee Medal

Mayor Bill Fagan has received a Queen's Diamond Jubilee Medal in recognition of his contributions to Canada. Mayor Fagan holds a Ph. D. from the University of Alberta. He has a long history of community volunteer work of a political, social and educational nature across Canada, and particularly in Alberta and Newfoundland and Labrador. His volunteer involvement and achievement has been recognized by Awards from the



Province of Alberta, the Canadian Association of Municipal Administrators, and Canada Post. He was elected municipal councilor in 2005 and Mayor in 2009. He has been keenly involved in promoting the volunteer sector in the Town. He is also a member of the school councils of Beachy Cove Elementary and Prince of Wales Collegiate. Congratulations Mayor Fagan on this honor, from all the residents of PCSP.

**We want to hear from you! Send in your pictures, community events or any information you would like to see in the newsletter. Deadline for submission for the May-June edition is April 8<sup>th</sup> at 4:00 pm. Contact Jeff Lawlor at [jeff.lawlor@pcsp.ca](mailto:jeff.lawlor@pcsp.ca) or 895-8000 ext 222.**