



# THE *Tickle* NEWSLETTER

Portugal Gove  
St. Philip's



## NATIONAL "SEARCH FOR GOODNESS" FOUND AT BEACHY COVE ELEMENTARY SCHOOL

Beachy Cove Elementary School teacher Paula Courage is the winner of the National "Search for Goodness" by Post Cereals. Nominated by her coworkers, Mme. Courage won the \$10,000 prize for her tremendous work throughout the community. In their nomination they stated, "Paula not only exemplifies genuine goodness but inspires morality, compassion and kindness in everyone she interacts with". Paula plans to use some of the winnings to help further environmental initiatives at the school. Congratulations Paula and thank you for all you do for your community!

## MAYOR MCDONALD NAMED 2019 WOMEN'S INSPIRATION

Congratulations to PCSP mayor, Carol McDonald, who was named the winner of the 2019 Women's Inspiration Award at the first Municipalities Newfoundland and Labrador (MNL) Women's Leadership Summit.

The Inspiration Award recognizes leaders whose long-term dedication to local government has benefited the people of their community and has inspired other women to step forward into leadership roles. Nominations were supported by letters from close colleagues with first-hand experience on the impact of these women's leadership approaches.

The award was certainly well-deserved and we are proud to see our mayor and her accomplishments recognized in this way.



### In this edition of The Tickle Newsletter...

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## OUTSTANDING ATHLETICS IN OUR COMMUNITY



### BROOKSIDE GRADE 6 BOYS & GRADE 7 GIRLS VOLLEYBALL

The boys team won 1st place and the girls team won 2nd place at the NLVA Regional Triple Ball Tournament. Terrific wins to both teams!

### BROOKSIDE GRADE 8 GIRLS VOLLEYBALL

The girls competed in Volleyfest and placed 2nd in Tier II bringing home the silver! The team also won silver at regionals in Clarendville with their moms cheering them on by sporting their Bulldog Volleyball Moms shirts! Way to go!



### BROOKSIDE GRADE 9 GIRLS VOLLEYBALL

Congratulations girls for winning bronze in the Frank Roberts Junior high Tournament. Go Bulldogs!



### BROOKSIDE GRADE 9 BOYS BASKETBALL

The boys brought home silver medals in the St. John's Bosco Invitational Tournament. Congratulations guys!



### BROOKSIDE GIRLS SOCCER

Congratulations the Brookside Girls Soccer Team on a fantastic season. Way to go girls!

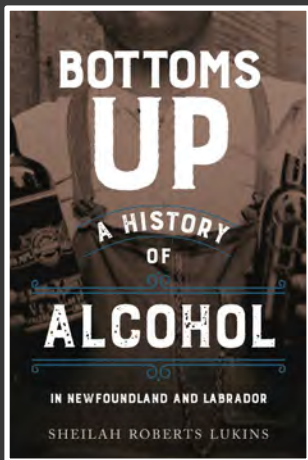


### BROOKSIDE GRADE 9 GIRLS VOLLEYBALL

The grade 9 girls volleyball team brought home the gold at the Beaconsfield Invitational. Go Bulldogs!







## LOCAL AUTHOR BREWS UP ANOTHER GOOD READ

***Bottoms Up: A History of Alcohol in Newfoundland and Labrador***, the new book by Portugal Cove-St. Philip's author Sheilah Roberts Lukins is due to be released in March. This latest release is the story of alcohol in Newfoundland and Labrador, and reveals how the drink helped shape so much of the

province's culture. Distilling four centuries of fact and anecdote, Sheilah serves up a revealing and often amusing survey of our fascination with good spirits.

Sheilah Roberts Lukins is the author of *For Maids who Brew and Bake* and *Rain, Drizzle, and Fog*. The award winning children's book *Full Speed Ahead: Errol's Bell Island Adventure*, and the action-packed follow-up, *Flying Ace: Errol's Gander Adventure*, available from Breakwater Books.

## LOCAL BUSINESS SPOTLIGHT: KIDS KAMPUS



Kids Kampus has been providing a nurturing, fun and safe environment

for children to socialize, learn, and grow for 13 years right here in Portugal Cove-St. Philip's! The children and families are primarily from the community of PCSP, and the children attending grow and develop relationships with the peers that they will also attend school with. The focus of all Kids Kampus programming is learning, and with a fabulous team of Early Childhood Educators on staff, this local business aims to encourage exploration in each activity for the children in their care.

Contact:

1711 - 1715 Portugal Cove Road, Portugal Cove, NL. A1M 2R2

Ph: 709 895 7200

Fax: 709 895 7211

Email: [kidskampusinc@gmail.com](mailto:kidskampusinc@gmail.com)

## DRAFT 2020 BUDGET SUMMARY

At the time of publication of this article, we had yet to finalize the budget. The information below is a part of the proposed Draft Budget that was shared with residents in December. For a final version of Budget 2020, please visit [www.pcsp.ca](http://www.pcsp.ca)

Council and staff of the Town of Portugal Cove - St. Philip's would like to thank all those who contributed to the budget consultation process this year. We heard from a number of individuals, businesses, groups and organizations, and we appreciate the time and effort they took to provide their input. We believe that we have addressed all concerns and issues brought forward in a balanced and fair approach to the 2020 budget. The residential mil rate will remain at 6.5, business mil rate will remain at 8.1, and water and sewer fees will remain the same.

Following the commitment that Council made, after being elected, this is the third consecutive budget that we have reduced the overall expenditures of the Town. Despite these reductions, we believe we have enhanced the programs and services we are offering and we have made significant improvements in our infrastructure. We have reduced the debt burden and have well funded reserves for future infrastructure needs as a part of our asset management plan.

### 5 Year Expenditure History

2016	\$14,948,669
2017	\$15,379,553
2018	\$14,063,440
2019	\$13,639,326
2020	\$13,575,850

### EXPENDITURES BREAKDOWN

Administration	\$2,659,050.00	19.6%
Fire and Protective Services	\$701,291.00	5.2%
Transportation	\$2,274,810.00	16.8%
Water and Sewer	\$948,132.00	7.0%
Waste Management	\$399,436.00	2.9%
Recreation and Cultural Services	\$1,140,881.00	8.4%
Debt Servicing	\$1,974,405.00	14.5%
Other Fiscal Services	\$396,000.00	2.9%
Non-Financed Capital	\$2,441,845.00	18.0%
Transfer to Reserve Fund	\$640,000.00	4.7%
<b>Total Expenses</b>	<b>\$13,575,850.00</b>	

### REVENUES BREAKDOWN

Property Tax	\$7,997,182	58.9%
Business Tax	\$456,275	3.4%
Other Admin	\$286,384	2.1%
Development	\$65,300	0.5%
Recreation	\$489,235	3.6%
Water and Sewer	\$940,575	6.9%
Municipal Operating Grant	\$242,596	1.8%
Gov Transfer and Gas Tax	\$2,211,025	16.3%
Provincial Share of Debt	\$91,774	0.7%
Carry Forward	\$795,503	5.9%
<b>Total Revenue</b>	<b>\$13,575,849</b>	

### 5 Year Average Tax Per Household

2016	\$2,450
2017	\$2,465
2018	\$2,353
2019	\$2,269
2020	\$2,269

### STRATEGIC INVESTMENTS IN:

- Tolt Road Reconstruction
- Anglican Cemetery Road Bridge Replacement
- Water Conservation and Distribution Initiative
- Public Works Fleet
- Tourism Infrastructure
- Recreation Infrastructure for the Parks
- Enhancements to our Wastewater Treatment Plants
- New Fire and Emergency Vehicle and Equipment
- Protection of the Environment

**PCSP**  
connects

Get the latest updates on what's going on in your town right to your mobile device.

Register now for PCSP Connects at:  
[www.pcsp.ca](http://www.pcsp.ca)

# PublicWorks

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

## 2020 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							1	1	2	3	4	5	6	7				1	2	3	4
5	6	7	8	9	10	11	2	3	4	5	6	7	8	8	9	10	11	12	13	14	5	6	7	8	9	10	11
12	13	14	15	16	17	18	9	10	11	12	13	14	15	15	16	17	18	19	20	21	12	13	14	15	16	17	18
19	20	21	22	23	24	25	16	17	18	19	20	21	22	22	23	24	25	26	27	28	19	20	21	22	23	24	25
26	27	28	29	30	31		23	24	25	26	27	28	29	29	30	31					26	27	28	29	30		

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		1	2	3	4	5	6				1	2	3	4							1
3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8
10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15
17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
24	25	26	27	28	29	30	28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29
31																					30	31					

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					1	2	3	1	2	3	4	5	6	7			1	2	3	4	5
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26
27	28	29	30				25	26	27	28	29	30	31	29	30						27	28	29	30	31		

BULK COLLECTION REQUIRES A PRE-BOOKED APPOINTMENT. CALL 895-8000 X232

### COLLECTION SHIFTING:

Dec. 31, 2019 & Jan. 1, 2, 3, 2020 - moved to Jan. 2, 3, 4, 5, 2020  
 April 7, 8, 9, 10 - moved back to April 6, 7, 8, 9  
 June 30 & July 1 - moved back to June 29 & 30

Nov. 10 & 11 - moved back to Nov. 9 & 10  
 Dec. 24 & 25 - moved ahead to Dec. 26 & 27  
 Dec. 31, 2020 & Jan. 1, 2021 - moved ahead to Jan. 2 & 3, 2021



*Mental  
Health*

*Physical  
Health*

*Health  
Education*

*Social  
Health*

*Emotional  
Wellness*

*Nutrition*

# Health & Wellness Expo

Saturday, February 1<sup>st</sup>

10am - 3pm | Brookside Intermediate School

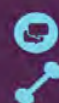
\$5 Admission - Proceeds from each admission provide healthy options at community events.



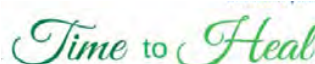
Guest Speakers  
Food & Beverages



Trade Show  
Demonstrations



Some of our trade show participants include:



E P I C U R E



For a full list of vendors visit our website at [www.pcsp.ca](http://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



*Thank you!*

To everyone who helped to make the Town's Christmas events such a tremendous success again this year! From our volunteers, community groups, and staff, to all the families, residents, and participants who showed off their holiday spirit. We simply could not do this without you!

All the members of Council and staff are looking forward to even more great community events in 2020!





# Winter Carnival

Portugal Cove  
St. Philip's



.....  
FEBRUARY 14<sup>th</sup> - 22<sup>nd</sup>  
.....

Community Market - Snow & Stars Hike - Family Fun Day - Tournaments

Games Night - Bingo - Cards Games - Special Winter Events

Community Breakfast - and so much more!



# RECREATION & COMMUNITY SERVICES

## WINTER 2020 PROGRAMS

SENIORS SIT N FIT (20 classes) Jan. 14 - March 26	Tuesday and Thursday 11:00am-12noon	Recreation Centre	Cost: \$30.00
ADULT FITNESS (20 classes) Jan. 13 - March 26	Monday and Thursday 9:30-10:30am	Recreation Centre	Cost: \$30.00
ZUMBA (10 classes) Jan. 15 - March 25	Wednesday 6:30-7:30pm	Recreation Centre	Cost: \$90.00
KICKBOXING (5 classes) Jan. 15 - Feb. 12	Wednesday 7:30-8:30pm	Recreation Centre	Cost: \$50.00
YOGA (9 classes) Jan. 13 - March 23	Monday 6:30-7:30pm	Recreation Centre	Cost: \$85.00
PAINTING WITH PURPOSE (5 classes) Jan. 14 - Feb. 11	Tuesday 6:30-7:30pm	Rainbow Gully Hut	Cost: \$50.00
POUND (10 classes) Jan. 16 - March 26	Thursday 6:30-7:30pm	Recreation Centre	Cost: \$90.00
PCSP PLAYGROUP Starts January 15	Wednesday 10:00am-12noon	Recreation Centre Ages newborn to 4 years. Enjoy bouncy castle, toys, & healthy snacks.	Cost: \$2.00 per child drop in fee

REGISTRATION OPENS: January 6, 2020 Register online through eServices.

For more information on these programs, please contact Mike Stone at 895-5671 or email: [Mike.Stone@pcsp.ca](mailto:Mike.Stone@pcsp.ca)





## JANUARY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 	2	3	4 Hiking/Walking Club
5 Legion Darts	6 Winter Program Registration Opens Legion Darts	7 Public Council Meeting Lions Club Holy Rosary Card Game Family History Club Legion Darts	8 St. Lawrence Cards & Fellowship	9 Legion Darts	10 50 Plus Cards & Darts	11 Hiking/Walking Club
12 Legion Darts	13 <b>Women's Institute</b> Yoga Adult Fitness Legion Darts	14 Seniors Sit N Fit Painting with Purpose Legion Darts	15 St. Lawrence Cards & Fellowship PCSP Playgroup Zumba Kickboxing	16 Seniors Sit N Fit Adult Fitness Pound Legion Darts	17 50 Plus Cards & Darts	18 Hiking/Walking Club
19 Legion Darts	20 <b>Women's Institute</b> Yoga Adult Fitness Legion Darts	21 Public Council Meeting Lions Club Seniors Sit N Fit Painting with Purpose St. Lawrence ACW Cards Legion Darts	22 St. Lawrence Cards & Fellowship PCSP Playgroup Zumba Kickboxing	23 Seniors Sit N Fit Adult Fitness Pound Legion Darts	24 50 Plus Cards & Darts Memorial United Church Games & Activity Night	25 Hiking/Walking Club
26 Legion Darts	27 <b>Women's Institute</b> Yoga Adult Fitness Legion Darts	28 Seniors Sit N Fit Painting with Purpose Legion Darts	29 St. Lawrence Cards & Fellowship PCSP Playgroup Zumba Kickboxing	30 Seniors Sit N Fit Adult Fitness Pound Legion Darts	31 50 Plus Cards & Darts	

## FEBRUARY 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Health & Wellness Expo Hiking/Walking Club
2 Legion Darts	3 <b>Women's Institute</b> Yoga Adult Fitness Legion Darts	4 Public Council Meeting Seniors Sit N Fit Painting with Purpose Holy Rosary Card Game Family History Club Legion Darts	5 St. Lawrence Cards & Fellowship PCSP Playgroup Zumba Kickboxing	6 Seniors Sit N Fit Adult Fitness Pound Legion Darts	7 50 Plus Cards & Darts Tickle Submission Deadline	8 Hiking/Walking Club Memorial United Church Dessert Party & Valentines Concert
9 Legion Darts	10 <b>Women's Institute</b> Yoga Adult Fitness Legion Darts	11 Lions Club Seniors Sit N Fit Painting with Purpose Legion Darts	12 St. Lawrence Cards & Fellowship PCSP Playgroup Zumba Kickboxing	13 Seniors Sit N Fit Adult Fitness Pound Legion Darts	14 50 Plus Cards & Darts Winter Carnival 	15 Hiking/Walking Club Winter Carnival 
16 Winter Carnival Legion Darts 	17 <b>Women's Institute</b> Yoga Adult Fitness Winter Carnival Legion Darts 	18 Public Council Meeting Seniors Sit N Fit St. Lawrence ACW Cards Winter Carnival Legion Darts 	19 St. Lawrence Cards & Fellowship PCSP Playgroup Zumba Kickboxing Winter Carnival 	20 Seniors Sit N Fit Adult Fitness Pound Winter Carnival Legion Darts 	21 50 Plus Cards & Darts Winter Carnival 	22 Hiking/Walking Club Winter Carnival 
23 Legion Darts	24 <b>Women's Institute</b> Yoga Adult Fitness Legion Darts	25 Lions Club Seniors Sit N Fit Legion Darts	26 St. Lawrence Cards & Fellowship PCSP Playgroup Zumba Kickboxing	27 Seniors Sit N Fit Adult Fitness Pound Legion Darts	28 50 Plus Cards & Darts	29

## HERITAGE COMMITTEE CORNER:

### MUMMERS BOX, BUCKET & PILLOWCASE MASK WORKSHOP

The Portugal Cove-St. Philip's Heritage Committee invited the Mummers Festival to town to host a Box, Bucket & Pillowcase Mask workshop as part of our holiday festivities. On Wednesday December 4th, residents of all ages participated in this free workshop and turned out some very fun creations. Thank you to everyone who joined us and we hope you enjoy some mummering fun this Christmas!



## 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.

January 7<sup>th</sup>, 2020 and February 4<sup>th</sup>, 2020

## ST. LAWRENCE PARISH

Join us for Cards and Fellowship every Wednesday afternoon starting January 8<sup>th</sup>, 2020.

Evening ACW Card Games: Tuesday Jan. 21<sup>st</sup>, 2020

Tuesday Feb. 18<sup>th</sup>, 2020



## ADVISORY COMMITTEE ON THE ENVIRONMENT

### DO YOU EVER WONDER WHAT HAPPENS TO YOUR RECYCLING AFTER IT IS COLLECTED?

Every bag, blue or black, that gets collected in PCSP ends up at the Robin Hood Bay Waste Management Facility (RHB), where garbage is landfilled and our recycling is sorted, bailed, and sold. Lately, this last step in the recycling process has become trickier. Until recently, China was the largest market for recyclable goods, however this changed when the Chinese government decided to stop importing most recycling from around the world. The loss of this major global customer has led to problematic practices surrounding how and where recyclable goods are shipped, and has cast doubt over whether blue bag materials ever really get recycled.

While these doubts may be justified in other places, recyclables sent to RHB are all still being processed and sold. Materials that were formerly being shipped to China are now being shipped to businesses in Canada and North America.

The recycling received at RHB continues to be clean and mostly contamination-free, which has allowed our recyclables to continue to be viable products for re-use. While there are fewer international markets for recyclable goods, keeping recycled materials in the province and country creates opportunities for manufacturers and local entrepreneurs. So keep on (or get on) the recycling train in PCSP, it saves tax dollars, it keeps useful products out of the landfill, and it may just provide the seed material for a new home-grown enterprise!





## BRANCH 10, PORTUGAL COVE

*Legion Happenings...* 895-6521



DARTS - Every Sunday, Monday, Tuesday and Thursday  
Men's, women's, and mixed leagues, call the Legion for further details  
on all of these leagues.

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.



## PCSP RAINBOW 50 PLUS CLUB

*Merry Christmas and Happy New Year  
to everyone from the PCSP Rainbow 50 Plus Club!*

Thank you to the Town, especially the Recreation & Community Services Department - Nicole, Mike, and Nick, for all your support in 2019. We look forward to more fun in 2020.

Rainbow 50 Plus Club meets every Friday from 2 - 4pm in the Recreation Centre for cards and darts and some social activity.  
New members are always welcome.

January and February schedules are as follows:

Friday January 10th Club re-opens - cards and darts - 2 - 4pm

Friday January 17th cards and darts - 2 - 4pm

Friday January 24th cards and darts - 2 - 4pm

Friday January 31st cards and darts - 2 - 4pm

Friday February 7th cards and darts - 2 - 4pm

Friday February 14th cards and darts - 2 - 4pm

**HAPPY VALENTINE'S DAY**

Friday February 21st cards and darts - 2 - 4pm

Friday February 28th cards and darts - 2 - 4pm



## SENIORS CHRISTMAS PARTY

Members of the Rainbow 50+ Club and Town staff had a great time celebrating the holidays. Thank you to the wonderful students and staff of Brookside Intermediate for delivering such a wonderful event for our seniors.



## MEMORIAL UNITED CHURCH

Games Activity Night & Potluck

January 24, 2020

7:00pm

Dessert Party & Valentines Concert

February 8, 2020

## A MESSAGE FROM THE MAYOR



Mayor McDonald pictured with Santa and her great-grandson's Jacob & Luke

Another year has passed and with it is time to reflect back on the last year. I do so with gratitude and appreciation for our community. The spirit of the season shines a light on the kindness and compassion that we see here in Portugal Cove – St. Phillip's. It was truly inspiring to see so many residents and businesses this year support those in need.

I would also like to share my appreciation for all those who helped us in developing the 2020 budget. We are pleased to have proposed a fair and balanced budget that we believe is a result of listening to the residents and businesses in the community.

We have made some tremendous progress in the first two years of our term, but, there is still much to do. We are investing in roads, recreation, tourism and the environment. We have reduced our debt and have a strong financial plan for the future. Next year we will be looking to review our municipal plan and development regulations and for that we will need your help.

So as we look ahead to 2020 I do so with optimism and hope. We have so much momentum and the spirit of community collaboration is alive and well. On behalf of Council and staff I wish you all health and happiness and a happy new year!

*Carol*



## CONSUMER FIREWORKS SAFETY



Recently your PCSP Fire Department experienced an incident with a consumer firework. Fortunately only minor injury. The firework was used in accordance with the instructions, the individual was wearing full protective clothing and still the injury occurred. This incident shows us all the serious hazards that exist when fireworks are not used properly. We would like all residents to be fully aware that, although the proper use of consumer fireworks can be enjoyable, the possibility of personal injury definitely remains if the firework is not used properly or misfires.

Please read these important safety tips everyone should be fully aware of prior to discharging consumer fireworks:

**BURY** fireworks that do not have a base up to halfway in a container of earth or sand, unless the label says otherwise. Set them at a 10 degree angle away from people.

**WAIT** at least 30 minutes before approaching a firework that did not fire. NEVER try to relight a firework and NEVER attempt to fix a defective firework.

**CHOOSE** a wide, clear site away from obstacles. Refer to safety instructions on the fireworks label for minimum distances.

**NEVER** light or hold a firework in your hand unless manufacturer's instructions read otherwise.

**KEEP** fireworks in a cool, dry, ventilated place and out of the reach of children.

**READ** all instructions provided and **PLAN** the firing order before you begin.

**KEEP WATER NEARBY.** Dispose of used fireworks and all debris in a bucket of water.

**ADULT SUPERVISION** must be present for all individuals under the age of 18.

**USE A GOOD FIRING BASE** such as a bucket filled with earth or sand.

**PROTECTIVE CLOTHING** such as safety glasses and covering clothing is recommended.

**USE CAUTION** when lighting the firework, always light the fuse at the tip.

**DO NOT FIRE IN WINDY CONDITIONS.**

For more information on fireworks use, visit the Natural Resources Canada page on fireworks safety:

<https://www.nrcan.gc.ca/explosives/fireworks-use/fireworks-safety-video/17617>

## 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 7th, 2020. Contact Jeff Lawlor at [jeff.lawlor@pcsp.ca](mailto:jeff.lawlor@pcsp.ca) or phone 895-5651.