



THE *Tickle* NEWSLETTER

Portugal Cove
St. Philip's



ALEXANDRA JANES RECEIVES LEADERSHIP SCHOLARSHIP

Congratulations to PCSP resident Alexandra Janes, who received the prestigious Schulich Leadership Scholarship. Miss Janes is a first-year student at Memorial University studying for a Bachelor of Science degree, with a major in chemistry. She has always aspired to help others and she "would love to be involved in something that can make a difference in people's everyday lives."

The Schulich Leadership Scholarship is considered to be Canada's most coveted undergraduate scholarship. Each year, high schools across the country may nominate one graduating student to apply for the scholarship. At Prince of Wales Collegiate, Alexandra was that outstanding student. Of over 1500 nominees from high school across Canada, she was selected as one of this year's 50 winners.

Alexandra surely has a bright future ahead and we are very proud to have a 2018 recipient of this award in our town. Alexandra's mother, Cathy Flight, added "Alexandra's success is due to her hard work and commitment, but it also highlights the quality of education and educators available to the young people in our town."

BROOKSIDE INTERMEDIATE RAINBOW CROSSWALK

In the fall, the new Rainbow Crosswalk at Brookside Intermediate was unveiled at a celebratory event at the school. Brookside's Principal Douglas Pippy, Tony Stack from the Newfoundland and Labrador English School District, and PCSP Councilor Dave Bartlett (who is also a teacher at Brookside Intermediate), spoke to a group of students, teachers and special guests at the event about the importance and significance of the symbol of pride and inclusion in PCSP.



Our town is proud to be an inclusive community, where we strive for diversity to be both valued and respected. By painting this rainbow crosswalk, we hope to show support for the LGBTQ+ community.

In this edition of The Tickle Newsletter...

Community News	pg 2-3
Public Works	pg 4
Recreation & Community Services	pg 5-8
Event Calendar	pg 9
Community Groups	pg 10-11
Mayor's Message & Fire Department	pg 12



FIRST PLACE MATHLETES

Congratulations to Brookside Intermediate team on their first place finish at the 2017-2018 Newfoundland and Labrador English School District Junior High Math League Competition!

OUTSTANDING ATHLETICS IN OUR COMMUNITY



2019 CANADA WINTER GAMES

The Town will be cheering on Brady Mitchelmore and Will Williams during the 2019 Canada Winter Games. Both young men will travel to Red Deer Alberta in February to represent Team Newfoundland and Labrador for Boys Hockey. Both currently play in the Newfoundland Major Midget League, Brady with the East Coast Blizzards and Will with the St. John's Maple Leafs. Congratulations gentlemen!



GOLD MEDAL BOYS BASKETBALL

The Brookside Boys Grade 6 Purple Basketball team won the gold medal at the Brookside Invitational. Go Bulldogs!



NLVA LEAGUE GOLD MEDAL

Congratulations to the Brookside Grade 8 Girls Volleyball team on their gold medal in the Newfoundland and Labrador Volleyball Association league play. The team and coaches did a great job!



CONGRATULATIONS PCSP PARADE FLOAT WINNERS!

The annual Volunteer Fire Department and Town of Portugal Cove-St. Philip's Christmas Parade was one of the biggest we have ever enjoyed! So many terrific floats and participants filled the route on December 2nd, and the roads were lined with happy faces two and three rows deep. This year's winning floats include:

FAMILY FLOAT WINNER
Lisa Cooney & Sniper



BUSINESS FLOAT WINNER
Michael Neary Racing



ORGANIZATION FLOAT WINNER
St. Lawrence Girls Auxiliary
"Christmas in Hawaii"



GIRL GUIDES TREX GROUP CHOSEN FOR RECREATION GRANT

The PCSP Girl Guides Trex group has been chosen to receive a \$500 grant from Recreation NL & Labrador "Find Your Fit Challenge" to acknowledge their efforts in breaking down barriers and challenges associated with teen fitness! One of the goals of the group is to provide a chance for girls to try new activities in a supportive environment. While they keep their activities well rounded, many of the activities are fitness related. Over the past few years they have enjoyed kayaking, archery, snowshoeing, fencing, self defense, karate, skiing, and 10k, 20k and 40k backpacking hikes! What an awesome acknowledgement to this group! The grant funds will be used to purchase extra backpacking equipment like 2-man tents and portable stoves to better accommodate their growing numbers.



KINDERSTART AT BEACHY COVE ELEMENTARY

The KinderStart program for 2018-2019 consists of four two-hour sessions, reflected in the schedule below. Please note that because of our large numbers, we have space available for only *one parent/guardian* at each session. If you wish to find out your child's time slot, please visit the KinderStart tab at www.beachycove.ca.

Friday, January 18, 2019

One parent/guardian & child together for the first hour in the classroom; second hour with the Assistant Principal and two kindergarten teachers in the cafeteria for parent/guardian orientation.

Friday, February 15, 2019

Child in KinderStart with teachers; one parent/guardian in the cafeteria with the Assistant Principal and two kindergarten teachers for information sessions on play and exploration, early literacy and numeracy, and building early literacy skills.

Friday, March 22, 2019

Child in KinderStart with teachers; one parent/guardian in the cafeteria with the Assistant Principal, guidance counsellor, and two kindergarten teachers for information sessions on well-being and belonging, promoting positive behaviour with preschoolers, and social contribution.

Thursday, April 18, 2019

Child in KinderStart with teachers; one parent/guardian in the cafeteria with the Assistant Principal, Speech-Language Pathologist, and two kindergarten teachers.

PLEASE NOTE: If school is closed on any of these dates, the sessions will go ahead on the first day that school re-opens following the unexpected closure. Thank you for your enthusiastic participation; we look forward to working and learning with you during your time with us. If you have any questions, please send an e-mail to the Principal, aubreydawe@nlesd.ca or the Assistant Principal,



TRAIL OF THE CARIBOU RESEARCH GROUP

The Trail of the Caribou Research Group held its first annual fundraiser gala on November 15th, 2018 at the Royal Canadian Legion, Branch 56. The fundraiser gala was a successful event with all the proceeds helping to ensure the deeds of people of this province in foreign conflicts are remembered. The main focus of their research right now is the Great War.



The evening was MC'd by Peter G. Noel and entertainment was provided by The Royal Newfoundland Regiment Band as well as Peter G. Noel. It also included a silent auction, live auction, raffles, 50/50, and balloon pop.



PINK SHIRT DAY 2019

WEDNESDAY FEBRUARY 27th

Wear Pink and help raise awareness and stand up to bullying.

THINK before you post, is it

T rue

H elpful

I nspiring

N ecessary

K ind



PublicWorks

Streets • Fleet • Waste Management • Water & Wastewater • Facilities

2019 WASTE COLLECTION

■ GARBAGE & RECYCLING DAYS
 ■ GARBAGE ONLY DAYS
 ■ BULK COLLECTION DAYS

January							February							March							April						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
		1	2	3	4	5						1	2						1	2		1	2	3	4	5	6
6	7	8	9	10	11	12	3	4	5	6	7	8	9	3	4	5	6	7	8	9	7	8	9	10	11	12	13
13	14	15	16	17	18	19	10	11	12	13	14	15	16	10	11	12	13	14	15	16	14	15	16	17	18	19	20
20	21	22	23	24	25	26	17	18	19	20	21	22	23	17	18	19	20	21	22	23	21	22	23	24	25	26	27
27	28	29	30	31			24	25	26	27	28			24	25	26	27	28	29	30	28	29	30				
														31													

May							June							July							August						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4							1		1	2	3	4	5	6					1	2	3
5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13	4	5	6	7	8	9	10
12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20	11	12	13	14	15	16	17
19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27	18	19	20	21	22	23	24
26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31				25	26	27	28	29	30	31
							30																				

September							October							November							December						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
1	2	3	4	5	6	7			1	2	3	4	5						1	2	1	2	3	4	5	6	7
8	9	10	11	12	13	14	6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14
15	16	17	18	19	20	21	13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21
22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28
29	30						27	28	29	30	31			24	25	26	27	28	29	30	29	30	31				

BULK COLLECTION REQUIRES A PRE-BOOKED APPOINTMENT. CALL 895-8000 X228

COLLECTION SHIFTING: January 1, 2, 3, 4 - moved ahead to January 2, 3, 4, 5
 April 16, 17, 18, 19 - moved back to April 15, 16, 17, 18
 December 24, 25, 26, 27 - moved ahead to December 27, 28, 29, 30
 December 31, 2019 & Jan. 1, 2, 3, 2020 - moved ahead to January 2, 3, 4, 5, 2020

*Mental
Health*

*Physical
Health*

*Health
Education*

*Social
Health*

*Emotional
Wellness*

Nutrition

Health & Wellness Expo

Saturday, January 12th

9:00am - 4:00pm | Brookside Intermediate
\$5 Admission - Proceeds from each admission
provide healthy options at community events



Guest Speakers

Food & Beverages

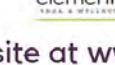
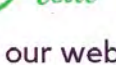
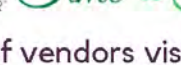
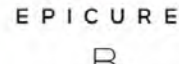
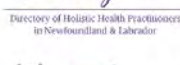


Trade Show

Demonstrations



Some of our trade show participants include:



For a full list of vendors visit our website at www.pcsp.ca

FREE child minding area on site!

Parents can drop off their young ones for care while they explore the Expo. Space is limited. Parents will have to sign children in and out. If demand is high then a time limit may be imposed.



@PCSPnl



@PCSPnl



@townofpcsp

RECREATION



& COMMUNITY SERVICES



Winter Carnival 2019

February 8th - February 17th



Community Market - Snow & Stars Hike - Family Fun Day

Snowball Tournament - Games Night - Bingo

Cards Games - NL Chocolate Company Event - Community Breakfast



**Save the dates for some
winter family fun!**

BIG AND THE BALLPOINTS

Saturday February 9th at 9:00pm

\$20 each | Tickets on Sale January 14th



Tickets must be purchased through
eServices (limit of 10 per person)



Evening Community Market

Sunday February 17th
Recreation Centre
4:00pm - 8:00pm

Cost per Table is \$30

Open to vendors on the following dates:

PCSP Residents - Monday, January 7th

Non-Residents - (if space permits) Monday, January 14th

Contact nicole.clark@pcsp.ca or call 895-5677 to register!

Event
Admission
\$2.00

Portugal Gove
St. Philip's



RECREATION & COMMUNITY SERVICES

WINTER 2019 PROGRAMS

YOGA (12 weeks) Jan. 14 - April 4	Monday 6:30-7:30pm	Recreation Centre	Cost: \$120.00 for one class per week \$228.00 for both classes per week \$10.00 drop in fee
	Tuesday 6:30-7:30pm	Recreation Centre	
ZUMBA (7 weeks) Jan. 14 - Feb. 28	Monday 8:00-9:00pm	Brookside Inter.	Cost: \$56.00 for one class per week \$112.00 for both classes per week \$10.00 drop in fee
	Thursday 8:00-9:00pm	Beachy Cove Elem.	
ADULT FITNESS (12 weeks) Jan. 14 - April 4	Monday 9:30-10:30am Limit of 35 participants.	Recreation Centre	Cost: \$30.00
KICKBOXING (6 weeks) Feb. 20 - March 27	Wednesday 8:00-9:00pm	Recreation Centre	Cost: \$60.00
SENIORS SIT N FIT (12 weeks) Jan. 15 - April 15	Tuesday 10:30-11:15am	Recreation Centre	Cost: \$30.00
	Friday 10:30-11:15am	Recreation Centre	
INTRO TO ACRYLIC PAINTING (5 weeks) Feb. 20 - March 20	Wednesday 6:30-7:30pm	Recreation Centre	Cost: \$50.00
PCSP PLAYGROUP Starts January 9	Wednesday 10:00am	Recreation Centre Ages newborn to 4 years. Enjoy bouncy castle, toys, & healthy snacks.	Cost: \$2.00 per child

REGISTRATION OPENS: January 2, 2019
Register online through eServices.



JANUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 New Year's Day	2	3	4	5 Hiking/Walking Club
6	7 Women's Institute	8 Public Council Meeting Lions Club Holy Rosary Card Game	9 St. Lawrence Cards & Fellowship Legion Bingo PCSP Playgroup	10	11 50 Plus Cards & Darts	12 Health & Wellness Expo Hiking/Walking Club
13	14 Women's Institute Yoga Zumba Adult Fitness	15 Yoga Seniors Sit N Fit	16 St. Lawrence Cards & Fellowship Legion Bingo PCSP Playgroup	17 Zumba	18 50 Plus Cards & Darts Seniors Sit N Fit BCE Kinderstart	19 Hiking/Walking Club
20	21 Women's Institute Yoga Zumba Adult Fitness	22 Public Council Meeting Lions Club Yoga Seniors Sit N Fit St. Lawrence ACW Cards	23 St. Lawrence Cards & Fellowship Legion Bingo PCSP Playgroup	24 Zumba	25 50 Plus Cards & Darts Seniors Sit N Fit	26 Hiking/Walking Club
27	28 Women's Institute Yoga Zumba Adult Fitness	29 Yoga Seniors Sit N Fit	30 St. Lawrence Cards & Fellowship Legion Bingo PCSP Playgroup	31 Zumba		

FEBRUARY 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 50 Plus Cards & Darts Seniors Sit N Fit	2 Hiking/Walking Club
3	4 Women's Institute Yoga Zumba Adult Fitness	5 Public Council Meeting Yoga Seniors Sit N Fit Holy Rosary Card Game	6 St. Lawrence Cards & Fellowship Legion Bingo PCSP Playgroup	7 Zumba	8 50 Plus Cards & Darts Seniors Sit N Fit Tickle Submission Deadline	9 Hiking/Walking Club Bic & The Ballpoints
10	11 Women's Institute Yoga Zumba Adult Fitness	12 Lions Club Yoga Seniors Sit N Fit	13 St. Lawrence Cards & Fellowship Legion Bingo PCSP Playgroup	14 Zumba	15 50 Plus Cards & Darts Seniors Sit N Fit BCE Kinderstart	16 Hiking/Walking Club
17 Evening Community Market	18 Women's Institute Yoga Zumba Adult Fitness	19 Public Council Meeting Yoga Seniors Sit N Fit St. Lawrence ACW Cards	20 St. Lawrence Cards & Fellowship Legion Bingo Kickboxing Intro to Acrylic Painting PCSP Playgroup	21 Zumba	22 50 Plus Cards & Darts Seniors Sit N Fit	23 Hiking/Walking Club
24	25 Women's Institute Yoga Zumba Adult Fitness	26 Lions Club Yoga Seniors Sit N Fit	27 St. Lawrence Cards & Fellowship Legion Bingo Kickboxing Intro to Acrylic Painting PCSP Playgroup	28 Zumba		

HERITAGE COMMITTEE CORNER: TRADITIONAL UGLY STICK WORKSHOP

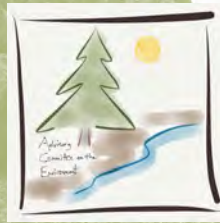
In December, the Town of Portugal Cove - St. Philip's hosted an Ugly Stick Making Workshop in partnership with the St. John's Mummers Festival. More than 30 residents came out to enjoy a night of ugly stick creation, and about 20 of these enjoyable instruments were completed. Everyone had a fantastic time making their very own traditional ugly sticks!

The ugly stick is a percussion instrument traditionally used while mummering in Newfoundland and Labrador. It is made from a long broomstick or branch with a boot on the bottom, beer bottle caps on the sides, and a tin can with a face on top. Many of those

who participated in the workshop brought their new ugly sticks out to the Town's Annual Christmas Parade and played them along with the music of the floats for an afternoon of Christmas fun.



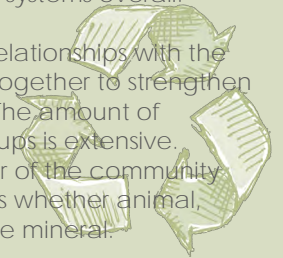
ADVISORY COMMITTEE ON THE ENVIRONMENT



On November 3rd, members of Council, Town staff, and representatives from the Town's advisory committees (ACE and the Heritage) as well as representatives from the Chamber of Commerce engaged in a bus tour throughout the community to discuss and address particular issues at various stops around PCSP.

One of the most interesting stops was the sewage treatment plant in Portugal Cove. Tour members were able to better understand its operation and the opportunities and limitations of the systems overall.

ACE is interested in expanding its relationships with the other groups to continue working together to strengthen its proposals, where appropriate. The amount of common ground amongst the groups is extensive. Success will maintain the character of the community and make it safer for all its residents whether animal, vegetable or even, to some degree mineral.



RAINBOW 50 PLUS

The Rainbow 50 Plus Club wishes to extend a HAPPY NEW YEAR to the Town and especially to the Recreation & Community Services Department. We would also like to say THANK YOU for all the support you gave over the past year. We are looking forward to working with you in the coming year.

The Club resumes on Friday, Jan. 11th, 2019 and runs every Friday afternoon from 2-4 P.M. for Cards/Darts.

The Club welcomes ALL new members. Come along, check us out and bring your friends with you. For more information please contact Paula Rees @ 739-1303 730-6033 Viola Squires 895-2577 Rebecca Tucker 895-2343.

HOLY ROSARY PARISH

The Holy Rosary Parish monthly card games are the first Tuesday or each month at 8pm. There are good prizes, a door prize and everyone is welcome. Admission is \$5 and please bring your own cards and baskets. Come along and bring a friend.

January 8th, 2019 and February 5th, 2019

ST. LAWRENCE PARISH

Join us for Cards and Fellowship every Wednesday afternoon starting January 9th, 2019.

Evening ACW Card Games: Tuesday Jan. 22nd, 2019

Tuesday Feb. 19th, 2019

BRANCH 10, PORTUGAL COVE *Legion Happenings...* 895-6521



OLD FASHIONED BINGO - Every Wednesday night at 8:00pm.

Yes we still have the old fashioned hard cards: PickaBingo, Early Bird, Lucky 7, and Satekkite. Includes a Jackpot game (hard cards) plus Nevada tickets. Bring your friends and enjoy the fun!

DARTS - Every Sunday, Monday, Tuesday and Thursday

Men's, women's, and mixed leagues, call the Legion for more information.

WEDDINGS, BIRTHDAYS, SHOWERS, BANQUETS & MORE - Book the Legion for your event!

Great rates - great hall - great fun! The hall has A/C and an outdoor deck. Call the Legion for full details.

LEGION REPRESENTATIVES CONTACTS

Len Collins, President	895-6521
Michael Pretty, Service Officer	727-4674
Provincial Command	753-6290

SCENT FREE BUILDING - Allergy Alert

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.

FIND US ON FACEBOOK! We are Branch 10 of the Royal Canadian Legion.



THE PORTUGAL COVE-ST. PHILIP'S LIONS CLUB

Did You know the PCSP Lions Club has

- Purchased mobility equipment for individuals in our community totaling over \$50,000
- Presents an annual humanitarian service award at both community schools, sponsors events and makes donations to school programs
- Supports blind individuals to attend camps and sports programs
- Has provided grocery gift cards to families in need in PCSP
- Supports PCSP guides, scouts & other community groups
- Collects food and supports food banks
- Purchased a guide dog from the Lions Foundation of Canada Dog Guides
- Supports community events like seniors dinner, Christmas parade, library reading programs, regatta, environmental fair & purchased inclusive playground equipment
- Collects winter gloves, socks, hats & scarves for the Gathering Place
- Cooks Christmas dinner for the Cerebral Palsy Association
- Provides Christmas party for residents of Murphy's Shady Rest in PCSP
- Donates to the Lions Max Simms Memorial Camp & Lions Diabetes cavalcade
- Collects recycled eyeglasses & sunglasses
- Provided free vision clinics & glasses at Choices for Youth & the Gathering Place with Team Broken Earth
- Traveled with Team Broken Earth to provide free vision clinics & glasses in Haiti & Nicaragua – to date having helped over 5,000 patients

NEW MEMBERS WELCOME Join today!
Call 895-0472



REVERSE PARKING POLICY

In an effort to reduce accident risk throughout the community, the Town has adopted a Reverse Parking Policy for all Town facilities. The policy states that all employees and visitors parking at Town facilities must ensure to park so that the vehicle can be driven forward to exit the space and lot safely.

For more details and a complete copy of the policy, visit the Policies and Regulations section of the Town website: pcsp.ca

ST. PHILIP'S ANGLICAN CHURCH

Please note the church recycling program can only take beverage containers, no cardboard or paper products please.

A MESSAGE FROM THE MAYOR



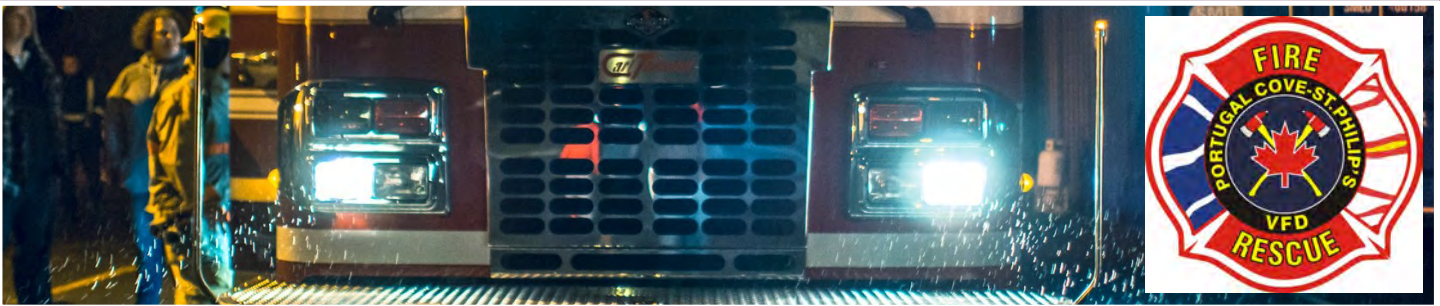
As the New Year begins we have much to reflect on and be thankful for in the community. As we look forward to another year it is important to look back and recognize those who have contributed so much in our community. We appreciate all the feedback and input that we received this year, especially during the budget process. Governing a community as special and diverse as ours requires a great deal of collaboration and engagement and we are fortunate to have a number of individuals and groups who have provided a great deal of support this year by sharing their thoughts and ideas.

I want to thank all the volunteers in Portugal Cove – St. Philip's who continue to make a positive impact in our community by contributing their time, energy and passion on the issues that mean something to them, whether it be sports, youth programs, seniors, wellbeing, mental health, the business community, environment, heritage or any other issue, group or cause we are truly inspired by all. I would especially like to recognize

the Volunteer Fire Department for everything they do for us in Portugal Cove – St. Philip's to keep us safe. Unfortunately, we had to rely on their services a great deal closing out 2018 and we are very grateful for the skill and professionalism they displayed.

We look forward to continuing to support the many groups and individuals of our community this year and will be happy to collaborate with all of them on the future of our community. On behalf of Council and Staff I wish you a wonderful year.

Carol



HOME HEATING SAFETY

While the weather outside is chilly and frightful and the warmth of your space heater can be delightful, they are still one of the leading causes of home fire deaths. Stay warm and safe this winter with some simple safety tips:

- Keep anything that can burn at least 3 feet from any and all heating equipment
- Never use your oven to heat your home
- Have a qualified professional install space heating equipment, water heaters, etc.
- Have a professional clean your heating equipment and chimney regularly
- Always turn portable heaters off whenever you leave the room
- Always use the fuel specified by the manufacturer
- Make sure the fireplace has a sturdy screen to stop sparks. Ashes should be completely cooled before putting them in a metal container and keep the container a safe distance from your home
- Test your smoke alarm once a month

**HALF OF HOME HEATING FIRES
ARE REPORTED DURING THE
MONTHS OF DECEMBER,
JANUARY AND FEBRUARY.**

Heating Equipment Smarts:

All fuel-burning equipment must be vented to the outside to avoid carbon monoxide (CO) poisoning. Install and maintain CO alarms to avoid the risk of CO poisoning. If you smell gas in your gas heater, do not light the appliance. Leave the home immediately and call your local fire department.

WE LOVE TO SHARE!

Send us your photos, community events, good news stories, and any information you would like to share with the PCSP community. The deadline for the March-April edition of the Tickle Newsletter is 4:30pm Friday February 8th, 2019. Contact Jeff Lawlor at jeff.lawlor@pcsp.ca or phone 895-5651.