



CITY GUIDE

WINTER 2021



Upgrades to Kelly's Brook Trail

Pages 4-5

New Parking Pay Stations

Pages 12-13

Addressing Climate Change

Pages 38-39

ST. JOHN'S

www.stjohns.ca

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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.

If you do not wish to receive unaddressed mail including the City Guide, put a note on or in your mailbox stating you do not wish to receive Canada Post Neighbourhood Mail™.

If you continue to receive unaddressed advertising after you have placed the note on your mailbox, submit a service ticket at canadapost.ca or call Canada Post Customer Service at 1-866-607-6301.

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St. John's Local Immigration Partnership

The St. John's Local Immigration Partnership (LIP) is a collaborative community initiative dedicated to improving immigrant integration and retention by helping newcomers fully engage in all aspects of social, economic and cultural life in St. John's.

The St. John's LIP, established in 2015 and hosted by the City of St. John's, is co-chaired with the Association for New Canadians and is funded by Immigration, Refugees and Citizenship Canada.

Translated Forms

The St. John's LIP, with financial support from ACOA, recently translated some of the City's documents and application forms in three languages to support accessibility for our newcomer community.

The REAL Program

The REAL Program provides recreation and leisure opportunities to children and youth in financial need. It matches children and youth, up to the age of 18, with one organized recreational activity of their choice.

Application forms are available in Arabic, French and Russian at: stjohns.ca/forms-permits under tab 'Recreation'

Special thanks to Marina Grineva, whose students in her Russian class at Memorial University voluntarily translated The REAL Program application.

Housing & Tenants Rights

The 'Your Rights and Responsibilities as a Tenant' document helps tenants understand their rights and responsibilities as laid out in the provincial Residential Tenancies Act and municipal property standards by-law.

The document is available in Arabic and French at: stjohns.ca/publications under tab 'Housing'

Neighbourhood Watch

Neighbourhood Watch is a community-based crime prevention program that reduces the opportunities for crime to happen. It involves neighbours working together, being alert to suspicious activities and looking out for one another to help create a safer environment for everyone.

The Neighbourhood Watch brochure is available in French at: stjohns.ca/publications under tab 'Recreation and Parks'



Learn more about our programs and services:

stjohns.ca

>Living in St. John's

>Newcomers

>St. John's Local Immigration Partnership

Learn About Upgrades to Kelly's Brook Trail



Fall 2018 Public Engagement Began for the Bike Plan

In September and October of 2018, we asked the public:

Where and why do people currently ride bikes?

What are the barriers and opportunities for cycling in St John's?

Following this, in January and February of 2019, the City and a consultant hosted four public drop-in sessions, one stakeholder workshop, and an online survey. A draft bike network map and vision statement were shared for public feedback.

Spring 2019 Bike Plan Presented

The Bike St. John's Master Plan was approved by Council in June 2019. Research, public engagement and feedback informed the ideas and themes presented in the plan. A series of potential routes are outlined to connect neighbourhoods, amenities and popular destinations in St. John's while also building upon some corridors and trails that already exists.

From this vision, a backbone cycling network with three catalyst projects were identified, the first of which is called Kelly's Brook Trail.

Because of the scale, cost and time required for each of these catalysts projects to come to life, the City anticipates that the infrastructure will be implemented over many years as opportunities arise and funding is allocated.

Before any construction can happen, each trail or on-street route that is identified in the plan will require a public engagement process on the design and a final approval of Council.

Engage! St. John's

I need
accessible trails
for my scooter

I love taking
my granddaughter
for walks on the Grand
Concourse trails

I love that I can
walk my dog on
trails in the city!

Fall 2020

Funding for Kelly's Brook Shared-Use Path

In early October, \$2.25 million was announced to upgrade and connect a continuous 4.8 kilometre active transportation route in St. John's - Kelly's Brook Shared-Use Path.

The Government of Canada is investing more than \$1,113,600.

The Government of Newfoundland and Labrador is providing over \$755,600.

The City of St. John's is contributing more than \$377,940.

This money allows the City to proceed with the design, consultation and construction of the Kelly's Brook Shared-Use Path. The shared-use path will follow the existing trail corridor upgrading or paralleling existing trail segments while closing gaps in the trail between Columbus Drive and Kings Bridge Road.

Winter 2021

Public Engagement for Design

Although the concept for Kelly's Brook Shared-Use Path was born out of the Bike Master Plan, the priority for City Council is to build a trail that is inclusive, safe, and welcoming for all types of trail users.

There are many checks and balances along the way and your Council is listening to you throughout this process.

Public engagement will reach out to everyone. The City wants your input to make decisions about trail lighting, surface material, path route, trailhead and rest area design, wayfinding and other decisions that may emerge during the design process.

To learn more about the
upgrades to Kelly's Brook Trail
visit **engagestjohns.ca**

Waste & Recycling



Fast Facts About Garbage and Recycling

- 1** Our app St. John's Waste & Recycling and our website curbitstjohns.ca are great sources of information! You can learn your collection area, sign up for weekly reminders for your garbage, recycling and yard waste collection days, and even choose what kind of reminder you want to receive: text, email, or phone call and when you want to receive it.
- 2** Automated Garbage Collection areas must use the City-issued garbage carts. Do not place garbage outside the cart; only garbage in the cart will be collected. Garbage must be bagged and properly placed for collection, see page 9 for details.
- 3** In areas without automated collection, garbage must be in regular-sized garbage bags 24"x 36". Garbage cannot be in grocery store bags, kitchen catchers, blue recycling bags, large industrial bags or paper yard waste bags.
- 4** Recycling must be in see-through blue bags only. There is no limit to the number of recycling bags you can put at the curb. Use our app or website to find out what can be recycled. Remember to rinse your food and milk containers before recycling them!
- 5** Cardboard can be put in a see-through blue recycling bag or broken down and bundled with overall dimensions not more than 2 feet by 2 feet by 1 foot.
- 6** Recycling does not need to be covered but you can, especially on windy days. Repurpose an old garbage container for your recycling. We can send you a recycling decal for it, just email curbit@stjohns.ca or call Access St. John's at 311 or 754-CITY (2489).

New collection routes in 2021

Our waste collection routes have been improved to offer the most efficient use of our resources while better serving all residents, including in new or expanded residential areas of the City.

Beginning January 11, 2021 a small number of residential properties will have a new or modified collection day. For some, this may mean a change in your regular

collection day; for others it may mean a change in your recycling week.

If you haven't already, now would be a good time to sign up to receive weekly reminders of your waste collection day. Download our free app 'St. John's Waste & Recycling', go to curbitstjohns.ca or call Access St. John's.



Properly Place your Cart

The type of street you live on dictates where you must place your cart for automated collection.

Not on sidewalks or snowbanks

Carts must not be placed on any part of the sidewalk as it obstructs pedestrians including those using strollers, wheelchairs, scooters and other mobility aids. In winter improperly placed carts may also obstruct snow clearing equipment.



Watch our cart placement video at youtube.com/cityofstjohns

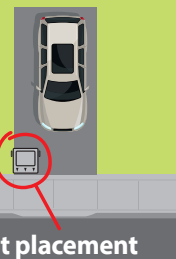
Placing Your Cart for Pick Up

On street parking



Cart placement

No on street parking



Cart placement

Gravel shoulder



Cart placement

In Winter:

Do not place carts behind or on top of a snowbank. The cart must be 1 metre (3 feet) from snowbanks. Residents must make sure the cart is clearly visible and accessible.

Do not place carts out the night before collection as snow clearing equipment may damage the cart or cover it with snow, making collection impossible.

Sign up for reminders of your recycling and garbage days so you know if collection has been postponed or cancelled. Visit curbitstjohns.ca or call 311 or 754-CITY (2489).

Any time of year:

Improperly placed carts will not have garbage collected.

Leave at least one metre (three feet) between your cart and any obstacles, including another cart. This includes recycling blue bags and paper yard waste bags as well as parked cars, poles, trees and retaining walls.

When carts are placed improperly, we put stickers on the cart so the resident is aware of the issue and knows how to correct it.

In some cases our staff follow up with a visit to help further educate how to place carts properly and how to maximize space in the cart by recycling. We receive great feedback about the staff visits; residents appreciate the help to better understand the automated cart system and what can be recycled in the Curbit recycling program.



Christmas Tree Drop Off

Give your real tree new life. We mulch old Christmas trees and use them for landscaping projects in open spaces. Only natural, undecorated trees are acceptable – no artificial trees, decorations, tinsel, or other man-made objects. Do not bundle or tie the tree.

Quidi Vidi Lake Parking Lot

Large gravel lot off The Boulevard
From Tuesday, Dec.29 to Sunday, Jan. 10

Residential Drop Off

340 East White Hills Road
Tuesday, Dec.29 to Saturday, Jan. 9
Open Tuesdays to Saturdays, 8 a.m. to 4 p.m.

Holiday Waste Reduction

There's lots of things that are around most households during the holidays that can be recycled in blue bags – and a few that can't.

Items that CAN be put in curbside recycling:

- Eggnog containers
- Whipping cream containers
- Orange juice containers
- Cranberry sauce and Fussell's cream cans
- Purity syrup bottles
- Cookie and chocolate tins
- Sandwich and cheese & cracker trays
- Plastic liquor bottles
- Gift boxes
- Cardboard boxes

Items that cannot be recycled:

- Christmas wrapping paper
- Christmas gift bags (save them for reuse)
- Christmas cards
- Ribbons and bows



Learn more holiday recycling tips at:
curbitstjohns.ca/holiday-recycling-tips



Planning on starting a business? We need to talk!

If you're planning on opening a business in St. John's we encourage you to talk to us first.

The Business Information Centre, in the City's Welcome Centre at 348 Water Street, can help local entrepreneurs whether they are seasoned business owners or are starting a new business for the first time.

When operating a business in St. John's you should be aware of particular municipal regulations and processes, and we've compiled all that information in a "Starting a Business in the City of St. John's? Guide to Municipal Regulations" document on our website.

We provide free assistance to help you identify which regulations can impact your business and will help you find the information you need to navigate business start-up requirements.

If you're starting a business in St. John's - contact us first:

- phone 709-576-8107
- email business@stjohns.ca

For more detailed information visit our webpages.



Learn more about our programs and services:
stjohns.ca >Doing Business



New Parking Pay Stations

A total of 24 pay stations have been installed on Water Street between Queen Street and Ayre's Cove, and on Duckworth Street between Prescott Street and Cochrane Street, servicing approximately 90 parking spaces.

The next phase of installation for the remaining parking pay stations is anticipated to take place in 2021.



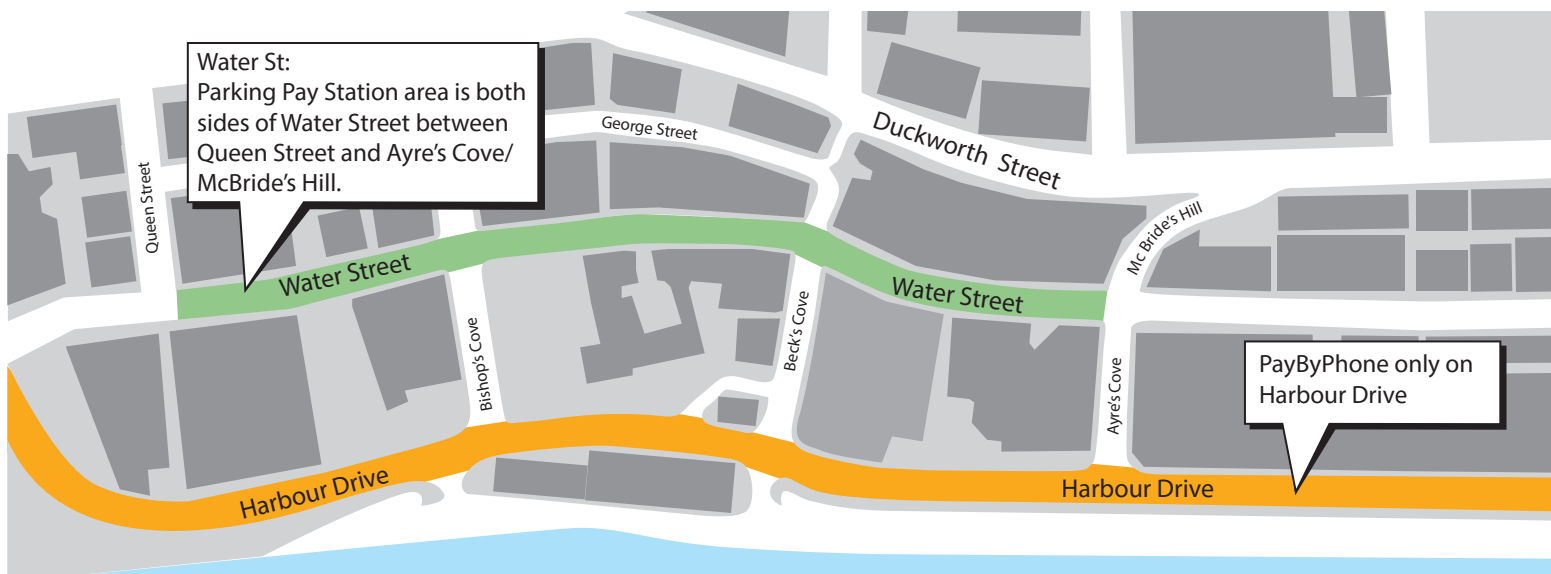
Cash is not accepted at pay stations due to potential vandalism



Watch the Parking Pay Station video at [YouTube.com/CityofStJohns](https://www.youtube.com/CityofStJohns)



Learn more about Parking at:
stjohns.ca/paidparking





How does it work?

There are five simple steps required to make a payment for your vehicle. You need to know your license plate and the zone number before you proceed to the pay station.

- Step 1** After you park your vehicle, proceed to the nearest pay station and select a payment method – choose ‘tap card’ or ‘insert card’. You can use Interac, mobile payment (Apple/Samsung/Google Pay), or a credit card.
- Step 2** Confirm your parking zone number. The zone number will be posted on a sign near your vehicle. Stations will be configured to default to the zone they are located in.
- Step 3** Enter your licence plate number.
- Step 4** Choose the amount of time you wish to pay for parking.
- Step 5** Confirm the payment.

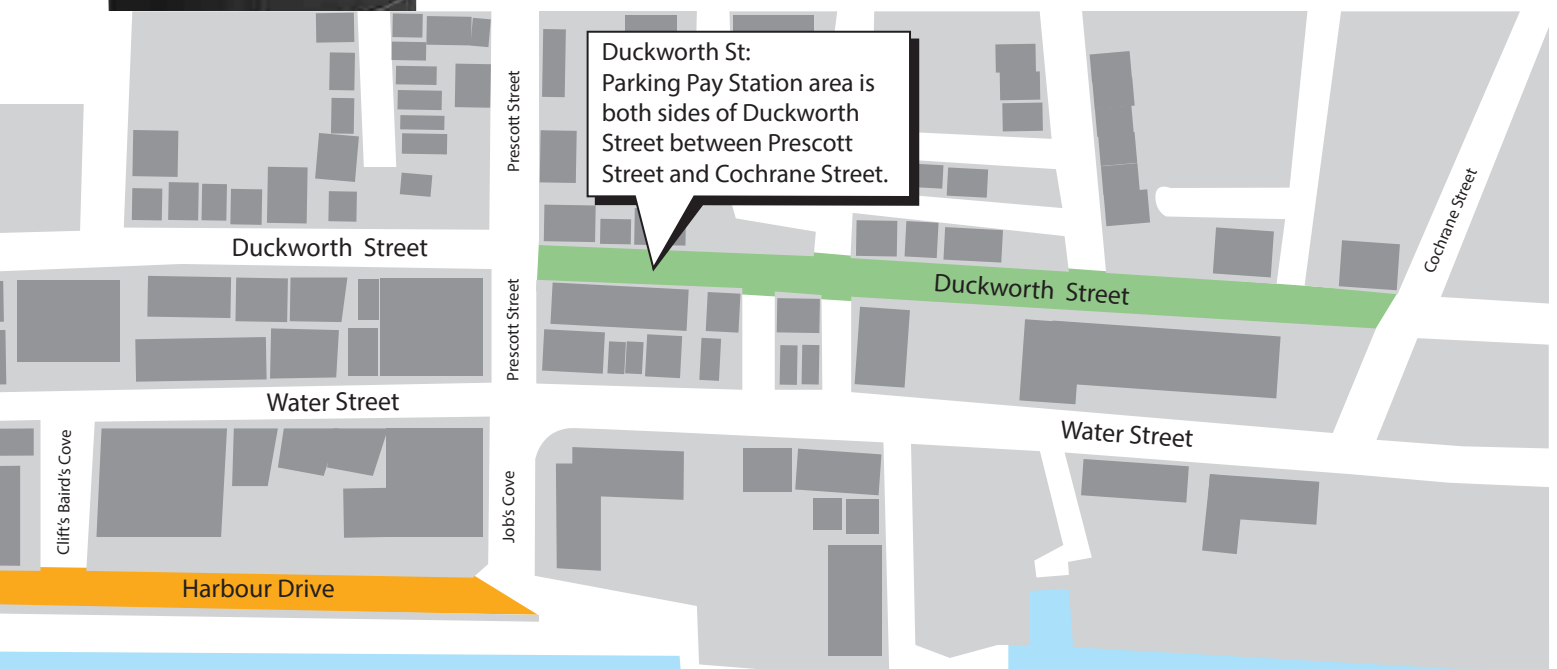
You do not need to return to your vehicle with the receipt after the payment is made. The receipt can be printed if you would like a copy.

What about the PayByPhone App?

There are no pay stations on Harbour Drive; this area will continue to be serviced by the PayByPhone app.

The PayByPhone app is also available to use in the designated sections of Water Street and Duckworth Street that are serviced by the new pay stations.

If you do not want to download the app, the toll-free number to call is 1-866-234-7275. A credit card is required to use PayByPhone.



The REAL Program

The REAL Program, created by the City of St. John's in 2002, is a non-profit program that works with individuals and families facing financial barriers. The catalyst to begin the REAL Program was a desire to offer recreation and leisure opportunities to all children so they can experience the benefits of participation and belonging.

Today, the City of St. John's provides REAL with office space and staff support so that 100% of all funds raised or donated go to providing children and youth placements in their program of choice. Donating to REAL means your funds are reinvested back into your community, as children and youth attend local activities.

The REAL Program is dependent upon funding received from corporate organizations, local businesses, individuals, social and recreational groups and private fundraising initiatives. Thank you to our partners who continue to make the REAL Program a success.

Cal LeGrow Foundation



"The Cal LeGrow Foundation is proud to support the REAL Program that provides recreational placements that are so desperately needed by young people in the city of St. John's," says Justine LeGrow.

United Way



"United Way Newfoundland and Labrador has been a long-time supporter of the REAL Program, and was one of the very first programs our chapter funded when we began in 2005," said Jennifer Konechny, Office Administrator. "One of United Way's key focus areas is 'All That Kids Can Be' and we recognize the importance and the benefits of physical health and teamwork and how it is directly linked to a positive impact on mental health. United Way Newfoundland and Labrador is proud to support a program that supports children and youth who otherwise may not have the ability to access a recreational activity. Thank you REAL Program for all that you do!"

Bell Aliant

"Providing the opportunity to participate in recreation and leisure activities is vital to the health and well-being of children and youth in our communities. The REAL Program ensures that children and youth are given this opportunity no matter their financial situation. It is for this reason that Bell Aliant continues to be a proud, founding sponsor of the REAL Program," says Rebecca Bell, Community Investment Manager.

Join this list of community partners by making a monetary donation:

Online: stjohns.ca/real

In Person:

Drop off your donation to staff at the following locations:

- Paul Reynolds Community Centre, 35 Carrick Dr
- H.G.R. Mews Community Centre, 40 Mundy Pond Rd
- REAL Program Office, 1 Crosbie Place
- Access St. John's, first floor City Hall, 10 New Gower Street

Mail: REAL Program
City of St. John's
P. O. Box 908
St. John's, NL
A1C 5M2



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

Buy REAL Holiday cards to support kids



Buy Holiday greeting cards, 5 for \$20, to give a child the gift of play. 100% of the proceeds go toward providing children and youth placements in recreation and leisure programs of their choice.

Get your cards by:

Call: 709-576-8684

Email: real@stjohns.ca

Drop by:

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



Inclusive Services

Contact us

For more information about any of these programs or services:

Call 576-4450 or email inclusion@stjohns.ca

Inclusion Support Applications can be found:

Online at: www.stjohns.ca > Living in St. John's > Forms and Applications > Recreation

By emailing inclusion@stjohns.ca

By calling 576-4450

At the Paul Reynolds or H.G.R. Mews Community Centres

Application deadlines for Inclusion Support:

Program	Inclusion Registration Date
Easter Camp	February 1
After School Program	March 1
Summer Program	March 17

Pursuing Active Lifestyles

For individuals with mild to moderate developmental disabilities to learn about the basic skills needed for active living. Participants take part in recreation and leisure activities in a friendly, relaxed atmosphere with caring leaders.

Tuesdays, January 19 to May 11

Paul Reynolds Community Centre, 35 Carrick Drive
\$96

Youth: ages 15 to 21, 6:45 to 7:45pm

Adults: age 22 and above, 8:15 to 9:15pm

Together In Movement and Exercise (TIME™)

A community-based exercise program for those with balance and/or mobility limitations who can walk 10 metres with or without an aide. Registration is on referral from a physician, physiotherapist, registered nurse or nurse practitioner.

Tuesdays and Thursdays

January 12 to March 18

Paul Reynolds Community Centre, 35 Carrick Drive
\$200

Ever Active

A low impact fitness class that allows participants to work at their own pace to improve muscle conditioning, flexibility and endurance while standing or using a chair as support.

Fit Finders

Offered 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. Learn more on our website.

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 individuals facing financial barriers to participate in City of St. John's Recreation Division activities. Request for children/youth are referred to the REAL Program, see pages 14-15.



Adaptive Equipment



For details visit: **stjohns.ca**

- > Living in St. John's
- > Recreation and Parks
- > Inclusive Services

The City of St. John's understands that taking part in recreation at any time of the year, particularly outdoors, greatly improves physical and mental well-being. The Recreation Division has an inventory of adaptive equipment that can be used in winter, available to borrow free-of-charge.

Residents, schools and community groups can enjoy winter activities and amenities such as The Loop, the Pippy Park Winter Activity Centre, arenas and the extensive trail systems while using our adaptive equipment.

Ice Sledges are used for skating on solid ice surfaces and can be propelled individually using ice picks by the user or a caregiver can push from behind using the optional push bar attachment.

The Hippocampe All Terrain Wheelchair with optional, super cool, ski attachments helps users hit up the trails of Pippy Park, Bowring Park or another trail of choice.

Reserve the Snowcoach for an assisted sliding experience or just to enjoy the snow in your own garden or community.

For those with great upper body strength, challenge yourself on the cross-country ski trails at Pippy Park with the Sit Ski. This piece of equipment is only available for use at the Pippy Park Winter Activity Centre during business hours. See page 29 for details.

Our staff will gladly work with you to choose equipment to meet your needs.

For more information on how to reserve equipment for FREE:

- call 576-6972
- email inclusion@stjohns.ca.

Recreation



Registration

Due to the COVID-19 pandemic and the uncertainty of physical distancing requirements in the coming months, the City of St. John's winter programs may be postponed, adapted for reduced capacity or cancelled at any time.

For the most current program and service offerings please visit stjohns.ca/RECconnect.

	St. John's residents	Residents of other municipalities
Winter Programs & Swimming Lessons	7 a.m., Thursday, December 3	7 a.m., Tuesday, December 8

Registration Options



Online: stjohns.ca/RECconnect

In person:

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

No telephone registration available until after 10 a.m. on registration day.



Whether you register online, over the telephone or in person, you must ensure your account is activated and up-to-date at least 72 hours before the registration time. Call 576-8499 or 576-8631, drop by or at stjohns.ca/RECconnect.

Wish List

Add the courses you want to your wish list for quick access on registration day.

Course Codes

For easy access to the courses you want, use the five-digit course code when adding to your wish list or registering.

Waitlists

If a spot becomes available, all on the waitlist are contacted by email and the spot is filled on a first come, first served basis.



Program Ages

To register for most programs participants must be the age listed on December 31, 2021.

Cancellation

The City, at its discretion, may cancel programs at any time including but not limited to low registration and/or instructor availability.

Save the date

Easter Camp registration begins 7 a.m. Thursday, March 4. Details in the spring issue of the City Guide coming out the end of February.

Rent a Facility

City facilities can be booked for a variety of functions. Limited space is available due to the COVID-19 pandemic.

Facility	Details
H.G.R. Mews Community Centre 40 Mundy Pond Road 576-8499	<ul style="list-style-type: none"> Gym Kitchen Multi-Purpose room
Paul Reynolds Community Centre 35 Carrick Drive 576-8631	<ul style="list-style-type: none"> Gym Multi-Purpose room
Kenmount Terrace Community Centre 85 Messenger Drive 576-6112	<ul style="list-style-type: none"> Gym Kitchen Multi-Purpose Room Meeting Room
Southlands Community Centre 40 Teakwood Drive 364-5129	<ul style="list-style-type: none"> Multi-Purpose room Kitchen Meeting room
Shea Heights Community Centre 130 Linegar Avenue 576-1023	<ul style="list-style-type: none"> Multi-Purpose room Kitchen
Kilbride Lions Community Centre 34 Fahey Street 368-0250	<ul style="list-style-type: none"> Multi-Purpose room Kitchen
Cabot 500 Theatre Bowring Park recreation@stjohns.ca	<ul style="list-style-type: none"> Outdoor theatre accommodates 750
Rotary 'Sunshine' Park Chalet Thorburn Road recreation@stjohns.ca	<ul style="list-style-type: none"> 24 bunk beds Kitchen Outdoor barbeque
Foran/Greene Room City Hall civicfunctions@stjohns.ca	<ul style="list-style-type: none"> Up to 325 people, depending on seating arrangement Kitchen



Birthday Parties

Gym parties

- Kenmount Terrace Centre
- Shea Heights Centre
- Southlands Centre
- Kilbride Centre

Contact the centres for fees and availability.



Court Sports

H.G.R. Mews Community Centre has 2 courts designed for racquetball or handball.

Book a 40 minute session by calling 576-8499.

Cost

Court Rental \$8



For details on programs and services visit: stjohns.ca

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



Swimming



For details visit: stjohns.ca

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

Indoor pools

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

- 25 metre pool
- 1 metre diving board
- leisure pool & play area (PRCC)
- wheelchair accessibility and pool lift
- viewing area

For up-to-date swim schedules:

- Call the Swim and Fitness Line:
576-8408 (Mews) or 576-8155 (PRCC)
- Online stjohns.ca > Quick Links > Swim Schedules
- Email recreation@stjohns.ca

Swim Descriptions

Children 12 years of age and under must always be accompanied in the water with an adult supervisor (19+). The adult supervisor must remain in the water at an arm's length from child(ren).

Due to COVID-19 additional restrictions are in place. For a full list of rules, please see online schedules and descriptions at stjohns.ca > Quick Links > Swim Schedules.

Ticket purchase/registration

Ticket purchase/registration is required for all swims. Walk-in space may be available.

Each swim ticket costs \$3. Once swim tickets are purchased the sale is final; refunds or credits will not be provided.

Participants are not to arrive any earlier than 10 minutes before the start time of their swim/activity.

A REConnect account is required for ticket purchase/registration. Set up an account and purchase swim tickets at stjohns.ca/REConnect.

Registration is available one week at a time. Registration begins noon on Saturdays for the following week. For example: Ticket purchase is available noon Saturday, Dec. 12 for swims from Dec. 14-20.

Maximum of 3 swimmers per lane, maximum of 5 swimmers per "bubble".



Swim Rules while Living with COVID-19

There are some changes to the way our swims are offered.

Swims look different and are offered at a reduced level at each site. Check our website for the most up-to-date information about swimming.

Mandatory rules are in place for swimming at City pools. Specific instructions for each swim are posted and updated as required. These rules must be adhered to and if a participant does not follow the rules they will be asked to leave.

You may have to bring your personal belongings on the pool deck as lockers may not be available for use. Please do not bring valuables; staff are unable to hold items for you and there is nowhere to safely store them.

Be prepared to get in and out of the water quickly.

Swimmers are expected to stay within their bubble during the swim and keep a physical distance of at least 6 feet (2 metres) away from other swimmers not in your bubble.

Please keep a physical distance of at least 6 feet (2 metres) from our lifeguard staff when possible. Our lifeguards remain rescue-ready and are willing to help you as always. If physical distancing cannot be maintained, lifeguards will work to ensure everyone's safety.

Some equipment is not available for use. This includes waterslides, play structures and all small equipment such as floats, toys, etc.



VOLUNTEER TODAY!

Give back to your community and build relationships with others all while having fun. For more information or for a Volunteer Application contact us.
576-8630 volunteer@stjohns.ca





Swim Lessons

Canadian Red Cross now requires caregivers to be in the water with participants up to and including Level 4, for both group and private lessons.

Our swimming lesson program follows the Canadian Red Cross Swim model and run at both Paul Reynolds and H.G.R. Mews Community Centre's from January 4 to April 3, 2021.



Starfish/Duck/Sea Turtle

Parent & Tot lessons for 4 to 36 months of age.
Maximum of 1 child to 1 adult.

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

Mews and PRCC: \$58.50 for 13 lessons, \$54 for 12 lessons

Swim Preschool/Kids/Teens

1 lesson per week, 45 minutes instruction.

Mews and PRCC: \$84.50 for 13 lessons, \$78 for 12 lessons

Adult Lessons

Suitable for basics to stroke development levels.

1 lesson/practice per week, 50 minutes instruction.

Mews and PRCC: \$97.50 for 13 lessons, \$90 for 12 lessons

Private Swimming Lessons

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

Cost is \$100 for 5 lessons, \$80 for 4 lessons, \$60 for 3 lessons.

Red Cross Swim – Adapted

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

1 lesson per week, 45 minutes instruction.

Mews and PRCC: \$169 for 13 lessons, \$156 for 12 lessons

A Red Cross swimmer intake form, due two weeks prior to program start, is required to participate. Contact Inclusive Services staff at 576-4450 or inclusion@stjohns.ca.

Aquatic Leadership

For course descriptions and schedules, check our website stjohns.ca/RECconnect. Our Aquatic Leadership program follows the Canadian Red Cross model.

We offer certification courses for:

- Assistant Lifeguard
- Lifeguard
- Water Safety Instructor
- Standard First Aid

Don't Get Caught on Thin Ice

By Michael Beck

Fitness & Sport Coordinator, City of St. John's

Master Water Safety Instructor Trainer, Canadian Red Cross

If you plan to venture out onto ice this winter, it is critical to be prepared.

With our relatively mild and wet winters, no body of water in eastern Newfoundland is completely safe to travel on during winter. Always check the forecast before heading out and never travel on ice alone or at night. Before venturing onto ice, check the ice thickness in several areas.

Wear a PFD or safety floatation suit when traveling on ice as falling through is always a possibility. Wear wool clothing as it insulates your body heat even when wet; avoid wearing cotton as it does the exact opposite. Ice picks are essential; they can save your life by providing enough grip to climb out of water and over ice.

Bring a whistle and a phone in a zip-sealed baggie or waterproof case to ensure you have a way to call for help, a full change of warm, dry clothes including hat and gloves and a fire starter kit in a waterproof container (i.e. waterproof matches, dryer lint, small dry twigs). High energy sugary foods such as chocolate or sports drinks increase your body temperature. Do not consume alcohol, it does not warm you up and impacts your ability to make critical life or death decisions.

To learn more, including what to do if you or someone you are with fall through ice, go to redcross.ca and search 'ice safety'.



Ice Thickness	Ice Colour	Suitable Activities
Less than 15 cm	Grey (indicates water)	None – stay off the ice
15 cm	White, opaque	walking, skating
20 cm	Blue, clear	skating parties, hockey games
25 cm	Blue, clear	snowmobiles

Keep Safe, Steer Clear

Recreation activities are prohibited in City of St. John's watersheds and source waters; this includes Windsor Lake and Broad Cove River, Bay Bulls Big Pond and Petty Harbour Long Pond.

Crossing our source waters in winter is risky as the water levels and flow underneath the ice can change suddenly.





Fitness

The City of St. John's offers a wide range of fitness opportunities for adults, age 16+, who are looking to live a healthy, active lifestyle. Participants must not arrive any earlier than 10 minutes before the start time of their class/activity.

All fitness classes require pre-registration. Register at stjohns.ca/RECconnect.

For up-to-date schedules:

Call the Swim and Fitness Line 576-8408 (Mews) or 576-8155 (PRCC)

Online

stjohns.ca > Living in St. John's > Recreation and Parks > Fitness

Email recreation@stjohns.ca

Aquatic Fitness

Held in the deep and shallow end at the same time, these low to no impact classes involve high intensity movements designed to improve cardiovascular endurance, flexibility and muscle tone. Flotation belts are available for use.

Core Balance

A well-rounded workout for all levels that strengthens the core and lower back using body weight exercises.

Body Pump

A total conditioning class for all fitness levels designed to challenge each participant's major muscle groups using effective body weight exercises.

Adults in Motion

This low impact class uses body weight exercise to develop the participant's cardio and muscular strength endurance. Ideal for the older adult who is looking to meet new friends and others with common wellness goals.

Ever Active

A low impact class that allows participants to work at their own pace to improve muscle conditioning, flexibility and endurance while standing or using a chair as support.

TIME

Together in Movement Exercise is for those with balance and/or mobility challenges. A referral from a health care professional is required.

Yoga

Participants must bring their own yoga mat.

Beginner

Designed for new students of all fitness levels to learn a solid foundation of yoga practice.

Intermediate

Improve postures learned in beginner yoga and additional challenging poses. Beginner yoga experience is required.

Mixed Level

For beginners and intermediates to practice yoga fundamentals to increase strength, flexibility and endurance.

Relaxation

Beginner-friendly and incorporating mindfulness throughout the class, poses are done slowly to illicit the relaxation response and increase body-mind awareness.

Yin Yoga

A quiet yoga practice suitable for all levels and does not require previous yoga experience.



Children and Youth Programs

Playgroups						
Course	Ages	Day	Dates	Time	Location	Cost
Playgroup	0-5	Tu Th	Jan 5–Jun 24	9:30-11:30am	Kilbride	Free
Playgroup Active	0-5	M	Jan 11–Jun 21	9:30-11:30am	Kilbride	Free
Playgroup Active	0-5	M Sa	Jan 11–Jun 5	10-11:30am	Kenmount	\$2 Free for under 6 months
Playgroup Active	0-5	Tu	Jan 12–Jun 8	1:30-3pm	PRCC	\$2 Free for under 6 months
Playgroup Mother Goose	Up to age 2.5	M	Jan 11–Jun 7	9:30-10:30am	Shea	Free
Playgroup Mother Goose	Up to age 2.5	Tu	Jan 12–Jun 8	10-11am	Shea	Free
Playgroup Active	0-5	W Sa	Jan 13–Jun 5	10-11:30am	Southlands	\$2 Free for under 6 months

Preschool

Children will prepare for Kindergarten through a play-based program with caring leaders through the delivery of a HIGH FIVE quality model.

Learn course offerings including dates, locations and time by searching 'Preschool' at stjohns.ca/RECconnect.



For details visit: stjohns.ca

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

After School Programs

Space remains in some of our After School Programs:

- Shea Heights Community Centre, register at stjohns.ca/RECconnect
- Paul Reynolds Community Centre, to register email recreation@stjohns.ca or call 576-8388
- Kilbride Lions Community Centre, to register email recreation@stjohns.ca or call 368-0250

Save the Date Easter Camp

Registration begins March 4, 2021 for Easter Camps, taking place April 5 – 9 at several of our Community Centres.



Youth Programs

Learn all 'requires registration' course offerings including dates, locations and time by searching the program title at stjohns.ca/RECconnect.

Fitness/Sport

Beginner Yoga & Mindfulness (12-14 years)

Simple yoga and breath, meditation for focus and calm, and teachings that nurture awareness and kindness in their relationship with themselves and each other. Must bring own yoga mat.

Ball Hockey (12-16 years)

This is a recreational ball hockey league for players of all skill levels looking to enjoy the game.

Take Two (12-16 years)

Two different sports will be played for 45 minutes each (basketball and volleyball).

Workshops

Learn to Knit (10 – Adult)

Learn to knit, purl and work on various stitches to create several fun projects. A list of supplies will be emailed to participants prior to the start of the course.

Sit and Knit (10 – Adult)

Drop in to catch up on your current knitting project!

Tie Dye (12 – 16 years)

Get creative and make your own unique pillowcase and face mask. All supplies are provided.

Leadership

Home Alone Safety for Kids (10-12 years)

A comprehensive safety course that prepares children to stay home alone.

X-Cellent Leader (12-14 years)

A fun and interactive course with a focus on team dynamics, inclusion, self-esteem, motivation and leadership building.

Youth Junior Leader (14+)

If you're looking for a rewarding experience or seeking volunteer hours for Duke of Edinburgh and Career Development, this is the program for you! Join a fun-filled atmosphere where youth volunteers will be mentored and exposed to the awesome role of recreation leader.

Save the Date Award Nominations

Throughout the year, the City of St. John's celebrates and recognizes the outstanding achievements of individuals, teams, groups and businesses in a variety of areas.

The Volunteer and Youth Award nominations occur every spring – start thinking of a deserving nominee today!

Look for more details in the spring issue of the City Guide or now by searching 'awards' at stjohns.ca

Youth Drop Ins						
Course	Ages	Day	Dates	Time	Location	Cost
Drop In	10-14	M W Th	Jan 11-Jun 10	6-7:30pm	Kilbride	Free
Drop In	10-14	M Th	Jan 11-Jun 9	6-7:30pm	Kenmount	Free
Drop In	10-14	M W	Jan 11-May 19	6:15-8:15pm	Southlands	Free
Drop In - Sport	10-14	Tu	Jan 12-Jun 8	6:30-8pm	Shea Heights	Free
Drop In	10-14	W	Jan 13-Jun 9	6:30-8pm	Shea Heights	Free
Drop In - Girls	10-14	Th	Jan 14-Jun 10	6:30-8pm	Shea Heights	Free



ONLINE TRAINING

PRINCIPLES OF HEALTHY CHILD DEVELOPMENT-C

Essential training for those working with children that can be completed on your own time!

- ▶ Complimentary access to *Healthy Minds for Healthy Children* training
- ▶ Receive professional development points toward your NCCP Certification
- ▶ \$30 plus HST/GST

REGISTER TODAY

<https://bit.ly/PHCD-C>



The Loop at Bannerman Park

The Loop opens for the season when temperatures are consistently low enough to make and maintain the ice surface.

Please do not skate on The Loop until we've announced it's open – skating on it before then damages the ice and delays the opening.

Once opened for the season:

Daily hours 10 a.m. to 11 p.m.

Ice maintenance (no skating)

Daily: 8-10 a.m.

Monday to Thursday: 2:30-3:15 p.m.

Friday to Sunday: 1:15-2 and 4-4:45 p.m.

For more details including how The Loop ice is made and how to be safe while skating, search 'Loop' at stjohns.ca



Is The Loop open?

Call the Loopline 733-LOOP (5667)

Cross Country Skiing and Rentals

Winter equipment rentals are available in Pippy Park. A cross country ski sledge, snow coach and sit ski are available upon request. Equipment rental passes are also available for purchase at H.G.R. Mews and Paul Reynolds Community Centres.

Days of operation are weather dependent and based on snow cover. Call the Info Line at 737-3651 to check updated facility operations.

Equipment rental:

- Individual, \$5
- Family of three, \$10
- Family of four or more, \$15

Pippy Park

In the North Bank Lodge, opening January 7

Equipment (for all ages): classic cross country skis & boots, snowshoes, poles

Payment by: credit, debit or cash

Identification required for rental

Trails are groomed twice daily and lit for evening use.

Tuesday	noon to 9pm
Thursday	noon to 9pm
Friday	noon to 10pm
Saturday	9:30am-10pm
Sunday	9:30am-5:30pm



Outdoor Programs

Courses Requiring Registration

To register search the course title at
stjohns.ca/RECconnect

Learn the basics of classic cross-country skiing during a 1-hour group lesson at the Winter Activity Centre in Pippy Park.

Adult Ski Lessons, ages 18+

8-9pm

Wednesdays: Jan 13, Jan 27, Feb 10, Feb 24, Mar 10

\$14 per person, per session

Family Ski Lessons

9:30-10:30am

Sundays: Jan 17, Jan 31, Feb 14, Feb 28, Mar 14

\$34 per family (max 4 persons) ages 5+, per session

Bring your family to Rotary Sunshine Park for a stroll through a winter wonderland!

Family Snowshoeing

2:30-4pm

Sundays: Jan 24, Feb 21, Mar 7

\$21 per family (max 4 persons) ages 5+, per session

Family Geocaching - Valentine's Day

1-3pm

Saturday, Feb. 13

\$28 per family (max 4 persons) ages 5+

Group Outdoor 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.

Programs offered in winter:

cross country skiing
snowshoeing
outdoor cooking
orienteering
fire building
map & compass

Contact Outdoor Programs

576-8522 or outdoor@stjohns.ca

Corporate Outdoor Program

Introduce outdoor team building to your organization or business. We offer a variety of land, snow and water activities. Give us a call to learn of options to customize a program to best suit your needs.

For more details visit:

OutdoorCorporateProgram.stjohns.ca



Adult Programs

Adult courses are for ages 18+ and requires registration, see page 18.

Leisure & Learning – requires registration, unless otherwise noted					
Course	Day	Dates	Time	Location	Cost
Social Time 18811	F	Jan 22-Mar 26	10:30am-12:30pm	Mews	\$20

Handicraft – requires registration. Basic knowledge an asset.					
Course	Day	Dates	Time	Location	Cost
Knitting Circle 19672	M	Jan 11-Mar 29	10:30am-noon	Mews	\$22
Introduction to Rug Hooking: Mittens 19673	M	Jan 25-Feb 1	9-11:30am	Mews	\$75 Materials provided
Rug Hooking: Hooked Ornament with Zippers and Bling 19674	M	Feb 15-22	9-11:30am	Mews	\$80 \$110 Hook & Frame Provided
Quilting: Travel Around the World 19677	W	Jan 22-Mar 24	6:30-9pm	Kenmount	\$150 Must bring a sewing machine
Craft: Seasonal Wire Wreath 19678	M	March 22	1-4 pm	Mews	\$20

Art – requires registration					
Course	Day	Dates	Time	Location	Cost
Acrylic Painting: Mittens 19692	F	Jan 15	6-9pm	Mews	\$22
Acrylic Painting: Winter Birdhouse 19693	F	Feb 19	6-9pm	Mews	\$22
Oil Painting: Robin 19694	Th	Jan 14-28	6-9pm	Mews	\$56
Oil Painting: Cup of Tea 19695	Th	Feb 18-Mar 4	6-9pm	Mews	\$56
Drawing: Basic Shapes 19683	Fr	Jan 29	6-9pm	Mews	\$20

Adult Music & Dance

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


Music					
Course	Day	Dates	Time	Location	Cost
Keyboard Beginner 19679	Tu	Jan 12-Mar 30	9:30-10:45am	Mews	\$67.50
Keyboard Beginner 19680	Th	Jan 14-Apr 1	9:45-11am	PRCC	\$67.50
Keyboard Intermediate 19681	Tu	Jan 12-Mar 30	11:15am-12:30pm	Mews	\$67.50
Keyboard Intermediate 19682	Th	Jan 14-Apr 1	11:30am-12:30pm	PRCC	\$67.50
Keyboard Advanced 18782	Tu	Jan 12-Mar 30	1:30-2:45pm	Mews	\$67.50
Guitar - Beginner 19963	Th	Jan 14-April 1	9:30 - 11am	Mews	\$81
Guitar - Intermediate 19962	M	Jan 11- Mar 29	7:30 - 9pm	Mews	\$74.25
Guitar - Advanced 19961	Th	Jan 14-Apr 1	11:30am - 1pm	Mews	\$81
Dance					
Course	Day	Dates	Time	Location	Cost
Line Dance Beginner 18804	M	Jan 11-Mar 29	1-2pm	PRCC	\$49.50
Line Dance Beginner/Intermediate 18807	W	Jan 13-Mar 31	12:30 -1:30pm	Mews	\$54
Line Dance Intermediate 18808	W	Jan 13-Mar 31	2-3pm	Mews	\$54
Line Dance Intermediate 18805	Th	Jan 14-Apr 1	11am-noon	Mews	\$54
Line Dance Intermediate 18806	Th	Jan 14-Apr 1	12:30-1:30pm	Mews	\$54
Ballroom Dance Beginners 18809	Su	Jan 10-Mar 28	6:30-7:30pm	Mews	\$54 partner required. Fee required for both participants
Modern Sequence Dance 18810	Su	Jan 10-Mar 28	8-9pm	Mews	\$54 partner required. Fee required for both participants



Opening the right door can change your life

The City's **Housing** Division has well maintained one to four bedroom units available to rent for those on a tight budget. **A great home may be just a call away.**

 Access St. John's

 576-8196

 housing@stjohns.ca

 stjohns.ca

ST. JOHN'S



Older Adult Programs

These programs for ages 50+ require registration, see page 18 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 30-31.

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

Lifelong Learners

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

Newfoundland Folk Custom and Belief

Explore Newfoundland customs and beliefs including fairy-lore, mummering, witches, the hag and rites of passage. Case studies and transcriptions will enhance lectures.
Instructor: Dr. Contessa Small

Maps of Canada

This course will look at historical maps for each province and territory - a different way to look at Canada's history.
Instructor: Dan Duda

Maps of War

One of the driving forces of cartographic evolution is warfare. This course will look at this intriguing relationship.
Instructor: Dan Duda

Lifelong Learners					
Title	Days	Dates	Time	Location	Cost
Newfoundland Folk Custom and Belief 18803	Tu & Th	Jan 12-28	10am-noon	PRCC	\$48
Maps of Canada 18801	Tu & Th	Feb 9-25	10am-noon	PRCC	\$48
Maps of War 18802	Tu & Th	Mar 9-25	10am-noon	PRCC	\$48

Active for Life

This fall prevention fitness class will help older adults improve balance and flexibility to decrease the risk of falls.

Fitness					
Title	Days	Dates	Time	Location	Cost
Active for Life 18779	M & W	Jan 11-Mar 31	1-2pm	Kenmount	\$92
Active for Life 18778	Tu & Th	Jan 12-Apr 1	1-2pm	Southlands	\$96

Technology					
Title	Day	Dates	Time	Location	Cost
Technology for Beginners 18780	Fri	Feb 12-Mar 5	9:30am-12:30pm	PRCC	\$72
Online Banking 18781	Fri	March 19	9:30am-12:30pm	PRCC	\$18



Events and Outings

Our events are a great way to become active and socialize.

Registration for events must be completed at least three days prior to the event. For registration options see page 18. 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
Outdoor Adventures 18789	Fri	Jan 15	10am-1pm	Southlands	\$22 City bussing or own transportation
					\$17 if using GoBus
Social and Bingo 18783	Th	Jan 21	10am-1pm	Kenmount	\$24 City bussing or own transportation
					\$19 if using GoBus
Casino Night 18792	Th	Feb 11	6:30-10:30pm	City Hall	\$29 City bussing or own transportation
					\$24 if using GoBus
Pancake Brunch and Bingo 18786	Tu	Feb 16	11:30am-3:30pm	The Hub	\$24 City bussing or own transportation
					\$19 if using GoBus
Newfoundland Night 18795	Th	Mar 11	6:30-10:30pm	City Hall	\$29 City bussing or own transportation
					\$24 if using GoBus
Outdoor Adventures 18798	Th	Mar 25	10am-1pm	Kenmount	\$22 City bussing or own transportation
					\$17 if using GoBus

Transportation

Transportation for special events is included in the event price. Please call 576-8594 the evening before the event 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
St. George's Court Apartments
Kelly's Brook Apartments
Kenny's Park Apartments
The Bristol
Maplewood Apartments

Thomas Estates
Morgan Hollow
Mt. Pleasant Manor
St. Luke's
Victoria Manor
Wigmore Manor

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

Roads & Traffic



Winter Parking Restrictions

To safely and effectively clear snow from streets the City of St. John's restricts parking on streets by area, time of day, and/or dependent on operational requirements.

Violating winter parking restrictions can result in a ticket being issued or the vehicle being towed.



For more details of each winter parking restriction, check our websites:

stjohns.ca/snow

map.stjohns.ca/snow

New this year

To better serve downtown residents and businesses, scheduled snow removals in the Downtown area will now take place from 11 p.m. to 6 a.m., requiring vehicles to be removed from scheduled streets during this time.

As well, when operationally required, the Deputy City Manager of Public Works can implement a 24-hour parking restriction outside the Downtown and Business District. When in effect, vehicles cannot park on streets outside the Downtown and Business District at any time.



No Parking-Snow Route

From December 1 to March 31 parking is prohibited 24 hours a day, regardless of snow/street conditions, on streets with designated Snow Route signs.

Downtown

Scheduled as required **NEW** time: 11 p.m. to 6 a.m.

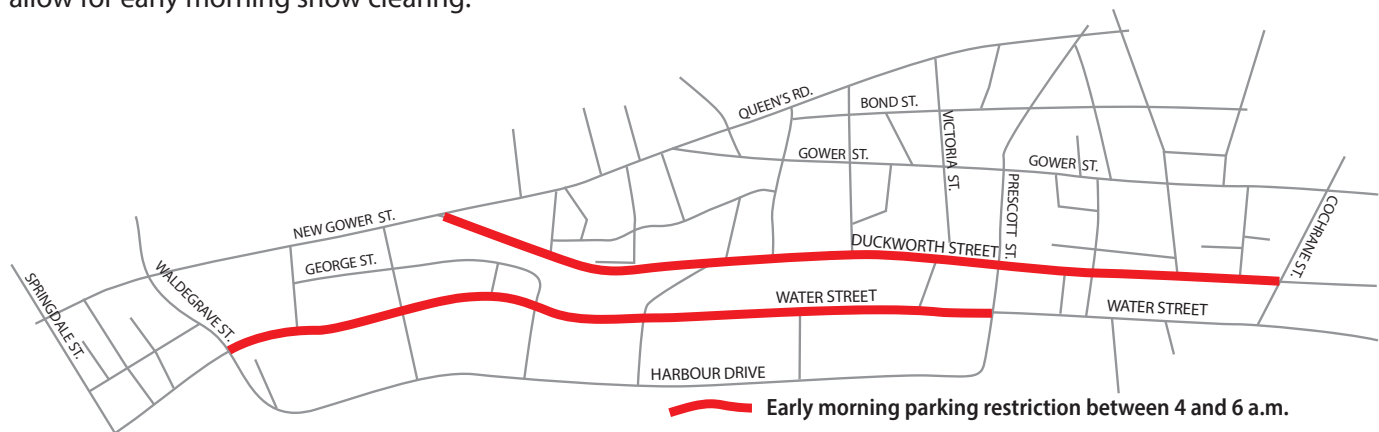
On-street parking in the Downtown is occasionally restricted throughout the winter on streets which are scheduled for snow removal.



Business District

4 to 6 a.m. daily, once in effect

On-street parking in the Business District is restricted throughout the winter to allow for early morning snow clearing.



Outside the Downtown and Business District

Once in effect - 12:30 to 7:30 a.m. daily.

The on-street parking restriction outside the Downtown and Business District is in effect throughout winter regardless of snow or street conditions.

NEW 24-Hour Parking Restriction

Implemented as operationally required outside the Downtown and Business District

The Deputy City Manager of Public Works can implement a 24-hour parking restriction outside the Downtown and Business District when necessary for snow clearing and/or snow removal. When in effect vehicles cannot park on streets outside the Downtown and Business District area at anytime.

Downtown Overnight Snow Removal

We conduct snow removal operations in the Downtown area overnight when there is reduced pedestrian and vehicle traffic.

NEW Time for Snow Removal

Snow removal in the Downtown area takes place between **11 p.m. and 6 a.m.**

For a complete list of streets we include in the Downtown snow removal area, check our website at stjohns.ca/snow.

To see streets scheduled daily for snow removal visit map.stjohns.ca/snow.

Is my street scheduled for snow removal?

If you live, or work or visit overnight in the Downtown snow removal area, by 3 p.m. each day you can find the streets we've scheduled for overnight snow removal.

To know if your Downtown street is scheduled for overnight snow removal:

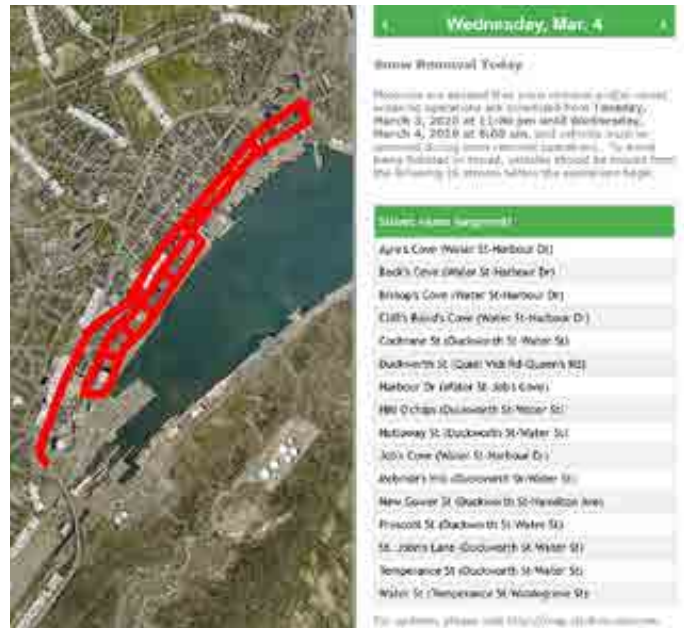
- Check map.stjohns.ca/snow
- Sign up to receive an email by 3 p.m. each day, at stjohns.ca/st-johns-e-updates
- Call Access St. John's at 311 or 754-CITY (2489)
- Check for signs placed in snowbanks and at the ends of the street where we'll be removing snow

Where to Park

When your street is scheduled for snow removal, you need to move your vehicle(s) off the street from 11 p.m. to 6 a.m. on the dates indicated. Any vehicle parked on a street scheduled for snow removal at this time may be ticketed or towed at the owner's expense.

Alternate parking options include:

- City Hall parking garage, 8 New Gower Street, free to the public 6 p.m. to 8 a.m. and on weekends
- Privately owned parking garages at 351 Water Street and 330 Duckworth Street, parking by fee



Vehicle Impound Fees & Payment

Towing Charge: \$200

Administration Charge: \$50

Impounding Fee: \$25 per day

Vehicles are released to the registered owner/renter when all charges are paid. If proof of registration and insurance is not provided the vehicle can only be towed, not driven, from the impound lot.

Payment Options:

- In person at City Hall
8 a.m. to 4 p.m., Monday to Friday
By cash, credit or debit card
- By calling 311 or 754-CITY (2489)
7 a.m. to 11 p.m.
By credit card only

Payments cannot be accepted on statutory holidays

Impounded vehicles can be picked up, after payment is made, by the registered owner/renter from 8 a.m. to midnight, seven days a week at 25 Blackler Avenue. We need to see proof of ownership, such as:

Driver's license or other government identification with the same name and civic address as the vehicle registration.

For rental vehicles, the name and address on government identifications matches the name and address of the rental agreement.

Ask a Vet

By Dr. Heather Hillier
Veterinarian, City of St. John's



Chances are that since March 2020 your home routines have changed significantly. With that in mind, it is expected that your dog may be struggling with anxiety as you return to more normal routines.

What does separation anxiety look like?

- Barking/whining/digging at the door after you leave.
- House soiling in your absence.
- Destruction of items in the house when left alone.

What can we do to help lessen anxiety?

- Downplay coming and goings. Anxiety builds when leaving routines start, acting excited or upset during leaving and/or when you return home will increase anxiety.
- Exercise – exercise is essential for your dog's mental wellness and goes a long way to reducing your dog's anxiety reactions.
- Enrichment toys – set your dog up with things to occupy them in your absence. Pick toys and puzzle feeders that do not present a choking hazard.

Humane Services

576-6126

humaneservices@stjohns.ca

 @HumaneServicesStJohns

If the anxiety continues, when should I be concerned?

- Consult your veterinarian if the anxiety reactions are severe.

Important

During an anxiety episode your dog is not in control, they are not “acting out” or “getting back at you” because you left them alone. Punishment is never the solution. If you are struggling with helping your dog with their anxiety, consider contacting a professional educated in positive reinforcement-based behavioural modification techniques.





Addressing Climate Change

We need your input to tackle one of biggest challenge of our generation - Climate Change

At the City of St. John's, we are developing a "Resilient St. John's Plan." The plan will support the community to:

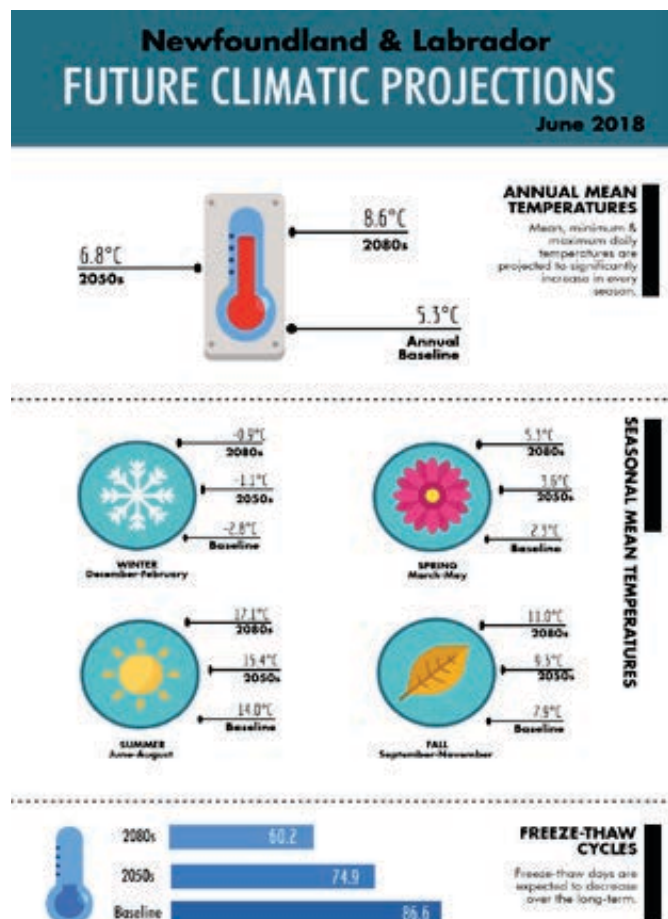
- reduce the emission of greenhouse gases;
- stabilize energy costs to residents by supporting energy efficiency; and
- prepare the City to address the impacts from climate change.

It is important that the strategies in the plan represent community perceptions and ideas. How informed are you about climate change risks and greenhouse gases sources in St John's? We're inviting residents to share their vision of a resilient St. John's and to learn more on our new engagement page at engagestohns.ca



Learn more about Sustainability at:

- stjohns.ca
- >Living in St. John's
- >Your City
- >Sustainability



What is Climate Change?

Climate is the average weather in a location over a long period of time.

Climate has changed on all time scales throughout the earth's history. Some things about the current change are not unusual, however, many observed changes are unprecedented.

The current climate change is mostly known from the effect it has had in warming the earth. This effect is primarily driven by changes in greenhouse gas emissions.

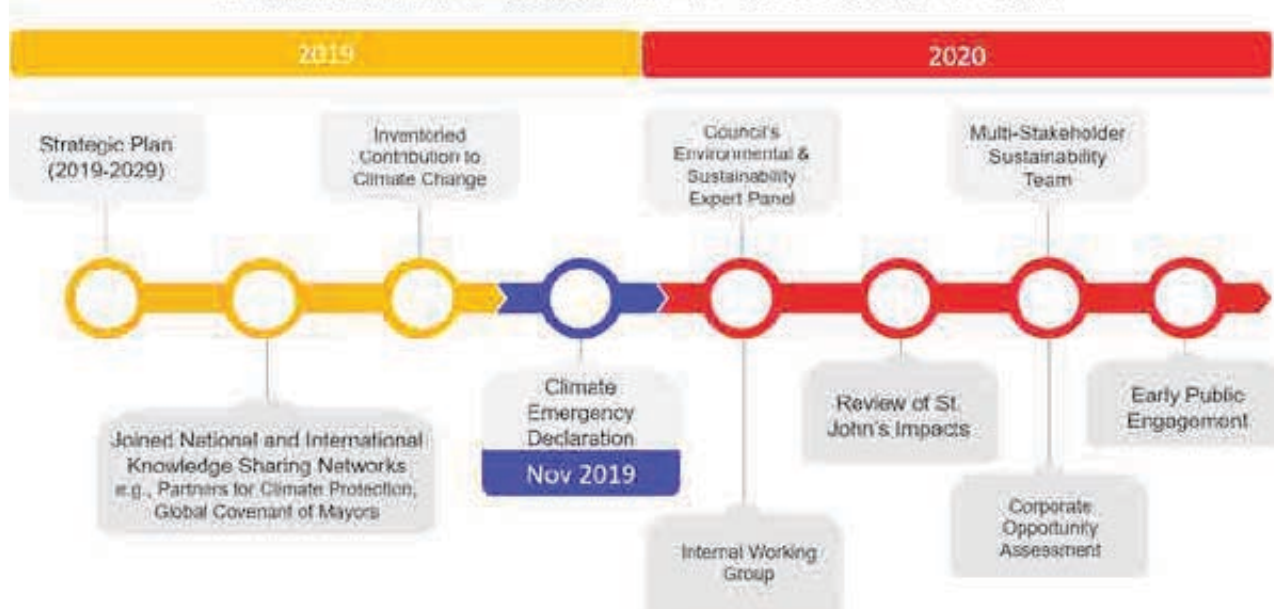
Greenhouse gases happen naturally in the earth's atmosphere. They help the earth stay warm by trapping heat from the sun, allowing things to grow. However,

since the Industrial Revolution, human activity increased greenhouse gases beyond concentrations humans have ever seen. This comes from the burning of fossil fuels like coal, oil, natural gas, and changes in the environment (like unsustainable removal of trees, wetlands, and other matter that naturally remove greenhouse gases from the atmosphere).

Since the early 1900s earth's temperature has risen about 1 degree and is continuing to warm. Impacts from current changes in climate are expected to worsen as more greenhouse gases are added to the atmosphere.

In St. John's, annual average temperatures are projected to almost double over the next 60 years.

Resilient St. John's Climate Plan



Impacts on our Economy

We know that climate change has environmental and social risks, but did you know that there are also financial risks that need to be addressed to ensure the stability of our economy?

The World Economic Forum, Financial Stability Board, The Bank of Canada, and the Insurance Bureau of Canada have highlighted the risk of not addressing climate change and the benefits of acting sooner rather than later.

In the latest research, the global economic impacts from climate change by 2100 is estimated to be close to \$600 trillion if we meet existing global greenhouse gas reduction commitments, and over \$800 trillion if we don't.

On September 30, 2020 City Council approved investment in a Community Energy Transition Model to inform the economic perspectives of the Resilient St. John's Climate Plan.

CET Models are powerful economic analysis tools used by municipalities across Canada that offer up a present and future picture of how converting to a low-carbon community would impact our economy. This model will help Council identify the best strategies to eliminate greenhouse gas emissions (GHG) from communities.

The City's new Multi-Stakeholder Sustainability Team will use this model and the research and engagement currently underway to provide Council with a "net-zero by 2050" plan.