

Just imagine!





The Tickle Newsletter March - April 2016



Lions Club Donation to Older Adult Fitness

The PCSP Lions Club obtained a grant from the Department of Seniors Wellness and Social Development's Community Healthy Living Fund. The grant was in the amount of \$7000 which the Club donated to the Older Adults Fitness group that meets twice per week. These funds will provide equipment and supplies to ensure the long-term health of the program for seniors who wish to stay active.

National Champion and Record Breaker

Beverly Sharpe of Portugal Cove – St. Philip's brought home the gold medal in the Masters 2 72kg division from the 2016 National CPU Powerlifting and Bench Press Championships in Regina. She then proceeded to set the new national record for the division by squatting 111kg. Congratulations Beverly!



2016 **BULK ITEM** COLLECTION SERVICE

PRE-SCHEDULED APPOINTMENT REQUIRED

Residential bulk item collection services are available to the Town of Portugal Cove-St. Philip's on select Mondays only during the months May through November. These services are on a first come-first serve basis and require a pre-scheduled appointment before placing any items out. There are no designated drop off areas within the Town – dumping bulk items is prohibited. Please call or email the Public Works office to pre-schedule the next available appointment.



	JUNE 2016							
Sun	Mon	Tue	Wed	Thur	Fri	Sat		
			1	2	3	4		
5	6	7	8	9	10	11		
12	13	14	15	16	17	18		
19	20	21	22	23	24	25		
26	27	28	29	30				

	JULY 2016							
Sun	Mon	Tue	Wed	Thur	Fri	Sat		
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17	18	19	20	21	22	23		
24/31	25	26	27	28	29	30		

AUGUST 2016								
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	1	2	3	4	5	6		
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14	15	16	17	18	19	20		
21	22	23	24	25	26	27		
28	29	30	31					
			- 0					

CONTACT PUBLIC WORKS 895-8000 x 228 public.works@pcsp.ca For an Appointment

	SEPTEMBER 2016							
Sun	Mon	Tue	Wed	Thur	Fri	Sat		
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25	26	27	28	29	30			

	OCTOBER 2016							
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	10 17	3 4 10 11 17 18	3 4 5 10 11 12 17 18 19	3 4 5 6 10 11 12 13 17 18 19 20	3 4 5 6 7 10 11 12 13 14 17 18 19 20 21			

NOVEMBER 2016								
Sun	Mon	Tue	Wed	Thur	Fri	Sat		
		1	2	3	4	5		
6	7	8	9	10	11	12		
13	14	15	16	17	18	19		
20	21	22	23	24	25	26		
27	28	29	30					

^{**}Mondays highlighted in yellow are scheduled bulk item collection days**

ACCEPTED ITEMS:

- Fridges
- Stoves
- Microwaves
- Dishwashers (drained)
- Hotwater Tanks (drained)
- Washers
- Dryers
- BBQs
- Bikes (tires removed)
- Lawnmowers (fuel / oil drained)
- Snowblowers (fuel / oil drained)
- Bathroom fixtures (sink, toilet, tub)
- Mattresses and Box Spring
- Dressers

- Sofas
- Chairs
- Tables (coffee, end, kitchen)
- Desks
- Children's toys (in clear plastic bags)
- Doors (glass taped or removed, boxed and labelled)
- Small windows
- Tree limbs tied in bundles less than 6 feet less than 50lbs
- Wood (nails / screws removed) in bundles less than 6 feet less than 50 lbs
- Carpet and underlay tied in rolls less than 50lbs
- Swing sets (dismantled)

WHAT ARE BULK ITEMS? Bulk items are those large household items that will not fit into a closed garbage bag or container (either in size or weight over 50lbs).

HOW MANY BULK ITEMS CAN I PUT OUT? Each household will be permitted to dispose of a maximum of five (5) bulk items. A list of these items is required at time of booking.

X ITEMS NOT ACCEPTED:

- Electronics (televisions, computers, monitors)
- Tires (including car and bike)
- Roof shingles and construction materials (siding and gyproc)
- Bricks
- Concrete
- Vehicle parts

- Earthen materials (rocks, soil, sods, tree stumps or branches)
- Hazardous material (paint, oil, gas, chemicals)
- Propane tanks
- Recycling (including cardboard)
- Household garbage
- Loose or stacked items will not be collected

Visit **PCSP.ca** for more details. An informational brochure is also being distributed with more information.





Watch For Water Main & Service Line Breaks This Winter

Residents of Portugal Cove – St. Philip's know the ups and downs that Newfoundland winters bring. Seeing puddles of water thaw and refreeze is a common sight. On rare occasions, ice on the ground isn't the result of weather – it's the result of what is underneath.

Water main and service line breaks occasionally occur in the winter, and must be fixed as quickly as possible. Because the infrastructure is buried about eight feet underground, a winter break in the line will not result in a geyser. The signs are more subtle; water coming out of cracks in the pavement, or a rumbling/hissing sounds near the pipe, and the volume of water usually indicates whether it is a water main break or a problem with a more localized residential service line.

Besides service outages, winter breaks also present an immediate hazard. Leaked water can quickly form large sheets of ice. These can happen anywhere, anytime, even on busy streets and in clear conditions when drivers are unlikely to be on the lookout for ice.

Public Works water and wastewater crews respond to breaks as soon as they are reported to them. In order to minimize ice hazards, once a team arrives, their first priority is to locate and close the valves to slow the flow of water. Residents are notified that the water will be shut off as long as necessary to make the emergency repair. The age of the pipes, soil condition and weather conditions can all contribute to failures in the water infrastructure.

If you see or suspect a water main or service line break this winter, please call Public Works at 709-895-8000.

Recycling on Windy Days

On windy days, unfortunately, recycling bags that contain lighter contents can often be found blowing around the street, into ditches and onto your neighbour's properties. It is a real nuisance to those good residents participating in the recycling program as well to our Collector Operators trying to chase them down in a safe manner. Too often bags will blow down in ditches or blow back up a driveway and are therefore missed during collection. To help prevent this from happening, here are a few suggestions to keep your blue bags in their place:

- Place blue bags with heavier items in them such as books and magazines on top of the lighter blue bags that may only contain paper products.
- Consider putting your recycling bags out for collection in the morning, rather than the night before.
- Consider placing a heavy rock on the corner of your blue bags.
- Consider placing a covering over your blue bags like a tarp or net.
- Consider placing your blue bags into a recycling blue bin with a lid.



pcsp.ca

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Gardening Know-How in Portugal Cove-St. Philip's



It's not too early to be planning your summer 2016 garden. There will be a workshop for those who are interested in starting a garden or improving on the garden they already have. Are you wondering about what type of soil to use? Do you have questions on what vegetables will grow best in our area? How do you set up a garden bed? Get the information from an experienced local gardener at an upcoming evening workshop.

This discussion or workshop will be for both beginners and for those with gardening experience. It is hoped to have more such events in the very near future. All residents of the Town are welcome to come to the workshop which is initiated by the PC-SP Community Garden group. Information about the Community Garden, and about joining it, will be available at the workshop.

Check out the Town website and the roadside signs for the date for this gardening event.

Contact aucoin89@nl.rogers.com for more detailed information.

St. Lawrence ACW

Seniors Cards and Fellowship Every Wednesday from 2 – 4pm.

Irish Stew Dance

March 11th, 6:30pm, dinner at 7:00pm Music by Dennis Kendell

ACW Spring Sale

April 9th, 11:00am – 1:00pm Brunch served, all the usual tables

ACW Card Game

April 19th, 8:00pm, \$5 cover Refreshments served

For more information, call 895-6424 or 753-6072

Rainbow 50+ Club

At the Community Centre, Thorburn Road, every Friday from 2-4pm, join us for darts and cards.

For information please contact Sheila King @ 895-3374

PAWty Animal!



Moses celebrated his 10th birthday with a PAWty on Nov 22nd in style at the Voisey's Brook Dog Park! Approximately a dozen dogs and friends from around the community came out to celebrate with a dog cake from Brewkies, a local dog treat company located in Portugal Cove. The park was decorated with a banner and some streamers and it was an absolutely beautiful day! The dogs were having so much fun they didn't even need any toys, although there was a game of Fetch and Find the Hidden Kong for prizes. The party clued up with handmade loot bags containing a ball and homemade dog treats. It was a fantastic PAWty and many people and pooches from the community came out to enjoy the day. Belated birthday wishes Moses!



The Great Spring Gardening Event Saturday, April 16th.

Murray's Garden Center and Horticultural Services

A day filled with expert talks, demonstrations, and advice on landscape design, growing your own veggies, new ornamental plants for 2016.

Visit www.murraysgardens.com for more details and event registration information.



Portugal Cove – St. Philip's Lions Club

The PCSP Lions Club's **Easter Monday Card Game** is back this year, together with our popular Easter Bonnet contest.

March 28th at the RC Parish Hall. Contest at 7:30 p.m. with cards starting at 8:00. Admission \$5 with lunch provided and great prizes. Proceeds this year will be donated to the Lion Max Simms Memorial Camp, a place where disabled persons of all ages can experience a unique camping experience with their peers on the beautiful Exploits River in central Newfoundland.



PCSP Minor Soccer





2016 Summer Registration

Online registration beginning March 1st Walk in registration Saturday, May 14th at Voiseys Brook Park

For more details go to www.pcspminorsoccer.ca

Correction Notice: In the Jan-Feb edition of the Tickle, Emily Whelan's winning Jersey Design should read "PCSP Covers". Our apologies to Emily, your design was fantastic!

Egg-tastic Easter Camp

Join your friends for a week long camp of fun, entertainment, physical activity and Easter fun!

Open to children ages 6 - 12.

(born 2004-2010)

Monday March 28th - Friday April 1st

8:30am - 4:30pm at Beachy Cove Elementary

Registration is Tuesday March 8th 7:30pm at the Recreation Centre.

1st Child - \$150.00

2nd Child - \$120.00

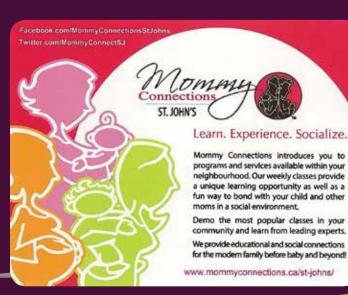
3rd Child - \$100.00

Space is limited.

Payments can be made

by cash or cheque.

For more information, please call Mike at 895-8000 ext265 or email Mike.Stone@pcsp.ca



Water Metering Project

The Town continues to work towards the proposed water metering project. At this early planning stage, we are ensuring that all issues and concerns are fully understood and input into the process. On Thursday, January 21st, the first public meeting on water metering was held at the Recreation Centre to kick off the process. It was well attended and Council was able to gather great information from those in attendance. We would like to thank all those who have given input, expressed concerns and/or support for the project. All the information that is being gathered will allow Council to make the best decision for the future sustainability of Portugal Cove - St. Philip's.

At the meeting, Council committed to preparing a document for residents that answers all those questions and concerns identified. Council and staff are working on completing this document. It will be available as soon as the total costs associated with delivering water to residents are analyzed and proposed fee structures for fair distribution are evaluated. The evaluation of these fees and the numbers generated by this next step in the process will provide the information needed to answer all the questions asked by the residents. To effectively share this document and the information obtained by the analysis, we will have another public meeting with residents. If all the data shows that the metering project is a wise choice for the community as a whole and no new concerns are raised, we will prepare specifications for a tender and contract to install the meters based on the information gained in earlier stages of the project. Once the tender results come in, they can be compared to the data used in the fee analysis. If the numbers are still valid and show it is wise to move forward with the project, the tender will be awarded and the installation phase of the process will

While most of the questions asked must wait for the analysis to be completed, there are a few very important questions that we can answer now:

1. Is this project definitely going ahead?

This is the very early stages of the process. As with all projects that are proposed and considered by Council there are decision points along the path of implementation. Currently the types of meters, installation requirements and other costs are not yet fully understood. No contract has been awarded yet to purchase or install

2. How will this new fee affect our current water fee of \$475?

The water metering fee that your household will be charged will replace the current water fee of \$475. Currently the total cost of providing water is equally distributed amongst all those who receive water; this is how the current water fee is set. Charging based on use is an alternative to the current water fee.

3. Where do we get our water?

We purchase our water from a regional board and it comes from Bay Bulls Big Pond. Currently, almost 80% of our total water costs (\$380 of your current water fee) are the result of purchasing of the water. If we reduce the demand of water we reduce the cost on residents.

4. Will residents have to pay for the meter and costs of the plumber to install upfront?

No, these costs will be covered by the project itself. How those costs affect the rate will be better understand once the fee structure has been evaluated.

5. Is installation mandatory for all residents on water?

Part of the process is to do a site visit and evaluate each home. We expect that a small percentage will be too costly to install based on unique circumstances. The goal is to install as many that are feasible.

6. Why would the town consider this in financially difficult times? The Town is doing this in an attempt to reduce the average tax burden for households in Portugal Cove – St. Philip's by reducing both overall costs of purchasing water and giving residents the ability to control their bills.

7. Where are we along the project path?

Here is the revised project path for the project.



late spring/early summer once proposals have been received from Council.

For a full list of the questions and concerns addressed to Council you can visit pcsp.ca. There will be a mail out of a full report answering these questions in the coming weeks; however, we will do our best to answer them as information becomes available.

As always we are seeking input and feedback. Please send any comments or inquires to Jeff Lawlor, Director of Economic Development, Marketing and Communications at jeff.lawlor@ pcsp.ca or 895-8000 ext 222.

Speed Zone Policy Public Meeting

Date: Wednesday, March 23

Time: 7:00 pm

Location: Recreation Centre

PCSP Council is looking to implement a town wide Speed Zone Policy that would overhaul the existing speed zones in the community. We will be developing this in conjunction with our SafePCSP Pedestrian Safety Group as well as local authorities. We would like to invite residents to come out to a public meeting outlining the policy so that we can get lots of feedback from the community. For more information please contact Jeff Lawlor at 895-8000 ext 222.



MURRAY'S POND COUNTRY CLUB

2:00pm - 4:00pm

Live entertainment by Fergus Brown O'Byrne & Fergus O'Byrne Tea and desserts provided!

Registration \$5 - pre-registration is required, call 895-8000 ext. 265 Space is limited! PCSP residents will be given priority.

Registration begins March 1st



Find Your Fit!

Please follow this link below for more details: http://www.recreationnl.com/findyourfit/home/fit-news/challenges/







NEIGHBOURS BECOME FRIENDS WHILE ENJOYING THE GREAT OUTDOORS



Join the PCSP Hiking & Walking Club on their next walk! Every Saturday, weather permitting, they get together as a group to explore the great outdoors. Hikes vary to appeal to participants of all ages and abilities and are organized and led by someone who knows the trail. For more information and to have a look at the latest newsletter check out their website. While on the site you can sign up to receive weekly notices of each hike.

WEBSITE: https://sites.google.com/site/pcsphikingwalking/home

EMAIL: pcsphikingwalking@gmail.com



Come out and join us, enjoy the outdoors and make some new friends!

124SCHER THE CES

Saturday March 19th, 2016

Beachy Cove Elementary

11:00am - 1:00pm Crafts, pizza, egg hunt and a special visit from the Easter Bunny!

Tickets \$5 each, on sale March 7th

Pre-registration is required for this event.

For more information call the Recreation Department at 895-5661 or email nick.miller@pcsp.ca

ind your fit today!
www.recreationnl.com





Thank you!

To all our sponsors, volunteers, community groups, and all of you who came out to enjoy the Town's 2016 Winter Carnival! We could not have done it without you.

MARCH 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Minor Soccer Registration begins 1	Legion Bingo St.Lawrence Seniors cards & Fellowship 2	3	Rainbow 50+ Darts and Cards	Hiking/walking club
6	Women's Institute	Easter Camp Registration Lions Club	Legion Bingo St.Lawrence Seniors cards & Fellowship Speed Zone Policy Meeting	10	Rainbow 50+ Darts and Cards St. Lawrence Irish Stew Dance 11	Hiking/Walking Club 12
	Women's Institute		Legion Bingo St.Lawrence Seniors cards & Fellowship	St. Patrick's Day Social	Rainbow 50+ Darts and Cards	Hiking/Walking Club PCSP Easter Party (BCE)
13	14	15	16	17	18	19
	Women's Institute	Lions Club	Legion Bingo	 Community Awards Nomination Deadline 	Rainbow 50+ Darts and Cards	Hiking/Walking Club
20	21	22	23	24	25	26
27	Women's Institute Lions Club Easter Monday Card Game Easter Camp Begins 28	29	Legion Bingo St.Lawrence Seniors cards & Fellowship	31		

APRIL 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					Rainbow 50+ Darts and Cards Easter Camp Ends	Hiking/Walking Club
					1	2
3	Women's Institute 4	5	Legion Bingo St. Lawrence Seniors Cards & Fellowship	7	Rainbow 50+ Darts and Cards Tickle newsletter submission deadline 8	Hiking/Walking Club St. Lawrence ACW Spring Sale
10	Women's Institute	• Lions Club	Legion Bingo St. Lawrence Seniors Cards & Fellowship	1.1	Rainbow 50+ Darts and Cards	Hiking/Walking Club The Great Spring Gardening Event
10	11	12	13	14	15	16
	Women's Institute	St. Lawrence ACW Card Game	Legion BingoSt. LawrenceSeniors Cards &Fellowship		 Rainbow 50+ Darts and Cards 	Hiking/Walking Club
17	18	19	20	21	22	23
	Women's Institute	• Lions Club	Legion Bingo St. Lawrence Seniors Cards &		Rainbow 50+ Darts and Cards	Hiking/Walking Club
24	25	26	Fellowship 27	28	29	30

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Branch 10, Portugal Cove

Legion Happenings... 895-6521



THE 101st ANNIVERSARY

OF THE SECOND YEAR OF THE FIRST WORLD WAR

THE 76TH ANNIVERSARY

OF THE BEGINNING OF WORLD WAR II

THE 77TH ANNIVERSARY

OF THE BATTLE OF BRITAIN

THE 66TH ANNIVERSARY

OF THE BEGINNING OF THE KOREAN WAR

We honour all those who paid the ultimate sacrifice in all of the Wars, Conflicts and Peacekeeping Missions of our time past, present and future. Please join the Royal Canadian Legion on parade in 2016 to honour them in Rememberance and Gratitude. Details will appear in future newsletters.

Elections

A note to remind all Legion Members that Elections are coming soon.

Thank You

The Royal Canadian Legion would like to thank Comrade Michael Pretty for all the research he did on the individual Veterans names and units, as well as the conflicts and wars that applied, for our Town's refurbished War Memorial. If you haven't swung by to see it... you should.

Old Fashioned BINGO!

Every Wednesday Night at 8:00pm Yes, we still have the old fashioned hard

cards: PickaBingo, Early Bird, Lucky 7, and Satellite. Includes a Jackpot Game (Hard Cards). Plus Nevada Tickets and Fun! Come join us!

Please bring your friends to enjoy the fun

Legion Poetry Contest

You can submit an entry directly to the Legion with a correctly filled out form which can be obtained from the school or directly at the Legion website at www.legion.ca.

ENTERING AND REGULATIONS

Students may enter as many contests as they wish to but may submit only one entry for each category.

DEADLINES FOR ENTRIES in the Poster and Literary Contests are determined by the local Legion branches.

Scent Free Building

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.

Having a Birthday, Wedding, Banquet, **Shower, or Family Reunion?**

Book your function at the Royal Canadian Legion! Great Rates - Great Hall - Great Fun!

The hall has A/C and and an outdoor

Call 895-6521 for more information. Monday - Friday: Open at 4:00pm Saturday: Open at 12:00 noon Sunday: Open at 2:00pm

Legion Representative Contacts

Len Collins, Legion President: 895-6521 Micheal Pretty, BR 10 Service Officer: 727-4674

Provincial Command: 753-6290



Wonderful Easter!



Advisory Committee on the Environment (ACE)

2016 TOWN CLEAN UP

ACE members are hoping to see an increased rate of participation in the annual town-wide spring clean-up this year. We sincerely appreciate all those who have participated in the last few years and we would like to encourage as many returning and new participants. It is a very rewarding experience to help maintain the natural beauty if our Town.

Residents are asked to demonstrate pride in our community by devoting just 10 minutes to clean up the immediate area around your own residence. This would go a long way towards alleviating the problem of needless trash in and around our town streets.

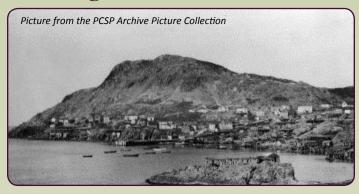
Stay tuned for more details regarding the date and planned activities for the official 2016 town clean-up. In the meantime, now that the snow is staring to disappear, we don't need to wait till spring to grab a bag and do your part. Waste will be picked up in accordance with regularly scheduled garbage pickup in your area.

Safe PCSP



SafePCSP were very excited to collaborate with RNC constable Tanya Schwartz to present to grades 7, 8, and 9 students of Leary's Brook Junior High on January 27 2016. The presentation was given in memory of former Leary's Brook student Matthew Churchill who died in 2005 after being struck by a vehicle on Bauline Line. Each of the students received a reflective disc, jointly funded by the town of PCSP, Cychotic Bikes, and Leary's Brook. It was great to also have Mayor Tucker there to reinforce the importance of learning how to be a safe pedestrian. Key messaging included: the dangers of "distracted driving" and "distracted pedestrians"; how to be a safe pedestrian and a safe cyclist; and how to be safe on motorized vehicles, emphasizing that dirt bikes and all terrain vehicles (ATVs) are not allowed on maintained roads where a license is required. Thanks to all the contributors, the teachers and the students for participating and helping to create a culture of safety in Portugal Cove - St. Philip's!

Hertiage Committee



YOUTH HERITAGE FORUM

Youth Heritage NL and the Heritage Foundation of Newfoundland and Labrador will be hosting the 2nd Annual Youth Heritage Forum on March 19th, 2016. The all-day event will take place at The Lantern located at 35 Barnes Road. The PCSP Heritage Programs and Services Coordinator will be attending representing the community. For more information go to https://youthheritagenl.wordpress.com/ or like Youth Heritage NL on Facebook.

FAMILY HISTORY CLUB

The Family History Club has been meeting once a month. The date and time for the March meeting is TBD. Members have been able to meet to discuss, collaborate, and support each other while researching their family history. Guest speaker to be scheduled in the coming months.

ARCHIVE AND ARTIFACT COLLECTION

We love receiving items to build our archival and artifact collection. We are interested in any items, pictures, and documents that portray the history of the people of our community. Donations can be from any decade, and current day. We understand that many pictures people have are near and dear and parting with them is difficult. Any pictures that are donated will be professionally copied and originals can be returned. *Ask us about our picture program!*

NEW MEMBERS

New members are always welcome to join the committee. If you are interested in learning more about what the committee does or getting involved let us know.

ORAL HISTORIES

*Looking for interviewees. We are currently looking for some people to interview about life in PCSP. Stories and interviews that are collected will be part of our Oral History Collection. These types of collections are wonderful ways of preserving knowledge and history as well a great resource for future researchers.

For further information about any of the above please contact:

Julie Pomeroy

Heritage Programs and Services Coordinator

895-8000 ext. **229**

Julie.pomeroy@pcsp.ca



From the Mayor's Desk



Spring is just around the corner and our Town is definitely full of warm community spirit. We have just finished celebrating another successful Winter Carnival and I hope many of you we able to get out and enjoy the fun activities and events during the week. Thank you to all our groups and volunteers, as well as our hard working Recreation and Community Services team for a great week of events, there was certainly something for everyone.

You can certainly feel our Town's generous nature as we see community groups and residents coming together throughout the region to help newcomers not only to our beautiful Town but also to our great country. Our community is well known for its warm welcome.

I look forward to seeing many more of you as the weather gets a little warmer too.

Moses

Best of

Portugal Gove St. Philip's

COMMUNITY AWARDS

Athletic Awards - Volunteer Awards - Business Awards

The Town has combined the Athletic, Volunteer and Business Awards to make them bigger, better, and stronger!

The Community sector has declared April 10th - 16th, 2016 as Volunteer Week and following that week the Town will host an Awards Ceremony to honor those in the community that make a difference.

Nominate them...

Please do your part to show your appreciation for those that have dedicated their time and effort to better their community, region and their province.

Full details on how to nominate...

A complete package of information and details on the awards can be found on the Town's website www.pcsp.ca

Completed forms and letters of support must be submitted or dropped off to the Town Hall, or can be faxed to 895-3780 by the deadline. It is import to capture the dedication and hard work of your nominees as well as a history of events and accomplishments.

Nominations are open now. Deadline for Nominations is March 24th 2016.

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, deadline is 4:00pm Friday, April 8th, 2016. Contact Jeff Lawlor at jeff.lawlor@pcsp.ca or 895-8000 ext 222.