



THE *Tickle* NEWSLETTER



Portugal Cove
St. Philip's



2019 TICKLE SWIM FOR MENTAL HEALTH

Saturday August 10th, 2019 saw a group of brave individuals take to the water and swim the 5 kilometres from Portugal Cove-St. Philip's across the Tickle channel to Bell Island in support of Mental Health Awareness.

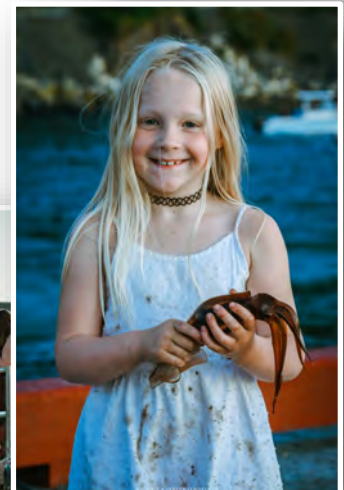
The Town has been a proud supporter of the Tickle Swim event since its inception on 2013 and continues to work with the Canadian Mental Health Association-NL each year. We would like to send a special shout out to PCSP resident Roy Gilliard, who kayaked alongside swimmer Meghan Tucker as her guide for the entire chilly swim.

Congratulations to everyone involved in making this event such a tremendous success every year!



SQUID-JIGGIN' GROUND

In August, the squid arrived in plenty in Portugal Cove-St. Philip's! There were dozens of folks trying out squid jigging in our town, while others enjoyed the view of the spectacle in the Portugal Cove Marina. Local photographer, Richie Perez, captured the fun and shared his photos of the experience on Facebook. Several of Richie's pictures are featured here, and you can view his entire collection of squid jigging photos in our town on his Facebook page at: www.facebook.com/perezphotos/



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



2019 KILLICK COAST GAMES

The Town of Portugal Cove-St. Philip's was proud to host the 2019 Killick Coast Games from July 21 - 25. Over 715 athletes and coaches, as well as countless more parents and supporters, came out to Rainbow Gully Park for a week of fun and exciting games. The athletes participated in 5 different sports, including ball hockey, softball, soccer, basketball and cross country. Throughout the week, over 215 games were played!

The Jack Byrne Trophy was awarded to the Town of Logy Bay-Middle Cove-Outer Cove, as they were the winner of the most points throughout the Games. The Mayor's Cup was awarded to the team of Pouch Cove, Bauline and Flat Rock, as this team showed the most sportsmanship during the games.

During the closing ceremonies, the Town of Portugal Cove-St. Philip's turned over the Killick Coast Flag to the Town of Logy Bay-Middle Cove-Outer Cove, who will host the 2020 Killick Coast Games. Thank you to all the athletes, parents, coaches, supporters, staff, councillors, and everyone who helped to make this week such a success! We had a fantastic time and we look forward to seeing everyone again for next year's games.

KILLICK COAST GAMES 2019



HARBOURS OF HOPE

Harbours of Hope offers mental health education and awareness workshops open to everyone. Workshops are held at the Town Hall throughout the year.

August 28th 7:00-8:30pm COMMUNITY GROUP BBQ
Drop by for good food, good company, and good conversation.

Meetings are every other Wednesday starting September 4th.

For more information on the group or the workshops, please contact:

Tina Neary Tina.Neary@pcsp.ca
Erin Gallant eringallant@hotmail.com



PCSP BUDGET 2019

Budget time is coming. Council is committed to working with residents through the consultation and development stages of the 2019 budget. Be part of the process, have your say. Consultations start in October.

Visit pcsp.ca for more information, or contact:

Jeff Lawlor

Director of Economic Development, Marketing and Communications
895-5651 Jeff.Lawlor@pcsp.ca

Christmas Opening

Wednesday October 16th

7-9pm



KITCHEN SINK

1523 Thorburn Rd., Portugal Cove-St. Philip's
(709) 895-7509

Wednesday October 16th from 7-9pm, Kitchen Sink will be hosting its annual Christmas Opening. This year marks the 40th anniversary of this long standing Living Rooms/Kitchen Sink tradition. The evening will showcase the current trends in Christmas Décor, and offer an opportunity to get a head start on your holiday shopping. Enjoy refreshments & gourmet samples. Did we mention TAX FREE on all regular priced Christmas merchandise?! See you there! HoHoHo!



[townofpcsp](https://www.facebook.com/townofpcsp)



[@PCSPnl](https://twitter.com/PCSPnl), [@Get_RecD](https://twitter.com/Get_RecD)



[@PCSPnl](https://www.instagram.com/PCSPnl)

pcsp.ca



REGISTER NOW AT WWW.PCSP.CA

Get alerted with texts, calls or emails about important community news and emergencies when you sign up for PCSP Connects! Customize which messages you subscribe to receive.



MUNICIPAL PLAN AND DEVELOPMENT REGULATIONS REVIEW

Council has begun a review of its Municipal Plan and Development Regulations 2014-2024! The Town's Municipal Plan and Development Regulations guides the future physical growth and development of the Town to ensure that it is completed in an orderly, economical and beneficial manner while balancing the environmental, social and economic needs and desires of the community.

The Town is mandated to review the plan and regulations after 5 years. As a first step in the review process, Council is seeking preliminary ideas, views, and recommendations from individuals and community groups to

ensure that the Town's Plan and Regulations continue to address the changing needs of the community and reflect the kind of community residents wish to see in the future.

Council will continue its commitment to public engagement by creating opportunities for sincere community dialogue, beyond the minimum required process outlined in the provincial Urban and Rural Planning Act. More information on the public engagement process will be released throughout the year.

**We need your help in reviewing our Town's
Municipal Plan and Development Regulations
Please share your ideas & input with us:**



ONLINE: www.pcsp.ca/town-plan-review

EMAIL: planning@pcsp.ca
Subject Line - PCSP Town Plan Review

MAIL TO THE TOWN OFFICE:
Town of Portugal Cove - St. Philip's
1119 Thorburn Road
Portugal Cove-St. Philip's, NL
A1M 1T6



Public Works

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

IT'S A TOILET, NOT A TRASH

There are many new bathroom products on the market that are advertised as a better cleaning experience when compared to traditional toilet paper and their labels indicate they are safe for sewers and septic systems. There are also cleaning products that are labeled as flushable which may go down the toilet but they are not breaking down sufficiently enough and are not biodegradable. Flushing such products has led to clogged pipes and jammed pumps in sewer systems. All of these 'flushable' wipes, combined with other items such as extra-thick toilet paper, baby wipes, paper towels, sanitary pads, dental floss, and other items that are not designed to be flushed can all get tangled up in sewer pipes and cause extensive damage to wastewater systems.

Residents are urged to think before they flush and are also urged to educate young children on what can and cannot be flushed. If you are unsure about a product, it is always a safe measure to simply bag it and put it with your garbage. When in doubt – throw it out.

Never flush the following items – toss them in the trash instead.

Wipes of any type
Sanitary products
Medication
Hair
Dental floss
Cotton swabs or balls
Bandages
Rags or paper towels
Latex items
Fat, oil, grease

Clothing labels
Candy wrappers
Syringes
Cigarette butts
Disposable toilet brushes
Kitty litter
Aquarium gravel
Plastic
Fruit stickers

The only things that should go down your toilet are pee, poop, and paper.

BULK COLLECTION APPOINTMENTS STILL AVAILABLE FOR THE FALL

There are appointments available for October and November, call the Public Works Department to schedule yours today.

Monday, October 7, 21, & 28

Monday, November 4, 18, 25

Call the Public Works Department at 895-8000 x228

*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*

Summer Camp Fun!

What an awesome summer everyone had this year at Camp Whaddya' At and Camp Little Gaffers! Campers enjoyed crafts, sports, and all kinds of terrific activities with their counsellors all summer long. Some favourite field trips included trips to Salmonier Nature Park, swimming at Murray's Pond pool, and checking out cool events at the Petty Harbour Mini Aquarium.

Special thanks to our outstanding Summer Camp Counsellors and Summer Programs Coordinator who went above and beyond to make this summer so much fun for everyone!



Team Recreation & Community Services at the 2019 Killick Coast Games.

Pictured L-R: Mike Stone, Programs Coordinator; Nicole Clark, new Director of Recreation & Community Services; Dawn Sharpe, former Director of Recreation & Community Services; Elyse Sparkes-Coombs, Librarian; Nick Miller, Sports Coordinator.

TEAM RECREATION & COMMUNITY SERVICES WELCOMES A NEW DIRECTOR

The Town of Portugal Cove-St. Philip's is excited to announce that Nicole Clark is our new Director of Recreation and Community Services! Many of our residents know and recognize Nicole, as she has served for the past six years as the Town's Special Events Coordinator. During her time with the Town, Nicole has done an incredible job leading countless events including the Annual Christmas Parade, Canada Day & Regatta Festival, Winter Carnival, and more!

The Town would also like to say a fond farewell and thank the former Director of Recreation and Community Services, Dawn Sharpe, for her years of service to the community. During her 16 years here, Dawn made immeasurable contributions to not only the Town's recreation programs and facilities, but she also made a truly significant impact on recreation in the province as a whole! Wishing Dawn all the best as she begins her new career adventure as an entrepreneur at the local business, Sharpe's Store!

RECREATION

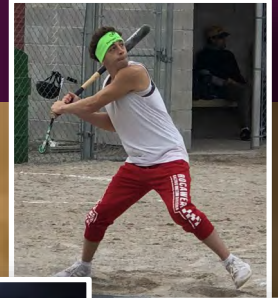
4th ANNUAL BILL CHURCHILL MEMORIAL SOFTBALL TOURNAMENT

September 13th - 15th, 2019

Voisey's Brook Park, Indian Meal Line



Mixed Tournament
(min. 4 females per team)



**Register your
team today!**

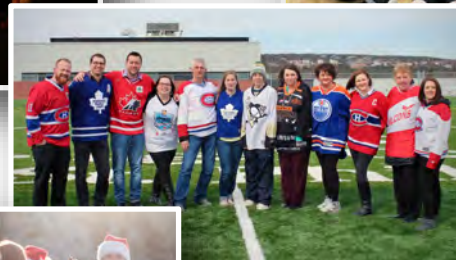
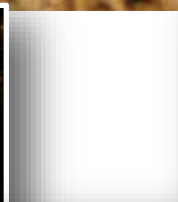


For more information on the tournament or to register your team, contact:

Nick Miller, Sports Coordinator at 895-5661 or email Nick.Miller@pcsp.ca

SAVE the DATES

Nov. 5th	Guy Fawkes Night
Nov. 15th	National Jersey Day
TBD	Tree Lighting
Dec. 7th	Breakfast with Santa
Dec. 8th	Annual Christmas Parade



& COMMUNITY SERVICES⁷

FALL Family FESTIVAL

Sunday October 6th
Rainbow Gully Park
1:00 - 4:00pm

We are coming back to
the Library this fall!

Check out the Library for the return
of Paws 4 Stories and
Saturday Café!

PCSP
Library

CELEBRATE

NATIONAL SENIORS DAY

AT THE

Seniors Prom

FRIDAY SEPTEMBER 27th

6pm to 10pm

FUN, FOOD, AND ENTERTAINMENT!

Food will be served from
6:30pm to 7:30pm

Entertainment runs from
8:00pm to 10:00pm.

Tickets: \$10

To register call Mike Stone at 895-5671

(Resident registration Sept. 9th,
non-resident Sept. 16th)



Fall Fitness & Programs 2019

REGISTER TODAY! Call Mike Stone at 895-5671

Adult Fitness (12 weeks) Mondays & Thursdays

September 9th - November 28th 9:30am-10:30am Rec Centre

Cost: \$30.00
(No class Oct. 14th, 21st & Nov. 25th)

Yoga (12 Weeks) Mondays & Thursdays

September 9th - November 28th 6:30pm-7:30pm Rec Centre

Cost: \$110.00 one class/week
\$198.00 two classes/week
(No class Oct. 14th & 21st)

Zumba (12 Weeks) Wednesdays

September 11th - November 27th 8:00pm - 9:00pm Rec Centre

Cost: \$90.00 (No class on Sept. 25th)

Tabata (12 Weeks) Wednesdays

September 11th to November 27th 6:30pm to 7:30pm Rec Centre

Cost: \$90.00 (No class on September 25th)

PCSP Playgroup (12 weeks) Wednesdays

September 11th to November 27th 10am to 12noon Rec Centre

Cost: \$2 drop-in (No registration required)

Seniors Sit 'n Fit Tuesdays and Thursdays

September 10th to November 28th 11am to 12noon Rec Centre

Cost: \$30.00

Painting With a Purpose Tuesdays

September 24th to October 29th 6:30pm to 7:30pm Rainbow Gully Hut

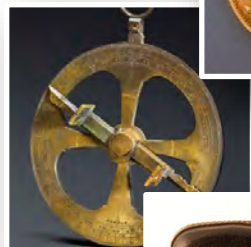
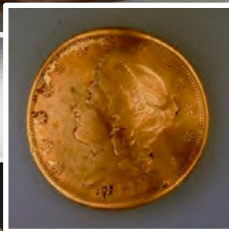
Cost: \$50.00 (No class October 8th)

September 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Legion Darts	2 LABOUR DAY Town Office Closed	3 Public Council Meeting Holy Rosary Cards Legion Darts	4 Legion Bingo Harbours of Hope PCSP Playgroup	5 Legion Darts Seniors Sit N Fit Yoga	6 50 Plus Cards & Darts	7 Hiking/Walking Club
8 Legion Darts	9 Women's Institute Legion Darts Adult Fitness Yoga Legion General Meeting Yarns for Youngins	10 Legion Darts Lions Club Seniors Sit N Fit Family History Club	11 Legion Bingo Zumba Tabata PCSP Playgroup St. Lawrence Cards & Fellowship	12 Legion Darts Adult Fitness Yoga Seniors Sit N Fit	13 50 Plus Cards & Darts Bill Churchill Softball Tournament	14 Hiking/Walking Club Bill Churchill Softball Tournament
15 Legion Darts Bill Churchill Softball Tournament	16 Women's Institute Legion Darts Adult Fitness Yoga Yarns for Youngins	17 Public Council Meeting Legion Darts Holy Rosary Cards Seniors Sit N Fit	18 Legion Bingo Harbours of Hope Zumba Tabata PCSP Playgroup St. Lawrence Cards & Fellowship	19 Legion Darts Adult Fitness Yoga Seniors Sit N Fit	20 50 Plus Cards & Darts	21 Hiking/Walking Club Saturday Café in the Library
22 Legion Darts	23 Women's Institute Legion Darts Adult Fitness Yoga Yarns for Youngins	24 Legion Darts Lions Club Holy Rosary Cards Seniors Sit N Fit Painting with Purpose ACW Card Game	25 Legion Bingo PCSP Playgroup Zumba Tabata St. Lawrence Cards & Fellowship	26 Legion Darts Adult Fitness Yoga Seniors Sit N Fit	27 50 Plus Cards & Darts Seniors Prom	28 Hiking/Walking Club
29 Legion Darts	30 Women's Institute Legion Darts Adult Fitness Yoga Yarns for Youngins					

October 2019

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Public Council Meeting Seniors Sit N Fit Painting with Purpose Holy Rosary Cards	2 Harbours of Hope Zumba Tabata PCSP Playgroup St. Lawrence Cards & Fellowship	3 Legion Darts Adult Fitness Yoga Seniors Sit N Fit	4 Tickle Submission Deadline 50 Plus Cards & Darts	5 Hiking/Walking Club
6 Legion Darts Fall Family Festival	7 Women's Institute Legion Darts Adult Fitness Yoga Yarns for Youngins	8 Legion Darts Seniors Sit N Fit Lions Club Family History Club	9 Legion Bingo Zumba Tabata PCSP Playgroup St. Lawrence Cards & Fellowship	10 Legion Darts Adult Fitness Yoga Seniors Sit N Fit	11 50 Plus Cards & Darts	12 Hiking/Walking Club
13 Legion Darts	14 Women's Institute Legion Darts Town Office Closed	15 Public Council Meeting Legion Darts Painting with Purpose Seniors Sit N Fit	16 Legion Bingo Christmas at Kitchen Sink Harbours of Hope Zumba Tabata PCSP Playgroup St. Lawrence Cards & Fellowship	17 Legion Darts Adult Fitness Yoga Seniors Sit N Fit	18 50 Plus Cards & Darts	19 Hiking/Walking Club
20 Legion Darts	21 Women's Institute Legion Darts Yarns for Youngins	22 Legion Darts Seniors Sit N Fit Lions Club Painting with Purpose	23 Legion Bingo Zumba Tabata PCSP Playgroup St. Lawrence Cards & Fellowship	24 Legion Darts Adult Fitness Yoga Seniors Sit N Fit	25 50 Plus Cards & Darts	26 Hiking/Walking Club
27 Legion Darts	28 Women's Institute Legion Darts Adult Fitness Yoga Yarns for Youngins	29 Public Council Meeting Legion Darts Painting with Purpose Seniors Sit N Fit ACW Card Game	30 Legion Bingo Harbours of Hope Zumba Tabata PCSP Playgroup St. Lawrence Cards & Fellowship	31 Legion Darts Adult Fitness Yoga Seniors Sit N Fit		



Show
off
your
fascinating
items...

Help us show off the fascinating and unique heritage of our community. We are looking for your artifacts to display in key places around the Town such as the schools, Town Hall, and more. Either through donation or on loan, we are very interested to hear your stories and display your unique items.

For more information or to discuss this educational opportunity, please contact:

Julie Pomeroy

Heritage Programs and Services Coordinator

895-5657

Julie.Pomeroy@pcsp.ca



ADVISORY COMMITTEE ON THE ENVIRONMENT

GREEN TEAM CONTINUES WORK ON WATER ASSESSMENT IN PCSP

Conservation Corps Newfoundland and Labrador's Green Team is back this summer testing the waterways in Portugal Cove-St. Philip's. In the fourth consecutive summer of Green Team efforts, team members are continuing chemical analyses of the waterways and conducting river surveys in the Beachy Cove Brook system, around Miller's Pond, and more.



The team is testing for excess nitrates and phosphates, information which will build on previous years' data. "This year we are also testing for the presence of caffeine," says team leader Samara Bugden. "Since caffeine shouldn't exist in these systems naturally, if we

discover the presence of caffeine, it can be an indicator of the cause of issues in the waterways." The caffeine testing is being made possible this year through a collaboration with the Marine Institute.

Team member Kyle Roberts grew up in Portugal Cove-St. Philip's and is returning for his second year with the Green Team. "It's a fun job," says Roberts, "and I love getting to work outside." Spending two years running with Green Team has familiarized Roberts with the PCSP waterways, and he and his teammates have enjoyed spending their summer trekking through woods and wading chest-deep into ponds throughout the community.



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

A fallen leaf is nothing more than a summer's wave goodbye.

We hope everyone had a wonderful summer with your friends and family, and fall is off to a great start.

LEGION REPRESENTATIVES CONTACTS:

Legion 895-6521

Beatrice Day (President) 895- 0100

Michael Pretty (Service Officer) 727-4674

Fall is almost here so if you are looking for a place to host your next event please don't hesitate to call us @ 895-6521. We have great rates and our hall has Air Conditioning.

FALL DARTS: Blind Draw Mixed Doubles every Thursday starting June 6th to August 29th. Play 6 of 11 weeks to qualify for final night. Everyone is welcome. Dart Leagues starting back up in September:

Womens - Sunday night Sept. 15

Mens Singles - Monday night Sept. 16

Mixed League - Tuesday night Sept. 17

Mens League Thursday night (Teams) Sept. 19

Call the Legion for more information 895-6521 - *Can't wait to see you all there!*

BINGO: Every Wednesday night at 8 p.m. YES we still have the old fashioned hard cards along with our Paper Bingo and Satellite Bingo. Bring your friends and enjoy the fun!

Please be advised that the Legion has been designated as a SCENT FREE building. We respectfully request your cooperation. Thank you. Always accepting new applications. *The Legion needs you!*



AUG. 25TH 2-4:30pm

Kitchen Party

with "Ray Johnson & Guest"

Tickets \$10

Please call the Legion for tickets @ 895-6521

"See you there for lots of music and laughs!"

SEPT. 9TH 7pm

General Meeting

for all Legion members.

FOLLOW US ON
FACEBOOK @ Royal
Canadian Legion Branch 10.



Portugal Cove - St. Philip's Lions Club



We serve in the community & around the globe.

BECOME A MEMBER



Call 895-0472



@pcsplions

RAINBOW 50 PLUS CLUB

Here's what's happening...

Cards and Darts, Fridays from 2-4pm at the Recreation Centre:

September 6, 13, 20, 27

October 4, 11, 18, 25

The Club welcomes all new members. Drop in and check us out.

We are hoping to arrange for FREE massage sometime in September or October. If you are interested, please call Paula at 739-1303 or 730-6033. Members will be given priority for space.

Congratulations to Dawn Sharpe on her retirement as Director of Recreation! Congratulations to the Town on a very successful Regatta Festival and all their summer programs. Thank you for all that you do for the 50 Plus Club.

Have a wonderful fall!

For more information please contact:
Paula Rees 739-1303/730-6033
Viola Squires 895-2577
Rebecca Tucker 895-2343



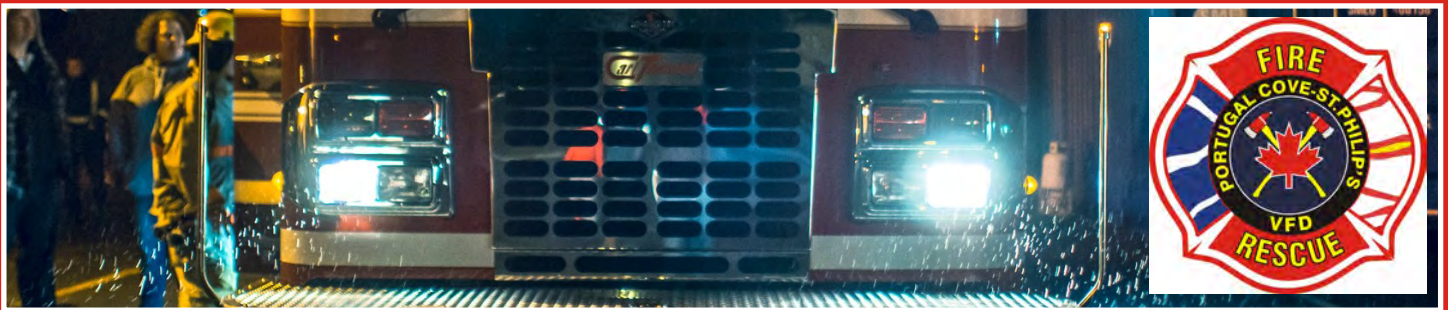
Mayor Carol McDonald presenting the Mayor's Cup to the Pouch Cove-Bauline-Flatrock team during the 2019 Killick Coast Games. The Mayor's Cup is awarded to the team displaying the best Sportsmanship.

A Message from the Mayor

Another summer has gone by and far too fast. This summer has seen the spirit of the community in full bloom with so much activity happening throughout the season. Our businesses, trails and parks have never been fuller with people and tourists. Here it is September already, which means back to school for the children of Portugal Cove-St. Philip's and I'm sure they are looking forward to a great year. To all the students, parents and teachers we wish a wonderful a year full of learning and fun. We kindly ask all motorists to please respect the school zones, speed limits and watch for pedestrians.

Another highlight of the fall is our budget consultations. We wish to continue our commitment to sincere public engagement and collaboration, and we will be announcing public opportunities for input in the coming weeks. This can also be said for our review of the Town Plan. We would like to encourage everyone to be involved and have your say; the best results are always made when we work together for a common good.

Carol



FIRE PREVENTION WEEK is
OCTOBER 6th - 12th, 2019

This year's Fire Prevention Week campaign, "Not Every Hero Wears a Cape. Plan and Practice Your Escape!" works to educate everyone about the small but important actions they can take to keep themselves and those around them safe.

Did you know that in a typical home fire, you may have as little as one to two minutes to escape safely from the time the smoke alarm sounds? Escape planning and practice can help you make the most of the time you have, giving everyone enough time to get out.

Plan ahead for your escape. Visit www.firepreventionweek.org to make your escape plan and practice it with the whole family.

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