

"TEACHER OF THE YEAR"

In September, Mr. Laun Shoemaker was awarded the Canadian Parents for French-NL's "Teacher of the Year" - a prestigious honor that is awarded annually to a teacher for excellence in French education, leadership, community involvement, and with other outstanding achievements.

Beachy Cove Elementary Principal, Mr. Aubrey Dawe, attended a special ceremony at Government House that was presided over by Her Honour, Lieutenant Governor Judy Foote, and hosted by Canadian Parents for French, Newfoundland & Labrador (CPF-NL), where Mr. Shoemaker was given his award. Principal Dawe explained, "Mr. Shoemaker is part of our Early French Immersion team and has been for a number of years. I could not help but beam with pride as his dossier was read aloud at the ceremony, all the while feeling incredibly thankful that he is part of our school community. Our school is a better place because of Mr. Shoemaker and his good work and this recognition by CPF-NL is certainly well deserved."



We are lucky to have such exceptional teachers right here in our town! Congratulations, Mr. Shoemaker and thanks for all you do.

INSPIRATION MAKER

Congratulations to Brookside Intermediate's Mr. Sam Paterson, who has been chosen as



Newfoundland and Labrador's "Inspiration Maker" through the Atlantic Canadian experiential learning platform, Brilliant Labs. Teachers are chosen as "Inspiration Makers" for inspiring others to be their best and for taking chances to try new things to educate students.

While schools were closed during spring 2020 due to Covid-19, Mr. Paterson created unique virtual learning opportunities for his students, including sustainable development goal activities in the Brilliant Labs Minecraft server, #MakerFun challenges, and thought exchanges on a wide variety of topics.

Way to go, Mr. Paterson, you are an inspiration to students, educators, and parents alike! Awesome job!

In this edition of The Tickle Newsletter...

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Public Works pg 4

Recreation &

Community Services pg 5-8

Event Calendar

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Mavor's Message

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Wow! Shout out to the local Au family here in PCSP - Way to go. Incredible job!

#BreastCancerAwarenessMonth

Brookside Intermediate @BrooksideInt · Oct 4 The Au family raised almost \$4000 for The Run for the Cure



Thanks to Ms Reddin for organizing this fantastic activity as part of our social studies unit: Exploration! (8) @PCSPnl @beachycoveelem @taloeffler #explorers



Kim Wilson

Huge Congratulations to PCSP Spurrs Alum and current Spurrs GU9 coach Taj Exley on his recruitment to the MUN Men's Seahawks Squad for the 2021 Season! We are all very proud amd excited for you! #gospurrs #hwpo

PCSP Spurrs Soccer @PCSPSpurrs

@MUNathletics @PCSPnl @SoccerNLSA



Colin Lane @ColinLa709

@PCSPnl @weathernetwork #ShareYourWeather #sunset #WednesdayVibes . The sunset over Healeys pond and the town of Portugal Cove-St.Phillips Newfoundland and Labrador.



A big thank you to the Holden family for donating a variety of games and educational tools!

We welcome any donations of educational materials, board games, etc. If you have robotics or electronics related items, even better!

Please RT

@PCSPnl @NLESDCA @BrooksideInt @nltatesic





Big thanks to James R a student @BrooksideInt who asked if he could take over the Lions weekly ice cream sale with proceeds going to Diabetes and his local Lions. He replaces Julianne M who raised over \$8000 for the Janeway and our Club. Way to go! @PCSPnl #youthwithvision



We are pleased to announce that Andy is the recipient of the Newfoundland and Labrador Equestrian Association

Spirit Horse NL- Stable Life





legacy, get some exercise and raise funds. #tryliketerry



Members spent last evening training with our two Fol-Da-Tanks and two Portable Pumps. Water supply is a critical aspect of fire suppression training. @PCSPnl







HUNTER GETS HIS WISH!

Hunter Somerton, a young PCSP resident, was recently granted a wish by the Make-A-Wish Foundation NL. Hunter is four years old and he has been diagnosed with A.L.L (acute lymphoblastic leukemia). Hunter's wish will be a trip to Florida to visit the theme parks with his family and we want to wish him all the best and hope he has the most awesome holiday ever!

A huge thank you to the Harley Owners Group who enjoy riding through our community, and who upon hearing of Hunter's story got together to raise \$10,000 to help grant Hunter's wish!

Hunter, his two brothers Jaxson and Tyson, and his mom Kaitlyn and dad Clinton are pictured above. Hunter lives life to the fullest and enjoys riding his bike, swimming, and of course video games! He likes wrestling with his brothers and wants to be a superhero when he grows up! His favourite foods are fries and gravy, and Mars bars.

EQUESTRIAN AMBASSADOR

Congratulations to
PCSP resident, Nathan
Chaulk, for receiving the
Award of Equestrian
Ambassador from the



Newfoundland and Labrador Equestrian Association.

Nathan truly loves everything about horses. He is passionate about riding and continues to encourage others to take up the amazing sport of Para-Dressage. Way to go, Nathan!





Fire Safety During Winter Storms

Winter storms are a regular part of the season in this province. Being prepared before, during and after the storm can make a big difference and help keep you and your family safe.

- Test your smoke alarms at least once a month and install carbon monoxide alarms.
- Plan two ways out of the house in case of emergency and keep the exits and driveway clear of ice and snow.
- Make sure your house number is easily seen from the roadway.
- Be ready for power outages and use extreme caution if you use candles.
- Be aware of winter weather and watch for bulletins.
- Check on your neighbors and others who may need help.
- Generators should be used outdoors and away from windows and doors.
 Never run a generator in your garage.
- Stay away from downed wires and report them to authorities asap.
- Be ready for loss of heat, and if you use an emergency heat source, keep flammable items at least 1 meter away.
- Never leave a portable heater running when you are not in the room.
 Turn them off when you go to bed.
- Keep chimneys clean and free of debris like creosote, nests, snow and ice.
 Have your chimney cleaned and inspected at least once a year.

IMPORTANT REMINDER:

There are more home fires in winter than in any other season.

Half of all home heating fires happen in December,

January and February.

As you stay cozy and warm this winter season, be fire smart!



NATIONAL FIRE PROTECTION ASSOCIATION

The leading information and knowledge resource on fire, electrical and related hazards







PublicWorks

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

2021 WASTE COLLECTION

GARBAGE & RECYCLING DAYS							GARBAGE ONLY DAYS								BULK COLLECTION DAYS						'S									
	January February							March					April																	
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2021 HOLIDAY SHIFTED COLLECTION SCHEDULE:

December 31, 2020 - moved ahead to January 2, 2021 January 1, 2021 - moved ahead to January 4

April 2 - moved ahead to April 5

July 1 - moved ahead to July 5

August 4 - moved back to August 2 November 11 - moved ahead to November 15

Collection returns to regular schedule as of Tuesday, January 4, 2022.







Thanks so much to everyone who participated in our Fall Family Festival Week from October 18th to 24th! We had so much fun and were absolutely delighted to see so many people joining in our virtual contests and events throughout





















the week.







Portugal Gove St. Philip's

"BOOO"KS ARE FUN































RECREATION



LOCAL CURLING TEAM HEADED TO NATIONALS

Sending good luck to Team Locke, as they get their long-awaited chance at curling in the Under-18 Nationals Tournament. A special shout out to PCSP resident Sitaye Penney, who is a member of Team Locke!

Unfortunately the 2020 Canadian U18 championships were cancelled due to Covid-19, just days after the Newfoundland and Labrador provincial championships were decided. However, in February 2021, NL's Under-18 Junior Women's Champions (Team Locke) will have the opportunity to compete at the 2021 Nationals from February 7th to 13th in Timmins, Ontario. We wish the team all the best as they represent our province in the tournament!

Photo:

Team Locke - (L-R) Kate Young, Sitaye Penney, Coach Ken Peddigrew, Katie Peddigrew, and Cailey Locke.

SHOUT OUT TO OUR SENIORS!

Each year on October 1st, it's National Seniors Day! While we couldn't have our usual National Seniors Day celebrations and party this year, we can still show our seniors how much we care all throughout the year. Take time to call or video chat, write a card or letter, or send a special message to seniors in your community. This could be a family member, someone on your street, or in your school.

The Town of Portugal Cove — St. Philip's is proud of seniors in our town and the lasting impact they have had on where we are today.









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There is always something for everyone!

Visit pcsp.ca for more details.



KEEP AN EYE OUT FOR MORE SUPER FUN, POP UP PLAY DAYS!

CHECK THE TOWN WEBSITE FOR MORE INFORMATION, OR CONTACT MIKE STONE IN THE RECREATION AND COMMUNITY SERVICES DEPARTMENT:

895-5671 OR EMAİL: MİKE.STONE@PCSP.CA



Check out some of the fantastic local restaurants, shops, and services you can find right here in our community!

Explore the art and more.





ers for the Arts

TOWN OF PORTUGAL COVE-ST. PHILIP'S 2021 TAX STRUCTURE & SCHEDULE OF FEES

2021 Budget and Tax Structure & Schedule of fees adopted at the Public Council meeting held December 8, 2021 in the amount of \$13,213,508,

PROPERTY TAX:

6.5 Mils with a minimum tax of \$20.00 for all Property Tax.

DISCOUNT - APPLICABLE TO PROPERTY TAX ONLY:

5% discount on current property tax, if payment of all outstanding debts (current and prior, including current water/sewer and all debts, taxes or otherwise) is received and paid in full by discount date of April 1st, 2021, with the following additional condition: To qualify for the 5% discount - Property Tax payments from any Financial Institutions (electronic or otherwise) must be received by the Town no later than March 15, 2021 for processing.

NO 5% Early Payment Discount for payments made by credit card.

OTHER DISCOUNT:

Residential Property owners in receipt of the Guaranteed Income Supplement (GIS) may be eligible for a 20% Property Tax reduction on the Property Tax portion of the invoice for their principal place of residence in the Town of Portugal Cove-St. Philip's. A mandatory application providing proof of eligibility by way of an entitlement letter from Service Canada confirming receipt of GIS is required. The calculation for the 20% reduction will be applied prior to the receipt of GIS is required. The Calculation for the 20% reduction will be applied plan. Note: additional 5% early payment discount (if applicable) or when calculating payment plans. Note: this discount does not apply to any vacant lands or summer residences. Property owners who qualify for this option, may avail of any of the payment options.

NO 5% Early Payment Discount for payments made by credit card.

Interest Free: Payment Plan for payment in full interest free with post-dated cheques or credit card payments **submitted** in January for a **choice** of **either**. 6 equal monthly payments (January to June inclusive) QR 8 equal monthly payments (January to August inclusive) QR 12 equal monthly payments by Pre- Authorized Debit Agreement from your bank/financial institution (January to December). No discount available with this interest free option. Returned cheques/payments will cancel this interest free option and interest will be reinstated retroactively.

PAYMENT OPTIONS:

Cash, Debit, Visa, MasterCard, Telephone and Online banking accepted.

Charged at the rate of 1 % per month simple interest on the unpaid balance of all outstanding invoices at the end of each month commencing January 2021. Exception: Interest not applicable to 2021 invoices paid by the discount date or having interest free plans in place.

All invoices are due and payable as of the invoice date.

BUSINESS TAX:

FOR BUSINESS TAX BASED ON ASSESSMENT:	
General Business	8.1 Mils
includes all categories except the following and their applicable rates:	
Farms	1.5Mils
Day care & Bed & Breakfasts	5.1 Mils
Nursing/Retirement Homes	8.1 Mils
Non-Profit Organizations	
Professional Services	12.1 Mils
Medical/Dental/Pharmacy	12.1 Mils
Bank/Financial Institutions	45 Mils
(Minimum tay \$200.00 on all the above including General Rusiness)	

FOR BUSINESS TAX BASED ON GROSS REVENUE:

WATER & SEWER TAX:

RESIDENTIAL WATER/SEWER TAXES:	
Water Only	\$ 450.00 Yearly Per Unit
Sewer Only	\$175.00 Yearly Per Unit
Water & Sewer	
COMMERCIAL WATER/SEWER TAXES:	,
Water Only	\$480.00 Yearly Per Unit
Sewer Only	\$235.00 Yearly Per Unit
Water & Sewer	\$ 715.00 Yearly Per Unit
Fish Plant Water & Sewer	\$150.00 per month
Ferry Water Fill Up	
VACANT LAND WATER/SEWER TAXES:	
Water Only	\$ 250.00 Yearly Per Unit
Sewer Only	\$175.00 Yearly Per Unit
Water & Sewer Only	

WATER, SANITARY SEWER and STORM CONNECTION & OTHER FEES:

Connection Fee to Existing Services:

To permit connection to each service for buildings where service stubs to the property line are pre-existing \$1500.00 each service

To permit connection to each service for buildings streets where service stubs to the property line

To permit the connection of each service stub to the property line of approved vacant lots for

Connection Fee Under Capital Works Servicing Projects:

For each service installed up to property line and permit to connect for existing building at time

To permit the transfer of each service from an existing connected building to a newly constructed building at same civic address\$350.00 each service

1) In all cases the cost of extending the service line from the main or the service stub to the building is the responsibility of the owner. 2) Connections are considered to be under a capital works project if the connection fee is paid

within 12 months of the new infrastructure being accepted by the Town. Pavement Cut Fee and Deposit .

(Deposit portion in the amount of \$500 is Refundable after 12 Months upon Council approval)

OTHER	MICCEL	LANEO	TIC DUDG

Zoning/Compliance Certificates	\$ 150.00
Returned Cheques for any reason	
Photocopies (letter & legal size) (B& W)	
Photocopies (letter & legal size) (Color)	
Aerial map requests & Photocopies 11"x17" or greater (Color)	
Aerial map requests & Photocopies 11"x17" or greater (B & W)	
DOG LICENSE FEES:	
License (Mandatory)	No charge
First Pickup	
Second Pickup	\$150.00
Second Fickap	\$ 130.00

Pound Fees (Per Day) \$150.00

IMPORTANT NOTICE:

ALL FEES ARE NON-REFUNDABLE INCLUDING DEVELOPMENT APPLICATION PROCESSING and PERMIT FEES. (EXCEPTION: DEPOSITS) The cost of other permits requested and not listed will be determined at the time of approval by PCSP Town Council.

PLANNING AND DEVELOPMENT FEES:

RESIDENTIAL DEVELOPMENT FEES:

Application Processing Fee Per Lot	\$50.00
Dwellings/Extension (over 10 Sq.M./Subsidiary Apartments	
Dwelling Renovations (structural Changes) minimum	\$100.00
Dwelling Renovations (structural Changes)	0.9% of Materials Value
Residential Extensions (under 10 Sq.M.) combined processing/permit fee	\$50.00
Accessory Buildings (New/Extension, 50 Sq.M & under) combined processing	g/permit fee \$100.00
Accessory Buildings (New/Extension, over 50 Sq.M	\$2.00 Per Sq.M
Occupancy Permit Deposit	\$400.00
Occupancy Permit Fee	\$100.00
Request for Extension of Permit	\$50.00
Application Processing Fee New Residential Business (Combined processing	/permit fee) \$100.00

COMMERCIAL DEVELOPMENT FEES:

Application Processing Fee Per Lot	\$100.00
Commercial Buildings/Accessory Buildings/Extensions	\$4.00 Per Sq.M.
Commercial Agriculture Building	\$3.00 Per Sq.M
Commercial Agriculture Greenhouse	\$1.00 Per Sq.M
Accessory Buildings for Commercial Agriculture Development	\$3.00 Per Sq.M.
Occupancy Permit Deposit	\$400.00
Occupancy Permit Fee	\$100.00
Request for Extension of Permit	\$100.00
Application Processing Fee New Commercial Business (Combined processing/p	ermit fee)\$200.00
Mobile Vendors/Direct Sellers Permit Per Year	\$50.00

ASSESSMENT FEES per Lot for ALL Residential and Commercial lots

 Recreation Assessment Fee
 \$700.00

 Infrastructure Improvement Assessment Fee
 \$1000.00
 Note: For all Subdivision building lot approvals, this fee is to be paid prior to the issuance of a Development Permit' for the subdivision. For all other building lot approvals, this fee is to be paid prior to the issuance of a 'Building Permit'.

SUBDIVISIONS (RESIDENTIAL & COMMERCIAL):

Planned layouts/concept plans are required with development applications for. (a) new subdivisions/cul-desacs with road construction and (b) extensions of existing subdivisions/cul-de

PROCESSING FEE FOR INITIAL CONCEPT PLANS:

Per Lot for Residential Subdivisions	\$100.00
Per Lot for Commercial Subdivisions	\$150.00
Important: Please note that permit and processing fees will apply to individual applic	cations for each
lot after the initial concept plan is approved.	

SUBDIVISION DEVELOPMENT FEES:

Municipal Service Connection Fees – cost of connecting "Subdivision infrastructure to Town Infrastructure: \$3,000 each service

PUBLIC OPEN SPACE ALLOCATION:

Fees to be charged as per Council Regulations applicable to the development.

PROFESSIONAL FEES (Cost Recovery)

All engineering, legal, planning, surveying, public advertising or any legitimate cost incurred by the Town is the responsibility of the developer/applicant. A deposit (to be determined by the Town) may be required prior to the Town incurring these costs. In the event that the real cost exceeds the deposit, the developer/applicant is responsible for full cost recovery.

MUNICIPAL PLAN & DEVELOPMENT REGULATIONS AMENDMENT FEES:

Application processing fee	\$50.00
Application processing fee New Quarry	
Development Regulations Amendment fee	
Development & Municipal Plan Amendment fee	\$750.00
Development, Municipal Plan and Regional Plan Amendment fee	\$1,000.00

OTHER ASSESSMENT AND DEVELOPMENT FEES:

Quarry Referral Processing Fee	\$100.00
Ouarry Permit	
Stop Work Order/Removal Order Fee	
Variance Requests	
Infrastructure Damage Deposit (new dwelling construction & when otherwise requ	

COMBINED PROCESSING/PERMIT FEES:

Demolition & Removal	\$50.00
Culvert/Patio/Deck/Swimming Pool	\$50.00
Repairs & Maintenance (Structural Changes)	
Backfilling	
Ad vertisement/Sign	

BUILDING & DEVELOPING ACTIVITY WITHOUT A PERMIT:

First offence	suea
Second offence	ater)
Third & subsequent offences	ater)

JANUARY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 HAPPY NEW YEAR	2 Hiking/Walking Club
3	4	5 Winter Program Registration Opens Public Council Meeting	6	7	8	9 Hiking/Walking Club
10 Pound Class	11 Adult Fitness Yoga	12 Adult Fitness Lions Club Seniors Sit N Fit	13 Adult Fitness Zumba	14 Adult Fitness Seniors Sit N Fit	15 PCSP Playgroup	16 Hiking/Walking Club
17 Pound Class	18 Adult Fitness Yoga	1 9Public Council Meeting Adult Fitness Seniors Sit N Fit	20 Adult Fitness Zumba	21 Adult Fitness Seniors Sit N Fit	22 PCSP Playgroup	23 Hiking/Walking Club
24 Pound Class	25 Adult Fitness Yoga	26 Adult Fitness Lions Club Seniors Sit N Fit	27 Adult Fitness Zumba	28 Adult Fitness Seniors Sit N Fit	29 PCSP Playgroup	30 Hiking/Walking Club
31 Community Skate						

FEBRUARY 2021

CUNDAY		THECDAY	MEDNICO	THURCHAY	EDID AV	CATURDAY
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Adult Fitness Yoga	2 Adult Fitness Seniors Sit N Fit	3 Adult Fitness Zumba	4 Adult Fitness Seniors Sit N Fit	5 PCSP Playgroup Tickle Submission Deadline	6 Hiking/Walking Club
7 Pound Class	8 Adult Fitness Yoga	Public Council Meeting Lions Club Adult Fitness Seniors Sit N Fit	10 Adult Fitness Zumba	11 Adult Fitness Seniors Sit N Fit	12 _{PCSP} Playgroup	13 _{Hiking/Walking} Club
14 Pound Class	15 Adult Fitness Yoga	16 Adult Fitness Seniors Sit N Fit	17 Adult Fitness Zumba	18 Adult Fitness Seniors Sit N Fit	19 PCSP Playgroup	20 Hiking Walking Club
21	22	23 _{Public Council Meeting Lights Clerk}	24	25	26	27 _{Hiking/Walking/Club}
28						







NON-MEDICAL MASKS AND FACE COVERINGS

Non-medical masks are now mandatory in all public buildings in Newfoundland and Labrador. For the sake of the environment, reusable fabric masks are a better option than disposable. If you are using disposable masks, please dispose of them in a properly lined garbage container. There has been a huge increase in personal protective wear litter around our community, and while the risk is low, it still puts community members at risk of exposure.

Here are some guidelines from the Government of Canada on cleaning your reusable fabric mask:

- Use the hot cycle on your washing machine and dry thoroughly.
- Wash thoroughly by hand if a washing machine is not available, using soap and hot water, and allow to dry completely before wearing.

It is important to remember the following when using non-medical masks and face coverings:

- Masks with an exhalation valve do not protect others.
- Never share your non-medical mask or face covering with someone else.
- Do not handle a non-medical mask or face covering belonging to someone else.
- Do not allow other people to handle or touch your non-medical mask or face covering.

https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/prevention-risks/about-non-medical-masks-face-coverings.html



The Portugal Cove - St. Philip's Chamber of Commerce would like to introduce our Executive Director, Tara Lehman. Tara is an entrepreneur with an extensive event consulting and customer

service background both locally and nationally.

Tara attributes much of her success to the benefits of belonging to local business organizations. We believe her insight into what business owners are looking for alongside her ability to deliver high quality networking and learning opportunities, will help members enjoy and benefit from what our Chamber offers. Tara is excited to help raise our community voice, and members can look forward to hearing from her in the coming days!



The PCSP Chamber of Commerce was happy to host the launch of the PCSP

Arts Association on

Friday, November 20th, 2020. Congratulations to all on their efforts to make this event so successful and thank you to the Grounds Café at Murray's for the use of your beautiful venue. We look forward to working collaboratively in the future and encourage everyone in our arts community to join this group, as it offers multiple opportunities.



BRANCH 10, PORTUGAL COVE

Legion Happenings... 895-6521



DARTS

Women's League - Sundays, Mixed League - **Tuesdays, and Men's League** - Thursdays. Call the Legion for further details.

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. Due to COVID guidelines, the capacity has changed, please call the Legion for full details.

LEGION REPRESENTATIVES CONTACTS

Beatrice Day, President 895-0100 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.



REMEMBRANCE DAY CEREMONY AT THE WAR MEMORIAI

Due to the world-wide COVID-19 pandemic, the Remembrance Day ceremony we had wanted to organize simply could not happen. However, a virtual ceremony and wreath laying held on November 11th to honour all those who gave the ultimate sacrifice for our freedoms.

Thank you to everyone who viewed the event online.





Congratulations and sincere thanks for your dedicated service in the protection of the people of Portugal Cove-St. Philip's.

FIRE OFFICER OF THE YEAR

Lieutenant Terry Scott

FIREFIGHTER OF THE YEAR

Michael Hynes

5 YEARS OF SERVICE

Firefighter Megan Smith Firefighter Zachary Parrell

10 YEARS OF SERVICE

Captain Chris Peinsznski Lieutenant Daren Janes

15 YEARS OF SERVICE

Captain Chris Donovan
Lieutenant Ed Lundrigan
Firefighter Rod Young
Firefighter Darren Dawson



A MESSAGE FROM THE MAYOR

Over the holiday season, the generosity shown by our residents was simply amazing. Our community has come together time and time again to support those in need, and I would like to extend a big thank you to everyone who made donations in December to our holiday turkey and food drive in partnership with the PCSP Spurrs Youth Soccer Association. In addition, I was very pleased to help put together our food hampers for those in need and drop off a community donation of \$1000 to the Pantry Food Bank at the St. Lawrence Anglican Church and a donation of \$2000 to the Northeast Avalon Food Bank on behalf of the town. Both of these groups do an incredible job of supporting our local community and we are very grateful to them for all that they do.

I would also like to remind you to make time to check on the seniors in your life throughout the winter, including your grandparents, friends, or neighbours. For many seniors, especially those living alone, this can be a very difficult and lonely season. I encourage you to make someone's day - pick up the phone and call the seniors in your life, share a meal together with the seniors in your bubble, or help out the seniors in your neighbourhood with their shovelling – because there's sure to be lots of that ahead this winter!

As we all know, 2020 was difficult year for everyone and I am so proud of the way our community handled the challenges we've faced. Thank you for following the guidelines set out by Dr. Haggie and Dr. Fitzgerald. It is inspiring to think that our province is the envy of the world in terms of covid-19 management, and I hope we can continue to keep cases low and keep everyone healthy in the 2021 year.

Carol





FLU SHOT SEASON

We encourage everyone who can to get a flu shot this year to help our community stay safe! You can book a free flu shot appointment right here in Portugal Cove-St. Philip's through local business Breakwater Pharmacy. Give them a call at 895-6500 or visit them online to book your appointment today:

http:// breakwaterpharmacy.medmeapp.com/ schedule

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 5th, 2021. Contact Jeff Lawlor at jeff.lawlor@pcsp.ca or phone 895-5651.





