



Logy Bay Middle Cove Outer Cove

2017 Fall Community Newsletter



2017 Killick Coast Games Opening Ceremonies: LMO athletes led by Honorary Patron, Chief Joe Boland

INSIDE THIS ISSUE

Fitness Registration and Programming	2
Families	3
Jack Byrne Regional Wellness Group	3
Seniors	3
Municipal Election 2017	3
Farewell Mayor Kennedy	4
Community Events.....	4-6
Ray Bonia Memorial Scholarship Award	5

Killick Coast Games	6
Museum.....	6
Upcoming Events at a Glance	6
LBMCOG Development Association	7
New Year's Eve Fundraising Opportunity.....	7
Town Policies & Permits.....	7
Rental Space	8
Safety Messages.....	8
Contact Information.....	8

Fitness Registration

Registration will take place on **Sunday, September 24, 2017**, from 11:00 am - 12:30 pm at the Town Hall.

You will only be permitted to register two people per class for each program.

Priority for registration will be given to residents of the community. Non-residents will be placed on a waiting list and added to the class after registration has closed on Sunday, if there are spaces remaining.

Payment can be made by cash, cheque or debit only.

Fitness Programming

Fun 'n' Fit

Join us for a low impact fitness class.

Days: Mondays and Wednesdays

Time: 10:00 am - 11:00 am

Location: Justina Centre, Upper Level

Dates: September 25 - November 29, 2017

Instructor: Bernadette Decker

Cost: FREE

****There will be no class on Monday, October 9.**

Please note: Registration is required. Town residents will be given first priority. Call Janet by the end of Friday, September 22, at 726-7930 ext. 23 or email janetroff@lbmcoc.ca. Non-residents will be placed on a waiting list and permitted to attend based on space availability.

Gentle Yoga

Want to improve mobility, flexibility and reduce the risk of an injury due to a fall? Join us for a gentle hatha yoga-inspired flow class. Please note a second class has been added. Please bring your own yoga mat and water bottle.

Days: Tuesdays and Thursdays

Time: 10:00 am - 11:00 am

Location: Justina Centre, Upper Level

Dates: September 26 - November 30, 2017

Instructor: Bernadette Decker

Cost: \$40

****There will be no class on Thursday, November 9**

Fitness Programming

Interdisciplinary Yoga

This class stresses safety in yoga poses and encompasses a variety of yoga styles. It strives to adapt each pose to meet the individual needs of each student. This class is appropriate for all levels. Participants must bring their own mats and, if required, straps.

Day: Tuesdays

Time: 7:00 pm - 8:00 pm

Location: Justina Centre, Upper Level

Dates: September 26 - December 12, 2017

Instructor: Sherry Ryan

Cost: \$45

****There will be no class on Tuesday, November 28**

Boot Camp

Work out your entire body boot-camp style with Sharon. Come get a fitness experience where each class is tailored to work out a specific part of your body and special attention is paid to strengthening your core. Participants must bring their own mat and a set of weights between 2-8 lbs.

Days/Times: Sundays from 7:00 - 8:00 pm and Wednesdays from 6:45 pm - 7:45 pm

Location: Justina Centre, Upper Level

Dates: October 1 - November 29, 2017

Instructor: Sharon Trainor

Cost: \$50

Zumba®

FREE Promo class on Wednesday September 20 from 7:30 pm - 8:30 pm for anyone who would like to come try it out!

Zumba® is a fitness class that incorporates basic dance steps and routines with upbeat Latin and international music. Who doesn't love to exercise to music!

Day: Mondays

Time: 8:15 pm - 9:15 pm

Location: Justina Centre, Upper Level

Dates: September 25 - December 4, 2017

Instructor: Christa McGrath

Cost: \$50

****There will be no class on Monday, October 9**

****Class is subject to a minimum number of 15 registrants**

Families

Eastern Health Breastfeeding Clinic and Baby Weigh-In

Nurses from Eastern Health provide services for parents and their newborns on a weekly basis throughout the year.

Day: Tuesdays

Time: 2:00 pm - 3:30 pm

Location: Justina Centre, Upper Level

Cost: FREE

Playgroup

Due to a lack of interest, no time slot has been allocated this season for Playgroup. If you feel you'd like to see playgroup continue please contact Janet at janetroff@lbmcoc.ca or 726-7930 ext. 23.

Book Club

The Book Club is open to all Town residents. Members meet monthly to discuss and review a selected novel they've read. Current books are available for pick up at the Town Hall. New members are always welcome. Please contact Lorraine Cole at lorraine.cole@yahoo.ca for additional information or just drop on by.

Date/Time: Second Thursday of each month from 7:00 pm - 8:00 pm

Location: Town Museum, located at the rear of the Town Hall

Cost: Free

Jack Byrne Regional Wellness Group

The Jack Byrne Arena is hosting a Wellness Club to promote healthy, active living. This program begins September 2017 and runs until May 2018 and is open to all in the region. Membership costs \$7/month or \$30/6 months and includes a free T-shirt, pedometer, monthly 'Lunch & Learn' session on the third Tuesday of every month, as well as use of the walking track. Join up and receive regular challenges to stay involved and motivated.

For information contact Cathy at Jack Byrne Arena on 437-6224 or visit <http://jackbyrnearena.com/walking-track/>

Seniors

Justina Goldenrods 50+ Club: The Goldenrods is a social club who meet every Wednesday evening at 7:30 pm in the Lower Level of the Justina Centre. Fall startup is Wednesday, September 20. New members are welcome to join at any time. Weekly spins, \$2 weekly fees and the registration fee of \$5 goes towards the club spring dinner and dance and the club outings. Come meet some old friends and make some new ones. Please contact Joan O'Mara at 437-5515 if you are interested in becoming a member or would like additional information.



Social Bridge: 10:00 am - 12:30 pm on Tuesday morning in the Lower Level of the Justina Centre. Fall startup is on Tuesday September 19. All are welcome! Come socialize, catch up with some old friends and make some new ones. Please contact Jean Loder at 722-8184 for any additional information.



Municipal Election 2017

The following persons have been nominated for election for Mayor:

Craig Dyer

Bert Hickey

The **Election for Mayor** will take place on September 26, 2017, between the hours of 8:00 am and 8:00 pm. Polling booths will be located at: **Town Hall, 744 Logy Bay Road**

Advance Poll(s): not applicable

If you are unable to vote on September 26, 2017, you may apply at the Town office for a proxy no later than **4:00 pm September 25**. The person you designate as your proxy must be an eligible voter in the Town. A person can be designated as a proxy only one time during an election. For more information, contact Adele Carruthers, Returning Officer, 726-7930 ext. 22 or office@lbmcoc.ca.

Congratulations to those candidates elected to Council by acclamation:

Andrew Boland

James Cadigan

Bradley Power

Brian Roche

James Rose

Karen Todhunter

Community Events

Farewell Mayor Kennedy

The Town would like to acknowledge the 12 years of service that Mayor Kennedy has provided to the community and wish him, his wife Rita, and family all the best for the future. John, we all hope that your retirement years will be blessed with health, happiness and good fortune.

Fire Prevention Week Parade and Meet & Greet

9:00 am - 10:00 am, Saturday, October 7, 2017
Kelly Park Parking lot, 108 Outer Cove Road
(Rain or shine)



The St. John's Regional Fire Department, which services our Town, will be having a Fire Truck Parade which will begin in St. John's. It will travel along Logy Bay Road to Outer Cove Road and stop at Kelly Park at 9:00 am.

Multiple fire trucks and rescue vehicles will be parked at the Kelly Park parking lot, 108 Outer Cove Road, for a 'Meet & Greet'. All are welcome to come check out the trucks and talk to members of the Fire Department.

Visitors must park on the roadside on Outer Cove Road. No parking will be permitted in the parking lot. We request your cooperation in this matter to make the entire parking lot pedestrian safe while visiting the fire trucks. The parking lot will reopen to the public once the fire trucks leave at 10:00 am.

General Skate

Please be advised that the Community Skate is now known as a General Skate and is open to everyone. ****All participants must wear CSA Approved Helmets****

Days: Sundays

Time: 4:30 pm - 5:20 pm

Location: The Jack Byrne Arena

Dates: October 1, October 29, December 17, 2017

Cost: Non-perishable food item

Babysitting Course

Does your child want to learn the basics of babysitting? Participants are taught how to provide for younger children and how to prevent and respond to emergencies. Upon completion of the course, participants receive a certificate. Age range of participants is 11 to 14 years old. Please email janetroff@lbmcoc.ca or call 726-7930 ext. 23 by September 30 if your child is interested.

Date: Sunday, October 22

Time: 8:30 am - 4:30 pm

Location: Justina Centre, Lower Level

Please note: Cost and course availability is dependent upon interest.

Children's Halloween Party

Calling all ballerinas, pirates, superheroes and witches too - we've got a spooktacular Halloween party just for you! A morning of Halloween crafts, activities and treats is planned for little monsters aged 5 and under. Dress up in your Halloween costume and come have a wicked time!

Date: Friday, October 27

Time: 9:30 am - 11:30 am

Location: Justina Centre, Lower Level

First Aid Course for Adults - CPR/AED Level A

In today's world, with an aging population, natural disasters and human error, we may be put into a situation where we will need to perform basic lifesaving skills on a loved one, a neighbor or a stranger in an emergency. This general interest CPR/AED Level A course provides the skills needed to recognize and respond to cardiovascular emergencies and choking. It is a 4-hour program which includes the latest CPR guidelines along with training in the use of an automated external defibrillator (AED). Upon successful completion, participants will receive a certification card that is valid for 3 years.

Below is a list of the content covered with in the CPR/AED Level A program:

- Assessment
- Recovery Position
- Choking
- Medications
- Angina and Heart Attack
- Stroke
- CPR/AED
- Deadly Bleeding

Date: Sunday, November 5

Time: 1:00 pm - 5:00 pm

Location: Justina Centre, Upper Level

Cost: FREE

Registration: Please email janetroff@lbmcoc.ca by Friday, October 20, if you are interested in attending this course.

Community Events

Kids Bingo

Join us for an afternoon of bingo! Bring your friends for some fun and a chance to win a prize! Don't forget your good luck charm. This free event is designed for school aged children. There will be complimentary hot chocolate provided.

Date: Sunday, November 12

Time: 2:00 pm - 3:30 pm

Location: Justina Centre, Upper Level

Cost: FREE

Drop and Shop

Need some time to get your Christmas shopping done? Drop your kids off to hang with some great counselors and be entertained with crafts, games and/or a movie while you get in some serious Christmas shopping.

Date: Friday, November 17

Time: 6:00 pm - 9:00 pm

Location: Justina Centre, Upper Level

Cost: \$15 per child (prices vary per family with multiple children)

Registration: Forms can be found on the Town website www.lbmcoc.ca or may be picked up at the Town Office and must be **completed and submitted by November 10.**

Contact: Janet at janetroff@lbmcoc.ca or 726-7930 ext. 23

2017 LBMCOG Summer Day Camp

Thank you to all the great staff, parents and children who participated in the Town's Summer Day Camp Program this year. We wish you a wonderful school year and hope to see you back again next summer!



KELLY PARK SPORTS ASSOCIATION

KPSA would like to thank our staff for the amazing work they did this past summer to make our programs so successful. We had 350 athletes registered for our programs and it would not be the success it was without the enthusiasm of our staff and the support from the Town.

We would also like to send a special thank you to the volunteers that coached our teams. Your time and dedication was invaluable. We were well represented in tournaments all over the province this summer. With the help of our staff and volunteers we were also very proud to host two provincial tournaments at Kelly Park this past summer and look forward to many more in the future.

We would not be able to do it without your support and look forward to next season!



Outer Cove U12 and U14 Girls Softball Teams 2017

Ray Bonia Memorial Scholarship Award:

Level III Students graduating in 2017

1st Place \$1000

2nd Place \$500

Application available at Town Hall
or on www.lbmcoc.ca
(under Public Notices in the
Municipal Services menu)

Submission Deadline: September 22, 2017

Community Events



Killick Coast Games

The 2017 Killick Coast Games were hosted by the Towns of Pouch Cove, Bauline and Flatrock. Team Logy Bay-Middle Cove-Outer Cove (LMO) took home the Jack Byrne Memorial Cup as the team with the most points overall in the tournament. The Town would like to congratulate the Towns of Pouch Cove, Bauline and Flatrock for hosting a great tournament and all the athletes who participated.

We would also like to extend a special congratulations to senior participants Adam Powell and Cassidy Roff, and junior participants James Dyer and Katie Power, who were presented with the Diane Whalen Sportsmanship Awards for the Town of Logy Bay-Middle Cove-Outer Cove.

The 2018 Killick Coast Games will be held in the Town of Portugal Cove-St Philip's, dates to be determined.



LMO win the Jack Byrne Memorial Cup



It was another great summer at the Logy Bay-Middle Cove-Outer Cove Museum. Thank you to everyone who came and made our 20th Anniversary Party a huge success. It was wonderful to see the passion and love that this community has for its heritage.

Summer was filled with crafts, scavenger hunts, and the updating of our Agriculture Exhibit. A new archiving system at the Museum has improved finding documents and researching items such as your family tree.

Next year, the MUN Folklore Department plans to have its field school in LBMCO. This exciting development means folklore students will be looking for you to share your stories, and all interviews will then be made available through the museum archives.

Call for Pictures and Family Trees

To further expand our archives, we would appreciate the donation of copies of family trees/genealogy and photographs from our residents. Original photos can be scanned and we will also provide you with a digital copy. With your help, we can continue to preserve and share the heritage of this community.

Please contact us:

Email: lrmcocomuseum@gmail.com

Facebook: www.facebook.com/LBMCOCMuseum

Twitter: www.twitter.com/LBMCOCMuseum

Blog: logybaymiddlecoveoutercovemuseum.blogspot.ca/

Don't forget to visit us on the Annual 'Doors Open Day' on Sunday, September 24, 2017!

Upcoming Events at a Glance

- September 24:** Fitness Registration
 - September 24:** 'Doors Open Day' at LBMCO Museum
 - September 26:** Municipal Election for Mayor
 - October 7:** Fire Prevention Week Parade and Meet & Greet
 - October 22:** Babysitting Course
 - October 29:** Children's Halloween Party
 - November 5:** First Aid Course for Adults: CPR/AED Level A
 - November 11:** Remembrance Day Ceremony
 - November 12:** Kids Bingo
 - November 17:** Drop and Shop
 - November 28:** Tree Lighting
 - December 2:** Breakfast with Santa
 - December 8:** Seniors Dinner and Dance
- *** A flyer will be sent out in November with more information on the above events ***



Are you interested in having a Community Garden in our Town? Some of the benefits of a Community Garden are:

- Economic
- Health
- Environmental
- Educational
- Social

Two types of Gardens are:

1. Collective Community Garden - everyone contributes their effort to one large garden and everyone shares the harvest.
2. Allotment Community Garden - Garden space is divided into plots that are independently maintained by an assigned gardener(s).

We will be starting a Community Garden in 2018. Now is the time for planning! If you wish to become a member of our Community Garden Group, please email Jean Loder at jeanloder586@gmail.com. THE GROUND WORK IS NOW!!!



New Year's Eve Fundraising Opportunity

December 31st has been reserved at the Justina Centre for any local community group or charitable organization that would like to host a New Year's Eve Party to raise funds for their organization. You must provide a \$500 damage deposit for the booking. If your event requires bar service, all proceeds from the bar will go to the Town. If your organization would like to take advantage of this opportunity please submit a letter of intent to janetroff@lbmcoc.ca prior to 4:00 pm on Thursday, November 16. In the event that more than one organization is interested, Council will decide which group will be awarded the rental at the Council meeting on November 20.

Permits

Permits must be obtained from the Town for the items such as: new developments, outbuildings (sheds, garages, greenhouses, etc.) exterior building repairs, demolitions, fences, house extensions, operating a business, secondary driveways, and driveway paving. Please note that an application to pave your driveway must be submitted at least three weeks in advance of paving in order to provide adequate time for culvert inspection and possible culvert replacement. Residents of Marine Drive must contact the Department of Transportation and Works regarding culvert inspections and replacements.

2017 Property Tax Reduction

Property owners (dwellings only) whose combined income for the year 2016 was thirty thousand dollars (\$30,000) or less are eligible for a reduction in taxes. A reduction form must be completed and a 2016 Notice of Assessment from Canada Revenue Agency must be submitted by December 31, 2017. This information will remain confidential.

Animal Control

Council would like to remind residents that Town by-laws require animals to be penned in or on a leash when on private or public property. Animal ID Tags which assist in locating lost pets may be obtained at the Town Hall free of charge.



Dogs, on a leash, are permitted in Kelly Park.

Dogs are not permitted on any of the playing fields or playground areas.

Please remember to clean up after your dog when walking in all areas of the Town.

Rental Space

The Justina Centre

Rental space is available at the Justina Centre for wedding receptions, baby showers, corporate conferences, children's parties and much more!

Catering at the Justina Centre is open to all caterers/individuals.

Upper Level rentals are \$50 per hour plus HST (minimum 3 hours) for non-bar functions.

For bar functions and wedding receptions, the rental fee is \$300 plus HST (\$345).

Lower Level rentals for children's parties, Grade 6 and under, are free for Town residents.

Lower Level rentals are \$20/hour + HST. The Lower Level is available for Town residents only.

For any inquiries, please contact Janet at janetroff@lbmcoc.ca or 726-7930 ext. 23



Safety Messages

Civic Addresses

Residents are advised that a civic number should be clearly posted on your property and visible from the road in order for emergency vehicles to locate your property in a timely manner. We encourage residents who do not have a civic address posted to do so.

School Zone Traffic

The general public are advised to slow down, exercise caution and patience while travelling through the St. Francis of Assisi School zone. Safety concerns surrounding the traffic issues have been discussed at a Council level, and the Town has initiated a meeting with officials to discuss mitigating measures and future long-term solutions.

Snow Clearing Regulations

Residents are advised that the Town's snow clearing regulations are in effect. A full copy of the regulations can be reviewed on the Town's website (under Services) www.lbmcoc.ca.

Contact Information

Main Telephone: 726-7930

Town Clerk/Manager: ext. 22 - For residential concerns and public works

Finance and Administration Officer: ext. 29 - For accounts payable, planning and permits

Administrative Support Clerk: ext. 24 - For assessments, tax information and payments

Community Program Coordinator: ext. 23 - For Justina Centre, Festival of Friends and Community Programs

Email: office@lbmcoc.ca

Website: www.lbmcoc.ca

Facebook: Town of Logy Bay-Middle Cove-Outer Cove

Do you have any feedback on Town programs or great ideas for new ones? If so, contact Janet Roff at janetroff@lbmcoc.ca or 726-7930 ext. 23