

THE *Tickle* NEWSLETTER

Portugal Gove
St. Philip's

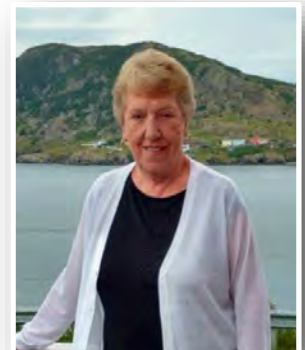


PCSP RESIDENT BILL MONTEVECCHI AWARDED THE JOHN LEWIS PATON DISTINGUISHED UNIVERSITY PROFESSORSHIP
Dr. William Alan Montevecchi is internationally recognized for his pioneering contributions to behavioural ecology, conservation, psychology and natural history. Dr. Montevecchi's prolific work as an environmental steward and champion of science communications inspires the next generation of scientists, policymakers, and community leaders. The John Lewis Paton Distinguished University Professorship recognizes faculty who embody the university's mission by demonstrating exceptional teaching, undertaking world-class research and sharing their knowledge and expertise widely. Congratulations Dr. Montevecchi.

PCSP MAYOR CAROL MCDONALD NOMINATED FOR YWCA 2019 WOMEN OF DISTINCTION AWARD

The YWCA St. John's recently released it's list of nominees for the 2019 Women of Distinction Awards. Among the list of distinguished names is our very own Mayor McDonald. A retired business operator and entrepreneur, Carol is also a dedicated volunteer with the Association of New Canadians, currently serving as president. Carol has not only served as Mayor twice for the Town, she has also served for several provincial and federal boards including Canada Ports Corporation and the Human Rights Commission.

The nomination as a Woman of Distinction is certainly a well deserved honour. The Awards Ceremony will be held on March 8th, 2019 at Clovelly.



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PROVINCIAL CURLING CHAMPS

Junior Ladies Curling Team Locke brought home the gold medal in the 2019 Provincial U16 Championships. Congratulations Cailey Locke, Katie Peddigrew, Sitaye Penney, Kate Young and Coach Ken Peddigrew!

OUTSTANDING ATHLETICS IN OUR COMMUNITY



GOLD MEDAL GIRLS BASKETBALL

Congratulations to the Brookside Intermediate Grade 7 Girls Basketball Team on winning the gold medal at the BJH Invitational. Go Bulldogs!

SILVER MEDAL GIRLS VOLLEYBALL

The Brookside Intermediate Grade 9 Girls Volleyball Team brought home the silver medal from the MPSH Invitational. Congratulations ladies!



EAST COAST BOYS BASKETBALL CHAMPS

The Grade 6 Boys at Brookside Intermediate took the big win in the 2019 East Coast Championship Provincial A Division. Congratulations boys your hard work paid off!

BEACHY COVE ELEMENTARY SPELLING BEE

The Beachy Cove Elementary Spelling Bee was a huge success. Congratulations to Grade 4 students Genavieve and Hannah who will represent the school at the Provincial Spelling Bee! While he is too young to move on to the provincial bee, congratulations go out to Grade 3 student Benjamin who was the school's overall spelling champion. What a great showing of super spellers!



BROOKSIDE INTERMEDIATE SPELLING BEE

Congratulations to all the participants of the Brookside Intermediate 2nd Annual Spelling Bee. It takes a lot of courage to stand up on stage at an event like this in front of so many people, so kudos to you all for being so brave! A special shout out to sisters Allee and April, congratulations to you both. Allee and April were once again the overall winners of this exciting event. Great job girls!



SUPPORT FOR THE COMMUNITY FOOD SHARING ASSOCIATION

In light of the devastating fire at the Community Food Sharing Association's (CFSA) warehouse and in addition to the regional efforts with our fellow municipalities, the Town of Portugal Cove-St. Philip's contributed a donation of \$5000.00 to help mitigate the unexpected expenses now faced by the CFSA.

Residents were also extremely generous in their support of the food drive held throughout the Winter Carnival. At each of the events, collection boxes were filled over and over again, as the community of residents in PCSP came together to help those in need.

Mayor Carol McDonald states, "I am proud to support the Community Food Sharing Association, especially during this challenging time. This organization does truly valuable community work and helps so many people every day in our town, our region, and across the province."



SAM CONSERVATION SCHOLARSHIP

The Stewardship Association of Municipalities is now accepting applications for the SAM Conservation Scholarship! The deadline for applications is May 1, 2019.



This \$1000 scholarship recognizes a student from Newfoundland and Labrador whose interests, activities and post-secondary goals are focused on the conservation of habitat in Newfoundland and Labrador.

Complete application packages must include the filled in application form, a copy of the student's transcript and the student's resume. For more information and to submit an application, visit www.samnl.org/scholarship.

2019 GOVERNOR GENERAL VISUAL AND MEDIA ARTS AWARD WINNER: MARLENE CREATES



Photo credit: Bernard Fougères

Portugal Cove-St. Philip's very own Marlene Creates is the recipient of the 2019 Governor General Artistic Achievement Award in Visual Arts. Marlene is the very first GGVMA winner living in Newfoundland and Labrador. Her work as an educator, environmentalist and community arts activist has spanned the country. Congratulations Marlene on this tremendous achievement and well deserved honour.



APRIL 7TH, 2019

6:30pm

ROYAL CANADIAN LEGION, BRANCH 10

Help us celebrate and honour the outstanding volunteers, athletes, coaches and businesses who go above and beyond in our community.

Nominations are now open. To nominate someone, call: Nicole Clark at 895-5677 or Jeff Lawlor at 895-5651 or email: Nicole.Clark@pcsp.ca or Jeff.Lawlor@pcsp.ca



PublicWorks

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



PUBLIC WORKS SPOTLIGHT

CHRIS NEARY

Special Projects & OHS Advisor

As the Special Projects and Occupational Health & Safety Advisor, Chris Neary works with the Town of Portugal Cove-St. Philip's (PCSP) to instill a safety mindset in all the Town's employees. Throughout the course of his nearly 20-year career with PCSP, Chris has garnered extensive knowledge of the Town's operations, especially when it comes to Public Works.

Beginning in 2001, Chris joined the Public Works team as a Heavy Equipment Operator, following the purchase of the first Town-owned piece of heavy equipment. Since then, he has worked as Lead Hand, Foreman of Public Works, Foreman of Streets, Fleet and Waste Management, and most recently, as Special Projects and OHS Advisor. He also currently serves as co-chair of the Town's Occupational Health and Safety Committee and serves as an alternate for the Director of Public Works within the Town's Emergency Management Plan.

Within his current role, Chris works on special projects related to the Town's infrastructure, inspections, applications and is the liaison with all utility companies. As well he helps to establish policy such as the new Reverse Parking Policy. On the safety side of his duties, Chris is leading the development of an Occupational Health & Safety Program pertaining to municipal Occupational Health & Safety. Long term, Chris hopes this program will serve as a comprehensive tool to help foster a culture of safety-first for everyone employed with the Town. With hazard assessments and preventative safety planning in mind, Chris explained that the ultimate goal of his role is to ensure that "everyone gets home safe, every day."

Chris Neary is a very valuable member of the Public Works team. His ever-positive personality and dedication to each and every member of staff have helped to shine a light on the importance of safe work practices. His consistent contributions to the Town have truly made a huge impact upon the workplace culture here.

If you have questions about the Public Works Department in Portugal Cove-St. Philip's, please contact Charlie Hamlyn, Director of Public Works, at Charlie.Hamlyn@pcsp.ca



BULK GARBAGE COLLECTION 2019

Bulk garbage collection for 2019 starts in May and runs through to the end of November. Appointments are now available and pre-booking is required. Please note there are NO designated drop off points within the community. Dates available (until they are filled) are:

May 6, 13, 27

September 9, 16, 23, 30

June 3, 10, 17

October 7, 21, 28

July 8, 22, 29

November 4, 18, 25

August 12, 19, 26

Please call the Public Works Department to book an appointment at 895-8000 ext.228 or email: public.works@pcsp.ca. Visit the Public Works section of the Town website for further collection details: pcsp.ca/services/garbage-recycling-services/

Fitness

Mental
HealthPhysical
HealthHealth
EducationSocial
HealthEmotional
Wellness

Nutrition



Portugal Cove
St. Philip's



Health & Wellness Expo

The First PCSP Health and Wellness Expo took place at Brookside Intermediate in January this year! Hundreds of attendees showed up to explore the tradeshow and hear from special guest speakers, including Dr. TA Loeffleur, who delivered a keynote address.

The event featured vendors from a range of health disciplines, including mental, social, and physical health. Some of the fan favorite booths were the on-site massages by Dynamic Physio and Wellness, and the aerial yoga swing from Elements Yoga, which many people had fun trying out, including Deputy Mayor, Jeff Laham!

If you're interested in learning more about the Expo or getting involved next year, contact Nick Miller, Sports Coordinator, at nick.miller@pcsp.ca

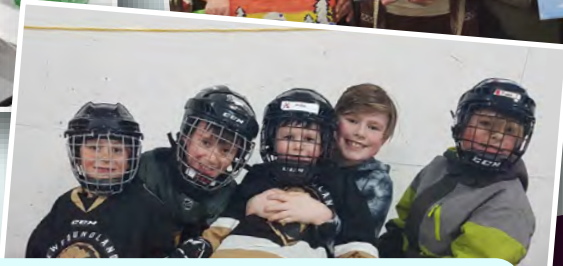
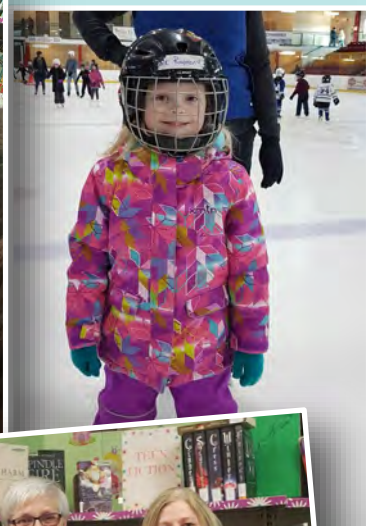


RECREATION



Thank You!

*To all the residents, sponsors, participants, families and volunteers for helping to make the 2019 PCSP Winter Carnival such a great time for every one!
Even without a lot of snow, there were lots of fun events to enjoy.*



THANKS TO OUR SPONSORS:

Women's Institute Rainbow 50+ Club PCSP Hiking/Walking Club Girl Guides
Murray's Pond Country Club Royal Canadian Legion Youth Committee

& COMMUNITY SERVICES

YOUTH RESUME WORKSHOP

TUESDAY MARCH 12th

6:00-7:30pm

TOWN HALL OFFICE

Learn about resume building, DOs and DON'Ts and get started creating your own.

A resume is a great way to showcase your knowledge, education, experience and talents. Find out how to capture an employer's attention and make yourself a candidate for an interview.

Pizza will be served.

(please note any allergies upon registration)

WHAT TO BRING:

A list of your previous work experience and volunteer experiences.

REGISTRATION:

\$10 per youth (ages 15-19)

Register through eServices.

For more information contact:

Nicole Clark at 895-5677

or email: Nicole.Clark@pcsp.ca



NOW HIRING! *Camp Counsellors Needed*

For more information on the positions available and how you can apply, visit the Town website: pcsp.ca today.

COURSES with



St. John Ambulance

Safe at Home Course Saturday Mar. 2nd, 2019

9:00am-3:30pm at the Recreation Centre

Full day course, maximum 30 participants.

Emergency First Aid Saturday Mar. 9th, 2019

8:30am-4:00pm at the PCSP Library

Full day course, bring your own lunch.



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
	Tuesday 6:30-7:30pm	Recreation Centre	\$228.00 for both classes per week \$10.00 drop in fee
ADULT FITNESS (12 weeks) Jan. 14 - April 4	Monday 9:30-10:30am	Recreation Centre	Cost: \$30.00
	Thursday 9:30-10:30am	Recreation Centre	Limit of 35 participants.
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	

Easter Camp!

April 22nd - 26th 8:00am - 5:00pm
Beachy Cove Elementary

Week long day camp full of fun crafts, activities
and even a field trip!

\$150 for one child : \$120 for second child \$100 for third child

Registration opens online through eServices on March 11th at 10:00am
For more information, contact Mike Stone at 895-5671 or email Mike.Stone@pcsp.ca



MARCH 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 50 Plus Cards & Darts	2 Hiking/Walking Club Safe at Home Course
3 Legion Darts	4 Women's Institute Legion Darts	5 Public Council Meeting Holy Rosary Card Game Legion Darts St. Philip's Church Pancake Supper Family History Club	6 St. Lawrence Cards & Fellowship Legion Bingo PCSP Playgroup	7 Legion Darts	8 50 Plus Cards & Darts	9 Hiking/Walking Club Emergency First Aid Course
10 Legion Darts	11 Women's Institute Legion Darts	12 Youth Resume Workshop Lions Club Legion Darts	13 St. Lawrence Cards & Fellowship Legion Bingo PCSP Playgroup	14 Zumba Legion Darts	15 50 Plus Cards & Darts	16 Hiking/Walking Club
17 Legion Darts 	18 Women's Institute Legion Darts	19 Public Council Meeting St. Lawrence ACW Card Game Legion Darts	20 St. Lawrence Cards & Fellowship Legion Bingo PCSP Playgroup	21 Zumba Legion Darts	22 50 Plus Cards & Darts	23 Hiking/Walking Club
24 Legion Darts	25 Women's Institute Legion Darts	26 Legion Darts Lions Club	27 St. Lawrence Cards & Fellowship Legion Bingo PCSP Playgroup	28 Zumba Legion Darts	29 50 Plus Cards & Darts	30 Hiking/Walking Club
31 Legion Darts						

APRIL 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Legion Darts	1 Legion Darts	2 Public Council Meeting Holy Rosary Card Game Clay Café Paint Night Legion Darts Family History Club	3 St. Lawrence Cards & Fellowship Legion Bingo PCSP Playgroup	4 Legion Darts	5 50 Plus Cards & Darts Tickle Submission Deadline	6 Hiking/Walking Club
7 Legion Darts Best of PCSP Awards	8 Women's Institute Legion Darts	9 Legion Darts Lions Club	10 St. Lawrence Cards & Fellowship Legion Bingo PCSP Playgroup	11 Zumba Legion Darts St. Philip's Church Sub Sale	12 50 Plus Cards & Darts	13 Hiking/Walking Club Easter Scavenger Hunt
14 Legion Darts	15 Women's Institute Legion Darts	16 Public Council Meeting Legion Darts	17 St. Lawrence Cards & Fellowship Legion Bingo PCSP Playgroup	18 Zumba Legion Darts	19 GOOD FRIDAY	20 Hiking/Walking Club
21 EASTER SUNDAY 	22 Women's Institute Legion Darts Easter Camp	23 Legion Darts St. Lawrence ACW Card Game Easter Camp Lions Club	24 St. Lawrence Cards & Fellowship Legion Bingo PCSP Playgroup Easter Camp	25 Zumba Legion Darts Easter Camp	26 50 Plus Cards & Darts Easter Camp	27 Hiking/Walking Club
28 Legion Darts	29 Women's Institute Legion Darts	30 Public Council Meeting Legion Darts St. Philip's Church Card Game				

HERITAGE COMMITTEE CORNER:

CALL FOR ARTIFACTS TO
DISPLAY IN SCHOOLS

The Town will be placing display cases in each of the schools in our community in an effort to further the education outcomes for our children and to help them make a connection with their own local heritage.

We are looking artifacts on loan to create a rotating collection of heritage items to display. This is a great opportunity to show case some of your fascinating historical items.

For more information on this project or any heritage program, please contact:

Julie Pomeroy,
Heritage Programs and Services Coordinator
at 895-5657 or email: Julie.Pomeroy@pcsp.ca

Don't forget to join us in the Library for Family History Club, the first Tuesday of each month:

Tuesday March 5th

Tuesday April 2nd

4th ANNUAL PCSP
ENVIRONMENT FAIR

May 11th, 2019 10-3pm

at Brookside Intermediate


**Portugal Cove
St. Philip's**



CALL FOR PARTICIPANTS

The Town of Portugal Cove-St. Philip's is looking for vendors, exhibitors, and demonstrators to participate in the 4th annual Environment Fair in May. This event has continued to expand over the last three years and become a tremendous success. You will be part of a growing opportunity

to share resources and information on the environment,
sustainability, nature, conservation and more.

Excitement is already building throughout the community!

For more information on how you can be part of this opportunity,

contact: Julie Pomeroy at 895-5657 or

email: Julie.Pomeroy@pcsp.ca

Or visit: pcsp.ca

RAINBOW 50 PLUS

The Rainbow 50 Plus Club meets every Friday afternoon from 2:00 - 4:00pm for cards and darts. New members are always welcome. Drop in and check us out, you may enjoy what you find and want to come back.

March 1, 8, 15, 22, 29

April 5, 12, 26 *No Club on Friday April 19th - Good Friday

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 of 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.

March 5th, 2019 and April 2nd, 2019

ST. LAWRENCE PARISH

Join us for Cards and Fellowship every Wednesday afternoon.

Evening ACW Card Games: Tuesday March. 19th, 2019

Tuesday April 23rd, 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.



ST. PHILIP'S ANGLICAN CHURCH

March 1st Women's World Day of Prayer Service 7:00pm

March 5th Pancake Supper - cost \$10 6:00pm

April 11th Sub Sale

April 30th Card Game: Admission \$5, lunch will be served

Lent Services on the following dates at 7:00pm:

March 6th, March 13th, March 20th, March 27th, April 3rd, April 10th, April 17th, & April 18th.

April 14th Palm Sunday Services 8:30am & 10:30am

April 19th Good Friday Service 12:00 noon

April 21st Easter Sunday Services 7:00am & 10:30am

LIONS CLUB



New members are always welcome! Meetings are every second and fourth Tuesday of the month. Meetings start at 7:30pm at the Voisey's Brook Park chalet.

EASTERN HEALTH & PCSP PUBLIC MEETINGS

Are you interested in health and wellness in Portugal Cove-St. Philip's? Do you know others who are? We are excited to invite you to take part in a series of public meetings about health and health-care services in your community. This session is hosted by Eastern Health in partnership with the Town of Portugal Cove-St. Philip's. We will share information on health in your area, and most importantly, ask for your opinion regarding the future of primary health care.

If you can attend, please register by Monday, March 4th. You can register online at pcsp.ca or you can register by calling Catherine at 752-3525.

Thank you for your interest in primary health care, and we look forward to seeing you at one of the meetings. Space is limited so register early to secure your spot!

March 6th 12-2pm
Recreation Centre

March 6th 8-10pm
Recreation Centre

March 7th 2-4pm
Murray's Pond Club

March 7th 7-9pm
Murray's Pond Club

March 8th 9-10am
Recreation Centre

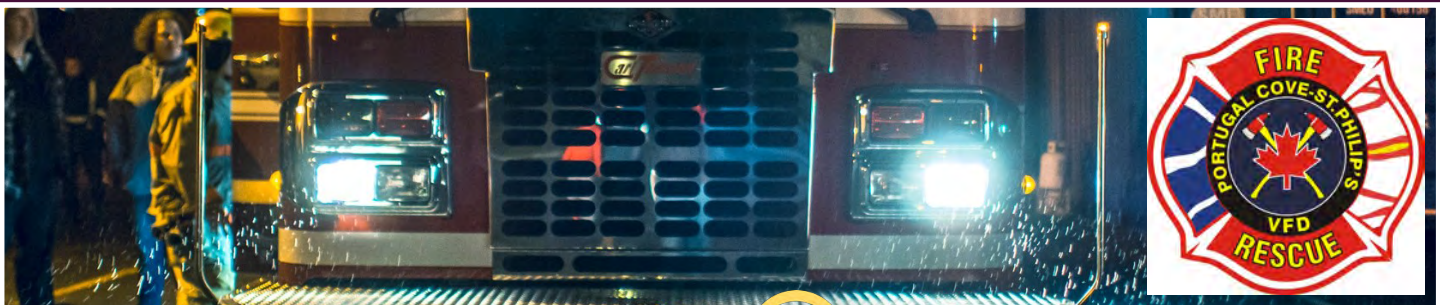
A MESSAGE FROM THE MAYOR



It's that time of year again to recognize all those who make our community such a special place. The fourth annual Best of PCSP Awards will take place on Sunday, April 7th. Each year the event grows and we hear more and more stories of the volunteers, athletes, groups and businesses who contribute so much in PCSP and inspire us all. I would like to encourage everyone to make a nomination for the awards so we can acknowledge all those who deserve to be recognized. I would also like to thank all those who have collaborated together to develop a Tourism Destination Development Plan here in PCSP. The Chamber of Commerce and Department of Tourism, Culture, Industry and Innovation partnered with the Town Council, tourism organizations, local businesses and residents in a series of sessions and workshops to create a vision for

tourism in PCSP. It is amazing to see what we can accomplish together and your Council will continue to encourage and foster the spirit of collaboration as we grow our community together. We will make strategic investments to support tourism and local business. A wonderful example of this commitment would be the funding announcement by ACOA and the Government of Newfoundland and Labrador for a regional tourism signage strategy. A strategy we are playing a strong role in. We are excited to be the pilot community that will see tourism signage constructed here in PCSP to improve tourism wayfinding in the region, we will be a model for our neighboring communities. Have a wonderful Easter holiday!

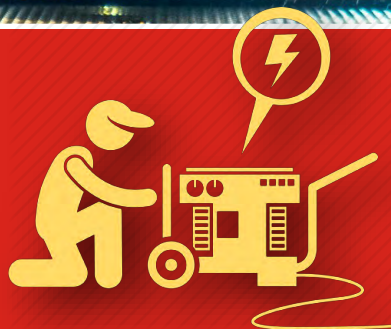
Carol



GENERATOR SAFETY TIPS

Downed utility lines, power company blackouts, heavy snow fall or high winds can all lead to power outages. Many people turn to a portable generator for a temporary solution, but there are risks:

- Only use in a well ventilated area at least 5' away from doors, vents, and windows.
- Never use a generator in an attached garage, even with the door open.
- Direct the generator exhaust away from the building to make sure fumes don't enter the home.
- Always have Carbon Monoxide (CO) alarms installed by manufacturer's instructions prior to using a generator.
- Turn of generator and allow to cool down before refueling. Never refuel while it is hot.



- Store generator fuel in a container that is intended for that purpose. Ensure it is correctly labelled and stored outside living areas.

When plugging in appliances, extension cord. Check cords for cuts or tears and ensure it has all three prongs, especially the grounding pin.

A PERSON CAN BE POISONED BY A SMALL AMOUNT OF CO2 OVER A LONG PERIOD OF TIME OR BY A LARGE AMOUNT OF CO2 OVER A SHORT PERIOD OF TIME.

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 May-June edition of the Tickle Newsletter is 4:30pm Friday April 5th, 2019. Contact Jeff Lawlor at jeff.lawlor@pcsp.ca or phone 895-5651.