



# CITY GUIDE

SUMMER 2021

## **Pedestrian Mall is Coming Back**

Pages 14-15

## **Summer Garden Guide**

Pages 19-22

## **Staycation Fire Safety**

Pages 38-39



ST. JOHN'S

[www.stjohns.ca](http://www.stjohns.ca)



# City Council



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**Councillor at Large**  
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 Municipal Election



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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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## Contents

City Social Media.....	3
Housing is a Human Right.....	4-6
Continuous Improvement Success....	7
2021 Waste Calendars.....	8-9
Waste & Recycling .....	10-13
Downtown Pedestrian Mall .....	14-15
Downtown Street Cleaning .....	18
Summer Garden Guide .....	19-22
REAL Program .....	24
Inclusive Services .....	25
Recreation Registration.....	26
Facility Rentals .....	27
Swimming .....	28-30
Splash Pads/Outdoor Programs .....	31
Pickleball in Public Parks.....	32
Community Gardens.....	33
Summer of Fun .....	34-35
Adult & Older Adult .....	36-37
Staycation Fire Safety.....	38-39

# The City of St. John's on Social Media

We've recently launched a new structure for our social media feeds to better align with key themes of the City's Corporate Strategic Plan 2019-2029 – and the interests of our residents, visitors and other stakeholders.

The primary corporate social media account will continue as @CityofStJohns and we've introduced or rebranded other accounts to streamline our social media communications by theme and content type.

The City of St. John's recognizes that social media plays an important and influential role in communications and the new social media channels aim to keep residents, businesses, visitors and all stakeholders informed on the City news, notices and events that matter most to them.





# Housing is a Human Right

Affordable, adequate and accessible housing is essential to the health of individuals, our communities and in preventing homelessness.

In November 2018, the City of St. John's approved a 10-year Affordable Housing Strategy. The Strategy is built on the foundation that housing is a human right.

Everyone needs and deserves a safe, suitable home that is affordable to them.

## Finding Potential Resources

One pillar of the strategy is 'Unlocking Resources'; City staff continue to create a list of City-owned vacant land and buildings and evaluate it for potential redevelopment as affordable housing.

Staff have identified several parcels of City-owned land to date that *may* be suitable for affordable housing. Note that some additional work may be required to determine if sites are appropriate.

You may see City staff completing this work on a parcel of land near you. This does not necessarily mean that there is a planned development on this site.

## In Your Neighbourhood

If a City-owned parcel of land has been identified in your neighbourhood for redevelopment as affordable housing, you will be notified and engaged.

In particular we want to know:

- What are your ideas for a potential affordable housing development?
- What would you like to see incorporated into an affordable housing development?
- What are your concerns about a potential affordable housing development in your neighbourhood?
- How can the City address your concerns?
- What do you know about the development process?

The City of St. John's is committed to working together with other levels of government as well as community and private sector partners to take the actions required to produce, protect and promote housing solutions for the people of St. John's.



# The Housing Continuum

The different stages and settings on a path to self-sufficient, secure, affordable housing.



## What is affordable housing?

To be considered affordable, housing must cost less than 30% of pre-tax household income.

Costs include rent or mortgage payments, property taxes, condo fees and payments for electricity, water and other municipal services.

## Did you know?

One in four households in St. John's are spending more than 30% of income on housing costs.

## What do you think?

Is there a City-owned site you think would be great to redevelop into affordable housing? Let us know:

AffordableHousing@StJohns.ca  
570-2096

## A Variety of Housing Options

Households have different housing needs based on size, employment, ability, health, income, stage in life and a host of other factors. Affordable housing stock is about creating a range of housing choices. As the figure to the right illustrates, there is no one-size-fits-all housing solution. Affordable housing must encompass a range of housing choices, as diverse as the city itself.

Communities across Canada recognize the practical benefits of engaging partners from all sectors to create housing diversity available to their residents. Investing collaboratively in innovative solutions to the affordable-housing challenge can yield economic, social and environmental dividends for the entire community.



# END HOMELESSNESS

## ST. JOHN'S **#WECANENDIT**

End Homelessness St. John's is a systems planning organization leading the implementation of the St. John's Community Plan to End Homelessness.

At EHSJ, we are working toward a vision in which every resident of St. John's has a place to call home.

Together, with our government and community partners, we will ensure that St. John's is the next community in Canada to end homelessness.

Learn more at

**[WWW.WECANENDIT.COM](http://WWW.WECANENDIT.COM)**



The City uses proven continuous improvement tools and methods to tackle process problems and engage staff in problem solving. Learn more by searching 'continuous improvement' at [stjohns.ca](http://stjohns.ca)



# Continuous Improvement Success

The City's Recreation Division manages 100+ staff seasonally at five aquatics facilities:

- Paul Reynolds Community Centre
- H.G.R. Mews Community Centre
- Bannerman Park Pool
- Bowring Park Pool
- Rotary Park

A recent continuous improvement project reviewed and improved our process for seasonal shift listings, daily call-ins, coverage and shift replacement, reducing scheduling errors and ensuring staff are on site and available for the public.

## CASE STUDY AQUATICS SCHEDULING



### **The Challenge**

Aquatics staff are mainly students and their personal and work schedules change frequently (up to 6 times per year for core shifts and more frequently when they are looking for a shift change). The existing system for scheduling staff was manual, time consuming and inefficient, often leading to rework when the paper-based system could not keep up with rapid changes. This could lead to frustration for staff and, more importantly, the potential for shifts not to be covered – affecting the ability to meet quality and safety standards.

### **The Solution**

Working with the Information Services team, the division replaced the manual process with an electronic staff scheduler which also keeps track of staff certifications and other important data for the aquatics team, removing a cumbersome manual process. The Recreation team is looking at how this new tool can be used in other divisions throughout the organization that also have similar scheduling issues.

### **How You Benefit**

By reducing rework, errors and manual processes, the organization improves its efficiency, meaning human resources can better be used to focus on improving services for you. Most importantly, scheduling in real time ensures staff are in place when you want to visit one of our pools, improving overall safety supervision standards.

*The City of St. John's is committed to continuously looking at what we do and how we do it to ensure we are performing effectively and achieving results. Through continuous improvement, we are making our processes more efficient to deliver more value to our citizens.*

*Better, every day.*

Leslie White  
Facilities Supervisor – Recreation Division  
Continuous Improvement Certified Green Belt



# A

## Area 1A to 5A, 2021

### Curbside Collection

Learn your area at [curbitstjohns.ca](http://curbitstjohns.ca) or call 311 or 754-CITY (2489).

Waste must be at the curb between 6 and 8 a.m. on your collection day only.

After a storm or holiday, cancelled collections will take place the next day, making for a 'double day'. No other collection areas are affected.

For Automated Garbage Collection Areas—Garbage carts must be placed properly to ensure garbage collection. Garbage carts must be placed properly to ensure collection.

For Non-Automated Garbage Collection Areas—Garbage must be completely covered from April 1 to Nov. 30

From May 3 to December 3 yard waste must be in paper yard waste bags and put at the curb on your recycling day.

Area	Normal Garbage Day	Garbage/ Recycling	Garbage/Yard Waste/Recycling
1A	Monday		
2A	Tuesday		
3A	Wednesday		
4A	Thursday		
5A	Friday		
<b>Holiday</b>	<b>H</b>	<b>H</b>	<b>H</b>

January				
M	T	W	T	F
				1 H
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

February				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26

March				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

April				
M	T	W	T	F
			1	2 H
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

May				
M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24 H	25	26	27	28
30				

June				
M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

July				
M	T	W	T	F
			1 H	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

August				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

September				
M	T	W	T	F
		1	2	3
6 H	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

October				
M	T	W	T	F
				1
4	5	6	7	8
11 H	12	13	14	15
18	19	20	21	22
25	26	27	28	29

November				
M	T	W	T	F
1	2	3	4	5
8	9	10	11 H	12
15	16	17	18	19
22	23	24	25	26
29	30			

December				
M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27 H	28 H	29	30	31



# B Area 1B to 5B, 2021

## Curbside Collection

Learn your area at [curbitstjohns.ca](http://curbitstjohns.ca) or call 311 or 754-CITY (2489).

Waste must be at the curb between 6 and 8 a.m. on your collection day only.

After a storm or holiday, cancelled collections will take place the next day, making for a 'double day'. No other collection areas are affected.

For Automated Garbage Collection Areas—Garbage carts must be placed properly to ensure garbage collection. Garbage carts must be placed properly to ensure collection.

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

January				
M	T	W	T	F
				1 H
4	5	6	7	8
11	12	13	14	15
18	19	20	21	22
25	26	27	28	29

February				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26

March				
M	T	W	T	F
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29	30	31		

April				
M	T	W	T	F
			1	2 H
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

May				
M	T	W	T	F
3	4	5	6	7
10	11	12	13	14
17	18	19	20	21
24 H	25	26	27	28
30				

June				
M	T	W	T	F
	1	2	3	4
7	8	9	10	11
14	15	16	17	18
21	22	23	24	25
28	29	30		

July				
M	T	W	T	F
			1 H	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30

August				
M	T	W	T	F
2	3	4	5	6
9	10	11	12	13
16	17	18	19	20
23	24	25	26	27
30	31			

September				
M	T	W	T	F
		1	2	3
6 H	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27	28	29	30	

October				
M	T	W	T	F
				1
4	5	6	7	8
11 H	12	13	14	15
18	19	20	21	22
25	26	27	28	29

November				
M	T	W	T	F
1	2	3	4	5
8	9	10	11 H	12
15	16	17	18	19
22	23	24	25	26
29	30			

December				
M	T	W	T	F
		1	2	3
6	7	8	9	10
13	14	15	16	17
20	21	22	23	24
27 H	28 H	29	30	31

# Waste & Recycling



## Reduce Waste and Recycle More

A maximum of 4 regular-size garbage bags per household can be put at the curb each garbage collection day. This is the same amount that fits in the City-issued garbage carts that have been in use for a few years in many areas of St. John's.

Starting January 1, 2022 regular-size see-through colourless garbage bags must be used for garbage; one regular-size privacy bag (black or not see through) will be allowed each week.

### Recycling is Unlimited & More Than Pop Cans!

On your recycling days you can put out as many blue bags of recycling as you need – there is no limit. Recycling must be in see-through blue bags only; cardboard can be bagged or bundled.





Much household waste is recyclable – it's not just pop cans and other deposit-return bottles!

From aluminum pie plates and trays, to margarine, yogurt and sour cream tubs, all those 'tin' or steel cans of soup, tuna and beans all the way to bottles like all-purpose cleaner, laundry detergent - even your shampoo, conditioner and body wash bottles - are all recyclable at the curb!

And we haven't even mentioned the paper products we recycle!

Learn your recycling area and week, check our website, our free app or call Access St. John's to find out all that can be recycled at the curb in St. John's.

### Garbage or Recycling Questions?

-  [curbitstjohns.ca](http://curbitstjohns.ca)
-  [curbit@stjohns.ca](mailto:curbit@stjohns.ca)
-  app St. John's Waste & Recycling
-  Access St. John's 311 or 754-CITY (2489)

### Stay Alert to Collection Changes

From time to time, your collection schedule may need to change. Sign up for alerts & reminders – choose if you get a text, email or automated voice message. Go to our website, app or contact Access St. John's to subscribe.

### Recycling Reminders

- Use see-through blue bags only.
- Sort recycling into papers and containers; put papers in one blue bag and containers in another.
- Rinse food and milk containers.
- Cardboard can be in a blue bag or broken down and bundled measuring not more than 2 feet by 2 feet by 1 foot.



Learn more about curbside recycling in the Recycling 101 playlist at [YouTube.com/CityofStJohns](https://www.youtube.com/CityofStJohns)

## Separate bag for Containers



**Aluminum Trays**  
e.g. pie plates, baking trays & more



**Aluminum Cans**  
e.g. pop cans, beer cans & more



**Milk & Juice Cartons**



**Plastic Trays & Tubs**  
e.g. butter & sour cream tubs, vegetable & fruit trays



**Clamshell Plastic Trays**  
Take-out foods, sandwich and berry containers



**Plastic Food Containers**  
e.g. ketchup, mustard, yogurt & more



**Plastic Cleaning Product Containers**  
e.g. bleach, liquid laundry detergent, all-purpose cleaner, spray bottles, windshield wash bottles & more



**Plastic Toiletries Containers**  
e.g. shampoo, liquid soap, mouthwash, contact lens solution, body wash & more



**Plastic Drink Bottles**  
e.g. water, pop, liquor & more



**Steel (Tin) Cans**  
e.g. soup cans, bean cans, tuna cans, coffee cans & more



**Tetra Pak Containers**  
e.g. juice boxes, soup containers & more

## Separate bag for Papers



**Newspaper, Flyers & Junk Mail**



**Magazines, Catalogues & Phone Books**



**Writing & Computer Paper**  
e.g. lined, white, coloured



**Envelopes**  
paper and plastic window envelopes, but not bubble or insulated envelopes



**Books**  
Remove hardcovers



**Boxboard**  
e.g. cereal, cracker, detergent boxes, frozen food boxes & more



**Egg Cartons**  
Just the cardboard kind, not the styrofoam kind



**Take Out Drink Trays**



**Empty Paper Towel & Toilet Paper Rolls**  
Just the empty cardboard rolls, not the toilet paper or paper towels themselves



**Corrugated Cardboard**  
Must be in a tied-up blue bag or bundled to no more than 2 ft x 2 ft x 1 ft

### Wondering about an item not listed here?

Use 'Put Waste in its Place' at [curbitstjohns.ca](http://curbitstjohns.ca) or app St. John's Waste and Recycling



# Waste Types at Robin Hood Bay



Learn more:  
[Curbitstjohns.ca](http://Curbitstjohns.ca)  
>Recycle  
>Residential Drop Off



The Residential Drop Off (RDO) at the Robin Hood Bay Waste Management Facility is for residents only. It is open 8 a.m. to 4 p.m. Tuesdays to Saturdays.

Your waste is no longer treated as just garbage at the RDO; more and more waste is recycled or otherwise diverted away from the landfill.

We have separate bins or facilities for different types of waste, so pre-sort or organize your items into these waste types before you come to Robin Hood Bay.

## Hazardous Waste

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

## Recyclable Containers

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

## Recyclable Papers

All items must be in see-through blue bags.

## Recyclable Cardboard

Cardboard only, bundled or loose (not bagged).

## Recyclable Electronics

Recycle your old electronics to give them new life.

## Metal

If you have metal only, AIM Recycling at RHB is open Monday to Saturday 8 a.m. to 4:30 p.m.

## Garbage

Bag light items including Styrofoam to keep litter at a minimum. Liquids are prohibited from disposal and we can't accept them.

**COVER and SECURE your LOAD!**

**for a safer road**

Spring Cleaning? Bring your items to the Robin Hood Bay Residential Drop Off!



# Bulk and Metal Curbside Collection

## Book an Appointment

You must have an appointment made for items to be collected:

Go to [www.curbitstjohns.ca](http://www.curbitstjohns.ca) > schedules

Via the app St. John's Waste and Recycling

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

## Preparing for Pick-up

When it's your scheduled pick-up date, place bulk items separate from metal items at the curb.

Small, loose items are not accepted; bundle or package them together.

Have your pick-up in place by 8 a.m. on the morning of your collection day but please do not place items at the curb earlier than 3 p.m. the day before your scheduled collection.

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

## Pick Up Schedule

- Area 1 May 17-21
- Area 2 May 25-29
- Area 3 May 31-June 4
- Area 4 June 7-11
- Area 5 June 14-18



## Size Restrictions

- 1.5m x 1.5m x 2.15m (5ft x 5ft x 7ft)
- Must weigh less than 68 kgs (150 lbs)
- Does not fit inside the automated waste carts

## Accepted

- Large appliances
- Furniture
- Mattresses
- Rolled rugs
- Cast iron tubs, cut into pieces <23 kgs (<50 lbs)



## NOT Accepted

- Curbside recyclables, yard waste, garbage
- Electronic waste, hazardous waste (e.g. propane tanks, paint), liquid waste
- Construction/Renovation materials (e.g. doors, windows, fiberglass tubs, fencing, lumber, shingles, flooring)
- Christmas trees





# The Pedestrian Mall is back this year

It's going to be bigger and better than last year

The Downtown Pedestrian Mall is back for 2021, and it's going to be even better this year!

With new sections added on Duckworth Street and George Street and enhanced programming and entertainment (pending COVID-19 restrictions) being planned throughout the Downtown core we expect residents and visitors from far and wide to visit the mall this summer.

The Downtown Pedestrian Mall officially opens Friday, July 2 and continues daily until Monday, September 6. Hours of operation are from noon to 10 p.m.

In addition to the enhanced programming and footprint for the mall, the City has begun working with members from the Inclusion Advisory Committee about ways to improve accessibility for this event.

See you at the Pedestrian Mall!

- Pedestrian mall road closures that will be in effect:
- Water Street** from Adelaide Street to Prescott Street
  - Duckworth Street** from New Gower Street to Bates Hill from Cathedral Street to Prescott Street
  - George Street** from Adelaide Street to Water Street





- Accessible Parking
- Commercial Parking / Pick Up
- Traffic Flow
- ⌘ Barracades
- Unaffected Parking Areas
- Pedestrian Mall Areas

**Parking Options**

On-street parking spaces are available throughout downtown.

Parking Garages:

- City Hall, 10 New Gower Street. Weekdays after 6pm; weekends all day. Free.
- 351 Water Street, entrance on Harbour Drive. Pay to park.
- 330 Duckworth Street. Pay to park.
- Atlantic Place, entrance 1 Clift's-Baird's Cove. Weekdays 6:30am-6pm. Pay to park.

A.P. Parking Garage  
1 Clift's Baird's Cove  
Weekdays  
6:30 a.m. - 6 p.m.

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

## Did you know?

Many products labelled 'flushable' do not break down and can cause problems at the Riverhead Wastewater Treatment Facility or in the pipes near your house.

### Do not flush:

- flushable wipes (all kinds)
- dental floss
- feminine hygiene products
- tissues, napkins and paper towels
- food and fat
- oils and grease
- cotton balls and swabs
- bandages
- condoms
- cigarette butts

**ST. JOHN'S**



## 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**



# Questions? Concerns?

Contact  
Access St. John's  
online or by phone  
before visiting City Hall.

- App 311 St. John's
- Online at [stjohns.ca/contact-us](http://stjohns.ca/contact-us)
- Email [access@stjohns.ca](mailto:access@stjohns.ca)
- Call 311 or 754-CITY (2489)



## Are you a newcomer to St. John's? Looking for Employment Services?

Check out

# MyNewStJohns.ca



ST. JOHN'S

Newfoundland  
Labrador



Atlantic Canada  
Opportunities  
Agency

Agence de  
promotion économique  
du Canada atlantique

Canada





# Downtown Street Cleaning

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



Downtown street cleaning is scheduled to begin Monday, May 3 and end on Friday, Sept. 24, 2021.



Street cleaning operations take place overnight between the hours of midnight and 7 a.m.

Unlike snow removal, downtown street cleaning schedule is pre-determined for the entire season. It is the driver's responsibility to look up when the street is scheduled for cleaning and to move their vehicle(s) accordingly; the City does not post signs for street cleaning.

On the scheduled date(s) vehicles must be removed from the affected streets by midnight and cannot be returned until after 7 a.m., regardless of whether street cleaning has taken place. Failure to remove the vehicle may result in a ticket being issued.

Streets may not be cleaned on their scheduled date(s) for reasons such as parked cars, extreme weather, mechanical or other issues.

## Find out when your street will be cleaned:



### [map.stjohns.ca/StreetClean](http://map.stjohns.ca/StreetClean)

Find out what streets are scheduled for cleaning each night. All streets are listed and shown on a map. The colours indicate if it's both sides of your street or just one (odd or even house numbers).



### Searchable street list

Search by address or date so you know where and when not to park in an area. Find the list at [stjohns.ca](http://stjohns.ca)>Quick Links> Street Cleaning



### Subscribe to our e-update

Receive an email, including a map, on the day your street is scheduled for cleaning at [stjohns.ca](http://stjohns.ca)> Quick Links> e-updates



### Not online?

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

# Garden Guide

A City Guide Summer Special Section



## Water Conservation

Every bit of water we drink must be treated, and that costs money. We are all responsible to use water efficiently for our own health and well-being, the environment and for wise use of City finances and resources.

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

### When can I use a sprinkler on my lawn?

Even house number

Tuesdays and Saturdays

6 to 8 a.m.

8 to 10 p.m.

Odd house number

Thursdays and Sundays

6 to 8 a.m.

8 to 10 p.m.

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

You can water your garden, wash your vehicle or clean your siding or windows ANYTIME if a hose with a shut-off nozzle is used.

### When can I water my new lawn?

Once you register with the City by contacting Access St. John's, you will be able to water your new lawn 6-8 a.m. and 8-10 p.m. every day for 60 days after the installation of the new lawn.







# Yard Waste

From May to November each year, all yard waste placed at the curb for collection must be in paper yard waste bags. Yard waste bags are collected every second week, on the same day as your recycling.

Paper yard waste bags can be dropped off at the Residential Drop Off at Robin Hood Bay, open Tuesday to Saturday from 8 a.m. to 4 p.m.

# Mulch

There's no need to rake grass clippings, just mulch them with your mower. The grass clippings provide nutrients to the soil and help retain moisture requiring less watering and fertilizer for you to have a healthy lawn.

Mow and go, and spend your extra time doing the things you enjoy!

## Benefits of mulching:

- Saves time
- Saves money
- Retains moisture
- Provides aeration

# Backyard Composting

Take a FREE beginner composting tutorial online, search 'Composting' at [MUN.ca/BotGarden](http://MUN.ca/BotGarden).

*The Composting Made Easy!* tutorial is a basic introduction to backyard composting that teaches what composting is, how to do it and solutions to common problems – all from the composting experts at the MUN Botanical Garden.

This tutorial is perfect for beginners and is broken up into six sections, each with a 2-3 minute educational video and a short quiz based on the information in that video. Don't worry about getting an answer wrong - the correct answer will be shown. After all, we're all here to learn!



For residents of the City of St. John's only, once you complete the course you are eligible to purchase a discounted MMSB bin. Simply forward a copy of the Certificate of Completion that will be emailed to you at the end of the course along with your house address to [curbit@stjohns.ca](mailto:curbit@stjohns.ca) and we will contact you with instructions for purchase.





# Rodent-proof Your Property

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

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

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

## How to prevent rats

### *Remove food sources*

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

### *Remove potential shelters*

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

## Rat proof your property

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

## Destroy rats

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

# Humane Services

## Gardening Tips to Deter Cats



576-6126

[humaneservices@stjohns.ca](mailto:humaneservices@stjohns.ca)

[@HumaneServicesStJohns](https://www.facebook.com/HumaneServicesStJohns)

[stjohns.ca](http://stjohns.ca)>Living in St.John's>Animal Care and Adoption

Unfortunately, your prize flower bed or backyard vegetable garden may look like a luxury litter box to community cats in your area.

Here are some tips to humanely deter cats without sacrificing your garden.

### Make an Uncomfortable Garden Bed

Loose, soft soil is one of the preferred substrates for cats to toilet in, so make the surface uncomfortable to scratch and dig in.

- Try sprinkling small twigs over the soil.
- Use prickly decorations such as pinecones or stone mulch scattered throughout the garden.
- Lay chicken wire or a piece of plastic lattice fencing on top of or just below the surface of the soil.

### Use Scents Cats Avoid

- Plant cat deterring flowers such as Rue, Lavender, or Lemon Thyme.
- Scatter fresh orange peels or brewed coffee grounds.

### Startle Them

Add motion activated deterrents to startle any would be garden diggers, such as motion lights, sprinklers or noise makers (bells/ultrasonic tones).

Using products intending to harm neighbourhood cats (i.e. poisons, traps) is never the answer.



## Be a responsible pet owner

The presence of cat feces in your garden is not only a nuisance, but it can pose a serious human health risk as a source of parasites and pathogens.

Cat owners have a responsibility to keep their cats confined to their own property, not only for the safety of the cats but also for the safety of the people and wildlife in your neighbourhood.





# Create great memories at camp with HIGH FIVE®

Look for the HIGH FIVE® mark of quality when choosing your child's program.



## You'll notice the HIGH FIVE® difference when you ask your child these 5 questions



**Principle: A Caring Leader**

**Tell me what you like best about your leader?**



**Principle: Friends**

**Did you make any friends?**



**Principle: Play**

**Did you have fun?**

**What was your favourite part/activity?**



**Principle: Mastery**

**Did you learn to do something new or get better at something?**



**Principle: Participation**

**Did you feel bored?**

**Was there always something to do?**

[www.HIGHFIVE.org](http://www.HIGHFIVE.org)

HIGH FIVE® is used by organizations across Canada.

It helps organizations deliver high quality programs that are safe, welcoming and respectful to the individual needs of each child.





# REAL Program

By Bonnie James  
Executive Director, Buckmaster's Circle Community Centre  
Member, REAL Program Steering Committee

It has been my pleasure to be a member of the REAL Program Steering Committee these past several years. It has been such a positive experience for me to see the valuable work done and the huge impact the REAL Program has on children and youth.

In my capacity with the REAL Program and also as the Executive Director of the Buckmaster's Circle Community Centre (BMCC), it has been extremely rewarding to see first-hand the growth and potential of so many young people that can be attributed, in no small part, to being a REAL participant.

REAL provides an experience of a lifetime for children and youth who may not have the means to participate in recreational opportunities due to barriers such as cost or transportation. Our philosophy at BMCC is all about removing barriers for people - which is what REAL does for recreational opportunities.

There are two aspects of the REAL Program that I have great respect for:

The first is that every dollar contributed goes directly towards the costs of the activities for the children and youth. All other operational costs are covered by the City of St. John's, so every donor can have that 'feel good' knowledge that their donation is directly and completely supporting children and youth, rather than overhead costs.

The second is that no one knows if a child is involved. Participating in their chosen activity is completely confidential so that they do not feel any sense of being stigmatized.



Bonnie James

I cannot say enough good about the REAL Program and what it means to see a child's face light up when they know they can go to dance class, karate lessons or learn to play a new instrument.

REAL is a game changer in the life of a child and I am proud I can play some small part in it.

## Contact Us

576-8684 or 4556  
real@stjohns.ca

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

## Recruiting Members



REAL is currently seeking interest from members in the community to sit on our Steering Committee.

Call or email us for more details.



# Inclusive Services

We can help provide support to participate in City of St. John's recreation programs.

## Contact us

For more information about any of these programs or services:  
576-4450  
inclusion@stjohns.ca



For details visit: [stjohns.ca](http://stjohns.ca)  
> Living in St. John's  
> Recreation and Parks  
> Inclusive Services

Inclusion support deadlines are listed on page 26. Applications can be found:

Online [stjohns.ca/forms-permits](http://stjohns.ca/forms-permits) under the Recreation tab  
In Person at the Paul Reynolds or H.G.R. Mews Community Centres

## Therapeutic Recreation Referrals

Therapeutic Recreation promotes safe and supportive recreation and leisure opportunities for participants with physical, mental, social or emotional barriers. Participants may be referred by a professional or self-refer.

## Adaptive Equipment Loan Program

We have equipment that can assist people with disabilities to participate in recreation and leisure activities. Contact us to borrow adaptive equipment free of charge.

## Financial Support

Financial support is available for individuals facing financial barriers to participate in City of St. John's Recreation programs. Requests for children and youth are referred to the REAL Program.

## Attendant Pass

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

## Accessible Playground Equipment

Accessible playgrounds are in Bowring Park and Kenmount Terrace Community Centre.

Accessible swings are in playgrounds at:

- Bannerman Park
- Bowring Park
- Paul Reynolds Community Centre
- Froude Avenue
- McNiven Place
- Penney Crescent
- Spruce Meadows
- St. Mary's (near school)
- Beothuk Street

# 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 summer 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](http://stjohns.ca/RECconnect).

Program Registration	St. John's residents	Residents of other municipalities
Summer Programs	7 a.m., Thursday, May 6	7 a.m., Tuesday, May 11
Summer Aquatics Lessons	7 a.m., Thursday, June 24	7 a.m., Tuesday, June 29

## Registration Options



Online: [stjohns.ca/RECconnect](http://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](http://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

Our waitlist is not prioritized. 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.



Watch a 'How to Set Up a RECconnect account' video at [YouTube.com/CityofStJohns](https://www.youtube.com/CityofStJohns)



### Program Ages

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



### Program Deadlines

Application deadlines for REAL and Inclusion Support:

Fall Programs July 17  
Winter Programs Nov. 17



# 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
<b>H.G.R. Mews Community Centre</b> 40 Mundy Pond Road 576-8499	<ul style="list-style-type: none"> <li>• Gym</li> <li>• Kitchenette</li> <li>• Multi-Purpose room</li> </ul>
<b>Paul Reynolds Community Centre</b> 35 Carrick Drive 576-8631	<ul style="list-style-type: none"> <li>• Gym</li> <li>• Multi-Purpose room</li> <li>• Kitchenette</li> <li>• Meeting Room</li> </ul>
<b>Kenmount Terrace Community Centre</b> 85 Messenger Drive 576-6112	<ul style="list-style-type: none"> <li>• Gym</li> <li>• Kitchen</li> <li>• Multi-Purpose Room</li> <li>• Meeting Room</li> </ul>
<b>Southlands Community Centre</b> 40 Teakwood Drive 364-5129	<ul style="list-style-type: none"> <li>• Multi-Purpose room</li> <li>• Kitchen</li> <li>• Meeting room</li> </ul>
<b>Shea Heights Community Centre</b> 130 Linegar Avenue 576-1023	<ul style="list-style-type: none"> <li>• Multi-Purpose room</li> <li>• Kitchen</li> </ul>
<b>Kilbride Lions Community Centre</b> 34 Fahey Street 368-0250	<ul style="list-style-type: none"> <li>• Multi-Purpose room</li> <li>• Kitchen</li> </ul>
<b>Cabot 500 Theatre</b> Bowring Park recreation@stjohns.ca	<ul style="list-style-type: none"> <li>• Outdoor theatre accommodates 750</li> </ul>
<b>Rotary 'Sunshine' Park Chalet</b> Thorburn Road recreation@stjohns.ca	<ul style="list-style-type: none"> <li>• Multi-Purpose Room</li> <li>• Kitchen with dishwasher</li> <li>• Outdoor barbeque</li> </ul>
<b>Foran/Greene Room</b> City Hall civicfunctions@stjohns.ca	<ul style="list-style-type: none"> <li>• Up to 450 people, depending on seating arrangement</li> <li>• Kitchen</li> </ul>

## Sport Facilities

Outdoor sport fields & pitches are typically available for rental from June to mid-October. For details:

- Email recreation@stjohns.ca
- stjohns.ca search 'rental information'



## Birthday Parties

Contact the centres for fees and availability.

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



*Enjoy a fun game of racquetball at the Mews Community Centre*

## Court Sports

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

All court reservations can be made seven days in advance by calling 576-8499 or dropping by the Mews Centre. User must pay in advance for all court reservations.

Reservations are \$8 per 40-minute court reservation. No refunds or exchanges are permitted once a reservation is complete.

Maximum 4 players on a court at one time.



# Swimming

**Schedules may change due to COVID-19 regulations or otherwise:**

Online [stjohns.ca](http://stjohns.ca) > Quick Links > Swim Schedules

Call the swim & fitness lines:

- Paul Reynolds Community Centre, 576-8155
- H.G.R. Mews Community Centre, 576-8408
- Bannerman Park Pool, 576-7671
- Bowring Park Pool, 576-7708

Email [recreation@stjohns.ca](mailto:recreation@stjohns.ca)

## Outdoor Pools

scheduled to open July 2 to August 29

Bowring Park  
Bannerman Park

Swimming is FREE at the outdoor pools. Pre-registration is not available. Please line up safely, maintaining 6 feet of physical distance. An accessible pool lift is available at each outdoor pool.

Be prepared – make sure to bring water and wear sun protection.

## Indoor Pools

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

All pools have accessible pool lifts.

## Indoor swim ticket purchase/registration

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

A REconnect account is required for ticket purchase/registration. Set up an account and purchase swim tickets at [stjohns.ca/REconnect](http://stjohns.ca/REconnect).

Registration is available one week at a time. Registration begins 9 a.m. on Saturdays, for the following week. For example: Ticket purchase is available 9 a.m. Saturday, September 18 for swims from September 20-26.

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

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

Check in at the front desk before your swim.

If you require the use of accessible equipment, let us know at the front desk or call ahead of time.

## Swim Descriptions

Children under 13 must be supervised by a 19+ year-old who must remain in the water at arms-length. Maximum 3 children to 1 supervisor.

### Lane Swim

Choose the appropriate lane (slow, medium, fast) based on ability. Maximum of 3 swimmers per lane. Suitable for swimmers ages 13+.

### Everyone Welcome Swim & Leisure

Leisure space is available for families/bubbles. Adult supervisors must remain in the water at arms-length from their children and are responsible to ensure physical distancing of those not in your bubble is always maintained.



## 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.

Face masks must be worn in all City facilities including our Community Centres. Masks must be kept on while in the change room and may be taken off once the swim/fitness class has begun and must be put back on immediately following the swim/fitness class.

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, or arms lengths) away from other swimmers not in your bubble.

Please keep a physical distance of at least 6 feet 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 at any site until further notice. This includes waterslides, play structures and all small equipment such as floats, toys, etc.



### Questions? Concerns?

ONE STOP CITY SERVICE  
**access 311**  
**stjohs.ca**

Contact Access St. John's online or by telephone before visiting City Hall.

- App 311 St. John's
- Call 311 or 754-CITY
- Online at [stjohs.ca/contact-us](https://stjohs.ca/contact-us)
- Email [access@stjohs.ca](mailto:access@stjohs.ca)



# Clean Water

## Healthy Swimming

Please follow these easy steps for a clean and healthy pool:

- 1 Don't feed your children 2 hours before swimming.
- 2 If your child has diarrhea, please don't send them swimming.
- 3 Take your child to the bathroom before swimming.
- 4 Make sure your infant/toddler wears a properly fitted swim diaper and please check diapers every 30-60 minutes.
- 5 Shower before entering the pool and avoid swallowing pool water.

Let's keep it clean, we're all in this together.

ST. JOHN'S

[www.stjohns.ca](http://www.stjohns.ca)





## Splash Pads

The City of St. John's has three outdoor splash pads that are scheduled to be open July 2 to September 6:

- Bowring Park
- Bannerman Park
- Kenmount Terrace Community Centre

We practice water conservation at our splash pads and they use retreated, recirculated water. To ensure wise water use and that we aren't unnecessarily treating water that no one has been playing in, the water features at our splash pads are set on a four-minute timer. This means they run for four minutes and then the water shuts off until you push the button to reactivate it.



## Outdoor Programs

We offer a variety of outdoor programs for all ages and abilities, including the whole family! Some of our most popular courses are for Stand Up Paddle Boarding and Archery. Learn what is being offered now at [stjohns.ca/RECconnect](http://stjohns.ca/RECconnect).

### Group Programs

Book an outdoor program for your community, youth or school groups now for the fall, winter or spring. Our available spots can fill up quickly so book now to avoid disappointment later.

Programs occur at Rotary 'Sunshine' Park or C.A. Pippy Park. Some programs can be offered at your school or meeting location. Programs are customized for the age and ability of the participants.

Depending on the season, types of programs offered:

- archery
- fire building
- shelter building
- navigation
- paddling
- skiing/snowshoeing



### 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](http://OutdoorCorporateProgram.stjohns.ca)

Book an outdoor program:  
call 576-8522 email [outdoor@stjohns.ca](mailto:outdoor@stjohns.ca)

# Play Pickleball at Public Parks

Pickleball is a paddleball sport that combines elements of badminton, tennis and table tennis. Two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, much like a wiffleball, over a net.

A few years ago, Donald MacDonnell helped introduce pickleball in the community and says the growth in participant numbers has skyrocketed in the past year.

"When we started playing pickleball in the MUN Field House it was just me and my wife Brenda but before long, and up until the recent lock down, we had people playing every day both morning and afternoons at the Field House and the St. John's Tennis Club," says Mr. MacDonnell.

"I estimate that 90% of the pickleball players here in St. John's are over 50 and many are way over 65 - our oldest player is 86!"

Pickleball is a welcoming, easy and inexpensive sport for people of all ages; all that's required is a paddle and ball. Pickleball can be played indoors or out and while typically played as a doubles match those who like an additional workout often play singles.

Donna Alyward has played pickleball in other Atlantic provinces and says it's been exciting to watch the pickleball community expand in St. John's.

"Since retiring and having more time to play I've met many pickleball enthusiasts in St. John's ranging in ages from their 20s to well into their 80s, and it's been easy to find fellow players who are up for a game," says Donna.

Pickleball is an easy to learn sport that is fun and a great way to be more active and meet new friends.

"Like any recreational or competitive sport, you look for ways to improve your game but with pickleball every time you step on a court you're guaranteed to create a lot of comradery, fun and laughter every time."



*Donna Alyward*

## Pickleball Courts

City of St. John's Pickleball courts are at:

- Wishingwell Park
- Cowan Heights Park
- Cherry Hill
- Larch Park
- Spruce Meadows Park

While not modified specifically for Pickleball, it can also be played outdoors on any of the City's 17 tennis courts. Find the location of City tennis courts by searching 'Sports Fields and Courts' at [stjohns.ca](http://stjohns.ca)





# Community Gardens

Community gardens are important places in neighbourhoods that typically allow residents to build social connections with people of different backgrounds while growing their own food.

To ensure safe spaces to grow food during the COVID-19 pandemic community gardens must follow social distance requirements, provide accessible places for hand washing and gardeners must bring their own tools from home.

Healthy City St. John's is seeking volunteers to serve on a garden committee to contribute to the planning, promotion and care of the Paul Reynolds Community Centre garden at 35 Carrick Drive.

The PRCC garden committee will:

- plan new additions to the community garden such as beds, benches, pathways, etc.;
- promote the community garden; and
- care for the community garden with general maintenance including garden prep, weekly cleanup of tools, winterizing the garden, etc.

## Contact us:

healthycommunities@stjohns.ca

576-8628

## Starting a Community Garden

Learn more about starting your own community garden. There are several locally developed resources that can help:

- Best Practices, by Food First NL. [www.foodfirstnl.ca/resources](http://www.foodfirstnl.ca/resources)
- Guide for Community Gardens on City-Owned Land, by City of St. John's at [stjohns.ca](http://stjohns.ca)
  - > Living in St. John's
  - > Your City
  - > Healthy Communities





# Summer of fun

The City of St. John's offer inclusive and accessible recreation and leisure opportunities for residents of all ages and abilities.

During summer we offer day camp and activity centre programs that provide children and youth a place to play actively, master new skills

and build new friendships in a safe environment with caring leaders.

Youth ages 14+ can apply to be a Volunteer Junior Recreation Leader with one of our summer programs. We provide a workplace with educational experience where youth volunteers are mentored by one of our recreation

practitioners. Learn more by searching 'Volunteer Junior Recreation Leader' at [stjohns.ca](http://stjohns.ca).

A variety of Seniors' programs are offered in summer and provide an opportunity for participants to be active, to socialize and to travel to new or familiar places.











*These rug-hooked mitten ornaments were made by participant Donna McTavish.*



*The technique of adding extra elements such as zippers to rug hooking pieces can help elevate and give it an extra wow factor.*

## Adult and Older Adult Programs

Most years the City of St. John's offers a variety of recreation and leisure opportunities for adults (18+) and older adults (50+) to get out, get moving and get social to build health and wellness into our daily routine.

The COVID-19 pandemic and its impact in our community has changed how we offer recreation programs and events that can enrich and enhance our lives. For example, our popular seniors summer programming is currently being assessed for the safety of all.

One program we often offer throughout winter, spring and fall is rug hooking. The various rug hooking courses we offer are instructed by the very talented Winnie Glavine.

Early in winter 2021 Winnie taught a course called 'Introduction to Rug Hooking: Mittens' which was a great success! Participants really enjoyed having a rug hooking project that was small and achievable enough for beginners to complete and create their own piece.



*A City of St. John's virtual Sit and Knit session*

Another course Winnie was to provide in late winter was 'Hooked Ornaments with Zipper Bling' and some of the introduction course participants were looking forward to it. Unfortunately it was cancelled due to COVID-19 pandemic however, along with others will be offered in the seasons to come. Keep connected through our City Guide and our registration website [stjohns.ca/REconnect](http://stjohns.ca/REconnect).

Sit & Knit is one program we were more easily able to offer online while facilities were closed through the restrictions this past winter. Typically held once a month at the Paul Reynolds Community Centre, Sit & Knit is a knitting circle open to everyone from beginner to expert and provides an opportunity to learn from each other and socialize while knitting your own project.

At the first virtual session in February, attendance began with some of our regular 'in person' participants and by the second session we had 13 people attend. Most were from across the Northeast Avalon but also one from Corner Brook and another from New Brunswick. It's great to meet new friends!

Aside from knitting, the virtual Sit & Knit provided participants with the opportunity to learn a new skill as by the second virtual meet-up attendees received a 'How To' guide on logging in and using Microsoft Teams, the meeting software the City uses.



For more detail visit: [stjohns.ca](http://stjohns.ca)

- > Living in St. John's
- > Recreation and Parks
- > Adult Programs or Seniors Programs

# Meet Lorna

Lorna, who turned 92 in April and is always smiling and cheerful, regularly attends seniors' outings, special events and other City of St. John's recreation programs.

One program Lorna doesn't miss is Active for Life, a fitness program that helps older adults gain and maintain strength and balance to prevent the risk of falls. Lorna has enjoyed Active for Life so much that she has registered to take part in the past four sessions that have been offered and continues to see improvement in her balance, strength and flexibility.

Lorna is an avid walker and lives life to the fullest. Lorna enjoys connecting with friends and family by telephone and virtually online, loves to entertain, enjoys knitting and makes the best tarts – this winter she made over 500 tarts for family and friends!

Lorna is an active member in her church and volunteers in the community. Lorna and her peers have kept busy during the pandemic, connecting virtually to knit hats, lap shawls, socks and more that will be given to those in need.

As much as Lorna misses in-person activities and is anxiously waiting for them to return, particularly for the social connections and friendships that come with them. For now she will remain positive and thankful and will keep on walking.

As Lorna says "I have lived a good life so why stop now? I've got to keep going!"



“ I have lived a good life so why stop now? I've got to keep going! ”

- Lorna

## Resources for Seniors

### Seniors NL

737-2333  
info@seniorsnl.ca  
seniorsnl.ca

### Connections for Seniors

699-8099  
699-2858  
info@connectionsforSeniors.ca  
connectionsforSeniors.ca

### Bridge the gApp

www.bridgethegapp.ca

### Community Food Helpline

Dial 811

### CHANNAL Warm Line

1-855-753-2560

### Office of the Seniors Advocate

729-6603  
seniorsadvocate@seniorsadvocatenl.ca

### Canadian Red Cross Self-Isolation Hotline

1-800-863-6582

### Canada 211

Connects to Resources  
Dial 211  
211.ca





# SJRFD

## Staycation Fire Safety



**By Cara Pardy**  
Inspector,  
Fire Prevention Division,  
St. John's Regional Fire Department

As you look forward to summer and make your plans for your staycation, keeping fire safety in mind will help ensure you have an enjoyable vacation and that your home away from home is safe for you and your loved ones.

Whether you are staying in a hotel or a tent, here are some tips to keep your family safe during your holiday this summer.

### Hotels & Motels

Every hotel or motel room door has an evacuation plan posted on the back, inside the room; familiarize yourself with it including your path to the nearest emergency exit.

Count the number of doors between your room and the nearest two fire exits. If you have to evacuate in heavy smoke and can't see, you can feel along the walls and doors to countdown to your exit.

When in your room, particularly while sleeping, keep your room key by your bed and take it with you if there is a fire. If you cannot evacuate the building, you may have to return to your room.

As always, if you hear an alarm, leave the room and close all doors behind you. Use the stairs to get out; never use an elevator in the case of fire.

### Bed & Breakfasts and Airbnbs

Check for working smoke alarms in every sleeping room, outside each separate sleeping area and on every level of the dwelling.

Make sure everyone staying there knows:

- where the portable fire extinguishers are;
- how to call 911 or the local emergency number;
- the address of the home; and
- two ways to escape from every room.

### Motorhomes & Campers

Hitting the road to explore the nooks and crannies of our province can be a freeing and relaxing experience – but don't let fire safety take a back seat to your adventures.

Make sure you have working smoke and carbon monoxide alarms installed. Most recreational vehicles have refrigerators, furnaces, ovens and stovetops that often use propane; have your propane system inspected annually.

All guests and particularly overnight guests to your home on wheels should know two ways out; make sure your windows and doors open properly.

Do not keep portable heaters and lanterns on while sleeping.

#### Fire Prevention

576-3905

[fireprevention@stjohns.ca](mailto:fireprevention@stjohns.ca)

[facebook.com/SJRFD/](https://www.facebook.com/SJRFD/)





## Camping

The lowest-impact exploring can have the greatest fire hazards. When you are tenting or backcountry camping you are most likely your own fire department - take care of yourself and the country you love to explore!

Make sure your tent is made of flame-resistant fabric. Inside your tent only use battery-operated camping equipment such as flashlights or lanterns.

NEVER use fuel-fired heaters or lanterns, matches, candles, open flames or a barbecue grill inside a tent as they can produce carbon monoxide. Always cook outside.

Check with local authorities on open-air burning regulations. Choose a campfire location that is downwind and at least three metres away from your tent and belongings. Build your fire at least three metres away from standing trees, stumps, logs, and at least 15 metres away from forest debris and buildings. Get rid of any debris like twigs and leaves within a 3-metre diameter around the campfire site.

Be like a Scout or Girl Guide and avoid the use of liquid fire starter. Do not have fires in windy conditions (wind speed 30km/hr or more). Keep your fire at a manageable size, never leave it unattended or let children play around it and always have a bucket of sand or water and a shovel nearby.

## Have no doubt and dout it

When you are ready to extinguish your campfire:

- Allow the wood to burn completely to ash.
- Pour lots of water on the fire, drown all embers. Stir the campfire ashes and embers with a shovel; make sure everything is wet and they are cold to the touch.
- If you do not have water, use dirt. Mix enough dirt or sand with the embers. Continue adding and stirring until all material is cool.
- Remember: if it's too hot to touch, it's too hot to leave! Do not bury the fire as it will continue to smolder and could catch roots on fire that will eventually get to the surface and start a wildfire.



# Take the bus to the pool

**Metrobus**

Routes 3 & 23 pass right by Paul Reynolds Community Centre  
and routes 11 & 12 service H.G.R. Mews Community Centre.

Plan your trip at [metrobus.com/TakeTheBus](http://metrobus.com/TakeTheBus)