



The Tickle Newsletter



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Athletes Celebrated at Town Hall

On Tuesday March 19th, during the Regular Council meeting, Council was honoured to welcome athletes who competed in the 2024 Special Olympics Canada Winter Games, and the Spirit Sports Canadian Clash Cheerleading Competition. Olivia Power and her team, Coastal Wave Elite Pulse, won gold and the National Champions title in the Special Abilities division during the Spirit Sports Canadian Clash Cheerleading Competition in Ottawa. Andrew Hynes, Jacob Haynes-King, Josh Haynes-King, Lyle Woodrow, and Matthew Adams competed in the 2024 Special Olympics Canada Winter Games in Calgary, took home bronze in floor hockey representing Newfoundland and Labrador. Each athlete was presented with certificates of athletic excellence to celebrate their accomplishments, but to also extend Council's heartfelt gratitude for the inspiration they bring to us all.

Quote from Mayor Carol McDonald:
"As Mayor, I can say that on behalf of Council and staff, we're immensely proud of each of you. Your commitment to sportsmanship embodies the values that define our community. True greatness lies not in the medals we win, but with the lives and hearts we inspire."

Congratulations to all athletes!



The Tickle has Gone Green!

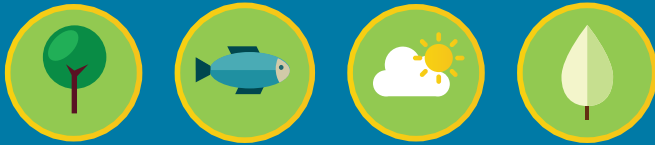
In commitment to our 2023-2028 Strategic Plan, and reducing our environmental footprint, we've transitioned our community bi-monthly newsletter, The Tickle, to a quarterly digital format. By reducing paper usage, we're taking a significant step towards minimizing our environmental impact, and promoting a greener, cleaner community. So, what can you look forward to seeing? Our digital format will open exciting possibilities for richer storytelling and community involvement. While our newsletter is now digital, we are investigating ways to have a limited number of printed copies available. Want to receive a digital copy of The Tickle in your email inbox? Visit eServices to sign up now! If you wish to receive The Tickle in an alternate format (eg. print) please reach out to Laura at laura.barnes@pcsp.ca. Join us on our journey towards a more sustainable and connected future! **Share your good news stories, community events, and more to Laura at laura.barnes@pcsp.ca. The deadline for submissions for the July to September quarterly edition is Monday, June 3rd, 2024 at 4:30 pm.**

APRIL - JUNE 2024

townofpcsp
 @PCSPnl
 @PCSPnl
pcsp.ca

TEACHING ENVIRONMENTAL AWARENESS

The 1st Beachy Cove Sparks unit Guiders completed an interactive planning activity where the girls identified how they wanted to take action to support environmental awareness and help animals. The Sparks chose to do a recycling blitz where all the funds raised would be directed to the Rock Wildlife Rescue to help all the birds, squirrels, foxes and other animals being rehabilitated in their care. The Rock Wildlife Rescue visited a recent Sparks meeting with a special guest, Odie the pigeon, who was a big hit. The girls learned about having empathy for all animals in our communities and how the rescue can support them if they find an injured animal. The girls proudly presented two large bags of duck pellets and a gift certificate for Pet Smart to the rescue.



To support the Rock Wildlife Rescue or to let them know about any injured birds or other small animals, their contact info can be found at therockwildliferescue.com.

Portugal Cove
St. Philip's

SEPTIC TANK REBATE PROGRAM

Septic Tank Pumping REBATE PROGRAM

The Town of Portugal Cove-St. Philip's Septic Tank Pumping Rebate Program supports residents in non-serviced dwellings with septic tanks. Those who are eligible for this program may receive a rebate from the Town covering a portion of the cost associated with clearing their septic tank.

For complete information on the Septic Tank Pumping Reimbursement program and to fill out an application, please visit our website, pcsp.ca. Completed applications may be submitted by mail, email (Tracy.Simmons@pcsp.ca), or dropped-off to the Town Hall at 1119 Thorburn Road. If you have questions regarding the program, please contact Tracy at 709-895-8000 ext 231.



SENIORS GOODS BINGO

with the **PCSP Lions Club**
and **Brookside Intermediate**

In March, the PCSP Lions Club, Brookside Intermediate and the Town of Portugal Cove-St. Philip's came together to host Seniors Goods Bingo that fostered a generational connection between intermediate students and seniors in our community. The event featured lively entertainment, delicious snacks and treats, and above all a community spirit that made for a memorable afternoon.



Thank you to Brookside Intermediate, the PCSP Lions Club, and volunteers for partnering on a fantastic event!



CELEBRATING PUBLIC WORKS WEEK

Join us in celebrating **National Public Works Week**, taking place from **May 19th to 25th, 2024!** This year's theme, 'Advancing Quality of Life for All,' perfectly encapsulates the dedication and hard work of our Public Works crew. Throughout the year, they go above and beyond to enhance the quality of life for our community. From ensuring efficient waste collection services to

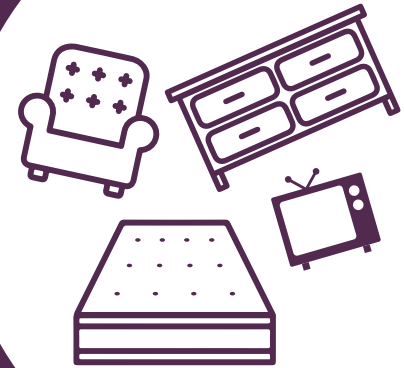
maintaining clean water and wastewater treatment facilities, clearing snow, to beautifying parks, and more, our Public Works team is essential to our community's well-being. Let's take this opportunity to recognize and appreciate their tireless efforts in making our town a better place to live for everyone. Join us in celebrating and thanking our Public Works crew during National Public Works Week!



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BULK GARBAGE COLLECTION

Our Public Works Department is now taking appointments for bulk garbage collection! Running from MAY-NOVEMBER 2024, residents can email our Public Works team to make an appointment at public.works@pcsp.ca. Please include your name, address of pick up, phone number, and items for collection. Collection will occur each Monday (apart from holidays). Appointments fill up fast, so please book early!



Join us in Keeping our Community Clean!

As the winter chill fades away and the warmth of spring and summer returns, it's time to give some TLC to waste collection boxes! Regular cleaning helps keep unwanted smells at bay, ensuring a fresher environment for your home. According to Waste Management Canada, nearly 40% of household waste is comprised of organic materials, making waste collection boxes prime breeding grounds for bacteria and pests.

TIPS FOR EFFECTIVE CLEANING:

- **Use a mixture of mild detergent and water to scrub the inside and outside of your bins thoroughly.**
- **Rinse bins with a hose to remove any remaining residue.**
- **Consider adding baking soda or vinegar to your cleaning solution for extra odor-fighting power.**
- **Inspect boxes and bins for sharp items, and remove carefully using gloves.**
- **Allow bins to dry completely before placing new trash bags inside.**

As we embrace the spirit of spring cleaning, let's all do our part to ensure that our waste collection boxes remain clean and well-maintained. By taking this simple yet important step, we can contribute to a healthier, safer, and more beautiful neighborhood for everyone to enjoy.

Thank you for your cooperation and commitment to our community!



THE KILLICK COAST GAMES ARE BACK

Mark your calendars and gear up for an exhilarating showcase of athleticism and community spirit at the 2024 Killick Coast Regional Games.

SAVE THE DATE

JULY 28 - AUGUST 1, 2024

REGISTER FROM APRIL 1ST - MAY 3RD!

Participants must be in the following age categories:

**JUNIOR
DIVISION**



**BORN
2011 - 2013**

**SENIOR
DIVISION**



**BORN
2007 - 2010**

Visit pcsp.ca/killick-coast-games for more information, or email Kyle at kyle.mcguirk@pcsp.ca



PGSP Library **Spring 2024** Portugal Cove St. Philip's

Library Hours

April 2nd, 2023 to June 13th, 2024

Tuesdays	12pm - 2:30pm & 3:30pm - 7:00pm
Wednesdays	9am - 1:30pm & 2:30pm - 4:30pm
Thursdays	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.

PCSP **Regatta Festival**

June 29th - July 6th

Call for Vendors

The Summer season is upon us, and we're looking for dynamic vendors to help us with our #1 event of the year. Have a food truck? Interested in setting up a booth?

Contact:
KYLE MCGUIRK

709-895-8000 EXT. 233
[KYLE.MCGUIRK@PCSP.CA](mailto:kyle.mcguirk@pcsp.ca)

ST. PHILIP'S MARINA
Saturday, July 6th, 2024 | 12 pm - 5 pm
Cost: \$60 Non-Profit Groups: \$25

Duplicate vendors/items will be kept to a minimum. Our goal is to not have any, but some similarities such as soft drinks, etc., may carry over. Must supply own electricity.

PCSP summer CAMP

JULY 2 - AUGUST 23

APRIL 29 Registration opens via eServices for inclusion services at 9 am for PCSP residents.
MAY 1 Registration opens via eServices for non-inclusion services at 9 am for PCSP residents.
JULY 28 - AUGUST 1 No camp during this week due to the 2024 Killick Coast Games.

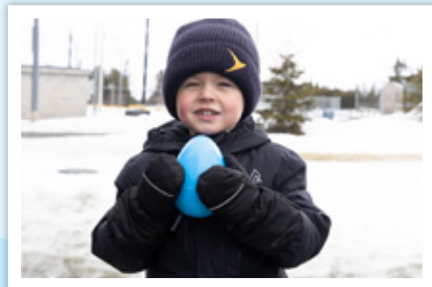
Participants must be completing kindergarten for the 2023-2024 year, and are no older than 12 years old (finishing grade 6).

QUESTIONS? ☎ 709-895-8000 🌐 pcsp.ca



Spring Celebrations

From colourful egg hunts to lively gatherings, our spring celebrations captured the essence of new beginnings and shared laughter in the spirit of seasonal delight. See some of the fun that was had! [Visit our website, pcsp.ca](http://pcsp.ca), or our social media for upcoming celebrations and events.



PCSP
**Regatta
Festival**

June 29th - July 6th

**Live
Music**

**Carnival Games
& Activities**

**Dory
Races**

Bouncy Castles | Face Painting | Food & Drinks | Games of Chance | Prizes |
Local Vendors | And, More!

ST. PHILIP'S MARINA

Saturday, July 6th, 2024 | 12 pm - 5 pm

Spring 2024

FITNESS + PROGRAMS

REGISTRATION NOW AVAILABLE

FOR FULL DETAILS

VISIT PCSP.CA

REGISTRATION OPEN VIA
ESERVICES. QUESTIONS? CONTACT
US AT PCSP@PCSP.CA, OR CALL
709-895-8000



LAUGH'N'LEARN

THE DETAILS



Friday, April 19th - Friday, May 24th



9:30-11:30 am



PCSP Library

**REGISTRATION IS NOW
OPEN VIA ESERVICES**

MAPLE TAPPING INFORMATION SESSION

THURSDAY, APRIL 4TH HOLY ROSARY CHURCH LOT
6:00-7:00 pm | \$10 per person

Register via eServices
and you could win!
Registration is now
open via eServices

Contact Julie with questions

709-895-8000 ext. 229
julie.pomeroy@pcsp.ca



Community Garden

Save the date for the return of the PCSP Community Garden! Stay tuned to our website and social media for updates on when our garden reopens! In the meantime, this is a great time to start thinking about what veggies, herbs, or flowers to plant! **There are 20 raised beds, 4 of which are accessible and will cost \$10 to rent for the season.** Questions? Contact Julie at julie.pomeroy@pcsp.ca.



Backyard COMPOST BINS



* Available at limited quantities
* Sales will take place on eServices

37 gallon • tumbler style • \$45.00 each

Portugal Cove
St. Philip's

Keep an eye on the Town's website and social media
for the announcement of their arrival.

Spring Community Clean Up

The Town of Portugal Cove – St. Philip's in partnership with the PCSP Lions Club are hosting a Community Clean Up from May 5th to May 11th! Clean Up kits will be available to pick up at the Town Hall throughout the week, for FREE! Kits include garbage bags and gloves. Residents are encouraged to clean up around their property and put the bags for their regular curbside pick-up. Contact Julie at julie.pomeroy@pcsp.ca or pcsplions@hotmail.com.



BONUS! YOU CAN WIN! We want to see your before and after photos, send them to pcsplions@hotmail.com to have your name entered for a prize!



Foraged Food in the Spring!

In this hands-on workshop, participants will transform wild, seasonal ingredients into dishes that celebrate the flavors of the season. Join us on May 21st, 2024 in the PCSP Recreation Centre from 6:00 - 8:00pm.

WORKSHOP HIGHLIGHTS

- 1. Stinging Nettle Soup:** Discover the culinary magic hidden within this nutrient-rich, often misunderstood plant. Learn how to properly harvest and prepare stinging nettles to create a velvety, bright soup!
- 2. Knotweed Chutney:** Turn an invasive species into a culinary delight! Explore knotweed's versatility as we craft a tangy and aromatic chutney that pairs perfectly with a variety of dishes.
- 3. Dandelion Coffee:** We'll roast and brew dandelion roots to create a rich, caffeine-free coffee alternative with earthy undertones.

WHAT TO EXPECT

This class will be a hands-on class. You'll get to take home samples and a recipe booklet.

Preparing Soil for Spring Gardening and Planting Early Spring Crops

It's time to gear up for spring gardening! Join us on Thursday, May 23rd in Voisey's Brook Park Hut from 6:00-8:00 pm, for an interactive workshop where we delve into the art and science of prepping your soil for optimal growth and planting some early spring crops. If you're starting out, this workshop will equip you with the knowledge and skills to kickstart your garden and enjoy a bountiful harvest.

WORKSHOP HIGHLIGHTS

- 1. Soil Preparation Techniques**
- 2. Tools and Equipment**
- 3. Companion Planting and Crop Rotation**
- 4. Selecting and Planting Early Spring Crops**

Cost \$10.00 per person. Registration opens April 15th, 2024 via eServices. New to eServices? If you are a resident and you have not yet used eServices in PCSP, you will be prompted to enter a "sign up key" the first time you use eServices. If you are living in a rental property in PCSP and you are not the registered owner of the home, you will need to sign up as a guest account and you will not require a sign up key.



HOME IGNITION ZONE

EXTENDED ZONE

10 m to 30 m

INTERMEDIATE ZONE

1.5 m to 10 m

IMMEDIATE ZONE

0 m to 1.5 m



FireSmart, Intelli-feu and other associated Marks are trademarks of the Canadian Interagency Forest Fire Centre (CIFFC).

THERE ARE MANY FACTORS THAT MAY IMPACT YOUR PROPERTY'S RISK TO WILDFIRE

Check out the *FireSmart Begins at Home Guide* for an in-depth look at how you can build wildfire resiliency.

IMMEDIATE ZONE

0 m to 1.5 m

The Immediate Zone is a non-combustible area that starts at the house and extends to a 1.5 metre perimeter around the home and attached structures, including decks. Reduce the chance of wind-blown embers igniting your home by starting with these proactive steps:

- Choose non-combustible building materials when constructing or renovating your home.
- Clear vegetation and combustible material down to mineral soil and cover with non-combustible materials like gravel, brick, or concrete.
- Avoid planting woody shrubs or trees. If any are present, prune and maintain them regularly.

INTERMEDIATE ZONE

1.5 m to 10 m

Elements in the Intermediate Zone are managed so they don't transmit fire to your home. Here are a few actions you can take to reduce your home's vulnerability:

- Plant fire-resistant vegetation and select non-combustible landscaping materials.
- Avoid incorporating any woody debris, including mulch.
- Keep combustible items like firewood piles, construction materials, patio furniture, tools, and decorative pieces out of this zone.
- Move trailers, recreational vehicles, storage sheds, and other combustible structures into the Extended Zone. If that is not possible, store firewood inside your mitigated garage, shed, or other ember-resistant structures.
- Create a non-combustible ground cover, like a gravel pad, underneath and 1.5 metres around trailers, recreational vehicles, and sheds.

EXTENDED ZONE

10 m to 30 m

The goal in the Extended Zone is not to eliminate fire, but to reduce its intensity. If your property extends into this zone, a few important steps you can take include:

- Selectively remove evergreen trees to create at least 3 metres of horizontal space between the single or grouped tree crowns.
- Remove all branches to a height of 2 metres from the ground.
- Regularly clean up accumulations of fallen branches, dry grass, and needles to eliminate potential surface fuels.
- Continue to apply these principles if your property extends beyond 30m. Work with your neighbours in overlapping zones and seek guidance of a forest professional if affected by other conditions, like steep slopes.

Get started on your FireSmart journey!

WWW.FIRESMARTCANADA.CA



Spring 2024

EVENT CALENDAR

APRIL

1	MON	Easter Camp, Killick Coast Games Registration Opens
2	TUES	Easter Camp, Family History Club
3	WED	Easter Camp, Artful Connections
4	THU	Easter Camp
5	FRI	Easter Camp, Babysitting Course
7	SUN	Pound Fitness, Friends in Music
8	MON	Yoga
9	TUES	Adult Fitness, Sit and Fit
10	WED	Playgroup, Artful Connections
11	THU	Adult Fitness, Sit and Fit
14	SUN	Pound Fitness
15	MON	Yoga
16	TUES	Adult Fitness, Sit and Fit, Public Council Meeting, Family History Club
17	WED	Playgroup, Zumba, Artful Connections, St. Lawrence ACW Soup and Sandwich Supper
18	THU	Adult Fitness, Kickboxing, Sit and Fit, Storytime
19	FRI	Laugh N'Learn
20	SAT	Rainbow 50+ Club Anniversary Dinner and Dance
21	SUN	Pound Fitness, Friends in Music
22	MON	Yoga, St. George's Day (Town Offices Closed)
23	TUES	Adult Fitness, Sit and Fit
24	WED	Playgroup, Zumba, Artful Connections
25	THU	Adult Fitness, Kickboxing, Sit and Fit, Storytime
26	FRI	No Laugh N'Learn session
28	SUN	Pound Fitness
29	MON	Yoga, Inclusion Summer Registration Opens
30	TUES	Adult Fitness, Sit and Fit

MAY

1	WED	Playgroup moved to May 3rd, Zumba, Summer Registration Opens, Artful Connections
2	THU	Adult Fitness, Sit and Fit, Kickboxing, Storytime
3	FRI	Playgroup, Laugh N'Learn, Killick Coast Games Registration Closes
5	SUN	Pound Fitness, Friends in Music
6	MON	Yoga
7	TUES	Adult Fitness, Sit and Fit
8	WED	Seniors Pickleball, Playgroup, Artful Connections
9	THU	Adult Fitness, Sit and Fit, Kickboxing, Storytime, Adult Fitness, Sit and Fit, Kickboxing, Storytime, Seniors Pickleball
10	FRI	Laugh N'Learn
12	SUN	Happy Mother's Day, PCSP Lions Club Mother's Day Brunch
13	MON	Yoga, Seniors Pickleball
14	TUES	Adult Fitness, Sit and Fit, Public Council Meeting, Family History Club
15	WED	Playgroup, Artful Connections, Seniors Pickleball
16	THU	Adult Fitness, Sit and Fit, Kickboxing, Storytime, Seniors Pickleball
17	FRI	Laugh N'Learn
20	MON	Victoria Day (Town Offices Closed)
21	TUES	Adult Fitness, Sit and Fit, Foraging Workshop
22	WED	Playgroup, Artful Connections, St. Lawrence ACW Cards, Seniors Pickleball
23	THU	Adult Fitness, Sit and Fit, Kickboxing, Gardening Workshop, Storytime, Seniors Pickleball
24	FRI	Laugh N'Learn
25	SAT	Rainbow 50+ Club Mother/Fathers Day Celebration
26	SUN	Pound Fitness, Friends in Music (Open Mic)
27	MON	Yoga, Seniors Pickleball
28	TUES	Adult Fitness, Sit and Fit, Family History Club
29	WED	Playgroup, Artful Connections, Seniors Pickleball
30	THU	Adult Fitness, Sit and Fit, Kickboxing, Storytime, Seniors Pickleball

JUNE

2	SUN	Pound Fitness
3	MON	Yoga
4	TUES	Adult Fitness
5	WED	Playgroup, Zumba, Artful Connections
6	THU	Adult Fitness, Kickboxing, Sit and Fit, Storytime
9	SUN	Pound Fitness, Friends in Music
10	MON	Yoga
11	TUES	Adult Fitness, Public Council Meeting
12	THU	Playgroup, Zumba, Artful Connections
13	FRI	Adult Fitness
16	SUN	Happy Father's Day
19	WED	Artful Connections, St. Lawrence ACW Cards
20	THU	First Day of Summer
24	MON	June Day (Town Offices Closed)
26	WED	Artful Connections







Artful Connections

JOIN US! UNLEASH YOUR CREATIVITY!

Wednesday Nights 7 - 10pm Beachy Cove Elementary School, PCSP. Free event.

We welcome artists of all experience levels; from beginners eager to learn, to seasoned creators looking to expand their horizons. Painting, sketching, collage or other visual art forms. There's a place for you here. This group is your hub for sharing individual skills and ideas.



 PCSP Artful Connections
 pcspartfulconnections@yahoo.com

St. Lawrence Parish

St. Lawrence ACW will be holding a soup and sandwich supper in conjunction with the monthly card game on Wednesday, April 17. Supper will start at 6:00pm and cost \$5.00. The card game will start at 8:00pm and cost \$5.00. Both events will be held at the Royal Canadian Legion, Portugal Cove. Please bring your own cards and baskets for the card game. Come along and enjoy some food, fellowship and fun.

2. St. Lawrence ACW monthly card game will be held Wednesday, May 22 at 8:00pm at the Royal Canadian Legion. Please bring your own cards and baskets.

3. St. Lawrence ACW monthly card game will be held Wednesday, June 19 at 8:00 pm at the Royal Canadian Legion. Please bring your own cards and baskets.

PCSP Lions Club

Save the date! Mother's Day Brunch. May 12th, 2024 Brookside Intermediate with Chef Mike Boyd. 2 Seatings, 9:30 am and 10:30 am. For more information email pcsplions@hotmail.com

SAVE THE DATE
MOTHER'S DAY BRUNCH
MAY 12, 2024
BROOKSIDE INTERMEDIATE
WITH CHEF MIKE BOYD
2 SEATINGS - 9:30 & 10:30AM





FOR MORE INFO EMAIL PCSPIONS@HOTMAIL.COM

Every Friday from 2:00 - 4:00pm, from September to June at Portugal Cove-St. Philip's Recreation Centre located at 1119 Thorburn Road. For information, call Gary King at 709-691-3902.

Wednesday, April 3rd - Cards/Darts. 8:00 - 10:00pm

April 20th - Anniversary Dinner and Dance. Music by The Friggers, Catered supper begins 7:00pm. No cards/darts.

May 25th - Mother/Father's Day Celebrations. Music by Gary King, catered event.



MAYOR'S *message*



The snow has finally made way for the beauty of spring, and Portugal Cove-St. Philip's is ready to welcome another season. With this fresh, new season we look forward to the many festivals, events, and workshops that will bring our community together to celebrate.

Residents can look forward to our annual Canada Day event, Regatta Week festival, our community garden returning and so much more. The Town is thrilled to be the host of the 2024 Killick Coast Regional Games this July, and I encourage our youth residents to take part in the games. The Killick Coast Games are a celebration of communities coming together, no matter your skill level, to compete in friendly matches – our Recreation Department is looking forward to working with all communities on the games again.

In closing, I would like to send best wishes to Stephanie Tucker who has taken a new position and is moving on from her role as Director of Economic Development, Marketing, Communications after 6 years with the Town. Stephanie had a bright impact on the Town with her work in public engagement. We wish you all the success, Stephanie! I would also like to thank the Public Works crew for working with major weather events over the winter season. Safety remains a top priority for the Town, and our Public Works crew are a reflection of that by continuing to work with major weather events.

Carol

Hello from the PCSP Chamber,



As we welcome the vibrant season of renewal and growth, we find ourselves reflecting on our own evolution. Our vision is steadily met with encouragement from our members, residents, and very notably from MHA, Fred Hutton and the Town. It is with immense gratitude that we would especially like to recognize the Mayor, Councillors and their staff for their invaluable time and contributions that assist us in delivering social and economic development opportunities. Together, we can enrich the community in countless ways. With spring breathing new life into our surroundings, the Chamber is embarking on new possibilities filled with optimism and I, alongside our newly elected board, look forward to frequently updating you on that journey. This includes exciting, productive discussions on expanding the Chamber's footprint throughout the region that will bring additional value to membership, continual progress on the development of the arts, wellness and heritage community site, further implementation of both the agriculture and tourism strategic plans and more.

If you'd like to learn more about our projects and/or learn more about membership, please reach out at any time.

Warmest regards,

Tara Lehman

Executive Director, PCSP Chamber of Commerce
executive@chamberpcsp.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 submissions for the July to September quarterly edition is Monday, June 3rd, 2024 at 4:30pm.

► **Contact Laura Barnes at laura.barnes@pcsp.ca**