



# THE *Tickle* NEWSLETTER

  
Portugal Cove  
St. Philip's



## PCSP RESIDENT NAMED FEMALE OARSWOMAN OF THE YEAR FOR THE 2022 ROYAL ST. JOHN'S REGATTA

Corena Boland-Greeley received the Female Oarswoman of the Year at the Royal St. John's Regatta this year. Corena has been rowing since 1996 and is a very active mom of six and a grandmother. Nothing can slow her down, not even being diagnosed with cancer in 2020. Since then she has endured months of radiation, chemotherapy and life-saving surgery last July. Corena hasn't missed a stroke, she is back in the boat and stronger than ever. Congratulations Corena!

## SWEDISH SOCCER STAR WITH ROOTS IN PCSP

Rainbow Gully Soccer Field was enjoyed by many this summer, including 15-year-old aspiring Swedish soccer star, Max Vogege, whose roots are in Portugal Cove-St. Philip's. Max's mother, Karen Vogege (nee Squires), is from PCSP, and was excited to cheer on her son for daily early morning practices throughout their vacation here in Newfoundland!



The Vogege's live in Sweden, where Max plays competitive soccer for one of the top academies on the U17 team. He's currently in the running to play on Sweden's national team and his ambition is to make the Euros league and go on to play across some of the world's top soccer playing countries, Spain, Germany and England! Best of luck, Max!

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

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# SUPER SWEET TWEETS



Newfoundland Growlers  
@NLGrowlers

It might be the off-season but Coach Kavy from Growlers Academy is out in the community ensuring 🇳🇱 nation is ready for the fall 🍂

Thanks to @PCSPnl for having us out to visit their day camp programs this week 🙌



PCSP Spurs Soccer @PCSPSpurs · Jul 14

What a practice! Our BU11s were lucky enough to have @WhitecapsFC @WhitecapsYouth Coaches Mike Ayyash & Paul Thompson surprise them with a pop-up training session. Everyone had a blast toning up their 1v2 tactics! Thank you so much Coaches! #GoWhitecaps @SoccerNLSA @PCSPnl



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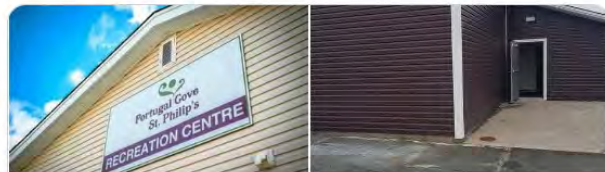


5



Epilepsy Newfoundland & Labrador @EpilepsyNL · Jun 29

Spent this beautiful morning in the @PCSPnl doing an epilepsy awareness presentation and seizure first aid training with the recreation staff. Thank you for having us!



Brookside Intermediate @BrooksideInt · Jun 30  
Our new sign!



Joanne Thompson @Joanne\_NL · Jul 16

Community spirit was in full force at the @PCSPnl Regatta Day Carnival - happy to meet everyone and share in the excitement of dory races with you all!



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Alick Tsui @positively4ever · Jul 16

What a great weather day for the entire family at Regatta Day in PCSP @PCSPnl Absolutely perfect for an outing to Town of Portugal Cove St. Phillips @NLTweets #explorenl #nlwx #downhomer @CBCNL @StJohnsTelegram



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Brookside Intermediate Retweeted



David Baldwin @davidbaldwin33 · Jun 23

Little bit of nostalgia this morning @BrooksideInt Former Brookside Alumni on their Graduation Day from PWC. Don't they look handsome! @NLESDDCA



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17



Sam Paterson @SamPatersonEDU · Jul 8

Congratulations to @BrooksideInt students Mila and Freya on their excellent showings at the @NLGolf Junior Championships! Best of luck in your upcoming tournaments.

@Brookside\_PE  
@NLESDDCA @PCSPnl



golfnl.ca

Efford and Snook Lead Wire to Wire to Capture Provincial Titles - Golf ...  
Salmonier, NL Ethan Efford of Bally Haly Country Club led wire to wire to capture the 2022 Royal LePage Provincial Junior Boys' Championsh...

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## PORTUGAL COVE-ST. PHILIP'S VOLUNTEER FIRE DEPARTMENT

### PLAN AHEAD!

If a fire breaks out in your home, you may only have minutes to get out safely once the smoke alarm sounds. Make sure everyone knows what to do and where to go.

- **Make a home escape plan.** Draw a map of your home, show all the windows and doors and share with the whole family.
- **Have two ways out.** Every room should have two ways out if possible, and make sure all windows and doors open easily.
- **Have a meeting place.** Choose a place a safe distance from the house where everyone will meet. (e.g. tree, mailbox)
- **Practice.** Have a nighttime and daytime fire drill at least twice a year. Try different ways out each time.
- **Teach kids how to escape.** In case you cannot help them, make sure kids know how to escape on their own.

When you hear the alarm sound... **GET OUT AND STAY OUT.** Never go back inside for any reason. If there is smoke, **GET LOW AND GO.** Keep under the smoke on your way out. **CALL 911 after you are outside the house.**



### NATIONAL FIRE PROTECTION ASSOCIATION

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



# Fire won't wait. Plan your escape.™



## FIRE PREVENTION WEEK™

fpw.org

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## LIONS CLUB AND TEAM BROKEN EARTH OPTOMETRY ON A MISSION IN GUATEMALA

The PCSP Lions representing District N4 and Team Broken Earth Optometry tested nearly 500 men, women and children in the town of Antigua, Guatemala. Each morning they were greeted with cheerful hellos from people who travelled great distances to start lining up at 4 am for the 8 am eye clinic. Optometry dispensed hundreds of prescription eyeglasses and reading glasses, all of which help people see better, read better and for many enable them to get a job, keep a job, or do better in school.

One of the highlights of the mission was a 45 minute venture outside the town to visit Melody School where all students were given eye exams, toothbrushes, toothpaste, sunglasses and toys, as well as a general health check by a Team Broken Earth Pediatrician.

### How can you help?

Donate your gently used eyeglasses and sunglasses for recycling and use by someone else who needs them. You can donate them at the Cove Clinic, Breakwater Pharmacy, St. Philip's Anglican Church or Beachy Cove Elementary.



Pictured are kids from the town of Antigua, Guatemala and Lion Fred Thompson, Lion Rachel Moss, and Lion Brad Moss.



# PublicWorks

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.

**X**

- Wipes of any type
- Sanitary products
- Medication
- Hair
- Dental floss
- Cotton swabs or balls
- Bandages

**X**

- Clothing labels
- Candy wrappers
- Syringes
- Cigarette butts
- Disposable toilet brushes
- Kitty litter
- Aquarium gravel

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



I look fetching in my new tags!

## Register your dog for FREE

Dogs who are licensed have a much higher success rate in reuniting with their owners should they become lost.

Coco says, get your **FREE** tags today by emailing: [public.works@pcsp.ca](mailto:public.works@pcsp.ca)

Learn more: [www.pcsp.ca/services/animal-services/](http://www.pcsp.ca/services/animal-services/)



# Fall Family Festival

**SUNDAY OCTOBER 16<sup>th</sup>**

**12-4pm at RAINBOW GULLY PARK**

**A full afternoon of family fun and activities.**

**Check the Town website for a full festival schedule.**





## NATIONAL SENIORS DAY CELEBRATION

WEDNESDAY SEPTEMBER 28<sup>TH</sup>

2:00 - 4:00PM

MURRAY'S POND FISHING & COUNTRY CLUB

An afternoon in celebration of our Seniors!

Come enjoy some fantastic entertainment, desserts and refreshments.

Cost: \$5 per person, seating is limited so be sure to register early.

Registration opens Wednesday September 14th at 9:00am for PCSP residents,  
Friday September 16th at 9:00am for non-residents.

To register call Mike Stone, Recreation Coordinator at 895-8000 ext.265



## BILL CHURCHILL MEMORIAL SOFTBALL TOURNAMENT

September 23<sup>rd</sup>-25<sup>th</sup>, 2022 Voisey's Brook Softball Field

Mixed teams with at least four (4) females per team.

Canteen services, BBQ, beer and coolers available for purchase.

Registration is \$200 per team.

Register your team today, call Kyle at 895-8000 ext.233 or email:

kyle.mcguirk@pcsp.ca



## GUY FAWKES COMMUNITY BONFIRE NIGHT

SATURDAY NOVEMBER 5<sup>TH</sup>

6:00 - 7:30pm Recreation Centre Parking Lot

In partnership with the Volunteer Fire Department,  
enjoy a traditional community bonfire  
with some delicious hot chocolate too.

Save the date!



## PCSP Library Fall 2022 Library Hours

September 13th to December 15th, 2022

**Tuesdays** 2:00pm - 7:00pm

(Note: beginning October 4th Tuesdays will be 2:00pm - 6:00pm)

**Wednesdays** 9am - 1:30pm  
& 2:30pm - 4:30pm

**Thursdays** 9am - 12:00pm  
& 1:30pm - 4:30pm

Please note - the hours above reflect times when the library is open for public use.  
The library is also open at select times for programs and events by registration only.



# PORTUGAL COVE - ST. PHILIP'S

# FALL FITNESS & PROGRAMS

Class or Program	Date and Time	Number of Classes	Cost
American Sign Language	Tuesdays @ 6:00pm to 7:30pm October 4th to November 22nd	8	\$40
Friends of Music*	Sundays @ 5:30pm to 6:30pm September 18th to November 27th (No class: October 16th) *Call Debbie Churchill to register (895-3137)*	10	FREE
Gentle Yoga	Mondays @ 6:00pm to 7:00pm September 12th to November 21st (No class: Oct. 10th & Nov. 28th)	11	\$120
Kickboxing	Thursdays @ 6:30pm to 7:30pm September 15th to November 24th	11	\$97
Older Adult Fitness	Tuesdays & Thursday @ 9:30am to 10:30am September 13th to December 8th (No class: Nov. 29th & Dec. 1st)	24	\$48
Playgroup	Wednesdays @ 10:00am to 11:30am September 14th to December 7th (No class: Nov. 30th)	12	\$24
Pound	Sundays @ 7:00pm to 8:00pm September 11th to November 27th	11	\$97
Seniors Chair Yoga	Mondays @ 1:00pm to 2:00pm September 12th to November 21st (No class: Oct. 10th & Nov. 28th)	11	\$120
Seniors Pickleball	Mondays @ 10:00am to 11:30am Wednesdays @ 1:00pm to 2:30pm September 12th to November 30th (No class: Oct. 10th)	23	\$2 Pay Per Class
Seniors Sit n Fit	Tuesdays & Thursday @ 11:00am to 12:30pm September 13th to November 24th (No class: Sept. 20th)	21	\$42
Storytime	Tuesdays @ 9:45am to 10:45am or 11am to 12pm September 13th to December 13th (No session: Dec. 6th)	13	FREE
Zumba	Wednesdays @ 6:30pm to 7:30pm September 14th to December 7th (No class: Nov. 30th)	12	\$105

Complete details on program can be found online at [www.pcsp.ca](http://www.pcsp.ca) Registration for residents opens Wednesday, September 7th at 10:00am via eServices. Non-resident registration opens Friday September 9th at 9:00am if space allows.

Further details can be found throughout the Fall Programming 2022 Overview document





# Regatta Festival

## Thank you!

To all the volunteers, community groups, family and friends who helped to make 2022 Regatta Festival such a success.  
**THANK YOU!!**



# SUMMER CAMP FUN!

Another summer full of fun times and great friends!

Thanks to all the campers and counsellors

for a great summer.



See you next year!

## SIGN UP FOR Safety



Having an easily identifiable home number sign helps emergency responders when they need to find a home quickly. By making a simple change and clearly numbering your home, you could save a life, including your own!

**\$30 gets you a two-sided reflective sign and post installed.**

To order your sign, contact Lions by phone 895-0472 or through their Facebook page: Portugal Cove-St. Philips Lions Club

Lions meet the second & fourth Tuesday each month

New Members Welcome!

Call Suzette 895-0472

Visit us on Facebook and follow us on Twitter @PCSP Lions

## KILLICK COAST GAMES 2022



**AUGUST 21<sup>st</sup> - 26<sup>th</sup>**

*Congratulations to everyone!*

**THANK YOU** to all the athletes, coaches, volunteers, family and friends who helped make this year's Killick Coast Games possible.

The host communities of Bauline, Pouch Cove and Flatrock did a great job organizing this year's event at their all new recreation facility.





## SEPTEMBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Legion Darts Library Public Hours	2 Rainbow 50+ Cards and Darts	3 Hiking/Walking Club
4 Legion Darts	5 TOWN OFFICES CLOSED LABOUR DAY	6 Legion Darts Library Public Hours	7 Library Public Hours Playgroup St. Lawrence Seniors Fellowship and Cards	8 Legion Darts Library Public Hours	9 Rainbow 50+ Cards and Darts	10 Hiking/Walking Club
11 Legion Darts Pound	12 Women's Institute Family History Club Seniors Chair Yoga Gentle Yoga	13 Lions Club Library Public Hours Legion Darts Older Adult Fitness Seniors Sit N Fit	14 Library Public Hours Playgroup St. Lawrence Seniors Fellowship and Cards Zumba	15 Legion Darts Library Public Hours Older Adult Fitness Seniors Sit N Fit Kickboxing	16 Rainbow 50+ Cards and Darts	17 Hiking/Walking Club Tickle Swim for Mental Health
18 Legion Darts Friends in Music Terry Fox Run Pound	19 Seniors Chair Yoga Gentle Yoga	20 Legion Darts Library Public Hours Older Adult Fitness Seniors Sit N Fit	21 Library Public Hours Playgroup St. Lawrence Seniors Fellowship and Cards Zumba	22 Legion Darts Library Public Hours Older Adult Fitness Seniors Sit N Fit Kickboxing	23 Rainbow 50+ Cards and Darts Bill Churchill Tournament	24 Hiking/Walking Club Bill Churchill Tournament
25 Legion Darts Friends in Music Bill Churchill Tournament Pound	26 Women's Institute Seniors Chair Yoga Gentle Yoga	27 Lions Club Library Public Hours Legion Darts Older Adult Fitness Seniors Sit N Fit	28 Library Public Hours Playgroup St. Lawrence Seniors Fellowship and Cards Seniors Day Celebration Zumba	29 Legion Darts Library Public Hours Older Adult Fitness Seniors Sit N Fit Kickboxing	30 TOWN OFFICES CLOSED DAY OF TRUTH & RECONCILIATION Waste Collection Moved to Monday 3 <sup>rd</sup>	

## OCTOBER 2022

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Hiking/Walking Club
2 Legion Darts Friends in Music Pound	3 Seniors Chair Yoga Gentle Yoga	4 Legion Darts Library Public Hours Older Adult Fitness Seniors Sit N Fit	5 Library Public Hours St. Lawrence Seniors Fellowship and Cards Zumba	6 Legion Darts Library Public Hours Older Adult Fitness Seniors Sit N Fit Kickboxing	7 Rainbow 50+ Cards and Darts Tickle Submission Deadline	8 Hiking/Walking Club
9 Legion Darts Friends in Music Pound	10 TOWN OFFICES CLOSED THANKSGIVING	11 Library Public Hours Legion Darts Lions Club Older Adult Fitness Seniors Sit N Fit	12 Library Public Hours St. Lawrence Seniors Fellowship and Cards Budget Consultations Zumba	13 Legion Darts Library Public Hours Older Adult Fitness Seniors Sit N Fit Kickboxing	14 Rainbow 50+ Cards and Darts	15 Hiking/Walking Club
16 Legion Darts Friends in Music Fall Family Festival Budget Consultations Pound	17 Seniors Chair Yoga Gentle Yoga	18 Legion Darts Library Public Hours Older Adult Fitness Seniors Sit N Fit	19 Library Public Hours St. Lawrence Seniors Fellowship and Cards Zumba	20 Legion Darts Library Public Hours Older Adult Fitness Seniors Sit N Fit Kickboxing	21 Rainbow 50+ Cards and Darts	22 Hiking/Walking Club
23 Legion Darts Friends in Music Pound	24 Women's Institute Seniors Chair Yoga Gentle Yoga	25 Legion Darts Library Public Hours Lions Club Older Adult Fitness Seniors Sit N Fit	26 Library Public Hours St. Lawrence Seniors Fellowship and Cards Zumba	27 Legion Darts Library Public Hours Older Adult Fitness Seniors Sit N Fit Kickboxing	28 Rainbow 50+ Cards and Darts	29 Hiking/Walking Club
30 Legion Darts Friends in Music Pound	31 Seniors Chair Yoga Gentle Yoga 					



# Live Local Portugal Cove-St. Philip's

## WHARF TO WHARF

### Heritage Walking Tour

Thank you so much to our summer Heritage staff, Ryan Christopher and Cassie Power.

You both have done a great job organizing and facilitating these fantastic and very informative Heritage walking tours.



Chamber of  
COMMERCE  
Portugal Cove - St. Philip's



#### 'HOME' EXHIBITION



Sunday, September 11th, 2022  
1:00pm-5:00pm

at Murrays Pond Fishing & Country Club

Our local creatives express what 'Home' means to them at this exhibit and sale.

Includes live entertainment  
Opportunity to buy art, literature and crafts  
Includes Tea & Sweets

[www.chamberpcsp/pcsp-arts-association](http://www.chamberpcsp/pcsp-arts-association)

## PCSP GREEN TEAM

### Seedling Planting!

In August the PCSP Green Team and members of ACE planted 80 trees in areas that needed some riparian repair. They focused on areas near the Town Hall and Brookside intermediate School. There were about 30 trees planted near the river bank by Brookside in an effort to provide needed shade and shelter for fish spawning as well as to help prevent further erosion of the riverbank.

Trees were provided to the Town by the Department of Fisheries, Forestry and Agriculture. The Town provided

seedlings to residents free of charge. There were over 1400 seedlings distributed by the town and planted by residents.



## HAPPY AUTUMN FROM THE PCSP CHAMBER OF COMMERCE

It's difficult to believe that this is the Fall issue! Summer always goes by too fast and hopefully you've been able to squeeze in all the summer fun you'd hoped for.

Come Home Year 2022 has certainly seen some of the most popular events province wide. We will be holding our own Come Home Year event that is spearheaded by PCSP's Partners for the Arts Association called the 'HOME' Exhibition. At this event, local creatives will express what 'Home' means to them. So, mark it on your calendar and here are some details:

**Sunday, September 11th from 1:00pm-5:00pm**

**Live Entertainment**

**Opportunity to buy art, literature and crafts**

**Held at Murray's Pond Fishing & Country Club**

**And more**

More details to be released and they can be found here: [www.chamberpcsp.ca/pcsp-arts-association](http://www.chamberpcsp.ca/pcsp-arts-association)

We also have our first ever Member Guide being published! It's a fabulous tool to remind residents where they can shop and support local, read some good news stories about people and activities happening around town and so much more. To check it out, please visit: [www.livelocalpcsp.ca/pcsp-chamberguide](http://www.livelocalpcsp.ca/pcsp-chamberguide)

Lastly, a big thank you to the Town for inviting us to participate in the development of the Wharf-to-Wharf Heritage Walking Tour. We thoroughly enjoyed it and we can't wait to see how much more popular it becomes next summer. We make for a great team!

Enjoy the rest of your summer!

*\_Tara Leaman, Executive Director*





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

We want to take this opportunity to thank all the volunteers for your hard work throughout the years.

### LEGION REPRESENTATIVES CONTACTS:

President - Philip Thorne 749-0204

Service Officer - Bud Churchill 685-7644

If you're 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 A/C and an outdoor deck.

### LEAGUE DARTS

Mixed League	Tuesday night
Mens League	Thursday night (Teams)
Womens League	Sunday Night

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



FOLLOW US  
ON FACEBOOK

@ Royal Canadian Legion Branch 10.

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!*

## PARENT AND TOTS PLAYGROUP AT ST. LAWRENCE ANGLICAN CHURCH

St. Lawrence Church ACW is starting a Parent and Tots playgroup beginning Wednesday, September 21st, 2022. This play group will run from 10:00am - 11:30am at St. Lawrence Church.

For more information on the playgroup, please contact Pam at 743-8488.



## WOMEN'S INSTITUTE

Members of the Women's Institute meet every two weeks on Mondays.

These dedicated ladies are always finding great and creative ways to help support our community.

Thank you for all you do!

## JOIN THE PCSP RAINBOW 50 PLUS CLUB!

Welcome back everyone! We hope everyone is looking forward to a new year in the Rainbow 50 Plus Club. The Club meets every Friday afternoon from 2-4pm for cards and darts. Everyone is welcome and new members are greatly encouraged. Fun, laughter, respect and friendship are what the Club is all about. Drop in and check us out.

If you are interested in joining us, call Paula at 730-6033, Viola at 895-2577, Rebecca at 895-2343 or any member of the Club. We would love to have you and you will be happy you joined.

Friday, Sept. 9: 2-4pm cards and darts

Friday, Sept. 16: 2-4pm cards and darts

Friday, Sept. 23: 2-4pm cards and darts

\*Thursday, Sept. 29: 12:30pm Annual Meeting and Election of Officers followed by cards and darts at 2pm. Please consider taking a position.

Friday, Oct. 7: 2-4pm cards and darts

Friday, Oct. 14: 2-4pm cards and darts

Friday, Oct. 21: 2-4pm cards and darts

Friday, Oct. 28: 2-4pm cards and darts

Socials will be announced at a later time. If you have any questions or want to know more, drop by any Friday and check us out. You won't be sorry.





Mayor Carol McDonald at the Opening Ceremonies of the 2022 Killick Coast Games

## A MESSAGE FROM THE MAYOR

Welcome to September! It's hard to believe our wonderful summer season has come to a close. Thank you to everyone who came out to enjoy our recreation programming throughout July and August - from Regatta Festival week, to Summer Camp, to Killick Coast Games, and everything in between – we sure had fun this year. However, I look forward to the bright and exciting school year ahead for all our students. As our local teachers and young learners return to their classrooms this fall, I wish them all the best for the year ahead. I kindly ask all motorists to please respect the school zones, speed limits and watch for pedestrians.

Your Council and staff are working hard to prepare the 2023 budget and we want to hear from you as we continue our commitment to sincere public engagement and collaboration. I encourage all residents of this community to have your say on what you'd like to see in

our upcoming budget. We have an online form on our town website where you can submit your recommendations, you can send in your thoughts via email or our social media channels, or join in for one of our upcoming in person budget consultation sessions listed below. I hope to see even more residents get involved in budget planning this year, as the best results are always made when we work together!

*Carol*

# BUDGET 2023

The Town of Portugal Cove-St. Philip's annual budget is a financial plan for creating and maintaining programs and services for all residents. The planning process follows an annual cycle involving specific activities of Council, Town Administration, and public engagement. This year's planning process will also offer residents a chance to provide input on the Town's Strategic Plan.

### WE WANT TO HEAR FROM YOU!

What's working well and how can we improve? Council is seeking input from residents, businesses, stakeholders, and community groups to help us create a 2023 budget that works for everyone. Let's work together.



### 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 7<sup>th</sup>, 2022. Contact Stephanie Tucker at [stephanie.tucker@pcsp.ca](mailto:stephanie.tucker@pcsp.ca) or phone 895-8000 ext.271.