

Register for fall recreation programs - page 34

Read about fallen
leaf programs

See coupon inside
pages 20-21

City Guide

FALL 2015

Fall Port of Call

Cruise ships seek our shores
as passengers and crew
look to stretch their sea legs
pages 14-15



Emergency Preparedness - What you need to have and know - page 26

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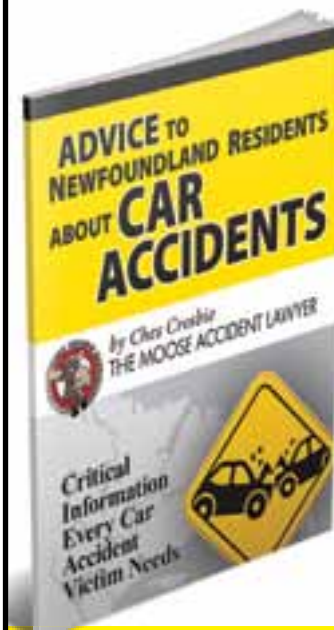
Being able to make such a difference in this girl's life was so gratifying that he founded Ches Crosbie Barristers Personal Injury Law Firm, and built a team of competent and compassionate injury lawyers to help him. And now, over

20 years later, he keeps a picture of this young client and her family at Ches Crosbie Barristers to inspire the work of his team and remind them of why they do what they do.

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Ches Crosbie Barristers has offices in St. John's and Bay Roberts but we help victims across all of Newfoundland and Labrador. We offer free consultations and there's no fee unless you collect.

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City Guide

St. John's City Guide

Information and stories about the programs and services of the City of St. John's; produced quarterly and distributed via mail to all households in the capital city.

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Joel Plaskett featuring special guest Mo Kenney

November 7 Stephenville
November 8 Corner Brook
November 9 Grand Falls-Windsor
November 10 Gander
November 12 St. John's
*April 10, 2016 Labrador West

Joel Plaskett returns with one of the most diverse and fan-pleasing albums of his career. There are many moments that draw on previous classic Plaskett, from beloved albums such as *Three* and *Ashtray Rock*, right back to his *Thrush Hermit* days. And there are new sides to his sounds as well – Joel like you've never heard him.

It is rare for a young artist to be able to escape genre classification as smoothly as Mo Kenney. The wide stylistic scope of her first record was embraced, earning her five award wins. The key album track "Sucker" (a CBC Radio favorite) also brought Kenney the prestigious 2013 SOCAN Songwriting Prize, confirmation of her early potential as a fresh and original songwriting talent.



Jerry Granelli's Tales of a Charlie Brown Christmas

December 12 St. John's
December 14 Bonavista (Garrick Theatre)
December 16 Stephenville
December 18 Corner Brook

Experience the magic of the holiday season with timeless music that will warm your heart. *Tales of A Charlie Brown Christmas* featuring jazz legend Jerry Granelli, the only surviving member of the Vince Guaraldi Trio –who scored and performed the original recording of *A Charlie Brown Christmas*. This special show will create memories that will last forever. Highlights from the animated classic will screenplay in the background, and a local children's choir will perform the children's parts of this seasonal special.



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For more information and to purchase tickets, visit artsandculturecentre.com.

7039596

Arriving at a Value: Assessment and Taxes

By Lynn Cooper
Office Services Supervisor, Assessment

The City of St. John's sends out an assessment notice to all residential and commercial property owners in the city. Your assessment notice shows you the value the City has placed on your property, which is the basis for property tax calculation.

Assessed Value x Mil Rate = Annual Property Tax

Example:
\$300,000 (assessed value) x 8.1 (mil rate) = \$2,430 yearly taxes excluding water tax.

Calculation: 300000 x 0.0081* = 2430

*a mil rate equals 1/10th of a percent or 1/1000th

So how did we arrive at your assessed property value? What do we use to determine the rate of taxes you will pay? And what do you do if you have questions about your assessment? Here's the fine print on property valuation!

Arriving at a Value

Assessors determine the value of a property by studying the market in general and collecting information about your specific property. They take photographs, study area maps and property transaction information. 'Assessment staff may visit properties to ask for information and may request to enter the property for an inspection,' explains Gareth Griffiths, the new Manager of the Assessment Division.

Having worked in Real Estate Services with the City for many years, Gareth understands the importance of having good information on file. "It is extremely important for both residents and home owners," he says. "We have seen cases, for example, where a property owner removed a basement apartment but was still paying taxes based on owning a two-household home. Taxes can go up, of course, but they can go down, too."



Gareth Griffiths

Fact or Myth?

Assessors create the actual values for properties in a municipality.

Myth: Buyers and sellers in the market create actual value. The assessor studies the market and collects information about properties to estimate value for a point in time, called a base date.

Base Dates

For assessment purposes, an assessment or reassessment of real property, under the Assessment Act 2006, becomes effective January 1 of every third year. So, taxes for the next three tax years - 2016, 2017 and 2018 - will be based on assessed values as at January 1, 2014.

Assessment base date	Applicable for years
January 1, 2011	2013, 2014, 2015
January 1, 2014	2016, 2017, 2018
January 1, 2017	2019, 2020, 2021

"Your property value will stay the same for a three-year period, unless of course there are changes that may impact the value," explains Gareth. "This could be anything from renovations to additions to landscaping; it's important to get permits for this work and to request a reassessment."

Fact or Myth?

If the assessed value on a property changes due to a reassessment, the taxes will increase or decrease accordingly.

Fact: If a single property value changes but the mil rates stay the same, then taxes will increase or decrease. However, City Council could decide to adjust the mil rate which may result in little or no change in a tax bill. *(more on this below)*

Tax Bills

The Assessment Division is responsible for the market valuation of property within the boundaries of the City of St. John's. "We determine the property value," says Gareth, "and then the team in Revenue Accounting calculates the municipal tax for your property."

The property value is multiplied by the current mil rate, which is set annually in the budget process by Council. Mil rates are different for residential and commercial properties, and then a water tax is applied. Together, this makes up your municipal tax bill. 

Fact or Myth?

Council informs the Assessment Division of their financial picture before assessments are started so that the assessed values meet what is required.

Myth: Assessments reflect fair market value as of the base date; mil rates are set as part of the budget process when the City's needs are determined. (see more on budgets on page 16) "Some people think that the assessors set the tax rate, but that is done by Council," explains Gareth.

What to expect in December, 2015

Because 2016 is the start of a new three-year period for assessments, all property owners will receive a statement in the mail in December. Your assessed value will likely be different than the one on your last statement, as market and property values have changed since 2011.

If you have questions or want details on your assessment, please visit www.stjohns.ca > Living in St. John's > City Services > Assessment and Taxation where many of your questions may be answered.

Upon proof of identification, any property owner can get a summary of information that was used to calculate their assessment, and an assessor will explain the methodology and logic used to arrive at the final value estimate. Contact assessment@stjohns.ca or call 576-8929 to book an appointment.





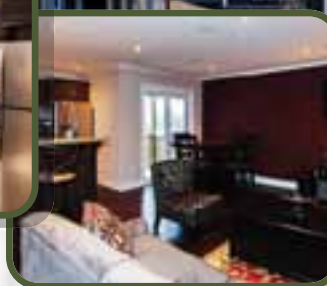


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2



Cover all items with a tarp then secure the tarp to the vehicle. This ensures that items won't blow out, creating serious traffic hazards and littering the road.

3



Secure the load on the truck or trailer using a cargo net, ropes, bungee cords or chains. The Residential Drop Off is open Tuesday to Saturday from 8 a.m. to 4 p.m.

‘Tis the Season... no, not for Christmas – it’s cruise season in St. John’s

By Bernadette Walsh,
Tourism Development Coordinator

Although St. John’s sees its first ships peering over the Narrows in June, it’s really in late summer and early fall that our City swells with cruise ship visitors from all over the world. In September and October, we will host 14 ships with over 21,000 passengers and crew.

St. John’s is strategically located in the North Atlantic and is ideally situated as a repositioning or transatlantic port of call. Most of the ships visit while they make the switch to Caribbean cruises during the winter months from Baltic or Mediterranean itineraries in the summer; others are part of a larger Canadian itinerary; or sometimes they are cruises offered by companies like Adventure Canada or Lindblad Expeditions that offer itineraries with a focus on circumnavigating Newfoundland and Labrador.

St. John’s is a welcome sight for crews

and passengers both.

“After five or six days at sea, many vessels require a lot of supplies and servicing,” says Roger Tinkham, ship’s agent for cruise line Ramsey-Greig. “They’ll take on fresh water, tankards of fuel and pallets of fresh produce. Ships might also take the opportunity to do some small repairs or painting.

“And then the passengers; well, they just might have developed a toothache enroute and need to see a dentist... Once a ship asked for \$5000 worth of postage for postcards!” adds Mr. Tinkham.

After a few days at sea, passengers are eager to stretch their sea legs.

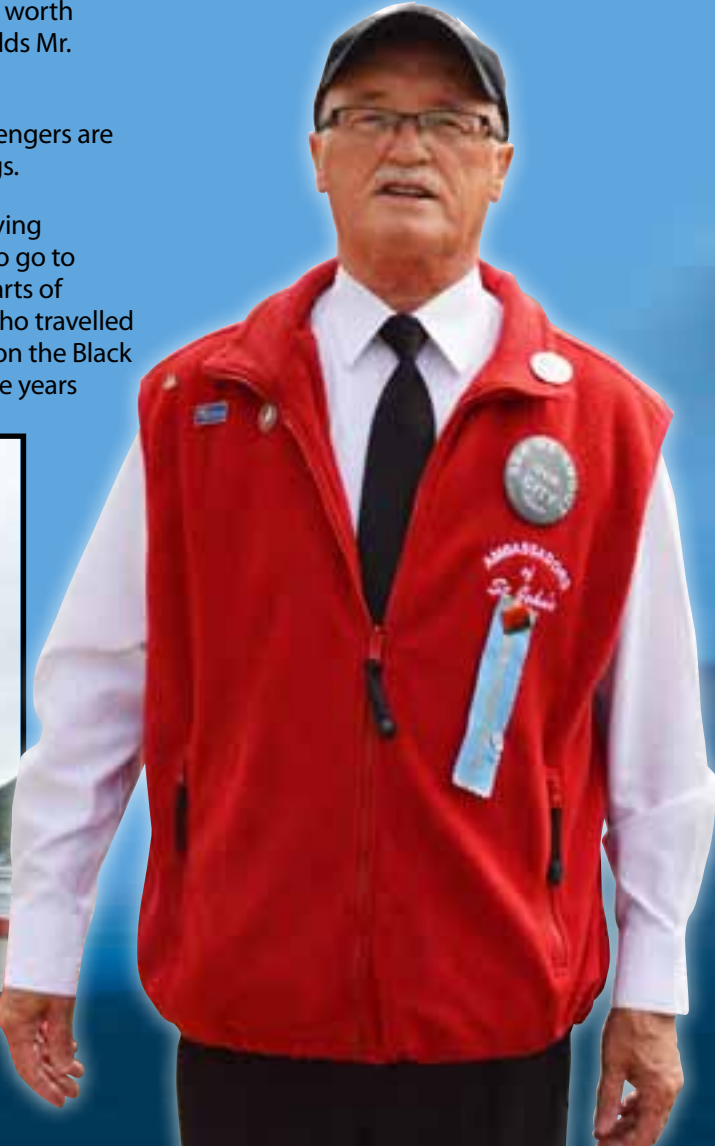
“I would see many ships leaving my homeport of Liverpool to go to Newfoundland and other parts of Canada,” says Dave Marks, who travelled here with his partner Linda on the Black Watch in June. “After all these years

to finally see what those ships saw is brilliant!”

Many passengers take the opportunity to try local food while catching up on home life through the restaurants and pubs that offer Wi-Fi, such as the Celtic Hearth. “The country of origin often will dictate what cruise passengers like to eat,” says executive chef, Brian Piercey. “Those ships with mostly UK guests - they want chowder or fish and chips. Germans also want seafood and fresh vegetables.



The Signal Hill Tattoo welcomes the Ruby Princess and her Captain and crew as part of the Freedom of the Seaport ceremony, a St. John’s tradition for all inaugural Cruise Ship visits.



“Americans are always in the mood for lobster. We have our lobster tank topped up now for the next ship visit.”

And how do they know where to go for Wi-Fi or local seafood or attractions? It’s our very own Tourism Information staff in our Visitor Centres and onboard cruise ships with information desks that are prepared to handle enquiries of all sorts. Volunteer Ambassadors meet and greet passengers and crew at dockside. “I’m proud of this City and proud to welcome people to it,” states St. John’s Ambassador Gordon Dalton. “A smile and welcome is a universal language.”

Gordon has been an Ambassador for 14 years.

A line up of motorcoaches are always on Harbour Drive for the passengers; Wildland Tours is one such provider.

“Passengers love it here - the fresh air, the nature, and world class attractions,” says owner-operator Dave Snow. “After they’ve done our Rum and Rascals tour, you are guaranteed to see a smile on their faces when they return to the ship!”

Cruise St. John’s Stats

Year	Ship Visits	Passengers	Crew	Total	Economic Benefit
2011	9	10,673	4,547	15,220	\$1,137,000
2012	15	13,318	6,240	19,558	\$1,526,466
2013	15	13,311	6,179	19,290	\$1,548,160
2014	17	17,762	7,156	24,918	\$2,120,000

Gordon Dalton, left, is one of the City’s Ambassadors. A group of over 40 volunteers meet and greet cruise passengers visiting St. John’s. This award winning program has been praised by the Cruise industry.

Like Cruise St. John’s on Facebook! Updated cruise ship arrival and departure information is available by calling **576-2315** or on our website at **www.stjohns.ca**> Visiting St. John’s> Cruise Information> Cruise Schedule.

Tour buses line the Harbourfront during most cruise visits ready for passenger excursions around the city and surrounding area.



Budget 2016 - 2018



The Bottom Line

We're developing a 3-year budget and we want your ideas

By Melanie Sheppard
Engagement Officer

The City of St. John's invites you to participate in the public engagement process for our next three-year budget, 2016-2018. We are seeking perspectives from various stakeholder communities and residents that we will take into consideration as we build our budget this fall.

Throughout the summer, we held a number of roundtable discussions with stakeholders from a variety of sectors, and other opportunities for residents to provide input. These discussions help the City focus on the programs

and services that matter most to the community. An open house is planned for later in the fall to share what we heard throughout the budget engagement process.

Our vision for St. John's is of a vibrant city where people want to live.

Our Council and staff are committed to engaging residents and stakeholders in the important decisions that impact them. We are interested in hearing your perspectives about our next three-year budget. We encourage you to join the discussion, get informed and share your opinions on what matters most to you.



**Engage!
St. John's**

Join the Engagement Community

Sign up for our online engagement community at www.engagestjohns.ca

How can you share your ideas on the 2016-2018 budget?

You can read information about the City's programs and services, revenue sources, debt policy and capital works plan and provide your thoughts through online discussion groups, questions and answers and a budget allocator tool.

"The budget allocator tool is an excellent resource that shows residents how budgeting works in realtime," says Councillor and Finance Committee Chair Danny Breen. "This tool allows you to adjust program budgets and see how increasing and decreasing these budgets will impact level of service and your taxes."

On June 23, the City launched its online engagement community: engagestjohns.ca. Development of this platform was a recommendation of the *Engage! St. John's Task Force*. It is designed



Mayor Dennis O'Keefe

to make public engagement easier, more inclusive and more representative of public perspectives. This online

engagement community will be used for all City projects with public engagement components to supplement in-person activities. Sign up to fully participate or simply visit to become more informed.

"By providing many ways for residents to participate in the discussion, we hope to increase understanding of what's happening within the city's economy, and create a space for conversation about existing and emerging needs," says Mayor Dennis O'Keefe. "Ultimately, our budget direction for the next three years should support the directions laid out in our new Strategic Plan, with a focus on neighbourhoods, embracing our seasons, cooperation with all levels of government and with our regional partners, and being responsive, progressive, and fiscally responsible."



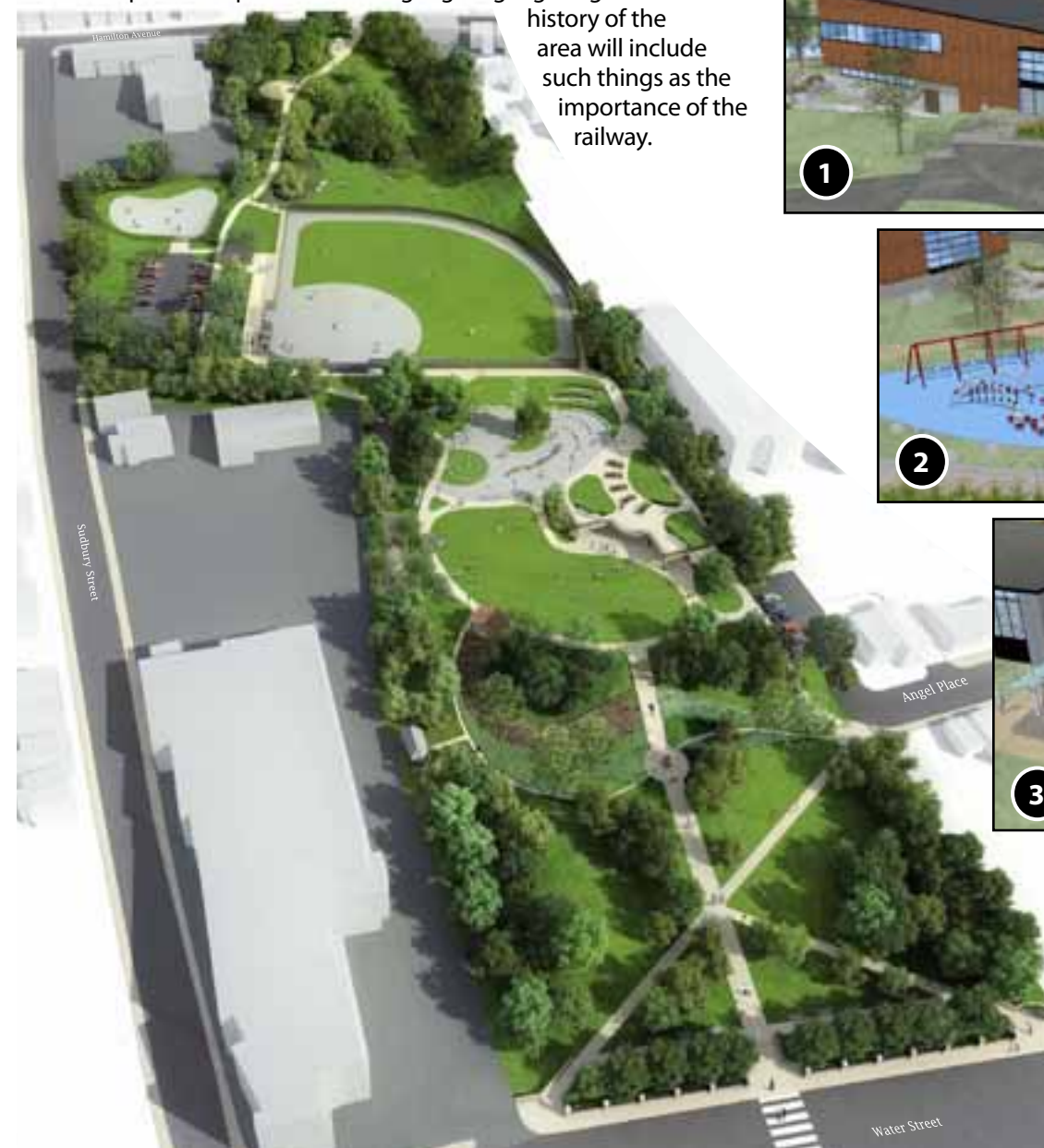
New and Improved Green Spaces for City Neighbourhoods

Parks and open spaces help shape the neighbourhoods we live in. The City of St. John's recognizes this and has recently completed concept plans for two parks in the city. These parks support the recommendations laid out in the City's Parks and Open Spaces Master Plan which was approved in December 2014.

Victoria Park

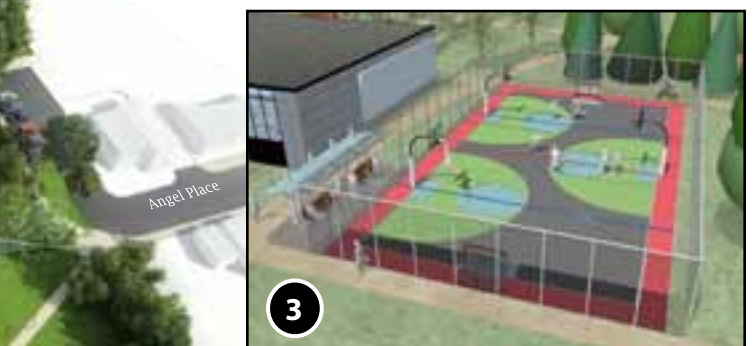
One of the City's oldest parks in the west end of the city, Victoria Park is due for revitalization. Following a commitment in 2014 to begin with a \$1 million investment in 2015, City staff began a significant community consultation process and a concept plan for a revitalized park was unveiled at an open house on June 24. The plan enhances the park's existing features and reconfigures the middle section of the park with a new building, performance space and play area, and a water feature. New seating and lighting and a dog park connect the top of the park to the lower levels on Water Street and maximize the space in the park. Interpretation and signage highlighting the

history of the area will include such things as the importance of the railway.



Kenmount Terrace Park

Working with a team of residents and based on input from the community, including elementary and junior high school students in the neighbourhood, a concept plan was rolled out on June 17 for a new park on 32 acres of land off Messenger Drive. The new \$10 million park, to be completed over the next couple of years, will feature a new community centre for this growing area of the city, and include walking loops, a skateboard/amphitheatre bowl, play and splash pad areas and a dog park.



Left, an artist rendered overhead view of the revitalized Victoria Park.

Above, three renderings of the 1. Kenmount Terrace Community Centre, 2. Play Area and Splash Pad and 3. Multi purpose court

Feeling like you belong

Building a Welcoming and Inclusive City

By Willow Anderson
St. John's Local Immigration Partnership Project Officer

Moving to a new place can be exciting but also a stressful or confusing endeavour. This can be true moving from one town to another and is even more so if one is moving to another country. Many things may be new and challenging: language, environment, weather, customs and more.

Although she arrived in Canada 20 years ago from Italy, Nahome Asghedom remembers her arrival in Calgary as if it was yesterday.

"My arrival was exciting, but intimidating. We had no extended family and we didn't know our neighbours," says Nahome. "We came to the unknown and we felt invisible because the place was so big, because nobody knew our history or our background. It was like learning to walk again."

If it had existed at the time a Local Immigration Partnership could have been beneficial for Nahome and her family, but another community institution played a vital role in easing their transition to a new life.

"My mother met people at church and they were instrumental in helping us navigate this new place," says Nahome. "Once we began to learn English we had the confidence to approach people and eventually made many Canadian friends."

"I have personal experience and I hope that telling my own story may contribute to people's learning."

Nahome Asghedom

Having moved from Calgary to St. John's in 2013, Nahome had to start the process of adapting to a new home all over again.

"I have grown to love Newfoundland and Labrador and I feel it's a great place to raise kids," says Nahome, adding "I am volunteering with the St. John's Local Immigration Partnership and can apply my personal experience of being an immigrant."

Funded by Citizenship and Immigration Canada, the St. John's Local Immigration Partnership, commonly referred to as

LIP, is a multi-sectoral partnership co-led by the City of St. John's and the Association for New Canadians.

Among other things, the LIP seeks to help improve the integration of immigrants in our community, as well as to enhance awareness of immigrant needs among a broad range of community stakeholders. It does this by engaging multiple stakeholders in a coordinated conversation about immigration-related topics.

As one of the 25 members of the St. John's LIP Council and the chair of the education and training working group Nahome is an important part of these conversations.

"I have personal experience and I hope that telling my own story may contribute to people's learning. Plus, I'm hoping that by being in a role like this people who have newly arrived to Canada and are having a hard time finding meaningful work might say 'If she's an immigrant lady and she did all this in 20 years maybe I can do it too.' I want to give back because people helped me when I got here and I want to pay it forward."



Julia Bloomquist (right), owner of The Sprout, assisted Ali Al Haijaa in starting his own business Mohammed Ali's Restaurant.



The Bollywood Jig dance troupe performed during the launch of the St. John's LIP.

LIP Strategy

As a part of **Economic Roadmap 2021** the Local Immigration Partnership (LIP) will create a strategic plan that will outline how St. John's can become a more welcoming and inclusive city.

In preparation for that strategic plan the LIP is holding a series of meetings in four topics areas:

- social connections and welcoming communities
- health and basic needs
- employment and labour needs
- education and training

If you have an interest in joining these conversations or in our upcoming community forum please contact Willow Anderson at immigration@stjohns.ca or 576-2325.



The St. John's Local Immigration Partnership works towards creating strong social connections for newcomers.



Councillor Tom Hann brings greetings at the launch of the St. John's LIP.

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What to do with all those fallen leaves? Leaving them on your lawn and mulching them is the best way (most environmentally and economically sound) to dispose of leaves and 'Put Waste in its Place'.

What is Leaf Mulching?

Leaf mulching is the process of shredding leaves with your lawn mower or leaf shredder and using them as mulch on your lawn and garden.

Why Leaf Mulch?

1. Save Time, Money, and your Back

No need to rake your leaves, buy bags, or lug the bags to the curb. By mulching-in-place you save time and money.

2. Soil Enrichment

Leaf mulch gives nutrients back to the soil. Your lawn and gardens will require less fertilizer and other additives.

3. Water Conservation

Leaf mulch helps retain moisture in soils. When soil is covered with leaf mulch, the mulch lowers the soil's exposure to sun and wind which reduces evaporation.

4. Insulation

Mulch acts like an insulating barrier from the heat in the summer, from the cold in the winter and from the wind all year round. Mulch prevents compaction and erosion of soils from wind and rain.

5. Weed Control

Leaf mulch can help prevent the growth of weeds. Add a thick layer, 5 to 7.5 cm (2 to 3") to gardens to reduce the need for herbicides.

Other leaf options...

- Dig leaves directly into your garden to add organic matter and nutrients to the soil.
- Put leaf mulch on gardens and flower beds and around shrubs and trees.

Compost your leaves

Add 2.5 cm (1") layers of leaf mulch to your composter while alternating with other materials or use a separate composter for leaves only. For a leaf composter, alternate 15 cm (6") of leaf mulch with a 2.5 cm (1") layer of soil or finished compost and maintain by turning it regularly and keeping it moist.

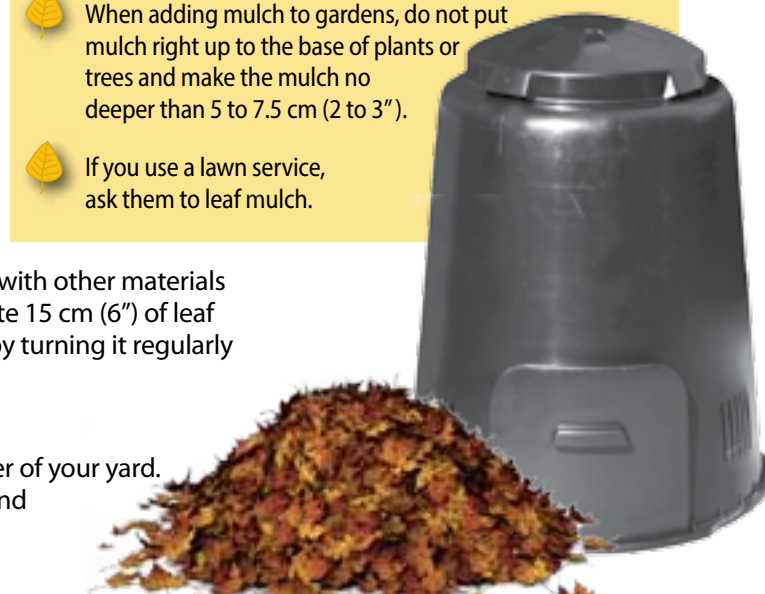
Leaf Mold

Rake regular or mulched leaves into a 90 cm (three foot) pile in the corner of your yard. If leaves are dry, dampen with water. Turn the pile a few times in spring and summer to speed up the process which can take up to 12 months.



Tips for Leaf Mulching

- Use a mulching blade and a closed chute flap on your lawn mower to effectively mulch the leaves on your lawn.
- You may be able to convert your mower to a mulching mower with a mulching blade or a retro fit kit which is available at most hardware stores or online.
- Keep your mower blade sharp.
- Set your mower blade to 6.5 cm (2.5") high.
- Mow leaves when dry to prevent clumping.
- Mow leaves when there is no more than 2.5 cm (1") of fallen leaves.
- Push lawnmower slowly to give mower time to chop up leaves.
- If your lawnmower has a bag, either remove the bag to spread mulch evenly over the lawn, or use the bagged mulch where necessary around trees, shrubs and gardens.
- When adding mulch to gardens, do not put mulch right up to the base of plants or trees and make the mulch no deeper than 5 to 7.5 cm (2 to 3").
- If you use a lawn service, ask them to leaf mulch.



Curbside Leaf Collection Program

From October 26 to November 20, leaves in paper yard waste bags will be picked up at the curb on the same day as your garbage day. Bagged leaves can be brought to the Residential Drop-Off at Robin Hood Bay from October to January. There is a separate bin set up for leaves bagged in paper bags which will be added to the compost pile.

1. An earth - friendly way to take care of your leaves is to use paper yard waste bags. Leaves will be collected separately from your garbage by City trucks and delivered to the landfill where they will be composted. The compost will be used for landscaping purposes on City property. There is no limit to the number of paper yard waste bags set out for collection at your curb. Paper yard waste bags are available at most hardware stores and building centres.
2. Using plastic bags for your leaves is not an earth - friendly way because they will go directly with your garbage and will be landfilled having no further use. These bags will count towards your 10 bag limit for garbage.

Leaves in Paper Bags

We'll collect them on your regular garbage days from:

October 26 to November 20

Leaves in paper bags are composted.

Buy one, Get one FREE

When you buy one package (5 bags) of paper yard waste bags at RONA, get the second package FREE.

Use this coupon at the following RONA locations:

710 Torbay Road
60 O'Leary Avenue
53-59 Main Road, Goulds
1297 Topsail Road, Paradise

Expiry: November 20, 2015
Limit: One coupon per customer



You Dirty Rat...

Rodent prevention and control right in your own backyard

For more information go to www.stjohns.ca, look under Living in St. John's, choose City Services, then Pest Control

Property owners are responsible for all aspects of their own property, including if there are rodent infestations.

We undertake rodent control measure on City-owned property when we become aware of an infestation. This includes City-owned parks, playgrounds, sports facilities, and public right-of-ways.

We do not provide this service on private property. If you are experiencing a problem with rodents on your own property please call a pest control company.

If you suspect there is a rodent infestation on City-owned land, or are experiencing a problem with rodents from a neighbouring property, report it to us.

Contact Access St. John's one of three ways:

- 1) call 311 or 754-CITY (2489)
- 2) through our App - install by searching 311 St. John's
- 3) web submission at www.stjohns.ca/access-311

Prevent rodents on your property

If you have rodents it doesn't mean your property is dirty, it means there is shelter and an open food source for them. Adhere to the following guidelines to make your property less attractive for rodents. As the saying goes, an ounce of prevention is worth a pound of cure.

Remove food sources

- Do not store garbage outside; place it at the curb no earlier than 6 a.m. on your pickup day
- Remove bird feeders or attach catch basins so feed does not fall on the ground
- Do not store pet food, bird feed and lawn seed outside
- Compost properly – do not add fish or meat to backyard compost bins. Ensure the contents are damp

Remove potential shelters

- Any area that a rat can get into, but a dog or cat can't, is a potential shelter
- Tall grass, weeds and vegetation next to buildings and fences should be removed
- Lumber, rocks, garbage, building material and other materials should be removed
- Do not enclose the base of patios and raised stairwells, not even with lattice
- Items that must be stored outside should be at least 46cm (18 inches) off the ground and 30cm (12 inches) from walls and fences

Keep it Clean, St. John's!

Each year, from spring to fall, City of St. John's staff and contractors regularly clean litter from roadsides, open spaces and parks, and City owned property.

Downtown litter crew

As soon as the snow melts our downtown litter crews are put in place. One crew starts their day at 6 a.m. cleaning litter from the downtown core of Duckworth and Water Streets and Harbour Drive. A second crew starts at 9 a.m. cleaning some of the main streets leading from downtown up to and including Military and Harvey Roads and a section of Lemarchant Road. They also clean the lower section of Freshwater Road, and head to the downtown core once the first crew is finished for the day. These litter crews use push brooms, shovels and buckets on wheels to collect litter.



Summer litter crew

For the past two years we've hired a litter crew who begin working in early May picking up litter around town. Throughout the spring and summer they clean along main thoroughfares and find everything from coffee cups and chip bags to old bicycles, refrigerators and couches.



Parks and Open Spaces staff

In the early spring when shoveling snow is no longer required but it's too early to tend to flower gardens and get parks and playgrounds ready for summer, our Parks and Open Spaces staff get busy cleaning litter from around City property and along roadways.

East Coast Trail volunteer clean up

Since 2008 we have partnered with the East Coast Trail Association to organize a volunteer cleanup of the section of the Sugarloaf Path that runs adjacent to the Robin Hood Bay Waste Management Facility. This annual event usually occurs at the end of May and this year a dozen volunteers filled 60 bags.



City staff volunteer clean up

This year was the fifth annual 'Team Up to Clean Up', an event held in late May when City staff trade in their regular jobs for the afternoon and volunteer to pick up litter. Staff work in teams and choose an area of town, often around their workplace, for their litter busting.



Waste containers

Cut down on litter by making sure to put your waste in a garbage or recycling container. We have waste containers around town including more than 600 in parks and playgrounds, some near bus stops, and more than 70 downtown alone!

While most of the containers are for garbage only, 92 bins (approximately 25%) have compartments for paper recyclables, container recyclables and garbage. Put waste in its place!

Doors Open!

Doors will be wide open at the Recycling Facility on **Sunday, Sept. 13 from 10 a.m. to 3 p.m.**

It's the one time of the year when we welcome everyone to walk through the recycling facility and learn what happens to your recycling after it leaves your curb.

Tours will take place every 30 minutes. The public is asked to arrive by vehicle and park in the designated parking area.

This site is accessible for persons with mobility disabilities. Public washrooms and onsite parking are available.

Visit the Curb It website at www.curbitstjohns.ca for more information.

The Residential Drop-Off, Landfill, and Recycling Facility will not be open to accept waste on this day.



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Fiction: You must take your car to the dealership to get it serviced because the warranty will be voided if the vehicle is serviced elsewhere.

Fact: When you bring your new vehicle to **Pit Crew Drive Thru**, your vehicle's engine warranty remains valid.



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GET IT TOGETHER

Protect yourself and your family. Be prepared with an emergency emergency kit because when disaster strikes - it's too late!

In an emergency

In an emergency, you will need some basic supplies. You may need to get by without power or tap water. Be prepared to be self-sufficient for at least 72 hours.

You may have some of the items already, such as food, water and a battery-operated or crank flashlight. The key is to make sure they are organized and easy to find. Would you be able to find your flashlight in the dark?

Make sure your kit is easy to carry and everyone in the household knows where it is. Keep it in a backpack, duffle bag or suitcase with wheels, in an easy-to-reach, accessible place, such as your front-hall closet.

Basic emergency kit

- Water – at least two litres of water per person per day
- Food that won't spoil, such as canned food, energy bars and dried foods (replace food and water once a year)
- Manual can-opener
- Crank or battery-powered flashlight (and extra batteries). Replace batteries once a year
- Crank, battery-powered radio (and extra batteries)
- First aid kit
- Extra keys to your car and house
- Keep some cash on hand as automated bank machines may not work during an emergency and you may have difficulty using debit or credit cards
- A copy of your emergency plan and contact information
- If applicable, other items such as prescription medication, infant formula, equipment for people with disabilities, or food, water and medication for your pets or service animal (personalize according to your needs)

Keep a corded phone in your home, as most cordless phones will not work during a power outage.

Pre-packaged kits

Canadian Red Cross kits can be purchased at www.shop.redcross.ca. Various other kits and supplies are also available for sale from other commercial entities.

Learn more

To learn more about emergency preparedness go to www.stjohns.ca > Living in St. John's > City Services> Emergency Preparedness or visit www.GetPrepared.ca

ENTER TO WIN!

Win a basic emergency kit from the City!
To enter email communications@stjohns.ca with subject **Emergency Kit Entry**

Emails must be received by **Sept. 30, 2015**
Please include your Name, Street Address and Phone Number.

The winner will be chosen by a random draw at the regular Council meeting during Fire Prevention Week, Oct. 4-10, 2015.



Carbon Monoxide: The Silent Killer

Most people have heard of carbon monoxide and know that it's dangerous.

But it's often a mystery of where it comes from, how it's produced, its physical symptoms, and what precautions can be taken to ensure it doesn't endanger you. Or worse, kill you.

Carbon monoxide is a highly poisonous gas, often referred to as 'the silent killer' because you can't see it, touch it or smell it.

This odourless gas is produced as a byproduct of combustion when common fuel-burning appliances and equipment that use gasoline, oil, wood, propane and kerosene, don't get enough air to completely burn up.

When this happens, carbon monoxide can build up, especially in a confined room or space – and this can lead to toxic effects on humans and pets.

Signs and symptoms of carbon monoxide poisoning may include:

- Dull headache
- Weakness
- Dizziness
- Nausea or vomiting
- Shortness of breath
- Confusion
- Blurred vision
- Loss of consciousness



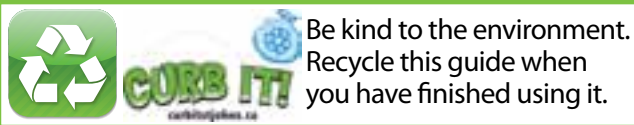
Carbon monoxide poisoning can be especially dangerous for people who are sleeping or intoxicated. People may have irreversible brain damage or even die before anyone realizes there's a problem.

Common Sources of carbon monoxide

- Oil or propane furnace
- Propane fireplace
- Propane stove
- Propane or charcoal barbecue
- Propane water heater
- Portable generators
- Fuel-burning space heaters
- Fireplaces and woodstoves
- Vehicles



Poor maintenance of these appliances, damaged or blocked venting, or inadequate airflow can cause dangerous levels of carbon monoxide to build up inside your home, garage, cottage – virtually any enclosed space under certain conditions.



Carbon Monoxide Alarms

Carbon monoxide alarms should be installed outside each sleeping area. Install alarms on every level of the home. It is best to use interconnected alarms. So, when one sounds, all carbon monoxide alarms in the home sound.

Follow the instructions on the package to properly install the carbon monoxide alarm.

Test carbon monoxide alarms at least once a month. Replace batteries at least twice a year, or sooner if the alarm 'chirps' to warn you the battery is low. We recommend replacing the batteries when the clocks change in the spring and the fall. It's an easy way to remember.

Replace carbon monoxide alarms according to the instructions on the package.

If the carbon monoxide alarm sounds, you must get fresh air. Move outdoors. Make sure everyone, pets included, gets to fresh air. Call the fire department from a fresh air location. Stay there until help arrives.

Prevent Carbon Monoxide Poisoning

When warming a vehicle, move it out of the garage. Do not run a fueled engine indoors, even if garage doors are open. Make sure the exhaust pipe of a running vehicle is not blocked.

Clear snow away. During and after a snowstorm, make sure vents for the dryer, furnace, stove and fireplace are clear of snow build-up.

Clear all debris from dryer, furnace, stove, and fireplace vents. A generator should only be used outdoors. Use in a well-ventilated location away from windows, doors, and vent openings. Gas or charcoal grills can produce carbon monoxide. Only use them outside.

Have heating equipment and chimneys inspected by a professional every year before cold weather sets in.

Open the damper when using a fireplace for adequate ventilation. Never use your oven or stove to heat your home.

For more information, contact Fire Prevention at **576-3905**, by email at fire@stjohns.ca, or visit our website www.sjrfd.ca.

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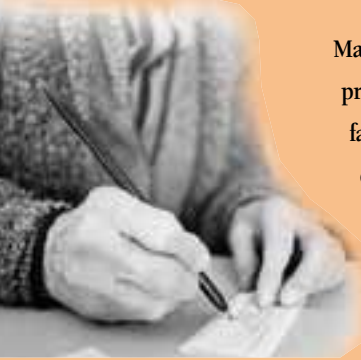
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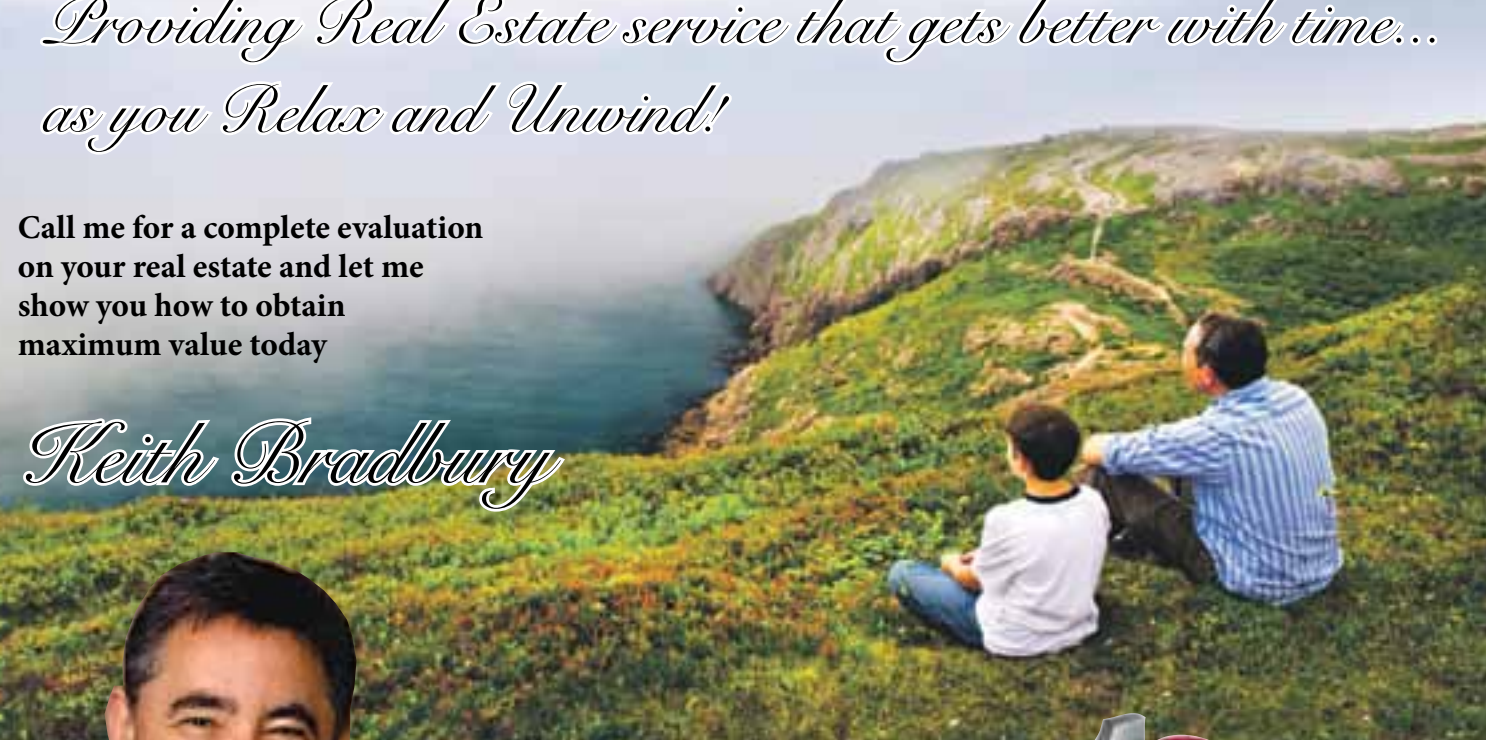
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Inclusive Services

For more detail and descriptions of these programs go to www.stjohns.ca look under 'Living in St. John's', choose 'Recreation and Parks' then 'Inclusive Services'.

Sensational Playgroup

A drop-in playgroup for children with sensory needs, up to age 6, to learn, play and socialize. Cost is \$2.

Wednesdays, 10 to 11:30 a.m.
Sept. 16 to Dec 2
Southlands Community Centre

Active Youth

For youth ages 15 to 21 with mild to moderate developmental disabilities to participate in recreation and leisure activities in a friendly, relaxed atmosphere with caring leaders. Registration, including an application, is due by Tuesday, September 8. To learn more, contact the Inclusive Services staff.

Tuesdays, 7 to 8:30 p.m.
Sept 15 to Dec. 1
H.G.R. Mews Community Centre
\$72 for 12 sessions

Leisure Group Bookings

Offered year round to groups, servicing those facing ability related barriers. Participants are given the opportunity to participate in recreation and leisure activities within a safe, supportive environment, with dedicated and experienced recreation staff.

Adaptive Equipment Loan Program

We have equipment that can assist persons with disabilities participate in recreation and leisure activities. Contact our Inclusive Services staff to inquire about borrowing our equipment.

An all-terrain wheelchair designed for outdoor settings, including trails, splash pads and parks, is available to borrow.

An accessible playground is located in Bowring Park.

Accessible swings are located in playgrounds:

- Bannerman Park
- Bowring Park
- East Meadows
- Froude Avenue
- Penney Crescent
- McNiven Place
- St. Mary's

Attendant Pass

Persons with disabilities who require the support of an attendant to accompany them to events, may apply for an attendant pass.

Program Subsidy

Program subsidies are available for adults facing financial barriers to participate in City of St. John's Recreation division activities. Subsidies for children and youth are referred to the R.E.A.L Program (see page 31).

Contact us:

For more information about any of these programs or services:

- 576-4450
- inclusion@stjohns.ca.

Application
deadline for next season
(winter) is
Nov. 17, 2015

For a listing of
inclusion-related
community agencies and organizations
supporting a variety of needs,
please visit our website .

See page 44 for
Red Cross Adaptive
Swim course



Making Opportunities REAL

By Kelly Maguire, Communications Officer

How many children and youth living in our city do not have the financial means to play sports and be active?

Any parent or guardian with children in hockey, tae kwon do, gymnastics, figure skating, swimming or any organized recreational activity knows that participation can be very costly. They also know that the benefits of such programs are immeasurable.

From improved self-esteem and meeting new friends, to being healthy and active, learning about commitment, team work and leadership skills, the benefits to a child's development are invaluable.

Since 2002, the Recreation Experiences and Leisure (R.E.A.L.) Program has been addressing the growing need for financial support to offer children and families access to organized activity.

The R.E.A.L. Program is a non-profit entity managed by the City of St. John's; the City provides all staffing and administrative costs so that 100 per cent of all donations go directly towards placements. This important program provides an avenue for all children in St. John's to have the opportunity to learn new skills by participating in a recreation programs of their choice. The program covers registration fees, transportation, equipment costs and is 100% confidential.

So how many families need this support? Since the R.E.A.L. Program started, there has been a steady growth in the number of participants each year. In recent years the average number of placements has been over 2,100.

"The R.E.A.L. Program would not exist without the support of our corporate sponsors and community partners," explains Councillor Bernard Davis. "Contributors give financial support, donate spaces in recreation programs and give equipment. These funding partners and recreation organizations are to be commended for their commitment to the families who need help the most in St. John's."

We Need your Help

To meet the growing demand and to continue making a difference in the lives of our children and our community, the R.E.A.L Program is seeking new partnership opportunities, corporate donors and sponsors.

If you are interested in learning more about becoming a supporter or partner organization, or to apply to the program, email real@stjohns.ca or call 576-2574.

A list of sponsors and partners can be found on our website, www.stjohns.ca look under 'Living in St. John's', choose 'Recreation and Parks' then 'R.E.A.L. Program'.



The R.E.A.L Program changes lives. Below are just a few testimonials from parents of children who have participated in recreation through the R.E.A.L Program:

"Let me thank-you once again for the positive role your organization plays in my teenage son's life. Keeping my son occupied and content helps me fight the parents fight in keeping my son off the streets."

- Feedback from Mother of Teenage Boy

"My daughter continues to enjoy- actually love- her first year of hockey. Her team is doing well and she is improving steadily. The main thing is that she is having fun! For that, Thank you!"

-Feedback from Father of 11 Year Old Girl

"My son was someone who truly needed confidence and you helped him get it. Now he has a circle of decent, good friends. And when one of them is feeling insecure my son does everything he can do to change it. I guess he knows how it feels to hurt. That's what life should be like. THANK YOU!"

- Feedback from Mother of 12 Year Old Boy

A guiding plan for a city of growth and change

The strategic plan is our overarching guiding plan for St. John's. It sets the focus for the City of St. John's in the next four years. The plan is comprised of Council's vision and values and built around what we heard through a variety of consultations with the community over the past two years. These set the stage for our key strategic directions, they guide our actions and are reflected in the City's policies, programs and services.

St. John's is a changing city

Like many cities in Canada, St. John's is experiencing significant change. Economic growth and demographic shifts are creating changing needs from the range and types of city infrastructure and programs to concerns about environmental health and social well-being.

However, this is likely the first time in contemporary history that St. John's has, and is continuing to become, a city sought out as a destination of choice – a good place to live, work and study and a great place to visit. Additionally, the growing presence of local, national and international businesses in St. John's and the metro region is changing the face of the business community. Capacity constraints, increasing demands, higher expectations and new opportunities are the results. The influence of international events also means that the City has to be more diversified.

We are 'on the radar' – nationally and internationally, and we are becoming 'rediscovered' with the confluence of natural resource wealth, growing niche technology expertise and a burgeoning tourism industry.

Our strategic plan considers the need for growth, change and innovation within the context of a caring City that respects and embraces its history and natural environment. St. John's will be a city where next generations want to live, work and participate.

There is a new-found optimism and commitment taking this place to new levels and the strategic plan is our guiding document on this journey. 



Strategic Directions 2015 • 2018

All City plans, strategies and program reviews link to, or connect with, the Strategic Plan through six strategic directions. Strategic directions identify the priorities that will help us achieve our vision.

Effective Organization

- Cultivate a safe, healthy and respectful environment
- Develop a knowledgeable and engaged workforce
- Advance business continuity and material management plans
- Support corporate-wide information and knowledge sharing
- Support a learning culture

A City for All Seasons

- Develop a Winter City strategy
- Support year-round active transportation
- Explore options for year-round active, leisure and recreation facilities and programs
- Promote active and healthy living
- Support a weather resilient city
- Incorporate *all weather* planning in City building and open space development
- Support year-round tourism and industry activity

A Culture of Cooperation

- Improve multi-level government relations
- Develop improved inter-regional municipal relations
- Create effective City-education collaborations
- Create effective City-community collaborations
- Explore regional emergency and continuity management strategy

Neighbourhoods Build our City

- Promote a safe and secure city
- Improve neighbourhood-level services
- Increase access to range/type of housing
- Develop parks and places for people
- Create neighbour-focused plans and information
- Deliver satellite and alternative methods for City services and information
- Maintain and position downtown as a distinct neighbourhood

Fiscally Responsible

- Develop appropriate user fee policies
- Explore complementary public/private partnerships
- Explore cost-sharing programs/foundations/models
- Advance new city-NL government fiscal framework
- Explore sponsorship strategies
- Deliver effective grant programs and services
- Develop multi-year budgeting framework/alignment with strategic directions

Responsive and Progressive

- Create a culture of engagement
- Become a welcoming and inclusive city
- Build social, environmental and demographic factors into policy-making
- Deliver comprehensive and responsive communications products and services
- Identify and deliver onprojects, strategies and programs



Fall Recreation Program Registration

City Residents
Thursday, August 20 beginning at 8 a.m.

Residents of Other Municipalities
Thursday, August 27 beginning at 8 a.m.



Registration Options

-  Online:
Visit **www.stjohns.ca**, under Quick Links choose 'RECconnect'
-  By phone:
 - 576-8499
 - 576-8631
-  In person:
 - **H.G.R. Mews Community Centre, 40 Mundy Pond Road**
 - **Wedgewood Park Recreation Centre, 47 Glenerye Street**



Please note:

When classes or programs are cancelled due to a holiday, fees are prorated.

We reserve the right to cancel programs/classes due to instructor availability or low registration.

Used RECconnect previously?

We recently upgraded our registration software and RECconnect has a new look. If you already have an account please use your email and password to Log in.

Set up an account!

If you haven't registered for a program previously, you have to set up a RECconnect account **before August 20**. You can set up an account in person at either the Mews or Wedgewood Centres, proof of residency is required.

You can also set up an account online by following these directions:

Go to **www.stjohns.ca** and under Quick Links choose **RECconnect**. In the top right corner choose **'Create an Account'**.

You must create an account for an adult first – even if you only intend to register children for programs. Additional family members can be added to your account afterwards.

The next few screens will ask for your information (the adult creating the account) – just enter your details and click **'next'** to proceed.

Birthdates are required to be entered as most our programs are offered by age group. Listing an emergency contact is also required.

You must enter an email address in order to create an account.

To add additional family members be sure to click on **'Create Account'** and **'Add Family Member'**.

Once all information has been completed click **'Create Account'**.

You will then receive an email confirming we've received your request to create an account.

You will be notified by email when your information has been submitted. Prior to approval, proof of residency is required. Please provide photo identification stating your permanent address. A utility bill stating name and full mailing address will also be accepted and must accompany photo identification.

Once this is verified you will receive confirmation that your account is activated.

Already have an account?

Login

Email

Password

☐ Remember me on this computer?

Forget your password?

Login

Don't have an Account?

Create New Account

My Wish List

If you usually register for several programs at once, or register for popular programs such as swimming, you will love the wish list feature.

Prior to registration day log in to RECconnect and browse the available programs. Once you see a course you intend to register for click the green **Wish List** button to the right of the course title. Now this program is in your wish list! If you intend to register for more programs, click the **Add Activity** button at the bottom and you return to the programs listing page. You can continue browsing and adding courses to your wish list – there's no limit to number of courses you add to it.

To the right of your wish list programs you'll see the date of the next available enrolment period. For this fall's programs it's August 20 at 8 a.m. You cannot register for your chosen programs until the date and time listed.

The next time you log in to RECconnect you just need to click on **My Wish List** in the top right corner and all the courses you've previously chosen are there.

If you've changed your mind and don't want to register for a specific course, just click **Remove** directly below that course title.



How to Register

When registration opens, once you log in simply go to your wish list, and click the orange **My Cart** button



It tells you your shopping cart is empty so all you have to do is click the **Add** from Wish List in the bottom bar and now your shopping cart holds all the courses you'd previously selected. Simply select the family member you wish to register in each course and add to your cart.

When you have selected the family members for each course from the Wish list and added them to your cart, click the **Proceed to the Checkout** button. It will then confirm the courses you've chosen if there is space and notes if you are on the waitlist for any of the selected courses.

Due Now: \$296.00

Proceed to Checkout

You will then be prompted to pay for the courses you've successfully registered for using a credit card.

Refunds, credits and family discounts

Requests for refunds, credits or family discounts are only considered when an application is received 14 days before the start of a program or rental. We cannot accept requests by telephone or email.

Applications for refunds, credits and family discounts can be picked up at the Mews or Wedgewood Centres, or online at www.stjohns.ca, look under 'Living in St. John's, choose 'Forms and Applications' and click the Recreation tab.



Adult Learn To... Craft

Take part in a monthly craft session, learn new skills and share ideas with others. Each class costs \$20 and materials are provided.

Course	Day	Date	Time	Location
Fall Wreath	Thursday	Sept. 24	12:30 to 2:30 p.m.	Southlands Community Centre
Halloween Lantern	Thursday	Oct. 15	12:30 to 2:30 p.m.	Southlands Community Centre
Halloween Decoration (plastic canvas)	Monday	Oct. 19	6:30 to 8:30 p.m.	Shea Heights Community Centre
Make a Tote Bag	Thursday	Nov. 12	12:30 to 2:30 p.m.	Southlands Community Centre
Explore Art (acrylic and glass painting)	Monday	Nov. 16	6:30 to 8:30 p.m.	Shea Heights Community Centre
Creative at Christmas (wreath)	Tuesday	Dec. 8	6:30 to 8:30 p.m.	Shea Heights Community Centre
Make an Ugly Stick	Thursday	Dec. 10	12:30 to 2:30 p.m.	Southlands Community Centre

Public swimming and fitness sessions – Drop In

We have two swimming pools both with a viewing area, wheelchair accessibility and pool lifts.

H.G.R. Mews Community Centre, 40 Mundy Pond Road

- 25 metre pool
- 1 metre diving board
- Co-ed steam room dry sauna

Wedgewood Park Recreation Centre, 47 Gleneyre Street

- 18 metre pool

Wristbands must be worn by all people participating in programs at our pools. Please see our front desk staff to receive your wristband. When there ask about our 10, 20 and 30 swim or fitness passes – the more you attend the more you save!

Pool Session Descriptions

Session	Need to Know
Everyone Welcome Swim	Children under 8 years old must be accompanied by a supervisor 16+ years old, who must remain at arms length in the water at all times. Maximum 3 children to 1 supervisor; Leisure swim; toys available; Diving board open at H.G.R. Mews Community Centre. Maximum 3 children to 1 supervisor.
Family Swim	All children must be accompanied by a supervisor 16+ years old, who must remain at arms length in the water at all times. Maximum 3 children to 1 supervisor; Leisure swim; toys available; diving board available at H.G.R. Mews Community Centre. Maximum 3 children to 1 supervisor.
Adult Swim	Open to adults 19+ years old. Lane swim, leisure area.
Lane Swim	Children under 13 years old must be accompanied by a supervisor 16+ years old, who must remain at arms length in the water at all times. Maximum 3 children to 1 supervisor. Lane swim, leisure area for water jogging/fitness. No toys available. No leisure area in the ‘All lane swim’.

Fitness Session Descriptions

Aqua Jog	Low impact jogging in the water. Suitable for those with knee/leg injuries that prevent running on land.
Body Bar	Strength training using hand weights and stability balls for a well-rounded workout.
Deep Water	Non-impact fitness in the deep end of the pool. Suitable for all swim levels as flotation belts are used.
Kettlebell	Cardiovascular strength and flexibility training; suitable for all levels from beginner to advanced.
Mixed Yoga	Suitable for beginner and intermediate yogi.
Older Adult Fitness	Improve the strength of all muscles (including heart and lungs), bones and joints.
Older Adult Shallow Water	Low impact fitness in the shallow end of the pool for older adults or people new to aquatic fitness.
Shallow Water	Low impact fitness in the shallow end of the pool.
Stroller Fitness	Cardiovascular training for caregivers and babies in strollers.
Zumba	Cardiovascular training with Latin dance styles and music.

Rent a pool

To rent the pool at Wedgewood or Mews Centres(excluding birthday parties) call **576-8623** or email **recreation@stjohns.ca**

H.G.R. Mews Community Centre Pool Schedule, Sept. 20 to Dec. 5, 2015						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lane Swim 7 to 8:50 a.m.	Lane Swim 7 to 8:50 a.m.	Lane Swim 7 to 8:50 a.m.	Lane Swim 7 to 8:50 a.m.	Lane Swim 7 to 8:50 a.m.	Lane Swim 7 to 8:50 a.m.	Lane Swim 7 to 8:50 a.m.
Everyone Welcome Swim 2 to 3:20 p.m.	Adult Swim 11 a.m. to noon	Adult Swim 11 a.m. to noon	Adult Swim 11 a.m. to noon	Adult Swim 11 a.m. to noon	Adult Swim 11 a.m. to noon	Family Swim 3 to 3:50 p.m.
Adult Swim 9 to 10:20 p.m.	Lane Swim noon to 1:50 p.m.	Lane Swim noon to 1:50 p.m.	Lane Swim noon to 1:50 p.m.	Lane Swim noon to 1:50 p.m.	Lane Swim noon to 1:50 p.m.	Youth Swim 6:30 to 7:20 p.m.
	Lane Swim 7 to 7:50 p.m.	Everyone Welcome Swim 7 to 7:50 p.m.	All Lane Swim (no leisure area) 7 to 7:50 p.m.	Everyone Welcome Swim 7 to 7:50 p.m.	Lane Swim 6 to 6:50 p.m.	Everyone Welcome Swim 7:30 to 8:50 p.m.
	Adult Swim 10 to 10:50 p.m.	Adult Swim 9 to 10:50 p.m.	Adult Swim 10 to 10:50 p.m.	Adult Swim 9 to 10:50 p.m.	Everyone Welcome Swim 8 to 9:20 p.m.	Adult Swim 9 to 9:50 p.m.
					Adult Swim 9:30 to 10:50 p.m.	

H.G.R. Mews Community Centre Drop-in Fitness Schedule, Sept.13 to Dec. 18, 2015					
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Shallow Water Fitness 10 to 10:50 a.m.	Shallow Water Fitness 9 to 9:50 a.m.	Shallow Water Fitness 10 to 10:50 a.m.	Shallow Water Fitness 9 to 9:50 a.m.	Shallow Water Fitness 10 to 10:50 a.m.
	Stroller Fitness 10 to 10:50 a.m.	Older Adult Fitness 10 to 10:50 a.m.	Older Adult Fitness 11 to 11:50 a.m.	Older Adult Fitness 10 to 10:50 a.m.	Stroller Fitness 10 to 10:50 a.m.
	Older Adult Fitness 11 to 11:50 a.m.	Older Adult Shallow Water Fitness 2 to 2:50 p.m.	Mixed Yoga 6:30 to 7:20 p.m.	Older Adult Shallow Water Fitness 2 to 2:50 p.m.	Older Adult Fitness 11 to 11:50 a.m.
	Body Bar 6:30 to 7:20 p.m.	Zumba 6 to 6:50 p.m.	Kettlebell 7:30 to 8:20 p.m.		
	Zumba 7:30 to 8:20 p.m.	Step Circuit 7 to 7:50 p.m.	Zumba 8:30 to 9:20 p.m.		
Shallow Water Fitness 8 to 8:50 p.m.	Shallow Water Fitness 8 to 8:50 p.m.	Shallow Water Fitness 8 to 8:50 p.m.	Shallow Water Fitness 8 to 8:50 p.m.	Shallow Water Fitness 8 to 8:50 p.m.	
	Deep Water Fitness 9 to 9:50 p.m.		Aqua Jog 9 to 9:50 p.m.		

For Sept. 13 to 19 pool Schedules use the contact information below. Swimming pool schedules are **subject to change**. To confirm the schedule:

- Call the Swim and Fitness Line 576-8408
- Email **recreation@stjohns.ca**
- Visit **www.stjohns.ca** go to Quick Links > Swim Schedules

H.G.R. Mews Community Centre pool is closed for annual maintenance from Aug. 30 to Sept. 12.



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Wedgewood Park Recreation Centre Pool Schedule, Sept. 29 to Dec. 5, 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lane Swim 8 to 8:50 a.m.	Lane Swim 7 to 8:50 a.m.	Adult Swim 11 a.m. to noon	Lane Swim 7 to 8:50 a.m.	Adult Swim 11 a.m. to noon	Lane Swim 7 to 8:50 a.m.	Lane Swim 8 to 8:50 a.m.
Family Swim 2 to 3:20 p.m.	Adult Swim 11 a.m. to noon	Lane Swim Noon to 1:50 p.m.	Adult Swim 11 a.m. to noon	Lane Swim Noon to 1:50 p.m.	Adult Swim 11 a.m. to noon	Everyone Welcome Swim 2:30 to 3:50 p.m.
Everyone Welcome Swim 4:30 to 5:50 p.m.	Lane Swim Noon to 1:50 p.m.	Lane Swim 6 to 6:50 p.m.	Lane Swim Noon to 1:50 p.m.	Lane Swim 6 to 6:50 p.m.	Lane Swim Noon to 1:50 p.m.	Family Swim 5 to 5:50 p.m.
Adult Swim 9 to 10:20 p.m.	Everyone Welcome Swim 7 to 8:20 p.m.	Everyone Welcome Swim 7 to 7:50 p.m.	Everyone Welcome Swim 7 to 7:50 p.m.	Everyone Welcome Swim 7 to 7:50 p.m.	Everyone Welcome Swim 7 to 8:50 p.m.	Everyone Welcome Swim 6 to 6:50 p.m.
		Adult Swim 9 to 10:20 p.m.	Lane Swim 8 to 8:50 p.m.	Adult Swim 9 to 10:20 p.m.		Youth Swim 8 to 8:50 p.m.

Wedgeood Park Recreation Centre Drop-in Fitness Schedule, Sept. 28 to Dec. 18, 2015 (Pool sessions begin Sept. 29)

Monday	Tuesday	Wednesday	Thursday	Friday
Deep Water Fitness 9 to 9:50 a.m.		Deep Water Fitness 9 to 9:50 a.m.	Deep Water Fitness 10 to 10:50 a.m.	Deep Water Fitness 9 to 9:50 a.m.
Body Bar 7 to 7:50 p.m.		Body Bar 7 to 7:50 p.m.		
Zumba 8 to 8:50 p.m.	Deep Water Fitness 8 to 8:50 p.m.	Zumba 8 to 8:50 p.m.	Deep Water Fitness 8 to 8:50 p.m.	

For Pool schedules from August 30 to Sept. 12 use the contact information below.

Swimming pool schedules are **subject to change**. To confirm the schedule:

- Call the Swim and Fitness Line 576-8155
- Email recreation@stjohns.ca
- Visit www.stjohns.ca go to Quick Links > Swim Schedules

**Wedgewood Park Recreation
Centre pool is closed for annual
maintenance from Sept. 13 to 28.**

Southlands Community Centre, 40 Teakwood Drive

Drop-In Fitness, September 14 to December 18

Monday	Tuesday	Wednesday	Thursday	Friday
Zumba 7 to 7:50 p.m.	Older Adult Fitness 11 to 11:50 a.m.	Zumba 7 to 7:50 p.m.	Older Adult Fitness 11 to 11:50 a.m.	Stroller Fitness 10 to 10:50 a.m.
Body Bar 8 to 8:50 p.m.		Body Bar 8 to 8:50 p.m.		

Kilbride Lions Community Centre, 47 Fahey Street

Drop-In Fitness, September 13 to December 18

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Zumba 7 to 7:50 p.m.	Older Adult Fitness 11 to 11:50 a.m		Older Adult Fitness 11 to 11:50 a.m		Older Adult Fitness 11 to 11:50 a.m

Adult Fitness and Raquetball

For more detail and descriptions of these programs go to **www.stjohns.ca** look under 'Living in St. John's', choose 'Recreation and Parks' then 'Adult Programs'.

**See page 36
for fitness class
descriptions**

Type	Dates	Days	Time	Cost	Location
Zumba	Sept. 14 to Dec. 16	Mondays	7 to 7:50 p.m.	\$52	Southlands Community Centre
		Wednesdays			
Stroller Fitness	Sept. 18 to Dec. 18	Fridays	10 to 10:50 a.m.	\$56	Southlands Community Centre
Body Bar	Sept. 14 to Dec. 16	Mondays	8 to 8:50 p.m.	\$52	Southlands Community Centre
		Wednesdays			
Beginner Yoga	Sept. 14 to Dec. 17	Mondays	6:45 to 8 p.m.	\$113.75	Airport Heights Community Centre
		Thursdays	10:45 a.m. to noon	\$122.50	
Intermediate Yoga	Sept. 14 to Dec. 17	Mondays	8:15 to 9:30 p.m.	\$113.75	Airport Heights Community Centre
		Wednesdays	6:45 to 8 p.m.	\$113.75	
		Thursdays	9:15 to 10:30 a.m.	\$122.50	
Power Yoga	Sept. 16 to Dec. 16	Wednesdays	8:15 to 9:30 p.m.	\$113.75	Airport Heights Community Centre
Mixed Yoga	Sept. 13 to Dec. 13	Sundays	6:45 to 8 p.m.	\$122.50	Airport Heights Community Centre
Yin Yoga	Sept. 13 to Dec. 13	Sundays	8:15 to 9:30 p.m.	\$122.50	Airport Heights Community Centre
Relaxation Yoga	Sept. 16 to Dec. 16	Wednesdays	9:30 to 10:45 a.m.	\$113.75	H.G.R. Mews Community Centre
Tai Chi Chih	Sept. 21 to Nov. 16	Mondays	10:30 a.m. to noon	\$66	Wedgewood Park Recreation Centre
			3:30 to 5 p.m.	\$66	H.G.R. Mews Community Centre
Beginner Pilates	Sept. 15 to Dec. 15	Tuesdays	5:45 to 6:35 p.m.	\$98	H.G.R. Mews Community Centre
Intermediate Pilates	Sept. 17 to Dec. 17	Thursdays	5:45 to 6:35 p.m.	\$98	H.G.R. Mews Community Centre

Racquetball

Leagues start the week of Sept. 15 and end the week of Dec. 15, and take place at the H.G.R. Mews Community Centre.

League	Days	Time	Cost
Ladies	Tuesdays	6 to 8:40 p.m.	\$45.50
Men's	Wednesdays	5:20 to 9:20 p.m.	\$42.25
Mixed	Thursdays	6 to 9:20 p.m.	\$45.50

**See page 48 for
Racquetball
Youth League**

**See page 48 for
Racquetball
Youth League**

Reserve a court at the H.G.R. Mews Community Centre by calling 576-8499.
We sell balls for \$2.50 and rent racquets for \$2, with a deposit of \$20 or photo I.D.

	Drop-in	5 game pass	10 game pass
Cost per court	\$7.40	\$28.50	\$51

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A portrait of Ryan Cleary, a man with short brown hair, wearing a dark suit jacket over a light-colored shirt. He is smiling and looking towards the camera. The background is a plain, light color.

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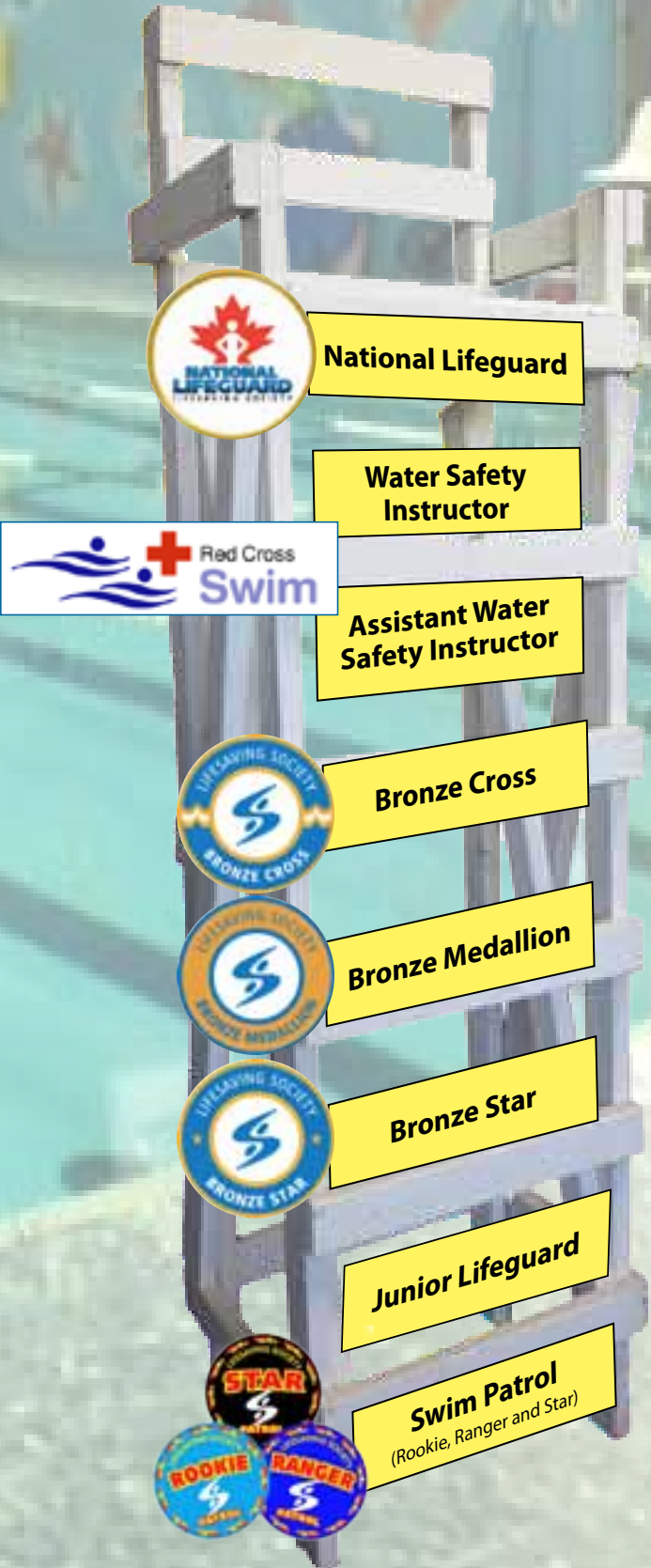
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Climb the ladder to become a lifeguard!

Start your lifeguard training now so we can hire you.

We're always looking for lifeguards to join our team.

When the Paul Reynolds Community Centre opens in Wedgewood Park in 2017 we'll have lots of positions to fill!



Aquatic Leadership: Lifeguard courses

For more detail and complete description of aquatics leadership courses go to www.stjohns.ca look under 'Living in St. John's', choose 'Recreation and Parks' then 'Swimming'.

Title	Ages	Location	Days and Dates	Times	Cost
Swim Patrol (Rookie, Ranger and Star)	8-12, must be able to swim	H.G.R. Mews Community Centre	Tuesdays, Sept. 22 to Dec. 1	5 to 5:45 p.m.	\$80
		Wedgewood Park Recreation Centre	Wednesdays, Sept. 23 to Dec. 2	6 to 6:45 p.m.	
		Wedgewood Park Recreation Centre	Saturdays, Sept. 26 to Dec. 5	10 to 10:45 a.m.	
		H.G.R. Mews Community Centre	Thursdays, Sept. 24 to Dec. 3	6 to 6:45 p.m.	
Bronze Star	12+	H.G.R. Mews Community Centre	Tuesdays, Sept. 29 to Dec. 1	6 to 6:45 p.m.	\$80
		H.G.R. Mews Community Centre	Thursdays, Sept. 24 to Dec. 3	5 to 5:45 p.m.	
		Wedgewood Park Recreation Centre	Wednesdays, Sept. 23 to Dec. 2	5 to 5:45 p.m.	
		Wedgewood Park Recreation Centre	Saturdays, Sept. 26 to Dec. 5	11 to 11:45 a.m.	
Bronze Medallion	Age 13+	H.G.R. Mews Community Centre	Sundays, Sept. 20 to Oct. 18 (excluding Oct. 11)	9 a.m. to 5 p.m. (first two weeks), 9 a.m. to 1 p.m. (second two weeks)	\$174.95 with Canadian Lifesaving Manual (CLSM) \$148.70 without CLSM
Bronze Cross	Age 14+, must have Bronze Medallion	H.G.R. Mews Community Centre	Sundays, Oct. 25 to Nov. 22	9 a.m. to 5 p.m. (first four weeks), 9 a.m. to 1 p.m. (last week)	\$239.75 with Canadian Lifesaving Manual (CLSM) \$213.45 without a CLSM
National Lifeguard Optional: Standard First Aid and CPR Level C	Age 15+, must have Bronze Cross	H.G.R. Mews Community Centre	Sundays, Sept. 20 to Nov. 8 (excluding Oct. 11)	9 a.m. to 5 p.m. one additional evening practice to be determined week 1. Practical exam Nov. 8	\$226.15 with Alert Lifeguarding in Action Manual \$198.30 without Alert Lifeguarding in Action Manual \$266.15 with Alert Manual and Standard First Aid \$233.30 without Alert Manual and with Standard First Aid
National Lifeguard Retake/Recertification Optional: Standard First Aid and CPR Level C	Age 15+, must have previously taken, National Lifeguard Course	H.G.R. Mews Community Centre	Sundays, Nov. 15 to 29	9 a.m. to 1 p.m. , one additional evening practice to be determined week 1. First Aid and CPR, 2 to 5 p.m. on Nov. 22 Practical Exam Nov. 29	\$100 \$135 with Standard First Aid and CPR Level C
Assistant Water Safety Instructor	Age 15+	H.G.R. Mews Community Centre	Sundays, Sept. 20 to Oct. 18 (excluding Oct. 11)	9 a.m. to 5 p.m.	\$250
Water Safety Instructor	Age 15+	H.G.R. Mews Community Centre	Sundays, Oct. 25 to Nov. 8	9 a.m. to 5 p.m.	\$175
Water Safety Instructor Recertification	Age 15+, must have previously taken Water Safety Instructor Course	H.G.R. Mews Community Centre	Sunday, Nov. 15	9 a.m. to 5 p.m.	\$75



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NOTICE TO CUSTOMERS
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We will be temporarily located at 15 Goldstone Street, Unit Number 2
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7039658



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Rent a Facility

City facilities can be booked for a variety of functions including baby or bridal showers, family gatherings, community/corporate events or sports activities.

For details on programs and services at Southlands, Shea Heights and Kilbride Community Centre’s go to **www.stjohns.ca** look under ‘Living in St. John’s’, choose ‘Recreation and Parks’ then ‘Community Programs’.

Facility	Details
H.G.R. Mews Community Centre 40 Mundy Pond Road 576-8631	Gym Multi-Purpose room
Wedgewood Park Recreation Centre 47 Gleneyre Street 576-8499	Gym Multi-Purpose room
Southlands Community Centre 40 Teakwood Drive 364-5252	Multi-Purpose room Kitchen Meeting room
Shea Heights Community Centre 130 Linegar Avenue 576-1023	Multi-Purpose room Kitchen
Kilbride Lions Community Centre 34 Fahey Street 368-0250	Multi-Purpose room Kitchen
St. John’s Cabot Theatre Bowring Park recreation@stjohns.ca	Outdoor theatre accommodates 750
Rotary Chalet Thorburn Road recreation@stjohns.ca	24 bunk beds Kitchen with dishwasher Outdoor barbeque
St. John’s Recreation Centre Buckmaster’s Circle recreation@stjohns.ca	Two courts ideal for soccer and floor hockey

Birthday Parties

Looking for a place to hold your birthday party? Our party spaces fill quickly so book early to avoid disappointment! During pool parties the pool is available for the first 50 minutes. Birthday party bookings also available at Shea Heights, Kilbride and Southlands community centres.

Facility	Friday	Saturday	Sunday	Cost
H.G.R. Mews Community Centre	Pool and Party Room 7 to 9 p.m.	Gym/Party Room 9:30 to 11 a.m. 11:30 a.m. to 1 p.m.	Pool and Party Room 1 to 3 p.m. 3:30 to 5:30 p.m.	Pool party cost ranges from \$120 to \$180 depending on number of party guests.
To book: Visit the front desk 40 Mundy Pond Road or call 576-8499		Pool and Party Room 5 to 7 p.m.		
Wedgewood Park Recreation Centre	Pool, Gym/Party Room 6 to 8 p.m.	Gym/Party Room 9:30 to 11 a.m. 11:30 a.m. to 1 p.m.	Gym/ Party Room 10 to 11:30 a.m.	Pool party cost ranges from \$135 to \$180 depending on number of party guests.
To book: Visit the front desk 47 Gleneyre Street or call 576-8631		Pool/Gym/Party Room 1:30 to 3:30 p.m. 4 to 6 p.m. 7 to 9 p.m.	Pool, Gym/ Party Room 1 to 3 p.m. 3:30 to 5:30 p.m. 6 to 8 p.m.	Gym/Party Room: \$118.50

Rent a pool

To rent the pool at the Wedgewood Park Recreation Centre or the H.G.R. Mews Community Centre (excluding birthday parties) call **576-8623** or email **recreation@stjohns.ca**

Group Outdoor Programs

Offered in the fall, winter and spring for community, youth and school groups (maximum 60 participants) and occurring at Rotary ‘Sunshine’ Park or C.A. Pippy Park. Programs generally run 1 to 2 hours and are customized for the age and ability of the participants.

To book or for more information call **576-8522** or email **recreation@stjohns.ca**.

- Programs offered this fall:
- wilderness survival
 - orienteering
 - hiking
 - shelter construction
 - outdoor cooking
 - fire building
 - archery
 - map and compass
 - canoeing
 - kayaking

Swimming lessons

For schedules and descriptions go to www.stjohns.ca look under ‘Living in St. John’s’, choose ‘Recreation and Parks’ then ‘Swimming’.



Facility	Classes begin week of	Classes end week of
H.G.R. Mews Community Centre	Sept. 20	Nov. 29
Wedgewood Park Recreation Centre	Oct. 4	Nov. 29

Starfish / Duck / Sea Turtle

Parent and Tot lessons for children 6 to 36 months of age
1 lesson per week of 30 minutes instruction and 20 minutes stay and play
Wedgewood: \$27 for 9 lessons
Mews Centre: \$33 for 11 lessons; \$30 for 10 lessons

Swim Preschool / Kids / Teens

1 lesson per week, 45 minutes class
Wedgewood: \$45 for 9 lessons; \$40 for 8 lessons
Mews Centre: \$55 for 11 lessons; \$50 for 10 lessons

Low Ratio Preschool / Kids

1 lesson per week, 45 minute class
Wedgewood: \$90 for 9 lessons; \$80 for 8 lessons
Mews Centre: \$110 for 11 lessons; \$100 for 10 lessons

Adult Lessons / Masters Swim Club*

1 lesson/practice per week, 50 minute session
Wedgewood: \$54 for 8 lessons; \$48 for 7 lessons
Mews Centre: \$66 for 11 lessons

*If you can swim 400m front crawl with short breaks and are looking to improve your endurance and technical skills in a masters level environment – this class is for you!

Red Cross Swim – Adapted**

1 lesson per week, 45 minute class
Wedgewood: \$80 for 8 lessons
Mews Centre: \$110 for 11 lessons

** A parent or aide may be required to support the swimmer in the water. An Inclusive Service Application is required to participate in this program. Contact Inclusive Services staff at **576-4450** or inclusion@stjohns.ca.

Private swimming lessons

Private or semi-private (2 participants) 25 minute lessons are available. If you choose a semi-private lesson, participants must be within two levels of each other.

This fall we’re offering three sets of lessons at each pool.

	Set 1	Set 2	Set 3
H.G.R. Mews Community Centre	Sept. 20 to Oct. 17	Oct. 18 to Nov. 14	Nov. 15 to Dec. 5
Wedgewood Park Recreation Centre	Oct. 4 to 24	Oct. 25 to Nov. 14	Nov. 15 to Dec. 4

For details on lesson days and times go to www.stjohns.ca and in the Quick Links choose RECconnect.

For a list of lessons offered at each pool, check our website.

Our swim levels and lessons follow the Canadian Red Cross Swim Program model.



OPEN DAILY
9:30AM – 5:00PM



SEPT 21-27 Science Literacy Week
Day and evening demonstrations and hands-on activities!

OCT 31st Halloween on the Hill
Family Fun Day with scary science and cool treats for all ages!

DEC 5th Pancake Breakfast with Santa
Always a family favourite! Tickets on sale in November.

SEE GEOCENTRE.CA FOR DETAILS ON THESE AND OTHER FAMILY FUN EVENTS!

175 Signal Hill Road • St. John’s, NL • www.geocentre.ca • info@geocentre.ca • (709) 737-7880

Children’s Programs

For more detail and descriptions of these programs go to www.stjohns.ca look under ‘Living in St. John’s’, choose ‘Recreation and Parks’ then ‘Children’s Programs’.

Registration begins Thursday, Aug. 20 at 8 a.m., unless otherwise noted. See **pages 34-35** for details on how to register.

After School Programs

There’s still space in our 2015-16 After School programs for grades 1 to 6! Visit our website for details.

Active Playgroup – Drop In

For parent/caregivers and children birth to 5 years old. No cost for children under 6 months.

Facility	Days	Time	Cost
Wedgewood Park Recreation Centre	Tuesdays and Thursdays Sept. 15 to Dec. 3	10 to 11:30 a.m.	\$2
Southlands Community Centre	Mondays and Saturdays Sept. 14 to Dec. 19	10 to 11:30 a.m.	\$2
Shea Heights Community Centre	Tuesdays and Thursdays Sept. 15 to Dec. 10	10 to 11:30 a.m.	\$2
Kilbride Lion’s Community Centre	Tuesdays and Thursdays	9:30 to 11:30 a.m.	Free. Offered by the Kilbride to Ferryland Family Resource Centre. Call 747-8532 for more information.

Active Preschool

A part time preschool program for 4-year-olds who will be attending school in September 2016. This is a great opportunity to prepare your child socially, cognitively and physically before they attend Kindergarten.

Airport Heights Community Centre
September 14 to December 4
9 a.m. to noon on Mondays, Wednesdays and Fridays
\$350





Music for Young Children®

Find a Teacher Near You!

Heather Meaney, Coordinator 21 Connemara Pl.....753-0218
Jodie Hynes Torbay.....437-7114
Betty Lahey Torbay.....437-1710
Susan LeDrew 89 Airport Heights Dr. 753-8774
Anne Marie Fleming 11 Albany St 579-4810
Mary Kay Maher 21 MacPherson Ave. 726-5109
Margaret M. Murray Reed 21 MacPherson Ave 726-5109
Brenda Gatherall Bonaventure Ave 687-0632
Kimberly Howard 185 Commonwealth Ave ...687-4890
Frequency Music Studio Paradise.....691-5715



7041990

Children Learn To...

These mini programs offer children, ages 6 to 12, the opportunity to explore and try new skills in a specific leisure activity. Cost for each course is just \$13.50.

Baking

The kitchen becomes an action-packed classroom where children measure and bake their way to new found knowledge and skills. Children will enjoy their baked treats at the end of class, and have the recipes to take home!

Course 1: Saturday, Oct. 10, 10 a.m. to noon, Kilbride Lion’s Community Centre
Course 2: Saturday, Oct. 10, 10 a.m. to noon, Southlands Community Centre
Course 3: Monday, Oct. 26, 6:30 to 8:30 p.m., Shea Heights Community Centre



Fit-N-Fun

Get fit and healthy by trying fitness, active games and the children will enjoy a healthy snack that they prepare. Children can share new healthy habits with the whole family.

Course 1: Monday, Nov. 9, 6:30 to 8:30 p.m., Shea Heights Community Centre
Course 2: Tuesday, Nov. 17, 6:30 to 8:30 p.m., Wedgewood Park Recreation Centre
Course 3: Saturday, Nov. 14, 10 a.m. to noon, Kilbride Lion’s Community Centre
Course 4: Saturday Nov. 28, 1 to 3 p.m., Southlands Community Centre



Explore Art

Develop your artistic talents through outlets of creativity including painting, crayon and collage art with a holiday season theme.

Course 1: Saturday, Dec. 5, 1 to 3 p.m., Southlands Community Centre
Course 2: Saturday, Dec. 12, 10 a.m. to noon, Kilbride Lions Community Centre
Course 3: Monday, Dec. 14, 6:30 to 8:30 p.m., Shea Heights Community Centre
Course 4: Tuesday, Dec. 15, 6:30 to 8:30 p.m., Wedgewood Park Community Centre

NEW Pre-teen programs

Check our website in October for new programs we’re launching for ages 10-12.

Kids on the Go

This program provides an opportunity for children ages 6 to 12 to enjoy various games and activities. Each week has a specific theme as well as plenty of choice in what you would like to participate in. Cost is \$15.

Kilbride Lion’s Community Centre
Course 1: Fridays, Oct. 9 to 23, 6 to 7:30 p.m.
Course 2: Fridays, Nov. 6 to 20, 6:30 to 8 p.m.

Southlands Community Centre
Saturdays, Sept. 19, Oct. 17 and Nov. 21, 1:30 to 3 p.m.



Home Alone Safety Course

A one-day safety and life skills program for children in grades 4 to 6 to develop independence. Just \$45 for this 9 a.m. to 4 p.m. course to learn fire safety, emergency preparedness, how to create a home readiness plan and more!

Course 1: Saturday, Sept. 26, Bannerman Park Pool House
Course 2: Saturday, Dec. 5, Kilbride Lion’s Community Centre

Babysitters Course

You’ll learn the basics of caring for children from birth to school age, first aid and emergency response. For 11 to 13 year olds this one-day course runs from 9 a.m. to 4 p.m. – bring your lunch! Cost \$45.

Course 1: Saturday, Oct. 17, Kilbride Lion’s Community Centre
Course 2: Saturday, Nov. 14, Southlands Community Centre



Youth Programs

For more details and course descriptions go to www.stjohns.ca, look under 'Living in St. Johns', then 'Recreation and Parks' and choose 'Youth Programs'.

Some of these programs are drop-in while other require pre-registration. See pages 34-35 for registration information.

Free Drop-In

An opportunity for youth to participate in a range of activities such as sports, cooking, leadership development and team building. Occasional guest speakers and Recreation staff is always supervising.

Kilbride Lion's Community Centre	ages 12 to 16	Sept. 14 to Dec. 16	Mondays and Wednesdays 6:30 to 7:30 p.m.
St. John Bosco School	ages 12 to 16	Sept. 15 to Dec. 8	Tuesdays 6:30 to 8:30 p.m.
Southlands Community Centre	ages 12 to 16	Sept. 15 to Dec. 20	Tuesdays, Thursdays and Sundays 6:30 to 8:30 p.m.
Shea Heights Community Centre	For girls only ages 10 to 14	Sept. 17 to Dec. 10	Thursdays 6:30 to 8 p.m.

See page 51 for ages 14+ Outdoor Pursuits courses that are Duke of Edinburgh compatible.

Youth Learn To...

These mini-programs let youth explore and try new skills. Courses are for ages 12 to 16.

Animal Care	Learn about animal rescue, pet care, careers with animals and bite prevention.	\$13.50 Animal Care and Adoption Centre, 81 Higgins Line	Course 1: Wednesday, Oct. 7, 6:30 to 8:30 p.m. Course 2: Wednesday, Nov. 25, 6:30 to 8:30 p.m.
Robotics	Learn how robots work and learn to program your own robots.	\$20 College of the North Atlantic, Ridge Road Campus	Tuesday, Oct. 20, 5 to 8 p.m.
Electronic Fabrication	Learn how electronic devices work and build your own during this hands on experience.	\$23.50 College of the North Atlantic, Ridge Road Campus	Tuesday, Oct. 27, 5 to 8:30 p.m.
Improv	Learn the lingo, group dynamics and master scene techniques used by the best improv groups around!	\$13.50 Bannerman Park pool house	Tuesday, Nov. 3, 6:30 to 8:30 p.m.
Cooking	The kitchen is a classroom where you measure, chop, sift, sauté and eat your way to new found knowledge, skills and attitudes towards food.	\$20 Location TBD	Thursday, Nov. 5, 5:30 to 8:30 p.m.

Ball Hockey

Take part in a recreational ball hockey night, when teams will be assigned on a nightly basis. Registration is required. For ages 12 to 16: \$25

H.G.R. Mews Community Centre
Oct. 18 to Dec. 6
Sundays, 6 to 7:15 p.m.

Racquetball

Join the Youth League! Registration is required. For ages 10 to 15: \$42

H.G.R. Mews Community Centre
Sept. 19 to Dec. 19
Saturdays, 10 to 11 a.m.

Beginner Guitar Lessons

Learn the basics of guitar care and musical theory, while being introduced to chords and songs. For ages 12 to 16: \$39

Course 1:
H.G.R. Mews Community Centre
Sept. 28 to Dec. 7 (excluding Oct. 12)
Mondays, 6 to 6:50 p.m.

Course 2:
Southlands Community Centre
Sept. 30 to Dec.9 (excluding Nov. 11)
Wednesdays, 7 to 7:50 p.m.

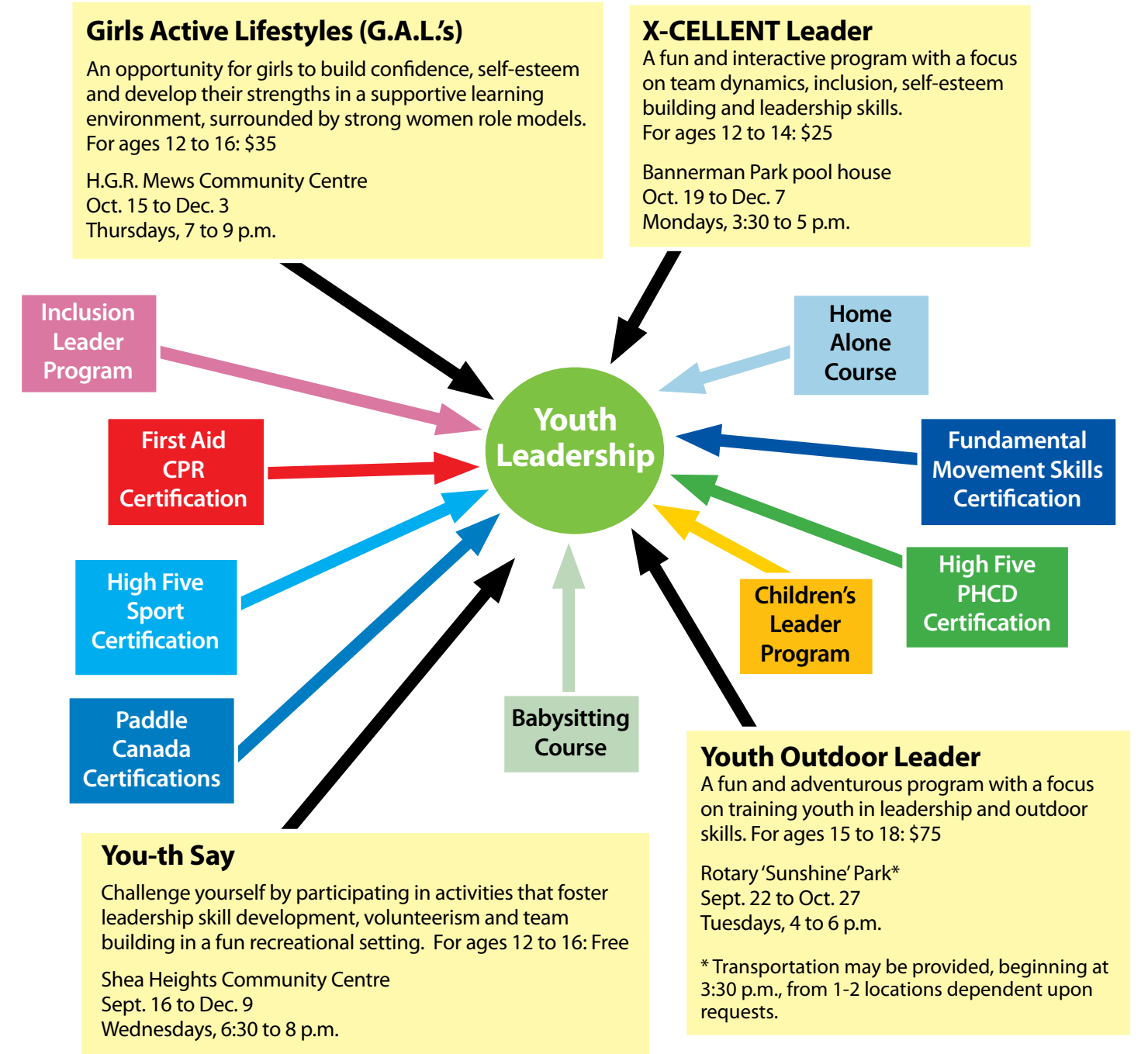
Parents: the teen years are a time of change, exploration and discovery. While your teen wants to become more independent, try new things, or perhaps to get their first job, you know that now is the time that they need more guidance and support than ever.

You know that to get a job people need experience, but how can your teen get experience if they've never had a job?! Help your teen gain skills and be productive by enrolling them in one of the City's leadership training courses. Designed for youth in a variety of topic areas including outdoor, sport, inclusion, caring for children, first aid and way more, our youth courses may betaken individually or through a group booking. It's the perfect time for teens to gain job skills, experience, volunteer hours and have fun, too!



Leadership Programs:

A variety of programs and courses available to youth to develop leadership and program specific skills. These courses can enhance resumes and help build our leaders of tomorrow. For more information call **576-8499** or email recreation@stjohns.ca



Family Programs

For more detail and descriptions of these programs go to www.stjohns.ca look under 'Living in St. John's', choose 'Recreation and Parks' then 'Family Programs'.

Family Archery (requires registration, see page 35)
Learn the basic skills of archery including proper shooting procedure, how to aim, types of equipment and safety regulations. Along the way you will play games that reinforce those skills. All equipment is provided. For ages 6+; 6-13 years must be accompanied by an adult.

Tuesdays and Thursdays, Oct. 6 to 15
6:30 to 8 p.m., \$48*
Wedgewood Park Recreation Centre
*for 2-6 family members living in the same household

Scavenger Hunt
Families of all ages and abilities (including furry friends) can attend a FREE scavenger hunt at Bowring Park for an afternoon of adventure and fun and learn some interesting facts as you go. Search for hidden clues to solve the puzzle and reveal the answer. This event is weather dependent.

Saturday, Sept. 12,
2 to 3:30 p.m.,
Bowring Park at the fountain pond
(enter from the large gravel parking lot)

Fall Outdoor Adventure
Families of all ages and abilities can hike the trails, try archery, hut construction, orienteering, games, sand play and s'mores – all for free! This event is weather dependent. (alternate date Sunday, October 18).

Sunday, Oct. 4, 2 to 4 p.m.,
Rotary 'Sunshine' Park, Thorburn Road

Move it Family Fun Day
Families of all ages and abilities are encouraged to join us for an afternoon of physical activity and fun in celebration of National Child Day. We'll have obstacle courses, target games, active tot spot, crafts, bouncy castles, skolleyball, hooping and active displays from our Recreation division, and other child-friendly community organizations. And it's all FREE!

Sunday, Nov. 22, 1:30 to 3:30 p.m., NL Sports Complex Power Plex,
80 Crosbie Road

Funtastic Families
A NEW healthy living series for the whole family that puts a high priority on FUN is starting later this fall! Check our website in mid-September for all the details.



Volunteer @ St. John's

The Department of Community Services is looking for dedicated volunteers for many City programs and services.

To learn more or apply go to www.stjohns.ca and choose Volunteer under Quick Links, or email volunteer@stjohns.ca



Outdoor Programs

For more detail on these programs including course descriptions go to www.stjohns.ca look under 'Living in St. John's', choose 'Recreation and Parks' then 'Outdoor Recreation'.

These courses require registration, see **pages 34-35** for how to register.



Intro to Stand Up Paddle Board (SUP)

SUP is the fastest growing water sport in North America. During this introductory session you will learn how to properly and safely get on, off and navigate your paddle board.

All equipment is provided. Come prepared to be in the water.
For 18+ years.

Saturday, Sept. 12
9 a.m. to noon, \$16.50
Rotary 'Sunshine' Park, Thorburn Road



Archery

Learn the basic skills of archery including proper shooting procedure, how to aim, types of equipment and safety regulations.

All equipment is provided. For 18+ years.

Wednesdays, Sept. 9 to 30
6:30 to 8 p.m., \$33
Rotary 'Sunshine' Park, Thorburn Road

Rain location:
Wedgewood Park Recreation Centre

See opposite page for Family Archery and Fall Outdoor Fun



Introduction to Outdoor Digital Photography

Improve your photography skills through an introduction to tools and techniques. Focus on colour, composition, perspective, light, and other tricks of the trade. Indoor and outdoor instruction and practice. Must bring own camera, manual and a tripod if you have one. For 18+ years.

Saturday, October 3
9 a.m. to 1 p.m., \$22
Bowring Park Lodge (by the duck pond)

Outdoor Pursuits

All equipment is provided for these courses, for ages 14+, and each course takes place at Rotary 'Sunshine' Park on Thorburn Road.

These courses are Duke of Edinburgh compatible and completing all four covers the preliminary training for the bronze level.

Title	Description	Date	Time	Cost
Backpacking Basics	Learn the basics of how to plan a trip, what to bring, how to pack your bag and how to apply Leave No Trace camping skills to all of your trips.	Sunday, September 27	9 a.m. to 1 p.m.	\$22
Outdoor Cooking	Prepare a delicious three course meal while on the trail. Learn how to prepare a menu, package your food and cook nutritious meals over a camp stove or fire.	Sunday, October 4	9 a.m. to 1 p.m.	\$22
Navigational Skills	Navigate through the wilderness using a map, compass and GPS. If you have a GPS and manual bring it along.	Sunday, October 18	9 a.m. to 2 p.m.	\$27.50
Wilderness Survival	Learn skills to help you survive in the wilderness such as shelter building, fire building, knot tying and signaling.	Sunday, October 25	9 a.m. to 2 p.m.	\$27.50



Back to School Safety:

One Crossing Guard Making a Difference

By Jill Sheppard
Marketing Associate

Crossing guards play an integral role in ensuring the safety of children pedestrians in school zones. Wilf Hunt is a crossing guard at Roncalli Elementary and says, "I have met some wonderful kids, parents and teachers and I take pride ensuring their safety and interacting with them on a daily basis." Crossing guards attend training once per year conducted by the City of St. John's in cooperation with the Royal Newfoundland Constabulary to ensure their safety standards are up to date.

When children need to cross the street crossing guards make it possible for them to cross safely.

It is important for parents to remind children how to be safe in a school zone. "Parents play an important role in

school zone safety," says Wilf. "Reminding their kids to pay attention to crossing guard instruction at all times and ensuring drivers see them before crossing can make a huge difference."

"I feel very proud and honoured to have this position and it's because of the kids, parents and teachers I encounter everyday."

Wilf Hunt

Crossing Guard

For motorists, extra care and caution while driving in a school zone is also important. "It is extremely important for motorists to watch their speed and pay attention to signs posted in a school zone," says Wilf.

Unless otherwise posted, the speed limit on all city streets is 50 km/hr. All crosswalks are clearly visible and identified by 'zebra markings', as well as a double yellow line indicating a no passing zone when approaching the crosswalk. Exceeding the speed limit or passing on the approach to a crosswalk may hinder a driver's ability to stop should a child suddenly dart onto the road.

Wilf thoroughly enjoys his job and encourages other seniors to get involved in the Crossing Guard program. "This job gets me out of the house twice a day which allows me to stay active. I come to work for an hour in the morning, I'll go for a walk and then go back to work for an hour in the afternoon."

Wilf feels his position has been very rewarding and meaningful and has given him a few accomplishments under his belt. He has prevented two children on separate occasions from being hit by a car; he has received Canada's Favourite Crossing Guard Award and has also been acknowledged in the House of Assembly for his work at Roncalli Elementary. Wilf says, "I feel very proud and honoured to have this position and it's because of the kids, parents and teachers I encounter everyday."



Learn French this Fall!

Beginner, Intermediate & Advanced Classes

The Francophone association offers adult night classes of all levels. Courses run for 13 weeks and fees vary from \$200 to \$245 (students and members benefit from a rebate)



French Club for Kids

The Club du samedi provides fun-filled and educational activities in French for children aged 5 to 14. The Club meets on Saturday mornings from 9am to 11:45am

The next session begins in October and runs for 10 weeks. Registration fees vary from \$85 to \$100

Canada



Your go-to place for activities in French!



The ACFSJ offers a vast range of activities and services in French at the Centre des Grands-Vents: yoga, tai-chi, badminton, cooking classes, choir, French library, movies, concerts, and much more! To become a member or to learn more, give us a call!

Association communautaire francophone de Saint-Jean
Centre scolaire et communautaire des Grands-Vents
65 Ridge Road, Suite 254, St. John's NL A1B 4P5

www.acfsj.ca 726-4900



Seniors' Programs

For more detail and descriptions of these programs go to www.stjohns.ca look under 'Living in St. John's', choose 'Recreation and Parks' then 'Seniors Programs'.

These programs require registration, unless otherwise noted. See **pages 34-35** for registration information

Social Recreation Program

A social program for older adults to interact and participate in an array of activities: cards, recreational games and general interest topics.

Come join us - the kettle is always on! \$2 drop-in fee.

Kilbride Lion's Community Centre
October 1 to November 26
Thursdays, 10 to 11:30 a.m.

Shea Heights Community Centre
Monthly Activities; drop by or call 576-1023 for details.

Lifelong Learners

These general interest courses are for ages 50+ and gives participants the opportunity to continue building skills and knowledge. Each course occurs on Tuesdays and Thursdays from 10 a.m. to noon, and costs \$30.

Backyard and Beyond: An Introduction to Bird Watching

September 29 to October 15
Bannerman Park pool house, Bannerman Road

This course provides an introduction to bird watching - basic skills, helpful resources and an introduction to some of the common birds you are likely to encounter in and around St. John's. Sessions include a combination of classroom presentations and fun outdoor excursions. Instructor: Jared Clarke

Beginner Digital Photography

October 6 to 22
Southlands Community Centre,
40 Teakwood Drive

If your digital camera has buttons and features you are not sure what to do with then this course is sure to help! This course will help you capture quality photographs by learning how to operate your camera with ease. Whether you take photos with a compact digital camera or a larger DSLR, this course will help you move out of the auto mode and into more advanced modes. Subjects to be covered include preset modes , exposure, white balance, ISO, P mode, and composition along with other options on your camera. Instructor: Melanie Courage

A Blue Puttee at War: Sydney Frost

October 27 to November 12
Bannerman Park pool house,
Bannerman Road

Learn more about Sydney Frost's four years, eight months, and twenty-six days with the Royal Newfoundland Regiment, from 1914 to 1919, by studying his memoir. Instructor: Honorable Edward M. Roberts

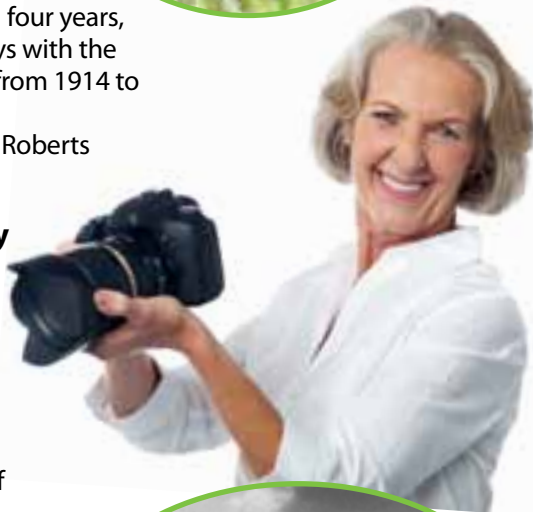
Newfoundland Film History

November 24 to December 10
Bannerman Park pool house,
Bannerman Road

Explore the history of Newfoundland cinema from its humble beginnings at the turn of the 19th century through to the present day. Instructor: Brad Gover



See page 35
for our new
Adult Craft
courses
for Fall



Awareness Sessions

These sessions are free but registration is required. See **pages 34-35** for registration information

Planning Ahead: Legal Information on Wills, Estates, Power of Attorney, and Advance Health Care Directives.

Monday, September 28
10 a.m. to noon
H.G.R. Mews Community Centre
FREE

Monday, November 16
10 a.m. to noon
H.G.R. Mews Community Centre
FREE

Special Events

Events are a great way for those 50+ years old to become active and socialize, whether on the dance floor or around the dinner table. Registration for events must be completed three days prior to the event. For registration options see **pages 34-35**. Meal, refreshments and transportation is included in the registration fee.

Newfoundland Night

Thursday, September 10
6:30 to 10:30 p.m.,
\$19 (\$14 if using GoBus)
City Hall, Foran/Greene Room

Thanksgiving Party

Thursday, October 8
12:30 to 4 p.m.,
\$27
Worsley Park, CBS

Halloween Party

Thursday, October 29
6:30 to 10:30 p.m.,
\$19 (\$14 if using GoBus)
City Hall, Foran/Greene Room

Country and Western

Thursday, November 19
6:30 to 10:30 p.m.,
\$19 (\$14 if using GoBus)
City Hall, Foran/Greene Room

Christmas at the Farm

Thursday, December 3
1 to 4 p.m.,
\$17 (\$12 if using GoBus)
Lester's Farm, Pearl Town Road

Christmas Party

Thursday, December 10
6:30 to 10:30 p.m.,
\$19 (\$14 if using GoBus)
City Hall, Foran/Greene Room

SCENT FREE -
Individuals who
wear scented
products may be
refused attendance
to the outing, at the
discretion of
City staff.

For more information
about Seniors' Programs

call **576-8490** or **576-8411**

email recreation@stjohns.ca

website www.stjohns.ca

->Living in St. Johns

->Recreation and Parks

->Seniors Programs

TRANSPORTATION

Transportation for special events is included in the price. Please call 576-8594 the evening before the outing to determine the bus schedule. Pick-ups occur from the H.G.R. Mews Community Centre and the following adult and seniors' apartment complexes:

Black Shore Court
Building # 10 Pasadena Cres
Building # 25 Tiffany Lane
Ricketts Manor
Riverhead Towers
Kean Place Apartments
St. Clare Manor
St. George's Court Apartments
Kelly's Brook Apartments
Kenny's Park Apartments
The Bristol
Maplewood Apartments
Thomas Estates
Morgan Hollow
Mt. Pleasant Manor
Victoria Manor
Wigmore Manor

The people you trust, in a
new place you'll love.



Krista Hearn



Anne Marie Murphy



Quality Care
HEARING

When you need to hear,
we listen.

57 Old Pennywell Road,
St. John's, NL A1E 6A8

TEL: 709-739-0999

www.qualitycarehearing.ca

find us on **facebook**

follow us **twitter**

Adult Classes

For more detail and descriptions of these programs go to www.stjohns.ca look under ‘Living in St. John’s, choose ‘Recreation and Parks’ then ‘Adult Programs’. Registration is required for these 19+ classes (registration information on pages 34-35) unless otherwise noted.

Dance Programs

Meet new people and have a fun filled workout. Please wear comfortable clothing and footwear. All classes take place at the H.G.R. Mews Community Centre and cost \$48.

Course	Description	Days	Dates	Times	Requirements
Ballroom Dance Course 1	Learn the Foxtrot, Jive and Waltz. Intended for beginners	Sundays	Sept. 20 to Dec. 6	7:45 to 8:45 p.m.	Registration with a partner is required.
Ballroom Dance Course 2	Ballroom dance steps set to 16 bars of music including; the Kathryn Waltzes, Melodie Foxtrot, Square Tango, and others.	Sundays	Sept. 20 to Dec. 6	9 to 10 p.m.	Registration with a partner is required.
Newfoundland Traditional Dance	Learn the Lancer, various square dances, longways, reel and cotillion. For beginners or dancers with some experience.	Wednesdays	Sept. 16 to Dec. 2	7:30 to 9 p.m.	\$6 per drop in class
Irish Social Dancing	Learn The Siege of Ennis, The Walls of Limerick and other traditional dances.	Mondays	Sept. 14 to Nov. 30	10 to 11:30 a.m.	\$6 per drop in class
Beginner Line Dance	Learn the basic steps including the grapevine, the shuffle and the pivot turn.	Tuesdays	Sept. 15 to Dec. 1	11 to 11:50 a.m.	
Intermediate Line Dance	Learn more step routines to keep your line dance lively.	Thursdays	Sept. 17 to Dec. 3	11 a.m. to noon	Beginner Line Dance, or equivalent, is an asset.
		Thursdays	Sept. 17 to Dec. 3	12:15 to 1:15 pm.	
		Fridays	Sept. 18 to Dec. 4	1 to 2 p.m.	
Advanced Line Dance	Take your line dancing to the next level by learning advanced steps.	Fridays	Sept. 18 to Dec. 4	2:15 to 3:15 p.m.	Intermediate Line Dance, or equivalent, is an asset.

Bridge

Learn how to play the card game of bridge, or improve your skills in a social environment. All classes take place at the H.G.R. Mews Community Centre.

Course	Description	Days	Dates	Times	Requirements	Cost
Beginner, Level 1	Learn how to count points, bid and score the game.	Tuesdays	Sept. 15 to Dec. 1	9:15 to 11:45 a.m.	No previous experience required.	\$86.50
Beginner, Level 2	Learn how to play and build on your knowledge of the game.	Wednesdays	Sept. 16 to Dec. 2	9:15 to 11:45 a.m.	Must have completed Beginner, Level 1 course.	\$79.25
Social	Play with others in a relaxed atmosphere. Make up your own table or join one.	Wednesdays	Sept. 16 to Dec. 2	2 to 4 p.m.	Must know how to play as there’s no instructor present.	\$60 Or \$6 drop in fee per session

See page 35 for our new Adult Craft courses for Fall

No classes due to holidays on:
Monday, Oct. 12
Wednesday, Nov. 11

Painting

Learn the basics of painting and complete your own masterpiece. No experience necessary and all skill levels are welcomed – even if you’ve never picked up a brush!

Course	Days	Dates	Times	Location	Cost
Acrylic	Fridays	Sept. 18 to Oct. 9	1 to 3 p.m.	H.G.R. Mews Community Centre	\$40
Oil	Thursdays	Sept. 17 to Oct. 1 Pepper	6:30 to 9:30 p.m.	H.G.R. Mews Community Centre	\$36
		Oct. 8 to 22 Lily			
		Oct. 29 to Nov. 12 Shell			
		Nov. 19 to Dec. 3 Christmas Door			
Water Colour	Mondays	Sept. 14 to Oct. 5	6:30 to 9 p.m.	Quidi Vidi Village Plantation	\$50
		Oct. 19 to Nov. 9			
		Nov. 16 to Dec. 7			

Music

Course	Description	Requirements	Days	Dates	Times	Location	Cost
Beginner Guitar	Learn elementary chords and the basics of tuning, strumming and finger picking.	No experience necessary.	Mondays	Sept. 14 to Nov. 30	7:30 to 9 p.m.	H.G.R. Mews Community Centre	\$49
		Must bring an acoustic guitar.	Wednesdays	Sept. 16 to Dec. 2	7:30 to 9 p.m.	Charles E. Warr Pavilion, Adams Avenue	\$49
			Thursdays	Sept. 17 to Dec. 3	9:15 to 10:45 a.m.	H.G.R. Mews Community Centre	\$64.25
Intermediate Guitar	Learn chords with greater complexity, and additional styles and techniques.	Have completed Beginner Guitar, or comparable. Must bring an acoustic guitar.	Thursdays	Sept. 17 to Dec. 3	11 a.m. to 12:30 p.m.	H.G.R. Mews Community Centre	\$64.25
Advanced Guitar	Learn more intricate song arrangements for a variety of styles	Have completed Intermediate Guitar, or comparable. Must bring an acoustic guitar.	Thursdays	Sept. 17 to Dec. 3	1:30 to 3 p.m.	H.G.R. Mews Community Centre	\$64.25
Keyboarding Level 1	Learn the basics of how to read and play music.	For those with little to no experience. Keyboards are provided.	Tuesdays	Sept. 15 to Dec. 1	9:15 to 10:45 a.m.	H.G. R. Mews Community Centre	\$72
Keyboarding Level 2	Become more familiar with reading music and playing songs.	Some keyboard experience necessary. Keyboards are provided.	Tuesdays	Sept. 15 to Dec. 1	11 a.m. to 12:30 p.m.	H.G. R. Mews Community Centre	\$72
Keyboarding Level 3	Learn to play more detailed arrangements.	Must be able to read music and play with both hands. Keyboards are provided.	Tuesdays	Sept. 15 to Dec. 1	1:30 to 3 p.m.	H.G. R. Mews Community Centre	\$72
Accordion Level 1	Learn the basics including how to read music.	No experience necessary. Must bring a button accordion.	Tuesdays	Sept. 15 to Dec. 1	6 to 7:30 p.m.	Charles E. Warr Pavilion, Adams Avenue	\$64.25
Accordion Level 2	Enhance your skills and learn new tunes. Intermediate and advanced players are welcome.	Have completed Accordion Level 1, or comparable. Must bring a button accordion.	Tuesdays	Sept. 15 to Dec. 1	7:30 to 9 p.m.	Charles E. Warr Pavilion, Adams Avenue	\$64.25

RECREATION

RECREATION

From concept to key...

Understanding the Development Process

By Susan Bonnell
Manager Marketing and Communications

Have you ever wondered how subdivisions, apartment buildings, commercial lots and other developments come to be?

What steps are involved in having a parcel of land developed? How involved are City officials, elected representatives and concerned citizens in the process?

Here are some questions about development and answers from our experts in the Planning and Development Division that will help you understand the process, from the earliest planning stages to final occupancy.

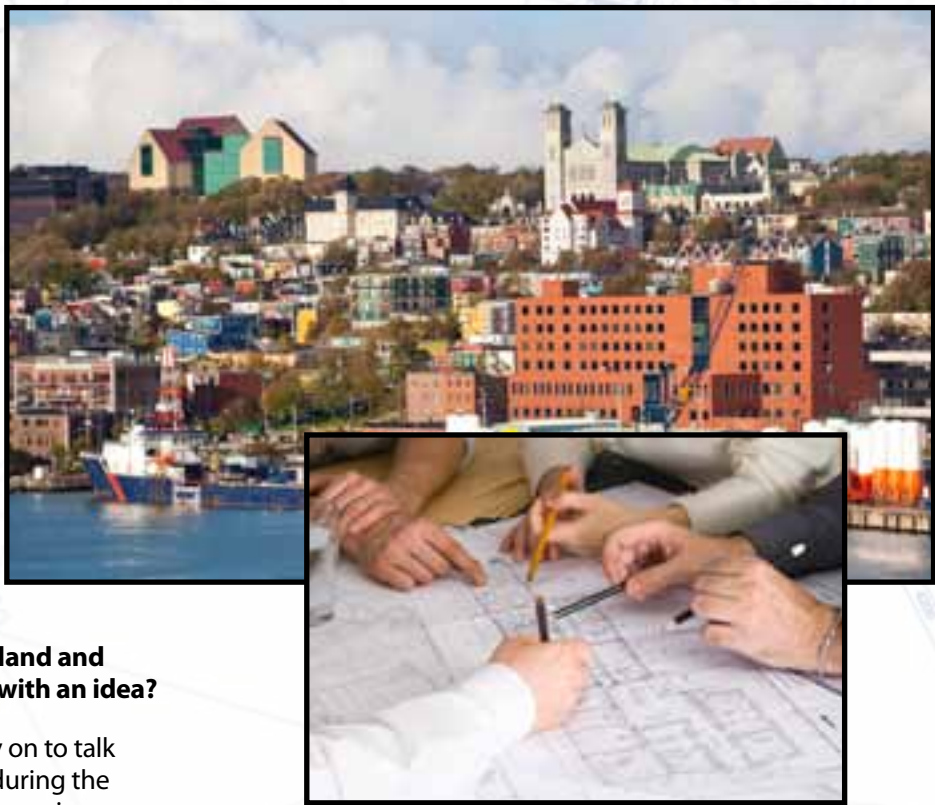
Q: Do developers come to the City with their land and property purchased first, or do they come in with an idea?

A: We encourage developers to come to us early on to talk about their ideas so that there are no surprises during the review process. For example, if what they are proposing doesn't meet the current requirements than the process is more involved with no guarantee of approval. Whereas, if the land is already zoned for what they want to build – let's say a retail store in a commercial zone or a house in a residential zone – then the process is quite straight forward and doesn't generally require a decision of council. It is best to know as much as you can up front before investing in a property.

Q: If a lot is not zoned the way you want to develop it, is that the end of the discussion?

A: No, there is a process to follow to have Council consider an application to rezone land. This is a public process that involves review by our planning staff, public review and comments, a public meeting, and ultimately a decision of Council. Decisions on zoning take into consideration the municipal plan. We ask, 'Does the proposal fit in with the municipal plan? If not, would an amendment to the municipal plan be in the best interests of the city?'

One really valuable piece of information that developers submit as part of the review process for a rezoning application is a Land Use Assessment Report. This report looks at the potential impacts of a development on the surrounding area. It answers questions like 'What is your lot layout? What is the building going to look like? How tall will it be? How many units?'



What are the considerations for shadowing, noise, lighting and parking? It's a great way to get information to people so that they can really understand what's planned for their neighbourhood.

Q: Are public meetings always required?

A: Public meetings are a legal requirement for rezoning applications and for amendments to the Municipal Plan. As well, public meetings may be held for Discretionary Use Applications depending on the amount of public interest. For other types of applications public meetings are not required.

Q: Once all the zoning issues are addressed, what's the next step?

A: For larger developments a developer will initially make application to the City for approval-in-principle which includes a concept plan and a legal survey that staff will review for issues such as access, water and sanitary/storm sewer capacity, etc. Staff will ensure that there are no capacity issues with the City's existing infrastructure and they will review how the development proposes to connect to the City's existing infrastructure. If the development is acceptable and meets all basic requirements then staff will recommend that Council grant approval-in-principle for the development.

If Council gives approval-in-principle to a particular development the developer is then required to make a second submission providing detailed drawings and computations in order to obtain final approval for the project. City staff review this information to ensure the City's design standards, specifications and policies are met.

Q: Who builds the roads and lays the pipe in a new development?

A: Developers are responsible for any extension of infrastructure and/or municipal services. The City accepts ownership of infrastructure after review of all test results and quality control reports have been reviewed and approved.

Q: How long are inspectors involved in the development process?

A: Once the road connections and underground servicing have been completed it is now time to seek a building permit. At this stage developers provide the City with their architectural, plumbing and electrical plans and our inspectors assess whether or not the plans meet the various codes. During construction there are several structural, electrical and plumbing inspections required at various stages of completion.

Q: Why is development so important to the City and what is staff's role?

A: Development shapes the City. It provides the houses, stores, offices , etc. that give residents places to live and work. There are economic benefits during construction through direct jobs



and the sale of building materials. After construction, there is an increase in the tax base that a municipality can use to build or enhance parks and open space, improve existing services and add new services. Staff's role is to provide advice and guidance to developers while ensuring the safety and interests of the general public are preserved. A lot of different City staff are involved in the development review process including planners, engineers, technicians and inspectors. These people are heavily involved in the process from the time the initial concept plans are submitted until the occupancy certificates are issued.

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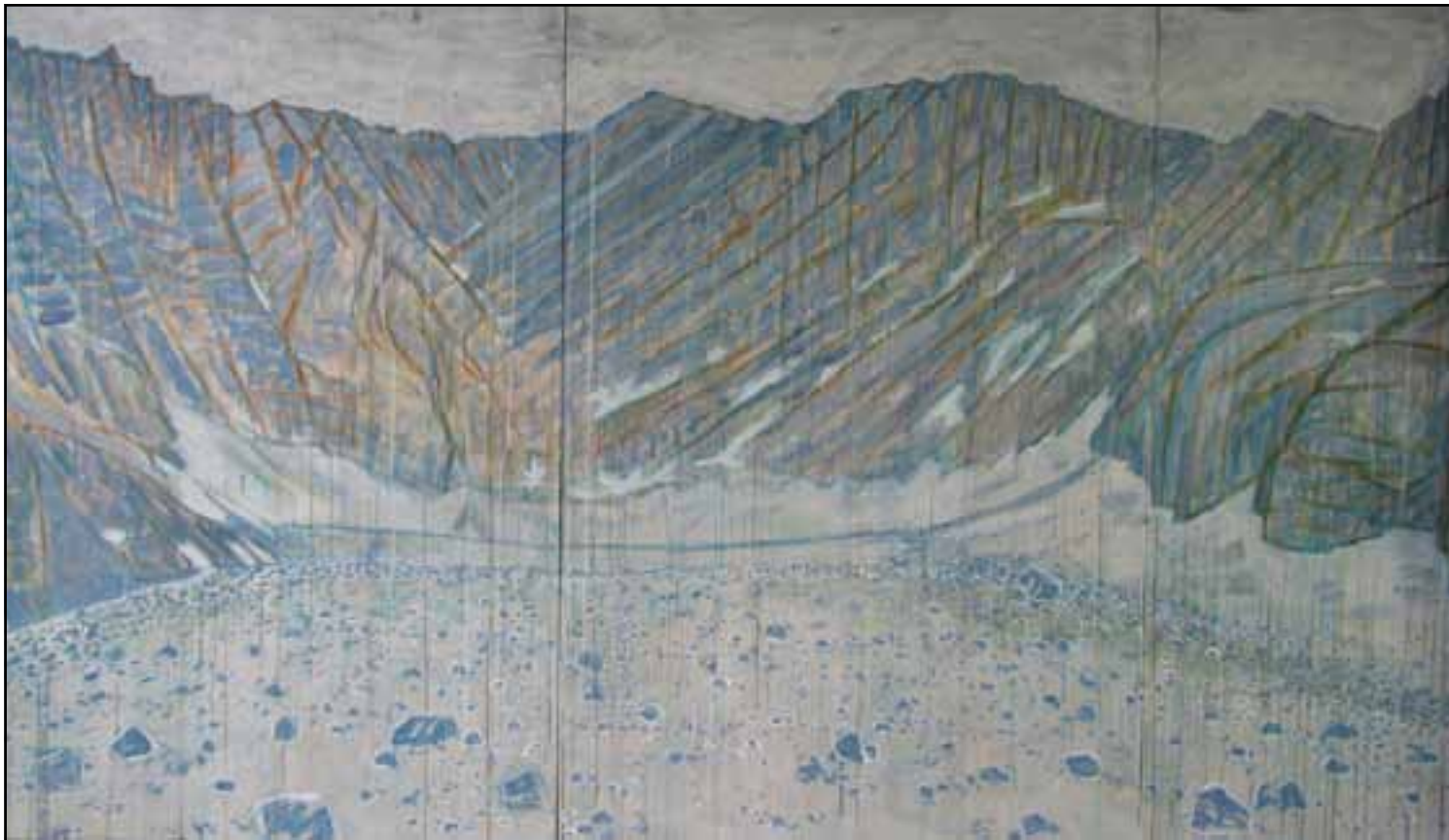
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Christine Koch, *Never Melting Ice* (detail) (2015) Mixed media.

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