

City Guide

S U M M E R 2 0 1 6

Plan your
summer with
our events
calendar

see pages 30-31

On the Homefront

The story behind the
Caribou Memorial

pages 28-29

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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.

Editor-in-Chief
Susan Bonnell

Managing Editor
Shelley Pardy

Production Manager
Scott Courage

Advertising inquiries:
melissa.pike@thetelegram.com
All other inquiries:
communications@stjohns.ca

City Guide c/o
Marketing and
Communications
P.O. Box 908
St. John's, NL A1C 5M2

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Contact Your Council

Mayor

Dennis O'Keefe
576-8477
dokeefe@stjohns.ca



Deputy Mayor

Ron Ellsworth
576-8363
rellsworth@stjohns.ca
facebook.com/ron.ellsworth
twitter.com/RonEllsworth



Ward 1 Councillor

Danny Breen
576-2332
dbreen@stjohns.ca
facebook.com/
councillordanny.breen
twitter.com/DannyBreenNL



Councillor at Large

Tom Hann
576-8219
thann@stjohns.ca
twitter.com/HannAtLarge



Ward 2 Councillor

Jonathan Galgay
576-7144
jgalgay@stjohns.ca
facebook.com/
jonathan.galgay
twitter.com/JonathanGalgay



Councillor at Large

Sandy Hickman
576-8045
shickman@stjohns.ca
facebook.com/
sandy.hickman.18
twitter.com/SandyHATLarge



Ward 3 Councillor

Bruce Tilley
576-8643
btilley@stjohns.ca



Councillor at Large

Dave Lane
576-8243
dlane@stjohns.ca
www.DaveLaneStJohns.ca
facebook.com/
DaveLaneStJohns
twitter.com/DaveLaneTweets



Ward 4 Councillor

Sheilagh O'Leary
576-8217
soleary@stjohns.ca
facebook.com/OLeary
twitter.com/Sheilagholeary



Councillor at Large

Art Puddister
576-8286
apuddister@stjohns.ca



Ward 5 Councillor

Wally Collins
576-8584
wcollins@stjohns.ca



**Questions?
Concerns?**
... 4 easy ways
to reach the City

- Download our new app
- Call 311 or 754-CITY
- Submit online at stjohns.ca
- Visit Access St. John's at City Hall

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At the Brother Brennan
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Echo Pond
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Now in our second year!

Activities will include swimming, canoeing, campfires, storytelling, arts and crafts, map-reading, hiking adventures, yoga, games, and much more...

Campers will eat delicious homemade meals that will include vegetables from our on-site garden, and see what it's like to get their electricity from the wind!



Registration Now Open

Dates	Age Group	**Registration Fee
Monday-Friday, July 11th-15th (FULL)	10-12 Echo Pond	\$410
Monday-Wednesday, July 18th-20th	7-9 Echo Pond Junior	\$225
Monday-Friday, August 1st-5th	13-14 Echo Pond Advanced	\$410
Monday to Wednesday, August 15th-17th	7-9 Echo Pond Junior	\$225
Monday to Friday, August 22nd-26th	10-12 Echo Pond	\$410

**Fee includes bus transportation between St. John's and Echo Pond Summer Camp, which will take place at the Brother Brennan Centre, off Salmonier Line.

www.echopondsummercamp.ca

For more information, email: echopondsummercamp@gmail.com



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City program makes trees available to homeowners

The City of St. John's is launching a new initiative this year thanks to a \$25,000 grant from Tree Canada and TD Friends of the Environment Foundation, through the TD Green Streets Program. St. John's is one of 13 communities to receive funding from the program this year.

The Community Roots Tree Planting Program will enhance and preserve the residential street and sidewalk tree canopy within the City, while empowering residents to preserve the urban forest and play a role in caring for individual trees.

There are many residential areas with few or no trees. The new Community Roots Tree Planting initiative strives to fill these

gaps in the urban forest by having home owners, in areas where there is no City-owned land, plant trees on their own properties so they are visible from the street or sidewalk.

"This is a wonderful opportunity for our City as the grant provides additional trees to enhance neighbourhoods in our community," said Councillor Danny Breen, Chair of the Public Works Standing Committee.

If you are interested in participating in this program you can find the application form on our website. Planting and maintaining the tree is the responsibility of the homeowner.

ST. JOHN'S Community Roots Tree Planting Program



TD Green
Streets



Save the Date!

Applications open: **Monday, April 4**
Applications close: **Sunday, May 15**
Successful applicants contacted by:
Monday, May 30

How it works

Applicants to the Community Roots Tree Planting program must be the homeowner of the property where the tree is to be planted; only one application per property is accepted. Applications will be reviewed on a first-come, first-served basis.

Successful applicants must attend a mandatory tree planting and tree care information session, after which they will receive a voucher for \$150 toward the cost of a tree that can be redeemed at various tree nurseries or garden centres in the area. The participating centres have been provided a list of acceptable trees for the homeowner to choose from. All vouchers must be redeemed by Sunday, July 31, 2016.

Trees must be planted in the location designated in the application, in particular on the property so the tree is visible from the street or sidewalk.

For application details go to:
www.stjohns.ca
>Living in St. John's
>Your City
>Tree Maintenance



Benefits of trees in your neighbourhood



- Trees and shrubs reduce noise pollution and shield against wind.
- Properties with trees are generally valued higher in the real estate market.
- Trees provide shade in the summer which saves on air conditioning costs, and conifers insulate homes in the winter, reducing heating costs.
- Trees beautify the landscape and block out unattractive views.
- When trees shade asphalt, it extends the life of the asphalt.
- Tree-lined streets increase traffic safety and reduce speeds by making streets appear narrower.
- Tree root systems help prevent soil erosion, which prevents water pollution.
- Trees make the air more breathable by reducing pollution, and capturing carbon.

Tree planting and care tips

Pruning

Strengthen the tree structure, increase its lifespan and save money in future maintenance.

Stake Adjustment

Remove stakes as your tree grows and establishes in the ground; allowing it to naturally blow in the wind builds its strength.

Deep Root Watering

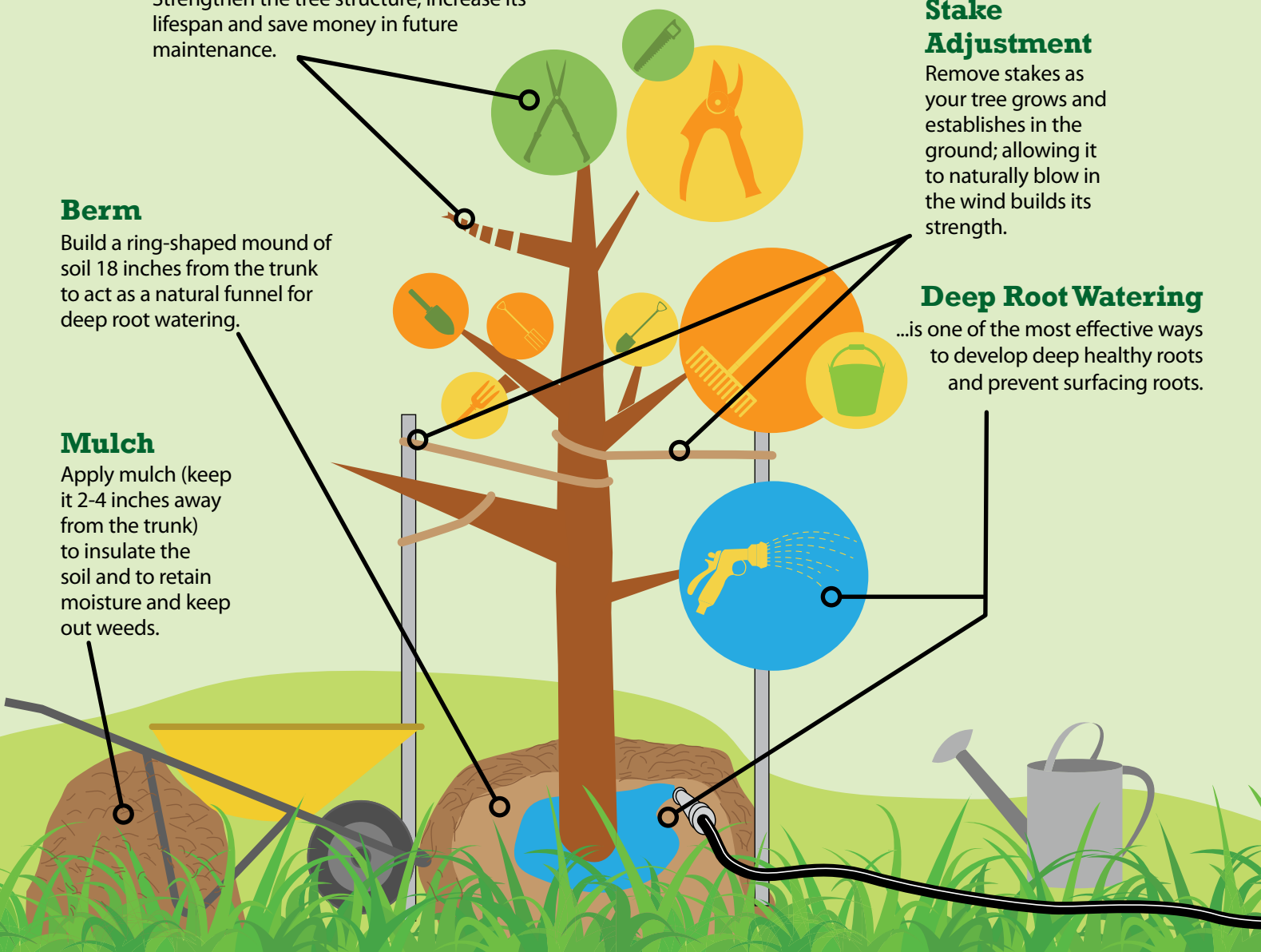
...is one of the most effective ways to develop deep healthy roots and prevent surfacing roots.

Berm

Build a ring-shaped mound of soil 18 inches from the trunk to act as a natural funnel for deep root watering.

Mulch

Apply mulch (keep it 2-4 inches away from the trunk) to insulate the soil and to retain moisture and keep out weeds.



Understanding Economics

Unless you're an economist or a business person, your eyes might glaze over when you hear GDP, CPI and CMA.

Have no fear! This handy glossary of economic terms takes the mystery out of the message.

Climate

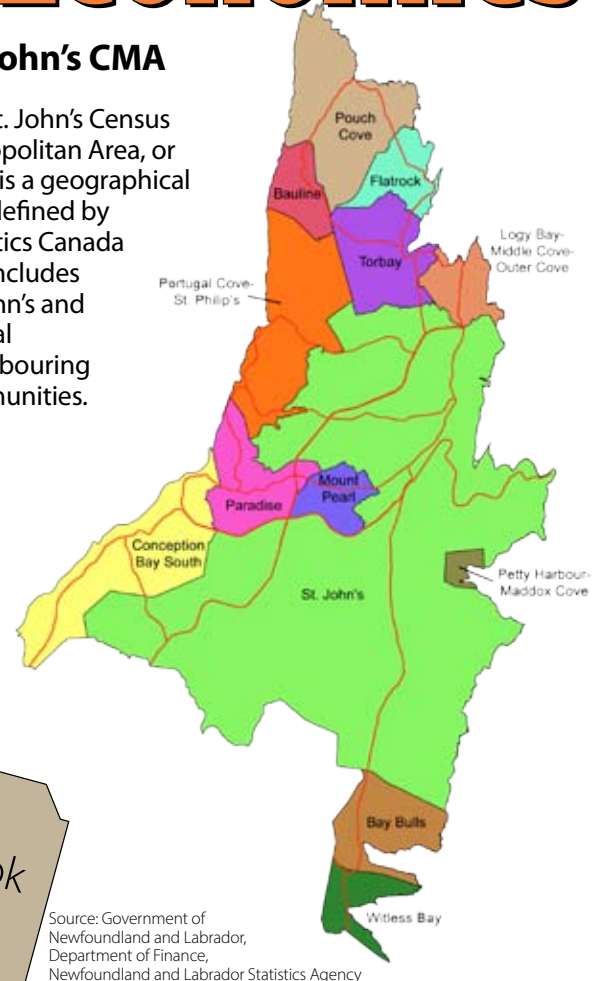
This is a general characterization of the overall mood of the economy, which captures stock values, perceptions, jobs and credit and influences business decisions about investment, hiring and development.

Forecast

As with the weather, economic forecasting is the process of attempting to predict the future condition of the economy. No crystal balls allowed: this involves the use of statistical models using variables sometimes called indicators.

St. John's CMA

The St. John's Census Metropolitan Area, or CMA, is a geographical area defined by Statistics Canada that includes St. John's and several neighbouring communities.



Source: Government of Newfoundland and Labrador, Department of Finance, Newfoundland and Labrador Statistics Agency

Economic Outlook
for 2016

Indicators

These are statistics that describe economic activity, such as annual incomes over a period of time, or employment rates. The tricky thing about indicators is that they are always in the past and they show only a moment in time, which is why they need to be looked at in cycles (when things go up and down in the economy) or in a specific time period (like year over year).



So, what is forecasted for the St. John's CMA in 2016?

The economic outlook is expected to be mixed, with some indicators going down (negative growth) and some going up (positive growth). While spending and local development activity related to Hebron, Muskrat Falls and Hibernia projects will remain high, development work related to the West White Rose expansion appears unlikely to happen this year. Uncertainty created by recent declines in the price of oil and the province's fiscal deficit are expected to negatively impact consumer and business confidence, possibly leading to decreased spending. Combine all that with a volatile economic climate globally and locally and there is a higher degree of uncertainty regarding the economic outlook for 2016.



Keeping tabs on our economy



On a monthly and yearly basis, the City's Office of Strategy and Engagement tracks a number of indicators for the CMA.

Often reported as numbers, the important thing about indicators is to look at where they are going – which is also called trending.

GDP

Gross Domestic Product. This is a monetary measure of the value of all final goods and services produced in a period. It's kind of like the "bottom line" in all transactions, but doesn't take into account production costs (that measure is called GO, or Gross Output).

So, what does this mean? Well, nationally the GDP decline is attributed to lower oil production and a weaker housing market.

But here in the CMA, when you take oil out of the picture, our GDP only fell by 0.3 per cent.

GDP, St. John's CMA

2014	2015	% Change
\$13.57 billion	\$13.24 billion	-2.5

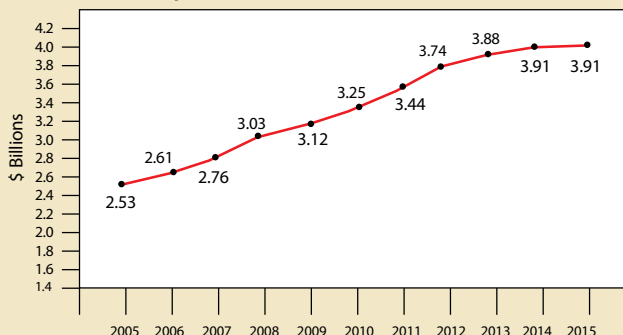


Retail Trade

Retail sales stayed about the same last year as the year previous, but if you look further back in time you will see significant increases year over year. The slower growth in household income was reflected in retail sales staying par with 2014.



Retail Sales, St. John's CMA



Household Income

Although household income increased last year, driven by wage gains and increased government transfers (particularly Old Age Security and Canada Pension Plan), this growth is significantly lower than the previous five year average of 6.2 per cent.

Household Income, St. John's CMA

2014	2015	% Change
\$10.5 billion	\$10.8 billion	+2.9



On a monthly basis, the City tracks a number of indexes, including the Housing Price Index and the Consumer Price Index. Calculating the index requires a number of complex formulas, but there are two important things for you to note: the percentage change and the trend over a longer period of time. Like most indicators, these indexes only describe one moment in time, so it matters how the index trends over a full year or two. For example:

New Housing Price Index



The New Housing Price Index for St. John's Metro was 151.9 in January 2016 up 0.4%

This means a new house in January, 2016 cost 0.4 per cent more than it cost in January, 2015.

Consumer Price Index



The Consumer Price Index for St. John's Metro was 129.3 in February 2016 up 1.7%.

The CPI measures changes in the price level of consumer goods and services purchased by households. So, something you spent \$1 on in February, 2015 cost about \$1.02 in February 2016.

Other indicators we track to present an economic outlook for the City include employment indicators (including unemployment and participation rates), housing starts and population statistics. For details, subscribe to our monthly newsletter called **Economic Update** or check our reports on the economy in the publications section of the website.

Sign up for e-updates

Sign up to receive direct to your email inbox our monthly Economic Update and biannual Economic Review at:
www.stjohns.ca/st-johns-e-updates, then choose Business News.

Street Rehabilitation

They say in Newfoundland and Labrador we have three seasons, fall, winter and construction.

It's true that the period of time the City has to do repairs on our roads is very short, and some of the projects are more substantial than others, meaning longer periods of disruption than we would like.

Our annual street rehabilitation program includes three types of work:

Major Rehabilitation

When a street or roadway (or what lies underneath!) is near the end of its useful life, the City may perform a major reconstruction under its annual streets rehabilitation contract. Examples include the tear-up on Portugal Cove Road and Bannerman Road last year.

We may need to do a complete reconstruction of the street from the granular sub-base to the top layer of asphalt, with possible concrete repairs to curbs, gutters and sidewalks. Sometimes we can perform what is called heater scarification of the existing asphalt and add a new asphalt overlay. In general, these rehabilitation methods add significant life to the street asset.

Grind and Patch

This program is used to repair localized distresses in the roads. This is considered a maintenance type of treatment and provides some additional life until the street is up for major rehabilitation.

This program also allows numerous streets to be repaired each year over and above the streets that are included for major rehabilitation.

Crack Sealing

This work is another type of maintenance treatment applied when cracks first appear in the asphalt. This is applied to streets that are relatively new and will not require complete rehabilitation in the near future. This program is a cost effective way to prevent the street from needing rehabilitation before it should.



Good News for 2016!

Road work crews are no longer permitted to complete non-emergency work on busy street from 7 to 9 a.m. and 4 to 6 p.m. on weekdays.



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 Real Estate

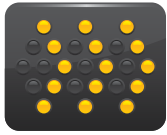


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Some common street rehabilitation questions

Why can't we do this work in summer when it would be less disruptive?

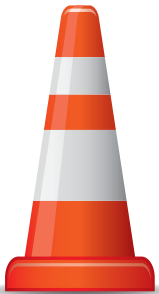
Answer: It would be great to have all construction work take place during the summer months, when people are away on vacation and the children are out of school. However, due to the large volume of construction work throughout the City, completing all the major construction work during the summer months is simply not feasible. Our projects would be competing against each other for contractor bids, which would drive up costs. In addition contractors would not be able to live up to time commitments.

Most projects are designed through the winter months and tendered the following spring / summer. Sometimes, work is already happening in an area and additional work would cause added disruption to residents.



Why do you remove asphalt in grind and patch work and then not get it paved for days?

Answer: The City restricts the time that a grinded area can be left unpaved. However sometimes due to the process and unfavourable weather conditions, we may have to leave a roadway unpaved longer than we would like. Rain plays havoc with paving, so it is a bit of a balancing act each year to meet the timelines while at the same time ensuring we get the contracted work completed.



You tore up this road last year; why are you back tearing it up again this year?

Answer: Although the City makes every effort to avoid returning to the same street, sometimes this cannot be avoided for a whole host of reasons. Maybe a new problem surfaced since the previous years' work, or maybe there was a public safety concern that required immediate attention before more minor issues are addressed. Often times, a second layer of asphalt is placed the following year on some streets. In an ideal world, if limited budgets were not a concern, the City would replace all underground infrastructure on a street at the one time. With limited budgets, this is rarely possible and addressing the most critical issues usually takes priority.

Why do you put up detours when there's no work going on?

Answer: Although it may seem like work is not happening, sometimes roads need to be detoured to be prepped for construction, including moving heavy machinery into place safely or to do exploratory digging. We appreciate how inconvenient a detour can be and we encourage our contractors and staff to only have detours in place for the shortest - and safest - time possible to minimize the bother while maximizing worker and public safety.

Why don't you do this work at night?

Answer: It is true that in big cities, construction crews will work through the night. However, this is mostly on highways or in non-residential areas. Although it would be better for commuters if construction took place in the nights, imagine the inconvenience if construction were happening in your neighbourhood all night long - with lights blaring, trucks coming and going, and workers calling out commands while you try to sleep next door. Night construction is only feasible for certain jobs. Another issue with night construction is the availability of crews to work at night, the safety issues and the financial implications that need to be considered. Where possible, we require that contractors reduce delays, especially during the morning and evening rush.



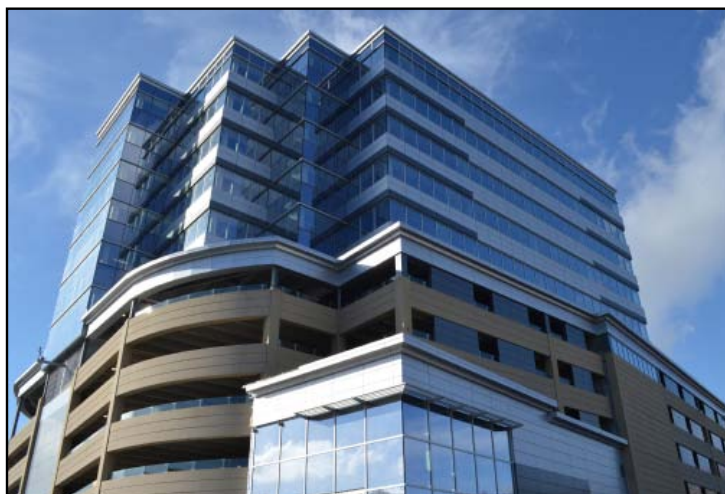
Parking Meters & Garages

Following a review of parking meter usage in the downtown, the City of St. John's has reduced parking meter time allotments on a number of streets from either four or ten hours, to a maximum of two hours.

Due to a previous shortage of long-term parking in the downtown many meters were assigned longer time allotments. However, in partnership with the City of St. John's, two new parking garages were built and together provide more than 400 new parking spaces, both short and long-term spots.

Parking meters are intended for short-term parking and industry standard identifies 85 per cent occupancy is the most desirable to ensure both revenue and availability of spaces. The downtown meters that previously had four or ten hour limits were far exceeding 85 per cent occupancy; they were being used for long-term parking.

Downtown St. John's and the St. John's Board of Trade agree it is in the best interest of visitors and businesses alike to have more short-term parking spaces available for people visiting the downtown. The City of St. John's has made more short-term parking spaces available, through standardizing the time allotments on meters, and by supporting parking garage construction.



Parking at 351 Water



Indigo Office, Level 0



726-2045



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Downtown Street Cleaning 2016

Street cleaning removes dirt and debris from streets and prevents damage to infrastructure. It occurs downtown until **Friday, Sept. 23, 2016.**

Street cleaning takes place in the early morning between midnight and 7 a.m.

Vehicles must be removed from streets scheduled for cleaning. Vehicles not removed between midnight and 7 a.m. on scheduled street cleaning days will be ticketed.

Streets may not be cleaned on the scheduled dates due to parked cars, extreme weather or mechanical breakdowns.



Find out when your street will be cleaned:



Searchable street listing on our website

Put in your street address and learn all the dates your street is scheduled for cleaning. On the same page, search by date to learn all the streets being cleaned that night so you don't park on another street scheduled for cleaning.



Search your street
www.stjohns.ca
>Quick Links
>Street Cleaning



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Receive a daily email notifying you of the streets scheduled for cleaning each night.



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>Quick Links
>Online Services
>Access St. John's - Subscribe to e-Updates



Don't use a computer or a mobile device?

Call Access St. John's at **311** or **754-CITY** (2489) to:

- Learn the dates when your street is scheduled for cleaning.
- Request a copy of the booklet listing all downtown streets and scheduled dates for cleaning.

How can you help:

- Remove your vehicle(s) from the street during the scheduled times.
- Do not re-park your vehicle on your street even if the street sweeping machine has been by as it may make several passes.
- Arrange with a neighbour or friend to move your car if you will be out of town on the dates your street is scheduled for cleaning.

Plan to Get Out

Every home needs a fire escape plan. What's your plan if there's a fire in your home?

If a fire breaks out in your home, you may have only a few minutes to get out safely once the smoke alarm sounds. Everyone needs to know what to do and where to go if there is a fire.

Most fatal fires start at night. Smoke alone won't necessarily wake you up. In fact, the fumes could put you into an even deeper sleep. Every level of your home, and each bedroom and sleeping area should have a working smoke alarm. Change the batteries twice a year, or sooner if the alarm chirps to warn you the battery is low, and test the alarms each month.



Plan Your Escape

- Draw a floor plan of your home showing all doors and windows. Review and discuss the plan with everyone in your home.
- Know at least two ways out of every room, such as a door or window, if possible. Make sure all doors and windows leading outside open easily.
- Teach children how to escape on their own in case you can't help them. If your windows have security bars, equip them with quick-release devices and ensure everyone knows how to open them.
- If there are infants or other family members with limited mobility in your home, task someone in your family to assist them if there is a fire.
- Designate an outside meeting place such as a tree, light pole or mailbox that is a safe distance from your home where everyone should meet.

Practice home fire drills

Practice your home fire drill twice a year with everyone in your home – both at night and during the day.

A fire drill is not a race - get out quickly, but carefully.

Make your exit drill realistic. Pretend that some exits are blocked by fire and practice alternative escape routes. Pretend the lights are out and that some escape routes are filling with smoke.

Practice using different ways out, and close doors behind you as you leave.

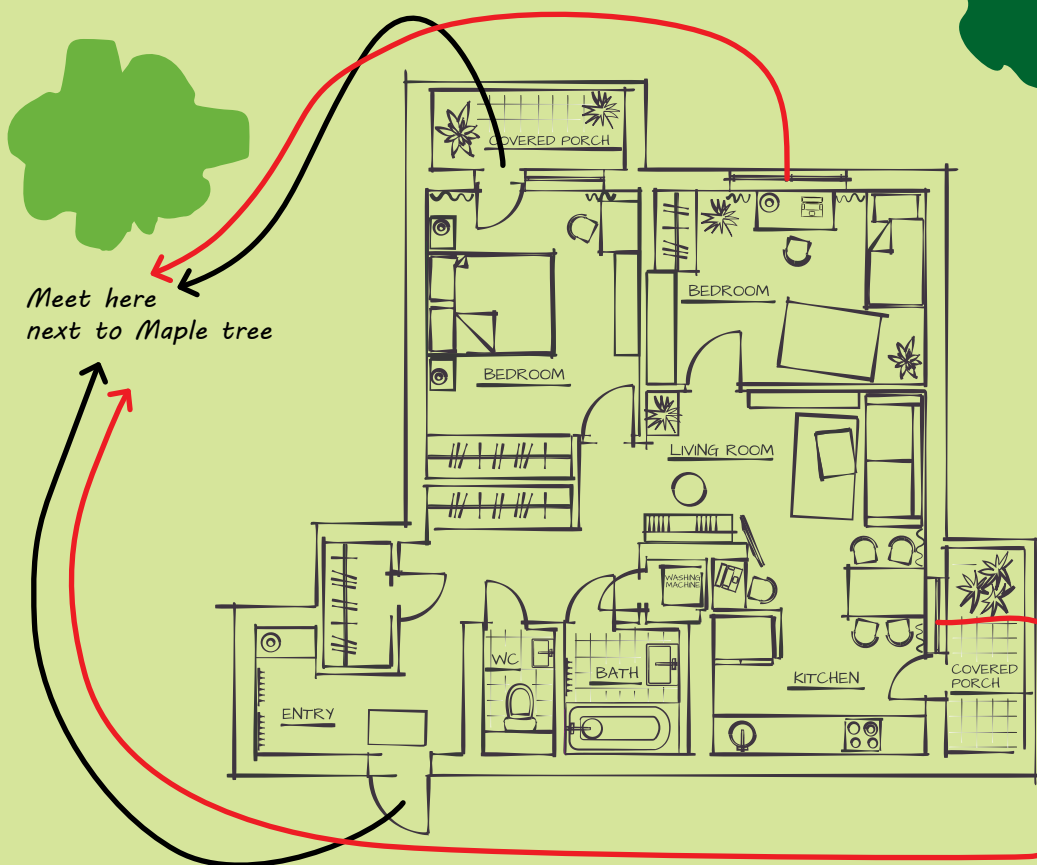
For more information on this or any other fire safety related matter, contact Fire Prevention at **576-3905**, email **fire@stjohns.ca** or visit **www.sjrfd.ca**.

If the alarm sounds

If the smoke alarm sounds, get out and stay out.

Never go back inside for people or pets. If you have to escape through smoke, get low (i.e. by crawling) to go under the smoke on your way out.

Call 911 from outside your home.



Water Conservation Order

The water we drink undergoes a rigorous treatment process before it can be made available in our taps, and since that costs money we are all responsible to use water efficiently.

Since 2002 a Water Conservation Order has been in place to ensure wise water use, particularly during the summer when outdoor water consumption increases.

In times of low water levels, the City of St. John's may enact more stringent conservation measures than outlined here, however, these would be widely communicated before coming in to effect.



When can I use a sprinkler on my lawn?



Even house number

Tuesdays and Saturdays
6 to 8 a.m. and 8 to 10 p.m.



Odd house number

Thursdays and Sundays
6 to 8 a.m. and 8 to 10 p.m.

When can I use a hose with a shut-off nozzle?

You can water your garden, wash your vehicle or clean your siding or windows ANYTIME as long as you use a hose with a shut-off nozzle.

When can I water my new lawn?

Once you register with the City by calling Access St. John's at 311 or 754-CITY (2489), you will be able to water your new lawn between 6 and 8 a.m. and 8 and 10 p.m. every day for 60 days after the installation of your new lawn.

*All Real Estate Agents know
the Value of Property.*

*Team Capital Agents know
the Value of a Relationship.*



*Each Office Independently Owned and Operated.

(709) 738-7587 (PLUS)

info@teamcapitalnl.com  



www.teamcapitalnl.com

Illegal Dumping Camera Surveillance

There's been a significant drop in the number of illegal dumping incidents occurring in the city since surveillance cameras were placed in known illegal dumping locations in late 2013.

We've identified more than 45 locations – sometimes with multiple sites in one location – where illegal dumping has been known to occur. Cameras have been installed at these sites, and others as they become known to us, to catch perpetrators in the act. The cameras are operated remotely, are motion activated and capture about 60,000 pictures a month.

The pictures are shocking, and the behaviour is hard to comprehend.

With new video evidence staff are able to identify cases of illegal dumping or littering and build a file with which to make a legal complaint to the RNC. Fifteen cases have been successfully tried in provincial court, and six cases are currently in progress.

15 convictions to date:

- 7 for illegal dumping under the Environmental Protection Act
- 4 under the Highway Traffic Act for littering
- 4 other, including 2 for mischief

Penalties for conviction can range up to \$5,000.

If you come across an illegal dump site or witness someone dumping garbage illegally, please contact the RNC at **729-8000** or Crime Stoppers at **1-800-222-TIPS (8477)** or www.nlcrimestoppers.com



Properly dispose of your waste

Regular garbage & recycling days

Each week the City's green Curb It trucks are in your neighbourhood. To learn your collection day, what we can take, and how to put it to the curb, go to www.curbitstjohns.ca or call Access St. John's at **311** or **754-CITY (2489)**.

Residential Drop Off

If you have large items or too much to put to the curb, the Residential Drop Off at the Robin Hood Bay Waste Management Facility, 340 East White Hills Road, is open Tuesdays to Saturdays each week, from 8 a.m. to 4 p.m.

Waste Haulers

If you can't get to the Residential Drop Off, there are a number of companies that will take your waste from you, for a fee. Search 'garbage collection' in the yellow pages or 'bulk garbage' in Put Waste In Its Place on www.curbitstjohns.ca or on our app St. John's Waste & Recycling.



**St. John's
Green tip**

Consider donating gently used items to a non-profit organization or a second-hand shop. Some places will even pick up your donations from you!

Grasscycling

Do you 'Mow and Go'? You should!

Grasscycling is using your lawn mower to mulch the grass clippings when you mow your lawn. Instead of removing them, keep these clippings on the lawn.

Benefits of Grasscycling:

- Saves you time, just mow and go. Leave clippings on the lawn. There's no raking or bagging needed.
- Saves you money. There's no need to buy bags for clippings because you won't have any. No need to buy extra fertilizer because your grass clippings add the nutrients to your lawn to keep it healthy and green.
- Retains moisture which reduces the need to water as often. See the 'Water Conservation' article on **page 17**.
- Provides food for the worms in your soil who naturally aerate it, making it healthier.

How to Grasscycle:

- Use a sharp blade.
- Keep your mower height at 2.5 inches.
- Cut only one third of the grass blade at a time.
- Cut your lawn often - once or twice a week depending on the growth.
- Mow grass when it's dry to prevent the grass clippings from clumping together.
- Any mower should be able to be used. If you'd like, you can purchase a mulching blade retrofit kit at any hardware store.

Watch our grasscycling video on YouTube, search for:



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- Lead
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7264093

Garbage and Recycling Collection Calendar 2016



Calendar Area 1A to 5A

- Locate your area and normal garbage day to find your color at right
- Garbage & recycling must be at the curb on your collection day between 6 and 8 a.m.
- Garbage must be fully covered from April 1 to November 30.

For more information visit curbitstjohns.ca or call 311.

Area	Normal Garbage Day	Garbage and Recycling Day
1A	Monday	
2A	Tuesday	
3A	Wednesday	
4A	Thursday	
5A	Friday	
Holiday		H

January 2016						
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Garbage and Recycling Collection Calendar 2016

B Calendar Area 1B to 5B

- Locate your area and normal garbage day to find your color at right
- Garbage & recycling must be at the curb on your collection day between 6 and 8 a.m.
- Garbage must be fully covered from April 1 to November 30.

For more information visit curbitstjohns.ca or call 311.

Area	Normal Garbage Day	Garbage and Recycling Day
1B	Monday	
2B	Tuesday	
3B	Wednesday	
4B	Thursday	
5B	Friday	
Holiday		H

January 2016						
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July 2016						
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August 2016						
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September 2016						
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October 2016						
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November 2016						
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December 2016						
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25	26	27	28	29	30	31

Graffiti: Report and Remove

Graffiti vandalism is defined as the defacing of public or private property by painting, drawing, writing, etching or carving without the property owner's permission.

Although from time to time graffiti artists are hired to paint an outdoor wall or walkway, when permission isn't given, graffiti is vandalism and needs to be dealt with.

One of the most common forms of graffiti vandalism is tagging. A tag is the graffiti writer's personalized signature and may incorporate their name or their graffiti crew initials. When tags are removed and covered with approved art, the incidence of tagging is reduced..

It is important to note that research has shown the presence of graffiti leads to disobedient and even criminal behaviour in the area as it is perceived that it is okay to break the rules. The best strategy for managing and reducing graffiti is to document and report each instance, and to remove graffiti vandalism quickly.

Report and remove

Once graffiti vandalism is reported to the City of St. John's, the Division of Inspection Services steps in. If the graffiti is located on private property, business or residential property, the owner is notified and informed that the markings must be removed by a specific date.

If the graffiti vandalism is located on City-owned property, the Parks and Open Spaces Division of the City is tasked with ensuring it is removed. For small amounts of graffiti our staff use a graffiti removal product. If the graffiti covers a large area, we contract a professional graffiti removal business to remove it.

With your assistance the Royal Newfoundland Constabulary may be able to identify taggers and crews. When an individual has been charged and convicted, of unwanted graffiti on City property, the City's Legal Department files a Victim Impact Statement. The judge takes into account when giving his/her sentence.

Our goal is not to press charges but rather to keep our city beautiful and free from crime. In fact in the past, some who have been convicted locally of graffiti vandalism have been given restorative justice sentences, such as being ordered to remove graffiti themselves.



The City of St. John's acknowledges the support of Benjamin Moore and The Paint Shop who generously donated the paint for the Scanlan's Lane mural.

Since 2005 the City has contracted artists to design and complete several murals throughout St. John's. Murals provide an opportunity to engage residents and visitors with art by showcasing local artists and city heritage.



Report graffiti to the City:

754-CITY (2489)

stjohns.ca/access-311

mobile app: 311 St. John's



Contact Clean St. John's

www.cleanstjohns.ca

570-0350

info@cleanstjohns.ca



@Clean-St-Johns



@cleanstjohns



Clean St. John's is a non-profit organization committed to inspiring community pride and action for a clean and beautiful city.

In partnership with the City of St. John's, the Clean St. John's Traffic Box Art Program hires local artists to paint murals on traffic control boxes throughout the city. There are many benefits to painting the traffic boxes including being successful at reducing unwanted graffiti and tagging and making our city more beautiful and attractive.

If you witness graffiti vandalism, report it to:

Royal Newfoundland
Constabulary
729-8000

Crimestoppers
1-800-222-TIPS

Clean St. John's tips to remove unwanted graffiti

Small amount of graffiti:

Use a graffiti removal product found at many local paint and home improvement stores.

Large amount of graffiti:

It may be cheaper and easier to repaint or contact a professional graffiti removal contractor.

Paint

Use glossy enamel paint, or a paint with stain blocker. Oil paint is tougher than latex, but latex is less expensive and easier to clean. Consider using a sealer once the paint is dry, so that it is more difficult for the graffiti to adhere to the surface.

Brick, Cement & Concrete

Apply extra strength paint remover with a wire brush. A pressure washer or soda-blaster will also remove graffiti.

Stucco

Use paint remover and follow up with a high pressure water hose or pressure washer.

Vinyl or Aluminum Siding

Try a graffiti removal product in a small inconspicuous area at first. Use remover sparingly and carefully. In most cases you will likely have to repaint.

Wood

Most thinners remove permanent marker, while acetone removes day-old spray paint.

Fiberglass

Use full-strength paint remover and rinse carefully. Acetone-based solvent will soften plastics.

Glass or Plexiglas®

Use razor blades to scrape cured paint from regular glass. Use a solvent for other marks. Lacquer thinner type solvents can fog or smear on Plexiglas®; make sure your product is compatible.

Metal

Use solvent on unpainted metal, including iron and stainless steel. Lacquer thinner cleaners can cloud or oxidize polished aluminum.

Backyard Composting

Again this year we've teamed up with the MUN Botanical Garden and the MMSB to offer FREE backyard composting how-to sessions. You'll learn how easy it is to compost in your backyard and get back what gardeners call 'black gold'.

This year we have two types of backyard composting bins to choose from! They are available for purchase, for \$40 and \$55 including HST, after each session.

If you're eager to create 'black gold' you can pre-register for a session online (see page 25) and pay for your bin in advance, or you can purchase a bin after the session (cash only).

For more information go to www.curbitstjohns.ca, under 'Residents' choose 'Backyard Composting'

Questions?

Go to www.curbitstjohns.ca, under 'Residents' choose 'Backyard Composting' or email publicworks@stjohns.ca



Day	Date	Time	Location	Address
Thursday	April 28	6:30 to 7:30 p.m.	Southlands Community Centre	40 Teakwood Drive
Monday	May 2	Noon to 1 p.m.	MUN Botanical Garden	306 Mount Scio Road
Saturday	May 7	2 to 3 p.m.	MUN Botanical Garden	306 Mount Scio Road
Sunday	May 15	2 to 3 p.m.	MUN Botanical Garden	306 Mount Scio Road
Monday	May 23	10:30 to 11:30 a.m.	MUN Botanical Garden	306 Mount Scio Road
Thursday	June 2	3 to 4 p.m.	MUN Botanical Garden	306 Mount Scio Road
Sunday	June 5	12:30 to 1:30 p.m.	MUN Botanical Garden	306 Mount Scio Road
Tuesday	June 7	7 to 8 p.m.	H.G.R. Mews Community Centre	40 Mundy Pond Road
Saturday	June 25	2 to 3 p.m.	MUN Botanical Garden	306 Mount Scio Road

Benefits of making and using compost:

- Returns much needed nutrients back to the soil.
- Allows for more air space in the soil, with a greater amount of microbes which means healthier soil for growing healthy plants.
- Reduces your use of fertilizers, and saves you money.
- Assists your soil in retaining water much longer, reducing the need to water often.
- Dark soil absorbs more of the sun in the spring, warming up the earth quicker and keeps it warmer longer in the fall.
- Reduces the amount of garbage being sent to the landfill; therefore, extending its life.

music @ concert series

Music at Harbourside has become a staple of the St. John's summer. Every Friday (July to September) at 12:30 p.m. rising talents join some of the province's best performers to present a concert at Harbourside Park on Water Street east, across from the National War Memorial.

We're also continuing with Music at Bannerman this summer – come by the park at 2 p.m. on Sundays July 17, Aug. 21 and Sept. 18.

In the fall, winter and spring we move the series indoors and host Music at the Quidi Vidi Village Plantation.

CELEBRATE
 ST. JOHN'S

Summer Recreation Program Registration

City Residents

Thursday, May 5 beginning at 7 a.m.

Residents of Other Municipalities

Thursday, May 12 beginning at 7 a.m.

How to Register



Online:

Using REconnect – go to **www.stjohns.ca** and choose 'REconnect' in the Quick Links menu.



By phone:

- 576-8499
- 576-8631

In person:



- H.G.R. Mews Community Centre, 40 Mundy Pond Road
- Wedgewood Park Recreation Centre, 47 Gleneyre Street

THE ST. JOHN'S ACTORS STUDIO
PRESENTS
SUMMER 2016 SKETCH COMEDY & ACTING CAMPS
FOR YOUNG ACTORS AGED 10+

WITH
CHUCK HERRIOTT & **MONICA WALSH**
NATIONAL THEATRE SCHOOL, '91 ARTISTIC DIRECTOR, KANUTU THEATRE

CHOOSE FROM SIX 1-WEEK CAMPS
JULY 4-29 & AUGUST 15-26

"CHUCK'S DISCIPLINED EYE KNOWS HOW TO GET THE ABSOLUTE BEST OUT OF ACTORS.
I CANNOT RECOMMEND THIS CLASS ENOUGH." – MARK CRITCH (THIS HOUR HAS 22 MINUTES)

REGISTER AT **STJOHNSACTORSSTUDIO.CA** FOR MORE INFO EMAIL **SJACTORS@GMAIL.COM**
SPACE LIMITED TO 16 STUDENTS PER CAMP



TAKE BACK PLAY

The City of St. John's Recreation Division has partnered with the Memorial University School of Human Kinetics and Recreation and the HIPP Collaborative, through a grant from RBC Learn to Play, to pilot a FREE program to help children take back play!

Throughout the summer we will visit playgrounds and open spaces with different active play while staff organize and oversee activities.

Participation is free but we ask parents to register for our visits so we are prepared to accommodate all who want to take part.

For more detail
www.stjohns.ca

>Living in St. John's
>Recreation and Parks
>Children's Programs



HIPPCollaborative
www.hippcollaborative.com

@HIPPCollab

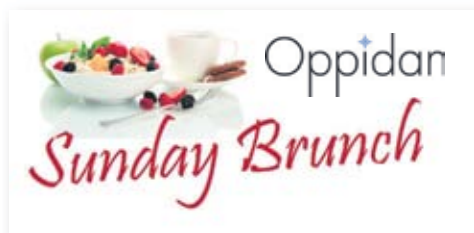


School of Human Kinetics and
Recreation www.mun.ca/hkr

@MemorialHKR



ST. JOHN'S



**Chef Roary MacPherson is pleased to announce
that Sheraton Hotel Newfoundland
is bringing back Sunday Brunch**



Breakfast Brunch Menu
Assorted muffins, Danish and croissants
Banana bread
Assorted juice
Flavored yogurts
Fruit platter
Deli meat platter
Toast station
Cereal station
Oatmeal with toppings
Egg dish
Lyonnaise potatoes
Sausage, ham and bacon
Pancakes with toppings
Angie's Dessert Table
Coffee and Tea

Special Entrée - changes weekly
\$27.00 for the full brunch experience

For Details and Reservations call:
726-4980 Option # 0

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neighbourhoodwatch@stjohns.ca



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For The Community

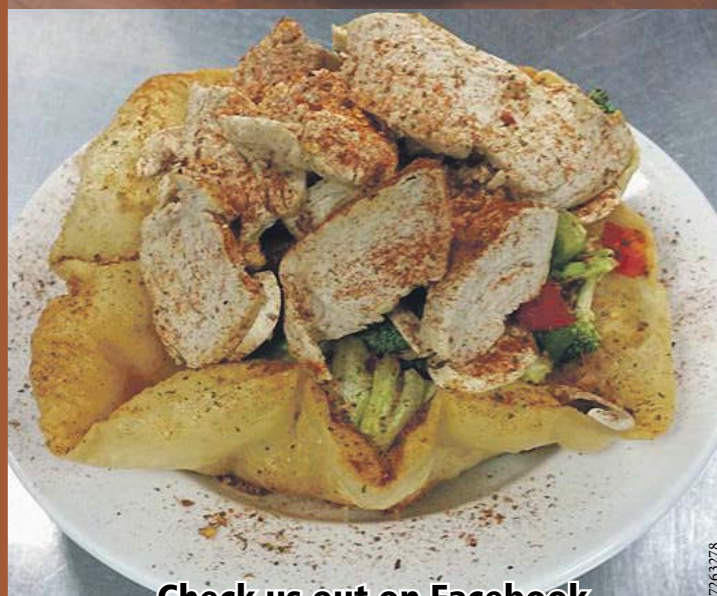
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100 Years Later We Remember Them

On July 1, Newfoundlanders remember one of the most tragic events of the First World War. Early in the morning, one hundred years ago, the members of the Royal Newfoundland Regiment were sent out of their trenches at Beaumont Hamel, down a slope towards No Man's Land, and were cut down by the German troops. The Newfoundland Regiment was decimated; when roll call was taken, only 68 men answered their names - 324 were killed or missing and presumed dead, and 386 were wounded.

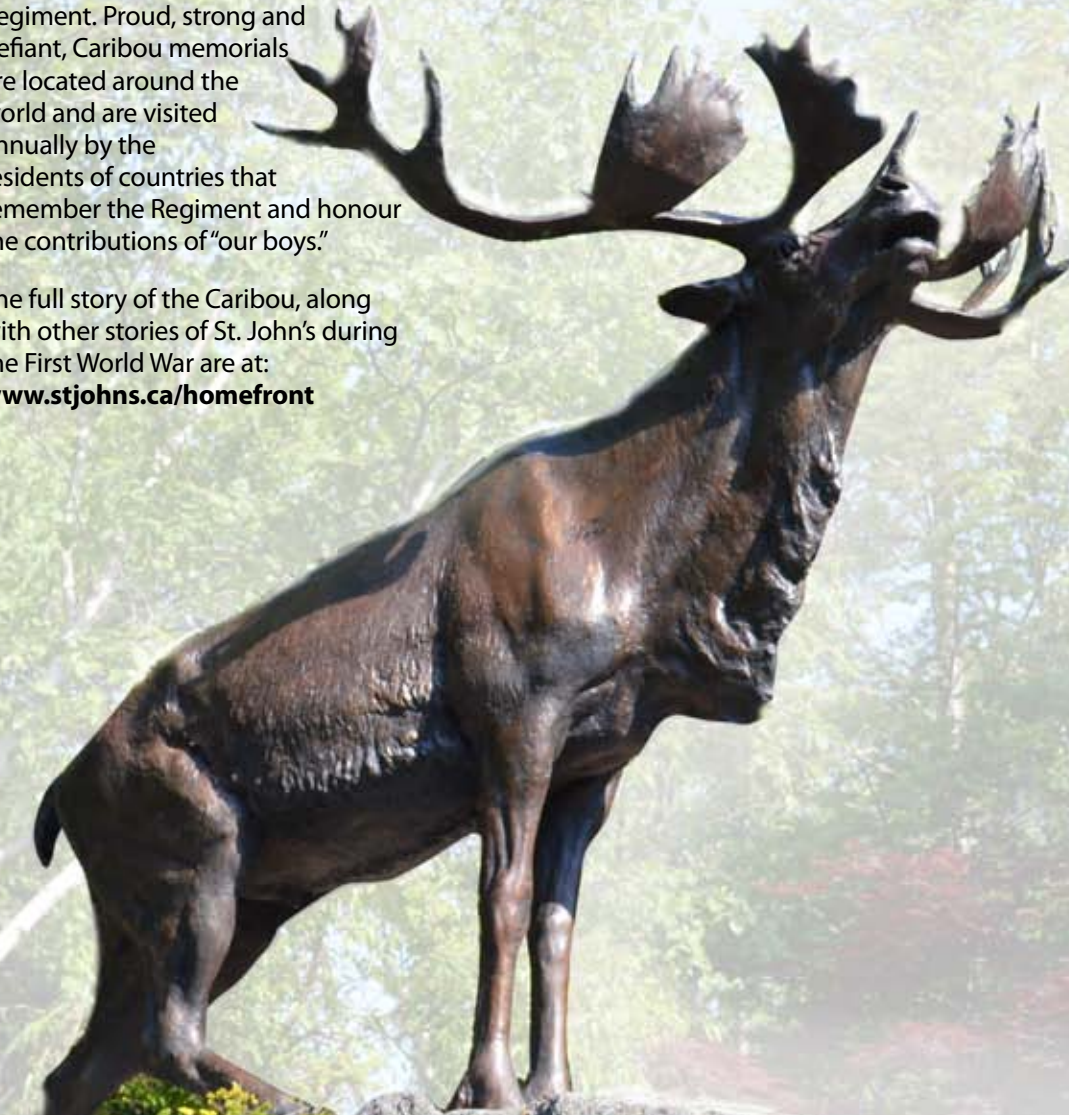
This year marks the one-hundredth anniversary of that event, and throughout the world Newfoundlanders are remembered for their valour in the face of impossible odds.

Here in St. John's – the place from which all WW1 Newfoundland soldiers said goodbye to home and country – many special events are planned to mark the day.

But every day, the citizens of St. John's are able to reflect on the sacrifices of the great war in a quiet grotto nestled in one of the City's most historic parks... the Caribou Memorial in Bowring Park.

The Caribou is an enduring symbol of the Royal Newfoundland Regiment. Proud, strong and defiant, Caribou memorials are located around the world and are visited annually by the residents of countries that remember the Regiment and honour the contributions of "our boys."

The full story of the Caribou, along with other stories of St. John's during the First World War are at:
www.stjohns.ca/homefront





About the Caribou

The man behind the Caribou Memorials was Capt. Thomas M. Nangle. Born in St. John's in 1889 he enlisted in the Newfoundland Regiment in 1916 as a Roman Catholic chaplain. After WW1, Nangle became Newfoundland's representative on the International War Graves Commission and Director of Graves Registration and Enquiry. His primary duty was identifying, collecting and re-burying the members of the Regiment killed in action, and to mark their graves in Commonwealth military cemeteries.

Nangle was the leading force in having the five battlefield memorials – known as 'The Trail of the Caribou' – completed at Gueudecourt, Masnieres, Beaumont-Hamel, and Monchy-le-Preux in France and Courtrai in Belgium between 1922 and 1925.

The Bowring Park Caribou was the sixth bronze to be cast. Although it is not known for sure, historians speculate that this statue in Bowring Park was originally intended for Gallipoli.

Major William Howe Greene, the youngest son of Charlotte Bowring, was born in England but relocated to St. John's after the Great Fire of 1892 to help in the rebuilding of the city. He joined the Royal Newfoundland Regiment in August 1914, at age 49. A proud veteran, he had the caribou shipped to St. John's and installed in a low-key ceremony at Bowring Park on July 1, 1928. To our knowledge, not one picture exists of the unveiling.

Since July 1, 2009 the bronze caribou overlooks replicas of the plaques listing 820 Newfoundlanders and Labradorians who died during WW1 and have no known graves.

*source: Dale Russell Fitzpatrick, 2016

Documentary tells the story of Newfoundland's First World War experience



In 2015 the City of St. John's granted almost \$250,000 to 15 groups and organizations for First World War commemorations. One of those is the exclusive sponsorship of CBC's documentary "The Trail of the Caribou" marking the one hundredth anniversary of Beaumont Hamel. CBC NL will present this legacy project on July 1, 2016.

The City is pleased to be offering pre-screening events to school children and the public starting in late June. Event details will be posted soon at: www.stjohns.ca/homefront

In the documentary Allan Hawco and Mark Critch tell the story of Newfoundland's war experience. They have walked the trenches, visited the battlefields and pondered the memorials of the European battles that cost the lives of so many young Newfoundland soldiers.



Courtesy Imperial War Museum

The battlefield at Beaumont Hamel in 1916

Summer events 2016

Highlighted items are City of St. John's events and programs

JUNE

8

Folk Night www.NLFolk.com

9

Senior's Day

15

Folk Night www.NLFolk.com

20-24

Association for New Canadians
Photo Exhibit www.ancnl.ca

22

Folk Night www.NLFolk.com

24-27

St. John's Days

29

Trailwalkers (see page 44)

Folk Night www.NLFolk.com

*Don't forget
Seniors Day!*

On Senior's Day, June 9 there's an event at City Hall and FREE rides all day on Metrobus! For more details see page 49.

*Beat the Heat
this summer!*

Bannerman Park pool open every day from July 2 to August 28. See page 35 for the schedule.

July 1

On Canada Day there's something for everyone, from sunrise to sunset!

Sunrise Event – Be the first Canadians to greet the day at the Signal Hill National Historic Site, with a free Metrobus shuttle from the Signal Hill Interpretation Centre.

Family Entertainment – On Confederation Hill starting at 1:30 p.m. there's fun for everyone including a concert, cultural celebrations and a kid's carnival with bouncy castles, games and face painting. Plus we'll have a giant Canada Flag cake made from over 3,500 cupcakes!

Fireworks – As the sun sets Quidi Vidi Lake is the place to be! The concert at the bandstand starts at 8:30 p.m. and the fireworks at 10 p.m.



*Admiral
Johns*



St. John's Days

Celebrate the incorporation of North America's oldest city, a place steeped in tradition, history and culture.

We celebrate the City's birthday with family fun days, outdoor performances, film screenings and free rides on the Metrobus Trolley Line.

JULY

For event details check our website calendar of events under Quick Links or on our Facebook or Twitter accounts, search @CityofStJohns

1

Canada Day

Memorial Day Parade and Ceremony
Call 753-6666

Remember Them at The Rooms
www.therooms.ca

1-2

Ours

www.operaontheavalon.com

4

Reel Downtown

www.DowntownStJohns.com

6

Trailwalkers (see page 44)

Folk Night www.NLFolk.com

7

Party in the Park
(for details see page 48)

8

Music at Harbourside

8-16

Sound Symposium

www.SoundSymposium.com

11

Reel Downtown

www.DowntownStJohns.com

13

Trailwalkers (for details see page 44)

Folk Night www.NLFolk.com

15

Music at Harbourside

17

Music at Bannerman

18

Reel Downtown

www.DowntownStJohns.com

20

Trailwalkers (see page 44)

Folk Night www.NLFolk.com

22

Music at Harbourside

25

Reel Downtown

www.DowntownStJohns.com

27

Trailwalkers (see page 44)

Folk Night

www.NLFolk.com

July 28-August 2

George Street Festival

www.GeorgeStreetLive.ca

29

Music at Harbourside

30

Victoria Park Lantern Festival

www.LanternFest.ca



Seniors party in the park

AUGUST

3

Royal St. John's Regatta
www.StJohnsRegatta.org

5

Music at Harbourside

5-7

NL Folk Festival
www.NLFolk.com

5-7

Buskers Festival
www.DowntownStJohns.com

6-21

Tuckamore Festival
www.TuckamoreFestival.ca

10

Trailwalkers (see page 44)

Folk Night www.NLFolk.com

12

Music at Harbourside

17

Trailwalkers (see page 44)

Folk Night

www.NLFolk.com

19

Music at Harbourside

21

Music at Bannerman

24

Trailwalkers
(see page 44)

Folk Night www.NLFolk.com

26

Music at Harbourside

31

Folk Night www.NLFolk.com



Check out Music at Harbourside and Bannerman park see page 24

Welcome to Paul Reynolds Community Centre –

By Tanya Haywood
Deputy City Manager of Community Services

The City has entered into a new era with construction of the Paul Reynolds Community Centre at Wedgewood Park. As much as our earlier recreation and community centres have been treasured by our citizens, none of them had been purpose built, and so, each of them have brought challenges with them from age to size limitations, and inefficient heating and electrical systems.

We are building a new legacy in Wedgewood Park, one that fully meets the community needs, and one that has the functionality and efficiencies we need at the city.

We broke ground on June 20, 2014 and we are on schedule to open our doors in January 2017.



Let's start at the top

We've used cross laminated timber (CLT) panels as part of the roof construction. This special wood from Russia is valued as a construction product for many reasons, including:

- an ability to compensate for rapid fluctuations in temperature and humidity (highly likely in this building environment);
- efficiencies in construction with CLT panels (simple assembly with little need for specialized equipment); and,
- cost competitive with all other building products due to superior insulating values (less thermal bridging than metal) and lower ongoing maintenance than metal roof decking.



Thinking about taking tennis lessons?

The City of St. John's is no longer offering tennis lessons, however, the Greenbelt and Riverdale Tennis Clubs are working together to deliver summer programs for ages 4 to 16. Contact them to learn more about their programs:

Greenbelt Tennis Club

114 Newtown Road
722-3840
www.greenbelttennis.com
tennis@sportnl.ca

 @tennisgreenbelt

 @GreenbeltTennisClub

Riverdale Tennis Club

4 Portugal Cove Road
579-6600
www.riverdaletennisclub.ca/
riverdaletennisboard@gmail.com

 @RiverdaleTennisClub



Opening 2017!

Next, let's dive into the pool

The natatorium or aquatics area, is the crowning glory of our new community centre. We have used many cutting edge design attributes to give us an outstanding facility.

The facility will house two pools: a 25 metre, six-lane rectangular pool and a warmer-water leisure pool with a zero depth 'beach' entry, lazy river and splash pad feature.

After tireless research, our consultants recommended the Myrtha Pool system from Italy in our tender package and we couldn't be happier.

This type of swimming pool is used around the world and is fast becoming preferred for competitive and recreational swimming because:

- the stainless steel pool has a longer life-span;
- it's less costly compared to labour intensive traditional pools;
- there's less possibility of leaking as there is no potential for corrosion;
- it requires considerably less maintenance than traditional pools; and,
- the padded floor bed makes movement in the water more comfortable and safe.



Two water slides!

Both slides will start eight metres (26.25 feet) above the deck and will twist and turn a total of 64 metres (210 feet) for the open slide and 56 metres (185 feet) for the enclosed slide. Water slides are a wonderful new addition to our recreation offerings at the City, and provides a fun opportunity for active recreation.

Turning up the heat while turning down the costs

One of the most energy efficient features of the Centre is our heating system. The building uses geothermal heating which is energy and environmentally efficient. In fact, the estimated pay-back period on the capital cost of this system is only seven years.

We hope you will all join us to celebrate the opening in 2017!

The Paul Reynolds Community Centre is a modern facility which will serve the residents of St. John's for many years to come. It was designed and engineered by local companies and was the subject of numerous public consultations which were well attended. Further public consultation on programming is expected this year.

At a glance:

- 74,000 square feet of overall space
- 25-meter lane pool
- Leisure pool, including two waterslides
- Full-sized 6,700 square foot gymnasium
- 1,500 square foot dedicated children's area
- 1,500 square foot senior's area
- Dedicated youth room
- Outdoor playground
- Fitness area
- Several multi-purpose spaces

Public swimming, pool & fitness sessions

This summer we have three pools open:

H.G.R. Mews Community Centre, 40 Mundy Pond Road (Indoor pool)
Wedgewood Park Recreation Centre, 47 Gleneyre Street (Indoor pool)
Bannerman Park, entrance off Bannerman Road (Outdoor pool)

Swim/Water Fitness Costs

Age	Drop-In Swim	Water Fitness
2 years and under	Free	
Youth & Senior Ages 3-18 and 65+	\$2.25	\$4
Adult 19+	\$3.25	\$5
Family	Adult \$2 Child \$1	
Steam / Sauna	\$2.25	

It's free
to swim at
at Bannerman
Park pool!



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 (Mews).
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 open (Mews).
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.
Aqua Jog	Low impact jogging in the water. Suitable for those with knee/leg injuries that prevent running on land.
Deep Water Fitness	No impact fitness class in the deep end of the pool. Suitable for all swim levels as flotation belts are used.
Shallow Water Fitness	Low impact fitness class in the shallow end of the pool.

Construction extended to September 2016

The Bowring Park pool is closed this summer while construction continues on the new \$3.5 million pool house. The new pool house will have enhanced washrooms and change room, including family change rooms. The pool will remain the same size and shape but will have a new deck and terrace area for non-swimming parents and supervisors.



Splash pads

Splash pads at Bannerman and Bowring Park are open daily from 9 a.m. to dusk, from July 2 to September 5.



Dryland
Fitness

Mixed Yoga, July 6 to Aug. 31

Drop in: Wednesdays, 7:30 to 8:20 p.m., H.G.R. Mews Community Centre
Requires Registration (see page 25): Wednesdays, 7 to 8:15 p.m., Airport Heights Community Centre

H.G.R. MEWS COMMUNITY CENTRE SWIMMING POOL SCHEDULE - July 3 to August 27, 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lane Swim 8 to 9:50 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 8 to 9:50 a.m.
	Shallow Water Fitness 9 to 9:50 a.m.	Shallow Water Fitness 9 to 9:50 a.m.	Shallow Water Fitness 9 to 9:50 a.m.	Shallow Water Fitness 9 to 9:50 a.m.	Shallow Water Fitness 9 to 9:50 a.m.	Everyone Welcome 10 to 11:50 a.m.
Lane Swim Noon to 1:50 p.m.	Adult Swim Noon to 1:50 p.m.	Adult Swim Noon to 1:50 p.m.	Adult Swim Noon to 1:50 p.m.	Adult Swim Noon to 1:50 p.m.	Adult Swim Noon to 1:50 p.m.	Everyone Welcome Noon to 1:50 p.m.
Everyone Welcome 3 to 4:50 p.m.	Everyone Welcome 3 to 3:50 p.m.		Everyone Welcome 3 to 3:50 p.m.		Everyone Welcome 3 to 3:50 p.m.	Everyone Welcome 3 to 4:50 p.m.
Family Swim 6 to 6:50 p.m.	Lane Swim 6 to 6:50 p.m.	Lane Swim 6 to 6:50 p.m.	Lane Swim 6 to 6:50 p.m.	Lane Swim 6 to 6:50 p.m.		Family Swim 6 to 6:50 p.m.
Everyone Welcome 7 to 8:20 p.m.	Everyone Welcome 7 to 7:50 p.m.	Everyone Welcome 7 to 7:50 p.m.	Everyone Welcome 7 to 7:50 p.m.	Everyone Welcome 7 to 7:50 p.m.	Everyone Welcome 7 to 7:50 p.m.	Everyone Welcome 7 to 8:20 p.m.
Adult Swim 8:30 to 9:50 p.m.	Shallow Water Fitness 8 to 8:50 p.m.	Deep Water Fitness 8 to 8:50 p.m.	Shallow Water Fitness 8 to 8:50 p.m.	Aqua Jog 8 to 8:50 p.m.	Adult Swim 8 to 9:50 p.m.	Adult Swim 8:30 to 9:50 p.m.
	Adult Swim 9 to 9:50 p.m.	Adult Swim 9 to 9:50 p.m.	Adult Swim 9 to 9:50 p.m.	Adult Swim 9 to 9:50 p.m.		

WEDGEWOOD PARK RECREATION CENTRE SWIMMING POOL SCHEDULE - July 3 to August 27, 2016

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 11 to 11:50 a.m.	Deep Water Fitness 9 to 9:50 a.m.		Deep Water Fitness 9 to 9:50 a.m.		Deep Water Fitness 9 to 9:50 a.m.	Lane Swim 9 to 9:50 a.m.
Everyone Welcome Noon to 1:50 p.m.	Adult Swim Noon to 1:50 p.m.	Adult Swim Noon to 1:50 p.m.	Adult Swim Noon to 1:50 p.m.	Adult Swim Noon to 1:50 p.m.	Adult Swim Noon to 1:50 p.m.	Everyone Welcome 1 to 1:50 p.m.
Everyone Welcome 3 to 4:50 p.m.	Everyone Welcome 3 to 3:50 p.m.	Everyone Welcome 3 to 3:50 p.m.	Everyone Welcome 3 to 3:50 p.m.	Everyone Welcome 3 to 3:50 p.m.	Everyone Welcome 3 to 3:50 p.m.	Everyone Welcome 3 to 4:50 p.m.
Family Swim 6 to 6:50 p.m.	Lane Swim 6 to 6:50 p.m.	Lane Swim 6 to 6:50 p.m.	Lane Swim 6 to 6:50 p.m.	Lane Swim 6 to 6:50 p.m.		Family Swim 6 to 6:50 p.m.
Everyone Welcome 7 to 7:50 p.m.	Everyone Welcome 7 to 7:50 p.m.	Deep Water Fitness 7 to 7:50 p.m.	Everyone Welcome 7 to 7:50 p.m.	Deep Water Fitness 7 to 7:50 p.m.	Everyone Welcome 7 to 7:50 p.m.	Everyone Welcome 7 to 7:50 p.m.
Adult Swim 8 to 8:50 p.m.	Adult Swim 8 to 8:50 p.m.		Adult Swim 8 to 8:50 p.m.			

BANNERMAN PARK SWIMMING POOL SCHEDULE - July 2 to August 28, 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Lane & Everyone Welcome 9 to 10:30 a.m.		Lane & Everyone Welcome 9 to 10:30 a.m.		Lane & Everyone Welcome 9 to 10:30 a.m.	
Family Swim Noon to 12:50 p.m.	Lane Swim 11:45 a.m. to 12:30 p.m.	Lane Swim 11:30 a.m. to 12:15 p.m.	Lane Swim 11:45 a.m. to 12:30 p.m.	Lane Swim 11:30 a.m. to 12:15 p.m.	Lane Swim 11:45 a.m. to 12:30 p.m.	Family Swim Noon to 12:50 p.m.
Everyone Welcome 1 to 2:15 p.m.	Everyone Welcome 2:15 to 3 p.m.	Everyone Welcome 1:45 to 2:45 p.m.	Everyone Welcome 2:15 to 3 p.m.	Everyone Welcome 1:45 to 2:45 p.m.	Everyone Welcome 2:15 to 3 p.m.	Everyone Welcome 1 to 2:15 p.m.
Everyone Welcome 2:30 to 3:45 p.m.	Everyone Welcome 3:15 to 4:15 p.m.	Everyone Welcome 3 to 4:15 p.m.	Everyone Welcome 3:15 to 4:15 p.m.	Everyone Welcome 3 to 4:15 p.m.	Everyone Welcome 3:15 to 4:15 p.m.	Everyone Welcome 2:30 to 3:45 p.m.
Everyone Welcome 4 to 5:15 p.m.	Everyone Welcome 4:30 to 5:30 p.m.	Family Swim 4:30 to 5:30 p.m.	Everyone Welcome 4:30 to 5:30 p.m.	Everyone Welcome 4:30 to 5:30 p.m.	Everyone Welcome 4:30 to 5:30 p.m.	
Everyone Welcome 5:30 to 6:45 p.m.	Lane & Everyone Welcome Swim 5:45 to 6:45 p.m.	Everyone Welcome 5:45 to 6:45 p.m.	Shallow Water Fitness 5:45 to 6:45 p.m.	Everyone Welcome 5:45 to 6:45 p.m.	Lane & Everyone Welcome Swim 5:45 to 6:45 p.m.	Everyone Welcome 5 to 6:45 p.m.

For more information on daily schedules please contact:

H.G.R. Mews Community Centre - Swim & Fitness Line **576-8408** or **576-8499**

Wedgewood Park Recreation Centre - Swim & Fitness Line **576-8155** or **576-8631**

Bannerman Park Pool - **576-7671**

View schedules online at www.stjohns.ca, go to Quick Links > Swim Schedules



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

We need you – become a lifeguard!

When the Paul Reynolds Community Centre at Wedgewood Park opens in January 2017 we'll have lots of lifeguard and instructor positions to fill.

If you've been completing aquatics leadership courses, or enjoy swimming and have been thinking about starting your lifeguard training – now is the time to do it. We've reduced all our aquatics leadership course prices.

Lifeguarding is a good job, and lifeguards are always in demand - not just at City pools but everywhere. So with the certifications and the right work ethic you can have a job for life, or at least for as long as you want!

For more detail
www.stjohns.ca
 > Living in St. John's
 > Recreation and Parks
 > Swim Programs

Lifeguard training courses offered this summer

Title	Ages	Dates	Times & Days	Location	Cost
Junior Lifeguard Club	12-15	August 2-25	10:35 to 11:20 a.m. Tuesdays & Thursdays	Bannerman Park	\$20
Bronze Medallion	Age 13+	July 5-14	8:30 a.m. to 12:30 p.m. Tuesdays, Wednesdays & Thursdays	H.G.R. Mews Community Centre	\$87.48 with Canadian Lifesaving Manual (CLSM) \$74.35 without CLSM
Bronze Cross Includes Standard First Aid & CPR Level C	Age 14+, must have Bronze Medallion	July 19-28	10:30 a.m. to 12:30 p.m. and 1 to 4 p.m. dry land for first 5 classes Tuesdays, Wednesdays & Thursdays	H.G.R. Mews Community Centre	\$119.88 with Canadian Lifesaving Manual (CLSM) \$106.73 without CLSM
National Lifeguard	Age 15+, must have Bronze Cross	August 9-25	8:30 a.m. to 12:30 p.m. pool sessions and 1:30 to 5 p.m. classroom sessions Mondays to Thursdays	H.G.R. Mews Community Centre	\$113.08 with Alert Lifeguarding in Action Manual (ALAM) \$99.15 without ALAM \$133.08 with ALAM and Standard First Aid \$116.65 without ALAM and with Standard First Aid

**New
Lower Prices!**

The pinnacle of
lifeguard training in
Canada



Sea Stars Synchro Summer Camps and Tryouts

The Sea Stars Synchronized Swim Club based out of the MUN Aquarena Pool is looking for new swimmers!

Tryouts:

The club offers a **Free** synchro swim lesson every week for kids that just want to try it out at the following times. Please email in advance to advise the coach that your child will be attending.

Every Saturday Try Out Swims are as follows

- Ages 5-8 (4:00-5:20)
- Ages 9-11 (5:30 - 6:50)

Summer Camps:

The Sea Stars will be offering Summer Camps again this year for new swimmers to attend from ages 5-11 years of age. The camps run from 8:30-5:00pm and incorporate dance, swimming, yoga, choreography, music and fun! Book early to guarantee a spot. Tentative weeks for the Summer Camps are as follows:

- July 25th - July 29th
- August 8th - August 12th



Swimming lessons

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

See page 41 for
Red Cross Swim Adapted

Children's, once a week

Saturdays, from July 9 to August 27 (8 lessons)

Parent & Tot, \$32

Preschool and Swim Kids, \$48

Wedgeood Park

Time	Levels
9 to 9:50 a.m.	Starfish/Duck/Sea Turtle (Parent & Tot) Sea Otter Level 4
10 to 10:45 a.m.	Salamander Level 1 Level 5
11 to 11:45 a.m.	Sunfish Level 3 Level 6

Children's, concentrated lessons

During the summer we offer concentrated swimming instruction, in which children have two lessons a week at the Bannerman Park pool, or four lessons a week at the Mews or Wedgewood pools.

Bannerman Park Pool

All lessons are 10:35 to 11:20 a.m. on Tuesdays and Thursdays and cost \$20 for 8 lessons.

Session A: July 7 to 30	Session B: August 4 to 27
Swim Kids Level 1/2	Junior Lifeguard Club
Swim Kids Level 3/4	Swim Kids Level 3/4
Swim Kids level 5/6	Swim Kids level 5/6
Swim Kids Level 7/8	Swim Kids Level 9/10

Mews & Wedgewood Pool

Lessons run Tuesday through Friday for two weeks.

Session A: July 5 to 15, \$48 for 8 lessons

Session B: July 19 to 29, \$48 for 8 lessons

Session C: August 2 to 12 (except Regatta Day), \$42 for 7 lessons

Session D: August 16 to 26, \$48 for 8 lessons

Private swimming lessons

Private or semi-private (two participants) 25 minute lessons are available.

It is your choice to have a semi-private lesson, however participants must be within two levels of each other.

This summer we're offering three and four week sessions at both H.G.R. Mews Community Centre and the Wedgewood Park Recreation Centre.

For more details on lessons dates and start times
www.stjohns.ca
> Living in St. John's
> Recreation and Parks
> Swim Programs

Session A & C		Session B & D	
H.G.R. Mews Community Centre			
Sea Otter	10 to 10:45 a.m.	Sea Otter	5 to 5:45 p.m.
Salamander	4 to 4:45 p.m.	Salamander	10 to 10:45 a.m.
Sunfish	11 to 11:45 a.m.	Crocodile/Whale	11 to 11:45 a.m.
Level 1	10 to 10:45 a.m.	Level 1	4 to 4:45 p.m.
Level 2	5 to 5:45 p.m.	Level 2	10 to 10:45 a.m.
Level 3	11 to 11:45 a.m.	Level 3	5 to 5:45 p.m.
Level 4	4 to 4:45 p.m.	Level 4	11 to 11:45 a.m.
Level 5	4 to 4:45 p.m.	Level 5	4 to 4:45 p.m.
Level 6	5 to 5:45 p.m.	Level 6	4 to 4:45 p.m.
Level 7/8	5 to 5:45 p.m.	Level 9/10	5 to 5:45 p.m.
Wedgewood Park Recreation Centre			
Sea Otter	10 to 10:45 a.m.	Sea Otter	9 to 9:45 a.m.
Salamander	5 to 5:45 p.m.	Salamander	10 to 10:45 a.m.
Sunfish	9 to 9:45 a.m.	Sunfish	4 to 4:45 p.m.
Crocodile / Whale	4 to 4:45 p.m.	Crocodile/Whale	9 to 9:45 p.m.
Level 1	10 to 10:45 a.m.	Level 1	10 to 10:45 a.m.
Level 2	5 to 5:45 p.m.	Level 1	4 to 4:45 p.m.
Level 2	9 to 9:45 a.m.	Level 2	10 to 10:45 a.m.
Level 3	9 to 9:45 a.m.	Level 2	4 to 4:45 p.m.
Level 3	10 to 10:45 a.m.	Level 3	5 to 5:45 p.m.
Level 4	9 to 9:45 a.m.	Level 3	9 to 9:45 a.m.
Level 4	4 to 4:45 p.m.	Level 4	9 to 9:45 a.m.
Level 5	4 to 4:45 p.m.	Level 4	5 to 5:45 p.m.
Level 6	4 to 4:45 p.m.	Level 5	5 to 5:45 p.m.
Level 7/8	5 to 5:45 p.m.	Level 6	4 to 4:45 p.m.
Level 9/10	10 to 10:45 a.m.	Level 7/8	10 to 10:45 a.m.
Teen Basic/Teen Strokes*	5 to 5:45 p.m.	Level 9/10	5 to 5:45 p.m.
*Please note that Teen Basic is Session A & Teen Strokes is Session C			



Tuckamore Festival

CHAMBER MUSIC IN NEWFOUNDLAND
AUGUST 6-21, 2016

The Tuckamore Festival celebrates its 16th season with exceptional artists such as the Gryphon Trio, the Shanghai Quartet, Evelyn Hart, Pascale Giguère (Les Violons du Roy), Suzie LeBlanc, Duane Andrews, and more!

SATURDAY AUGUST 6, 2pm, The Old Church, Admiral's Cove

SUNDAY AUGUST 7, 3pm, Fishers' Loft, Port Rexton

OPENING NIGHT MONDAY AUGUST 8, 8pm, DF Cook

Recital Hall RICHES BROUGHT WITH DUO CONCERTANTE AND EVELYN HART – Admission General 33, Student/Senior 22

THURSDAY AUGUST 11, 9:30pm, LSPU Hall (NEW VENUE)

LATE NIGHT WITH SUZIE LEBLANC AND ROBERT KORTGAARD

Admission 33/22

FRIDAY AUGUST 12, 8pm, DF Cook Recital Hall

IN MY LOVE AND IN MY SONG: FACULTY ARTISTS IN CONCERT

– Admission 33/22

SATURDAY AUGUST 13, 7pm, Suncor Energy Hall

MEET OUR YOUNG COMPOSERS AND THEIR MUSIC

Admission included with concert

SATURDAY AUGUST 13, 8pm, Suncor Energy Hall

YOUNG ARTISTS AT PLAY – Admission 15/10

MONDAY AUGUST 15, 8pm, DF Cook Recital Hall

THE GRYPHON TRIO – Admission 33/22

WEDNESDAY AUGUST 17, 8pm,

Gower Street United Church (NEW VENUE)

SHANGHAI STRING QUARTET – Admission 33/22

THURSDAY AUGUST 18, 7pm, The Old Church,

Admiral's Cove SHANGHAI STRING QUARTET – Admission 33/22

THURSDAY AUGUST 18, 9:30pm, Rocket Room

LATE NIGHT WITH DUANE ANDREWS AND JAMES HURLEY

Admission 33/22

FRIDAY AUGUST 19, 8pm, DF Cook Recital Hall

SCHUBERT EXTRAVAGANZA!, FACULTY ARTISTS IN CONCERT

Admission 33/22

SUNDAY AUGUST 21, 8pm, DF Cook Recital Hall

FESTIVAL FINALE WITH TUCKAMORE YOUNG ARTISTS

Admission 15/10

Tickets go on sale June 24th – Don't miss our free lunch hour recitals, children's concert, workshops, masterclasses, open rehearsal, Brigus concert and more! Full schedule and details available at www.tuckamorefestival.ca

7267357

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ARTISTRESS**

THE
ATTRIBUTES
FOR
"WELL-BEING"
IN YOUR
LIFE OF
EVERY DAY



ROPAR

Bowring Centre
576-6980

Children's Programs

Registration begins Thursday, May 5 at 7 a.m., unless otherwise noted.
See page 25 for details on how to register.

Home Alone Safety Course

A one-day safety and life skills program for children in grades 4 to 6 to develop independence. Just \$47.25 to learn fire safety, emergency preparedness, how to create a home readiness plan and more! Both courses take place at the A.C. Hunter Children's Library in the Arts & Culture Centre at 125 Allandale Road from 9 a.m. to 4 p.m.

Course 1: Wednesday, July 13

Course 2: Wednesday, August 10

Babysitters Course

It costs just \$47.25 to train for your first job! 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. Both courses take place at the A.C. Hunter Children's Library in the Arts & Culture Centre at 125 Allandale Road from 9 a.m. to 4 p.m.

Course 1: Tuesday, July 12

Course 2: Tuesday, August 9

Summer Day Camps

School is out and day camp is in! These weekly camps run weekdays from 8 a.m. to 5 p.m. beginning June 27 and ending September 2, and cost \$112.50 per week. Keep your children active this summer with swimming, off site trips, sports and outdoor fun!

Discovery Camps, for ages 6 to 8

- Wedgewood Park Recreation Centre
- Airport Heights Community Centre
- Southlands Community Centre
- Bishop Field Elementary
- Shea Heights Community Centre (\$50/wk, part of phased-in increase)
- Kilbride Lion's Community Centre (\$50/wk, part of phased-in increase)

Day Camps & Camp Explore, for ages 9 to 12

- Southlands Community Centre
 - Shea Heights Community Centre (\$50/wk, part of phased-in increase)
 - Kilbride Lion's Community Centre (\$50/wk, part of phased-in increase)
 - Rotary 'Sunshine' Park or Bowring Park*
- *these sites alternate, see website for weekly details and drop off locations*

Activity Centres: July 4 – August 26

Activity Centre Camps for 6 to 12 year-olds run from 9 a.m. to noon and 1 to 4:30 p.m. and cost \$52.50 per week or \$26.25 per week for half days. Children participate in games, sports and outdoor fun! Please note - there is no supervision over lunch and early drop off is available at 8:30 a.m.

- Larch Park (drop off at Rennie's River Elementary)
- Spruce Meadows Park (drop off at MacDonald Drive Elementary)
- St. Mary's Park (drop off at St. Mary's Elementary)
- Cowan Park (drop off at St. Matthew's Elementary)
- Parkside Community Centre (only full days available)

For more detail
www.stjohns.ca
>Living in St. Johns
>Recreation and Parks
>Children's Programs

There's still space in some of our 2016-17 After School programs for grades K to 6! Visit the website for details.



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NOTICE TO CUSTOMERS
 We will be moved as of April 1st, 2014.

We will be temporarily located at 15 Goldstone Street, Unit Number 2
 O'Leary Industrial Park, St. John's, NL, A1B 5C3 - off Thorburn Road or Kelsey Drive
 as we are moving back to 1020 Topsail Road in the near future

7263234

Inclusive Services

Do you require support to participate in City of St. John's recreation and leisure programs?

For more detail and descriptions of these services please visit www.stjohns.ca
 >Living in St. John's
 >Recreation and Parks
 >Inclusive Services

Contact us:

To learn more about how we can help,

- 576-4450 or 6972
- inclusion@stjohns.ca.

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.

H.G.R. Mews Community Centre
 July 5 to August 30
 Tuesdays, 7 to 8:30 p.m.
 \$54 for 9 sessions

Participant support and/or program subsidy:
 fall application deadline is
 July 17, 2016

Swimming Lessons

Red Cross Swim Adapted classes are available for any age swimmer who has a disability and requires an individualized or low ratio setting. Classes are progressive but begin with the basics of swimming and water safety. A parent or an aide may be required to support the swimmer in the water.

Wedgewood Park Recreation Centre or H.G.R. Mews Community Centre
 Mondays, July 4 to August 22, \$96 for 8 lessons

- 4 to 4:45 p.m.
- 5 to 5:45 p.m.

Attendant Pass

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

Adaptive Equipment Loan Program

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

Accessible Playground Equipment

An accessible playground is located in Bowring Park.

Accessible swings are located in these playgrounds:

- Bannerman Park
- Bowring Park
- Froude Avenue
- McNiven Place
- Penney Crescent
- Spruce Meadows
- St. Mary's (near school)

Program Subsidy

Program subsidies are available for persons facing financial barriers to participate in City of St. John's Recreation Division activities. Current program offerings are listed in this guide and on the website. All requests for financial assistance to participate in programs for children and youth are referred to the R.E.A.L. Program.



A Hippocampe is an all-terrain wheelchair designed for outdoor settings including trails, splash pads and parks.



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Summer Sports Camp

Baseball

Ages 6-14

Basketball

Frisbee

Weekly Multi sport sessions

June 27-September 2

8:00am-5:30pm

\$135 per week

Archery

Soccer

Many More!

Outdoor
activities and
indoor facilities
allow for
**NO RAIN
DAYS!**

To Register:

726-7877

kparsons@avalonsports.ca

www.techniplex.ca



Rent a Facility

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

For more detail about Kilbride, Shea Heights and Southlands Centres, www.stjohns.ca
 >Living in St. John's
 >Recreation and Parks
 >Community Programs

Birthday Parties

Looking for a place to hold your birthday party? Our party spaces fill quickly so book early to avoid disappointment!

We offer both gym and swimming parties at the Mews and Wedgewood Centres, and swimming parties at Bannerman Park in the summer. You can also book space to hold a party at the Shea Heights, Southlands and Kilbride Centres.

Birthday party slots are offered on the weekends, and depending on the site and rooms rented fees range from \$126 to \$186.

Book a swim for your day camp!

Available spots, from July 4 to August 26:

Mews and Wedgewood
 2 – 2:50 p.m., Monday to Friday

Bannerman Park
 Mondays, Wednesdays & Fridays, 10:45-11:30 a.m. & 12:45-1:45 p.m.
 Tuesdays & Thursdays, 12:30-1:15 p.m.

Book starting June 9 for St. John's groups, and June 15 for groups outside St. John's.

Call **576-8154** or email recreation@stjohns.ca

Group Programs

Outdoor programs for groups occur at Rotary 'Sunshine' Park or C.A. Pippy Park and are available to community, youth and school groups. Programs are customized for the age and ability of the participants.

Types of programs offered include:

- canoeing
- kayaking
- hiking
- fire building
- outdoor cooking

For more details or to book an outdoor program, call **576-8522** or email recreation@stjohns.ca

Facility	Details
H.G.R. Mews Community Centre 40 Mundy Pond Road 576-8499	Gym Multi-Purpose room
Wedgewood Park Recreation Centre 47 Gleneyre Street 576-8631	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, tennis & badminton



Outdoor Programs

Outdoor programs go ahead if weather permits; come prepared for the elements. These require pre-registration.

Paddle Canada Certification

Introductory courses with emphasis on boat control, skills and how to be safe and have fun on the water. Equipment is provided. Come prepared to be in the water. Lunch break from noon to 1 p.m. For 15+ years.



Basic Kayaking Skills
Saturday, August 6
9 a.m. to 6 p.m., \$80
Rotary 'Sunshine' Park, Thorburn Road

Lake Canoe Skills Introduction Tandem
Saturday, August 20
9 a.m. to 6 p.m., \$80
Rotary 'Sunshine' Park, Thorburn Road



For more detail
www.stjohns.ca
>Living in St. John's
>Recreation and Parks
>Outdoor Pursuits



Introduction to...

Outdoor Digital Photography	A focus on colour, composition, perspective, light, and other tricks to improve your photography skills. Indoor and outdoor instruction and practice. Must bring own camera, manual and a tripod if you have one; for 18+ years.	Tuesday, June 21, Thursday, June 23 and Tuesday, June 28 6 to 8 p.m., \$48 Various locations
Kayaking	Learn basic kayak strokes and techniques including paddle grip, boat fit and adjustment, launching and landing. Equipment is provided; for 18+ years.	Saturday, July 16 9 a.m. to 1 p.m., \$32 Rotary 'Sunshine' Park, Thorburn Road
Tandem Canoeing	Learn the basic canoe strokes and techniques including equipment selection, entering and exiting a canoe, pivots and turns. Equipment is provided; for 18+ years.	Saturday, July 23 9 a.m. to 1 p.m., \$32 Rotary 'Sunshine' Park, Thorburn Road
Stand Up Paddle Board	Learn how to properly and safely get on, off and navigate your paddle board. Come prepared to be in the water. Equipment is provided; for 18+ years.	Course 1: Thursday, July 28 6 to 9 p.m., \$24 Rotary 'Sunshine' Park, Thorburn Road Course 2: Saturday, Aug. 27 9 a.m. to noon, \$24 Rotary 'Sunshine' Park, Thorburn Road

Trailwalkers - Walk With Us!

Trailwalkers meet from 6:30 to 7:30 p.m. each Wednesday in the summer and go for a walk together – and it's **FREE!**

There's a group leader but feel free to walk at your own pace or with a small group. This is a great way to see the City's parks and trails, be active and meet new friends.

All abilities are welcome.
Dress appropriately for the weather.

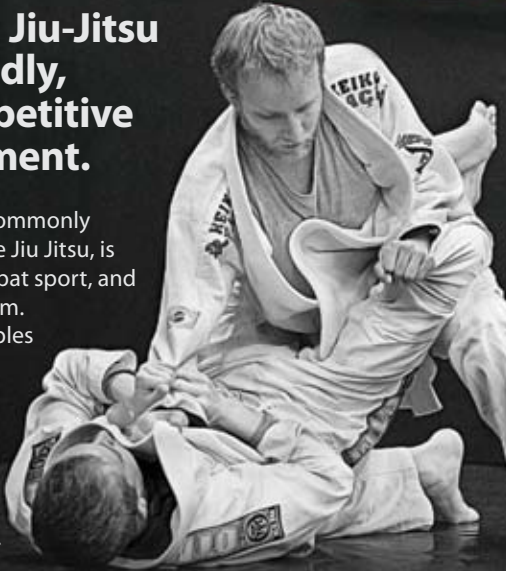
There's no registration for Trailwalkers but if you have questions call **576-8459** or email recreation@stjohns.ca.

Date	Location (walking distance)	Meeting Place
June 29	Mundy Pond (2 km)	H.G.R. Mews Community Centre (gravel parking lot)
July 6	Bowring Park- South Brook Trail (3 km)	West gate entrance of Bowring Park (large gravel parking lot)
July 13	Virginia River Trail (3.4 km)	Parking lot across from the Legion on The Boulevard (Quidi Vidi Lake)
July 20	Quidi Vidi Lake (3.8 km)	Boathouse parking lot
July 27	Rotary 'Sunshine' Park (2 km)	Parking lot on Bennett's Road
August 3	No Program due to Regatta Day	
August 10	Bannerman Park & Government House Grounds (2.7 km)	Bannerman Park Pool House
August 17	Waterford River Trail east (3.2 km)	West gate entrance of Bowring Park (large gravel parking lot)
August 24	Long Pond (2.8 km)	Fluvarium parking lot



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Brazilian Jiu Jitsu, commonly referred to as Gracie Jiu Jitsu, is a martial art, a combat sport, and a self-defense system. It focuses on principles of leverage and the proper use of ground fighting techniques to effectively defend against a larger, stronger opponent.



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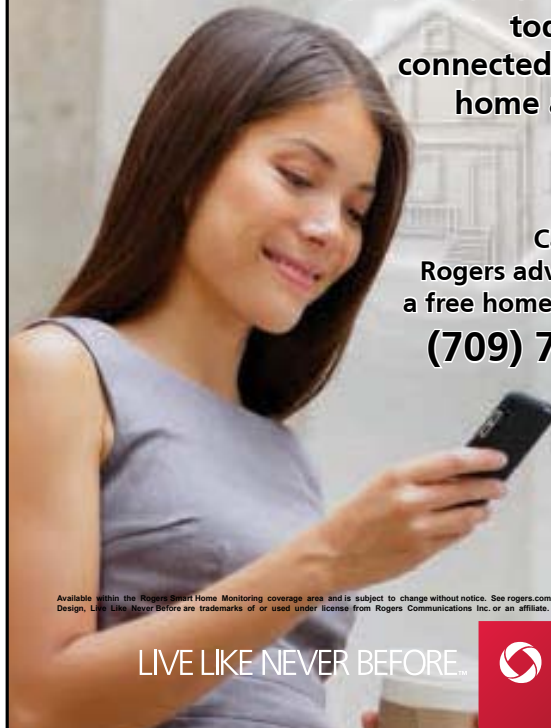
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TheOutfitters.nf.ca - 220 Water Street - St. John's NL - 709-579-HIKE (4453)

7267226

Youth Programs

These programs require pre-registration.
See page 25 for registration information.

For more detail
www.stjohns.ca
>Living in St. John's
>Recreation and Parks
>Youth Programs

Post pics or videos of your
adventures with us, and tag



@CityofStJohns



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Expeditions

Learn new skills through an awesome expedition, for ages 12 to 14.

Transportation for Rotary 'Sunshine' Park expeditions is provided:

- H.G.R. Mews Community Centre: pick up at 8:15 a.m., drop off at 4:30 p.m.
- Macdonald Drive Elementary School: pick up at 8:30 a.m., drop off at 4:45 p.m.

Ultimate Expeditions	Take an expedition this summer canoeing, kayaking and learning if you can survive in the wilderness.	Course 1: June 27 to 30, \$92.50, Rotary 'Sunshine' Park Course 2: July 25 to 29, \$112.50, Bowring Park
Paddles Away	Learn basic techniques to train for an awesome paddling trip on Friday! Duke of Edinburgh eligible.	Course 1 (Canoe): July 4 to 8, \$112.50, Rotary 'Sunshine' Park Course 2 (Kayak): Aug. 1 to 5, \$92.50, Rotary 'Sunshine' Park
Hiking & Camping	Learn hike & camp preparation, emergency procedures and outdoor cooking. We'll hike each day and end the week by overnight camping – yes, outdoors - on Thursday. Duke of Edinburgh eligible.	Course 1: July 11 to 15, \$112.50, Bowring Park Course 2: Aug. 8 to 12, \$112.50, Bowring Park
Tripping Week	This expedition delivers an experience like no other - giving campers a sense of adventure and discovery! Campers build skills of boat handling, outdoor cooking and back country camping. End the week with an incredible overnight adventure of exploration and paddling. Duke of Edinburgh eligible.	Course 1 (Canoe): July 18 to 22, \$112.50, Rotary 'Sunshine' Park Course 2 (Kayak): Aug. 15 to 19, \$112.50, Rotary 'Sunshine' Park
Games Week	This expedition is all about games - Ultimate Frisbee, swimming, soccer, baseball, tennis, dodge ball, Skollyball and so much more!	Aug. 22 to 26, \$112.50, Bowring Park
Wilderness Survival	An outdoor and hiking adventure! Learn fire building, outdoor cooking, orienteering and hut construction. Duke of Edinburgh eligible.	Aug. 29 to Sept. 2, \$112.50, Rotary 'Sunshine' Park

More courses for youth

GAL's (Girls Active Lifestyles)

An opportunity for girls to build confidence, self-esteem and develop their strengths in a supportive learning environment, surrounded by strong women role models.

For ages 12 to 16: \$112.50
July 25 to 29 from 9 a.m. to 4 p.m. (early drop off & late pick-up available)
H.G.R. Mews Community Centre



Youth Learn...

These mini-programs let youth explore and try new skills. Unless otherwise indicated, courses are for half-days, cost \$21 and are for ages 12 to 16.

Animal Care	Animal Care & Adoption Centre, 81 Higgins Line	\$14 Course 1: Wednesday, July 20, 6 to 8 p.m. Course 2: Wednesday, Aug. 10, 6 to 8 p.m.
Archery	Rotary 'Sunshine' Park	Course 1: Wednesday, July 13, 1 to 4 p.m. Course 2: Thursday, Sept. 1, 1 to 4 p.m.
Canoeing	Rotary 'Sunshine' Park	Wednesday, June 29, 1 to 4 p.m.
Fixed & Slide Seat Rowing	Quidi Vidi Lake Boathouse	9 a.m. to noon Course 1: Thursday, June 30 Course 2: Tuesday, July 5 Course 3: Tuesday, July 19 Course 4: Thursday, July 28
Geo Caching	Rotary 'Sunshine' Park	Tuesday, August 16, 1 to 4 p.m.
Indoor Cooking	Leary's Brook Junior High School, 15 Larkhall Street	\$28.50 Tuesday, July 26, 1 to 4 p.m.
Kayaking	Rotary 'Sunshine' Park	Monday, July 25, 1 to 4 p.m.
Outdoor Cooking	Rotary 'Sunshine' Park	\$28.50 Wednesday, August 24, 1 to 4 p.m.
Stand Up Paddle Board	Rotary 'Sunshine' Park	1 to 4 p.m. Course 1: Thursday, July 7 Course 2: Monday, Aug. 8 Course 3 (ages 14-17): Tuesday, Aug. 30

Leadership Programs

X-CELLENT Leader

Focus on team dynamics and inclusion, self-esteem building and leadership skills.

Ages 12 to 14: \$45

H.G.R. Mews Community Centre

Course 1: July 4 to 6, 9 a.m. to 4 p.m.*

Course 2: July 12 to 14, 9 a.m. to 4 p.m.*

*Early drop-off and late pick-up available

Animal First Aid and Emergency Response

Learn practical ways to help with animal emergencies and rescue, and receive a Pet First Aid Video and Certificate of Completion.

Ages 14 to 18: \$28

Animal Care & Adoption Centre, 81 Higgins Line
Wednesday, Aug. 17, 12:30 to 4:30 p.m.

Give a child... the gift of play!

Send a child to a music program for \$150

Sponsor a child in martial arts for \$100

Get a child involved in dance for \$75

Sponsor a child in gymnastics for \$50

Let a child explore art programs for \$25

The R.E.A.L. Program (Recreation Experiences and Leisure) and Canadian Tire Jumpstart were created so all children and youth have the opportunity to participate in recreation and leisure programs of their choice - even when their family's financial situation does not allow it.

Fall programs application deadline is July 17, 2016

R.E.A.L. is a non-profit program funded entirely through individual and corporate donations, and 100 per cent of all donations go toward participant's registration fees, equipment and transportation costs.

Learn the R.E.A.L. sponsors or become one yourself, check our website, email real@stjohns.ca or call **576-2574**.



For more detail
www.stjohns.ca

> Living in St. John's

> Recreation and Parks

> R.E.A.L. Program

ACTing OUT!

Enhance your improvisation skills and master scene techniques used by the best improv groups around! End the week with a performance for family and friends.

For ages 12 to 16: \$112.50

Aug. 22 to 26

9 a.m. to 4 p.m. (early drop off & late pick-up available)

H.G.R. Mews Community Centre

Exploring ART!

Develop your artistic talents through outlets of creativity including painting, drawing, textiles, sculptures and print making.

For ages 12 to 16: \$92.50

Aug. 1 to 5

9 a.m. to 4 p.m. (early drop off & late pick-up available)

H.G.R. Mews Community Centre

Seniors' Programs

Take a bus tour with us this summer! We have half-day and full-day outings planned to lots of interesting places and attractions in St. John's and around the Avalon Peninsula.

Pre-registration is required at least three days before the outing; act fast, they're sold on a first-come, first-served basis! Price includes lunch (full day) or light refreshments (half day), transportation to and from the outing, admission price and taxes.

We reserve the right to cancel, change or substitute outings if necessary. See **page 25** to learn how to register.

For more information
about Seniors Programs

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

email **recreation@stjohns.ca**

website **www.stjohns.ca**

->Living in St. Johns

->Recreation and Parks

->Seniors Programs

Half Day Tours

Opening Party, Worsley Park, CBS

Let's celebrate the start of summer! Spend the afternoon enjoying the beautiful scenery of Conception Bay, delicious food and great music: \$27

Thursday, June 23

12:30 to 4 p.m.

Rotary 'Sunshine' Park (daytime)

Spend the afternoon in a country setting. Cook up over an open fire and take in the beautiful outdoor scenery. In the event of inclement weather, activities will take place inside the Rotary Park Chalet: \$15

Tuesday, July 19

1 to 4 p.m.

MUN Botanical Garden

See the many trails and sites of the Botanical Garden in St. John's. Take a guided tour of the walking and nature trails, gardens and greenhouses. The afternoon finishes up with a refreshing treat. Comfortable footwear is recommended: \$15

Tuesday, June 28

1 to 4 p.m.

Afternoon at the Farm

You're a farmer for the afternoon at Lester's Farm on Pearltown Road. Be 'hands on' in the greenhouse, in the field, and the barn! This tour will be interactive and a great learning experience for all. Fresh local veggies are available for purchase. Comfy clothes and footwear are encouraged. Light snacks provided: \$19

Tuesday, July 26

1 to 4 p.m.

Bowling & Bidgoods

Can you 'spare' some time? Spend a fun afternoon at St. Pat's bowling alley and then we'll finish in Goulds for our annual grocery run: \$15

Tuesday, July 5

1 to 4 p.m.

Rotary 'Sunshine' Park (evening)

Enjoy a campfire, sing along, and stroll through the park in a country setting under the stars. In the event of inclement weather, activities will take place inside the Rotary Park Chalet: \$15

Tuesday, August 2

6 to 9 p.m.

Bingo

Postage stamp, four corners or inside square - regardless of the game we'll see you there! Prizes to be won, \$0.25 a card. Taking place at the Mews Centre, light food and refreshments are provided: \$15

Tuesday, August 9

1 to 4 p.m.

Quidi Vidi Village

Spend the afternoon browsing around Quidi Vidi Village - including the Brewery and the Plantation!: \$15

Tuesday, July 12

1 to 4 p.m.



Party in the Park

Join us for local entertainment and refreshments in Bowring Park - and it's **FREE!**

Thursday, July 7
12:30 to 3:30 p.m.

Lawn of the Bowring
Park Bungalow

(rainy day venue: St.
Teresa's Parish Hall)



Seniors' Full Day Tours

Bareneed, Bay Roberts, Harbour Grace and more...

Enjoy sites along the Veterans Memorial Highway as we explore the sights and sounds of Bay Roberts and Harbour Grace. We'll have lunch at the Old School House in Bareneed and do some shopping later in the afternoon: \$60

Thursday, June 30
9 a.m. to 6 p.m.

Party in the Park

Start the day off with a hearty meal at a local downtown restaurant. We'll then head to Bowring Park (rain venue St. Teresa's Parish Hall) to take in our annual Party in the Park with local music, prizes, and refreshments: \$25

Thursday, July 7
11 a.m. to 5 p.m.



Irish Loop

We'll travel through the Irish Loop on the southern shore and visit sites along the way. We'll eat lunch in Fermeuse and spend the afternoon in Portugal Cove South and visit the Edge of Avalon Interpretation Centre. This full day tour will be enjoyed onboard a coach bus: \$65

Thursday, July 14
9 a.m. to 6 p.m.

Downtown Day Trip

Come see some of the beautiful sites this city has to offer. We'll go back in time, experience the culture, and visit many of the 'must see' sites including the Railway Coastal Museum, the Commissariat House and others. Comfortable footwear is recommended: \$27

Thursday, July 21
9 a.m. to 5 p.m.



Ferryland Dinner Theatre

Take in a show while enjoying a Newfoundland meal and local entertainment. It's a memorable evening you won't want to miss – and it's so good we're offering it twice! Cost is \$61 and the outing is from 5 to 11:30 p.m.

Outing 1: Thursday, July 28
Outing 2: Thursday, Aug. 11

Around the Bay for the Day (Holyrood)

This tour begins in Kelligrews for a little shopping, followed by a meal and entertainment in Holyrood. We finish the day with a visit to a local fish market and a stop for ice cream on the way home: \$37

Friday, August 5
10 a.m. to 6 p.m.

Closing Party

Celebrate and reminisce about our memorable summer with an evening of good friends, food and entertainment at St. John's City Hall: \$19

Tuesday, August 16
6:30 to 10:30 p.m.

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



TRANSPORTATION

Transportation for bus outings 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

Seniors' Day 2016

Seniors' Day recognizes seniors and their contributions. This FREE event includes information sessions, exhibitors, a keynote speaker, refreshments and entertainment.

Thursday, June 9

Noon to 4 p.m.

Foran/Greene Room, City Hall

Also... June 9, seniors ride FREE on Metrobus

Aging in Place: Seeking Affordable Housing Solutions for Seniors

The face of St. John's is changing.

Did you know that the fastest growing segment of our population is seniors, aged 65 and up? Although our population in the St. John's Census Metropolitan Area (which includes the City and its closest neighbours) is predicted to continue to grow, births are stable or on the decline and there are fewer residents in their middle ages. That means we are getting older as a City, and as a region.

Our changing population has changing needs, and perhaps one of the most critical needs is accessible and affordable housing.

This City of St. John's holds a core belief that housing is a human right and that everyone needs and deserves a home that is affordable to them.

"A common misconception is that affordable housing is low-income housing," says Maria Callahan, the City's Affordable Housing and Development Facilitator. "For housing to be considered affordable, it must cost less than 30 percent of pre-tax income including housing and related costs such as mortgage or rent, property taxes, home energy, water and repairs."

The current average income of those over 60 years-old in St. John's is \$24,540. However there is a high percentage of home ownership, and a significant group with assets to invest in more suitable housing forms (e.g. downsizing).

Housing affordability is a top priority issue that has major impacts on many of our citizens.

In 2014, City Council adopted a new Affordable Housing Business Plan designed to address affordable housing over the next three years, **Creating Opportunities: Housing Our Community**. The plan proposes that the City will work with partners to create 500 affordable homes from 2014-2017.

In addition, in 2014 the City and the Province commissioned a research project to better understand trends in the local housing market and to identify potential approaches to help meet the growing need. The report provided 20 recommendations for the City to work on in collaboration with our partners. These recommendations were also presented to participants at the Seniors' Housing Forum on December 8, 2015.

The study found that the current housing supply is largely focused on single family homes that do not meet seniors' diverse and changing needs; and 75 per cent of available residential land is still zoned for single family homes.

Our role at the City is to help to identify and create opportunities – not build homes, says Deputy Mayor Ron Ellsworth. "The City is investing its financial and human resources, as well as its physical resources - in the way of land - to improve access to affordable housing.

"Our challenge is to ensure that we still meet the goals identified in our Municipal Plan by increasing densities, providing a range of housing options and creating complete communities."

Maria Callahan

Affordable Housing and Development Facilitator





Over 120 people participated in the seventh annual Housing Forum



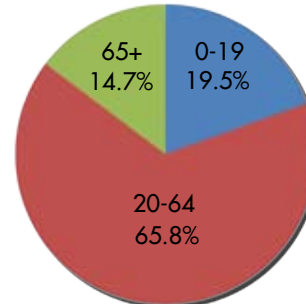
Participants included architects, developers, real estate agents, community and government agencies and seniors

An aging population

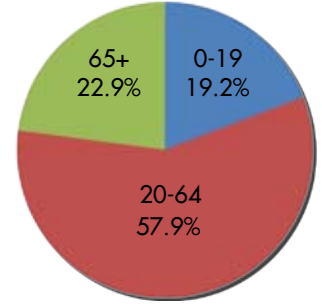
The portion of the population aged 65 and over grows while the 20-64 age group declines.

Population Projections by age (%) City of St. John's

2011



2031



Aging in place: having the health, social supports and services needed to live safely and independently in your home or community for as long as you wish and are able.

Source: Employment and Social Development Canada



THERE IS A DIFFERENCE

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Get a permit for your event

Most outdoor events taking place throughout the city require approval. If you're planning an outdoor event, you're required to submit an application for approval from our Special Events Advisory Committee (SEAC).

The SEAC is comprised of representatives from various City departments as well as external government and volunteer agencies. SEAC is a regulatory committee whose primary purpose is to protect the safety of the event participants and the public.

Through the SEAC application and approval process, the committee and event organizers work together to ensure the appropriate agencies are made aware of the event and can plan for potential conditions arising from it, including but not limited to road closures, traffic and/or crowd control.



Permits are required for:

- block parties
- concerts
- festivals
- road races
- parades
- any event in a City park or open space

Who is SEAC?

- City of St. John's
- St. John's Regional Fire Department
- Royal Newfoundland Constabulary
- Service NL
- Newfoundland Labrador Liquor Corporation
- St. John Ambulance

For more detail
www.stjohns.ca

>Living in St. John's
>Forms and Applications
>Events

or email
specialevents@stjohns.ca

Did you know....

The City of St. John's has:



7 baseball fields



17 softball fields



18 soccer pitches

... AND you can rent them!

Our outdoor sports facilities are usually open from June to mid-October (weather dependent). For details or to inquire about rentals:

- www.stjohns.ca > Living in St. John's > Recreation & Parks > Recreation Facilities
- 311 or 754-CITY (2489)
- drop in to the Mews or Wedgewood Centres



Proper places for your pooch to play

Off-leash dog parks

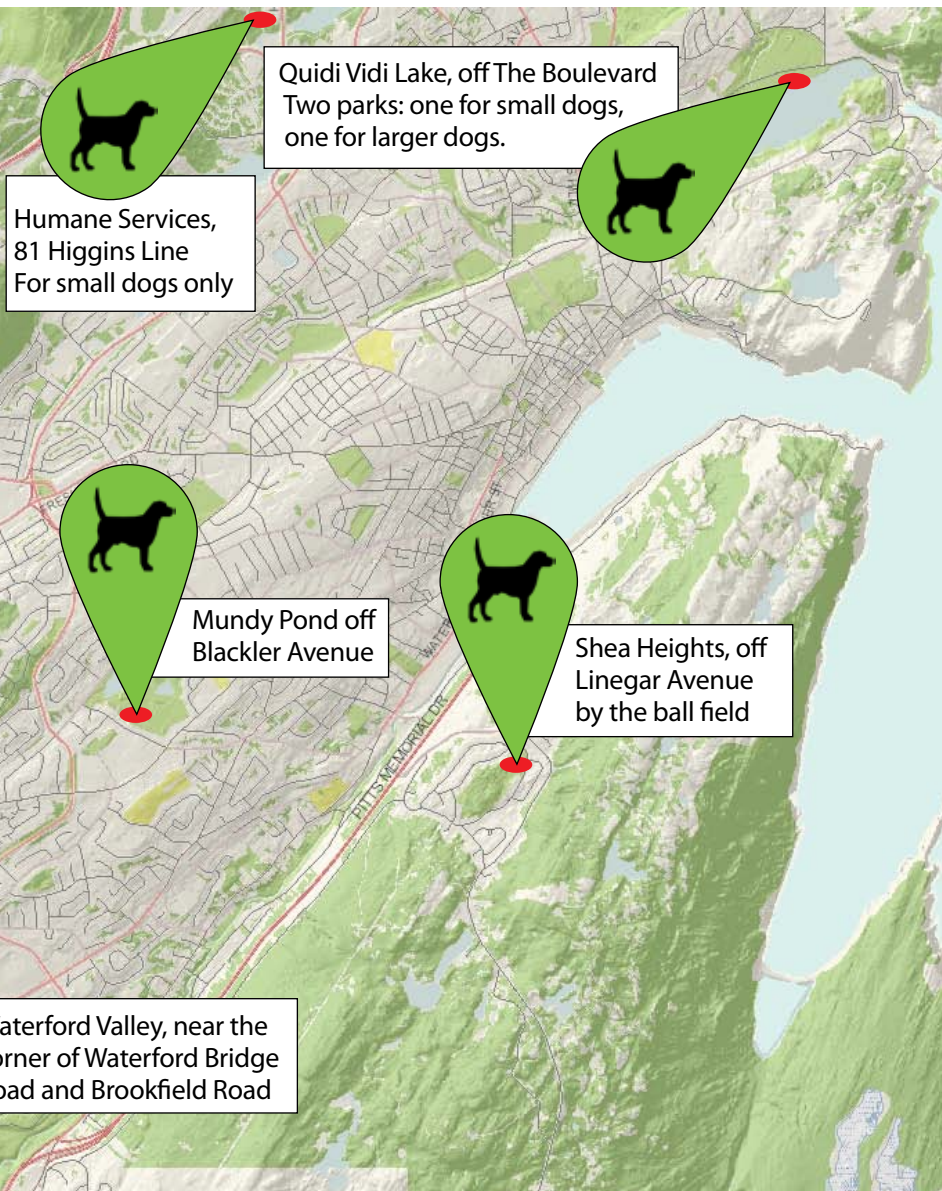
Running your dog on school grounds, sports fields, playgrounds, and other fenced public areas intended for human recreation can pose a significant public health risk.

Even when owners pick up their dog's feces the grass remains contaminated with fecal material (bacteria and parasites), and just a couple of dogs visiting the same field on a regular basis can contaminate an entire field in a short period of time. These fields are then used by people who sit and play on the same contaminated grass. This is a concern, especially for children with developing immune systems.

The City of St. John's has six dog parks where you can exercise and socialize your dog off-leash. Three of the parks are designated for small dogs weighing less than 25 pounds. The other parks are for any size dog; small dog owners should exercise judgement before putting their dog in one.



Find your nearest dog park



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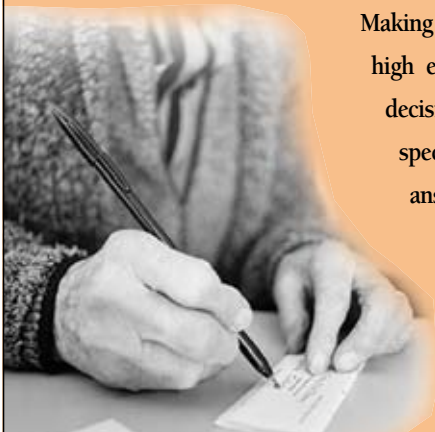
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It's not something to be ashamed of. They're so small, nobody even knows they're there. You've just got to do it for yourself!”

Jackie Furlong *Belton customer and fan.*



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On our grounds steeped in military history, join us as we cut the ribbon on the Fortis Courtyard and Amphitheatre. *The Princess Royal, Colonel-in-Chief* of the Royal Newfoundland Regiment will dedicate the new permanent *Royal Newfoundland Regiment Gallery*. Enjoy special performances by The Ennis Sisters, Shallaway Youth Choir and Canadian tenor, David Pomeroy.

Visit therooms.ca for event details.

100 July 1, 1916–2016
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