

Register for winter recreation programs beginning Dec. 1

City Guide

WINTER 2017

**On street parking ban
begins Jan. 4**

**Winter events and
Canada 150 celebrations**

**Your 2017
Garbage
and Recycling
calendars
inside**

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Grand Prize

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\$764,380 value

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Last day to buy tickets Wed., Jan. 6, 2017



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3rd Prize

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Early Bird Bonus Cash Draws Date: Wed., Dec. 14th, 2016
Grand Prize, 2nd Prize, 3rd prize and 50/50 Draw Date: Wed., Feb. 15, 2017
Total approximate value of prizes to be given away is \$828,060
Lottery License 16-10253300LT 99,500 tickets printed.



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Visit [facebook.com/BeaverTailsNewfoundland](https://www.facebook.com/BeaverTailsNewfoundland) for opening times and weather closures.

7399844

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Be kind to the environment.

Recycle this guide when you have finished using it.

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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www.recreationnl.com

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Aiming for 500: Our Progress

What does it mean to have access to affordable housing?

The City of St. John's believes that housing is a basic, human right and that everyone needs and deserves a home that is affordable to them.

In 2014, the City released the *Affordable Housing Business Plan* which included the goal to work with partners to create 500 affordable homes by 2017.

"Our best role in the plan is to help identify and create opportunities – not build homes," explains Deputy Mayor Ron Ellsworth, Chair of the City's Standing Committee on Community Services and Housing. "Our Affordable Housing Working Group has been actively tracking emerging needs and trends in the housing market and working collaboratively with our community partners to help us reach our target."

The Business Plan targeted 500 affordable housing units in a four-year timeframe and our estimate to date is that we are about halfway to our goal.

"We know we have made good progress towards our goal of 500 homes," says Ellsworth, "but we have a lot more work to do with our partners to identify and create opportunities for more safe, affordable homes for our residents."

The City of St. John's has been approved to build a total of 20 new affordable units, with another 52 new owned and operated (or approved) by community partners including:

- Society of Saint Vincent de Paul, St. Theresa's Parish
- Iris Kirby House Inc.
- Choices for Youth
- Anglican Homes Inc.
- John Howard Society of NL. Inc.
- Cochrane Community Outreach & Performance Centre Inc.
- Stella's Circle - Naomi Centre
- The Salvation Army - Springdale Street Development

In addition, the City provided free land for a new Habitat for Humanity build in St. John's, and City-owned land will be used for the Shea Heights development, still in the planning stages.

When not-for-profit groups come to the City with a plan for an affordable housing build, we support those efforts by doing such things as waiving fees, supporting rezoning applications and even reducing parking requirements.

Collaboration is key. We engage with partners to address neighbourhood concerns over affordable housing developments and unlock resources through our land inventory and a recently announced Housing Catalyst fund. Working with our Rental Team, we have been communicating with home-based landlords to let them know about the opportunities providing affordable housing offers.

2015 Housing Facts:

- The average price of a St. John's home rose 3.5 per cent with the average price for a new single-detached home coming in around \$430,000.
- In 2015, the average two-bedroom monthly rent was expected to increase to \$900 by the end of the year and increase to \$915 in 2016 and to \$930 in 2017.
- Vacancy rates remain relatively low. The St. John's CMA vacancy rate rose 0.1 per cent from 4.6 in October of 2014 to 4.7 in October of 2015.
- Weekly earnings in the St. John's area averaged \$987 year-to-date 2015, down 2.7 per cent compared to a record \$1,014 a year ago.
- Mortgage rates are expected to begin to rise moderately from current levels late in 2016.



on Affordable Housing

What makes a house affordable?

To be considered affordable, housing must cost less than 30 per cent of pre-tax household income, including housing and related costs. These properties can be rentals or home ownership.

Our plan looks at the entire housing continuum, with a focus on improving the affordability for households in the housing crunch – those earning between \$32,500 and \$82,500 a year.

The City is also making progress on two other focus areas: energy efficiency and age-friendly housing.

- The City has successfully secured \$2.5 million in funding through the joint federal/provincial Investment in Affordable Housing to build 20 new homes to add to our housing portfolio.
- The City is exploring the opportunities to complete energy retrofits on some of our non-profit housing units.
- We have started a Seniors Affordable Housing Sub-Committee (of the Affordable Housing Working Group).
- We have organized a Seniors Housing Forum (2015) and participated in Senior's Day (2016).
- The Canadian Home Builder's Association NL offered certified aging in place specialists' training to their members.
- Newfoundland Power's Take Charge staff participated in our Seniors Housing Forum & Senior's Day at City Hall.



Who are shelter users

In 2015, 695 individuals accessed a homeless shelter in St. John's; 16% were families.

Housing affordability and need

A total of 12% of St. John's area households spent above the affordability threshold for housing in 2011.

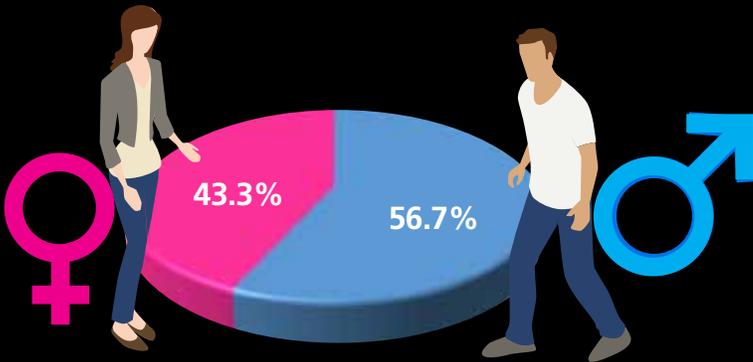
30% of renters had affordability challenges compared to only 5% for owners.

12% of all St. John's area households were living in core housing need in 2011. A total of 58% of St. John's area households in core housing need were also below the affordability standard for housing in 2011. For renters it was 76% and for owners it was 38%.

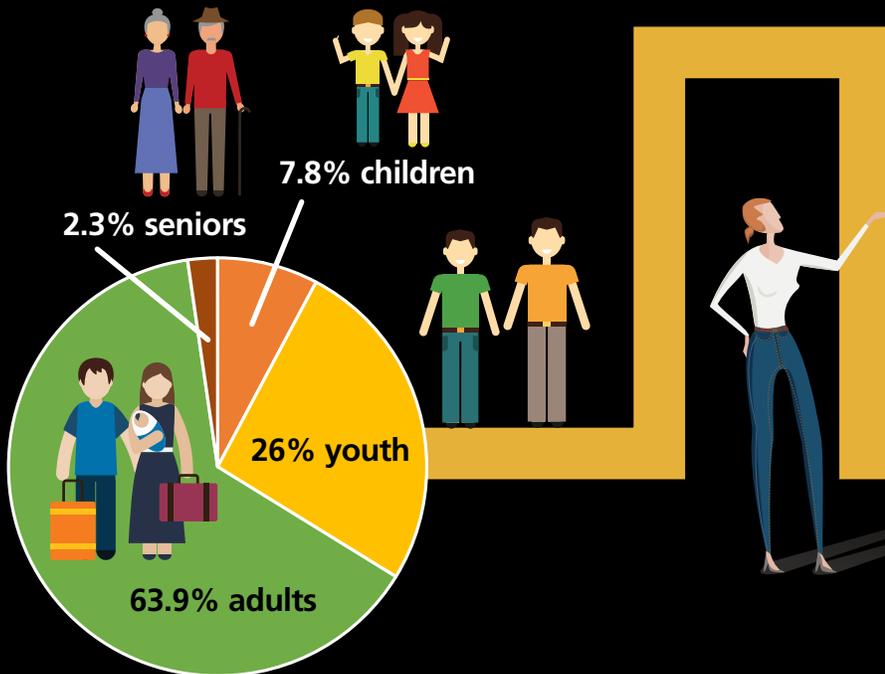
The incidence is highest among renters, lone parent households, and one person households.



Gender of total unique shelter users in 2015



Age of homeless shelter users in 2015



Sources:

The City of St. John's Affordable Housing Business Plan <http://www.stjohns.ca/sites/default/files/files/publication/Housing%20Business%20Plan.pdf>
 Road Map to End Homelessness <http://www.stjohns.ca/sites/default/files/files/publication/Housing%20Business%20Plan.pdf>
 EHSJ Plan to End Homelessness: <http://www.nlhnn.org/PDF/YT-Community-Plan-2014-2019.pdf>
 HPS Report: 2015 Community Progress Indicators Report: ST. JOHN'S
 Chris Janes (CMHC), July 2016

Facts about homeless youth

30% of the emergency shelter population in St. John's are youth between the ages of 16 – 24.

80% of homeless youth don't actually live on the street. Hidden homelessness includes individuals without stable and affordable housing, who live with either friends or family, stay in temporary shelters, or live in unsafe or crowded conditions.

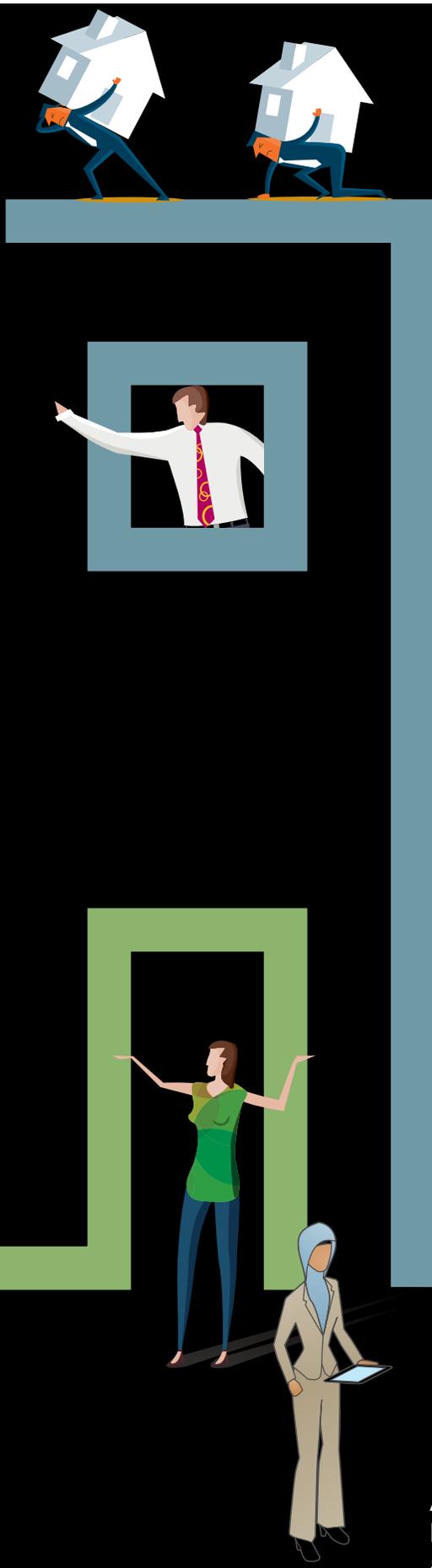
Some of the major mental health challenges reported by youth which could put them at risk of homelessness are: anxiety (67%), depression (68%), ADHD (57%) and previous suicidal ideation (57%).

In addition, 60% of youth reported feeling lonely, and of the 75% not in counseling, 46% would like to begin.



Did you know?

As of May 2014, Newfoundland and Labrador Housing's St. John's waitlist numbered 264 applications, while the City of St John's Non-Profit Housing waitlist sat at 358 applications.



CELEBRATE
with
ST. JOHN'S

Each season we offer many events and activities for our residents and visitors and we have lots planned this winter including kicking off the Canada 150 Celebrations!

Winter Fun for Everyone

Festival of Music & Lights

Ring in the holiday season with our annual celebration of bright lights, festive music and free hot chocolate! Enjoy performances by choirs and musicians as we officially switch on the beautiful light display. Don't forget to bundle up and bring a non-perishable food item to donate to the food bank.

Saturday, Dec. 3, 2016
5 p.m.

Bowring Park Duck Pond
FREE

Sponsored in part by NTV and OZFM.



St. John's Celebrates...

CHILLFEST

We're planning three days of action-packed free winter events.

Friday, Feb. 17

- Sweetheart Skate, 7:30-9:30 p.m., The Loop

Saturday, Feb. 18

- Sliding Party & Snow Play, 12:30-2 p.m., Bowring Park
- Kitchen Party, 2:30-4 p.m., Johnson GEO CENTRE
- Disco DJ Skating Party, 7:30-9:30 p.m., The Loop

Sunday, Feb. 19

- Chilly fun run/walk, 9:30-10:30 a.m., Bowring Park
- MegaPlay, 1-4 p.m., Paul Reynolds Community Centre
- Free ski & snowshoe rentals, 2-4 p.m., Pippy Park
- Torchlight (flashlight) Parade, 6:30-7:30 p.m., Bowring Park



New Year's Eve Festivities

Skating Party at The Loop

Join us for a family-friendly New Year's Eve skating party. We'll provide party favors, free hot chocolate and festive music – you bring the skates!

4 to 6 p.m.
The Loop in Bannerman Park
FREE

It all starts here

In 2017 Canada turns 150 years old. Come and join our party "It All Starts Here." When the clock strikes midnight on December 31 be among the first people in North America to ring in the New Year and celebrate Canada's 150th Birthday.

Bring the whole family to the steps of City Hall for a live outdoor concert. Revel to the music of Shannyganock, Ennis Sisters and Stompbox, while enjoying performances by Wonderbolt Circus, an amazing pyrotechnics show and a countdown to the New Year never seen before.

9 p.m. to midnight Steps of City Hall, New Gower Street FREE



Shannyganock



The Ennis Sisters



Stompbox



Wonderbolt Circus

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

Ce projet a été rendu possible en partie grâce au gouvernement du Canada.

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gouvernement du Canada

Canada 

New Year's Day Fireworks

Everyone in your family can enjoy our annual fireworks display – taking place on New Year's Day this year! Join us at the boathouse for music and free hot chocolate.

**8 p.m.
Sunday, January 1, 2017 at Quidi Vidi Lake, FREE**



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 p.m. and 4-4:45 p.m.

Public parking is available in the lot off Bannerman Road, on both sides of Bannerman Road, the east side of Rennie's Mill Road, and the south side of Military Road.

Loop Safety

- You must wear skates on the ice
- Skate forward at a leisurely pace; no racing or speed skating, backwards or figure skating permitted
- Dangerous behavior (horseplay, throwing snow) is not permitted
- Skating aids are permitted, but other equipment is not (ie. hockey sticks, pucks, strollers, sleds, chairs)
- No more than 2 people join hands while skating (no chain skating)
- Food & drink is not permitted on the ice; smoking & alcohol is not permitted anywhere in Bannerman Park
- Do not carry children, including babies in wraps, while on the ice
- Do not stop on the ice; if you must stop move off the ice first
- Dogs or other pets are not allowed on the ice
- CSA approved ice skating helmets are recommended

Call the Loop line
at 733-LOOP (5667)
to check if it's open

#SkaterSelfie

Take a seat and take a selfie!
Post it on social media using
#SkaterSelfie by Feb. 28 and we'll
choose a winner by random draw
for gift certificates to BeaverTails.



The Skater is a sculpture created by Morgan Murray and generously donated by philanthropist Elinor Gill Ratcliffe, the Bannerman Park Foundation's main donor and patron.

BEAVERTAILS[®]
PASTRY
***** SINCE 1978 *****

BeaverTails NL has a kiosk in Bannerman Park, selling freshly made Canadian pastries, poutine and hot chocolate.

BeaverTails is open at The Loop this winter and can provide party food packages for birthdays, groups and other events in the park.

For more information email
beavertailsnfld@gmail.com.



Winter Sledding



Many people have childhood memories of being at their sledding hill on a crisp winter day. Perhaps you best remember the exhilaration you felt while zooming down the hill or maybe you remember the slow and tiring climb back up to top.

We want children, families and adults of all ages to create new, happy memories at sledding hills in St. John's. However, sledding is a hazardous activity and can incur substantial risk – using any hill in St. John's for sledding is at your own risk.

The City of St. John's has designated hills at **Victoria Park** and **Bowring Park** as suitable for sledding. Parks staff regularly check and maintain these two hills over the winter months, but you must assume full responsibility for determining if conditions are safe before sledding. Parents, or guardians, are responsible for determining this for children.

Sledding can be dangerous, but if you follow these safety guidelines for our designated sledding hills everyone should have a safe and fun experience.

Sledding Safety

- Sledding devices which are in good repair and have no sharp edges are required. Use this equipment properly.
- The use of skis, non-winter style tubes, metal-railed sleds, crazy carpets, flying saucers, garbage bags, cardboard boxes and similar unsafe objects are not permitted.
- Do not slide down the hill backwards, while standing, or lying face-first. Always sit face-forward on your sled.
- Jumps or ramps are not permitted. Avoid sledding over snow bumps or anything that may cause the sled to become airborne or out of control.
- Do not overload the sled.
- Walk up the side of the hill and leave the middle open for other sledders coming down the hill.
- All users must act in an orderly, safe and considerate manner. Profanity, loud music, and disruptive behavior are not permitted.
- Alcohol, tobacco products or drugs are not permitted.
- Pets are not permitted on the sledding hill.
- It is recommended you wear a CSA approved helmet suitable for winter activities.

What Happened to the Dump?



Discover how one resident changed his mind about curbside recycling.

Gone are the days when you could simply find an open spot at the dump and start unloading garbage from your vehicle.

The landfill at Robin Hood Bay has been re-engineered. Many environmentally friendly improvements have been made, including garbage disposal in smaller defined cells, the collection of methane gas and leachate and control of litter by proper garbage covering and special fencing.

A specialized facility was built to process material that can be recycled. In this building material is sorted, baled and then sold to make new products. At the Residential Drop Off there is a household hazardous waste depot to bring hazardous material for recycling or proper disposal of items that cannot be recycled, as well as electronics and metal recycling drop offs.

These changes have transformed 'the dump' into a properly engineered, environmentally sound regional waste management facility.

Now that the dump has changed, we as residents all need to change, too!

The City of St. John's encourages backyard composting and mulching grass and leaves because doing these things keeps even more material out of the landfill. That's what waste diversion is all about: keeping as much trash as possible from going into the landfill preserves our natural resources.

Robert Nixon, a resident of St. John's, didn't always recycle. In fact, he thought it was a waste of time and effort.

"I was the biggest non-believer when the curbside recycling program started in 2010, thinking it was too much effort and wouldn't make much of a difference anyhow," says Robert. "Plus, where was I going to store all that stuff?"

His wife convinced him to give recycling a try and as time went on, Robert noticed a decrease in the number of bags of garbage he was putting at the curb.

"Now, I'm the biggest believer in curbside recycling. It does make a big difference," says Robert. "I wouldn't dream of not recycling now; even my grandchildren are into it, putting their papers in the recycling and learning all about it."

Storage for his recycling was not an issue because more than half of Robert's garbage 'turned into' recycling, and the space he used for the garbage bags simply was converted into storage for recycling bags.

"We've gone from putting out six bags of garbage a week down to two," says Robert. "We're only one family - imagine if every household in St John's recycled?"

Ensure our landfill remains open for a long time and preserve our natural resources for the benefit of our children and grandchildren by recycling.

New Year's resolutions

Change old behaviours to new :

- recycle all you can at the curb
- bring a reusable bag when shopping
- turn food waste into black gold by composting
- mulch grass and leaves
- bring household hazardous waste to the depot
- recycle electronics and metal at the Residential Drop Off

Learn more at
www.curbitstjohns.ca



Waste Collection Calendars

Waste collection areas ending in A are grouped on page 16; waste collection areas ending in B are grouped on page 17. Determine your area, locate the colour for your area on that calendar page and follow that colour throughout the year.

This format makes it easier for you to understand how holidays affect the waste collection schedule for the whole city.

Collection Changes after Holidays and Storms

Garbage and recycling are not collected on the holidays that are colored yellow and marked with an 'H' in your 2017 calendar.

After these holidays, or if garbage and recycling collection is cancelled due to a storm, all collection days will be moved to the next day for the remainder of that week.

So, if a holiday or storm cancellation occurs on a Monday, people who would normally have collection on Monday bump to Tuesday, Tuesday to Wednesday and so on with Friday's regular collection being picked up on Saturday. The following week, everything returns to your regular collection day.

2016-17 Holiday Season

Boxing Day falls on a Monday, therefore, ALL collections that week will be moved to the next collection day. Monday's collection will be on Tuesday and on through to Friday's being collected on Saturday. The same thing occurs on New Year's Day, with collection moving to the next day for the week following the holiday.

The schedule returns to the regular collection days beginning January 9.

Monday, Dec. 26	Tuesday, Dec. 27	Wednesday, Dec. 28	Thursday, Dec. 29	Friday, Dec. 30	Saturday, Dec. 31
No collection Boxing Day holiday	Garbage: 1A & 1B Recycling: 1B	Garbage: 2A & 2B Recycling: 2B	Garbage: 3A & 3B Recycling: 3B	Garbage: 4A & 4B Recycling: 4B	Garbage: 5A & 5B Recycling: 5B
Monday, Jan. 2	Tuesday, Jan. 3	Wednesday, Jan. 4	Thursday, Jan. 5	Friday, Jan. 6	Saturday, Jan. 7
No collection New Years Day holiday	Garbage: 1A & 1B Recycling: 1A	Garbage: 2A & 2B Recycling: 2A	Garbage: 3A & 3B Recycling: 3A	Garbage: 4A & 4B Recycling: 4A	Garbage: 5A & 5B Recycling: 5A
Monday, Jan. 9	Tuesday, Jan. 10	Wednesday, Jan. 11	Thursday, Jan. 12	Friday, Jan. 13	Saturday, Jan. 14
Garbage: 1A & 1B Recycling: 1B	Garbage: 2A & 2B Recycling: 2B	Garbage: 3A & 3B Recycling: 3B	Garbage: 4A & 4B Recycling: 4B	Garbage: 5A & 5B Recycling: 5B	



2017 Holidays No Collection

- New Year's Day
- Good Friday
- Victoria Day
- Memorial/Canada Day
- Labour Day
- Thanksgiving Day
- Remembrance Day
- Christmas Day
- Boxing Day

Confused?

There's an APP for that!
Search 'St John's Waste and Recycling' in your app store.

Sign up for reminders

We 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:

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

Sign up:
curbitstjohns.ca
311 or
754-CITY (2489)





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Garbage and Recycling Collection 2017



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

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

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

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

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

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

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

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

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

October						
S	M	T	W	T	F	S
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8	9 H	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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						

Garbage and Recycling Collection 2017

B Area 1B to 5B

- Learn your area at CurbltStJohns.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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22	23	24	25	26	27	28
29	30	31				

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26	27	28				

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30						

May						
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28	29	30	31			

June						
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July						
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

August						
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27	28	29	30	31		

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24	25	26	27	28	29	30

October						
S	M	T	W	T	F	S
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8	9 ^H	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

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

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

Curbside Recycling

Recycle in three simple steps...

1 Sort It

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

Paper and cardboard in a separate see-through blue bag



Containers in a separate see-through blue bag



2 Bag It

- Put papers and containers in separate see-through blue bags. Use see-through blue bags only.
- Place recyclables loosely in the bag do not crush or flatten!

3 Curb It

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



Put Waste In Its Place

Wondering if something is recyclable?

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

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



Learn your recycling & garbage days:

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



3

Garbage and Recycling Rules

Put bags of garbage and recycling at the curb on your scheduled day only; no earlier than 6 a.m., no later than 8 a.m.

From April 1 to Nov. 30 garbage must be completely covered in a bin or with a net or blanket.

Recycling must be in see-through blue bags.

A maximum of 10 garbage bags will be collected each pickup day. There is no limit on the number of recycling bags collected.

Bundled materials (branches, wood, carpets, etc.) must be less than 2 feet in length. A bundle should measure less than 2 feet by 2 feet by 1 foot. Cardboard can be in a blue bag or in bundles.

Bags and bundles must weigh less than 50 pounds.

Do not pour or spray chemicals, such as bleach, on bags as animal repellent.

Hypodermic needles and other sharp objects must be placed in a puncture proof container.

Broken glass must be clearly marked and packaged so sharp edges are not sticking out.

Garbage must be in regular sized garbage bags, not in supermarket-sized, kitchen catchers or larger industrial bags.

Containers of liquid are not collected.

Do not put bags on snow banks.



Health and Safety

Everyone deserves a safe workplace and many of our rules are to reduce occupational health and safety issues for our staff who individually pick up approximately 1800 bags of garbage or recycling from 600 to 700 homes each collection day.



Overnight Snow Removal

Our iconic downtown does pose some challenges when it comes to keeping roads free of snow and unobstructed for travel in the winter months.

The narrow and winding streets on steep hills with tightly packed row housing and a bustling business centre means that we must conduct snow removal operations overnight.

Removals occur from 12:30 to 7:30 a.m. when there is the least amount of pedestrian and vehicle traffic moving about in the residential and commercial areas.

If you live or work overnight in the downtown snow removal area, after 3 p.m. each day you can look up the streets we've scheduled for overnight snow removal.

Where to Park

When your street is scheduled for a snow removal, you need to move your vehicle(s) off the street for the night. But where do you park instead?

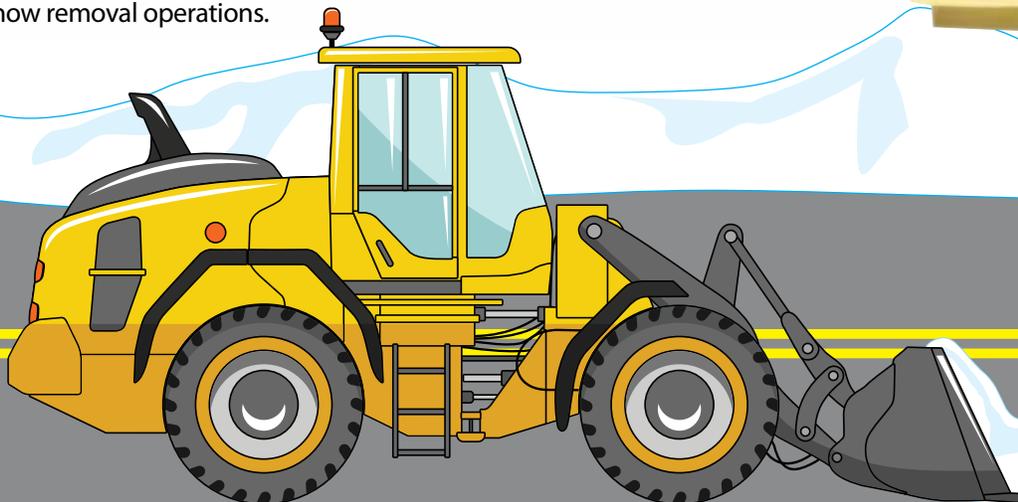
Municipal lots

If you don't have a private driveway, we suggest you use a public parking lot. The City of St. John's owns parking lots that are free to use from 9 p.m. to 7 a.m. each night.

- City Hall parking garage (excluding the rooftop), 8 New Gower Street
- Railway Coastal Museum, 495 Water Street
- Bannerman Park parking lot, off Bannerman Road next to the pool house
- Parking lot behind the basketball court at 89 Hayward Avenue
- Parking lot off Hutchings Street, underneath the overpass
- Gravel parking lot across from the H.G.R. Mews Community Centre, 40 Mundy Pond Road

Streets outside your permit area

If you choose to park in a different downtown area than what your parking permit indicates, that is okay for that night only. The RNC and the City's Parking Enforcement Officers are aware this will be happening on the nights that removals are being completed, and they will not be ticketing for parking outside your designated area during snow removal operations.



New this year!

Signs on streets

Watch for more temporary orange signs placed in the snow banks on streets scheduled for snow removal, as well as NEW larger snow removal signs with flashing lights placed at the ends of these streets.

**NO OVERNIGHT
PARKING**

**SNOW REMOVAL
OPERATIONS
IN EFFECT**

12:30 - 07:30 AM



In 2014...

We removed 68,206.06 m³ of snow from the downtown area...

That's 6,269 dump truck loads!

Winter Parking Restrictions

Streets with 'No Parking-Snow Route' signs

Dec. 1 to March 31

From December 1 to March 31 parking is prohibited 24 hours a day on streets designated as Snow Routes.

These streets can be located anywhere in the City, not just downtown.

These restrictions are necessary so that ice control and snow clearing equipment can safely service the streets.

Enforcement is continuous for 24 hours a day from Dec. 1 to March 31 regardless of snow or street conditions.

The fine for a No Parking-Snow Route violation is \$55.

Streets outside Downtown Beginning Jan. 4

The on-street parking ban is set to begin at **midnight, Wednesday, Jan. 4, 2017**. The ban is lifted when conditions are favourable; this often occurs in early April.

We will implement the ban before Jan. 4 if there are significant snowfalls that impede the flow of traffic. If this occurs we will promote it on our website, social media feeds and through local media channels.

Streets inside Downtown Dependent on Snow

For a complete list of downtown streets check our website at www.stjohns.ca, choose 'Snow Clearing' in the Quick Links tab.

On-street parking is permitted throughout the winter (unless prohibited by signage) except on streets which are scheduled for snow removal operations.

Know if your street is scheduled for overnight removal:

Receive an email after 3 p.m. each day, sign up at stjohns.ca/st-johns-e-updates

Visit map.stjohns.ca/snow

Call 576-SNOW (7669) or 311

Check for signs placed in snowbanks and at the ends of the streets where we'll be removing snow.

Vehicles must not be on the streets scheduled for snow removal between 12:30 and 7:30 a.m. on the date indicated.

Any vehicle impeding snow removal will be impounded at the owner's expense.

Vehicle Impound Fees and 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 8:30 a.m. to 5 p.m., Monday to Friday. By cash, credit or debit card
- By calling 311 or 754-CITY (2489) at anytime, by credit card only

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 will need to see proof of ownership. Please bring:

- 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.



Who's first?

Streets are salted and plowed in a priority order that is primarily based on traffic volumes. This ensures emergency vehicle access is maintained to the greatest number of residents at all times.

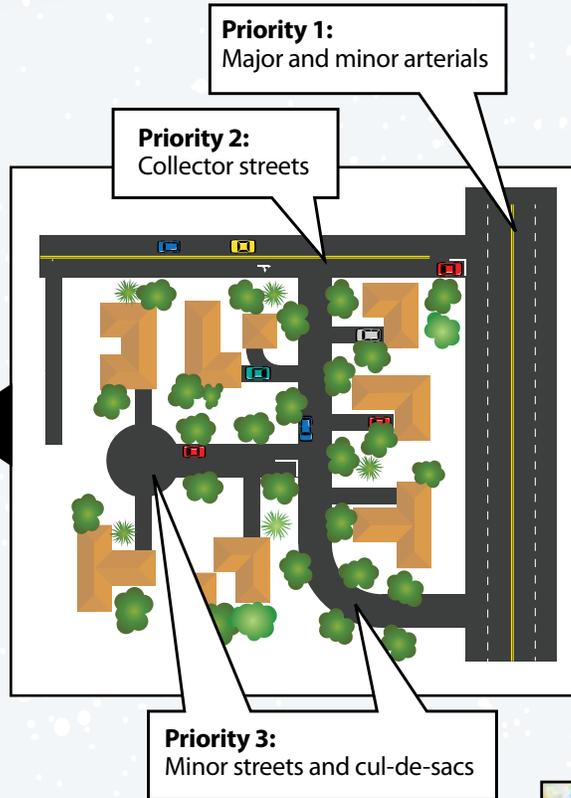
Priority 1 = major and minor arterials

Priority 2 = collector streets

Priority 3 = minor streets and cul-de-sacs

Priority 4 = private lanes maintained by the City

Find out the Priority of your street at stjohns.ca >Quick Links >Snow Clearing

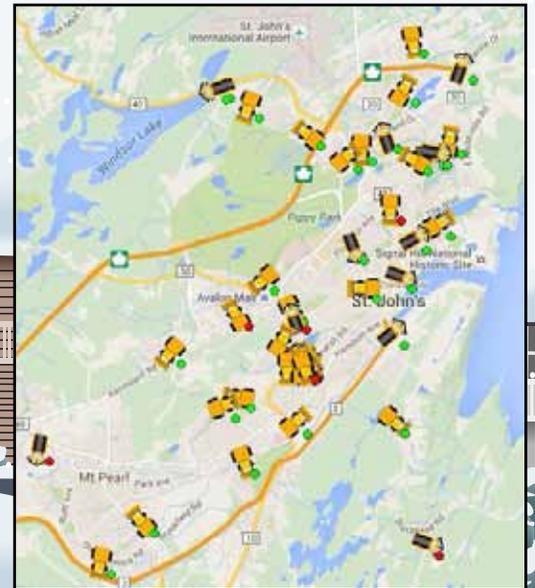


Where's My Plow?

Our heavy equipment is outfitted with Automatic Vehicle Location (AVL) technology that allows you to see where our plows – primarily primarily sanders, loaders, and graders – are 'in real time'.

map.stjohns.ca/avl

We've been using our AVL system, also known as Where's My Plow, for more than a decade and last year we made some improvements. Check it out during the next snow storm!



Snow Clearing 101

The City of St. John's Roads Division completes snow clearing in five stages:

1.

Salting

... spreading salt on all paved roads and designated sidewalks according to the weather conditions.

We use on the average of 30,000 tons of salt per season to maintain the roads. It takes about three hours for the entire city to have a salt application.

2.

Plowing

... moving snow to the sides of streets and sidewalks so it is possible for car and pedestrian traffic to resume quickly.

There are 60 vehicles for plowing streets and sidewalks (sidewalk plows, graders, truck plows and front-end loaders). Plowing begins as soon as there is 5-10 cm of snow on the ground and continues until all streets are plowed. This can last several hours after the snow stops falling, depending on the snow load. Streets are plowed in order of priority.

3.

Widening

... continuing with moving snow to the sides of streets so the driving area of road is wider.

Widening starts after the snow fall of a storm has ended and continues for 24 hours. For storms with snow fall greater than 25 cm, or extreme snow accumulations, this time period is extended until all roads have been sufficiently widened.

4.

Blow-back

... using a snow blower to move the snow from the street onto open areas such as your front lawn; often occurs during the widening process.

We start blow-back operations on multi-lane roads then continue widening based on established priorities.

5.

Snow removal

... completely removing snow from streets and sidewalks.

Crews of 25 or more heavy equipment operators completely remove snow from the street and sidewalks. Snow removal is usually completed downtown, however any part of the city may be identified for snow removal if there is a significant amount of accumulation in the area.

A new tool for downtown overnight snow removal

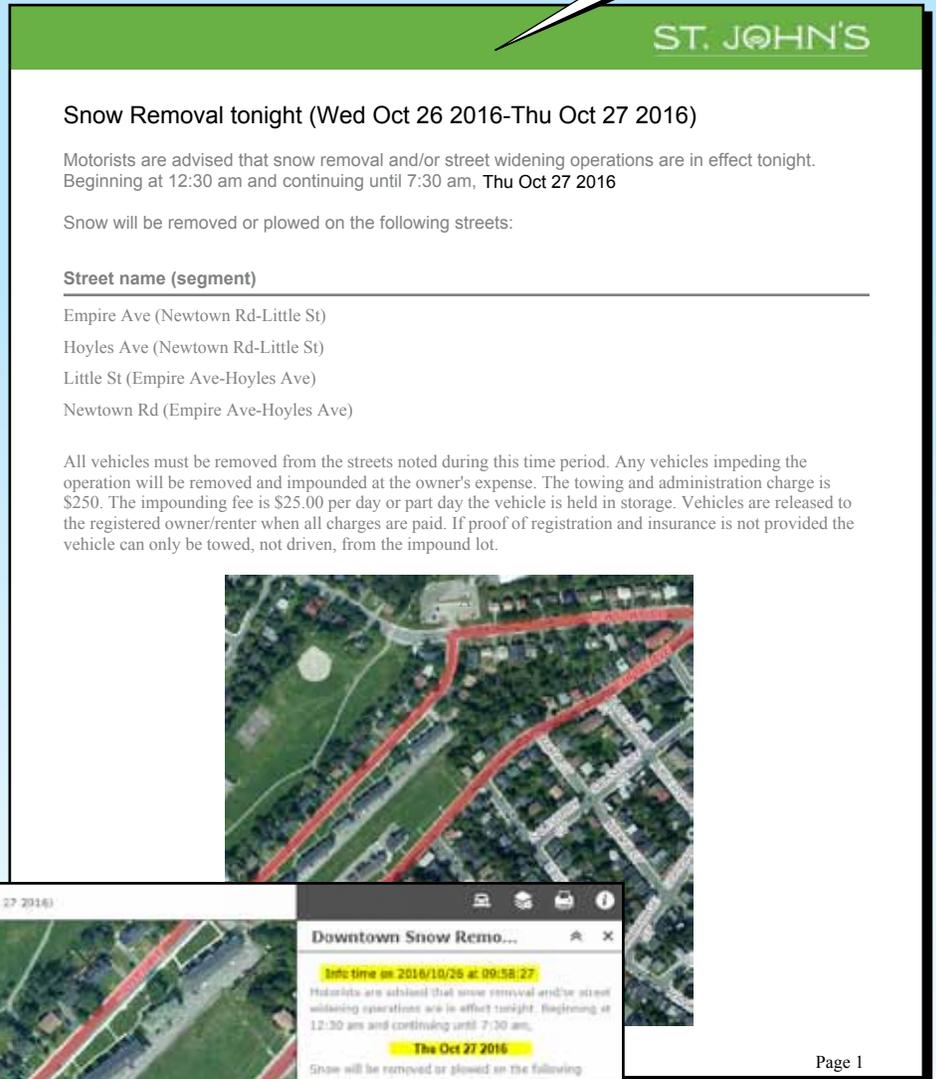
Map.StJohns.ca/snow

Sample email

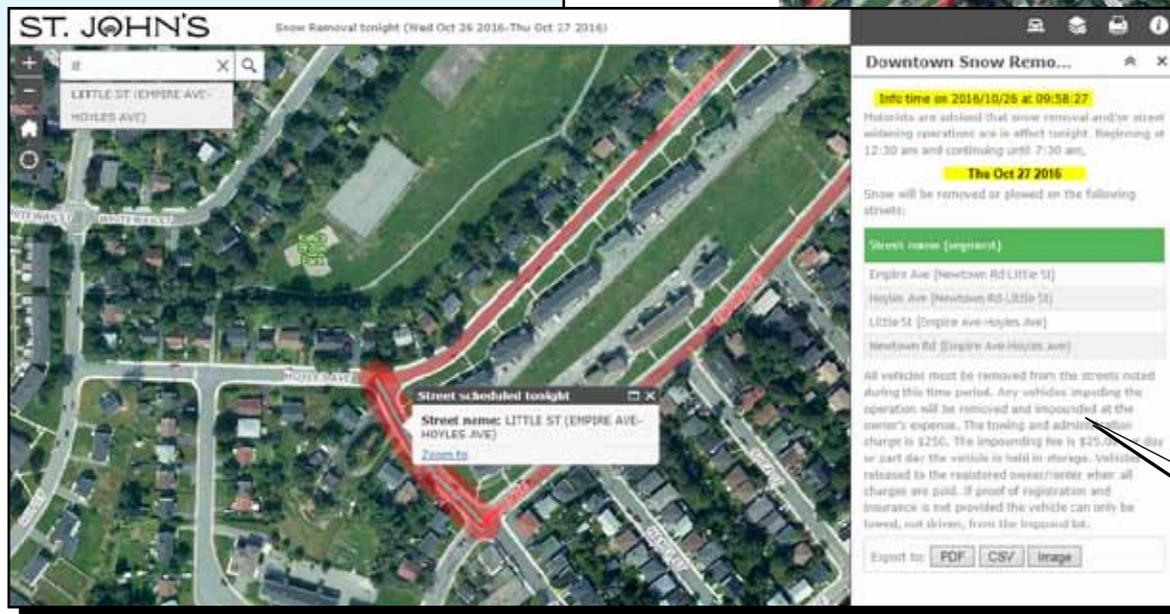
We've been scheduling the overnight removal of snow from downtown streets for many years. Streets are scheduled for snow removal operations the day before the overnight removal occurs. The streets cannot be scheduled in advance as we have to make sure there isn't weather forecasted that will hamper the operations. If you live in the downtown snow removal area it is your responsibility to check each day to learn if your street is scheduled for removal so you know if you have to move your vehicle.

We are doing a couple of new things this year to let downtown residents know which streets are scheduled for overnight snow removal. See page 21 to learn all the ways to find out the snow removal street listing.

One of the new tools created is a webpage at map.stjohns.ca/snow that highlights and lists the streets scheduled that night. The streets are highlighted on a map so you can easily see where removal is **not** occurring and can park your vehicle there – as long as you are obeying traffic signs, of course.



Page 1



Sample website image

Recreation Registration

City Residents

Thursday, Dec. 1 beginning at 7 a.m.

Residents of Other Municipalities

Thursday, Dec. 8 beginning at 7 a.m.

Registration Options



Online:

Visit www.stjohns.ca, under Quick Links choose 'RECconnect' to register or create a new account.



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. So for the Thursday, Dec. 1 registration, the **LAST** day to set up an account is Monday, Nov. 28.

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.

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!

Paul Reynolds Community Centre at Wedgewood Park

The Paul Reynolds Community Centre is soon ready to open – we anticipate an opening date in late January 2017.



Registration for programs, the drop-in swim and fitness schedules, and bookings for rentals and birthday parties, will be announced on the City website and social media as we get closer to finalizing the opening date.

Some of our programs listed in this City Guide for registration on Dec.1 will begin at the locations listed and then move to the Paul Reynolds Community Centre as it becomes available. For example, the yoga classes listed at Airport Heights will move at some point in the winter. If you are wondering if a program you are considering registering for will move, please email recreation@stjohns.ca to inquire.

Children's Programs

Unless noted, pre-registration is required for these courses. See page 25 for registration information.

See page 10-11 for free events on the go this winter, suitable for the entire family!

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



Active Playgroup – Drop In

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

Facility	Days	Time	Cost
Southlands Community Centre	Mondays & Saturdays Jan. 9 to June 17	10 to 11:30 a.m.	\$3
Kilbride Lion's Community Centre	Tuesdays & Thursdays Jan. 10 to June 20	9:30 to 11:30 a.m.	Free Offered by the Kilbride to Ferryland Family Resource Centre. Call 747-8532 for more information.

Active Preschool

A part-time preschool program for 4 year-olds who will be attending school in September 2017. This is a great opportunity to prepare your child socially, cognitively and physically before they attend Kindergarten.

NOTE: These programs will move to the Paul Reynolds Community Centre at Wedgewood Park once that facility opens.

Days & Dates	Time	Location	Cost
Monday, Wednesday and Friday Jan. 9 to May 12	9 a.m. to noon	Airport Heights Community Centre	\$552
Tuesday and Thursday Jan. 10 to May 11	9 a.m. to noon	Bannerman Park Pool House	\$384

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! Bring your lunch.

Saturday, Feb. 25
 9 a.m. to 4 p.m.
 \$50
 Bannerman Park Pool House

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.

Saturday, March 25
 9 a.m. to 4 p.m.
 \$50
 Bannerman Park Pool House



Youth Programs

Some of these programs are drop-in while other require pre-registration. See page 25 for registration information.

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



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	Jan. 9 to June 8	Mondays and Wednesdays 6 to 7:30 p.m.
Shea Heights Community Centre	You-th Say ages 12 to 16	Jan. 11 to June 14	Wednesdays 6:30 to 8 p.m.
	For Girls only ages 10 to 14	Jan. 12 to June 15	Thursdays 6:30 to 8 p.m.
St. John Bosco School	Sports only ages 10 to 14	Jan. 10 to June 13	Tuesdays 7 to 8:30 p.m.
Southlands Community Centre	ages 10 to 13	Jan. 10 to June 13	Tuesdays 6 to 8 p.m.
	ages 14 to 16	Jan. 12 to June 15	Thursdays 6:30 to 8:30

Youth Learn To...

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

Robotics	Learn how programs work and how to program your own robot. All necessary materials provided.	\$21, College of the North Atlantic, Ridge Road Campus	Wednesday, Feb. 15 5 to 8 p.m.
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.

Other fun stuff!

See p.43 for Aquatics Leadership (lifeguard & swim instructor) courses

See p.49 for Family & Friends Learn to Knit

See p.31 for Youth Learn to Cross-country Ski

Ball Hockey

Take part in a recreational ball hockey night, when teams will be assigned on a nightly basis. Registration is required. For ages 12 to 16: \$31.25

H.G.R. Mews Community Centre
 Feb. 5 to April 9
 Sundays, 6 to 7:15 p.m.

Beginner Guitar Lessons

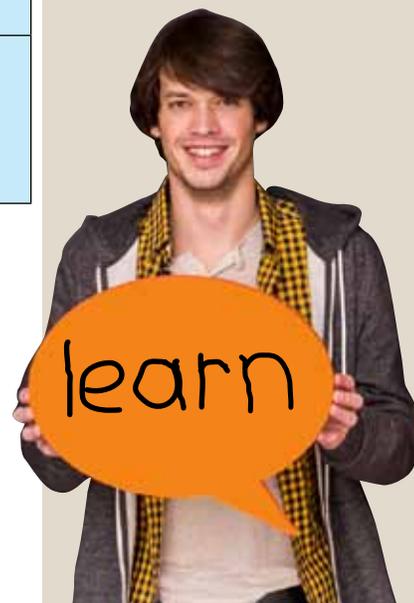
Learn the basics of guitar care and musical theory, while being introduced to chords and songs. This is a Duke of Edinburgh eligible course. For ages 12 to 16: \$56

H.G.R. Mews Community Centre
 Jan. 9 to April 10
 Mondays, 6 to 6:50 p.m.

Youth Inclusion Leader

Develop your advocacy for inclusion in recreation and leisure settings. Topics to be explored are empathy, mentorship, multiculturalism, ability, gender identity and mental health. For ages 15 to 18: \$60.

Waterford Valley High School
 Feb. 1 to April 5





INVITES YOU TO GIVE THE GIFT OF *ENTERTAINMENT*

The perfect gift for any occasion,
ACC gift certificates are now available
at the Box Office and online at
artsandculturecentre.com





rising tide theatre

REVUE 2016

Back for more laughs!

Prepare to be entertained! Join us for a rollicking night of satire with the province's top performers.



**JANUARY 18-21
& MARCH 6-9, 2017**

St. John's Arts and Culture Centre
Tickets on sale now!

artsandculturecentre.com

Box Office: 709-729-3900



Leadership and Training

A leader doesn't say go... they say let's go!

The City of St. John's offers volunteer leadership and team building opportunities for people of all ages and abilities to grow and develop themselves and their community.

Preteens, youth and adults programming focused on community stewardship are ongoing, if this interests you we would love to hear from you.

These courses are offered on demand, so let us know if you're interested. Nationally recognized training opportunities are available to individuals (age 15+) or groups and the cost varies by course:

- High Five Sport
- High Five Principles of Healthy Child Development
- Strengthening Children's Mental Health
- Emergency First Aid / CPR
- Fundamental Movement Skills



For more information contact us:

volunteer@stjohns.ca
576-8628

Show us your talent

Do you dance? Sing?
Play in a band? Act?

Whatever your talent here's your chance to show it off in a supportive and non-judgmental environment.

Our annual youth talent show is for ages 10 to 14.

For information
recreation@stjohns.ca
576-8630
drop in to the Mews Centre.

Sunday, March 19
from 2 to 5 p.m.
LSPU Hall, 3 Victoria Street

Application Deadline:
March 3



Anyone can attend for free – support these stars of tomorrow!

Never miss your garbage and recycling day again!

Get the new waste app by searching 'St. John's Waste and Recycling' in iTunes or Google play. Don't have a smartphone? Visit www.curbitstjohns.ca or call Access St. John's at 311 or 754-CITY (2489) to sign up for reminders of your garbage/recycling day. You choose one of four easy and convenient ways to receive reminders:

- automated phone call
- text message
- direct twitter message
- email

You'll also receive reminders about seasonal campaigns such as metal and bulk garbage pickups, leaf collection, grasscycling, backyard composting and garbage covering.



Outdoor Programs

C.A. Pippy Park Winter Activity Centre North Bank Lodge

In winter the Pippy Park campground is transformed into an area suitable for snowshoeing and cross country skiing, both classic and skate skiing, at no cost! Trails are lit for evening use. Equipment for all ages is available for rent at the C.A. Pippy Park Winter Activity Centre.

Cross country ski sledge and snow coach are available, free of charge, for those with physical disabilities.

Ski and Snowshoe Rental Hours

Friday, Jan. 6 to Sunday, April 9, 2017 (weather dependent)
Call the Info Line 737-3651 to make sure we're open!

Day	Time
Tuesday	5:30 to 9 p.m.
Thursday	5:30 to 9 p.m.
Friday	6 to 10 p.m.
Saturday	10 a.m. to 10 p.m.
Sunday	10 a.m. to 5 p.m.

Equipment rental cost:

- Single, \$5
- Family of three, \$10
- Family of four (or more), \$15

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

Courses for registration

The courses below require registration; see page 25. For more information call **576-8522, 576-8500** or email outdoor@stjohns.ca.

Introduction to Snowshoe Making

Interested in snowshoeing? Why not make your own pair! Snowshoes will be a modified bearpaw design. All necessary equipment will be provided. For 18+ years; \$57

Sunday, Jan. 15, 10 a.m. to 4 p.m.
Rotary 'Sunshine' Park Chalet

Snowshoe Adventures

Join us for a starlight snowshoe hike and mugup. All adventures will be weather dependent. Come dressed for the elements. All necessary equipment will be provided. For 18+ years; \$11. Fridays, 7 to 9 p.m.

Course 1: Jan. 27, Three Pond Barrens, in Pippy Park

Course 2: Feb. 24, Southbrook Trail, Bowring Park

Youth Learn to... Classic Cross-country Ski

If you've never skied before or have been a frustrated skier, this course will help get you started on the right track. All equipment is provided. For ages 12 to 16; \$14.

Tuesday, Feb. 7, 6 to 8 p.m.
North Bank Lodge, Pippy Park

Adult Learn to... Snowshoe

Join us for a snowshoe hike and mugup. Come dressed for the elements. All necessary equipment will be provided or bring your own gear. For ages 18+; \$11.

Friday, Feb. 3, 10 a.m. to noon
North Bank Lodge, Pippy Park



Rent a Facility

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

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

Facility	Details
H.G.R. Mews Community Centre 40 Mundy Pond Road 576-8499	Gym Multi-Purpose room Swimming pool
Southlands Community Centre 40 Teakwood Drive 364-5252	Multi-Purpose room Kitchen Meeting room
Shea Heights Community Centre 130 Linegar Avenue 576-1023	Multi-Purpose room Kitchen
Kilbride Lions Community Centre 34 Fahey Street 368-0250	Multi-Purpose room Kitchen
St. John's Cabot Theatre Bowring Park recreation@stjohns.ca	Outdoor theatre accommodates 750
Rotary 'Sunshine' Park Chalet Thorburn Road recreation@stjohns.ca	24 bunk beds Kitchen with dishwasher Outdoor barbeque

Birthday Parties

We offer both gym and swimming birthday parties on the weekends at the H.G. R. Mews Community Centre.

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

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. Programs offered in the winter:

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

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



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Inclusive Services

Need a little extra support to attend a program? Interested in recreation but don't know where to start? To learn more, contact our Inclusive Services Team for a consultation.

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

Pursuing Active Lifestyles

For individuals with mild to moderate developmental disabilities to participate in recreation and leisure activities in a friendly, relaxed atmosphere with caring leaders. To learn more, contact Inclusive Services staff.

Tuesdays, from January 24 to May 30
H.G.R. Mews Community Centre
\$114

Youth, ages 15 to 21, 6:45 to 8 p.m.
Adults, ages 22+, 8 to 9:15 p.m.

New Course

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+.

Mondays, 6:30 to 8 p.m.
January 30 to April 17
Crosbie Building, 1 Crosbie Place
\$50



Adaptive Equipment Loan Program

We have equipment that can assist persons with disabilities participate in recreation and leisure activities. Contact our Inclusive Services staff to inquire about borrowing our equipment. Borrow a hippocampe, all-terrain wheelchair, snow coach or a sit ski for winter fun.

Contact us:

For more information about any of these programs or services:

- 576-4450
- inclusion@stjohns.ca

Deadline to request Easter Camp inclusion support is Friday, Feb. 17.

See p. 38 for Red Cross Adaptive Swim Courses.

Fit Finders

Offered year round 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. Contact us for more detail on program costs and availability.

Attendant Pass

Persons with disabilities who require the support of an attendant to accompany them to events may apply for an attendant pass. For more information contact us at 576-4450 or inclusion@stjohns.ca.

Program Subsidy

Available for persons facing financial barriers to participate in City of St. John's, Recreation Division programs. Subsidies for children and youth are referred to the R.E.A.L. Program (see opposite page).

The R.E.A.L. Program

Your donations help all children be included

Participation in activities such as sports, music, art and dance are essential for healthy child development. The Recreation Experiences and Leisure (R.E.A.L) Program provides these types of opportunities to children and youth living in St. John's, up to the age of 19, in financial need.

We are fully dependent on community support. You can support R.E.A.L. by donating space, money or equipment. We've received monetary donations collected in lieu of gifts for a birthday, wedding or anniversary, and some families choose to donate annually the equivalent of one of their child's activities.

100 per cent of all donations go directly toward supporting children and youth in recreation, leisure and art programs. In 2015 R.E.A.L. was able to provide 2370 placements because of individual and corporate donations.

If you, your family or business are interested in making a donation to the R.E.A.L. Program, or for more information on how to apply and deadline information, please contact us at **576-2574** or real@stjohns.ca.

Give the Gift of Play

What your donation means

\$25 = transportation to & from a program for a season

\$50 = a pair of skates, used by 3-4 participants over 3 years

\$75 = dance lessons for a season

\$150 = 10 weeks of music lessons

REAL Benefits

Participants and their families have told us, through R.E.A.L. they've:

- increased self-esteem
- made new friends
- stayed out of trouble
- bonded with positive role models
- live a healthy, active lifestyle.

R.E.A.L. participants have competed at provincial, national and international levels, won prestigious national awards and found employment in their chosen areas.



Platinum Supporters



Gold Supporters



Silver Supporters



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
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

Rent a pool

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

H.G.R. Mews Community Centre

Drop-in Swims, Jan. 8 to April 1, 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, Jan. 3 to April 13, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
	Deep Water Fitness 9 to 9:50 a.m.	Shallow Water Fitness 9 to 9:50 a.m.	Shallow Water Fitness 10 to 10:50 a.m.	Shallow Water Fitness 9 to 9:50 a.m.	Shallow Water Fitness 9 to 9:50 a.m.
	Shallow Water Fitness 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 Fitness 10 to 10:50 a.m.
	Adults in Motion 11 to 11:50 a.m.	Older Adult Shallow Water Fitness 2 to 2:50 p.m.		Older Adult Shallow Water Fitness 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 Fitness 8 to 8:50 p.m.	Shallow Water Fitness 8 to 8:50 p.m.		Shallow Water Fitness 7 to 7:50 p.m.	Shallow Water Fitness 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 January 3 to April 13, 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 January 4 to April 1, 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



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

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 January 8 and end the week of March 26.

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

Swim Preschool / Kids / Teens

1 lesson per week, 45 minute class
 \$72 for 12 lessons; \$66 for 11 lessons

Adult Lessons

Suitable for basics to stroke development levels
 1 lesson/practice per week, 50 minute session
 \$84 for 12 lessons; \$77 for 11 lessons

Masters Swim Club

For improving endurance and technical skills.
 1 lesson/practice per week, 50 minute session
 \$84 for 12 lessons; \$77 for 11 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
 \$144 for 12 lessons; \$132 for 11 lessons

*An Inclusive Services application is required to participate in this program. Contact Inclusive Services staff at **576-4450** or inclusion@stjohns.ca.

Private swimming lessons

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

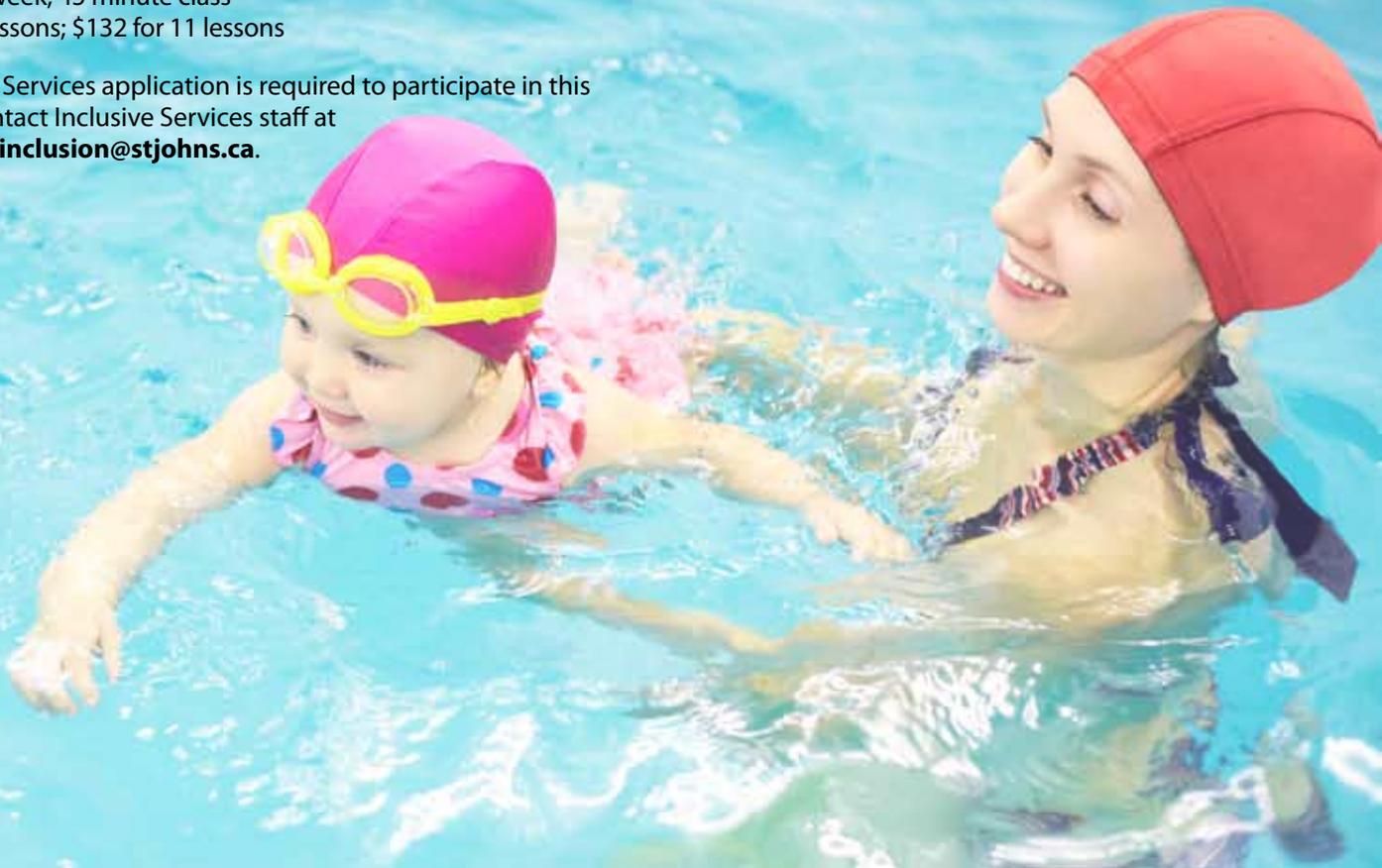
This winter we're offering three sets of lessons:

Set 1: January 8 to February 4

Set 2: February 5 to March 4

Set 3: March 5 to April 1

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



Adult Fitness

These classes are for 16+ and registration is required (registration information on page 25) 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	Sundays, Jan. 8 to March 17	7 to 8 p.m.	\$80	Kilbride Lions Community Centre
	Set 1: Mondays, Jan. 9 to Feb. 20 Set 2: Mondays, Feb. 27 to April 10	6:45 to 8 p.m.	\$70	Airport Heights Community Centre*
	Set 1: Thursdays, Jan. 12 to Feb. 23 Set 2: Thursdays, March 2 to April 13	10:45 a.m. to noon	\$70	Airport Heights Community Centre*
Intermediate Yoga	Set 1: Mondays, Jan. 9 to Feb. 20 Set 2: Mondays, Feb. 27 to April 10	8:15 to 9:30 p.m.	\$70	Airport Heights Community Centre*
	Set 1: Wednesdays, Jan. 11 to Feb. 22 Set 2: Wednesdays, Mar. 1 to April 12	6:45 to 8 p.m.	\$70	Airport Heights Community Centre*
	Set 1: Thursdays, Jan. 12 to Feb. 23 Set 2: Thursdays, March 2 to April 13	9:15 to 10:30 a.m.	\$70	Airport Heights Community Centre*
Power Yoga	Set 1: Wednesdays, Jan. 11 to Feb. 22 Set 2: Wednesdays, March 1 to April 12	8:15 to 9:30 p.m.	\$70	Airport Heights Community Centre*
Mixed Yoga	Set 1: Tuesdays, Jan. 10 to Feb. 21 Set 2: Tuesdays, Feb. 28 to April 11	9:30 to 10:45 a.m.	\$70	Airport Heights Community Centre*
	Set 1: Tuesdays, Jan. 10 to Feb. 21 Set 2: Tuesdays, Feb. 28 to April 11	6:45 to 8 p.m.	\$70	Airport Heights Community Centre*
Yin Yoga	Set 1: Tuesdays, Jan. 10 to Feb. 21 Set 2: Tuesdays, Feb. 28 to April 11	8:15 to 9:30 p.m.	\$70	Airport Heights Community Centre*
Relaxation Yoga	Wednesdays, Feb. 12 to April 12	9:30 to 10:45 a.m.	\$110	H.G.R. Mews Community Centre
Beginner Pilates	Tuesday, Jan. 10 to March 14	5:45 to 6:35 p.m.	\$80	H.G.R. Mews Community Centre
Intermediate Pilates	Thursdays, Jan. 12 to March 16	5:45 to 6:35 p.m.	\$80	H.G.R. Mews Community Centre

*Courses at the Airport Heights Community Centre may move to the Paul Reynolds Community Centre at Wedgewood Park when the facility becomes available.

Racquetball

A court is available for booking daily, for 40 minute sessions, at the H.G.R. Mews Community Centre and can be reserved up to two days in advance.

Reserve a court by calling 576-8499.

We sell balls for \$3, and rent racquets for \$3 each with a deposit of \$20 or photo I.D.

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



Be kind to the environment.

Recycle this guide when you have finished using it.

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.



Steak Dinner



Toutons, Fish Cakes and Hash Browns



Macaroni and Cheese



Pork Chop Dinner



Soup and Sandwich



Grilled Chicken Breast with mushroom sauce

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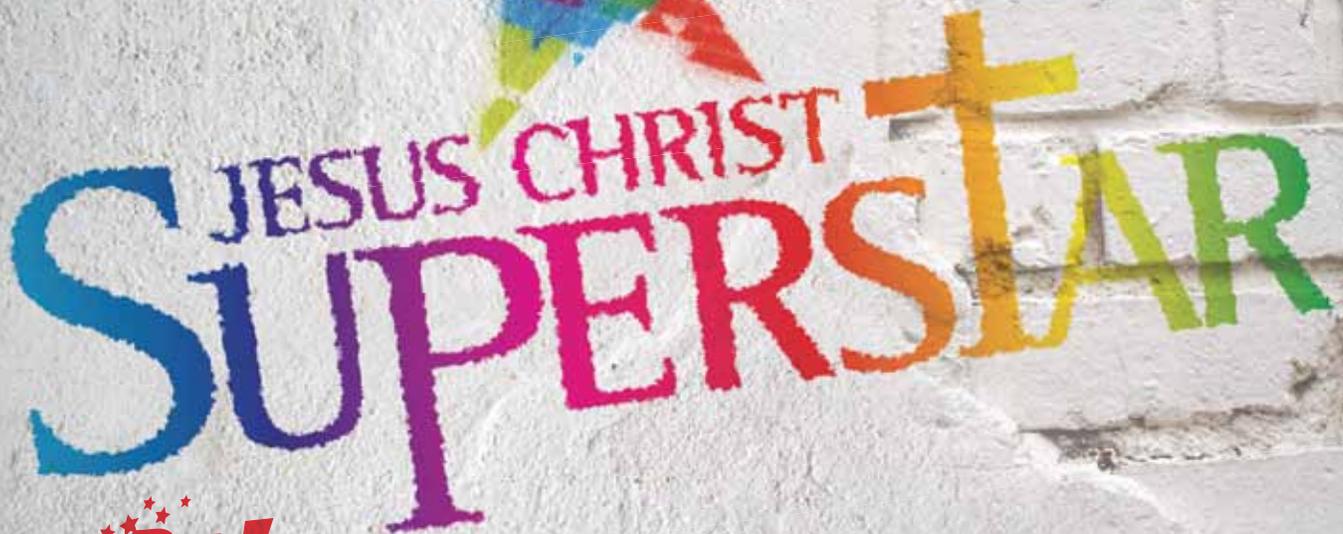
Ches Penney Family YMCA
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709-726-YMCA (9622)

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Aquatics Leadership

All aquatics courses take place at the H.G.R. Mews Community Centre.

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

Junior Aquatic Club

This is a new initiative to help young swimmers bridge the gap between our Canadian Red Cross Swimming lessons and Lifeguard certification.

This program 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.

H.G.R. Mews Community Centre
 \$50

Age 10 to 13: 5 to 7 p.m.,
 Tuesdays, Jan. 10 to March 28

Age 14 to 16: 5 to 7 p.m.,
 Thursdays, Jan. 12 to March 30



Red Cross Assistant Lifeguard

Ages 12+, must be a strong swimmer.
 Sundays, 9 a.m. to 5 p.m.
 Set 1: Jan. 8 to Feb. 12
 Set 2: Feb. 19 to March 26
 \$87.50

Red Cross Lifeguard

Ages 15+, must have
 Assistant Lifeguard certification.
 Includes Standard First Aid and CPR Level C.
 Sundays, Jan. 8 to Feb. 26
 9 a.m. to 5 p.m.
 \$140

Red Cross Lifeguard – Transfer/Recertification

With optional Standard First Aid.
 Pre-requisite: National Lifeguard (current or not).
 Sundays, March 5 to 19
 \$62.50 with Standard First Aid
 \$50 without Standard First Aid

Red Cross Water Safety Instructor

Ages 15+, must be a strong swimmer
 Sundays, Jan. 8 to Feb. 26
 9 a.m. to 5 p.m.
 \$212.50

Red Cross Water Safety Instructor Recertification

Sunday, March 26
 9 a.m. to 5 p.m.
 \$50

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

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



www.stjohns.ca/access-311

ST. JOHN'S

Looking for a great job? Train to be a lifeguard!

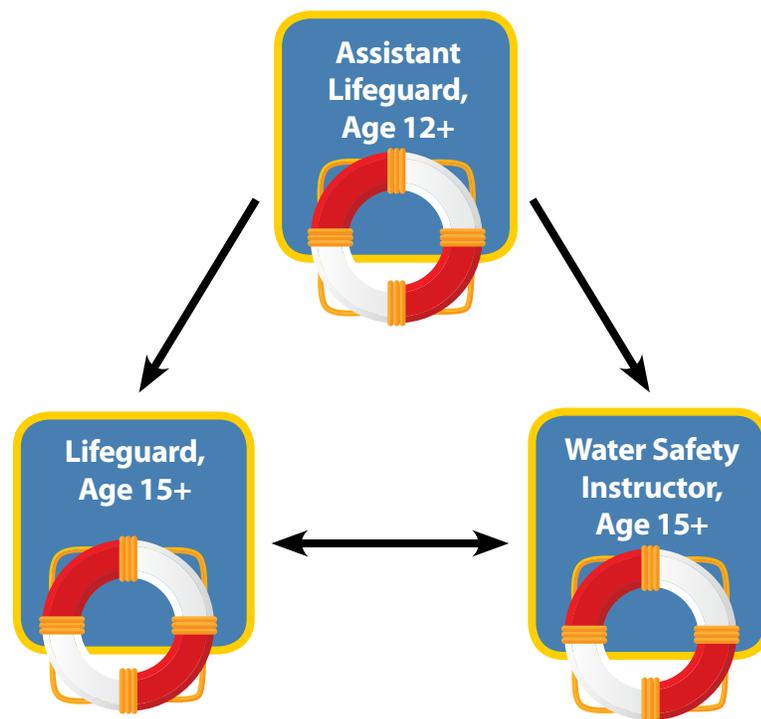
We're currently training and hiring lifeguards and swim instructors. Courses start January 8 and are **half price** until June 2017. You must be a proficient swimmer to enroll. For more information email recreation@stjohns.ca.



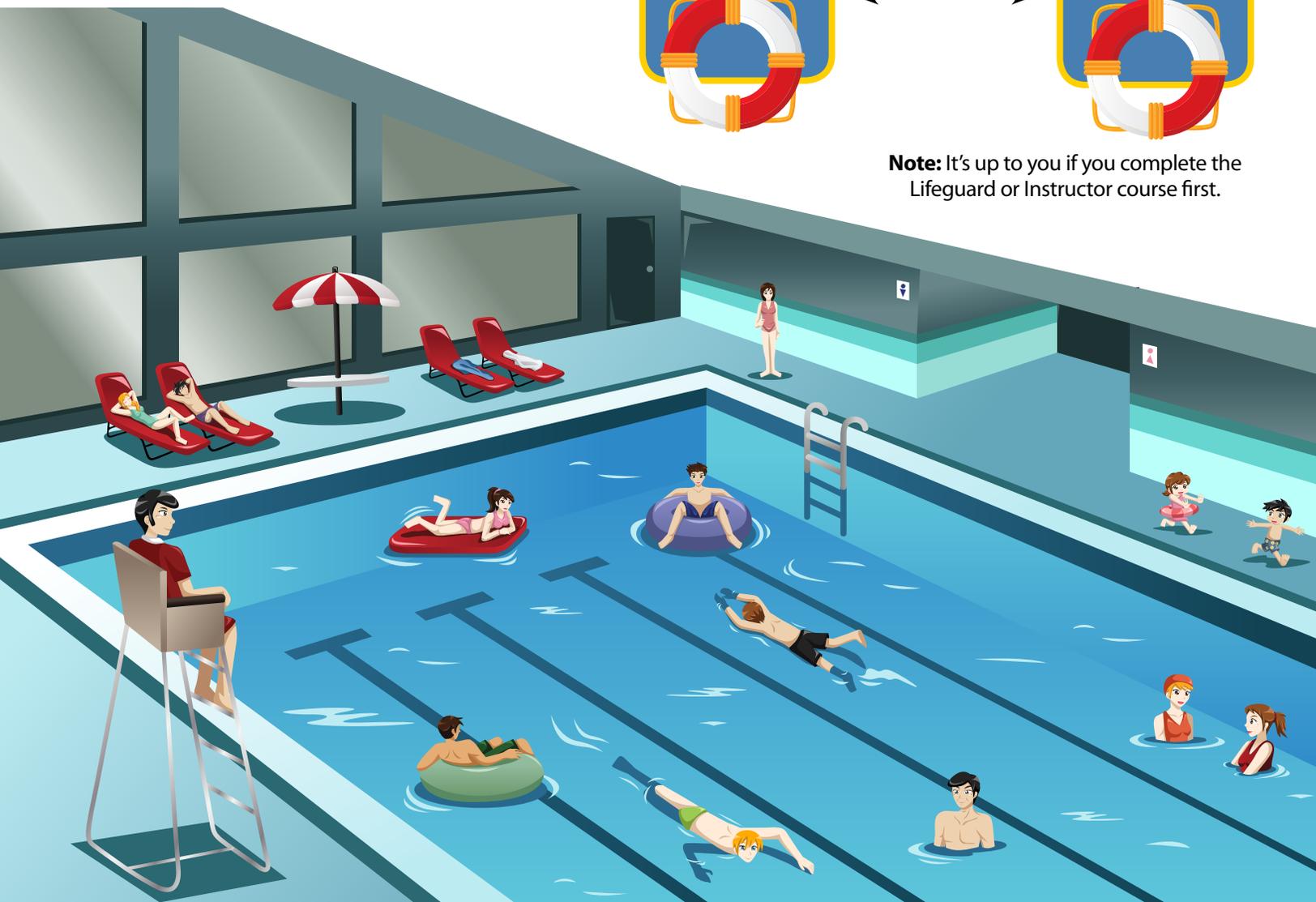
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- Aquatic rescue training
- Self confidence
- Leadership skills
- Team building
- Physical fitness



Note: It's up to you if you complete the Lifeguard or Instructor course first.



Christmas Tree drop-off

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 Friday, Dec. 30 to Sunday, Jan. 15

24 hours a day

Residential Drop-Off,
340 East White Hills Road

Tuesday, Dec. 27 to Saturday, Jan. 14

Tuesdays to Saturdays,
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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 and are for ages 18+. \$72. Unless otherwise noted courses require pre-registration; see page 25.

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

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 Jan. 10 to March 14	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 Jan. 11 to March 15	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 Jan. 9 to March 13	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 Jan. 11 to March 29	2 to 4 p.m.	Must have previous bridge experience as there is no instructor present.



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Monday—Friday
- **THURSDAY SKATING**
- **SUNDAY SKATING**

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www.mileonecentre.com

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family@fewers.ca

VISIT US AT OUR NEW LOCATION

7399502

Dance

Meet new people and have a fun filled workout. All classes take place at the H.G.R. Mews Community Centre, are for ages 18+ and cost \$48. Unless otherwise noted courses require pre-registration; see page 25.

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



Course	Description	Days / Dates	Times	Requirements
Ballroom Dance 1	Learn the Foxtrot, Jive and Waltz. Intended for beginners.	Sundays Jan. 15 to April 2	7:45 to 8:45 p.m.	Registration with a partner is required.
Ballroom Dance 2	Learn steps set to 16 bars of music such as the Kathryn Waltzes, Melodie Foxtrot and Square Tango. Previous dance experience is an asset.	Sundays Jan. 15 to April 2	9 to 10 p.m.	Registration with a partner is required.
Introduction to Sequence Dance	Put basic steps together in set dance patterns for the Waltz, Foxtrot, Rumba, Tango, and more.	Thursdays Jan. 12 to March 30	7 to 8 p.m.	Registration with a partner is required.
Newfoundland Traditional Dance	Learn the Lancer, various square dances, longways, reel and cotillion. For beginners or dancers with some experience.	Wednesdays Jan. 11 to March 29	7:30 to 9 p.m.	\$6 per drop in class
Irish Social Dancing	Learn The Siege of Ennis, The Walls of Limerick and other traditional dances.	Wednesdays Jan. 11 to March 29	5:45 to 7:15 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 Jan. 10 to March 28	11 to 11:50 a.m.	
Intermediate Line Dance Level 1	A continuation from the beginner classes.	Thursdays Jan. 12 to March 30	12:15 to 1:15 pm.	Beginner Line Dance, or equivalent, is an asset.
Intermediate Line Dance Level 2	Learn more step routines to keep your line dance lively.	Thursdays Jan. 12 to March 30	11 a.m. to noon	Intermediate Line Dance 1, or equivalent, is an asset.
		Fridays Jan. 13 to March 31	1 to 2 p.m.	
Advanced Line Dancing	Take your line dancing to the next level by learning advanced steps.	Fridays Jan. 13 to March 31	2:15 to 3:15 p.m.	Intermediate Line Dance 2, or equivalent, is an asset.

Adult Learn To... Craft

Take part in a craft session, learn new skills 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 Snowy Scene	Monday	Jan. 23	1 to 3 p.m.	H.G.R. Mews Community Centre
	Friday	Jan. 27	12:30 to 2:30 p.m.	Southlands Community Centre
Make an Ugly Stick	Monday	March 6	1:30 to 3:30 p.m.	H.G.R. Mews Community Centre
	Friday	March 10	12:30 to 2:30 p.m.	Southlands Community Centre

Music

Learn how to play or improve your technique & learn new songs. For ages 18+. See page 25 for registration information.

Course	Description	Days / Dates	Time	Location	Cost	Requirements
Beginner Guitar	Learn elementary chords and the basics of tuning, strumming and finger picking.	Mondays, Jan. 9 to April 3	7:30 to 9 p.m.	H.G.R. Mews Community Centre	\$64	No experience necessary. Must bring an acoustic guitar.
		Thursdays Jan. 12 to March 30	9:15 to 10:45 a.m.			
Intermediate Guitar	Learn chords with greater complexity, and additional styles and techniques.	Thursdays Jan. 12 to March 30	11 a.m. to 12:30 p.m.	H.G.R. Mews Community Centre	\$64	Must have completed Beginner Guitar, or comparable. Must bring an acoustic guitar.
Advanced Guitar	Learn more intricate song arrangements for a variety of styles.	Thursdays Jan. 12 to March 30	1:30 to 3 p.m.	H.G.R. Mews Community Centre	\$64	Must have completed Intermediate Guitar, or comparable. Must bring an acoustic guitar.
Keyboarding Level 1	Learn the basics of keyboarding.	Tuesdays Jan. 10 to March 28	9:30-10:45 a.m.	H.G.R. Mews Community Centre	\$60	For those with little to no experience. Keyboards are provided.
Keyboarding Level 2	Become more familiar with playing songs at the next level.	Tuesdays Jan. 10 to March 28	11 a.m. to 12:15 p.m.	H.G.R. Mews Community Centre	\$60	Some keyboard experience necessary. Keyboards are provided.
Keyboarding Level 3	Learn to play more detailed arrangements.	Tuesdays Jan. 10 to March 28	12:30 to 1:45 p.m.	H.G.R. Mews Community Centre	\$60	Must be able to read music and play with both hands. Keyboards are provided.
Beginner Accordion	Learn the basics or accordion playing.	Tuesdays, Jan. 10 to Feb. 28	10 to 11:30 a.m.	Charles E. Warr Pavilion (off Adams Ave.)	\$43	No experience necessary. Must bring a button accordion.
		Wednesdays Jan. 11 to March 1				
Intermediate Accordion	Learn to play button accordion in the keys of G and C.	Thursdays Jan. 12 to March 2	10 to 11:30 a.m.	Charles E. Warr Pavilion (off Adams Ave.)	\$43	Have completed beginner accordion.

Painting

All skill levels are welcome even if you have never picked up a paint brush. For ages 18+. See page 25 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: Jan. 13 and 20, subject: Monochromatic
 Course 2: Jan. 27 and Feb. 3, subject: Landscape
 Course 3: Feb. 17 and 24, subject: Florals
 Course 4: March 3 and 10, subject: Painting Glass

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: Jan. 12 to 26, subject: Still Life
 Course 2: Feb. 9 to 23, subject: Easy Landscape
 Course 3: March 2 to 17, subject: Peony Bloom

Watercolour

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

Course 1: Jan. 23 to Feb. 13
 Course 2: Feb. 27 to March 20

Adult Programs

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, and costs \$30.

For more detail

www.stjohns.ca

>Living in St. John's

>Recreation and Parks

>Seniors Programs



Intermediate Digital Photography

January 31 to February 17

Tuesdays and Fridays, 10 a.m. to noon

Southlands Community Centre, 40 Teakwood Drive

A continuation of Beginner's Digital Photography, this course is designed to help you capture quality photographs.

Whether you take photos with a compact digital camera or a larger DSLR, this course will help you move out of the auto mode and into more advanced modes. Subjects to be covered include preset modes, exposure, white balance, ISO, P mode, and composition along with other options on your camera. Beginner Photography or equivalent is an asset.

Instructor: Melanie Courage

Backyard and Beyond: An Introduction to Bird Watching

February 28 to March 16

Tuesdays and Thursdays, 10 a.m. to noon

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

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

Instructor: Jared Clarke



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

Download our app 311 St. John's

Call 311 or 754-CITY

Submit online at stjohns.ca/access-311

Visit Access St. John's at City Hall



www.stjohns.ca/access-311

ST. JOHN'S

Events and Outings

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 25 for registration information. Meal, refreshments and transportation is included in the registration fee.

Glitz and Glamour

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

Snowshoe

Friday, Feb. 3
1:30 to 3:30 p.m., \$16 (\$11 if using GoBus)
North Bank Lodge, Pippy Park

Valentines Day Party

Thursday, February 9
6:30 to 10:30 p.m., \$19 (\$14 if using GoBus)
City Hall, Foran/Greene Room

Pancake Day Brunch

Tuesday, February 28
11:30 a.m. to 3:30 p.m., \$15 (\$10 if using GoBus)
Southlands Community Centre

St. Patricks Day Party

Wednesday, March 15
6:30 to 10:30 p.m., \$19 (\$14 if using GoBus)
City Hall, Foran/Greene Room

For more information about programs for ages 50+:

576-8490 or **576-8411**

recreation@stjohns.ca

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
Kean Place Apartments
St. Clare Manor
St. George's Court Apartments
Kelly's Brook Apartments
Kenny's Park Apartments
The Bristol
Maplewood Apartments
Thomas Estates
Morgan Hollow
Mt. Pleasant Manor
Victoria Manor
Wigmore Manor

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



Family & Friends Learn to Knit

Learn to knit while spending quality time with family members or friends. For ages 10+; 10 to 13 year-olds must be accompanied by an adult. A list of supplies will be provided; sessions take place at Quidi Vidi Village Plantation. \$42 per person.

Sundays, 2 to 4 p.m., Jan. 15 to Feb. 19

Winter Pruning

By Kelly Gaulton
Arborist, City of St. John's

The dormant winter season is a great time to inspect most non-flowering deciduous trees for potential hazards and to prune them accordingly.

From mid-November to mid-March, you can shape and thin your deciduous trees in preparation for the spring season ahead, however you want to avoid pruning flowering deciduous trees in the winter as you run the risk of removing the flower buds.

The City of St. John's conducts roadside pruning operations from December to March.

We do this to remove low hanging branches that interfere with pedestrian and vehicle traffic.

To ensure unobstructed and safe passage, branches are pruned to a height of approximately 2.5 metres over the sidewalk and 4.2 metres over the road. Broken, dead or decayed material is corrected or removed, as required.



Winter pruning tips

Have a basic understanding of tree biology, sharp tools, and an artful eye. A well pruned tree looks like you didn't do anything at all.

Remove dead, diseased and damaged limbs. Closely inspect the tree for anything that could pose a safety hazard and/or cause damage to property.

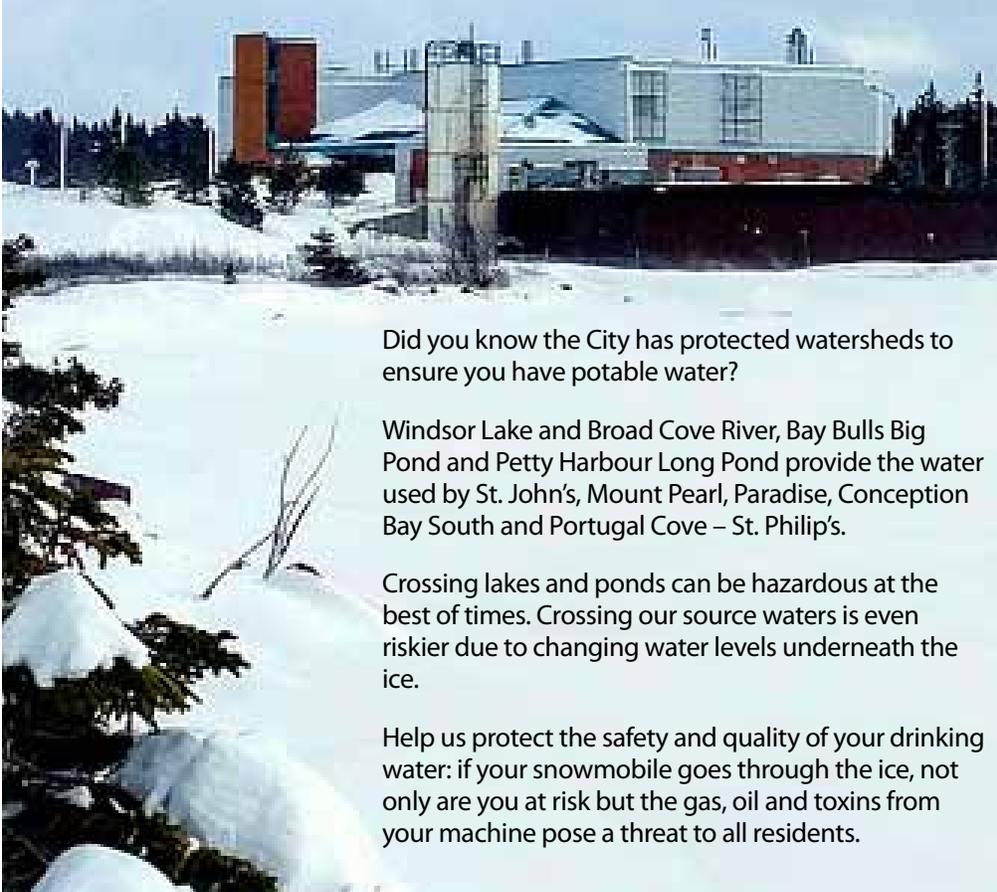
Safety first: tree pruning can be dangerous. It's best to seek help from **a certified arborist** if you need to:

- prune branches you can't reach from the ground
- prune large trees or heavy and/or dangling branches or branches you can't reach from the ground
- use a chainsaw
- prune any tree near power lines

Branches that are in close proximity to or touching utility lines need to be reported it to Newfoundland Power by calling 1-800-663-2802. **DO NOT** prune the tree yourself.

For more information on tree care and how to find an ISA Certified Arborist in your area, visit **www.treesaregood.org**.

Keep Safe, Steer Clear!



Did you know the City has protected watersheds to ensure you have potable water?

Windsor Lake and Broad Cove River, Bay Bulls Big Pond and Petty Harbour Long Pond provide the water used by St. John's, Mount Pearl, Paradise, Conception Bay South and Portugal Cove – St. Philip's.

Crossing lakes and ponds can be hazardous at the best of times. Crossing our source waters is even riskier due to changing water levels underneath the ice.

Help us protect the safety and quality of your drinking water: if your snowmobile goes through the ice, not only are you at risk but the gas, oil and toxins from your machine pose a threat to all residents.



**Only the 3Ps
should be flushed –
Pee, Poo and
toilet Paper!**



A number of items that are flushed every day by residents cause problems in every step of our wastewater system, from the pipes in your house to the Riverhead Wastewater Treatment Facility.

Do Not Flush

- Feminine hygiene products
- Flushable wipes (all kinds)
- Dental floss
- Facial tissues
- Napkins and paper towels
- Food, fat, oil and grease
- Unused medications
- Cotton balls, swabs and bandages
- Condoms
- Cigarette butts

“Ensure every pet has a safe return home with the help of a 24PetWatch microchip.”

By Cindy R. McGrath
 Manager, Animal Care & Adoption Centre

Losing a pet can be a stressful situation. The staff at the City’s Animal Care & Adoption Centre, 81 Higgins Line, holds microchip clinics on the last Wednesday of every month.

For a fee of \$35 the City Veterinarian implants a microchip into your pet that will provide national registration with 24PetWatch Lost Pet Recovery Service. To qualify for the program all dogs must be registered with the City of St. John’s.

A microchip is permanently implanted in the pet and stored with a unique identification number linking the pet to the owner’s contact information, increasing the likelihood of a quick and safe return.

If you are a City resident with a pet cat or dog and would like them to be microchipped at one of our clinics, you can book an appointment online through RECconnect. If you’ve never used RECconnect, first choose Create an Account in the top right corner. Once your account is created, under Activities choose Pets and you will see the available appointments.



To book a microchip appointment visit www.stjohns.ca
 >Quick Links
 >RECconnect
 >Activities
 >Pets



What is a microchip?

A microchip is the most effective form of permanent identification for pets. Microchips are approximately the size of a grain of rice and are safe to use for pet identification purposes. Pet microchipping, where a microchip is implanted in the neck, is a common and safe procedure. The entire procedure takes only a few seconds to complete. When your lost pet is found, shelters, veterinarians and rescue groups will scan the pet for the microchip ensuring your pets safe ticket home.



About 24PetWatch Microchip ID

If you find a lost pet with a collar tag, call 24PetWatch at 1-866-597-2424 immediately. 24PetWatch will contact the owner so they can be reunited.

If there is no collar tag or if it is unreachable or scratched, found pets should be taken to the Animal Care and Adoption Center, 81 Higgins Line so the pet can be scanned for a microchip.

Did you know...
 Each year the City of St. John’s Humane Services division helps over 600 animals find a home.

Fireworks are Fun... when you're safe

Consumer fireworks that are designed for recreational use by the public are deemed low-hazard firework articles and require no training to use.

However, they are **explosive devices**, and are capable of causing injury and damage if not used according to the manufacturer's recommended instructions. A person must be a minimum of 18 years old to purchase and set off fireworks.

Fireworks safety tips

Celebrate safely with the following tips:

- **Purchase from authorized vendors** who have a permit issued by the St. John's Regional Fire Department.
- **Transport in your trunk** in a non-sparking container with a lid.
- **Do not smoke** when transporting or handling fireworks.
- **Store properly** in a cool, dry place away from children.
- **Read the instructions** on each firework before you set it up or light it.
- **Use outdoors in a clear, open area** away from buildings, vehicles, and overhead power lines. Spectators should be at least 20 meters away.
- **Fill a bucket with water** and keep it close by in case of malfunction or fire and dispose of used fireworks, duds (misfires) and debris in the bucket.
- **Use a hard surface** for ground-based fireworks. Grass is not suitable.
- **Bury aerial fireworks** such as Roman candles, in the ground to half its length or in a large pail filled with earth or sand.
- **Protect yourself.** Wear safety glasses or goggles and non-flammable clothing such as cotton. Never wear synthetic fibers such as nylon or polyester.
- **Check the wind** and light fireworks with prevailing wind blowing away from spectators.
- **Clean up.** Wait 30 minutes after the fireworks display has finished to clean up.

Common consumer fireworks:

Roman Candles
Sparklers
Fountains
Wheels
Volcanoes
Mines
Snakes

St. John's Regional Fire Department

Office Hours: 9 a.m. to 4:30 p.m.
Administration: **576-8644**
Fire Prevention: **576-3905**
After Hours (Non-Emergency):
722-1234

New email address!
fireprevention@stjohns.ca

sjfrd.ca

Did you know?

DOG LICENSING IS THE LAW

Where to get tags

Tags can be purchased for \$15 at the following locations:

- Access St. John's Office - 1st Floor St. John's City Hall
- Humane Services Animal Care & Adoption Centre - 81 Higgins Line
- Avalon Animal Hospital - 556 Logy Bay Road
- Paradise Animal Hospital - 55 Karwood Drive, Paradise
- St. John's SPCA - R.C.A.F. Road
- St. John's Veterinary Hospital - 335 Freshwater Road
- Sunrise Animal Hospital - 222 Park Avenue, Mount Pearl
- Terra Nova Veterinary Clinic - 10 Elizabeth Avenue
- Torbay Road Animal Hospital - 286 Torbay Road

Only \$15 renewed annually could avoid costly impound fees and fines

**Dog Tags: Mandatory
Cat Tags: Optional**

"Pick them up here, we're getting ours today"





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8 am to 5 pm Monday to Friday



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Simple & Delicious
Party Snacks
 Compliments of Beltone!

Joe's Cheesy Beef Dip

8 oz cream cheese
 1 lb of ground beef
 1 jar of mild salsa
 cheddar cheese-grated

Fry ground beef then mix in salsa.
 Spread cream cheese into a medium size casserole dish.
 Layer beef mixture on top of cream cheese and top
 with cheddar. Bake at 350° for 20 minutes.
 Serve with Tostitos scoop chips.
 Try and have just one scoop!



Somang's Guacamole



2 avocados
 1 small onion-chopped
 1 clove of garlic-minced
 1 ripe tomato-chopped
 1 lime-juiced
 salt and pepper

Peel and mash avocados in a glass bowl.
 Stir in onion, garlic, tomato and lime juice.
 Season with salt and pepper to taste.
 Chill for half an hour to blend flavours.
 Serve with warm tortilla chips.
 Olé!



Nikki's Stuffed Mushroom Caps



24 mushroom caps
 1 tsp olive oil
 2 cloves of garlic-chopped
 4 c fresh spinach
 8 oz cream cheese
 1/2 c real bacon bits
 1/4 c parmesan cheese
 pinch of salt

Sauté oil, garlic and spinach until wilted.
 Add cream cheese, stir until creamy, stir in bacon bits.
 Fill mushroom caps with mixture and top with salt
 and parmesan cheese. Bake on cookie sheet at 350°
 for 20 minutes.
 Enjoy!



3 Paton St, St. John's 726-8083
 1 800 563-8083 beltone.nl.ca



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Help us continue to tell **THE STORY**

The delicate but hardy **FORGET-ME-NOT** has long been an enduring symbol of the sacrifice made by those who served in the First World War.

In July 2016, The Rooms opened the Royal Newfoundland Regiment Gallery and the Fortis Courtyard & Amphitheatre as permanent commemorative spaces.

Now, your donation to the Remember Them at The Rooms project will help us continue to preserve the legacy, interpret the records and tell more of their stories.

Donate online at www.therooms.ca or visit our Gift Shop.



Measures approximately
6.1" long, 3.75" wide and 1.25" high



www.therooms.ca | 9 Bonaventure Avenue, St. John's, NL | 709.757.8000


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