



# Logy Bay Middle Cove Outer Cove

## 2017 Winter Activity Guide and Newsletter



**Ocean Sciences Center, Logy Bay**

### INSIDE THIS ISSUE

Town of LBMCOG Recycling Program.....	2	Student Summer Employment Opportunities .....	6
Fitness Programming .....	3	Ray Bonia Memorial Scholarship Winners .....	6
Activities for Adults.....	4	Waste Collection .....	6
Fitness Registration.....	4	Rental Space .....	7
Families .....	4	Safety Messages.....	7
Seniors .....	4-5	Fire Safety .....	7
Community Events.....	5	Contact Information.....	8
Town Policies & Permits.....	5		

# Town of LBMCOC Recycling Program

The Town of LBMCOC recycling program has 2 components – the **Recycling Shed** and **Curbside Recycling**

## The Recycling Shed

The Recycling Shed, located behind the Town Hall Office, offers collection for recyclables that have had a deposit paid on them with **all proceeds going directly to St. Francis of Assisi School**. Through the MMSB, the school receives double the normal refund for these items.

The Recycling Shed is **not** a sorting facility. Recycles that have been dropped off in the shed and have **not been sorted** will go directly to Curbside Recycling and all proceeds will have been lost.

The Recycling Shed accepts **only** recyclable donations that have **had a deposit paid** on them such as:

- Beer and wine bottles
- Pop bottles and cans
- Water bottles
- Juice/Tetra packs
- Gatorade bottles

\*NOTE: Cardboard/paper products are **NOT** Accepted

## Curbside Recycling

Curbside Recycling is a service offered by the Town whereby all recyclables are **picked up every second week** on the **designated garbage day** for your area.

- Items must be placed in clear, blue plastic bags with containers separated from paper
- Paper products such as newspapers, flyers, phone books, cardboard boxes and egg cartons
- Plastic containers such as shampoo and medicine bottles, condiment bottles and butter tubs
- Tin cans and aluminum products such as pie plates
- Milk and juice containers

**A complete list of acceptable recycling items along with Recycling Dates can be found on the Town Website [www.lbmcoc.ca](http://www.lbmcoc.ca) located under the Services link under the Curbside Recycling**

## Not Accepted in Town Recycling Program

- Styrofoam and CD cases
- Soiled goods such as diapers, toilet tissue and take-out food bags and boxes
- Ribbon and gift wrap
- Toys – plastic, wood or metal
- Hazardous wastes, Electronics, Tires, Scrap Metals (see below)

## Alternate Recycling Facilities

Facilities for disposal of **Wastes not accepted by the Town** such as **Hazardous wastes** (ie Batteries, paint, propane tanks), Electronics ie. TVs, computers, cell phones) Tires and Metals can be found on [www.rethinkwaste.nl.ca](http://www.rethinkwaste.nl.ca)

# NEW!!!

### Kickboxing

Kickboxing is a combat sport that combines kicking, punching, clinching, knee and elbow strikes. Open to men and women, this kickboxing class focuses on proper technique and conditioning. Get in shape while learning a focused combat ring sport under the guidance of a well-trained instructor who has competed world-wide. Come and experience with Stephanie Foley an exercise program that teaches self-defense skills at the same time. Participants are asked to bring a yoga mat, skipping rope, and kick boxing gloves if you have them.

**Day/Time:** Tuesdays from 8:30 pm - 9:30 pm

**Dates:** February 7th - May 16th, 2017

**Instructor:** Stephanie Foley

**Cost:** \$55.00 for 15 classes

### Fun'n' Fit:

Join us for a low impact fitness class.

**Days:** Mondays and Wednesdays

**Time:** 10:00 am - 11:00 am

**Dates:** February 8th – May 17th, 2017

**Instructor:** Bernadette Decker

**Cost:** Free

**New for Fun 'n' Fit: Registration is required. Town residents will be given first priority. Call or email Janet by the end of Monday, February 6th on 726 - 7930 Ext: 23 or email [janetroff@lbmcoc.ca](mailto: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 time has been added. Please bring your own yoga mat and water bottle.

**Days:** Tuesdays and Thursdays

**Time:** 10:00 am – 11:00 am

**Dates:** February 7th– May 18th, 2017

**Instructor:** Bernadette Decker

**Cost:** \$60.00 for 30 classes

### **Zumba®**

Zumba® is a fitness class that incorporates basic dance steps and routines with catchy Latin and international music.

**Day/ Time:** Mondays from 8:30 pm - 9:30 pm

**Dates:** February 13th– May 22nd, 2017

**Instructor:** Christa McGrath

**Cost:** \$80.00 for 15 classes

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



### **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/Time:** Tuesdays from 7:00 pm - 8:00 pm

**Dates:** February 7th – May 23rd, 2017

**\*\*Please note that there will be no classes on March 7th and March 14th**

**Instructor:** Sherry Ryan

**Cost:** \$60.00 for 14 classes

### **Boot Camp:**

Welcome back Sharon Trainor! 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 lb.

**Day/Time:** Wednesdays from 6:45 pm - 8:00 pm

**Dates:** February 8th– May 24th, 2017.

**\*\*Please note that there will be no classes on April 11th and 18th.**

**Instructor:** Sharon Trainor

**Cost:** \$45.00 for 14 classes

## Activities for Adults

### **Book Club:**

The Book Club is open to all town residents and meets to read and review selected novels. Current books are available for pick up at the Town Hall.

New members are always welcome.

Please contact Jean Loder on 722 8184 for additional information or just drop on by.



**Day/Time:** Second Thursday of each month from 7:00 pm – 8:00 pm

**Location:** Town Museum, located at the rear of the Town Council Office

**Cost:** Free

## Fitness Registration

Please note that due to the delayed start to our Fitness programs, we will be running our session from February through to May rather than having a separate Winter and Spring Session. Each of our programs will have an extended number of classes with costs reflecting this.

Registration will take place on Monday, February 6th, 2017 from 5:00 pm to 6:00 pm at the Town Hall.

You are only 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 Thursday if there are spaces remaining.

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

## Families

### **Eastern Health Breast Feeding Clinic and Baby Weigh Ins:**

Nurses from Eastern Health provide for parents and their newborns at the Justina Centre.

**Day/Time:** Tuesday's from 1:30 to 4:30 pm

**Registration:** Drop In

**Cost:** Free

## Families

### **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 this continue, please contact Janet at [janetroff@lbmccoc.ca](mailto:janetroff@lbmccoc.ca) or 726 7930 ext. 23

### **Parent Date Night**

We are offering parents an opportunity to celebrate Valentine's Day by hosting a Parent Date Night. Drop your kids off to hang with some great counselors and be entertained with crafts, games and/or a movie while you have some 'us' time!

**Date:** Saturday February 11th, 2017

**Time:** 6:00 pm - 9:00 pm

**Registration:** Forms can be found on the Town website [www.lbmccoc.ca](http://www.lbmccoc.ca) or may be picked up at the Town Office and must be **completed and submitted by February 3rd**

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

**Contact:** Janet at [janetroff@lbmccoc.ca](mailto:janetroff@lbmccoc.ca) or 726 7930 ext. 23

## Seniors

### **Justina Goldenrods 50+ Club:**

Justina Goldenrods 50+ Club: The Goldenrods are a social club who meet every Wednesday evening at 7:00 pm in the Lower level of the Justina Center. New members are welcome to join at any time.

Weekly spins, \$2.00 weekly fees and the registration fee of \$5.00

go 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.



Weekly spins, \$2.00 weekly fees and the registration fee of \$5.00 go 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 to 12:30 pm on Tuesday morning in the Lower level of the Justina Centre.

Everyone is welcome to come socialize and catch up with some old friends along with making some new ones. Please contact Jean Loder at 722- 8184 for any additional information.



## Seniors

### Jack Byrne Regional Wellness Group

The Jack Byrne Arena is hosting a Wellness Club to promote healthy, active living. This program began in September 2016 and runs until May 2017 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 the Jack Byrne Arena on 437 6224 or visit <http://jackbyrnearena.com/walking-track/>

## Community Events



### KILLICK COAST GAMES DATES

The Towns of Pouch Cove, Bauline and Flatrock will be hosting the 2017 Killick Coast Games. The games will be held during the week of August 21 – August 25. Additional details will be released with the 2017 Spring Activity Guide and Newsletter.

### 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\*\*

Skate dates now fall on Sundays and are as follows:

January 29th, February 26th, and March 26th, 2017

**Time:** 4:00 pm – 4:50 pm

**Cost:** Non-perishable food item

**Where:** The Jack Byrne Arena



## Town Policies & Permits



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

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

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

### 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 Council Office free of charge. Residents are required to clean up after their animals when walking or running them in public areas.

### 2017 Property Tax Reduction

Property owners (dwellings only) whose combined income for the year 2016 was thirty thousand dollars (\$30,000.00) 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.

### PERMITS:

**\*\* Important – Please note: The Town must inspect your culvert before you are permitted to pave or repave any driveways within the town because the culvert may need replacing. A notice of two weeks is required. The only exception to this policy is Marine Drive as Marine Drive is under the jurisdiction of the provincial government Department of Transportation and Works.**

A reminder that permits are required for construction of residential dwellings, commercial buildings, sheds, garages, greenhouses, extensions as well as repairs, renovations, demolition, advertising signs, fences, private paving of driveways, moving fill and sod cutting. Please contact the Council Office for further information.

# Student Summer Employment Opportunities

The Town of Logy Bay – Middle Cove – Outer Cove and the Kelly Park Sports Association are offering a variety of summer employment opportunities.

Positions:	Requirements:
<ul style="list-style-type: none"> <li>• LBMCOG Summer Program Coordinator</li> <li>• LBMCOG Summer Program Lead Counsellor</li> <li>• LBMCOG Summer Program Camp Counsellors</li> <li>• KPSA Program Coordinator (for soccer/softball)</li> <li>• KPSA Soccer/Softball Field Supervisors</li> <li>• KPSA Soccer and Softball Coaching Staff</li> <li>• KPSA Ball Hockey Coaches/Referees</li> <li>• KPSA Basketball Coaches/Referees</li> </ul>	<ul style="list-style-type: none"> <li>• Applicant must be a minimum of 16 years of age by December 31, 2017</li> <li>• Applicants must be planning on returning to school (high school or post-secondary) in the fall</li> <li>• experience working with children will be an asset</li> <li>• applicants for Coordinator positions must have previous experience in the development, planning and supervision of children’s programs</li> <li>• See <a href="http://www.lbmcoc.ca">www.lbmcoc.ca</a> under the “Employment Opportunities” link for full job descriptions and requirements.</li> </ul>

Interested parties should forward their cover letter and resume to [office@lbmcc.ca](mailto:office@lbmcc.ca). Resumes can also be delivered in person to the Town Hall, or mailed to: 744 Logy Bay Rd, Logy Bay, NL, A1K 3B5 no later than **March 18, 2017**.

The Town is always looking for volunteers who may wish to help out at Special Events etc. If you are interested in earning some career hours or would just like to help out in our community, please contact Janet at [janetroff@lbmcc.ca](mailto:janetroff@lbmcc.ca) or 726 7930 ext. 23 to have your name added to our Volunteer list.

## Ray Bonia Memorial Scholarship Award

**2016:**

**Congratulations to top prize winner,  
Ryker Richard,  
who received a \$1000 scholarship**

**Further congratulations to our  
second-place winner,  
Matthew Hickey,  
who received a \$500 scholarship**

## Waste Collection:

Residents are asked to please be advised that garbage that has been put out for collection **MUST** be covered to prevent crows/scavengers from accessing it.

## Rental Space



### The Justina Centre

Rental space available for wedding receptions, baby showers, corporate conferences, children's parties and much more!

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

Upper level rentals are \$50/hour (minimum 3 hours) + HST or \$345 (HST Inc.) for bar functions and wedding receptions.

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@lbmccoc.ca](mailto:janetroff@lbmccoc.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 that do not have a civic address posted to do so.

### Road Construction Zones and Vehicular Traffic Control

The general public are advised to slow down and exercise caution when approaching a road construction zone and follow the direction of traffic control persons at all times.

### 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.lbmccoc.ca](http://www.lbmccoc.ca)

## Fire Safety

The Town wishes to advise residents to read the important fire safety information and tips located on the St. John's Regional Fire Department's website: [www.sjrfd.ca](http://www.sjrfd.ca). Many topics are highlighted including:

- Fireplaces, Woodstoves and Furnaces
- Electric Portable Heaters
- Fire Safety for Children and Babysitters
- Smoke Alarms/Detectors
- Kitchen Safety

*Be safe, be informed!*



## Contact Information

**Main Telephone number:** 726 7930

**Town Manager: 22** - For residential concerns and public works

**Town Clerk/ Treasurer: 29** - For accounts payable, planning and permits

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

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

**Email:** [office@lbmccoc.ca](mailto:office@lbmccoc.ca)

**Website:** [www.lbmccoc.ca](http://www.lbmccoc.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@lbmccoc.ca](mailto:janetroff@lbmccoc.ca) or 726 7930 ext. 23

