



# The Tickle Newsletter



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## 27<sup>th</sup> Annual Firefighters Awards

We're thrilled to report that the annual Firefighters Ball was a resounding success, bringing our community and volunteer firefighters together for a night filled with warmth and appreciation. On September 24th, our local heroes and community members gathered to celebrate the dedication and courage of the Portugal Cove – St. Philip's Volunteer Fire Department. It was an incredible evening of camaraderie, complete with live music, delicious food, and heartfelt speeches. We were honoured to recognize the volunteer firefighters with Firefighter of the Year (Al Barrett), Officer of the Year (Terry Scott), and the Firefighters Choice Award (Al Barrett). Thank you to all our volunteer firefighters for the work they put in year-round to keep our community safe!



## Stable Life

Stable Life Inc. - Spirit Horse Program announced late September that it temporarily had to pause its free mental health services. The non-profit organization offering free equine-assisted mental health programs hopes to resume programs as soon as more sustainable funding is found. Other projects, such as their children's programming and special events, will continue as normal as they seek further partnerships.

Stable Life has been an integral part of the community since 2015. They participate in numerous town events including the Christmas Parade, Fall Family Festival, and provide mental health services for people in our Town as well as recreation programs. They were recently awarded \$1500 from the David Suzuki program to be part of the National Healing Forests Initiative to promote reconciliation, healing, and community throughout Canada.



This year they held their first horse show and it was a huge success. Over 30 horses and riders attended the event which was in honour of the 10th anniversary of the Spirit Horse program which is in memory of Alison Walsh. For more information follow them on social media at [@spirithorsenl](#) on Facebook, Instagram and X.

NOVEMBER - DECEMBER 2023

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[pcsp.ca](http://pcsp.ca)



## St. Bartholomew's CEMETERY CLEAN UP

The St. Bartholomew's Cemetery Clean Up that took place on October 7th was a huge success. 16 Cadets, two staff and four volunteers from the Sponsorship Committee participated during the event, with Wayne Miller and Doug Copp supporting. To better support the day-of activities, Louis Marion, Doug Copp, and Michael Pretty removed trees that were unstable, and cleared out brush to ensure the Clean Up event went smoothly. The cadets did a fantastic job, with additional support, taking away four loads of brush, a truck load of garbage, and delivering the cut wood to a family in need in the Cove that was identified by the St. Lawrence Church.



*Thank you to the Cadets, St. Lawrence Church, Trail of the Caribou Research Group, and volunteers for cleaning and supporting our community!*

## Howie Meeker Dedication

In September, the Town of Portugal Cove - St. Philip's officially unveiled the storyboard dedicated to Howie Meeker highlighting his life and contributions to hockey in Newfoundland and Labrador. Mayor Carol McDonald was joined by Howie's family to unveil the storyboard, where many stories were exchanged. Thank you to the designer of the storyboard, Vessela Brakalova, for providing their passion, time and creativity into capturing Howie's impressive career. Thank you to the researcher, Crystal Braye, for ensuring Howie's story was told with as much dedication as Howie put into his life's work.



As well, thank you Julie Pomeroy Sparrow, our Heritage and Environment Coordinator, for working closely on this storyboard project, along with several others that will be installed this fall. Special thanks also goes out to Michael Pretty, Tom Murphy, Doug Neary, Katherine Miller, and Ed Bonnell for their contribution in this project. Residents are encouraged to visit the Howie Meeker Playground (formerly Summerwood Playground), located on Summerwood Place, to learn about the life and contributions of Howie Meeker.

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## Small Business Week Mixer

October 16 – 20 was Small Business Week, with a mixer being held in Council Chambers for businesses in our community. The aim of the week is to highlight the impact that small businesses make in our communities, with the reminder of the incredible impact they have on our community's economy, culture, and overall well-being. Throughout the week, the opportunity to show support by shopping local, engaging with these businesses on social media, and attending their events that highlight their contributions all play a vital role. We encourage all throughout the year to celebrate and acknowledge the dedication of our local entrepreneurs and the impact they make in our community by shopping, sharing, and supporting.



## NEW! Outdoor Classroom

We're excited to announce a new outdoor classroom in Rainbow Gully Park! Over the last number of months, our Public Works and Recreation teams have been working to develop the outdoor classroom for all to enjoy. Located near Brookside Intermediate, the outdoor classroom promotes an enhanced learning experience, in a dynamic and multisensory learning environment. Students and community groups can develop a greater connection to our town and to the environment with the classroom. We encourage all to visit the outdoor classroom and learn something new! Check out one of the progress photos!

## YOUNG INNOVATOR Represents Canada at MILSET ESI 2023

Makenzie Wishart, a ninth-grade student and a long-time resident of Portugal Cove-St. Philip's was granted a remarkable opportunity to represent Canada at the MILSET Expo-Sciences International 2023, scheduled to take place in Puebla, Mexico from October 21 to 27.

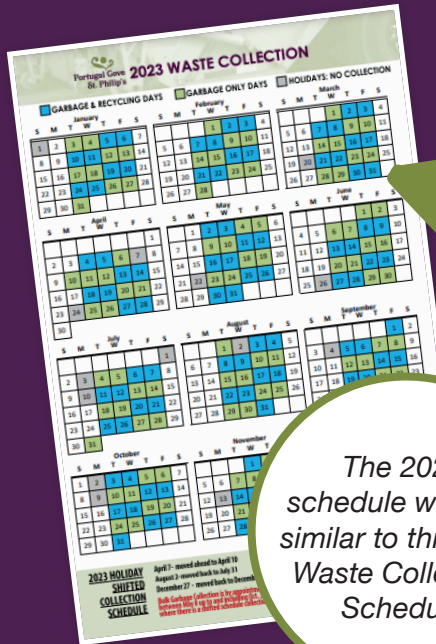
MILSET Expo-Sciences International is a prestigious platform where young innovators from across the world showcase their STEM projects. This event facilitates a cross-cultural exchange of ideas and innovations, offering participants the chance to engage with exhibits from STEM-related institutions. With representation from over 30 countries, this event serves as an extraordinary gathering of young minds dedicated to advancing the frontiers of knowledge and creativity. Further details about the event can be found on their website [youthscience.ca](http://youthscience.ca).

Makenzie was chosen as the sole student from our community and province to be part of the 2023 Canadian Youth Science Team. Her science project, which was prepared for the NL Regional and Canada-wide science fair last year, focuses on sustainable energy solutions, specifically in the areas of carbon capture and green chemistry absorption technologies. This event presents an opportunity for Makenzie to share her work with others and learn from fellow young innovators and experts in the field.



## WINTER PARKING BAN

Residents are reminded that during the period from **November 1<sup>st</sup> to April 30<sup>th</sup>**, both days inclusive, no person shall park, leave, or abandon any vehicle or any portion of any vehicle upon any Street Reservation within the Town **between the hours of 12:00 midnight to and including 8:00am**; and at any time when there is a snowfall and for **12 HOURS** after the snowfall has ceased. **Vehicles left on the roadway may be subject to a ticket or be impounded at the owner's expense.**



The 2024 schedule will look similar to this 2023 Waste Collection Schedule

# 2024 Waste Collection SCHEDULE

The 2024 Waste Collection schedule will be mailed out to residents at the beginning of the New Year! Our waste collection schedule features the 2024 holiday shifted collection schedule, and highlighted days for garbage and recycling collection. The schedule will also be available on our website year-round, including updates on collection date and time changes.

VISIT [pcsp.ca/public-works](http://pcsp.ca/public-works) TO VIEW MORE INFORMATION ON OUR PUBLIC WORKS DEPARTMENT

## 2023 Holiday Waste Collection SCHEDULE CHANGES

Wednesday, December 27<sup>th</sup> to Friday, December 29<sup>th</sup>, residents are asked to have garbage and recycling out before 7:00 am due to shortened collection hours. **Collection for Wednesday, December 27<sup>th</sup> will be moved back to Saturday, December 23<sup>rd</sup>.**

Regular waste collection will return as of **TUESDAY, JANUARY 2<sup>ND</sup>, 2024.**

### DECEMBER

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

- Garbage & Recycling Days
- Garbage Only Days
- Holidays: No Collection



# FALL FAMILY FESTIVAL 2023



Thank you to all those who came out to Voiseys Brook Park to enjoy our 2023 Fall Family Festival! We had so much fun celebrating the beautiful season with our residents. A special thank you to Murray's Garden Centre and Randy for providing tractor hay rides, Erin Gallant of Stable Life Inc., for providing pony rides, the students from College of the North Atlantic Community Recreation Leadership program for volunteering, Pixy Mama face painting, the Portugal Cove - St. Philips Lions Club for running the canteen, the Portugal Cove - St. Philip's Volunteer Fire Department for an interactive demonstration, and to our staff for making such an incredible event come together!

**WE CAN'T WAIT TO SEE YOU AT OUR NEXT EVENT!** *Stay tuned to our Facebook and website for all the fun details.*

## National Seniors Day 2023

National Seniors Day was celebrated on October 3<sup>rd</sup>, with a wonderful event that paid tribute to the remarkable senior residents in our community. This year's event featured an afternoon with live music, treats from Tilt House Bakery, raffles, prizes, and more!

Over the past year, our dedicated Recreation and Community Services team has offered activities that foster engagement and celebrate the wealth of experience the seniors in our community bring. Most recently, the intergenerational Learn to Knit program, a collaborative effort with Brookside Intermediate, welcomed the opportunity to connect seniors with students and pass the skill of knitting to the next generation. As well, our active living programs promote overall health and well-being, no matter the ability.



## GUY FAWKES NIGHT Community Bonfire

Sunday, November 5th, 2023  
PCSP Recreation Centre Parking Lot  
6:00 pm - 7:30 pm

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



Happening on Sunday, November 5<sup>th</sup>, at 6pm behind the Town Hall (1119 Thorburn Road), join PCSP for our annual Guy Fawkes Bonfire Night! The Portugal Cove – St. Philip's Volunteer Fire Department will be helping us light the night, with our Recreation team providing **free hot chocolate and hot food.**

**For full details, and to see a map of the festivities, visit our Facebook page @townofpcsp or our website pcsp.ca**



Tuesday, Nov. 28 • 6pm

## Tree Lighting Ceremony

That time of year is back again! Help us kick off the holiday season with our Tree Lighting Ceremony on Tuesday, November 28<sup>th</sup> at 6:00pm. The big show takes place outside of the PCSP Town Hall in the Fire Hall parking lot. There will be a unique and creative fireworks show, caroling, sing-a-longs, hot chocolate, and there might even be a special guest. More information, including a parking map, will be released on our website and social media. We can't wait to see you!



Saturday, Dec. 2 • 9am

## Breakfast with Santa

You are cordially invited to have Breakfast with Santa! Meet Santa and the PCSP team on Saturday, December 2<sup>nd</sup> from 9am to 11am for a festive breakfast at Brookside Intermediate. There will be hot breakfast, fruit, coffee and tea served along with the chance to meet Santa and get a picture with him. *Registration will open on November 14<sup>th</sup> at 9am via eServices, \$5.00 per person, under 2 years old is free (all participants must be registered).* If space allows, a date for non-residents will be announced.

Sunday, December 3

## Christmas Parade



Get ready to ring in the holiday season with our annual Christmas Parade! Join us on Sunday, December 3<sup>rd</sup> in Portugal Cove (starts at former Holy Rosary Church, and ends at the Royal Canadian Legion Branch #10) and help us light up our community with festive cheer. Be part of the magic by joining our parade with your floats – it's the perfect opportunity to spread holiday cheer throughout our town.

*Whether it's a winter wonderland theme or a Santa's workshop extravaganza, we can't wait to see your imaginative floats light up the streets and hearts of our community.*

Reach out to Kyle at [kyle.mcguirk@pcsp.ca](mailto:kyle.mcguirk@pcsp.ca) to register your float. Time will be posted on our social media.



Monday, Dec. 4 • 6:30pm

# Ugly Stick Workshop

Want to do some mummering this holiday season?



Get ready for all the fun by creating your own ugly stick!

- Cost: **\$20.00**
- Location: **PCSP Recreation Centre  
3 Rainbow Gully Rd.**
- What to bring: **A boot/shoe (all other required supplies will be provided.)**

Event contact: Julie Pomeroy Sparrow, Heritage and Environment Coordinator [julie.pomeroy@pcsp.ca](mailto:julie.pomeroy@pcsp.ca), 709-895-8000 ext.229. Registration for PCSP residents opens via eServices on Tuesday, November 14<sup>th</sup> at 9:00am, if space allows non-resident registration will be announced.

Thursday, Dec. 14

# Seniors Bus Tour

Save the date! Happening on Thursday, December 14<sup>th</sup>, take a bus tour to Port de Grave and see the beautiful holiday lights in the harbour.

Registration opens Tuesday, November 14<sup>th</sup>, at 9am via eServices or call Mike to register at 708-895-8000 ext. 265. Spaces limited! Cost is \$25 per person.



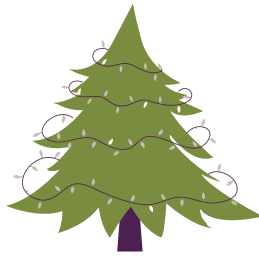
# Christmas Cards for Seniors



Celebrate the festive season with the Portugal Cove – St. Philip’s Lions Club. We invite children and youth to create Christmas Cards for Seniors, use your imagination and get creative! Cards can be dropped off to the Town Hall Monday – Friday, 8:30am – 4:30pm, with a deadline of Friday, December 15<sup>th</sup>. Council, staff and community groups will then deliver them to seniors in the community.

And more events to be announced!

# BE environmentally friendly DURING CHRISTMAS



**Avoid disposable dishes** and cutlery at events and get-togethers

Send **e-cards** or make sure cards are **recyclable**

Gift bags, wrapping paper, tissue paper, bows, ribbon, etc. are not recyclable. **Choose alternative wrapping** such as fabric, tea towels, towels, mason jars, baskets or recyclable paper that you can decorate.

**Make gifts** – crafts, consumables, etc.

**Shop local** for food items and gifts

Use LED **energy saving lights**



Give the gift of experiences or **charity**

Use a **real tree** or a chemical free artificial tree

**Decorate with natural, biodegradable or reusable items** – popcorn, cranberries, greenery and flowers, and don't add more store bought decorations to your collection.

Forgo gift giving – **opt for spending time and memory making** with get-togethers, visits, walks, trips, coffee/tea etc.

**Buy less and buy smart.** Purchase locally made gifts and look for items that are sustainable



## THE IMPORTANCE OF ROADSIDE DITCHES

Roadside ditches play a very important role in maintaining environmental health by effectively removing nitrogen and other pollutants from runoff. The accumulation of nitrogen in the environment has led to harmful algal blooms and dead zones in coastal waters, posing serious threats to aquatic ecosystems and human health. Roadside ditches, especially those in regions with higher human activity, are proficient at nitrogen removal, akin to natural ecosystems like wetlands and rivers. Proper management of these ditches is crucial to enhance their effectiveness in nutrient removal and to mitigate the negative impacts of pollution



## WHY WE NEED TO TREAT ROADSIDE DITCHES AS WATERWAYS

One of the primary reasons for treating roadside ditches as waterways is to **protect water quality**. These ditches often collect runoff containing various pollutants like oil, chemicals, and debris from roads. Treating them as waterways entails applying similar water quality protection measures as traditional streams and rivers, ensuring that these pollutants are prevented from entering larger water bodies. By safeguarding water quality, we can maintain the ecological balance and protect aquatic life.

These ditches serve an essential function in **flood control**. By managing stormwater runoff efficiently, roadside ditches can prevent flooding on roads and surrounding areas. Proper design and maintenance are critical in ensuring adequate water flow and capacity, reducing the risk of road damage, and preventing property loss due to flooding.

**Erosion control** is another significant benefit of treating roadside ditches as waterways. Like natural water bodies, roadside ditches can erode over time, leading to excessive sedimentation in downstream water bodies. Implementing erosion control measures helps maintain the stability of these ditches, preserving aquatic habitats and protecting water quality.

## WHAT WOULD HAPPEN IF WE DIDN'T MAINTAIN CLEAN ROADSIDE DITCHES

Neglecting roadside ditches and treating them as garbage disposal areas can have serious consequences. Dumping waste and pollutants into these ditches leads to **water pollution** as the contaminants are washed into larger water bodies during rain events. This **harms aquatic life** and **negatively impacts water quality**, affecting both human and ecosystem health. Furthermore, littering and garbage accumulation in roadside ditches **degrade habitats for plants and animals**. The disruption of the local ecosystem can lead to **loss of vegetation**, exacerbating the environmental issues caused by pollution. Improperly managed roadside ditches can also result in **drainage issues** and **increased flooding** during heavy rain events. Garbage blocking the flow of water can hinder the ability of ditches to handle stormwater runoff efficiently, causing flooding in surrounding areas and damaging roads and properties. The presence of garbage in roadside ditches also poses **public health risks**. It attracts pests, such as rats and mosquitoes, which can spread diseases and threaten the well-being of nearby residents. The burden of cleaning up garbage-filled roadside ditches falls on taxpayers or local governments. Frequent cleanup efforts are not only costly but also divert resources that could be better used for other environmental initiatives.



Image 1.0 demonstrates an unhealthy roadside ditch. Littered with garbage from people, no visible water flow, this makes for not only unappealing aesthetics, but an unhealthy waterway.



Image 1.2 demonstrates a well managed and maintained roadside ditch. Clean flowing water and healthy riparian vegetation shows that this is a well functioning waterway.





# Mental Health First Aid Course

Join us in December in the PCSP Recreation Centre (3 Rainbow Gully Road) for a Mental Health First Aid Course.

DATE: **DECEMBER 6 & 7**  
 TIME: **8:30AM – 4:30PM (BOTH DAYS)**  
 LOCATION: **PCSP RECREATION CENTRE**

Please visit our website [www.pcsp.ca](http://www.pcsp.ca), and our Facebook page @townofpcsp for information on the course, registration will open on November 21<sup>st</sup> at 9am via eServices for residents. If space allows a date for non-residents will be announced. Details will be released closer to course date.

Proudly funded by the Canadian Mental Health Association, Newfoundland and Labrador.



## Fire Safety during Winter Storms

Winter storms can happen almost anywhere. They can cause us problems. Know what to do before, during and after a storm. This will help keep you and your family safe from a winter fire.

- Test all smoke alarms. Do this at least once a month. This way you will know they are working. Install carbon monoxide alarms in your home. Test the alarms.
- Plan two ways out of the home in case of an emergency. Clear driveway and front walk of ice and snow. This will provide easy access to your home.
- Make sure your house number can be seen from the street. If you need help, firefighters will be able to find you.
- Be ready in case the power goes out. Have flashlights on hand. Also have battery-powered lighting and fresh batteries. Never use candles.
- Stay aware of winter weather. Listen to the television or radio for updates. Watch for bulletins online.
- Check on neighbors. Check on others who may need help.
- Generators should be used outdoors. Keep them away from windows and doors. Do not run a generator inside your garage, even if the door is open.
- Stay away from downed wires. Report any downed wires to authorities.
- Be ready if the heat stops working. Use extra layers of clothes and blankets to stay warm. If you use an emergency heat source, keep anything that can burn at least 1 metre away.
- Turn portable heaters off when you leave the room. Turn them off when you go to bed.

### 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!



### REMEMBER:

Keep chimneys clean and free from debris like creosote, nests, snow, and ice. Have chimneys cleaned and inspected at least once a year.



[nfpa.org/education](http://nfpa.org/education) ©NFPA 2018



SIGN UP FOR  
**Safety**



Even if you already have a civic number sign on your property, where is it located? On your garbage box? On a pole or a tree? On your door? You might know where it is, but first responders don't. In an emergency situation, they need to be able to find you quickly and easily. When you sign up for safety, your reflective number sign will lead first responders straight to you or your family when you need them.

**Message the Portugal Cove-St. Philip's Lions Club on Facebook or call Lion Suzette 709-895-0472 to Sign Up for Safety today!**

**Portugal Cove St. Philip's**


Get alerted with texts, calls or emails about important community news, storm notices, and emergencies when you sign up for PCSP Connects!

Customize which messages you subscribe to receive






**Register today at [www.pcsp.ca](http://www.pcsp.ca)**

- Closures
- Elections
- Emergency
- Garbage and Recycling
- Planning and Development
- Recreation
- Library
- Service Interruptions
- Special Events
- Town Public Meetings
- Water and Wastewater

# NOVEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> Winter parking ban begins St. Lawrence Parish Seniors Cards and Fellowship Playgroup Seniors Pickleball Zumba	<b>2</b> St. Lawrence Parish Thrift Store intake night Storytime Sit & Fit Seniors Pickleball Kickboxing	<b>3</b> 50+ Club Cards/Darts	<b>4</b> Ugly Stick Workshop
<b>5</b> Guy Fawkes Bonfire Night	<b>6</b> Seniors Pickleball Yoga	<b>7</b> St. Lawrence Parish Thrift Store intake night Sit & Fit	<b>8</b> St. Lawrence Parish Seniors Cards and Fellowship Playgroup Seniors Pickleball Zumba	<b>9</b> St. Lawrence Parish Thrift Store intake night Storytime Sit & Fit Seniors Pickleball Kickboxing	<b>10</b> 50+ Club Cards/Darts	<b>11</b>  <b>REMEMBRANCE DAY</b>
<b>12</b> <b>HAPPY DIWALI</b> Pound Fitness	<b>13</b> Town Offices Closed in observance of Remembrance Day Seniors Pickleball Yoga	<b>14</b> St. Lawrence Parish Thrift Store intake night Sit & Fit	<b>15</b> St. Lawrence Parish Seniors Cards and Fellowship Playgroup Seniors Pickleball Zumba	<b>16</b> St. Lawrence Parish Thrift Store intake night Storytime Sit & Fit Seniors Pickleball	<b>17</b> 50+ Club Cards/Darts	<b>18</b> Christmas Craft Fair at the Legion
<b>19</b> St. Lawrence Parish Family Service Pound Fitness	<b>20</b> Seniors Pickleball Yoga	<b>21</b> St. Lawrence Parish Thrift Store intake night Sit & Fit	<b>22</b> St. Lawrence Parish Seniors Cards and Fellowship Playgroup Seniors Pickleball Zumba	<b>23</b> St. Lawrence Parish Thrift Store intake night Storytime Sit & Fit Seniors Pickleball Kickboxing	<b>24</b> 50+ Club Cards/Darts 50+ Club/Seniors NL Home Care Options and Possible Solutions	<b>25</b> Free Veterans Dinner at the Legion
<b>26</b> Pound Fitness	<b>27</b> Yoga	<b>28</b> PCSP Tree Lighting Ceremony St. Lawrence Parish Thrift Store intake night Sit & Fit Public Council Meeting	<b>29</b> St. Lawrence Parish Seniors Cards and Fellowship Playgroup Zumba	<b>30</b> St. Lawrence Parish Thrift Store intake night Storytime Sit & Fit Kickboxing		

# DECEMBER 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>1</b> 50+ Club Cards/Darts	<b>2</b> PCSP Breakfast with Santa St. Lawrence Parish Breakfast with Santa
<b>3</b> PCSP Christmas Parade	<b>4</b> Ugly Stick Workshop	<b>5</b> St. Lawrence Parish Thrift Store intake night	<b>6</b> St. Lawrence Parish Seniors Cards and Fellowship Mental Health First Aid Course	<b>7</b> St. Lawrence Parish Thrift Store intake night Mental Health First Aid Course <b>HAPPY HANUKKAH</b>	<b>8</b> "Oh, Me Nerves!" Comedy Show at the Legion 50+ Club Cards/Darts <b>HAPPY HANUKKAH</b>	<b>9</b> <b>HAPPY HANUKKAH</b>
<b>10</b> <b>HAPPY HANUKKAH</b>	<b>11</b> <b>HAPPY HANUKKAH</b>	<b>12</b> St. Lawrence Parish Thrift Store intake night Seniors Bus Trip <b>HAPPY HANUKKAH</b>	<b>13</b> St. Lawrence Parish Seniors Cards and Fellowship <b>HAPPY HANUKKAH</b>	<b>14</b> St. Lawrence Parish Thrift Store intake night <b>HAPPY HANUKKAH</b>	<b>15</b> 50+ Club Cards/Darts <b>HAPPY HANUKKAH</b>	<b>16</b>
<b>17</b> St. Lawrence Parish Family Service	<b>18</b>	<b>19</b> St. Lawrence Parish Thrift Store intake night	<b>20</b>	<b>21</b> St. Lawrence Parish Thrift Store intake night	<b>22</b>	<b>23</b>
<b>24</b>  <b>CHRISTMAS EVE</b>	<b>25</b>  <b>CHRISTMAS DAY MERRY CHRISTMAS</b> Town offices and facilities closed	<b>26</b>  <b>BOXING DAY</b> Town offices and facilities closed <b>HAPPY KWANZAA</b>	<b>27</b>  Town offices and facilities closed in lieu of Christmas Eve <b>HAPPY KWANZAA</b>	<b>28</b> <b>HAPPY KWANZAA</b>	<b>29</b> <b>HAPPY KWANZAA</b>	<b>30</b> <b>HAPPY KWANZAA</b>
<b>31</b>  <b>NEW YEARS EVE</b> Town offices and facilities closed <b>HAPPY KWANZAA</b>						





### Legion Remembrance Day Parade

On November 11<sup>th</sup>, 2023, take the time to remember with the Legion during their annual Remembrance Day Parade. The parade will line up at St. Lawrence Anglican Church at 10:00am and proceed to the war memorial monument for a service at 11:00am. Reception to follow at the Legion  
***Lest We Forget.***

### Christmas Craft Fair at the Legion

Join the Royal Canadian Legion Branch #10 on Saturday, November 18<sup>th</sup>, 2023 for a Fall/Christmas Craft Fair! Doors are open to all from 11:00am to 4:00pm, with a \$2.00 entry fee supporting the local food bank. Interested in reserving a table?  
**Call 709-895-6521 to register a table for \$20.00.**  
Thank you for the support, and hope to see you there!

### Free Veterans Dinner at the Legion

The Royal Canadian Legion Branch #10 will be hosting a free veterans dinner on Saturday, November 25<sup>th</sup> at 7:00pm. All veterans and their spouse/caretaker residing in Portugal Cove – St. Philip’s, Pouch Cove, Flatrock, Torbay, Bauline, Logy Bay-Middle Cove-Outer Cove are welcome to join. The dinner will be followed with live music by Eastern Gate. **Call 709-765-9015 by November 20<sup>th</sup>, 2023 to reserve your seat.** Hope to see you there!

### “Oh, Me Nerves!” Comedy Show at the Legion

Join the Royal Canadian Legion Branch #10 on December 8<sup>th</sup> at 8:00pm for the “Oh Me Nerves!” Comedy Show!  
Tickets are \$25.00, featuring Tina Randell and Michelle Rex.  
**Call the Legion to reserve your tickets.**

#### LEGION REPRESENTATIVES CONTACTS:

President - Philip Thorne 709-749-0204 Service Officer - Bud Churchill 709-685-7644

**FOLLOW US ON FACEBOOK** @ Royal Canadian Legion Branch 10

If you're looking for a place to host your next event, please don't hesitate to call us @ 709-895-6521. We have great rates and our hall has A/C and an outdoor deck. **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!**

## St. Lawrence Parish

**FAMILY SERVICE NOV. 19<sup>th</sup>**, featuring live music with **Jacob's Passage**, and children's activity.

**FAMILY SERVICE DEC. 17<sup>th</sup>** will be the **Christmas Pageant** led by our Sunday School, with the children taking part. All children (and adults) are welcome, whether or not you take an active role in Sunday School.

**WEDNESDAY AFTERNOON SENIORS CARDS AND FELLOWSHIP** takes place every Wednesday at our parish hall, from 2 - 4pm. Cost is \$2.00 per person. Dec. 13<sup>th</sup> will be the last game for 2023.

**THRIFT STORE INTAKE NIGHTS** are Tuesday and Thursday from 6:30 - 8pm. We also accept donations on Saturdays during our opening hours, 10am - 4pm.

**St. Lawrence Anglican Parish will be hosting a Breakfast with Santa** on Saturday Dec. 2<sup>nd</sup> at the Royal Canadian Legion in Portugal Cove. There will be 2 sittings, 9:00am and 10:30am. We will be serving hash browns, sausages and pancakes, with juice/tea/coffee. Adults \$8.00, children ages 5-12 \$4.00, no charge for ages 4 and under. Pre-booked seating only. Booking deadline is Nov. 24. Please call Pam (709-743-8488), Jocelyn (709-895-2263), or Marilyn (709-895-6499) to save your spot!

Check our Facebook page for more info on our **Christmas Services**. Or call the church office 709-895-2215, if no answer, please leave a message, we will return your call.

## 50+ CLUB

The Club meets every Friday, 2 - 4pm for cards/darts. New members always welcome. Come and bring a friend.

#### NOVEMBER

Friday Nov. 3 <sup>rd</sup>	Cards/Darts 2 - 4pm
Friday Nov. 10 <sup>th</sup>	Cards/Darts 2 - 4pm
Friday Nov. 17 <sup>th</sup>	Cards/Darts 2 - 4pm
Friday Nov. 24 <sup>th</sup>	Cards/Darts 2 - 4pm

#### DECEMBER

Friday Dec. 1 <sup>st</sup>	Cards/Darts 2 - 4pm
Friday Dec. 8 <sup>th</sup>	Cards/Darts 2 - 4pm
Friday Dec. 15 <sup>th</sup>	Cards/Darts 2 - 4pm

PLEASE NOTE: Friday Nov 24<sup>th</sup> we will be hosting **2 guest speakers** (Leigh Thorne & Catherine Connolly) from Seniors NL. Seniors NL is a non-profit organization dedicated to promoting the independence and well-being of older adults in Newfoundland and Labrador.  
**Topic: Home Care Options and Possible Solutions.** Seniors, and Caregivers of any age are welcome. Lunch is provided, (No cost). Please register to attend by calling Paula Rees at 709 730 6033 on or before Friday Nov 24<sup>th</sup>

Closed until Friday January 12<sup>th</sup>, 2024.  
**Have a Merry Christmas and Happy New Year**

# MAYOR'S *message*



Another holiday season is upon us, and there are so many exciting things planned in Portugal Cove – St. Philip's. Our Recreation and Community Services team have a series of fun community events planned, including the Annual Tree Lighting, Parade, Breakfast with Santa, and more. These events are filled with community spirit, and I consider them to be one the highlights of the year! I hope to see you and your family join in the celebrations this season.

I want to thank all residents and community groups who participated in our 2024 Budget Survey and attended our 2024 Budget Consultation Sessions. I was delighted to see residents complete the online survey. We hope to see budget 2024 reflect the vision of all residents in this community. Keep an eye out in December for our budget, which will be mailed to all households. We look forward to collaborating to make budget 2024 the best fit for everyone in Portugal Cove – St. Philip's!

We are also excited to share our Strategic Plan Report Card. The report card is based on the newly implemented Strategic Plan 2023-2028, and will highlight the progress made in our five strategic action areas. Residents can look forward to reading the report card soon.

**Wishing you and your family a happy holiday season, and may the new year bring health, happiness and peace to all.**

*Carol*

## Localize your plate - it feels good and tastes great!

Have you tried the Killick Coast Food Hub yet? The Food Hub is an easy way to buy fresh local food online from over 30 local food producers! Just place your order online between Saturday and Monday each week, then on Thursday afternoon pick-up your order at Tilt House Bakery, or receive delivery with our partner Big Feed Club.

We will be operating the pilot year of the Food Hub until Christmas, with lots of seasonal goodies becoming available along the way!

**Killick Coast FOOD HUB**

**SHOP ONLINE.**  
**PICK UP OR DELIVERY.**  
**REPEAT.**

Chamber of Commerce  
Portugal Cove - St. Philips

**KILLICKCOASTFOODHUB.CA**  
**HELLO@KILLICKCOASTFOODHUB.CA**

**GOLD SPONSOR**  
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The Killick Coast Food Hub is an initiative by the PCSP Chamber of Commerce. For more information please visit [killickcoastfoodhub.ca](http://killickcoastfoodhub.ca) or email us at [hello@killickcoastfoodhub.ca](mailto:hello@killickcoastfoodhub.ca)



## 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 January-February edition of the Tickle Newsletter is 4:30 pm Friday, December 1<sup>st</sup>, 2023.  
▶ **Contact Laura Barnes at [laura.barnes@pcsp.ca](mailto:laura.barnes@pcsp.ca) or phone 895-8000, ext. 268**