



The **Tickle** Newsletter



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This is How to Lower Your Household's Garbage Output by 50%

Did you know that food waste is responsible for 10% of global greenhouse gas emissions? **We're thrilled to announce that we're looking for 100 residents to take part in the FoodCycler pilot program!** From January to March 2024, 100 residents can sign up to reduce their household's garbage and purchase a FoodCycler at a subsidized cost, track your use once a week for a period of 12 weeks and then answer a brief exit survey. The best part? At the end of the pilot, the FoodCycler is yours to keep! **For more information, visit our website pcsp.ca or foodcycler.com.**



FC-30: \$500 \$150 +tax
Eco5: \$800 \$300 +tax



YEAR OF THE ARTS 2024

2024 has been named the Year of the Arts for Newfoundland and Labrador. Following a similar sentiment to the Come Home Year celebrations, Year of the Arts will celebrate Newfoundland and Labrador's vast and rich history that has reached many places around the world. Portugal Cove – St. Philip's is home to many talented artists, with many of them contributing their talents to making our community a brighter place to live. Artists like Vessela Brakalova developed the gateway signs that greet each person who visits our community, and most recently has developed the story board signs that are being installed throughout the town. Each artist in our community contributes in many disciplines, whether that's through visual artists, performance arts, craft arts, and more – each unique branch of artistry spreads volumes of the talent that calls our town home. Partner for the Arts, Portugal Cove – St. Philip's Arts Association, offers support to our creative community by providing educational opportunities and facilitate collaborative efforts throughout our town, supporting all disciplines of the arts. **Throughout 2024, the Town of Portugal Cove – St. Philip's will be holding various events to celebrate the Year of the Arts** – please stay tuned to our social media and website for the exciting events throughout the year.



JANUARY - FEBRUARY 2024

 [townofpcsp](https://www.facebook.com/townofpcsp)
 [@PCSPnl](https://twitter.com/PCSPnl)
 [@PCSPnl](https://www.instagram.com/PCSPnl)
pcsp.ca

Portugal Cove - St. Philip's Town Hall holds **EMERGENCY EXERCISE**

In November, the Town of Portugal Cove – St. Philip's and the Portugal Cove – St. Philip's Volunteer Fire Department held a regional Emergency Exercise in partnership with provincial Department of Justice and Public Safety. The regional exercise included the City of St. John's, City of Mt. Pearl, Town of Paradise, and Town of Conception Bay South, in which each municipality was given mock scenarios that included life and fire exercises throughout each community.

The purpose of this exercise was to test the emergency management plan for the Town, as well as the Town's emergency operation centre (EOC) and various responsibilities of the Town's respective departments and divisions. The hybrid exercise included players with table top responsibilities, and the larger players held off-site life and fire exercise throughout the Town. The exercise was met with great success, and a hot wash was held afterwards to discuss areas that may need strengthening. **Town Council and staff feel that the Town is very well prepared in the event an emergency does rise in our community and beyond.**



BROOKSIDE BULLDOGS are Golden!

Congratulations to the Grade 7 Brookside Intermediate Girls Basketball team! The team won the gold medal at the Newfoundland and Labrador Basketball Association Tip Off Tournament. Of the team, Kasey Hussey was named All-Star and Freya Snook was named MVP! The team brought home a banner to display at Brookside on their accomplishment. Congratulations to the team and Brookside Intermediate!



KINDLE the FIRE SAFETY ELF!

Throughout the month of December, the Portugal Cove – St. Philip's Volunteer Fire Department accepted a new recruit into the Fire Hall – Kindle the Elf! Kindle joined the crew for **25 days of fire** and life safety. Kindle got into potentially dangerous situations, but our fire crew helped Kindle learn some new tips along the way to keep themselves safe. When Kindle flew back to the North Pole on Christmas Eve, Kindle brought Santa and the elves lots of tips to keep everyone at the North Pole fire safe that they can use throughout the year. See you next year, Kindle!



Brookside Intermediate holds Christmas Concert for Seniors



Mayor Carol McDonald was joined by MHA David Brazil, CAO Jody Murray, and the many wonderful seniors of our community for a Christmas Concert presented by the students of Brookside Intermediate. The principal of Brookside Intermediate, Mr. Mandeville was joined by Junior High Guidance Kim Power, PCSP Lions Club President Suzette Moss as the students gathered to showcase their talents during the most magical time of the year. It was a heartwarming concert, with the student's showing enthusiasm and dedication into creating a joyful event for our seniors. Events such as these embody the spirit of the holiday season, bringing generations together in celebration creating an invaluable connection between our seniors and youth.

Trunk or Treat Gives Back!

In October, we held our second annual Trunk or Treat event and encouraged residents to drop off donations for our local food banks. Admission fees were presented to The Pantry and the Northeast Avalon Regional Foodbank, that will help purchase the items required for those utilizing the food banks. Thank you to all those who registered for the event, and made the donations possible.



MOVEMBER and the Volunteer Fire Department

The Portugal Cove – St. Philip's Volunteer Fire Department is an integral part of our community – they keep us safe year-round, support our community events, and **this year they've raised \$1,350, as part of Movember.** Seven members of PCSP Volunteer Fire Department participated in the month that encourages the public to grow a mustache and/or beard for the duration of November to raise awareness and funds in support of men's health.



WINTER PARKING BAN

Residents are reminded that during the period from November 1st, 2023 to April 30th, 2024 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 8:00 am;** 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.**



Thank you to our PUBLIC WORKS CREW Christmas Event Assistance!

Thanks to the Town's Public Works staff for their assistance with this years Christmas events. Thanks to their great teamwork, our events were able to run smoothly and keep everyone in the community safe.

WASTE COLLECTION SCHEDULE 2024

2024 WASTE COLLECTION

GARBAGE & RECYCLING DAYS GARBAGE ONLY DAYS HOLIDAYS: NO COLLECTION

2024 WASTE COLLECTION SCHEDULE

March 27 - moved ahead to April 1
 December 21 - moved back to December 13
 December 23 (to Dec 14) - residents are asked to leave garbage and recycling out before 7 AM on Dec 14 to ensure collection.



The 2024 waste collection schedule is here! Residents can download the 2024 schedule through our website, or look for it in their mail boxes – the schedule will be mailed out in early 2024.

WINTER REMINDERS

During Winter months residents are reminded to keep their garbage boxes marked and clear from snow to ensure waste collection can be completed.

DID YOU KNOW?

Did you know? PCSP has wonderful trails to use during the Winter months for you and your pets! We can make it enjoyable together by continuing to clean up after our pets and placing waste bags in garbage bins along the trails. Enjoy the winter weather in the evenings this year at Voisey's Brook Park with a lighted section of the trail.



WINTER 2024 Fitness + Programs

Registration for Winter Program Session:
Friday, January 5th at 9:00am via eServices.
Non-resident registration will open if space
permits January 8th.

Class + Program	Date + Time	Number of Classes	Cost
Adult Fitness	Tuesdays & Thursdays, 9:30am - 10:30am January 16 th to March 28 th (No class on January 25 th and February 13 th)	20	\$50
Yoga	Mondays, 6:30pm - 7:30pm January 15 th to March 25 th	11	\$125
Kickboxing	Thursdays, 6:30pm - 7:30pm January 18 th to March 28 th (No class on February 15 th)	10	\$90
Playgroup	Wednesdays, 10:00am - 11:30am January 17 th to March 25 th (No session on January 31 st and February 14 th , March 27 th moved to March 25 th)	9	\$23
Pound Fitness	Sundays, 7:00pm - 8:00pm January 14 th to March 24 th	11	\$100
Senior's Pickleball	Monday, Wednesday, Thursdays, 1:00pm - 2:30pm January 10 th to April 30 th (No drop-ins - registration required.)	27	\$2.50 per session
Sit & Fit	Tuesdays & Thursdays, 11:00am - 12:00pm January 16 th to March 28 th (No class on February 13 th)	21	\$53
Storytime	Thursdays, 10:30am - 11:30am January 11 th to March 28 th	12	Free
Zumba	Wednesdays, 6:30pm - 7:30pm January 17 th to March 27 th	11	\$100

Full details are available on pcsp.ca



Winter 2024
Library Hours

PGSP Library Portugal Gove St. Philip's

January 3 - March 28 2024

Tuesdays 11:30 am - 2:30 pm
&
3:30pm - 7pm

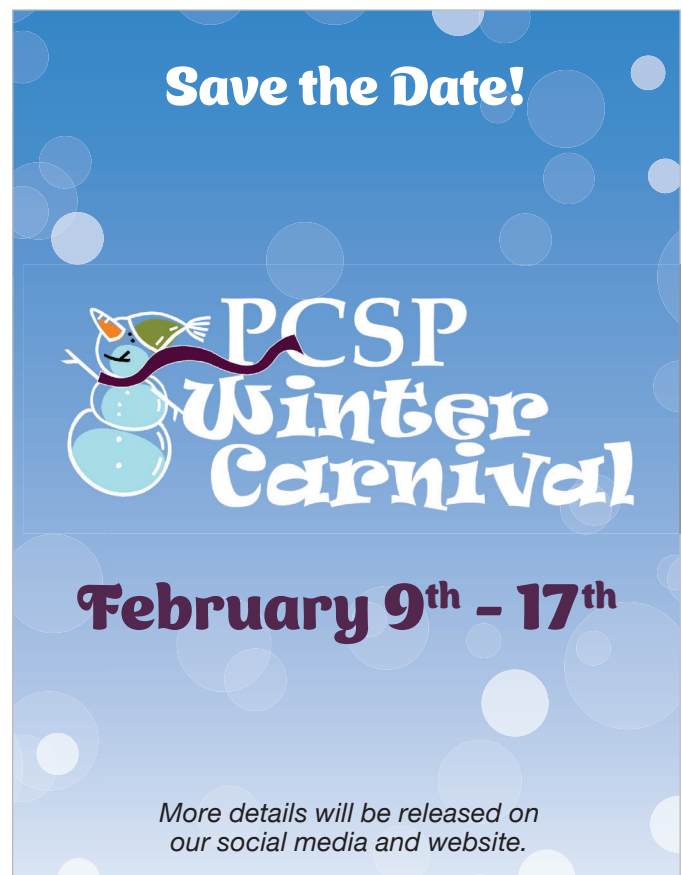
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Wednesdays 10 am - 12 pm
&
1 pm - 4:30 pm

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Thursdays 1 pm - 4:30 pm

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.



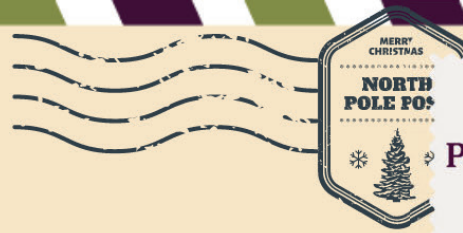
Save the Date!

PCSP Winter Carnival

February 9th - 17th

More details will be released on our social media and website.

Approved By
Santa Claus



Portugal Gove
St. Philip's



THANK YOU

To everyone who helped make the Town's Holiday events a success this year! Thank you to our volunteers, community groups, staff and residents for bringing holiday magic - we couldn't have done it without you!

Happy Holidays and Happy New Year







How to be SEPTIC SMART

Do you have a septic system? Do you know how to maintain it? Here are some tips for maintaining the health of you septic system:



1) Proper maintenance is important –

regular inspections can help with leak detection and it is recommended to pump out your septic system every 3-5 years.

2) Landscaping – plants with shallow roots should be planted near the drain field. Plants with larger root systems can cause structural damage to your tank and field lines.

3) Keep it clear – It is not recommended to park or build anything (i.e. Sheds, patios etc.) over your drain field.

4) Accessibility – know where and how to access your tank for pumping and maintenance. Also consider adding a riser to easier access with minimal or no digging.

5) Bacteria - Septic systems have good bacteria which play an important role in digesting organic waste. Many things that go down the drain can have a negative impact on this. There are products such as septic pills and powders that can be used as supplements to boost the anaerobic bacteria.

6) Water – leaky taps, pipes, and draining of pools etc. can lead to large or unnecessary volumes of water going into your tank. This can actually drown your field and chlorine in pools



and hot tubs can kill the bacteria in your tank. Make sure water is trained away from the septic field.

7) Flushable Products – many products marketed to be flushable are still difficult to break down and can cause clogs and other maintenance issues. Make sure products state septic safe, including toilet paper and hygiene products.

8) What goes down the drain will end up in the septic and environment – Chemicals, soaps, detergents, bleach etc. can cause disruption to this good bacteria and end up in the environment.



What NOT to put in your septic system:

- **Fabric softeners**
- **Medications**
- **Bleach**
- **Antibacterial soaps**
- **Dish and laundry detergents with phosphates and surfactants**
- **Drain cleaners**
- **Fats, oil, and greases**
- **Hygiene products that contain oils, fragrance phthalates, phosphates and surfactants**
- **Latex and plastic products**
- **Chemicals, oils, and paints**



Call for Vendors for our Environment Fair 2024

SAVE THE DATE!

The PCSP Environment Fair returns this Spring 2024!
Join us on **Saturday, April 20th, 2024.**

Interested in becoming a vendor? We're looking for vendors to participate in our trade show and offer presentations and workshops.

If you're a business, group, or organization dedicated to the environment, sustainability, waste reduction or an advocate interested in participating, please contact for your free registration:

JULIE POMEROY SPARROW | 709-895-8000 x 229 | Julie.pomeroy@pcsp.ca





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.

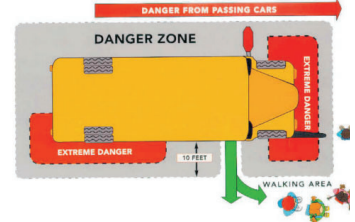
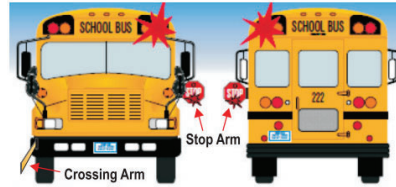
As you stay cozy and warm this winter season, be fire smart!



NATIONAL FIRE PROTECTION ASSOCIATION

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

Help Keep our Community Safe with SCHOOL BUS SAFETY TIPS



As winter weather conditions are upon us once again, all drivers are reminded to use extra caution when behind the wheel. Here are some tips to help keep everyone safe:

1. Drivers are required to stop when any school bus has its **red stop signs** flashing and wait until the stop sign has closed
2. Parents and passengers, please wait for the bus to come to a complete stop and for its stop sign to be flashing before moving to board the bus.
3. When **yellow lights** are flashing prepare to stop
4. A "School Zone" means the portion or length of highway between the two posted signs indicating a school zone, in PCSP the posted speed limit in School Zones are 30 km/hr.
5. Drivers travelling in both directions in all traffic lanes (this means single, double, triple lanes on either side) must come to a complete stop when the school bus has its red lights flashing and stop sign out.

Did you know? You can be fined between \$500 - \$1,200 for illegally passing a school bus and speeding in a school zone can lead to vehicle impoundment and fines from \$400 - \$1,800 and up to six demerit points (Source: gov.nl.ca)

Did you know? There are over 500 students who attend daily classes in PCSP and use the school bus to get to their classes safely.

Did you know? Every school bus has danger zones! The danger zone is the 10 foot area around the bus in every direction. The most dangerous areas of the bus are the front of the bus and the right rear tire area.

Did you know? You can report unsafe driving around school busses with the RNC's online reporting tool

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!



JANUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Happy New Year! Town Offices Closed	2 Town Offices Closed	3 Library Public Hours	4 Library Public Hours Kickboxing	5 Winter programs registration opens for residents	6
7 Friends in Music	8 Winter programs registration opens for non-residents	9 Library Public Hours Family History Club	10 Library Public Hours Playgroup at St. Lawrence Anglican Church Seniors Pickleball	11 Library Public Hours Seniors Pickleball Kickboxing	12 Cards/Darts	13
14 Friends in Music	15 Seniors Pickleball	16 Library Public Hours Family History Club	17 Library Public Hours Playgroup at St. Lawrence Anglican Church Seniors Pickleball	18 Library Public Hours Seniors Pickleball Kickboxing	19 Cards/Darts	20
21 Friends in Music	22 Seniors Pickleball	23 Library Public Hours Family History Club Public Council Meeting	24 Library Public Hours St. Lawrence ACW Card Game Playgroup at St. Lawrence Anglican Church Seniors Pickleball	25 Library Public Hours Seniors Pickleball Kickboxing	26 Cards/Darts	27
28 Friends in Music	29 Seniors Pickleball	30 Library Public Hours Family History Club	31 Library Public Hours Playgroup at St. Lawrence Anglican Church Seniors Pickleball			

FEBRUARY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 Library Public Hours Seniors Pickleball Kickboxing	2 Cards/Darts Happy Groundhog Day!	3
4 Friends in Music	5 Seniors Pickleball	6 Library Public Hours Family History Club	7 Library Public Hours Playgroup at St. Lawrence Anglican Church Seniors Pickleball	8 Storytime Library Public Hours Seniors Pickleball Kickboxing	9 Winter Carnival Begins Cards/Darts	10
11 Friends in Music	12 Seniors Pickleball	13 Library Public Hours Family History Club	14 Happy Valentine's Day! Library Public Hours Playgroup at St. Lawrence Anglican Church Seniors Pickleball	15 Storytime Library Public Hours Seniors Pickleball	16 Cards/Darts	17
18 Friends in Music	19 Seniors Pickleball	20 Library Public Hours Family History Club Public Council Meeting	21 Library Public Hours St. Lawrence ACW Card Game Playgroup at St. Lawrence Anglican Church Seniors Pickleball	22 Storytime Library Public Hours Seniors Pickleball Kickboxing	23 Cards/Darts	24
25 Friends in Music	26 Seniors Pickleball	27 Library Public Hours Family History Club	28 Library Public Hours Playgroup at St. Lawrence Anglican Church Seniors Pickleball	29 Happy Leap Year! Storytime Library Public Hours Seniors Pickleball Kickboxing		



50+ Club

JANUARY

January 12th Friday Cards/Darts, 2 - 4pm
January 19th Friday Cards/Darts, 2 - 4pm
January 26th Friday Cards/Darts, 2 - 4pm

FEBRUARY

February 2nd Friday Cards/Darts, 2 - 4pm
February 9th Friday Cards/Darts, 2 - 4pm
February 14th ♥ HAPPY VALENTINE'S DAY ♥
February 16th Friday Cards/Darts, 2 - 4pm
February 23rd Friday Cards/Darts, 2 - 4pm

50+ CLUB EVERY FRIDAY, 2 - 4PM

Come along and try us out. Bring a friend or two, you will be happy you did! EVERYONE WELCOME.

St. Lawrence Parish

ST. LAWRENCE ACW CARD GAME

Wednesday, January 24 at 8:00pm at the Legion in Portugal Cove. \$5 admission. Please bring your own cards and baskets.

Wednesday, February 21 at 8:00pm at the Legion in Portugal Cove. \$5 admission. Please bring your own cards and baskets.

PLAYGROUP

Playgroup at St. Lawrence Anglican Church. Every Wednesday morning from 10:00 - 11:30. Starting January 10. For kids up to 5 years old. No charge. Call Pam at 743-8488 for more information.

FRIENDS IN MUSIC

PCSP LIONS CLUB 'FRIENDS IN MUSIC' PROGRAM:

Do you love music? Would you like to get out of the house and meet other music lovers? Why not join this free community program, as hundreds of other amateur musicians have done over the past two years. Bring your guitar, ukulele or other instrument – we meet most Sundays at the PCSP Rec Centre at 5:00. Play and sing along with lead performers or just sit back and enjoy the music.

For more information, contact debbie.a.churchill@gmail.com. Join the **Friends in Music FB page** to see our videos and to receive notifications and schedules.





MAYOR'S *message*

With great joy and anticipation, I extend my heartfelt welcome to each and every one of you as we step into the beginnings of a New Year. The passing year has been one of joy, togetherness, and continuing to make our community a better place. As we embark on the New Year, my wish is to welcome the opportunities that continue to shape our Town into a place of progress, compassion, and inclusivity.

In November, Council passed the 2024 budget while incorporating the Strategic Plan that was previously adopted in 2022. Thank you to those who took the time to contribute to the budget consultation process. The Town is happy to report a high level of positive engagement from residents in 2023 for 2024 budget development as well as other initiatives through community group meetings, development notices and consultations, public surveys, public events, hearings, phone calls, letters, and more! We hope to continue this trend of active public engagement and we believe that working and growing together as a community is a strength of Portugal Cove-St. Philip's.

I would like to congratulate the PCSP staff who delivered another successful season of Christmas events – from the Community Tree Lighting, Breakfast with Santa, Christmas Parade, workshops, and the Seniors Bus Tour to Port de Grave. Your dedication to making each season a bright one for us can be felt throughout the community. In addition, I would like to thank residents, and students for contributing to the growth of our local food banks with your donations and creating Christmas cards for seniors in our Town. With that, we're getting ready for our next set of festive events with our Winter Carnival – stay tuned for all the frosty fun details.

I wish you all a Happy New Year, and am humbled and honoured to serve as your Mayor and look forward to this New Year of opportunities.

Carol



ANNUAL TAX TIME!

Tax invoices were mailed during the **first week of January 2024**. If you have not received your tax bill, please contact ar@pcsp.ca

- Property owner(s) are responsible for ensuring the Town has their current mailing address on file.
- Property owner(s) are responsible for understanding their tax and interest obligations regardless of any error in the issuance of notification from the Town.
- Payment deadline is **March 31, 2024**
- Taxes not paid in full by the due date, are subject to a one percent (1%) compounded interest rate which will be applied on the first day of every month. Accounts with a balance forward in January for the prior years' taxes, may be subject to collection measures, recovery and legal action.

Please visit the Town's website for the Town's Tax Collection Policy.



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 next edition of the Tickle Newsletter is 4:30pm Friday, February, 9th, 2024.

► **Contact Laura Barnes at laura.barnes@pcsp.ca or phone 895-8000, ext. 268**