

Win a Tim Hortons Brier coat! Details on page 22

City Guide

SPRING 2017

Admiral Johns takes to the ice as
St. John's hosts the 2017 Tim Hortons Brier

Avoid a parking ticket

pages 10-11

Demographic survey results

pages 6-9



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Note from the Editor

In the winter 2017 edition we attributed The Skater statue to Morgan Murray. We apologize to sculptor Morgan MacDonald for this error.

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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The Rules Around Outdoor Fires

As spring approaches and dry conditions are present, the dangers of burning increases. Keep the safety of your family, your property – and that of your neighbours – in mind before you consider striking the first match.

Open air burning and backyard fire pits are permitted, but only when certain conditions are met.

Open Air Fire

A permit is required to have a fire in any open place, yard, field or area, whether in a barrel or not.

The biggest factor in determining if your property meets the safety requirements to receive a permit for an open air burn is if you have an area that is at least 15 meters from anything combustible.

If you are considering open air burning this spring, you must contact the Fire Prevention Division to arrange an inspection of your property.

Outdoor Fireplaces

Using outdoor fireplaces is allowed without a permit, as long as they are used safely and properly. Only burn seasoned wood in a fire pit when wind speed are less than 25 kilometres per hour, and never burn garbage or recyclables such as newspaper or cardboard, put those at the curb on your regular collection day.

Outdoor fireplaces must be:

- Installed according to the manufacturer's instructions
- Located at least 3 meters from any building, structure or other combustible material
- Capable of completely containing and enclosing the fire
- Equipped with a spark arrestor or a screen to prevent sparks and embers from escaping
- Placed on a firm, level surface with a non-combustible base beneath it that extends at least a half meter completely outside the perimeter of the fireplace
- Always supervised by an adult with access to a fire extinguisher, bucket of water or another water source while operating

St. John's Regional Fire Department

Administration: **576-8644**

Fire Prevention: **576-3905**

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CITY OF ST. JOHN'S DEMOGRAPHIC AND OPINION SURVEY

The City of St. John's undertook a residential survey administered between February and July, 2016 designed to gather information and perspectives from residents. The information collected will inform policy, planning and the delivery of services now and into the future. A survey of residents in the St. John's Census Metropolitan Area (CMA) was also completed in partnership with the Towns of Conception Bay South, Paradise, Portugal Cove-St. Philip's, and Torbay for a regional perspective.

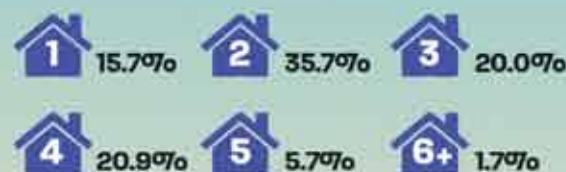


HOUSEHOLD SIZE

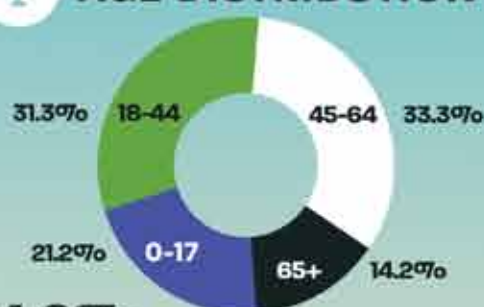
51.4%

Of households have two or fewer people.

Numbers of persons in household



AGE DISTRIBUTION



14.2%

Of the population is 65 or over



EMPLOYMENT STATUS

28.1%

Retired or do not work

60.6%

Employed (full time, part time, casual/seasonal, etc.).
Of those employed:

50.9% Employed full time

13.5% Self employed

12.9% Are employed directly or indirectly in the
oil and gas, mining, and energy sectors



HOUSEHOLD INCOME

42.1%

Reported a
household income
of **\$100,000** or more

25.3%

Reported a
household income
of under **\$50,000**



DOWNTOWN

74.1%

Visit downtown St. John's on a monthly
basis or more. (Excludes those who live downtown)



HOME OWNERSHIP

79.1% Own **19.3%** Rent **1.0%** Lease/Other

LIVING IN YOUR COMMUNITY

50.8%

Have lived in St. John's for 20+ years

Of the **13.9%** that said they lived in St. John's less than five years...

69.2% are not originally from St. John's. Of this group:

64.0% are from another municipality in

Newfoundland and Labrador

20.6% are from another province or territory in Canada

13.1% are from another country

22.4% Indicate they may move within the next five years

45.7% of those said they would stay in St. John's

CITY SERVICES

85.4%

Are very or somewhat satisfied with City services and programs.

Municipal services and programs used by households
(respondents could select multiple answers)

Recycling Programs 84.1%	Trails 76.2%
Parks/Playgrounds 73.3%	Robin Hood Bay 70.6%
Recreational Facilities 54.1%	Community Events 51.1%
Recreational Programs 30.9%	Public Transportation 24.5%

Purpose of visits to downtown St. John's by those that visit on a monthly basis or more (Respondents could select multiple answers)

★ Entertainment/Dining 86.4%
🛒 Shop 64.4%
🚶 Walk/Browse 64.2%
📊 Business Dealings 25.3%
💼 Work 24.0%

YOUR COMMUTE

(if working in the St. John's CMA)

88.8%

Get to work by **Automobile**

66.4%

Can get to work in under **15 mins**

QUALITY OF LIFE

Aspects of St. John's that people feel make it a good place to live (respondents could select multiple answers)

🤝 People and Hospitality 87.0%
🌳 Natural Environment 83.8%
🎵 Arts/Culture/Heritage 80.2%
🛒 Amenities/Services Available 73.1%
🔍 Safety/Low Crime 59.3%
💼 Job Opportunities 36.8%

CHALLENGES

Challenges facing the City of St. John's that should be a priority (top four)

- 💰 Managing the City's budget
- ⚙️ Infrastructure
- 🏠 Creating affordable housing
- 📊 Economy

CITY OF ST. JOHN'S: FOCUS ON DOWNTOWN

DEMOGRAPHIC AND OPINION SURVEY

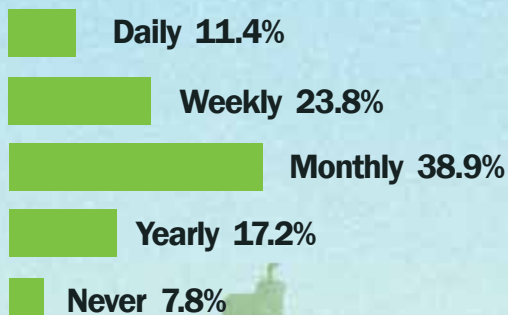
Survey results indicate that 72.2% of people that live in the 13 communities that make up the St. John's Census Metropolitan Area, excluding those who live downtown, visit downtown St. John's on a monthly basis or more. Residents of St. John's were asked about how often they visit Downtown and the purpose of their visit, and if they don't go Downtown often, why not?



DOWNTOWN VISITS

74.1%

Visit downtown on a monthly basis or more
(excludes those who live downtown)



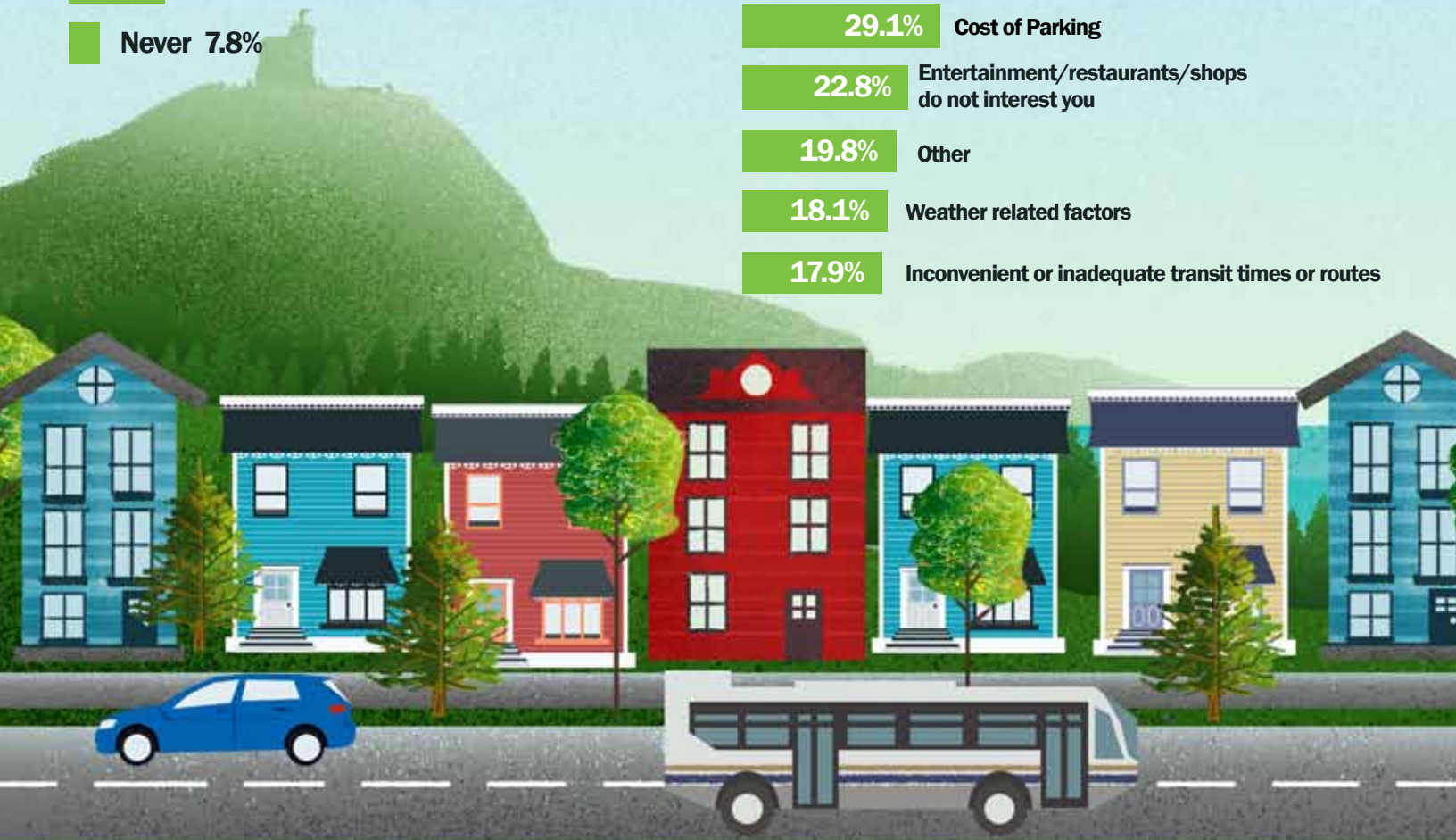
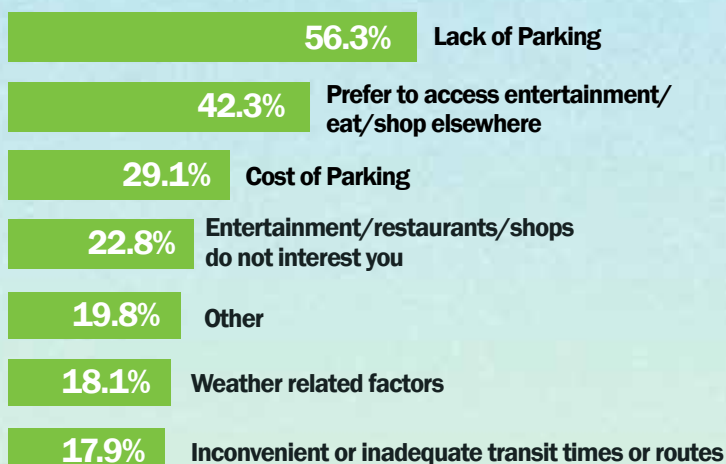
PURPOSE OF VISIT

Purpose of visits to downtown by those that visit on a monthly basis or more
(respondents could select multiple answers)



WHY NOT VISIT DOWNTOWN?

Of the residents that visited on a yearly basis, or less, it was because...
(respondents could select multiple answers)



ST. JOHN'S: INTERESTING FACTS

For the purpose of this survey and to provide a more detailed level of information the city was broken down into five areas: downtown, central, east, west and Goulds/Shea Heights.

All survey information is found at stjohns.ca >Living in St. John's >Publications >Business Reports



HOME OWNERSHIP

Ownership is highest in the east at

86.7%

Renting is highest downtown at

33.0%



HOUSEHOLD INCOME

Did you know that almost **10%** of households in St. John's reported a household income of under **\$25,000**?



AGE DISTRIBUTION

The highest proportion of children 0-17 years old is in the east with

24.6%

The central area has the highest proportion of those 65 years + at

15.5%



EMPLOYMENT STATUS

18% of employed persons in the Downtown are self-employed



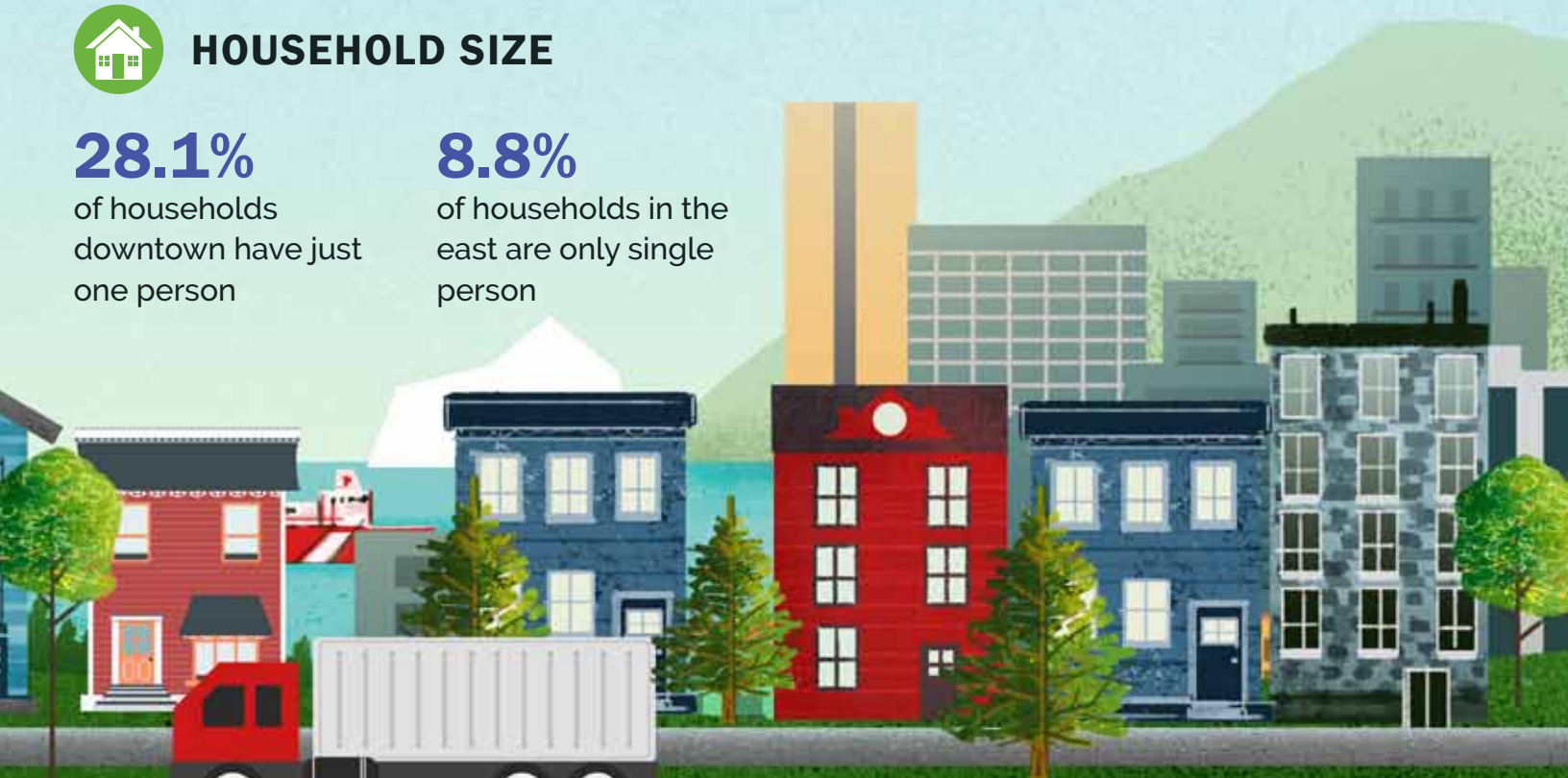
HOUSEHOLD SIZE

28.1%

of households downtown have just one person

8.8%

of households in the east are only single person



Don't put kids in danger! Parking restrictions in school zones are in place to keep our young pedestrians visible and safe.

Look for signs near schools to learn if there are No Parking or No Stopping zones. Even if you are in the vehicle, if it is not moving in a No Stopping zone you can receive a ticket.

Never double park to drop-off or pick-up children.
Doing this forces the children to cross a lane of traffic.

Metered areas are in places where there is high demand for on-street parking. If your stay requires longer term parking, save the cost of a ticket and use one of the three parking garages downtown that together have ample parking spaces. You can receive a ticket if you stay on a meter longer than the posted time or re-feed the meter for additional time.

Accessible spaces are a necessity!
A government issued accessible parking permit
must be visible from the exterior of the vehicle.

Bagged meters

Do not park in a spot when there is a yellow hood over the meter or a no parking sign placed by it. This means the spot is temporarily unavailable.

Close to the curb

Do not park more than
30 centimetres from the curb.

Bus stops are for buses only

Drivers pull into bus stops to wait for a friend, buy a cup of coffee or use a bank machine. Even a quick stop blocks the zone, forcing bus drivers to load and unload passengers on the street, which is a hazard and adds to traffic congestion when the bus is unable to pull into the bus stop.

Also, do not park within 20 metres on the approach of a bus stop.

Downtown overnight parking restrictions

Downtown snow removal and street cleaning happens overnight, and vehicles must not be parked overnight on the streets scheduled. Avoid a ticket or a tow, go to stjohns.ca and under the Quick Links choose Street Cleaning or Snow Clearing depending on the season.



Crosswalks or Intersections

Do not park within six metres of a crosswalk or intersection.

Stop signs and traffic signals

Do not park within 10 metres of a stop sign or traffic lights.

Private driveways

Do not park in front of a driveway, unless you have permission from the property owner.

On-street parking ban

In the winter months the on-street parking ban is in effect outside the downtown. The ban is usually in place in early January – although can be brought in earlier when there are early and significant snowfalls – and is most often lifted in April.

**Respect residential parking restrictions.**

There are 11 Residential Parking Areas in the downtown for permit holder use. Signs are posted to indicate the area number and permits must be visible from the exterior of the vehicle. Parking alternatives are available for visitors and service providers, contact Access St. John's by calling 311 or 754-CITY (2489) to learn about them.

Downtown Parking Garages

Before you travel downtown think about your purpose of your trip: How many locations you will be visiting? How long will you need to park?

Answer these questions to determine what type of parking will best suit your needs.

There are three parking garages downtown that have ample public parking spaces, try one on your next visit downtown that you expect to last longer than two hours.

- Park at 351 Water (entrance on Harbour Drive)
- MetroPark at 330 Duckworth
- Sonco Parking at Atlantic Place (entrance on Clift's-Baird's Cove)



Be Aware of Pothole Repair

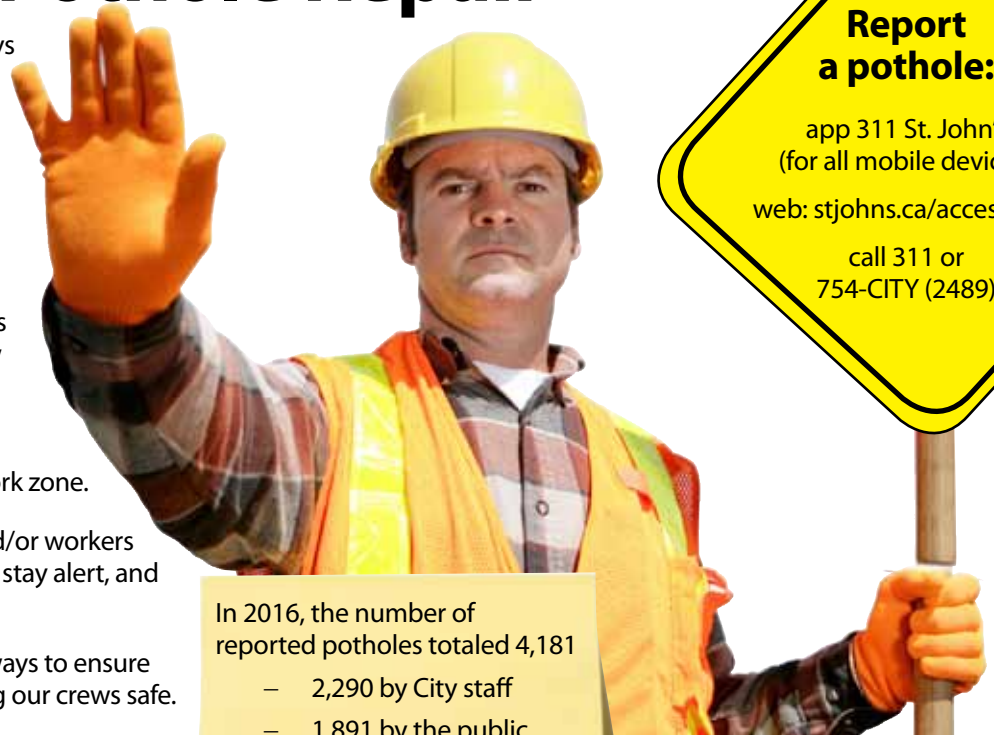
Potholes can occur on multilane roadways or side streets, but no matter where they occur, our priority is get them patched as quickly as possible to ensure your safety on the roads.

Our crews rely on you, too.

Pothole repair is a mobile operation: because the job is done quickly the crews must work in traffic, however, they follow the guidelines set out by the National Transportation Association of Canada. City staff depend on a drivers undivided attention when traveling through the work zone.

When you see flashing warning signs and/or workers wearing high visibility vests - slow down, stay alert, and follow directions.

Our workers do their part to repair roadways to ensure your safety. Please do your part in keeping our crews safe.



In 2016, the number of reported potholes totaled 4,181

- 2,290 by City staff
- 1,891 by the public

Curious About Pothole Patching?

The Roads Division of the City of St. John's Department of Public Works have dedicated pothole repair crews. From June to December a pre-mix of asphalt is used to fill potholes. From January to May we use recycled asphalt, which is made at the City's own asphalt recycling compound at the Robin Hood Bay Waste Management Facility.

A pothole patcher, sometimes called an asphalt truck, is a truck with a heated box that carries hot asphalt for the purpose of repairing potholes and street cuts. The truck is self-sufficient

and contains rakes, shovels and a storage box for tools and debris.

The location of potholes on St. John's streets is reported by City staff and by the public.

When we know where a pothole is located, one of our pothole repair crews is dispatched as soon as conditions allow.

While our crews conduct their work, they try to minimize interference and delays to traffic flow.



Move Over

The Move Over Law is designed to protect those who drive emergency and other designated vehicles.

City of St. John's road repair workers, such as pothole crews, are public utility vehicles and therefore are included in the Move Over law.

The Move Over law applies when a designated vehicle is stopped and operating its red, blue or amber lights, or has other traffic warning signals displayed.

The general rule of the Move Over law is to create a buffer lane by slowing down and putting as much distance as possible between you and the stopped vehicle. Change lanes or pass the stopped vehicle only when it is safe to do so.

In Newfoundland and Labrador, failure to slow down and move over can result in fines ranging from \$300 to \$900, and a penalty of four demerit points.

For more details on the provincial Move Over Law, visit <http://www.servicenl.gov.nl.ca/moveoverlaw/>

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 reduces the capacity of the system. This can cause flooding or ponding in a low point of street and in extreme cases this flooding can damage public or private property. We clean debris from catch basins to ensure the system is functioning properly. The street cleaning program 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 which are paid for using taxpayer money.

Scheduled street cleaning occurs downtown from Monday, April 17 to 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.

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.

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. Go to **www.stjohns.ca**, under Quick Links, choose Street 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.



Subscribe to our street cleaning e-update

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

Go to **www.stjohns.ca**, click Online Services, choose St. John's e-updates, enter your email address and choose Street Cleaning (Downtown).

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.



Garbage Covering Bylaw

From **April 1 to November 30** each year, properly covered garbage prevents seagulls, crows and dogs from accessing and tearing apart the bags and spreading garbage in your neighbourhood.

Blue bags of recycling do not need to be covered but you can cover them especially on windy days to prevent the light bags from blowing around.

Garbage must be placed at the curb between 6 and 8 a.m. on the day of your collection. Placing garbage at the curb the day or night before your collection increases the chance of the bags being torn open.

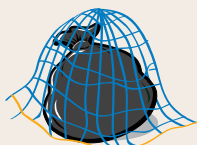
Garbage covers must be brought in from the curb at the end of your collection day.



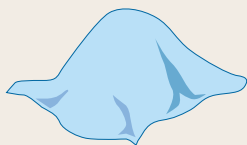
Acceptable garbage covers and bins

Net

Maximum mesh size is
1 inch x 1 inch (2.5 cm by 2.5 cm)



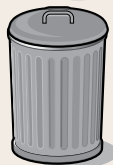
Blanket



Plastic bin*



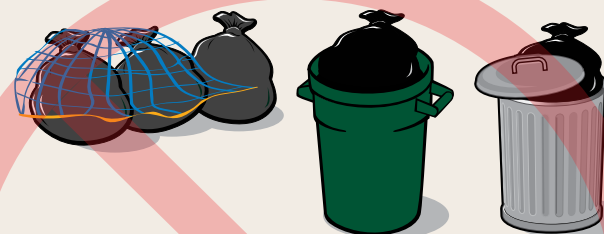
Metal can*



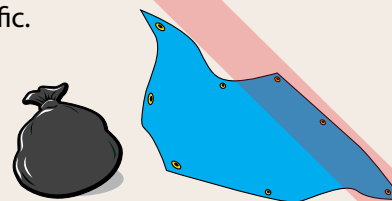
*Bins or cans must be weighted at the bottom (i.e. with bricks or a bag of sand) so they don't blow around when empty. The lid or cover of your bin must be tied to the main body of the container.

Unacceptable covers

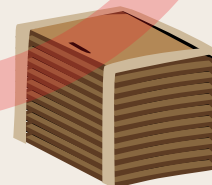
Garbage bags must be completely covered



Tarps are not acceptable as they can blow away and litter your neighbourhood or interfere with traffic.



Fixed boxes attract rodents, interfere with snow clearing, and are not allowed at the curb in St. John's.



Initial Phases of Garbage Automation to Begin in 2018

Automated collection will be rolled out in phases beginning in 2018 and continuing until all areas of the City that can be serviced in this way are completed.

Beginning this year most of the new garbage trucks equipped to handle automated collection will be purchased.

The City will engage with the public on automated collection on determining how the program is implemented, including what size bins should be used.



Recyclers Want Your Cardboard!

These days more and more cardboard is being generated, some because of the increase in online shopping where products are delivered in a cardboard box.

Cardboard is a valuable commodity and is in high demand in recycling markets. Don't throw your cardboard in the garbage – recycle it instead!

Recycle cardboard at the curb on your recycling day, which is every second week. Put cardboard in a blue bag or bundle it together (maximum size 2' x 2' x 1'). Not sure when your recycling day is? See page 13 to learn about our app or alerts that can remind you of your recycling day.

We also accept cardboard for recycling at the Robin Hood Bay Residential Drop Off, open 8 a.m. to 4 p.m. Tuesdays to Saturdays.

Read pages 16-17 for more details about the type of waste we can accept at Robin Hood Bay.

If you want to recycle more or want to start recycling yet feeling a bit overwhelmed by the process, contact Access St. John's and our friendly waste diversion staff will be in contact. We are here to help!

Questions? Click or Call

Phone: 311 or 754-CITY (2489)

Online: stjohns.ca/access-311

access **311**
stjohns.ca

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Waste Types Accepted at the Robin Hood Bay Waste Management Facility

The Residential Drop Off (RDO) at the Robin Hood Bay Waste Management Facility (RHB) is a modern site that is clean and paved for residents to properly dispose of recycling materials, household hazardous waste and regular waste.

The RDO is for residents only. Waste coming from businesses and institutions, contractors, landlords of rental properties and waste haulers will not be accepted.

At RHB your waste is no longer treated as just garbage. More and more waste collected at the RDO is recycled.

Pre-sorting is very important for an efficient experience at the RDO. We have different bins and facilities for different types of waste, so organize your items into these waste types before you come to RHB.

Recycling does make a difference

Don't see an item listed? To find out how to dispose of it use 'Put Waste in its Place' (see page 13).

Recyclable containers and papers are collected at the curb every second week; household garbage every week.

Hazardous Waste

**Open: Wednesdays and Saturdays ONLY,
8 a.m. to 4 p.m.**

Paint
Oils (cooking, motor, lubricating, transmission fluid, etc)
Batteries (household and car)
Chemicals
CFL lightbulbs
Pesticides and insecticides



Recyclable Containers

**Open: Tuesdays to Saturdays,
8 a.m. to 4 p.m.**

All items must be in see-through blue bags. Glass is NOT accepted.

Aluminum cans (pop, beer)
Disposable aluminum trays (pie plates, baking)
Tin cans (soup, beans, tuna, cat food)
Milk and juice cartons
Tetra paks (juice boxes)
Plastic drink bottles (water, pop, juice)
Plastic food bottles (ketchup, mustard, barbeque sauce)
Plastic food containers & lids (margarine, yogurt, ice cream)
Plastic cleaning supply bottles (shampoo, mouthwash, hand soap, body wash)



Recyclable Papers

**Open: Tuesdays to Saturdays,
8 a.m. to 4 p.m.**

All items must be in see-through blue bags.

Cardboard, Pizza boxes
Food boxes (cereal, cracker, pasta, frozen food, etc)
Shoe boxes
Office/writing paper
Newspapers, flyers, envelopes
Magazines, catalogues
Books (with hardcovers removed)
Take-out drink trays
Egg cartons, Paper bags
Empty rolls from toilet paper and paper towel



Recyclable Cardboard

**Open: Tuesdays to Saturdays,
8 a.m. to 4 p.m.**

Cardboard only, bundled or loose,
but not bagged.



Recyclable Electronics

**Open: Tuesdays to Saturdays,
8 a.m. to 4 p.m.**

Computers (desktop and portable) including tablets
Computer monitors
Computer accessories (keyboards, mice, etc)
Printers (laser, LED, ink jet, etc)
Televisions (all types)
DVD and VCR players
Audio/video systems (stereos, CD players, MP3 players,
voice recorders, video cameras)
Vehicle audio and video systems, including in-dash
components
Cell phones, telephones and answering machines



Metal

Open: Tuesdays to Saturdays, 8 a.m. to 4 p.m.

*(Please note: If you have metal only, NLL Recycling is open
Monday to Saturday 8 a.m. to 4:30 p.m.)*

Barbecues (no propane tanks)
Bicycles
Piping, fencing and wires
Refrigerators and freezers
Stoves and dishwashers
Washers and dryers
Hot water heaters
Lighting and plumbing fixtures
Metal bathtubs



Garbage

Open: Tuesdays to Saturdays, 8 a.m. to 4 p.m.

We accept almost anything that you can't recycle! Loose
garbage can be brought to the RDO, but to keep litter at a
minimum please bag light items such as Styrofoam.

NOTE: liquids and metals are prohibited from disposal in
the landfill, so we can't accept them as garbage.



Confused about your Garbage & Recycling Schedule?

There's an App for that!

Search 'St. John's Waste and Recycling' in your app store and download our FREE app. Allow notifications for this app so you are reminded of your garbage and recycling days, including if they change for holidays. See 'Put Waste In Its Place' below if you have wondered if an item is recyclable or how to properly dispose of it.

Don't have a smart phone?

We also offer a FREE service where you can sign up to receive weekly reminders of your garbage and recycling collection days. You choose what kind of reminder you want and when you get it. Reminders can be sent to you anytime of the day or night by:

- Email
- Phone call (automated message)
- Text
- Twitter (direct message)

Go to curbitstjohns.ca or call **311** or **754-CITY (2489)** to sign up for reminders.

Storm cancellations

We send alerts by 7 a.m. on storm days so you will know whether to put your garbage and recycling out for collection. If we postpone collection to the next day because of a storm, all that week's remaining collections are also moved to the next day. If you've signed up for collection reminders your notification will automatically adjust to the revised collection day.



Put Waste in its Place

For most people, dealing with waste is a daily occurrence. Have you wondered whether an item is recyclable, can be put in the backyard composter, placed in the garbage or can be dropped off at the landfill?

We have an online feature to answer these waste disposal questions. 'Put Waste in Its Place' is a search function that's on our website curbitstjohns.ca and also within the app 'St. John's Waste and Recycling'.

Here you can search for most items and learn how to dispose of them properly. If your item can't be found on the list of items put it in as a suggestion and if appropriate, City staff will add it to the lookup list so all our users will be able to see it.

Backyard Composting

Compost is the best way to fertilize your garden and lawn for the growth of healthy plants and grass. Learn how to properly compost in your backyard with the experts from MUN Botanical Garden. FREE information sessions take place from April to November at various locations

throughout the city. Compost bins will be available to purchase at reduced prices after the sessions.

For dates, times and locations of sessions go to www.curbitstjohns.ca, under 'Residents' choose 'Backyard composting'.



Recycle your Leftover Paint

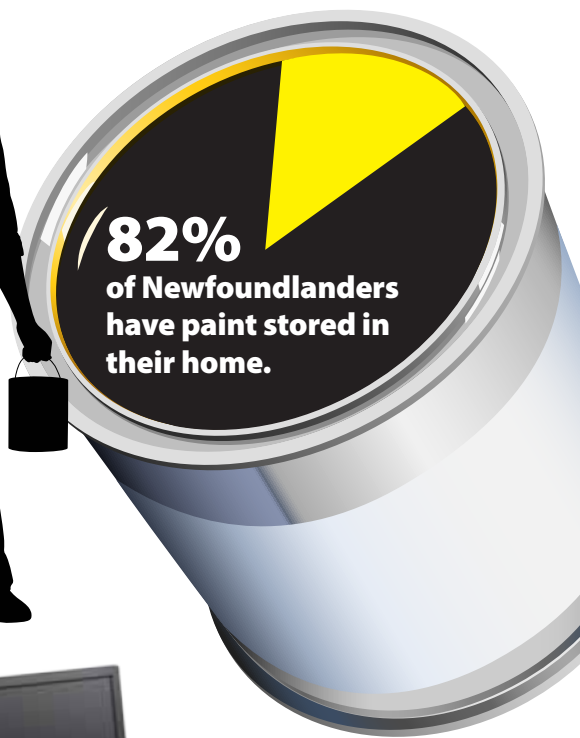


In 2015 Newfoundlanders and Labradorians purchased close to 4 million litres of paint.

That's 8 litres for every person in the province.

In our province paint recycling is handled by the national Product Care Association's special waste program called ReGeneration. They work with 60 collection depots in the province where paint can be dropped off for free; in St. John's there are six locations.

Leftover paint collected in this province is sent to a recycling facility where it is sorted by type and colour. Untarnished water based paint (e.g. latex, acrylic) and oil based paint (e.g. alkyd, enamel) are recycled into new paint and sold as recycled paint. The next time you need to buy more paint, consider purchasing recycled!



Paint Recycling Depots

Robin Hood Bay Residential Drop Off, 340 East White Hills Road

The Paint Shop, 445 Torbay Road

Rona, 710 Torbay Road, 60 O'Leary Avenue, and 53 Main Road

Smiths Home Hardware, 430 Topsail Road

Electronics Recycling

When you're finished with your old electronics it is important that they do not end up in the landfill as they contain substances of concern (lead, mercury, etc.) that can be harmful to the environment.

The Electronic Products Recycling Association-Newfoundland and Labrador is responsible for the electronic products recycling program. End-of-life electronics are collected at 52 locations in the province; five of them in St. John's.

Take the time to bring your old electronics to one of these locations. The metals, plastics, glass and other materials are recycled and made into new products. That's great for the environment!

If your electronic items are not at the end of their useful life, we encourage you to donate them to family members, friends or local re-use organizations.

Last year EPRA recycled more than 1.1 million kilograms of old electronics and kept more than 130,000 devices from going into the landfill. Learn more at recycleMYelectronics.ca/nl or call 1-888-503-3201.

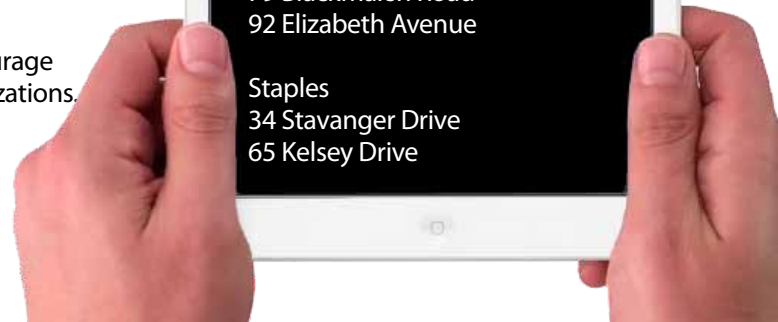


St. John's area Electronic Recycling Drop Offs

RHB Residential Drop Off
340 East White Hills Road

Evergreen Recycling Green Depots
79 Blackmarsh Road
92 Elizabeth Avenue

Staples
34 Stavanger Drive
65 Kelsey Drive



Garbage and Recycling Collection 2017

A

Area 1A to 5A

- 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
1A	Monday	
2A	Tuesday	
3A	Wednesday	
4A	Thursday	
5A	Friday	
Holiday		H

January						
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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
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February						
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May						
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August						
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September						
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October						
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November						
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December						
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17	18	19	20	21	22	23
24	25 H	26 H	27	28	29	30
31						

The name is Johns Admiral Johns

Win a Brier coat!

Follow **@AdmiralJohns** on Twitter, then tag him in a tweet telling and/or showing him something you love about St. John's!

All tweets received by March 8 will be entered in our random draw for an official 2017 Tim Hortons Brier coat.



The Man, the Mystery

If you participate in any of our signature events, you may be lucky enough to meet Admiral Johns, the City's official mascot and an iconic "man about town." But, who is this smiling man of the seas?

The exact history of Admiral Johns is a mystery.

Was he a British naval officer who first visited our shores at the beginning of the sixteenth century, using St. John's as a commercial trading outpost as he fished the North Atlantic?

Was he amongst our first settlers who established a plantation west of Beck's Cove?

Did he trade along the path that became Water Street, travelling from storehouse to warehouse to alehouse to purchase or barter for the supplies necessary to secure a successful voyage during the Newfoundland fishery?

Did he battle the Basques in 1555 or fight the Dutch in 1665 for control of this important naval port? Or was he there in 1762 when the British recaptured St. John's from the French?

Perhaps Admiral Johns and his crew helped fight one of the great fires in the 1800s, determined to save their properties and rebuilt in the new home they loved and fought for.

Or was he not a naval Admiral at all but in fact one of the many fishing admirals who reigned the seas and governed the land before St. John's was given municipal government status?

While we may never know how, why or when Admiral Johns began his love affair with our City, one thing is sure – he is a proud promoter of all things townie today!



He may still wear an 18th century bicorne (Admiral's hat) but Admiral Johns has a smartphone and is active on social media.

Follow **@AdmiralJohns** on Twitter to learn of special events, festivals, and recreation programs offered by the City of St. John's. He also tweets about fun community events too, tag him in your posts and you might get a retweet.

Avoid Tree Damage During Construction

by Kelly Gaulton, City Arborist

If you are a contractor or homeowner who will be working around trees during the upcoming construction season, please be mindful of the trees on your property.

Taking the time at the start of a project to evaluate the trees can help save time, money and the trees themselves by alleviating the consequences that can arise from a lack of proper tree protection.

A certified arborist can help you decide which trees can be saved and can advise how trees can be protected throughout each phase of construction. The arborist should be consulted at the planning stage as there may be opportunity to adjust the placement of infrastructure, or consider alternative construction methods, to limit the impact on valuable trees.

It is vital to properly protect trees at the beginning of a project before damage is done. A substantial barrier (snow fencing does not suffice) should extend 0.5 metres from the base of the trunk, with an additional 0.5 metres for every 5 centimetres diameter of the tree. For mature trees a good rule of thumb is to ensure that tree protection fencing is placed just outside the drip line of the tree to ensure equipment does not cause damage.

How trees are damaged during construction

- Physical injury to trunk and crown
- Root damage
- Soil compaction

Proper tree protection fencing will ensure:

- All building materials, soil, and other debris is kept outside the barrier.
- Equipment cannot drive over the root zone of the tree and that equipment is not able to cause damage to the tree.
- Equipment operators have a visual barrier while digging to ensure that root damage is kept to a minimum.



Proper protection during construction reduces damage to tree roots, branches, canopy and benefits the overall life of the tree.

Humane Services Support

The City has been operating an Animal Care and Adoption Centre for about 20 years and in that time we've reunited hundreds of lost pets with their owners, and found thousands of cats and dogs new, and loving homes.

Many St. John's residents are aware of the Centre and that we vaccinate, deworm, flea treat, Felv/Fiv test and microchip the animals before they are adopted out, but you may not be aware of other services and programs the City's Humane Services staff provide to the community.

Spay/Neuter Financial Assistance

The City has a subsidized spay/neuter program for St. John's residents needing financial assistance. Spaying and neutering is very important to control the pet population and for your pets health and well being as it can reduce medical and behavioural problems. If you haven't spayed or neutered your family pet because of financial difficulties, please check our website or call 576-6126 to learn if you qualify for a subsidy.

Microchips

We've recently begun offering a monthly microchip clinic for cats and dogs of St. John's residents at the cost of \$35. Our in-house veterinarian, Dr. Heather Hillier, permanently implants a microchip in the animal during the ten minute procedure. The pet owner's contact information is linked to the microchip number and is stored in a national database, so if the pet becomes lost it can be quickly reunited with the owner once the animal is found.

Provincial Inspectors

Animal Control Provincial Inspectors respond to and investigate complaints of animal abuse, excessive barking, roaming or injured animals, as well as other animal related activities that are breaches of City regulations. To report a suspected case of animal abuse contact Access St. John's by calling **311** or **754-CITY** (2489).

Pet Safekeeping

Humane Services has recently partnered with the Royal Newfoundland Constabulary to support victims of intimate partner violence to find temporary accommodations for pets so the pet owner can leave the violent situation without leaving their pets behind. Studies have shown that decision-making regarding leaving an abusive situation is negatively impacted by the presence of a companion animal. Since emergency shelters are often unable to accommodate pets, many victims delay leaving an abusive situation. If you are able to temporarily foster an animal in need for up to 30 days, please consider completing the application form found on our website.

For more detail
www.stjohns.ca

>Living in St. John's
>Animal Care and Adoption



Animal Care & Adoption Centre
81 Higgins Line
576-6126

Open to the Public:

Monday to Friday, noon to 4 p.m.
Saturday and Sunday, 3 to 5 p.m

If you are thinking of getting a pet, please consider adopting an animal from a shelter. All our adoptable animals and their basic information is listed on our website, choose 'Adoptable Pets' in the Quick Links at www.stjohns.ca





You'll Love Manuela's River Hibernia Interpretation Centre and walking trails along the river.

- Ancient trilobite fossils, waterfalls, hiking, geocaching, bird watching, geology and nature guided tours, stream table, gift shop and café with "Lunch on the Rocks."
- Children's and Adult Programming include Babies@Manuels, Young Scientist, Family Fun Days, Paint & Pinot, & Trivia Night.
- Rainy day activities include interactive exhibits, daily movie showings and special programs.
- Perfect for meetings, luncheons, dinners, weddings and private celebrations with on-site catering and bar service.
- Wheelchair and stroller accessible trail with access to the Provincial T' Railway.

SPRING, SUMMER,
FALL OR WINTER -
**OPEN ALL YEAR,
RAIN OR SHINE!**



7448634
7 Conception Bay Highway | Located in Conception Bay South - just minutes outside St. John's!
For hours and updates: manuelasriver.com, 709.834.2099 or info@manuelasriver.com
TheManuelsRiverExperience @manuelsriver

**Buy Any Regular
Priced Meal with
a Combo, Get the
second Regular Box
FREE**



Limited time offer.

WOK BOX
fresh asian kitchen
Kelsey Drive & Torbay Road

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.



Burgers and Fries



Nachos



Pork Chop Dinner

Phone: 576-4782



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

Phone: 739-4355

THE LOCAL
PUBLIC HOUSE

THE HEART OF THE NEIGHBOURHOOD

Live Bands every weekend
Open Mic Night on Wednesdays
Karaoke on Thursday nights

Phone: 753-2337

**YOUR ONE STOP PLACE
FOR A NIGHT OUT!**

Check us out on Facebook

Fall River Plaza, Torbay Rd

Recreation Registrations

Programs	St. John's Residents	Residents of Other Municipalities
Easter Day Camps	7 a.m. Thursday, March 9	7 a.m. Thursday, March 16
Adult and Seniors Programs	7 a.m. Thursday, March 23	7 a.m. Thursday, March 30
All other recreation programs 2017-18 After School and Active Preschool	7 a.m. Thursday, April 6	7 a.m. Thursday, April 13

Registration Options



Online:

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



By phone:

- **576-8499**



In person:

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

Set up an account

If you've never registered online with us but want to, you **MUST** set up your account at least 72 hours before the registration time. Go to **www.stjohns.ca** > Quick Links > RECconnect

- In the top right corner choose 'Create an Account'. First create an account for an adult (such as yourself), then create profiles for children or additional family members.
- We'll confirm your request by email and outline how to provide proof of residency. Once that's done we verify your account.

The opening of the Paul Reynolds Community Centre at Wedgewood Park has been delayed due to construction issues. We are hoping for a late spring opening. The opening announcement will be posted on our website.

A note about ages

Registration for our programs is based on a minimum, and sometimes a maximum, age. For programs offered this winter the age the person will be on December 31, 2017 - at the end of the year - is the age used.

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 the checkout. It's that easy!

Easter Daycamp

Children in grades kindergarten through 6 will have an Eggs-cellent Easter break at our day camps. Registration begins 7 a.m. Thursday, March 9. If your child requires inclusion support see page 34.

April 17 to 21 from 8 a.m. to 5:15 p.m.

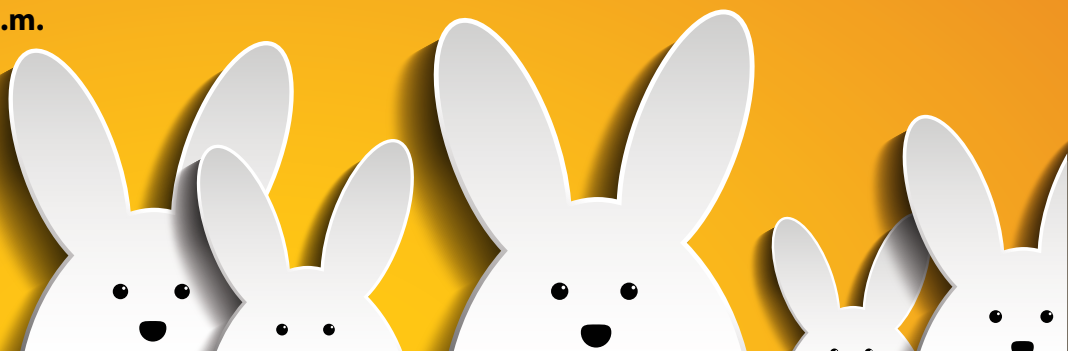
Bannerman Park Pool House: \$112.50

Bowring Park Pool House: \$112.50

Shea Heights Community Centre: \$80

Southlands Community Centre: \$112.50

Kilbride Lion's Community Centre: \$80



Get a head start on getting that summer job!

Each summer we offer a wide range of programs and activities for children, youth and adults – and we need extra staff to help run them!

We always look for motivated, enthusiastic, and energetic individuals who want to work with:

- Children, ages 6 to 12
- Youth, ages 12 to 18
- Older Adults, 50+
- Inclusion
- Aquatics
- Outdoor Recreation
- Tourism

Build your resume

Through summer employment with us you'll gain experience in leadership, professional development, group work, team dynamics and so much more. Also, we train all our staff in Standard First Aid including CPR, and High Five, which is Canada's quality standard for children's recreation and sport.

Apply by April 10

The application deadline for our summer employment opportunities is Monday, April 10. See all our job listings and learn how to apply at www.stjohns.ca, under City Hall choose Employment, then Summer Employment.

Outdoor Recreation

Do you like to hike, camp, canoe, and basically just do as much as you can in the great outdoors? Spend your summer showing others – and get paid at the same time! We often have openings for Outdoor Recreation staff; if you love doing fun stuff outside you should apply.



MY JOB? IT'S AWESOME!

Outdoor Recreation

Cassandra is an Outdoor Instructor with the City who was first introduced to the position through a school work term.

"I help run different outdoor programs, field trips and such for school-age children and I find the job very rewarding. We work with children of all ages and backgrounds and no matter their life situation, it's when we go outdoors with them that we see true happiness on their faces.

"The work term I had gave me experience in outdoor recreation and opened doors for me. Since I began working with the City I have had opportunity to move to different positions as well. If someone asked me for advice on applying for a job in the Recreation division I would tell them to go for it. I think I have an awesome job, I consider it fun and I love to get up in the morning to go to work."

After School Program

Johnny worked with the summer day camp program of the City and is now an after school program counsellor.

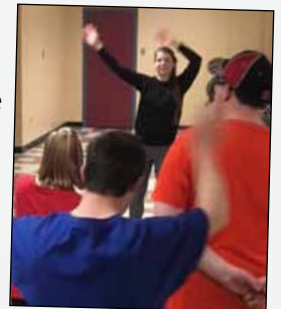
"I pick the children up from school and once we get back to the Centre I engage them in fun and high energy activities until their parents pick them up around five o'clock. This year we began accepting Kindergarteners into the program and at first it was challenging to come up with new activities to keep them interested, but it's become my favourite thing I've done this year.

"I love my job because it's creative, fun and meaningful. I've had the opportunity to move to a different position with the City but there is a need for male workers in this field. The after school staff are primarily women and they are all great, but I think it's important for the boys in our program to have a male they can relate to and learn from so I've stayed in this job."

Inclusion Counsellor

Rachel is an inclusion counsellor and works with children and youth enrolled in City programs who require some assistance to take part. She started working in the field through the summer programs and now has a full time position.

"I learned about this work through a friend and once I started working in the inclusion field it ended up guiding me to choose my degree. I work with people who face barriers and I help implement procedures and processes to remove or minimize the impact of those barriers. I find it extremely rewarding."



Rachel on the job leading a group in exercise.

Drop-in swimming and fitness

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

- 25 metre pool
- 1 metre diving board
- Co-ed steam room and dry sauna
- wheelchair accessibility and pool lift
- viewing area

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

Age	Drop In Swim	Fitness - Water and Gymnasium			
		Drop In	10 pass	20 pass	30 pass
2 years and under	Free	n/a			
Youth 3-18 & Senior 65+	\$3	\$4	\$35	\$60	\$75
Adult 19+	\$4	\$5	\$45	\$80	\$105
Family	\$3 adults, \$2 children	n/a			
Steam/ Sauna	\$3	n/a			



Swim Descriptions

Swim	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
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. Lanes with leisure area for water jogging/fitness. No toys available

Fitness Descriptions

Adults in Motion	Ideal for improving the strength of all muscles, as well as the heart, the lungs, bones, and joints
Body Bar	Full body strength training using hand weights and stability balls for a well-rounded workout
Deep Water	Non-impact fitness in the deep end of the pool. Suitable for all swim levels as flotation belts are used
Mixed Yoga	Suitable for beginner and intermediate yogi
Older Adult Shallow Water	Low impact fitness in the shallow end of the pool for older adults or people new to aquatic fitness
Pound	A full body cardio workout combining light resistance with simulated drumming. Drum your way to a leaner, fitter physique while rocking out
Shallow Water	Low impact fitness in the shallow end of the pool
Zumba	Cardiovascular training with Latin dance movements and music



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H.G.R. Mews Community Centre

Drop-in Swims, April 23 to June 17, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lane Swim 7 to 8:50 a.m.	Lane Swim 7 to 8:50 a.m.	Lane Swim 7 to 8:50 a.m.	Lane Swim 7 to 8:50 a.m.	Lane Swim 7 to 8:50 a.m.	Lane Swim 7 to 8:50 a.m.	Lane Swim 7 to 8:50 a.m.
Everyone Welcome Swim 2 to 3:20 p.m.	Adult Swim 11 a.m. to noon	Adult Swim 11 a.m. to noon	Adult Swim 11 a.m. to noon	Adult Swim 11 a.m. to noon	Adult Swim 11 a.m. to noon	Everyone Welcome Swim 3 to 3:50 p.m.
	Lane Swim noon to 1:50 p.m.	Lane Swim noon to 1:50 p.m.	Lane Swim noon to 1:50 p.m.	Lane Swim noon to 1:50 p.m.	Lane Swim noon to 1:50 p.m.	
Lane Swim 7 to 7:50 p.m.	Lane Swim 7 to 7:50 p.m.	Everyone Welcome Swim 7 to 7:50 p.m.	Lane Swim 6 to 6:50 p.m.	Everyone Welcome Swim 7 to 7:50 p.m.	Everyone Welcome Swim 7 to 7:50 p.m.	Everyone Welcome Swim 7 to 8:50 p.m.
		Lane Swim 8 to 8:50 p.m.			Lane Swim 8 to 8:50 p.m.	

Drop-in Fitness, current to April 13 and April 23 to June 30, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Deep Water 9 to 9:50 a.m.	Shallow Water 9 to 9:50 a.m.	Shallow Water 10 to 10:50 a.m.	Shallow Water 9 to 9:50 a.m.	Deep Water 9 to 9:50 a.m.
	Shallow Water 10 to 10:50 a.m.	Adults in Motion 10 to 10:50 a.m.	Adults in Motion 11 to 11:50 a.m.	Adults in Motion 10 to 10:50 a.m.	Shallow Water 10 to 10:50 a.m.
	Adults in Motion 11 to 11:50 a.m.	Older Adult Shallow Water 2 to 2:50 p.m.		Older Adult Shallow Water 2 to 2:50 p.m.	Adults in Motion 11 to 11:50 a.m.
	Body Bar 6:30 to 7:20 p.m.		Mixed Yoga 6:30 to 7:20 p.m.		
Shallow Water 8 to 8:50 p.m.	Shallow Water 8 to 8:50 p.m.		Shallow Water 7 to 7:50 p.m.	Shallow Water 8 to 8:50 p.m.	

To confirm the daily schedule:

• Swim and Fitness Line **576-8408** • recreation@stjohns.ca • www.stjohns.ca > Quick Links > Swim Schedules

Southlands April 24 to June 15, 2017

Monday	Tuesday	Wednesday	Thursday
Zumba 7 to 7:50 p.m.	Adults in Motion 11 to 11:50 a.m.	Zumba 7 to 7:50 p.m.	Adults in Motion 11 to 11:50 a.m.
Body Bar 8 to 8:50 p.m.		Pound 8 to 8:50 p.m.	

Kilbride April 24 to June 16, 2017

Monday	Wednesday	Friday
Adults in Motion 11 to 11:50 a.m.	Adults in Motion 11 to 11:50 a.m.	Adults in Motion 11 to 11:50 a.m.

**Community
Centre
Drop-In
Fitness**

Swimming lessons



Our swim levels and lessons follow the Canadian Red Cross Swim Program model. Classes at the H.G.R. Mews Community Centre begin the week of April 23 and end the week of June 11.

Starfish / Duck / Sea Turtle

Parent and Tot lessons for children 6 to 36 months of age

Maximum of 1 child to 1 adult

1 lesson per week of 30 minutes instruction and 20 minutes stay and play

\$32 for 8 lessons; \$24 for 6 lessons

Swim Preschool / Kids / Teens

1 lesson per week, 45 minute class

\$48 for 8 lessons; \$36 for 6 lessons

Adult Lessons

Suitable for basics to stroke development levels.

1 lesson/practice per week, 50 minute session

\$56 for 8 lessons; \$42 for 6 lessons

Master Swim Club

For improving endurance and technical skills

1 lesson/practice per week, 50 minute session

\$56 for 8 lessons; \$42 for 6 lessons

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

\$96 for 8 lessons; \$72 for 6 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. 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 spring we're offering two sets of lessons:

Set 1: April 23 to May 20

Set 2: May 21 to June 17

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

For schedules & descriptions go to www.stjohns.ca
 >Living in St. John's
 >Recreation and Parks
 >Swimming



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Swim twins



Mother and son complete lifeguarding course and build respect, friendship and confidence along the way

Jennifer Rendell and her son Jasper are the first mother and son duo to complete the same lifeguard course at the same time through the City's aquatics leadership program.

"A couple of years ago I joined a committee that organizes the Baha'i summer school and we always had trouble finding lifeguards to supervise the kids when we went swimming," says Jennifer, "so I decided to convince my sons to become certified lifeguards."

When it came time to complete the first step of lifeguard training her eldest son wasn't available, so Jennifer decided to do it herself, along with her youngest son Jasper.

"Doing the assistant lifeguard course with mom was actually really good because we were able to help each other and ask each other questions about specific course items," says Jasper. "I hope Mom will join me again when I register for the next course. Having a training partner is great when

you want to do some extra practice, plus lifeguard training is a lot more fun than school!"

Aquatics Supervisor Bryan Harris was impressed with the hard work Jennifer put into her training and her determination to succeed. "Jennifer was in a group of young athletes but she held her own and I quickly realized that age is only a state of mind," says Bryan.

"I loved lifeguard training with my son. We had so much fun training together," Jennifer says with a smile. "We now swim at 7 a.m. a couple of times a week and then enjoy a hot breakfast with my parents. Jasper slips into school, not quite on time, but ready to pay full attention to his teachers.

"I would love to do the next level - the Red Cross Lifeguard course - with Jasper but my challenge is to continue to work on becoming a stronger swimmer. Jasper can run faster than me," she grins, "but I have a hope of catching him in the pool!" 



The Canadian Red Cross Assistant Lifeguard course is the first step in the Red Cross Lifeguard training model. This course introduces candidates to the basic knowledge and skills required to become a qualified lifeguard. Students must be 12 years-old or older and have strong swimming skills.

Aquatics Leadership

All aquatics leadership courses take place at the H.G.R. Mews Community Centre.
See page 26 for registration.

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

Junior Aquatic Club

This club helps young swimmers bridge the gap between our Canadian Red Cross Swimming lessons and Lifeguard certification, and focuses on improving physical strength, endurance, strokes, rescue skills, first aid and CPR skills. Have fun while building team work, self confidence and leadership skills.

Age 10 to 13: 5 to 7 p.m., Tuesdays, April 25 to June 13
Age 14 to 16: 5 to 7 p.m., Thursdays, April 27 to June 15

\$50

Red Cross Assistant Lifeguard

Ages 12+, must be a strong swimmer.
Sundays, April 23 to May 28
9 a.m. to 5 p.m.

\$87.50

Red Cross Lifeguard

Ages 15+, must have Assistant Lifeguard certification or Bronze Cross.
Includes Standard First Aid and CPR Level C.
Sundays, April 23 to June 11
9 a.m. to 5 p.m.

Additional weekly 2-hour evening practice determined week 1.

\$140

Red Cross Water Safety Instructor

Ages 15+, must be a strong swimmer.
Sundays, April 23 to June 4
9 a.m. to 5 p.m.

\$212.50

Red Cross Water Safety Instructor Recertification

Ages 15+
Sunday, June 11
9 a.m. to 3 p.m.

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Inclusion Services

In 2016 the GoodLife Kids Foundation awarded the City's Recreation Division a \$10,000 grant to help increase the number of children and youth supported through our Inclusive Services program.

This money supported:

- an additional 46 children and youth in our recreation programs;
- one additional inclusion counsellor to help run a youth program; and,
- children in after school and summer day camp programs.

We are very excited to announce that GoodLife Kids Foundations has extended our grant through 2017!

Safety for Independent Living

A program aimed to equip youth and adults with mild to moderate developmental disabilities with life skills that will help them make confident choices, prevent potentially dangerous situations and live a safe life. For ages 15+.

Tuesday, April 18
9 a.m. to 4:30 p.m.
Southlands Community Centre
\$50

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.

Adaptive Equipment Loan Program

We have equipment that can assist persons with disabilities to participate in recreation and leisure activities. Contact our Inclusive Service staff to inquire about having a loan of our equipment. Borrow a hippocampe (all-terrain wheelchair) for use in outdoor settings including trails and parks.

Attendant Pass

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

Program Subsidy

Available for persons facing financial barriers to participate in City of St. John's Recreation Division programs. Subsidies for children & youth are referred to the R.E.A.L. Program.

GoodLife
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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

For more information about any of these programs or services:

576-4450

inclusion@stjohns.ca

For a listing of inclusion-related community agencies and organizations visit our website.

The REAL Program supports local children

A huge thank you to the more than 100 R.E.A.L. program supporters and sponsors, who in 2016 helped raise over \$250,000 in financial donations and supported 2337 low-income children and youth in recreation and leisure programs of their choice.

One R.E.A.L. program parent sent us a note: "Thanks for all you do for my children. Because of programs like R.E.A.L., they are confident, smart thinking kids. They have learned so much and have enjoyed every program they participated in!"

Because of this support children and youth learned to swim, participated in recitals and competed at provincial and national levels. Learn how you can help a child achieve their dreams and goals by visiting our website or calling 576-8684 or 4556.



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Children's Programs

Active Preschool

A part time preschool program for 4-year-olds who will be attending school in September 2018. Registration begins **7 a.m., Thursday, April 6, 2017**. See page 26 for registration information.



Days & Dates	Time	Location	Cost
Monday, Wednesday and Friday Sept. 18 to Dec. 8	9 a.m. to noon	Paul Reynolds Community Centre	\$408
Tuesday and Thursday Sept. 19 to Dec. 7	9 a.m. to noon	Paul Reynolds Community Centre	\$288

After School Programs

For children in grades kindergarten through 6. Registration for the 2017-18 school year begins **7 a.m., Thursday, April 6**. See page 26 for registration information.

Facility	Transportation From Schools	Time	Cost per month
Paul Reynolds Community Centre	Mary Queen of Peace Macdonald Drive Elementary, Roncalli	2:30 to 5:45 p.m.	\$330
Southlands Community Centre	St. Peter's, Newtown Elementary	2:45 to 5:45 p.m.	\$330
Kilbride Lions Community Centre	Hazelwood Elementary (based on availability, call 368-0250 to discuss)	3 to 5:30 p.m.	\$205
Shea Heights Community Centre	St. John Bosco (staff will walk with children)	3 to 5:30 p.m.	\$205

Child Safety

My Safe Life

This interactive two-session course benefits 7 to 9 year-olds who are too young or not ready to stay home alone. Topics include people safety, 'tricky people', the rights of the child, internet safety, fire safety, travel safety, injury prevention and basic first aid.

Saturdays, April 29 and May 6
9 a.m. to noon
\$50
Bannerman Park Pool House

Home Alone Safety Course

A safety and life skills program for children in grades 4 to 6 to develop independence to be unsupervised for short periods of time. Learn fire safety, emergency preparedness, how to create a home readiness plan and more!

9 a.m. to 4 p.m.
\$50

Course 1:
Tuesday, April 18
Airport Heights Community Centre

Course 2:
Thursday, April 20
Southlands Community Centre

Babysitters Course

Learn the basics of babysitting children from birth to school age, first aid, and emergency response. Bring a doll and lunch. For 11 to 13 year-olds.

9 a.m. to 4 p.m.
\$50

Course 1:
Wednesday, April 19
Airport Heights Community Centre

Course 2:
Friday, April 21
Southlands Community Centre



Youth Programs

Free Drop-In

An opportunity for youth to participate in a range of activities such as sports, cooking, leadership development and team building. Supervision provided by staff. No programs during Easter break April 13 to 24.

Kilbride Lion's Community Centre	ages 12 to 16	Until June 8	Mondays & Wednesdays 6 to 7:30 p.m.
Shea Heights Community Centre	ages 12 to 16	Until June 14	Wednesdays 6:30 to 8 p.m.
	For Girls only ages 10 to 14	Until June 15	Thursdays 6:30 to 8 p.m.
St. John Bosco School	Sports only ages 10 to 14	Until June 13	Tuesdays 6:30 to 8:30 p.m.
Southlands Community Centre	ages 10 to 13	Until June 13	Tuesdays 6 to 8 p.m.
	ages 14 to 16	Until June 15	Thursdays 6:30 to 8:30 p.m.



Youth Learn To...

These mini-programs let youth explore and try new skills. All courses are for ages 12 to 16 years and require pre-registration (see pages 26).

Animal Care	Learn about animal rescue, pet care, careers with animals and bite prevention. \$14	Animal Care & Adoption Centre, 81 Higgins Line	Tuesday, March 7 6 to 8 p.m.
Architectural Design	Learn how to build 3D graphical models of buildings using computer software. \$21	College of the North Atlantic, Ridge Road Campus	Tuesday, March 21 5 to 8 p.m.

Youth Week, May 1-7

All Youth Week events are for 12 to 18 year-olds and are FREE to attend. For the complete list of events check our website.

Youth of the Year Awards

Designed to honour a junior high and high school student who has helped make St. John's a better place to live through their volunteer contributions, extracurricular activities and community involvement.

Nominate a deserving young person! Nomination forms are at www.stjohns.ca > Quick Link's > Forms & Applications > Recreation. Nomination deadline is **Friday, April 7**. For more information call 576-8630 or email recreation@stjohns.ca.



2016 Youth of the Year winners Nitish Bhatt (Senior) and Katherine Dibbon (Junior) along with Deputy Mayor Ron Ellsworth.

Youth Art Exhibit

Youth are invited to submit a piece of original artwork for the 15th annual Youth Art Exhibit.

Drop off artwork at the City's Recreation Division office at the Crosbie Building, 1 Crosbie Place on weekdays from 9 a.m. to 4:30 p.m. Submission deadline is **Thursday, April 13** so don't delay!

All pieces on display for public viewing April 24 to May 5.

Opening Reception, Great Hall, City Hall
Monday, May 1, 7 to 8 p.m.

Carnival

Enjoy a thrill-filled night with Sky High Amusements, a magician, popcorn and so much more. Plus there's lots of prizes to be won!

Paul Reynolds Community Centre
Tuesday, May 2, 7 to 8:30 p.m.

Outdoor Programs

These courses require registration, see page 26. Outdoor programs go ahead only if weather permits; come prepared for the elements. For more information call **576-8522**, **576-8500** or email **outdoors@stjohns.ca**.

Archery

Learn the basic skills of archery such as proper shooting procedure, how to aim, types of equipment and safety regulations. Along the way you will play games that reinforce those skills. All equipment is provided and courses take place at the H.G.R. Mews Community Centre.

Family Archery

For a family of 2 to 6 members, living in the same household, minimum age is 6 years-old.

April 19 to May 10
Wednesdays, 6:30 to 8 p.m.
\$60 per family

Archery for Adults

For ages 18+

May 17 to June 7
Wednesdays, 6:30 to 8 p.m.
\$48

Outdoor Adventure

Take these courses individually or take all four and qualify for the preliminary training for the bronze level of the Duke of Edinburgh award. Courses are for ages 14+ and take place at Rotary 'Sunshine' Park on Thorburn Road. All equipment is provided.

Backpacking Basics

Interested in backpacking but not sure where to start? Learn all the basics of how to plan your trip, what to bring and how to pack your bag. Also learn how to apply Leave No Trace camping skills to all of your trips.

Sunday, April 23
9 a.m. to 1 p.m.
\$28

Navigational Skills

Learn to navigate through the wilderness using a map, compass and GPS. If you have a GPS and manual bring it along.

Sunday, April 30
9 a.m. to 2 p.m.
\$35

Outdoor Cooking

Tired of eating the same old camp food? Want to learn how to prepare a delicious three course meal while on the trail? We will teach you how to prepare a menu, package your food and cook nutritious meals over the camp stove or fire.

Sunday, May 7
9 a.m. to 2 p.m.
\$47.50

Wilderness Survival

Learn skills to help you survive in the wilderness such as shelter building, fire building, knot tying and signaling.

Sunday, May 14
9 a.m. to 2 p.m.
\$35

For more detail

www.stjohns.ca

>Living in St. John's

>Recreation and Parks

>Outdoor Recreation

Group Programs

Outdoor programs 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, and are offered as the season permits but can be booked at any time of the year.

For more detail on program and costs, or to book an outdoor program, call **576-8522** or email **outdoor@stjohns.ca**.

Courses offered include:

- wilderness survival
- outdoor cooking
- orienteering
- fire building
- archery
- map & compass
- canoeing
- kayaking
- geocaching
- shelter construction
- hiking

Volunteering Shapes Lives

We value the contributions of our volunteers. Whether it is at a special event such as the Festival of Music and Lights, a community clean up, animal lovers taking adoptable shelter dogs for a walk outside, or an after school healthy communities initiative, or welcoming visitors to our city, our volunteers play an integral role in making St. John's a vibrant city where we want to live.

We especially welcome high school students who require hours to meet their community contribution volunteer component required to graduate. Achieving the 30 volunteer hours may seem challenging but we can help! We will work with students to connect them with a placement or opportunity that is tailored to their area of interest.



Learn more online!

www.stjohns.ca

> Living in St. John's
> Your City
> Volunteer



Contact us

576-8628

volunteer@stjohns.ca

**National Volunteer Week
April 23-29, 2017**

"Volunteering Shapes Lives"

Many benefits of volunteering:

- Gain valuable experience and new skills
- Meet new friends and having fun
- Contribute to help make your community a better place to live and work
- Network with other volunteers and professionals in your community
- Improve mental and physical health and wellness

Volunteer Recognition Award

We recognize the contributions of all volunteers and the impact they have on the community as a whole. The Building Healthy Communities award recognizes individuals or groups who volunteer their time to promote recreation and leisure opportunities that enhance the community and increase the quality of life for St. John's residents.

To nominate an individual or group, complete the nomination form found on our website. The deadline to submit is **4:30 p.m. on Friday, March 17, 2017.**



Family & Friends Learn to Knit

Learn to knit while spending quality time with family members or friends. See registration information page 26.

Wednesdays March 15 to April 26

Quidi Vidi Plantation 6:30 - 8:30 p.m.

Ages 10 and up (children 10 to 13 years must be accompanied by an adult).

\$50 (cost includes supplies for first two weeks)

Adult Fitness

These classes are for 16+ and registration is required (registration information on page 26) unless otherwise noted.

For more detail

www.stjohns.ca

>Living in St. John's

>Recreation and Parks

>Adult Programs

Type	Dates	Time	Cost	Location
Beginner Yoga	Mondays, April 24 to June 19	8 to 9 p.m.	\$64	Kilbride Lions Community Centre
		6:45 to 8 p.m.	\$80	Airport Heights Community Centre
	Thursdays, April 27 to June 22	10:45 a.m. to noon	\$90	
Intermediate Yoga	Mondays, April 24 to June 19	8:15 to 9:30 p.m.	\$90	Airport Heights Community Centre
	Wednesdays, April 26 to June 21	6:45 to 8 p.m.		
	Thursdays, April 27 to June 22	9:15 to 10 p.m.		
Power Yoga	Wednesdays, April 26 to June 21	8:15 to 9:30 p.m.	\$90	Airport Heights Community Centre
Mixed Yoga	Tuesdays, April 25 to June 20	9:30 to 10:45 a.m.	\$90	Airport Heights Community Centre
		6:45 to 8 p.m.		
Yin Yoga	Tuesdays, April 25 to June 20	8:15 to 9:30 p.m.	\$90	Airport Heights Community Centre
Relaxation Yoga	Wednesdays, May 3 to June 21	9:30 to 10:45 a.m.	\$80	H.G.R. Mews Community Centre
Beginner Pilates	Tuesdays, March 21 to May 30	5:45 to 6:35 p.m.	\$80	H.G.R. Mews Community Centre
Intermediate Pilates	Thursdays, March 23 to June 1	5:45 to 6:35 p.m.	\$80	H.G.R. Mews Community Centre

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Dance

Meet new people and have a fun filled workout. All classes are for ages 19+ and take place at the H.G.R. Mews Community Centre, with the exception of Advanced Line Dance which occurs at the Southlands Community Centre

Course	Description	Days & Dates	Times	Cost	Requirements
Ballroom Dance	Learn the Foxtrot, Jive and Waltz. Intended for beginners.	Sundays April 23 to June 18	7:45 to 8:45 p.m.	\$36	Registration with a partner is required.
Introduction to Sequence Dance	Put steps together in dance patterns for the Waltz, Foxtrot, Rumba and Tango.	Thursdays April 20 to June 15	7:30 to 8:30 p.m.	\$36	Registration with a partner is required.
Sequence Ballroom Dance	Learn steps set 16 bars of music including the Kathryn Waltzes, Melodie Foxtrot and Square Tango.	Sundays April 23 to June 18	9 to 10 p.m.	\$36	Previous dance experience is an asset. Registration with a partner is required.
Newfoundland Traditional Dance	Learn the Lancer, various square dances, longways, reel and cotillion.	Wednesdays April 12 to June 14	7:30 to 9 p.m.	\$6 per drop-in class	For beginners or dancers with some experience.
Irish Dancing	Learn The Siege of Ennis, The Walls of Limerick and other traditional dances.	Thursdays April 13 to June 15	7 to 8:30 p.m.	\$6 per drop-in class	
Beginner Line Dance	Learn the basic steps of line dance including the grapevine, the shuffle and the pivot turn.	Tuesdays April 11 to June 13	11 to 11:50 a.m.	\$40	
Intermediate Line Dance Level 1	A continuation from Beginner classes.	Thursdays April 13 to June 15	11 a.m. to noon	\$40	Beginner Line Dance, or equivalent, is an asset.
Intermediate Line Dance Level 2	Learn more step routines to keep your line dance lively.	Thursdays April 13 to June 15	11 a.m. to noon	\$40	Intermediate Line Dance Level 1, or equivalent, is an asset.
		Fridays April 21 to June 16	1 to 2 p.m.	\$36	
Advanced Line Dance	Take your line dancing to the next level by learning advanced steps.	Tuesdays April 11 to June 13	1:15 to 2:15 p.m.	\$40	Intermediate Line Dance Level 2, or equivalent, is an asset.

Adult Learn To...

Take part in a craft session and share ideas with others. Each class costs \$15, is for ages 18+, and all materials are provided.

Title	Day	Date	Time	Location
Paint a Spring Scene	Monday	April 10	1 to 3 p.m.	H.G.R. Mews Community Centre
	Tuesday	April 11	6:30 to 8:30 p.m.	Shea Heights Community Centre
Make an Indoor Terrarium	Monday	April 24	1:30 to 3:30 p.m.	H.G.R. Mews Community Centre
Flower Pot Garden Decoration	Friday	May 5	1:30 to 3 p.m.	H.G.R. Mews Community Centre

Music

Learn how to play or improve your technique & learn new songs.

Course	Description	Days & Dates	Time	Location	Cost	Requirements
Beginner Guitar	Learn elementary chords and the basics of tuning, strumming and finger picking.	Mondays April 10 to June 12	7:30 to 9 p.m.	H.G.R. Mews Community Centre	\$49	No experience necessary. Must bring an acoustic guitar.
		Thursdays April 13 to June 15	9:15 to 10:45 a.m.		\$54	
Intermediate Guitar	Learn chords with greater complexity, and additional styles and techniques.	Thursdays April 13 to June 15	11 a.m. to 12:30 p.m.	H.G.R. Mews Community Centre	\$54	Have completed Beginner Guitar, or comparable. Must bring an acoustic guitar.
Advanced Guitar	Learn more intricate song arrangements for a variety of styles.	Thursdays April 13 to June 15	1:30 to 3 p.m.	H.G.R. Mews Community Centre	\$54	Have completed Intermediate Guitar, or comparable. Must bring an acoustic guitar.
Beginner Keyboarding	Learn the basics of how to read and play music.	Tuesdays April 11 to June 13	9:15 to 10:45 a.m.	H.G.R. Mews Community Centre	\$54	For those with little to no experience. Keyboards are provided.
Intermediate Keyboarding	Become more familiar with reading music and playing songs.	Tuesdays April 11 to June 13	11 a.m. to 12:30 p.m.	H.G.R. Mews Community Centre	\$54	Some keyboard experience necessary. Keyboards are provided.
Advanced Keyboarding	Learn to play more detailed arrangements.	Tuesdays April 11 to June 13	1:30 to 3 p.m.	H.G.R. Mews Community Centre	\$54	Must be able to read music and play with both hands. Keyboards are provided.
Beginner Accordion	Learn the basics of playing button accordion.	Tuesdays April 11 to May 30	10 to 11:30 a.m.	Charles E. Warr Pavilion, off Adams Avenue	\$43	No experience necessary. Must bring a button accordion.
Intermediate Accordion	Learn to play the button accordion at a higher level.	Wednesdays April 12 to May 31	10 to 11:30 a.m.	Charles E. Warr Pavilion, off Adams Avenue	\$43	Have completed Beginner Accordion or equivalent. Must bring a button accordion.
Advanced Accordion	Learn to play the button accordion at the highest level.	Thursdays April 13 to June 1	10 to 11:30 a.m.	Charles E. Warr Pavilion, off Adams Avenue	\$43	Have completed Intermediate Accordion or equivalent. Must bring a button accordion.

Painting

All skill levels are welcome even if you have never picked up a paint brush. For ages 19+. See page 26 for registration information.

Acrylic

Classes take place on Fridays from 6:30 to 8:30 p.m. at the H.G.R. Mews Community Centre and cost \$16.

Course 1: April 21 and 28, Iceberg
 Course 2: May 5 and 12, Jar of lilacs
 Course 3: May 26 and June 2, Cape Spear Lighthouse
 Course 4: June 9 and 16, Silhouette of Signal Hill

Oil

Classes take place on Thursdays from 6:30 to 9:30 p.m. at the H.G.R. Mews Community Centre and cost \$36.

Course 1: April 20 to May 4, Silhouette of Signal Hill and Sunset

Course 2: June 1 to 15, Pear and Apple still life

Water Colour

Classes take place on Mondays from 6:30 to 9 p.m. at the Quidi Vidi Village Plantation and cost \$50.

Course 1: April 17 to May 8
 Course 2: May 15 to June 12

Bridge

Learn how to play the card game of bridge, or improve your skills in a social environment. All classes take place at the H.G.R. Mews Community Centre, are for ages 18+, and cost \$58.

Course	Description	Days & Dates	Time	Requirements
Beginner Level 1	Introduction to contract bridge, a trick taking card game played by four players in two competing partnerships. Learn how to count points, bid, and score the game.	Tuesdays April 25 to June 13	9:15 – 11:45 a.m.	This course is for beginners.
Beginner Level 2	Learn how to play and build on your knowledge of the game. This course is in a small group setting.	Wednesdays April 26 to June 14	9:15 – 11:45 a.m.	Completion of beginner bridge level 1 is a pre-requisite.
Beginner Level 3	Make up your own table or come and join one. Play an afternoon of bridge with others in a relaxed atmosphere.	Mondays April 24 to June 12	9:15 – 11:45 a.m.	Must have previous bridge experience as there is no instructor present.
Social Bridge	\$60 to register for all or drop-in fee \$6 per session	Wednesdays April 12 to June 14	2 to 4 p.m.	Must have previous bridge experience as there is no instructor present.

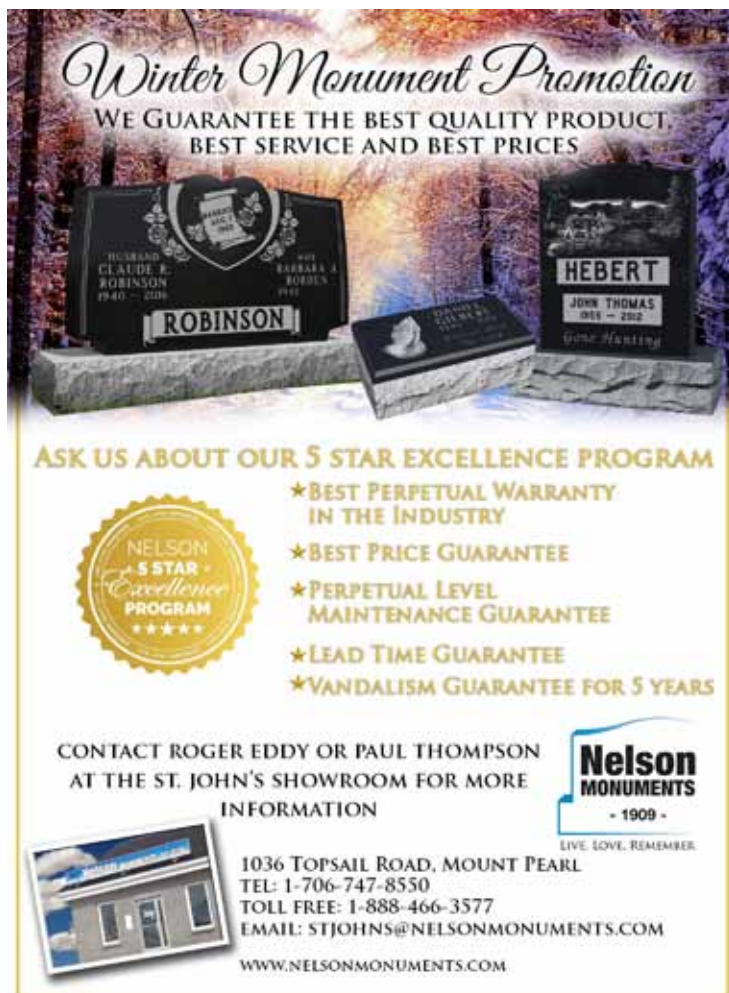


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Lifelong Learners

These general interest courses are for ages 50+ and gives participants the opportunity to continue building skills and knowledge. Each course occurs twice a week for three weeks, costs \$30, and requires pre-registration (see page 26).

For more detail

www.stjohns.ca

>Living in St. John's

>Recreation and Parks

>Seniors Programs

Beginner Digital Photography

April 24 to May 10

Mondays and Wednesdays, 10 a.m. to noon

Southlands Community Centre, 40 Teakwood Drive

If your digital camera has buttons and features that you are not sure how to use, this course is sure to help! Learn to operate your camera with ease and capture quality photographs. Whether you take photos with a compact digital camera or a larger DSLR, this course will help move you out of auto mode and into more advanced settings. Subjects covered include preset modes exposure, white balance, ISO, P mode and composition along with other options on your camera.

Instructor: Melanie Courage



Voices From the Outport

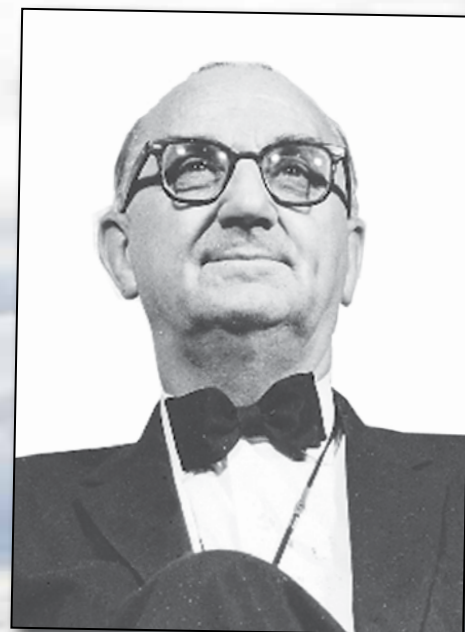
April 25 to May 11

Tuesdays and Thursdays, 10 a.m. to noon

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

Resettlement became a very controversial theme in the post-confederation era when Premier Joseph R. Smallwood attempted to turn Newfoundland into a modern industrial province by altering the demographics of the new province. An intrinsic element of his modernization program centered on removing coastal people from the outports where it was difficult, or in many cases impractical, to provide services, employment, and create a lifestyle associated with modernity. Smallwood's headlong rush to create an urban industrial society met strong opposition in the coastal communities and St. John's. By 1970, the household resettlement program was assailed by critics from all sectors of society including media, academics, politicians, and clergy.

Instructor: George Withers



Folksongs and Philosophy

May 16 to June 1

Tuesdays and Thursdays, 10 a.m. to noon

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

Folksongs don't go away. They might have been on the hit parade once, or never been there. They are dance songs, comic or tragic songs, about work and play, love and hate, lullabies, childrens' songs, nonsense songs, social satire songs, hymns and anthems. They're useful, honest and very human. They've earned their keep. Come to hear and learn lots about them.

Instructor: Frank Holden



For more information about programs for ages 50+:
Call 576-8490 or 8411 or email recreation@stjohns.ca

Special Events

Events and outings for ages 50+ provide an opportunity for activity, socialization and community involvement.

Registration for events must be completed three days prior to the event. See page 26 for registration information. Meal, refreshments and transportation is included in the registration fee.

Hawaiian Party

Thursday, April 20

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

Senior Prom

Thursday, May 11

6:30 to 10:30 p.m., \$19 (\$14 if using GoBus)
Southlands Community Centre

Outdoor Cooking

Thursday, May 18

1 to 4 p.m., \$15 (\$10 if using GoBus)
Rotary 'Sunshine' Park Chalet

Note: outdoor event, weather permitting



SCENT FREE

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

Transportation

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

Black Shore Court
Building # 10 Pasadena Cres
Building # 25 Tiffany Lane
Ricketts Manor
Riverhead Towers
Keane 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

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



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MONDAY—FRIDAY

Walking Program schedule is subject to change. For the most up-to-date information visit
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Jessica's Side Guards and the City Fleet



Jeannette Hollman-Price next to a City truck with side guards installed. Hollman-Price is committed to saving the lives of others following the tragic death of her 21-year old daughter Jessica on December 19, 2005.

Jessica Hollman-Price was killed by a snow removal truck in Westmount, Quebec, as she was waiting to cross the street with her younger brother. She accidentally slid under the truck as she pushed her brother to safety, saving his life.

Since then Jessica's mother, Jeannette Hollman-Price, has dedicated her life to The Jessica Campaign, which calls for upgrades to motor vehicle legislation throughout North America, specifically requesting that side guards be installed on every heavy truck in operation to prevent others from slipping under its wheels as Jessica did.

Side Guards Save Lives

In 2009 the City of St. John's was the first municipality in North America to retrofit the entire fleet of heavy equipment vehicles with side guards, commonly known to staff as 'Jessica's side guards'. Since then, the federal government has established a new task force to discuss safety measures for heavy equipment vehicles.

"We have come a long way, but we are not yet done," said Jeannette Hollman-Price. "With the number of people who have been killed since Jessica, it's no longer about Jessica, it's now The Jessica Campaign and Friends. We

have joined with another family who have lost two daughters in similar accidents. When I met that family I was introduced to something new in truck safety called *The Dragon's Beard*, which protects the front and back of a truck with guards, in addition to the sides. My goal is to make this new device widely available to all heavy truck owners and operators."

St. John's Connection

Originally from St. John's, Jessica's family and friends pay tribute to her every year on the anniversary of her death.

On Monday, Dec. 19, 2016 the group came together at the steps of City Hall and began 'Come Walk with Me', a memorial walk that will eventually take them to Washington, D.C. where they will present a petition asking for North American legislation to protect all road users.

"Join The Jessica Campaign and Friends, march with us and support our quest to ensure there are no more fatalities, injuries or first responders falling victim on our roads," urges Jeanette. Sign the petition at www.thejessicacampaign.ca to help Jessica's mom achieve her goal.

City Fleet and Safety

The City of St. John's has a large fleet of heavy equipment with over 40 trucks used to salt, plow and remove snow from City streets during the winter. In addition, dozens of trucks are in operation every day for waste removal.

With so much activity on the City's roads, combined with vehicular and pedestrian traffic, safety is our number one priority.

Each truck purchased by the City is required to be fitted with Jessica's side guard and we are proud to have been the first city in North America to accomplish this.



Jessica Hollman-Price

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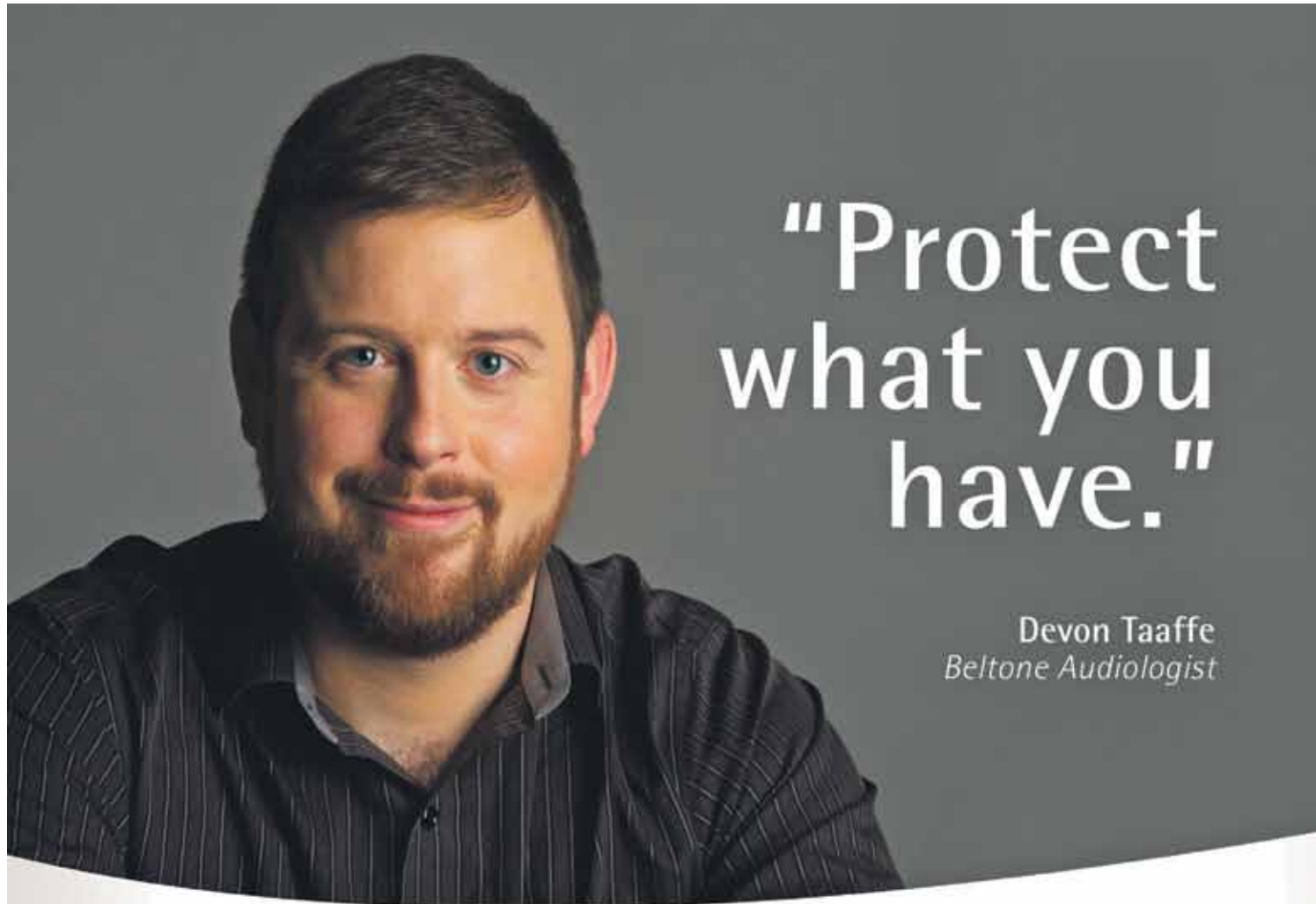
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