

City Guide

FALL 2017

Election 2017

How to vote
for your next
City Council

pages 24-31

NEW look
for recreation
program listings

see page 32

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twitter.com/DannyBreenNL



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City Guide

St. John's City Guide

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

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City Guide

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If you own residential and/or commercial property in St. John's and are not receiving correspondence from us, let us know.

Call revenue accounting at 576-8251 to update your information.



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Emergency Preparedness 101

In 2017 we will see above average hurricane activity...

The Canadian Hurricane Centre has advised municipalities that they expect to see above average hurricane activity during the 2017 season. The probability of a major storm occurring is higher than usual.

Peak hurricane season is between August and September. Although we cannot predict if and when our city will be impacted by a serious storm – we must ALL be prepared.

72 hour rule – on your own

Are you prepared to be on your own for 72 hours? Even if a hurricane doesn't make landfall in this province it is always good to be prepared.

During major events, the primary focus of City staff and emergency responders is to maintain access to streets so emergency vehicles can respond to the most vulnerable populations.

First responders, City staff and utility companies must attend to emergency calls and assist those who are in grave danger first. This is why it is so important that you are prepared to survive on your own for the first 72 hours of an emergency.

For information on personal preparedness
getprepared.ca

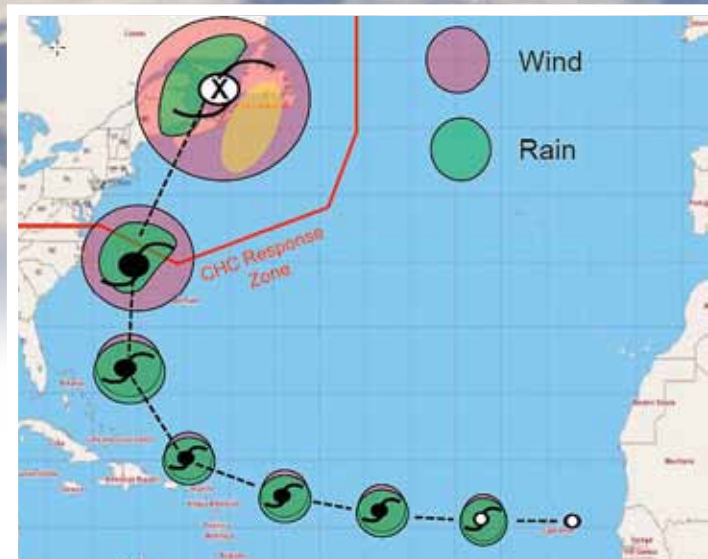


Image shows a typical hurricane moving north. Hurricanes typically have symmetric rain and wind patterns but as they approach Canada the heaviest rain shifts to the left of the track while the strongest winds are found on the right

Credit: Environment Canada, Canadian Hurricane Centre

How does the City prepare?

The City of St. John's has an emergency plan and a team of staff who meet quarterly to discuss emergency preparedness. When a storm is in the forecast, City preparations include:

- close communication with the AMEC weather office for the current forecast;
- keeping residents informed via the City's website, social media sites and media briefings when needed;
- sand bags are prepared and all catch basins and culverts cleared of debris;
- equipment, including trucks, heavy equipment, chainsaws are all fully fueled;
- traffic vans are loaded with signs in case street closures are needed;
- contractors working with the City are informed to secure their sites; and
- river banks are checked and monitored in key areas.



High water levels seen here in St. John's due to Hurricane Igor, September 2010.

How can you prepare?

Basic emergency kit checklist:

Water — two litres of water per person per day
(include small bottles)

Food that won't spoil, such as canned food, energy bars and dried foods (replace once a year)

Manual can opener

Wind-up or battery-powered flashlight (and extra batteries)

Wind-up or battery-powered radio (and extra batteries)

First aid kit

Extra keys for your car and house

Cash, travellers' cheques and change

Important family documents

Emergency plan — include a copy in your kit as well as contact information



- Prepare your emergency kit **BEFORE** there is a hurricane in the forecast
- Know the risks in your specific region
- Follow local weather forecasts and watch for warnings and advisories
- Be aware of all local emergency numbers
- Know where the main water valve shut-off is in your home
- Keep all household drains free from debris and ensure sump pumps are in working order
- Remove dead tree branches from property, which could pose a hazard or threat
- Prepare your vehicle with an emergency kit and a full tank of gas
- Ensure you have easy access to clean drinking water and non-perishable food items
- If you have medication, ensure you have enough to last 72 hours
- Test your smoke alarms to ensure they are working properly
- Secure outdoor items that are a potential hazards in high wind
- Consider installing a hard line phone, as cordless phones will not work in a power outage
- Use flashlights, rather than candles and have a good supply of batteries; if you use candles, don't leave them unattended
- Understand your insurance policy and potential coverage for fire and emergency situations
- Check on your vulnerable neighbours

City Receives Canada 150 Grant From Tree Canada



Thank you to Avalon Mulch & Mini-Mix for the donation of mulch used in landscaping at the Paul Reynolds Community Centre.

A tree planting ceremony was held on June 30 at the new Paul Reynolds Community Centre at Wedgewood Park as the City was a successful recipient of a \$26,600 CN EcoConnexions and Canada 150 Grant from Tree Canada for trees and shrubs at the newly opened centre.

"Trees provide an enormous benefit to the health and wellness of our community," said Mayor Dennis O'Keefe. "We are very grateful to CN and Tree Canada for this funding which has enabled us to beautify the space surrounding our new community centre at Wedgewood Park."

Each year the City of St. John's plants 400 to 500 trees to diversify the urban forest. The CN EcoConnexions and the Canada 150 Grant from CN and Tree Canada provided the funding needed to plant trees and shrubs at the Paul Reynolds Community Centre at no additional cost to the City.

"All across the world, trees are a symbol of growth, strength, sustainability, hope, and peace," said Michael Rosen, President of Tree Canada. "Our Canada150 tree-planting celebrations are a perfect way to commemorate Canada's legacy in a positive, meaningful and lasting way, all while engaging people from coast to coast to coast."

This project has been made possible in part by the Government of Canada.



Canada

National Tree Day

Join us in celebrating Canada's seventh National Tree Day with tree care demonstrations and a free barbecue lunch compliments of Newfoundland Power. This event will go ahead regardless of the weather.

Wednesday, Sept. 27
11 a.m. to noon
Bowring Park

St. John's National Tree Day Committee:

City of St. John's

Clean St. John's

The Bowring Park Foundation

NL Power

Department of Natural Resources

Landscape NL

Grand Concourse Authority

Tree Canada



For more information visit:
www.stjohns.ca

>Living in St. John's
>Recreation and Parks
>Parks and Open Spaces Master Plan
or
>Parks, Playgrounds and Trails

Rodent-proof Your Property

If you have rats it doesn't mean your property is dirty, it means there is shelter and an open food source for them.

Rats are attracted to small spaces because they feel protected. If a space is small enough for rodents to access, but not for their predators such as cats and dogs, rats will make it a home.

Rats can make homes in anything that provides shelter including sheds and garages, wood or rock piles, under enclosed patios and stairwells and in unwanted items such as old water tanks, appliances, building materials and tires.

How to prevent rats

Remove food sources

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

Remove potential shelters

- Tall grass, weeds and vegetation next to buildings and fences should be removed
- Lumber, rocks, garbage, building material and other materials should be removed
- Do not enclose the base of patios and raised stairwells, not even with lattice
- Items that must be stored outside should be at least 46 cm (18 inches) off the ground and 30cm (12 inches) from walls and fences

Rat proof your property

- Make it impossible for rats to get into any structure
- Use screens in drains and tightly seal where utilities enter buildings
- Install a metal kicking plate or heavy weather stripping beneath doors, including garage doors
- If building a patio or shed on a grade, bury sheet metal 30cm (12 inches) below the grade and skirting

Destroy rats

Rat eradication is best done by a professional pest control operator. Look up 'Pest Control Services' in the Yellow Pages or online.

For more information visit:
www.stjohns.ca
 >Living in St. John's
 >City Services
 >Pest Control



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Downtown Street Cleaning 2017

Street cleaning removes dirt and debris from streets, reduces the amount of debris going into storm sewers, and prevents damage to the sewer treatment infrastructure.

When debris enters the storm sewer it can create blockages which can cause flooding or ponding in a low point of the street. In extreme cases this flooding can damage public or private property. We clean debris from catch basins to ensure the system is functioning properly and street cleaning helps keep this resource intensive work at a minimum.

Also, everything that enters the storm sewer ends up at the Riverhead Wastewater Treatment Facility, and costs money to treat before it leaves the facility. Reducing the amount that requires treatment reduces our operating costs.

Scheduled street cleaning occurs downtown until Friday, September 22, 2017.

Downtown street cleaning takes place overnight between midnight and 7 a.m. and vehicles **must** be removed from streets scheduled for cleaning. Vehicles not removed will be ticketed a fine of \$30.

Unlike snow removal, the downtown street cleaning schedule is determined well in advance for the entire season. This means you can look up the cleaning dates for your downtown street now and mark these dates in your calendar.

Streets may not be cleaned on the scheduled dates due to parked cars, extreme weather or mechanical breakdowns. If this occurs, the next scheduled cleaning date is the next opportunity to clean the street.

To find your schedule visit
www.stjohns.ca
 >Living in St. John's
 >Streets, Traffic and Parking
 >Street Cleaning

Find out when your street will be cleaned:

NEW

map.stjohns.ca/StreetClean

A new way to learn what streets are scheduled for cleaning each night. All streets are listed and shown on a map, with a different colour to indicate if it's for both sides of the street, or just one (odd or even house numbers).

Searchable street listing



Search by address to learn all the dates your street is scheduled for cleaning, or search by date to learn all streets scheduled so you know where not to park.

Find it at stjohns.ca >Quick Links >Street Cleaning

Subscribe to our e-update

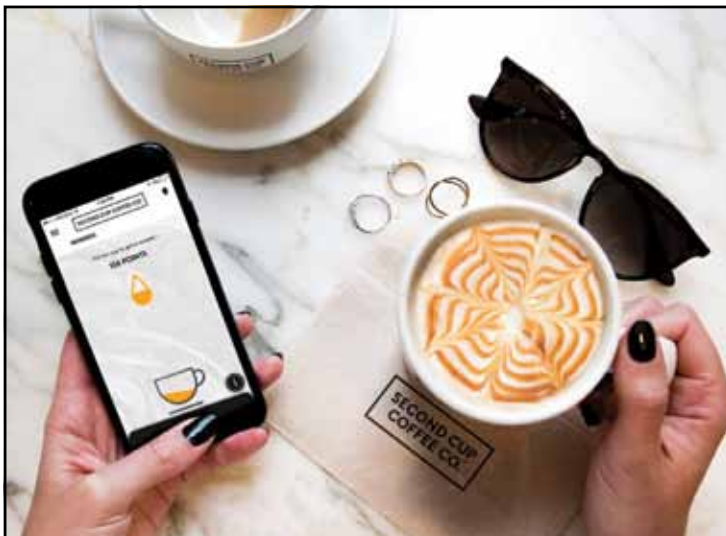


Receive a daily email, including a map, of the streets scheduled for cleaning that night.

Subscribe at stjohns.ca >
 Quick Links >e-Updates

Not online?

Call Access St. John's at 311 or 709-754-CITY (2489) to learn your street cleaning dates or request a paper copy.



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SEPTEMBER 22-23
7:30 PM

Tomorrow Will Be Sunday

A READING AT THE
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Based on the novel by Harold Horwood, *Tomorrow Will Be Sunday* was the very first production on the Arts and Culture Centre stage in 1967. It was re-adapted by Des Walsh for the 25th Anniversary, and now again for the 50th Anniversary. *Tomorrow Will Be Sunday* tells the story of three years in the life of Eli Pallisher, a sensitive, unusually intelligent, son of a fisherman, growing up in a Newfoundland fishing village in the early 1930s. Eli finds himself in increasing conflict with the village's bigoted fundamentalist preacher, and more and more attracted by the worldly view of a small minority led by the village school teacher.

TICKETS \$15 EACH



The Colony of Unrequited Dreams

OCTOBER 14-15
8:00 PM

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The Colony of Unrequited Dreams is a fictionalized retelling of the story of Joseph R. Smallwood, the man who led Newfoundland into Confederation with Canada and who served as its first premier for 23 years. Smallwood's story is anchored and propelled by the fictitious Sheilagh Fielding, a caustic newspaper columnist whose own battles with the past and alcohol addiction find full vent and expression in her tireless dogging of Smallwood's climb to power. At its heart, this is the story of a man whose career is buoyed and sometimes sunk by his unresolved feelings for a woman he never allowed himself to love.

TICKETS \$35 EACH | \$25 EACH AS PART OF THE ACC FALL THEATRE SERIES
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SEPTEMBER 28-29
8:00 PM

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Tartuffe by Molière

As part of Canada's Sesquicentennial, the National Arts Centre takes one of its most popular productions back from whence it came! *Tartuffe* is two hours of insanely brilliant showmanship that is witty, cutting and fierce. A blazingly funny exploration of religious hypocrisy—given a salty and distinctive Newfoundland flavor—the show starts with a slow boil which quickly roils into a steaming, rollicking love-fest, leaving audiences hiccupping with laughter. Adapted by Andy Jones and directed by Jillian Keiley. Starring Robert Joy and Greg Malone.

TICKETS \$35 EACH | \$25 EACH AS PART OF
THE ACC FALL THEATRE SERIES
SAVE \$10 PER TICKET WHEN YOU ALSO BUY A
TICKET TO THE COLONY OF UNREQUITED DREAMS

Fall Fun in St. John's

This fall, the City continues its Music @ concert series

These free concerts showcase the incredible and diverse musical talent of the youth opening acts and featured performers.

NEW this year are concerts at Bowring Park in the Husky Energy Pavillion and inside at the Atlantic Place Atrium. Also, the rain won't stop Music @ Harbourside anymore as they'll move to the Atlantic Place Atrium if the weather is unsuitable for an outdoor concert.

Harbourside Park, Fridays, 12:30-1:30pm

Date	Youth Opening Act	Featured Performance
Aug 18	Shillon	Ouroboros
Aug 25	Austin Thomson	Kellie Loder
Sep 1	Matilda Goldie	Denis Parker & the Modern Saints
Sep 8	Rachel Cousins	Kubasonics
Sep 15	Jenna Maloney	Mick Davis & Thin Love
Sep 22	Conway	Fairgale

Bannerman Park, Sundays, 2-3pm

Aug 20	Bailey Jordan-Neil	Jacob Critch
Sep 17	Brooklyn Biddiscombe	The High and Lonesome Ramblers

Bowring Park, Sundays, 2-3pm

Sep 10	Trinity Sound	Ian Foster
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Atlantic Place, Fridays, 12:30-1:30pm

Sep 29	Cassie Farrell	Tanglecove
Oct 6	Ally Noseworthy	Mike Hanrahan and Kalem Mahoney



Family Activities

National Family Week

Families of all ages are welcome at our FREE events for National Family Week, Oct. 1-8 including outdoor adventure activities, a gym night, free swims and a bedtime story and movie night.



Check out all National Family Week events at:
www.stjohns.ca
 >Living in St. John's
 >Recreation and Parks
 >Family Programs

Healthy Families

Healthy communities start with healthy families.

The topics and discussion will appeal to adults and teens, while children engage in active play led by our HIGH FIVE certified leaders.

Course	Time	Day	Date	Location	Cost
Mental Health	10-11:30am	Tu	Sep 19	PRCC	Adults & under 2 yrs FREE
Sleeping for Wellness	10-11:30am	Tu	Oct 17	PRCC	
Physical Literacy	10-11:30am	Tu	Nov 21	PRCC	
Healthy Eating	10-11:30am	Tu	Dec 12	PRCC	Children \$3

This fall we're offering a wide variety of programs that the whole family can do together! Most require registration, see page 32.

Course	Age	Day	Dates	Time	Location	Cost
Archery	6+	Th	Oct 5-26	6:30-8pm	Mews	\$60 2-6 members of same household
Learn to Knit	10+	Tu	Sep 12-Oct 17	7-9pm	PRCC	\$50 per person
Learn to Knit	10+	Su	Oct 29-Dec 10	2-4pm	PRCC	\$50 per person
Sit & Knit	10+	W	Sep 20	7-9pm	PRCC	\$4 per person
Sit & Knit	10+	W	Oct 18	7-9pm	PRCC	\$4 per person
Sit & Knit	10+	W	Nov 15	7-9pm	PRCC	\$4 per person
Sit & Knit	10+	W	Dec 13	7-9pm	PRCC	\$4 per person
Card Making	10+	W	Nov 29	6:30-8:30pm	PRCC	\$14 per person
Scrapbooking	10+	M	Oct 2	6:30-8:30pm	PRCC	\$14 per person
Paint Night	10+	Th	Oct 5	6:30-8:30pm	PRCC	\$14 per person
Sunday Fun-day *Drop In	All ages	Su	Sep 17-Dec 17	1-3pm	PRCC	Adults & under 2 yrs FREE Children \$3

National Child Day

National Child Day is celebrated each year on November 20. A key objective of National Child Day is to increase awareness and understanding of the rights of the child that contribute to healthy child development, particularly in the early years of life, and to take effective action to help children reach their full potential.

Celebrating National Child Day is about celebrating children as active participants in their own lives and in communities, as active citizens who can and should meaningfully contribute to decision-making.

National Child Day in Canada began in 1993 and the City of St. John's has been recognizing and celebrating it since 1999.



Check out all National Child Day events at:
www.stjohns.ca
 >Living in St. John's
 >Recreation and Parks
 >Special Events
 >National Child Day



News from Robin Hood Bay



Technology cuts costs and time on survey

Recently the City contracted a flyover of the Robin Hood Bay Waste Management Facility using an unmanned aerial vehicle, commonly referred to as a drone, to obtain surveying data to be used in design and planning for various projects at the landfill.

What typically would have taken a long time to complete manually using traditional surveying methods, or would be very expensive using an aircraft, was done in much less time and at a fraction of the cost. The work was completed in less than one day, and the surveying data obtained is just as accurate as the traditional methods.

Garbage talk generates lots of interest

The City's public engagement process for automated garbage collection created significant interest among residents throughout the city in May and June. Through a series of focus groups, pop up engagement events around town and a robust online engagement site, nearly 5,000 residents participated. Thank you to everyone who took the time to engage in the conversation.

All of the feedback generated from the process, including the preferences on bin size, considerations around financing, and concerns around the implementation, were shared with Council and the public through a 'What We Heard' document.

To review materials related to the program and to stay up to date on any new developments related to the implementation of automated garbage collection in 2018, check out www.engagestjohns.ca.



Learn about recycling at Doors Open

Doors Open is the one time of the year we welcome everyone to walk through the recycling facility and learn what happens to your blue bags of recycling after it leaves the curb. As well, there will be a heavy equipment display.

Recycling Facility

340 East White Hills Road
Sunday, Sept. 24
10:30 a.m. to 2:30 p.m.



The Residential Drop-Off, Landfill, and Recycling Facility **will not** be accepting waste during this event.

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lynn.tobin@thetelegram.com



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... 4 easy ways to reach the City

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



www.stjohns.ca/access-311

It's All About the Paper Bag

The City's goal for grass clippings and leaves is that residents mulch them instead of sending them to the landfill. The reason is that it is the most earth-friendly approach for handling them. Mulching does wonders for your lawn and the benefits work 100 per cent in your favour.

Beginning October 1, leaves in plastic bags **will not** be collected at the curb.

If mulching is not an option, put your leaves in paper yard waste bags, and set them at the curb on your regular garbage day.

Drop Off

Paper-bagged grass clippings and leaves can be brought to the Residential Drop-off until December 15. There is a separate bin for them and they will be composted at the landfill.



Mulching is the best option

Save Time, Money, and your Back

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

Soil Enrichment

Grass and leaf mulch gives nutrients back to the soil. Your lawn and garden will require less fertilizer and other additives.

Water Conservation

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

Insulation

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

Weed Control

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

Tax Savings

No tipping fees are charged to the City for disposal, therefore allowing for a more efficient use of your tax dollars.

Learn to compost

If you're interested in learning how to properly compost learn from the best – the experts at the Botanical Garden. These FREE information sessions take place at the Garden, 306 Mount Scio Road. Bins are available for purchase after each session, cash only: \$40 for a standard compost bin, or a tumbler bin for \$55.

Tuesday, Aug. 29, 6 - 7:15 p.m.

Sunday, Sept. 10, 1 - 2:15 p.m.

Sunday, Sept. 18, 11:30 a.m. - 12:30 p.m.

Monday, Sept. 25, 10 - 11:15 a.m.

Thursday, Oct. 12, 6 - 7:15 p.m.

Saturday, Oct. 21, 10:30 - 11:45 a.m.

Thursday, Nov. 23, 6 - 7:15 p.m.

Other options for leaves:

- Dig leaves directly into your garden to add organic matter and nutrients to the soil.
- Put leaf mulch on gardens and flower beds and around shrubs and trees.
- Compost: dried leaves make a great brown layer
- Leaf pile; Rake regular or mulched leaves into a 90 cm (3 foot) pile in the corner of your yard.

BULK AND METAL WASTE COLLECTION IS BACK!

We are pleased that beginning in fall 2017 the curbside collection of bulk and metal waste will again be offered to residents of St. John's.

In 2015, the Public Works Department made the difficult decision to suspend the Bulk and Metal Collection program. "Ending the program was not an easy decision to make," said Deputy City Manager Lynnann Winsor, "but it was very costly. We needed to find a more effective and economically viable way to offer this service, and we are pleased that we will be able to reinstate this service this fall with a few important changes."

Before booking an appointment, please go through your intended waste items to determine if they are suitable to be used by someone else. There are many organizations that reuse all kinds of items from furniture to children's toys to lawn mowers, and more. Go to www.curbitstjohns.ca and use 'Put Waste in its Place' lookup to learn the many options for reuse for your items. Remember, "one person's garbage is another person's gold."

To ensure the new program is effective and financially responsible, bulk and metal collection will occur over five weeks in the fall. There are some changes to the new program from what was previously offered.

What will be accepted

Before you book an appointment be sure what you have is considered oversized waste:

- maximum size of 1.5m x 1.5m x 2.15m (5ft x 5ft x 7ft)
- weighs less than 68 kgs (150 lbs)

Collection Schedule

Area	1	2	3	4	5
Date	Oct. 1-5	Oct. 10-14	Oct. 16-20	Oct. 23-27	Oct. 30 - Nov. 3

Book an Appointment

One of the most significant costs of running this program is the cost of sending a crew to a scheduled appointment when the resident has forgotten and nothing is ready for pick-up. Please help us reduce costs and maintain this program by remembering your appointment and having your bulk items ready for pick-up.

To make an appointment choose one of:

Go to www.curbitstjohns.ca

Via the app St. John's Waste and Recycling

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

Preparing for pick-up

When it's your scheduled pick-up date, place the items at the curb in bundles or packaged together. Small, loose items are not accepted.

- do not place items at the curb earlier than 3 p.m. the day before your scheduled collection
- place items at the curb by 8 a.m. the day of your scheduled collection.
- Bulk and metal must be in separate piles

Drop-off

Bulk and metal waste can be brought to the Robin Hood Bay Waste Management Facility at 340 East White Hills Road year-round from 8 a.m. to 4 p.m. on Tuesdays to Saturdays, except when closed on statutory holidays.

Bulk Accepted

Furniture
Mattresses
Rolled rugs

Metal Accepted

Appliances
Barbecues (no propane tanks)
Lawn mowers

NOT Accepted

Curbside recyclables, leaf and yard waste, garbage
Electronic and Hazardous waste
Liquid wastes, ie. engine oil, auto fluids

Construction/Renovation materials, ie. doors, windows, fiberglass tubs, fencing, lumber, shingles, flooring

Curbside Recycling

Recycle in three simple steps...

1 Sort It

- Sort recyclables into containers and papers.
- Rinse food containers and milk cartons.
- Remove lids, caps and straws from containers, and wrap, plastic or Styrofoam from boxes.



2 Bag It

- Place paper and cardboard in one separate see-through blue bag and containers in another.
- Place recyclables loosely in the bag.

3 Curb It

- Put your blue bags at the curb on recycling day, every second week.



Put Waste In Its Place

Wondering if something is recyclable?

Use 'Put Waste In Its Place', on our app or website.

Just type the name of an item and it will tell you how to recycle or properly dispose of it - it's that easy.



Learn your recycling & garbage days:

- Visit curbitstjohns.ca
- Call 311 or 754-CITY
- App St. John's Waste & Recycling





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- Lead
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domrec@nl.rogers.com

7517303

Your go-to place for activities in French!



LEARN FRENCH

- Adult night classes of all levels.
- Sessions begins in September, January, and May.
- Fees vary from \$200 to \$255 (students and members benefit from a rebate)



CLUB DU SAMEDI

- Fun-filled and educational activities in French for children aged 5 to 14.
- Saturday mornings from 9am to 11:45am.
- Sessions begins in October and February (for 10 weeks).
- Registration fees vary from \$85 to \$100



ACTIVITIES AND EVENTS

The ACFSJ offers activities and services in French at the Centre des Grands-Vents:

- yoga, tai-chi, badminton,
- cooking classes, choir, French library,
- playgroup for tots, community events,
- movies, concerts, festival and much more!

To become a member or to learn more,
give us a call or visit our website!

www.acfsj.ca – (709)726-4900

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



7517679

Garbage and Recycling Collection 2017

A

Area 1A to 5A

- Learn your area at CurlbitStJohns.ca or call 311 or 754-CITY (2489). Then match your area to the colour at the right and follow your colour throughout the year.
- After a holiday, garbage and recycling is collected the day after your normal collection day. Most holidays occur on a Monday, which means collection changes for all residents for that week only.
- Waste must be at the curb between 6 and 8 a.m. on your collection day only.
- Garbage must be completely covered from April 1 to November 30

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

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

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

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

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

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

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

July						
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						1
2	3 H	4	5	6	7	8
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

August						
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		1	2	3	4	5
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20	21	22	23	24	25	26
27	28	29	30	31		

September						
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17	18	19	20	21	22	23
24	25	26	27	28	29	30

October						
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8	9 H	10	11	12	13	14
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29	30	31				

November						
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			1	2	3	4
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12	13 H	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

December						
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					1	2
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10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25 H	26 H	27	28	29	30
31						

Garbage and Recycling Collection 2017

B Area 1B to 5B

- Learn your area at CurbitStJohns.ca or call 311 or 754-CITY (2489). Then match your area to the colour at the right and follow your colour throughout the year.
- After a holiday, garbage and recycling is collected the day after your normal collection day. Most holidays occur on a Monday, which means collection changes for all residents for that week only.
- Waste must be at the curb between 6 and 8 a.m. on your collection day only.
- Garbage must be completely covered from April 1 to November 30

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

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

February						
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			1	2	3	4
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12	13 	14 	15 	16 	17 	18
19	20 	21 	22 	23 	24 	25
26	27	28				

March						
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12	13 	14 	15 	16 	17 	18
19	20 	21 	22 	23 	24 	25
26	27	28	29	30	31	

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

August						
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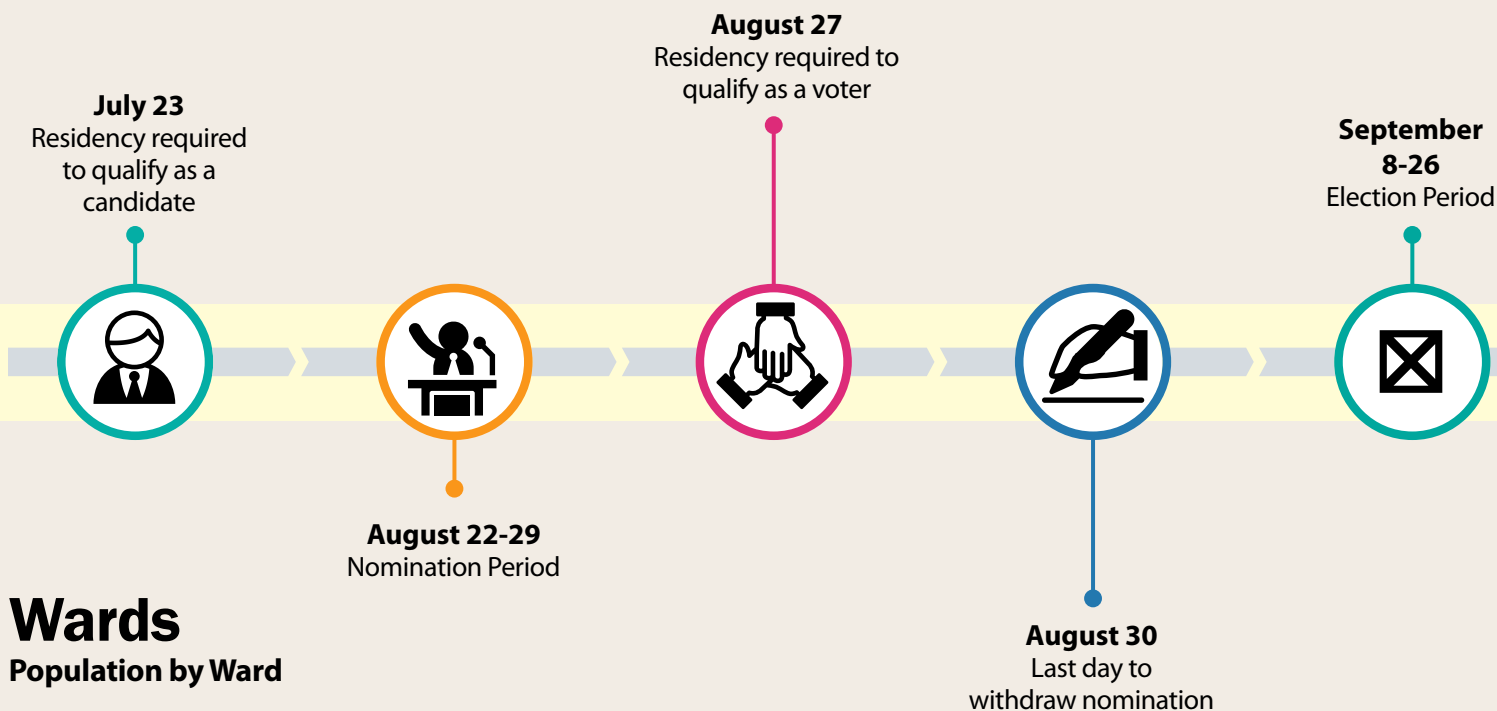
September						
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17	18 	19 	20 	21 	22 	23
24	25 	26 	27 	28 	29 	30

October						
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22	23 	24 	25 	26 	27 	28
29	30 	31 				

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

Municipal Election 2017: Timeline



Wards

Population by Ward

Ward 1: 22,813

Ward 2: 19,102

Ward 3: 20,786

Ward 4: 28,157

Ward 5: 21,618

Find your ward at stjohns.ca under Quick Links choose Find your Ward



Council Positions for Election

11 Members of Council

- Mayor
- Deputy Mayor
- Councillor, Ward 1
- Councillor, Ward 2
- Councillor, Ward 3
- Councillor, Ward 4
- Councillor, Ward 5
- Councillors at Large (four)

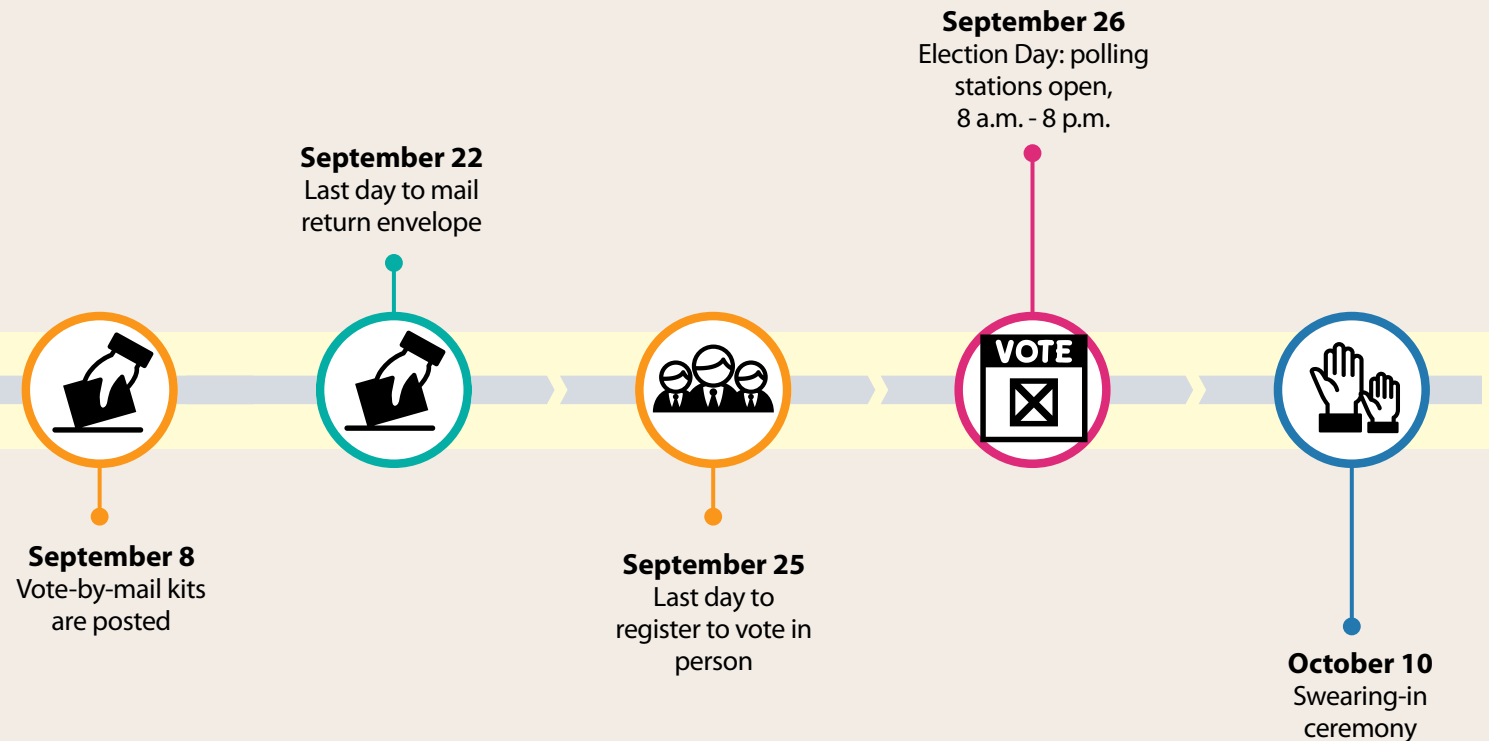


Returning Officer/Election Officials

The Chief Returning Officer is the City Clerk.

The Elections Coordinator is responsible for coordinating all aspects of the election.





Polling Stations

Ward 1

Paul Reynolds Community Centre,
35 Carrick Drive

Ward 2

Knights of Columbus,
49 St. Clare Avenue

Ward 3

Royal Canadian Legion,
57-59 Blackmarsh Rd

Ward 4

St. David's Presbyterian Church Hall,
98 Elizabeth Avenue

Ward 5

Southlands Community Centre,
40 Teakwood Drive

Thinking of running? It's not too late!

Consider serving your community as a member of the St. John's City Council!

The nomination period to become a candidate in the municipal election is August 22-29. In order to run for Council (mayor, deputy mayor, councilor-at-large or ward councillor) you must:

- be 18 years of age at the time of nomination;
- be a Canadian citizen;
- be ordinarily resident of the city for 30 days preceding the nomination period;
- not be indebted to Council for arrears of taxes or other charges payable to the City; and
- not be otherwise disqualified under the Municipal Elections Act.

You can seek election for any position on Council as long as you meet the residency requirement of 30 days in the city prior to the nomination period. For other information about the nomination process, contact the Elections Coordinator or read the Candidate's Handbook, found on our website at stjohns.ca>City Hall>Municipal Election.



Voting 101

Who Can Vote?



- Age 18+
- Canadian Citizen
- City of St. John's resident as of August 27, 2017

How Do I Vote?



- Vote By Mail
- Vote in Person

What's in the Kit?



- an instruction sheet
- a voter declaration form
- a ballot
- a secrecy envelope
- a yellow return envelope

When is the Vote?



- September 8 – 26, 2017
- Complete your kit and mail it at anytime before September 22

Where do I Vote?



- in the convenience and privacy of your own home
- at conveniently located polling stations

Why Should I Vote?



- It's a duty and it's our right
- Municipal governments are non-partisan; individuals can greatly influence how your tax dollars are spent and your City is run
- Municipal government affects your daily life...from roads and traffic, to water quality, safety, recreation and more.

The Voters List: Q and A

 www.stjohns.ca

>City Hall

>Municipal Election

How do I confirm, revise or add my name to the voters list?

You can do one of the following:

Call the Access St. John's Service Centre at 311 or 754-CITY (2489); or

Drop in to see us in person. The Service Centre is located on the first floor at City Hall, 10 New Gower St. Forms for inclusion or change to voters list are available on the website.

Check out the Voter Confirmation/Registration page at:

stjohns.ca/cityhall/municipal-election. This option enables you to confirm, update or be added to the voters list.

Why would I not be on the voters list?

Never assume you are on the voters list. There are many reasons you may not be, including the following:

- you have moved residence;
- you recently turned 18;
- you recently moved to the City of St. John's; or
- you had a change of name (i.e. marriage/divorce etc.).

Even if none of the above apply, check anyway to ensure your contact information and name is correct. Encourage other eligible voters, particularly those in your household to check too. You are considered eligible if you are a Canadian citizen over the age of 18 and resident of the City by at least August 27, 2017.

What happens if my name is not on the voters list or the details are incorrect?

One of two things will occur:

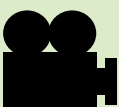
- you will not receive a vote-by-mail kit, or
- your vote-by-mail kit may be delivered to an old address.

What arrangements have been made to accommodate persons with disabilities?

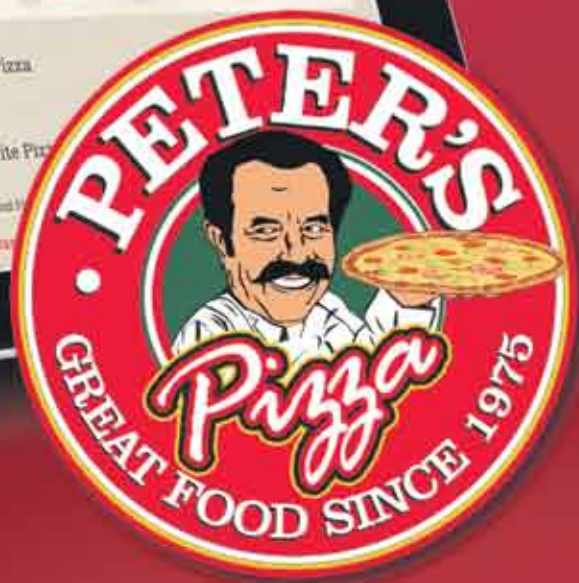
The Elections Coordinator has been working with the Advisory Committee on Accessibility and Inclusion to ensure accessibility of Election 2017.

For this municipal election voters can use on Audio Tactile Interface assistive vote selector device, or optional additional assistive devices such as paddles or sip-and-puff. These devices assist those who are blind or who lack the use of their hands or feet to mark the ballot.

All of our Polling Stations are accessible and will have staff available to provide assistance to voters who require it.

 Watch how the ImageCast Ballot Marker works in a video on our YouTube page at **youtube.com/cityofstjohns**

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www.peterspizza.ca

Vote-by-Mail: Q and A

www.stjohns.ca

>City Hall

>Municipal Election

Is this a secure and effective way to vote?

The City of St. John's is using vote by mail due to its proven success in the past. It turns a mail box into a ballot box. Each person is required to follow the instructions for completing the ballot, insert it into the secrecy envelope and then place the secrecy envelope together with the completed voter declaration form into the return envelope and deposit it into the nearest mailbox.

How do I complete a vote-by-mail kit?

Make your choice of candidate(s) as shown on the ballot paper by filling in the oval space(s). For improved legibility and to ensure permanence, use a pen or marker with blue or black ink. Do not use pencil. Do not write anything else on the ballot.

Place your completed ballot into the secrecy envelope and seal it.

Complete the voter declaration form.

Place all contents (secrecy envelope containing the ballot paper only and the voter declaration form) into the yellow return envelope.

Deposit the yellow return envelope into a Canada Post mailbox. (Note: Your ballot will be counted if the yellow return envelope is mailed by Friday, September 22.)

What if my kit doesn't come in the mail?

If you do not receive a vote-by-mail kit by Wednesday, September 13, 2017, please do one of the following:

Register on-line: stjohns.ca/cityhall/municipal-election. Kits will continue to be mailed to properties until Tuesday, September 19, 2017 and must be picked up in person after this period; or

Visit the City of St. John's Access Centre up to September 25, 2017 at 5 p.m. to register and obtain a vote by mail kit in person. Appropriate identification showing your name, current civic address and signature must be presented, or

On Election Day visit the polling station in your ward to obtain a kit and vote in person.

What do I do if I miss the September 22 mail deadline?

If you miss the deadline of September 22, your vote can still be counted, as long as you deposit the yellow return envelope on election day (September 26) to the drop box at City Hall or deliver it to the polling station in your ward.

Vote-by-Mail: Q and A (continued)

What should I do if I receive a vote-by-mail kit for someone who does not live at my address? Can I still use it to vote?

No. It is against the law to vote in somebody else's name. Please call 311 to report the mistaken name and address or mark the mail "moved" or "return to sender". The City will update the voters list accordingly as it receives this information.

What if I discover that my vote-by-mail kit was used by somebody else?

You must file an Oath or Affirmation of Fraud granting authority for the City of St. John's to investigate this matter on your behalf and to prosecute any and all persons responsible for voter fraud as per Section 99 and 100 of the Municipal Elections Act. Persons found guilty for a first offence could be fined not less than \$500 and not more than \$1,000 and/or to a term of imprisonment of not more than one month or to both the fine and imprisonment.

My vote-by-mail kit was destroyed. Can I get another?

If your vote-by-mail kit is damaged, or if you accidentally mark your secrecy envelope in a way that might identify you as the sender, you can contact the Access St. John's Service Centre at 311 or (709) 754-CITY (2489) and a new vote by mail kit will be issued. Once a new vote-by-mail kit is issued, the original kit automatically becomes void and should be destroyed.

Will my ballot remain secret?

Yes. The process for sorting and storing the vote-by-mail return envelopes has security features that will protect the secrecy of your vote.

Will the ballots be counted as they are received?

No. All returned secrecy envelopes containing the ballots will be stored in a secure vault until election day on September 26, 2017.

Recreation Registration

Fall Recreation Programs	
St. John's residents	7 a.m. Thursday, August 17, 2017
Residents from other municipalities	7 a.m. Thursday, August 24, 2017

Registration Options



Online:

Visit **www.stjohns.ca**, under Quick Links choose 'RECconnect'



In person:

- H.G.R. Mews Community Centre, 40 Mundy Pond Road
- Paul Reynolds Community Centre, 35 Carrick Drive

NOTE

We are no longer taking registration by phone

Set up an account or make sure your account is up-to-date

Whether you register online or in person, you **MUST** ensure your account is activated and up-to-date **at least 72 hours** before the registration time. Contact us by calling 576-8631 or 8499, dropping by or going to stjohns.ca > Quick Links > RECconnect.

A note about ages

Registration for our programs is based on a minimum and sometimes a maximum age. Children must be the age listed on December 31, 2017. When in RECconnect choose the 'Activities' tab to view the programs of interest to you.

Make a wish (list)

We strongly recommend you add the courses you intend to register for in your Wish List, **BEFORE** registration day. When registration opens just go to your wish list, add them to your cart and proceed to checkout. It's that easy!

A NEW look for our listings

With the opening of the Paul Reynolds Community Centre we are pleased to be offering more programs and services than ever before! Due to the large number of programs and classes, you will see that we are using tables and a shorthand key in order to list everything in the Guide.

Guide	Day
M	Monday
Tu	Tuesday
W	Wednesday
Th	Thursday
F	Friday
Sa	Saturday
Su	Sunday

Guide	Month
Aug	August
Sep	September
Oct	October
Nov	November
Dec	December

Guide	Location
PRCC	Paul Reynolds Community Centre, 35 Carrick Drive
Mews	H.G.R. Mews Community Centre, 40 Mundy Pond Road
CEWP	Charles E. Warr Pavillion, off Prince of Wales Street
Southlands	Southlands Community Centre, 40 Teakwood Drive
Shea	Shea Heights Community Centre, 130 Linnegar Ave.
SJRFD	Central Fire Station, 5 Fort Townshend
Bosco	St. John Bosco School, 75 Linnegar Avenue
Kilbride	Kilbride Lion's Community Centre, 34 Fahey Street
CNA-PPD	College of the North Atlantic, 1 Prince Philip Drive
CNA-RR	College of the North Atlantic, 153 Ridge Road
Rotary	Rotary 'Sunshine' Park, off Thorburn Road

Rent a Facility

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

Facility	Details
H.G.R. Mews Community Centre 40 Mundy Pond Road 576-8499	Gym Kitchen Multi-Purpose room
Paul Reynolds Community Centre 35 Carrick Drive 576-8631	Gym Kitchen Multi-Purpose room
Southlands Community Centre 40 Teakwood Drive 364-5129	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
Cabot 500 Theatre Bowring Park recreation@stjohns.ca	Outdoor theatre accommodates 750
Rotary 'Sunshine' Park Chalet Thorburn Road recreation@stjohns.ca	24 bunk beds Kitchen with dishwasher Outdoor barbeque

Birthday Parties

We offer both gym and swimming parties at the H.G.R. Mews and Paul Reynolds Community Centres. Depending on the type of party, number of guests, and the facility, costs range from \$115 to \$235.

For details on programs and services at our Community Centres
www.stjohns.ca
 > Living in St. John's
 > Recreation and Parks
 > Community Programs

You can also book space to hold a party at the Shea Heights, Southlands and Kilbride Community Centres. Contact the Centres for fees and availability.

Racquetball Courts

Courts at the Mews Centre are available for 40 minute sessions each day of the week, and can be reserved two days in advance by calling 576-8499. Equipment rentals are available for \$3, with a deposit of \$20 or photo ID.

Cost per person

Drop-in	5 game pass	10 game pass
\$4	\$17.50	\$30

YOUR ONE STOP PLACE FOR A NIGHT OUT!

RUSTLERS

FAMILY RESTAURANT

Come on in and try some of our home-style dishes. If you are not sure what to have, we also offer All Day Breakfast.



Chef Salad



Quarter Chicken & Rib Dinner



French Toast with Hash Browns

Phone: 576-4782



Drop by for a game of pool or darts, whatever your preference may be.

Phone: 739-4355

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Live Bands every weekend
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 Open Jam Session on Wednesdays
 DJ on Thursday nights

Phone: 753-2337

Check us out on Facebook
 Fall River Plaza, Torbay Rd

Inclusive Services

Do you require support to participate in City of St. John's recreation and leisure programs? To learn more about how we can help, or any of the programs and services listed here, contact Inclusive Services staff.



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

Pursuing Active Lifestyles

For individuals with mild to moderate developmental disabilities to learn about the basic skills needed for active living.

Age	Day	Date	Time	Facility	Cost
15-21	Tu	Sept 19-Dec 5	6:30-7:30 pm	PRCC	\$72
22+	Tu	Sept 19-Dec 5	7:45-8:45 pm	PRCC	\$72

Adaptive Equipment Loan Program

We have equipment that can assist persons with disabilities participate in recreation and leisure activities.

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



Accessible Playground Equipment

An accessible playground is located in Bowring Park. Accessible swings are located in playgrounds:

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



Fit Finders

Offered fall, winter and spring to groups who encounter ability-related barriers. Participants are given the opportunity to experience recreation and leisure activities within a safe, supportive environment, with dedicated and experienced recreation staff.

Attendant Pass

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

Financial Support

Financial support is available for children and youth facing financial barriers to participate in City of St. John's Recreation Division activities. These requests are referred to the R.E.A.L Program; see page 35.

Contact us

For more information about any of these programs or services:

576-4450

inclusion@stjohns.ca

Application deadline for next season (winter) is November 17, 2017

Contact us to request an orientation of the new Paul Reynolds Community Centre at 35 Carrick Drive.

Did you know the YMCA of Newfoundland and Labrador provided support to over 330 families and 250 entrepreneurs last year?

YMCA
a charity where you belong

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Building healthy communities
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35 Ridge Rd., St. John's
709-726-YMCA (9622)

Marystown YMCA
255-263 McGettigan Blvd.
709-279-YMCA (9622)

www.ymcanl.com
Email: info@ymcanl.com
CRA# 108225533RR0001

R.E.A.L. Program Helps Real Families

A few years ago Marie and her family moved to St. John's from Ontario. Her children were young and she felt the need to introduce them to groups where they could socialize and prepare for school. Marie also knew her children were affected by her rocky relationship and wanted something for them, and her, to look forward to during the week.

After a friend referred Marie and her family to the R.E.A.L. Program, Marie started to notice positive changes in her family. "My shy and timid boys were blossoming. Being a part of the hockey team made them feel like they belonged somewhere finally."

Marie and her children are still supported through the R.E.A.L. Program and she notes "the changes in myself and children are a testimony." Her children look forward to going to their programs and she enjoys cheering them on. "We have met so many wonderful people along the way and for this reason we are proud to call St. John's our home finally."

Marie also gives back to the R.E.A.L. Program, often volunteering her time and lending support to help fundraise for the Program. A heartfelt thank-you, Marie, from all the R.E.A.L. Program staff!



Learn more, please visit
www.stjohns.ca
 >Living in St. John's
 >Recreation and Parks
 >R.E.A.L. Program

Become a R.E.A.L. Supporter

Call 576-8684 or 4556

Email real@stjohns.ca

Online via RECconnect

Paint night fundraisers support the children of R.E.A.L.

We're hosting two Paint Nights for ages 19+ as fundraisers for the R.E.A.L. Program. Registration is required, see page 32.

Th	Sep 21	6-9pm	PRCC	\$30
Th	Nov 30	7-10pm	PRCC	\$30



Platinum Supporters



Gold Supporters



Silver Supporters



Metrobus



Bell Aliant



Drop-in Swim

H.G.R. Mews Community Centre, 40 Mundy Pond Road
Paul Reynolds Community Centre, 35 Carrick Drive

- 25 metre pool
- 1 metre diving board
- co-ed steam room and dry sauna (Mews)
- 2 water slides, leisure pool & play area (PRCC)
- wheelchair accessibility and pool lift
- viewing area



As pool schedules often change for drop-in swims, we are no longer printing them in this Guide. For up-to-date swim schedules and descriptions:

- Call the Swim and Fitness Line 576-8408 (Mews) or 576-8155 (PRCC)
- www.stjohns.ca > Quick Links > Swim Schedules
- Visit our recreation facilities
- recreation@stjohns.ca

During appropriate swims children under 8 must be accompanied by a supervisor 16+ years old, maximum 3 children to 1 supervisor, who must remain at arms-length in the water at all times.

Wristbands must be worn by everyone in the pool. Receive your wristband from the front desk staff.

Age	Indoor Pool Swim				Water and Dryland Fitness			
2 and under	Free				n/a			
Youth & Senior Ages 3-18 and 65+	Drop In	10 pass	20 pass	30 pass	Drop In	10 pass	20 pass	30 pass
	\$3	\$27.50	\$50	\$67.50	\$4	\$35	\$60	\$75
Adult 19+	\$4	\$37.50	\$70	\$97.50	\$5	\$45	\$80	\$105
Family Rate	\$3 adults, \$2 children				n/a			
Steam/Sauna	\$3				n/a			

Workshop: Aquatic Fitness Instructor

Learn how to develop and lead shallow and deep water fitness classes. Topics include basic human anatomy and physiology, nutrition, aquatic exercise design and safety, principles of aquatic training and everything else you need to become a certified aquatic fitness instructor. Registration required, see page 32.

Sep 29-Oct 1
F 6-10pm; Sa Su 8:30am-5pm

PRCC, \$150



Drop-in Fitness

Dryland & aquatic fitness is for ages 16+. See costs on page opposite.

Adults in Motion

Designed to improve the strength of all muscles, bones and joints. It is ideal for improving the strength of the heart and lungs.

Body Bar

Use weighted bars, hand weights, stability balls and tubing to improve muscular strength and endurance.

Pound

A full-body cardio session, combining light resistance with constant simulated drumming. Drum your way to a leaner, fitter physique – all while rocking out to your favorite music!

Tabata **NEW**

A type of high-intensity interval training, Tabata consists of eight rounds of high-intensity exercises in specific 20-seconds-on, 10-seconds-off intervals and uses both cardio and weight stations to give a full body workout.

Dryland Fitness				
Session	Days	Dates	Time	Location
Adults in Motion	M W	Sep 11-Dec 20	10-10:50am	PRCC
Adults in Motion	Tu Th	Sep 12-Dec 21	11-11:50am	Southlands
Adults in Motion	M W F	Oct 11-Dec 22	11-11:50am	Mews
Adults in Motion	Tu Th	Oct 10-Dec 21	10-10:50am	Mews
Adults in Motion	M W F	Oct 11-Dec 20	11-11:50am	Kilbride
Body Bar	M W	Sep 6-Dec 20	7-7:50pm	PRCC
Body Bar	M W	Oct 11-Dec 20	6:30-7:20pm	Mews
Mixed Yoga	W	Oct 11-Dec 20	6:30-7:20pm	Mews
Pound	M	Sep 11-Dec 18	7-7:50pm	Southlands
Pound	W	Sep 13-Dec 20	8-8:50pm	Southlands
Tabata	M	Sep 11-Dec 18	8-8:50pm	Southlands
Tabata	W	Sep 13-Dec 20	7-7:50pm	Southlands
Zumba	M W	Sep 6-Dec 20	8-8:50pm	PRCC



Aquatic Fitness				
Session	Days	Dates	Time	Location
Deep Water	M Tu W Th F	Sep 5-Dec 22	9-9:50am	PRCC
Deep Water	M W	Sep 5-Dec 20	8-8:50pm	PRCC
Deep Water	W	Oct 11-Dec 20	7-7:50pm	Mews
Shallow Water	Su	Sep 10-Dec 17	7-7:50pm	PRCC
Shallow Water	Tu Th	Sep 5-Dec 21	10-10:50am	PRCC
Shallow Water	Tu Th	Sep 5-Dec 21	8-8:50pm	PRCC
Shallow Water	W	Sep 6-Dec 20	2-2:50 pm	PRCC
Shallow Water	M W F	Oct 11-Dec 22	10-10:50am	Mews
Shallow Water	Tu Th	Oct 10-Dec 21	9-9:50am	Mews
Shallow Water	Tu Th	Oct 10-Dec 21	2-2:50pm	Mews



Adult Fitness

These courses require registration, see page 32.

Fitness – Dryland, ages 16+					
Course	Day	Date	Time	Location	Cost
Beginner Pilates	Th	Oct 12-Dec 14	5:45-6:35pm	Mews	\$80
Intermediate Pilates	Tu	Oct 10-Dec 12	5:45-6:35pm	Mews	\$80
Beginner Yoga	M	Sep 11-Dec 4	6:45-8pm	PRCC	\$120
Beginner Yoga	M	Oct 16-Dec 4	7-8pm	Kilbride	\$72
Beginner Yoga	Th	Sep 14-Dec 7	10:45am-noon	PRCC	\$130
Intermediate Yoga	M	Sep 11-Dec 4	8:15-9:30pm	PRCC	\$120
Intermediate Yoga	W	Sep 13-Dec 6	6:45-8pm	PRCC	\$130
Intermediate Yoga	Th	Sep 14-Dec 7	9:15-10:30am	PRCC	\$130
Mixed Yoga	Tu	Sep 12-Dec 5	9:30-10:45am	PRCC	\$130
Mixed Yoga	Tu	Sep 12-Dec 5	6:45-8pm	PRCC	\$130
Power Yoga	W	Sep 13-Dec 6	8:15-9:30pm	PRCC	\$130
Relaxation Yoga	W	Sep 13-Dec 13	noon-1:30pm	PRCC	\$140
Relaxation Yoga	W	Oct 11-Dec 13	9:30-10:45am	Mews	\$100
Yin Yoga	Tu	Sep 12-Dec 5	8:15-9:30pm	PRCC	\$130



YOU'LL SEE, WE CARE

- Windshield Replacement
- Stone Chip Repairs
- National Warranty
- Vehicle Pick-Up and Delivery Arranged
- Claims Billed Directly to Most Insurance Companies

OTHER SERVICES

- Plexiglass
- Lexan
- Safety Glass

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 368-7928 • ajmp@arthurjamesclothing.ca

7518431

Outdoor Programs

Outdoor – for ages 18+

Course	Day	Date	Time	Location	Cost
Intro to Stand Up Paddle Board	Su	Sep 10	9am-noon	Rotary	\$24
Intro to Kayaking	Su	Sep 17	9am-noon	Rotary	\$24
Intro to Archery	Su	Sep 24	1-4pm	Rotary	\$24
Intro to Outdoor Digital Photography	Su	Oct 1	10am-3pm	Southlands	\$40
Basic Survival Skills	Su	Oct 8	10am-4pm	Rotary	\$48
Navigational Skills	Su	Oct 15	10am-2pm	Rotary	\$32
Snowshoe Making	Su	Nov 12	10am-4pm	Rotary	\$60

For more detail
www.stjohns.ca

>Living in St. John's
>Recreation and Parks
>Outdoor Recreation

Group Outdoor Programs

Outdoor programs occur at Rotary 'Sunshine' Park of C.A. Pippy Park and are available to community, youth and school groups. Programs are customized for the age and ability of the participants and are offered as the season permits but can be booked at any time of the year.

Contact Outdoor Programs 576-8522
outdoor@stjohns.ca

Wilderness survival
Outdoor cooking
Orienteering
Fire building
Archery
Map & compass
Geocaching
Shelter construction
Hiking

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Swimming Lessons

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

Lessons take place at:

Paul Reynolds Community Centre: Sep 10 - Nov 25

H.G.R. Mews Community Centre: Oct 8 - Nov 26



Starfish / Duck / Sea Turtle

Parent & Tot lessons for children 6 to 36 months.

Maximum of 1 child to 1 adult.

1 lesson per week of 30 minutes instruction & 20 minutes stay & play.

Mews: \$32 for 8 lessons; \$28 for 7 lessons

PRCC: \$48 for 12 lessons; \$44 for 11 lessons

Swim Preschool / Kids / Teens

1 lesson per week, 45 minutes class

Mews: \$48 for 8 lessons; \$42 for 7 lessons

PRCC: \$72 for 12 lessons; \$66 for 11 lessons

Adult Lessons

Suitable for basics to stroke development levels.

1 lesson/practice per week, 50 minute session

Mews: \$56 for 8 lessons; \$49 for 7 lessons

PRCC: \$84 for 12 lessons; \$77 for 11

Red Cross Swim – Adapted

A parent or aide may be required to support the swimmer in the water.

1 lesson per week, 45 minute class

Mews: \$96 for 8 lessons; \$84 for 7 lessons

PRCC: \$144 for 12 lessons; \$132 for 11 lessons

A Red Cross swimmer intake form is required to participate in this program.

Contact Inclusive Services staff at **576-4450** or **inclusion@stjohns.ca**.

Private Swimming Lessons

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

Cost is \$64 for four lessons, \$48 for three lessons.

This fall we're offering three sets of lessons:

Set 1: Sept 11 – Oct 6

Set 2: Oct 10 – Nov 3

Set 3: Nov 6 – Dec 1



For details on lesson days and times go to www.stjohns.ca

- > Living in St. John's
- > Recreation and Parks
- > Swimming
- > Swimming Lessons



Aquatic Leadership

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



Aquatic Leadership – requires registration

Course	Age	Day	Date	Time	location	cost
Junior Lifeguard Club	10-13	M	Sep 11-Nov 27	4:30-6:30pm	PRCC	\$50
Junior Lifeguard Club	10-13	Tu	Oct 10-Nov 28	5-7pm	Mews	\$50
Junior Lifeguard Club	14-16	W	Sep 13-Nov 29	3:30-6:30pm	PRCC	\$50
Junior Lifeguard Club	14-16	Th	Oct 12-Nov 30	5-7pm	Mews	\$50
Red Cross Assistant Lifeguard	12+	Su	Sep 10-Oct 15	9am-5pm	PRCC	\$87.50
Red Cross Lifeguard	15+	Su	Sep 10-Oct 29	9am-5pm	PRCC	\$140
Red Cross Water Safety Instructor	15+	Su	Sep 10-Oct 29	9am-5pm	PRCC	\$212.50

JOIN THE LIL' LEGENDS

St. John's Legends pre-competitive swim program



Coming to the Paul Reynolds Community Centre and the Aquarena

STARTING FALL 2017

To register for a try out for our programs,
 email legendswimming@gmail.com

WWW.LEGENDSWIMMING.COM

7517865

Party at the Railway Coastal Museum!

LITTLE TOOT BIRTHDAY PARTIES

Come celebrate your little engineer's birthday in a real train station! Experience the railway through our train exhibits, puppet shows, and more.

For more information visit www.railwaycoastalmuseum.ca
 or to book call 709-724-5929.

Located at 495 Water Street, St. John's

LITTLE TOOT EVENTS

The RCM hosts monthly family events with games, crafts and puppet shows. Follow us on our website and Facebook page to keep up to date on when events take place and our themes!



7518255

Children and Youth Programs

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

Playgroups						
Course	Ages	Day	Date	Time	Location	Cost
Active Playgroup	0-5	M	Sep 11-Dec 16	10-11:30am	Southlands	\$3, FREE for under 6 months
Active Playgroup	0-5	Sa	Sep 11-Dec 16	10-11:30am	Southlands	\$3, FREE for under 6 months
Active Playgroup	0-5	Th	Sep 21-Dec 7	10-11:30am	PRCC	\$3, FREE for under 6 months
Active Playgroup	0-5	Tu	Oct 12-Dec 19	9:30-11:30am	Kilbride	FREE
Active Playgroup	0-5	Th	Oct 12-Dec 19	9:30-11:30am	Kilbride	FREE
Move It Active Start	0-5	M	Sep 18-Dec 11	10am-noon	PRCC	\$3, FREE for under 2 years
Move It Active Start	0-5	W	Sep 20-Dec 13	10am-noon	PRCC	\$3, FREE for under 2 years
Sensational Playgroup	0-6, children with sensory needs	Tu	Sep 19-Dec 5	10-11:30am	PRCC	\$3, FREE for under 6 months
Sensational Playgroup	0-6, children with sensory needs	W	Sep 20-Dec 6	10-11:30am	Southlands	\$3, FREE for under 6 months

Active Preschool – requires registration						
Course	Ages	Days	Date	Time	Location	Cost
Active Preschool	4-5	M W F	Sep 18-Dec 8	9am-noon	PRCC	\$408
Active Preschool	4-5	Tu Th	Sep 19-Dec 7	9am-noon	PRCC	\$288
Active Preschool	4-5	Tu Th	Sep 19-Dec 7	9am-noon	Southlands	\$288

Art – requires registration						
Course	Ages	Day	Date	Time	Location	Cost
Little Artists	3-5	W	Oct 4-Nov 22	10-11:30am	PRCC	\$32
Halloween Art	5-12	Th	Oct 26	6:30-8:30pm	PRCC	\$14
Christmas Art	5-12	Th	Dec 7	6:30-8:30pm	PRCC	\$14
Paint Night	10-12	Tu	Nov 28	6:30-8:30pm	PRCC	\$14
Paint Night	12-16	Tu	Nov 7	6:30-8:30pm	PRCC	\$14

Sport – requires registration, unless noted						
Course	Ages	Day	Date	Time	Location	Cost
Ball Hockey	12-16	Su	Sept 17-Dec 10	6-7:15pm	Mews	\$40.62
Basketball	12-16	Su	Sept 17-Dec 10	6-7:15pm	PRCC	\$40.62
Sport (various)	10-14	Tu	Sept 12-Dec 12	6:30-8:30pm	Bosco	FREE drop in

Music – requires registration						
Course	Ages	Day	Date	Time	Location	Cost
Beginner Guitar	10 & 11	Tu	Sep 19-Dec 12	6-6:50pm	Mews	\$56
Beginner Guitar	10 & 11	Th	Sep 21-Dec 14	6-6:50pm	PRCC	\$56
Beginner Guitar	12-16	Tu	Sep 19-Dec 12	7-7:50pm	Mews	\$56
Beginner Guitar	12-16	Th	Sep 21-Dec 14	7-7:50pm	PRCC	\$56

HIGH FIVE® Strengthening Children's Mental Health **NEW**

This two-night leadership course is being offered to high school students during World Mental Health Day on October 10. One in five children and youth experience mental health issues and this workshop is a new training opportunity offered through HIGH FIVE based on the research and expertise of mental health providers and the recreation sector. It's a great opportunity to learn about issues facing children, prevention, symptoms, as well as supports and resources.



Leadership – requires registration						
Course	Ages	Day	Date	Time	Location	Cost
Babysitters Course	11-13	Sa	Oct 14	9am-4pm	PRCC	\$50
Babysitters Course	11-13	Sa	Nov 4	9am-4pm	PRCC	\$50
Home Alone Safety	10-12	Sa	Sep 23	9am-4pm	PRCC	\$50
Home Alone Safety	10-12	Sa	Oct 21	9am-4pm	Southlands	\$50
Home Alone Safety	10-12	Sa	Dec 9	9am-4pm	PRCC	\$50
Explore Leadership	10-11	W & Th	Oct 25-Nov 30	3:15-5:15pm	PRCC	\$64
Fire Services Leader	14-18	W	Oct 18-Dec 6	3:30-5:30pm	SJRFD	\$48
High Five: Strengthening Children's Mental Health	14-18	Tu & W	Oct 10-11	6-9pm	PRCC	\$50
High Five: Strengthening Children's Mental Health	16+	Sa	Nov 18	9am-4:30pm	PRCC	\$50
High Five: Healthy Child Development	16+	Sa	Oct 28	9am-4:30pm	PRCC	\$50
High Five: Sport	16+	Sa	Sept 16	9am-4:30pm	PRCC	\$50

Youth Drop Ins						
Course	Ages	Day	Date	Time	Location	Cost
Drop In	10-13	Tu	Sep 12-Dec 12	6:15-8:15pm	Southlands	FREE
Drop In	10-14	W	Sep 13-Dec 13	6:30-8pm	Shea	FREE
Drop In: Girls only	10-14	Th	Sep 14-Dec 14	6:30-8pm	Shea	FREE
Drop In	13-16	Th	Sep 14-Dec 14	6:15-8:15pm	Southlands	FREE
Drop In	12-16	M & W	Oct 11-Dec 13	6-7:30pm	Kilbride	FREE
Open Mic Night	12-18	F	Sep 29	7-9pm	PRCC	\$4 drop in
Open Mic Night	12-18	F	Oct 27	7-9pm	PRCC	\$4 drop in
Open Mic Night	12-18	F	Nov 24	7-9pm	PRCC	\$4 drop in

Workshops – requires registration						
Course	Ages	Day	Date	Time	Location	Cost
Circus Performing	5-8	Tu	Oct 24	6-8pm	PRCC	\$14
Architectural Design	12-16	M	Nov 27	5-8pm	CNA-RR	\$21
Cook with Herbs & Spices	12-16	W	Oct 4	6-8pm	CNA-PPD	\$14
Electronic Fabrication	12-16	M	Nov 6	5-8pm	CNA-RR	\$21



Photo submitted by Coalition of Persons with Disabilities NL

Start your Volunteer Journey



The City of St. John's welcomes all residents to its volunteer program. We value all volunteers and realize that they are an integral part of our programs and services. Our goal is to provide a positive volunteer experience to encourage lifetime volunteers.

1. Opportunities

Within the City of St. John's there are many exciting opportunities to volunteer.

Areas for volunteering include:

- Recreation
- Tourism
- Humane Services
- Many other Divisions/Programs

3. Orientation

Prior to starting placements, all volunteers are required to attend a volunteer orientation session. During this session volunteers will meet with the Leadership and Training Fieldworker to review all applicable policies and procedures, and safe operating practices to ensure the volunteer placement is as safe as possible. They will also be introduced to the placement supervisor and have a tour of the facility.

Contact

Doug Halliday, Leadership, Training, and Volunteer Fieldworker

Phone: **709-576-8628**

Email: **volunteer@stjohns.ca**

2. Apply

It's Easy...

1. Contact us at 709-576-8628 or email volunteer@stjohns.ca.
2. Fill out and submit your documents.
3. When we have received your documents we will meet with you and find a rewarding placement.

4. Start

The City of St. John's would like to thank you for volunteering. We value all our volunteers and recognize them as an essential component of our programs and services.

Canada's Favourite Crossing Guard

St. John's man has promoted traffic safety for the past three years

Congratulations to Dave Innes, one of our School Zone Crossing Guards, for being named Canada's Favourite Crossing Guard for 2017!

Earlier this year, City staff encouraged schools to submit nominations for this award that is presented by Parachute, a national charitable organization dedicated to preventing injuries and saving lives, and FedEx Express Canada. Nominations are accepted from students, educators, parents and community leaders to recognize the contributions of those that play an important role in pedestrian safety by helping children make the safe journey to and from school.

Dave Innes has been the crossing guard at Rennie's River Elementary for three years and it was the children at the school that submitted many letters in support of Dave's nomination.



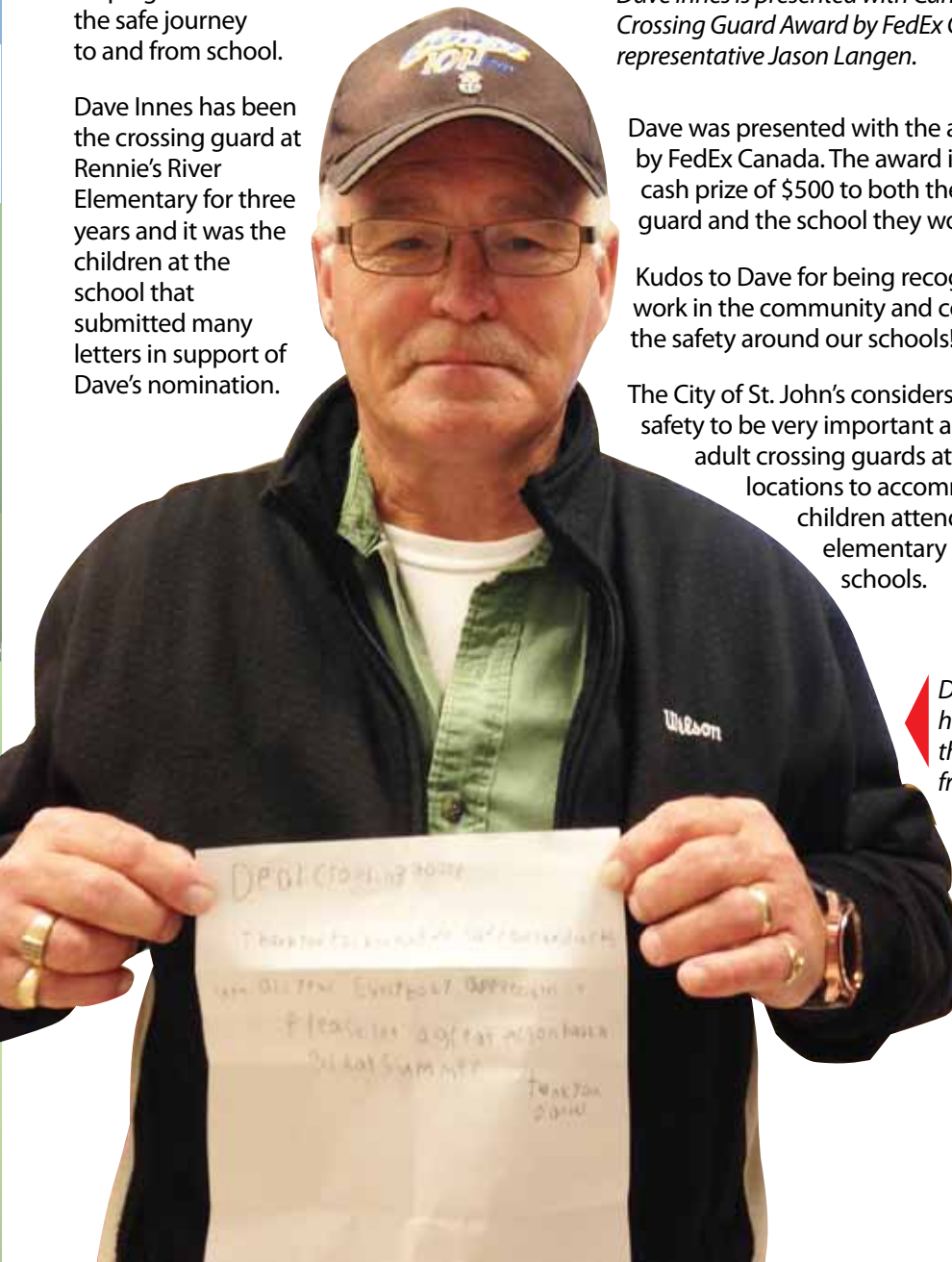
Dave Innes is presented with Canada's Favourite Crossing Guard Award by FedEx Canada representative Jason Langen.

Dave was presented with the award in June by FedEx Canada. The award includes a cash prize of \$500 to both the crossing guard and the school they work from.

Kudos to Dave for being recognized for his work in the community and contributing to the safety around our schools!

The City of St. John's considers pedestrian safety to be very important and provides adult crossing guards at designated locations to accommodate children attending elementary and primary schools.

Dave Innes holding up a thank you note from a student.



Slow Down in School Zones

The speed limit around elementary schools on residential roads in the City of St. John's is reduced to 30 kilometres per hour, and is in effect from 7:30 a.m. to 5 p.m. on school days, Monday to Friday.

Several of these school zone locations have electronic speed feedback signs, which give motorists real-time information about their speed – if it is above the limit – as they enter these zones.

Point Deductions for Traffic Convictions

Failure to stop at a stop sign	2
Failure to yield for a pedestrian	2
Passing a school bus while loading or unloading children	6
Speeding 1 - 10 km/h in excess of posted limit	0
Speeding 11 - 20 km/h in excess of posted limit	2
Speeding 21 - 30 km/h in excess of posted limit	3
Speeding 31 km/h and over in excess of posted limit	4
Using a hand held cellular phone while driving a motor vehicle on a highway	4



Adult Craft & Art

Adult courses are for ages 18+ and requires registration (unless otherwise noted), see page 32.



Craft and Art – requires registration					
Course	Day	Date	Time	Location	Cost
Acrylic Painting - Fall Bridge	F	Sep 8	6:30-9:30pm	CEWP	\$16
Acrylic Painting - Red Trees	F	Sep 15	6:30-9:30pm	CEWP	\$16
Acrylic Painting - Complete two projects	W	Sep 29-Oct 11	3-5pm	PRCC	\$36
Acrylic Painting - Complete two projects	Sa	Sep 23-Oct 14	3-5pm	PRCC	\$36
Acrylic Painting - Sunflower	F	Sep 29	6:30-9:30pm	CEWP	\$16
Acrylic Painting - Sunset	F	Oct 13	6:30-9:30pm	Mews	\$16
Acrylic Painting - Crane Silhouette	F	Oct 20	6:30-9:30pm	Mews	\$16
Acrylic Painting - Complete two projects	W	Nov 1-22	3-5pm	PRCC	\$36
Acrylic Painting - Complete two projects	Sa	Nov 4-Dec 2	3-5pm	PRCC	\$36
Acrylic Painting - Winter Pinecones	F	Nov 24	6:30-9:30pm	Mews	\$16
Acrylic Painting - Red Barn	F	Dec 8	6:30-9:30pm	Mews	\$16
Oil Painting - Chickadee	Th	Sep 7-21	6:30-9:30pm	CEWP	\$36
Oil Painting - Pumpkin	Th	Oct 12-26	6:30-9:30pm	Mews	\$36
Oil Painting - Christmas Bulb	Th	Nov 9-23	6:30-9:30pm	Mews	\$36
Paint Night R.E.A.L. fundraiser	Th	Sep 21	6-9pm	PRCC	\$30
Paint Night R.E.A.L. fundraiser	Th	Nov 30	7-10pm	PRCC	\$30
Water Colour	M	Sep 25-Oct 23	6:30-9pm	PRCC	\$50
Water Colour	Th	Sep 28-Oct 19	2-4:30pm	PRCC	\$50
Water Colour	Th	Nov 2-23	2-4:30pm	PRCC	\$50
Water Colour	M	Nov 6-27	6:30-9pm	PRCC	\$50
Crafting - Fall Decor	M	Sep 25	1-3pm	Mews	\$20
Crafting - Fall Decor	F	Sep 29	1-3pm	PRCC	\$20
Crafting - Halloween Painting	M	Oct 16	1-3pm	Mews	\$15
Crafting - Halloween Painting	Th	Oct 19	6:30-8:30pm	PRCC	\$15
Crafting - Halloween Painting	F	Oct 20	1-3pm	PRCC	\$15
Crafting - Christmas Painting	M	Nov 27	1-3pm	Mews	\$15
Crafting - Christmas Painting	Th	Nov 30	6:30-8:30pm	PRCC	\$15
Crafting - Christmas Painting	F	Dec 1	1-3pm	PRCC	\$15
Crafting - Holiday Centerpiece	M	Dec 4	1-3pm	Mews	\$20
Crafting - Holiday Centerpiece	F	Dec 8	1-3pm	PRCC	\$20
Drawing	Tu	Sep 19-Oct 10	12:30-2:30pm	PRCC	\$32
Drawing	Sa	Sep 23-Oct 14	12:30-2:30pm	PRCC	\$32
Drawing	Tu	Oct 31-Nov 21	12:30-2:30pm	PRCC	\$32
Drawing	W	Nov 1-8	6:30-8:30pm	Mews	\$16
Drawing	Sa	Nov 4-Dec 2	12:30-2:30pm	PRCC	\$32
Drawing	W	Nov 29-Dec 6	6:30-8:30pm	Mews	\$16

Adult Music & Dance

Music					
Course	Day	Date	Time	Location	Cost
Accordion Level 1	Tu	Oct 3-Nov 21	10-11:30am	CEWP	\$43
Accordion Level 1	F	Oct 6-Nov 24	10-11:30am	PRCC	\$43
Accordion Level 2	W	Oct 4-Nov 22	10-11:30am	CEWP	\$43
Accordion Level 3	Th	Oct 5-Nov 23	10-11:30am	CEWP	\$43
Beginner Guitar	M	Oct 2-Dec 4	7:30-9pm	Mews	\$48
Beginner Guitar	W	Sep 20-Dec 6	7:30-9pm	PRCC	\$64
Beginner Guitar	Th	Oct 5-Dec 7	9:15-10:45am	Mews	\$54
Intermediate Guitar	Th	Oct 5-Dec 7	11am-12:30pm	Mews	\$54
Advanced Guitar	Th	Oct 5-Dec 7	1:30-3pm	Mews	\$54
Keyboarding Level 1	Tu	Oct 3-Dec 5	9:30-10:45am	Mews	\$50
Keyboarding Level 1	Th	Sep 21-Dec 7	9:45-11am	PRCC	\$60
Keyboarding Level 2	Tu	Oct 3-Dec 5	11am-12:15pm	Mews	\$50
Keyboarding Level 2	Th	Sep 21-Dec 7	11:15am-12:30pm	PRCC	\$60
Keyboarding Level 3	Tu	Oct 3-Dec 5	12:30-1:45pm	Mews	\$50



Dance					
Course	Day	Date	Time	Location	Cost
Beginner Line Dance Level 1	Tu	Oct 3-Dec 5	11-11:50am	Mews	\$40
Beginner Line Dance Level 1	Th	Sep 21-Dec 7	1-2:30pm	PRCC	\$6 fee per drop-in class
Beginner Line Dance Level 2	Th	Oct 5-Dec 7	12:15-1:15pm	Mews	\$40
Intermediate Line Dance	Th	Oct 5-Dec 7	11am-noon	Mews	\$40
Intermediate Line Dance	F	Oct 6-Dec 8	1-2pm	Mews	\$40
Ballroom Dance 1	Su	Oct 1-Dec 3	7:45-8:45pm	Mews	\$40 Partner required
Ballroom Dance 2	Su	Oct 1-Dec 3	9-10pm	Mews	\$40 Partner required
Introduction-Sequence Dance	Th	Oct 5-Dec 7	7-8pm	Mews	\$40 Partner required
Newfoundland Traditional Dance	W	Oct 4-Dec 6	7:30-9pm	Mews	\$6 fee per drop-in class
Time to Dance	M	Sep 18-Dec 4	1-2:30pm	PRCC	\$44
Social Dance	Tu	Sep 19-Dec 5	7-8:30pm	PRCC	\$6 fee per drop-in class
Social Dance	Th	Sep 21-Dec 7	10-11:30am	PRCC	\$6 fee per drop-in class

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Adult Leisure and Learning

Awareness & Technology Sessions **NEW**

New this fall, these sessions provide public awareness around a wide variety of topics of personal and professional interests, including various aspects of technology. Most are free to attend but participants must register to reserve a space. See page 32 for registration options.



Photo submitted by Coalition of Persons with Disabilities NL

Technology Courses – requires registration

Course	Day	Date	Time	Location	Cost
Technology 101	M	Sep 18-Oct 16	10am-noon	PRCC	\$20
Technology 101	M	Oct 23-Nov 13	1-3pm	PRCC	\$20
Tech: Social Media	M	Sep 25	12:30-1:30pm	PRCC	FREE
Tech: Email Essentials	M	Oct 16	Noon-1:30pm	PRCC	FREE
Tech: File Management	M	Nov 6	Noon-1pm	PRCC	FREE

Awareness Workshops – requires registration

Course	Day	Date	Time	Location	Cost
Mental Health	W	Sep 20	7-9pm	PRCC	FREE
Medication Management	W	Sep 27	11am-noon	PRCC	FREE
CPP and OAS	W	Oct 4	11am-noon	PRCC	FREE
CPP and OAS	W	Oct 11	7-8pm	PRCC	FREE
Sleeping for Wellness	W	Oct 18	7-9pm	PRCC	FREE
Hearing Health	W	Oct 25	11am-noon	PRCC	FREE
Physical Literacy	W	Nov 22	7-9pm	PRCC	FREE
Healthy Eating	W	Dec 13	7-9pm	PRCC	FREE

Leisure – requires registration, unless otherwise noted

Course	Day	Date	Time	Location	Cost
Bridge Level 1	Tu	Oct 3-Dec 5	9:15-11:45am	Mews	\$72
Bridge Level 2	W	Sep 20-Dec 6	9:15-11:45am	PRCC	\$72
Bridge Level 3	M	Sep 18-Dec 4	9:15-11:45am	PRCC	\$79
Social Bridge	W	Oct 4-Dec 6	2-4pm	Mews	\$6 fee per drop-in session
Walk and Talk, for ages 50+	Tu	Sep 19-Dec 5	10am-noon	PRCC	\$6 fee per drop-in session
Walk and Talk, for ages 50+	F	Sep 15-Dec 1	10am-noon	PRCC	\$6 fee per drop-in session

Adults/Seniors

These programs for ages 50+ require registration, see page 32 for registration details and new course listing key. There are also many other adult programs that may be of interest to you; see listings on pages 46-49.

Lifelong Learners

These general interest courses give participants the opportunity to continue building skills and knowledge.



Lifelong Learners					
Title	Days	Dates	Time	Location	Cost
Intermediate Digital Photography	Tu Th	Sep 19-Oct 5	10am-noon	Southlands	\$30
Voice and Story	Tu Th	Oct 3-19	10am-noon	PRCC	\$30
Budgeting and Debt Solutions	Tu Th	Oct 24-Nov 9	10am-noon	PRCC	\$30
Beginner Digital Photography	Tu Th	Nov 14-30	6-8pm	PRCC	\$30
Pre-Confederate Prime Ministers - Part 2	Tu Th	Nov 14-30	10am-noon	Bannerman Park Pool House	\$30

Voice and Story, a NEW Course

Your voice is as distinctive as your fingerprint and voice recognition is accurate from ages 17 to 70, and although you might not be recognized on sight, your voice is.

The story or 'the narrative' is how we organize and pass on information to each other. Whether it's truth or lies we must have a story. In singers and speakers, in fables or fictional characters, our voice and story are two sides of the same coin and are complex and revealing.

This course is instructed by Frank Holden.

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

For more information about programs for ages 50+:

Call 576-8490 or 576-8411 or email recreation@stjohns.ca

SCENT FREE

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



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VISIT US AT OUR NEW LOCATION

Events and Outings

Our events are a great way to become active and socialize, whether on the dance floor or around the dinner table.

Registration for events must be completed at least three days prior to the event, for registration options see page 32. Meal, refreshments and transportation is included in the registration fee.

All our outings are scent free. Individuals who wear scented products may be refused admission, at the discretion of City staff.



Events and Outings – requires registration (50+)

Title	Day	Date	Time	Location	Cost
Afternoon Social	Th	Sep 14	Noon-3pm	PRCC	\$15 \$10 if using GoBus
Thanksgiving Party	Th	Oct 5	6:30-10:30pm	City Hall	\$19 \$14 if using GoBus
Halloween Party	Th	Oct 26	6:30-10:30pm	City Hall	\$19 \$14 if using GoBus
Country-Western Party	Th	Nov 16	6:30-10:30pm	City Hall	\$19 \$14 if using GoBus
Christmas Bingo	Th	Nov 30	1-4pm	PRCC	\$15 \$10 if using GoBus
Christmas Party	Th	Dec 7	6:30-10:30pm	City Hall	\$19 \$14 if using GoBus



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Transportation

Transportation for special events is included in the price. Please call 576-8594 the evening before the outing to determine the bus schedule.

Pick-ups occur from the H.G.R. Mews Community Centre and the following adult and seniors' apartment complexes:

Building # 10 Pasadena Cres
Building # 25 Tiffany Lane
Riverhead Towers
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

Please note: If the bus cannot fit into the parking lot it will park at the entrance of the lot.



What is Physical Literacy?

Physical Literacy is when children develop both the skills and confidence to engage in physical activity that will carry on with them throughout their lives

How is Physical Literacy Developed?

Children develop physical literacy over time through a variety of structured and unstructured activities that change with age and ability



0-3 Years

Encourage Early Movement

3-5 Years

Expand on Play with FUN Activities

5-8 Years

Increase the focus on FUNDamental Movement Skills

8-12 Years

Introduce more complex skills as children are ready

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The Benefits



Increased Happiness and Self-Esteem



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Tag - You're It!

Pet licensing has many benefits to pet owners and is the law in St. John's

Residents of St. John's are required to have their pets licensed. The benefits of licensing are many and include helping to reunite owners and their pets by having a direct link to the owner's contact information at all times.

This information is very important, especially if your pet is found injured and needs immediate medical attention. It could also mean less time that your pet is away from your family or in a shelter. The City's Animal Control Regulation includes the following provisions:

Dogs shall be licensed with the City within 20 business days of acquiring the dog or within 20 business days of the dog reaching six months of age.

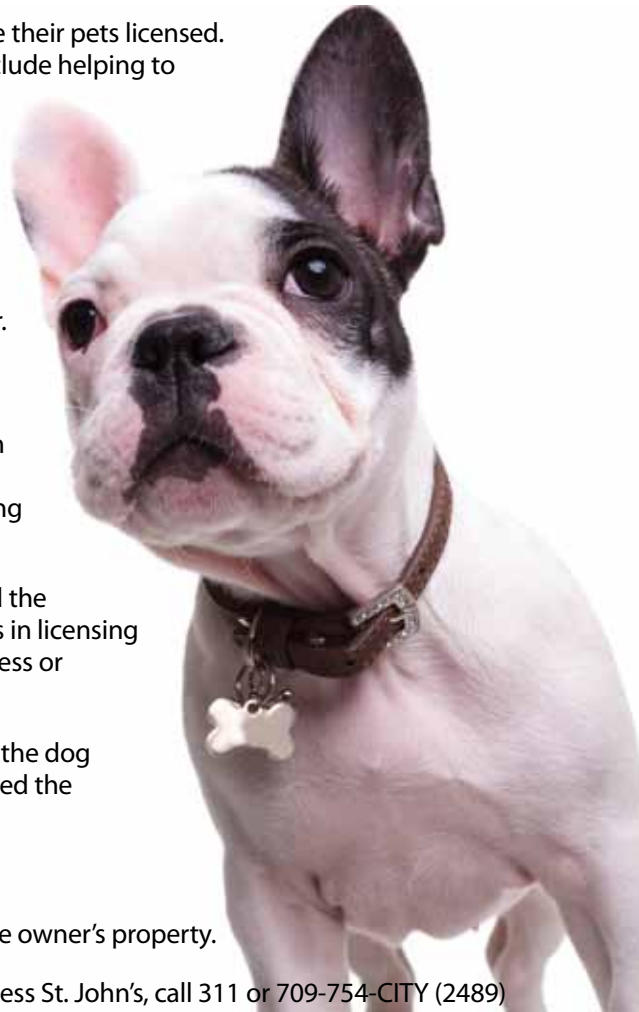
The license shall be renewed annually and the owner shall advise the City of any changes in licensing information including any change of address or contact phone number.

When the dog is off the owner's property, the dog shall wear a collar to which shall be attached the current license tag for the dog.

A license is not transferable.

A dog must be on a leash whenever off the owner's property.

For additional information please visit Access St. John's, call 311 or 709-754-CITY (2489)



Purchase a License

Licenses for a cat or dog can be purchased for \$15 at the following locations:

Animal Care and Adoption Centre, 81 Higgins Line
M- F, noon to 4 pm
Sa-Su, 3 to 5 pm

Access St. John's,
first floor City Hall
M-F, 8:30am to 5pm

Paul Reynolds Community Centre, 35 Carrick Drive

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

Cash only at:

St. John's SPCA, R.C.A.F. Road

Terra Nova Veterinary Clinic, 10 Elizabeth Avenue, Howley Estates

St. John's Veterinary Hospital, 335 Freshwater Road

Sunrise Animal Hospital, 222 Park Avenue, Mount Pearl

Torbay Road Animal Hospital, 286 Torbay Road, Coakers Meadow Plaza

Avalon Animal Hospital, 556 Logy Bay Road, Logy Bay

Topsail Road Veterinary Clinic, 860 Topsail Road, Mount Pearl

Paradise Animal Hospital, 55 Karwood Drive, Paradise

Did you know?

DOG LICENSING IS THE LAW

ST. JOHN'S

Available at Humane Services, City Hall and City Veterinary Hospitals



Archiving our History

City Archives gets new home for preserving our past

The City of St. John's Archives is the official repository for the records of St. John's City Hall and various other records of enduring significance relating to St. John's history. It was formally established by a Resolution of Council on January 11, 1989.

Originally housed in various rooms at City Hall, the Archives moved its contents to a bigger space at 495 Water Street in 2003. Built in 1903 as the Riverhead Train station, this historic building was the perfect fit for the City Archives and underwent renovations to safely store and preserve the City's records.

After almost 15 years at this location, the Archives once again outgrew its space. When the former Boy Scouts Building at 15 Terra Nova Road was acquired, the City utilized the space to house its valuable archival documents, and re-opened in February 2017 in this new location.

The space underwent major renovations to bring the storage areas up to professional standards including temperature and humidity controlled environments with separate climate controls for photographic material; mobile shelving to maximize floor space; specialized mechanical systems; accessible space for staff and the public; as well as increased security.

The Archives division works closely with Records Management, both of which are part of the Office of the City Clerk. Official City records are transferred to Records Management directly from all City departments and are retained for an average of seven years, after which they are passed on to the Archivist for appraisal and potential permanent retention.

Although there are some restrictions, the majority of records are available to City

employees, residents and the public. The Archives division is also responsible for the management of the City's fine art collection and many pieces are stored on site.

The Archives holdings are quite extensive with some records dating back to the 1700s. Along with maintaining records from all City Departments, maps, photographs and architectural drawings are also securely stored on site.

In addition, private collections from individuals or groups such as the St. John's Rotary clubs, the SPCA and St. John's heritage foundations are also accepted, stored and preserved according to archival standards.

The City of St. John's Archives are open to the public by appointment only.

F. Burnham Gill
Archives Centre
15 Terra Nova Road
709-576-8167

archives@stjohns.ca



About F. Burnham Gill

Frederick Burnham Gill was a prominent archivist who introduced the first Records Management program to the province.

For more information visit:
www.stjohns.ca
>Living in St. John's
>Your City
>St. John's History

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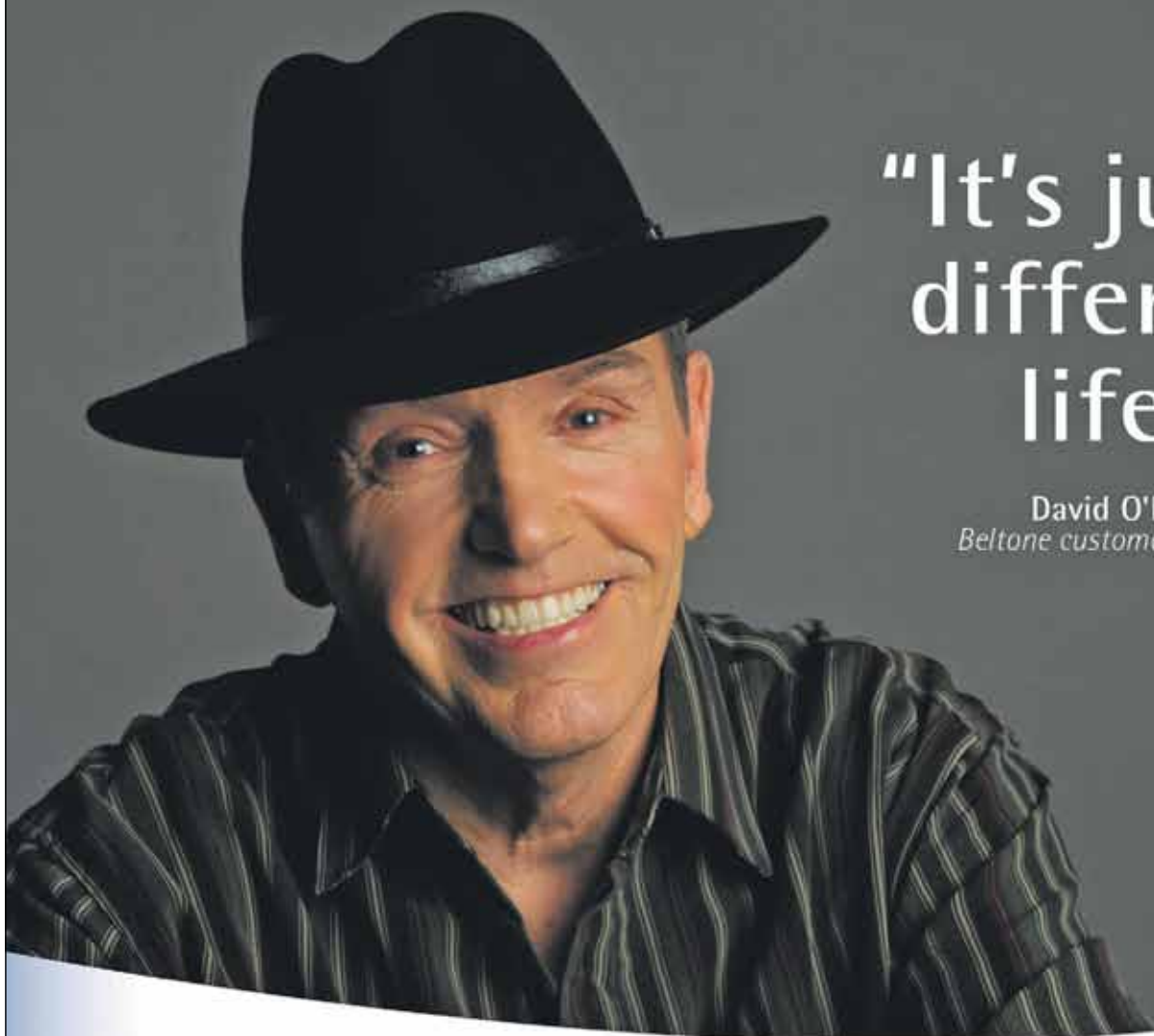
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