



Logy Bay Middle Cove Outer Cove

2018 Fall Community Newsletter



2018 Killick Coast Games Participants with Jack Byrne Memorial Trophy

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Recreation Registration

Registration will take place on Wednesday, September 19, 2018, from 4:30 pm - 6:00 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 Wednesday, 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 24 - December 3, 2018

Instructor: Bernadette Decker

Cost: FREE

***There will be no class on Monday, October 8 or Monday, November 12**

***Please note: Registration is required. Call or email Allison by end of Friday, September 21, at 726-7930 ext. 23 or email allisonwhitty@lbcoc.ca. Non-residents will be placed on a waiting list.**

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

Location: Justina Centre, Upper Level

Dates: September 25 - November 29, 2018

Instructor: Bernadette Decker

Cost: \$40

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.

Days: Tuesdays and Wednesdays

Time: Tues. 7:00 - 8:00 pm, Wed. 7:15 - 8:15 pm

Location: Justina Centre, Upper Level

Dates: September 25 - December 4, 2018

Instructor: Sherry Ryan

Cost: \$45

*** There will be no class on Tuesday November 27**

*** 1 session/week for \$45 or 2 sessions/week for \$80**

*** There will be a maximum of 20 participants per session**

Metabolic Madness

Work out your entire body boot-camp style with Elizabeth. 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: Sundays and Tuesdays

Time: Sundays 10:30 - 11:30 am, Tuesdays 5:30 - 6:30 pm

Location: Justina Centre, Upper Level

Dates: September 23 - December 4, 2018

Instructor: Elizabeth Howell

Cost: \$55

***There will be no class on Sunday, November 11 or Tuesday, November 27**

Zumba®

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 24 - December 3, 2018

Instructor: Christa McGrath

Cost: \$55

***There will be no class on Monday, October 8 or Monday, November 12**

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

Recreation Registration

Jack Byrne Regional Wellness Group

The Jack Byrne Arena is hosting a Wellness Club to promote healthy, active living. This program runs from September 2018 through to May 2019 and is open to all in the region. Membership costs \$9/month or \$40/6 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 at 437-6224 or visit <http://jackbyrnearena.com/walking-track/>.

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*

Day: Sundays

Time: 4:30 pm - 5:20 pm

Location: Jack Byrne Arena

Dates: October 7, 14, 21, 28; November 18, 25; December 9, 16, 23, 30

Cost: Non-perishable food item

Ray Bonia Memorial Scholarship

Level III Students Graduating in 2018

1st Place \$1000

2nd Place \$500

Applications available at Town Hall or on

www.lbmcoc.ca

(under Municipal Services - Public Notices & Information)

Submission Deadline: September 21, 2018

Adults

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

Book Club

The Book Club is open to all Town residents. Members meet monthly, starting September 13, to discuss and review a selected novel that 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: Second Thursday of each month

Time: 7:00 pm - 8:00 pm

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

Cost: Free

Guitar Lessons

Have you been at a party or sitting around a fire where someone takes out a guitar and starts strumming away and you think.... "I wish I could play the guitar". Now is your chance to learn! We are offering group lessons where mistakes don't stand out so much and you can learn to make awesome music together. You will learn how to tune a guitar, elementary chords, strumming and finger-picking techniques, and how to implement the chords for the songs you want to play. Lessons are co-ed for ages 19 and over and will be once per week for 12 weeks. Take this great opportunity to have a bit of fun and learn a new skill! Participants must bring their own guitar and stand.

Day: Tuesdays

Time: 11:30 am - 12:30 pm

Location: Justina Centre, Upper Level

Dates: September 25 - December 10, 2018

Instructor: Darren Martin

Cost: To be determined based on number of registrants

Registration: Please contact Allison at

allisonwhitty@lbmcoc.ca by Friday, September 21.

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

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 19. 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 Tuesday, September 18. 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.

Nomination of Candidates

Nomination of Candidates for the municipal by-election (two vacant Councillor seats) will be received between the hours of 8:00 am and 8:00 pm on Wednesday, September 5, 2018, at the Town Hall.

Nominations shall be in writing and state the name and civic address of the candidate and shall be signed by the Proposer and Secunder both of whom shall be present together with the candidate who shall sign also signifying his/her acceptance. In the event that a candidate cannot be present for his/her nomination, his/her proposer and secunder can complete the required form.

Every candidate shall at the time of his/her nomination, deposit with the Returning Officer, the non-refundable sum of ten dollars (\$10.00) for towns/regions or fifty dollars (\$50.00) for cities.

The qualifications of a candidate for election to council are as follows:

1. Canadian citizen who is 18 years of age or older;
2. Ordinarily resident in the municipality or area for at least 30 days prior to the date set for the commencement of the nomination period;
3. Not in arrears of taxes or other charges payable to the municipality; and
4. Not otherwise disqualified under the Municipal Elections Act.

Community Events

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: Tuesday, October 30

Time: 9:30 am - 11:30 am

Location: Justina Centre, Lower Level

Cost: FREE

Drop and Shop

Need some time to get your Christmas shopping done? Drop your kids off to hang with some great recreation staff who will entertain your kids with crafts, games and/or a movie while you get in some serious Christmas shopping.

Date: Friday, November 16

Time: 6:00 pm - 10:00 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.lbmccoc.ca or may be picked up at the Town Hall and must be completed and submitted by November 10, 2018. Contact Allison at allisonwhitty@lbmccoc.ca or 726-7930 ext. 23.

***This event is open to Residents only**

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 allisonwhitty@lbmccoc.ca prior to 4:00 pm on Thursday, November 15, 2018. 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 19, 2018.

Community Events

2018 Summer Day Camp

Thank you to all the great parents, children and staff 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!



Killick Coast Games

The 2018 Killick Coast Games were hosted by the Town of Torbay. Team Logy Bay-Middle Cove-Outer Cove (LMO) came away with the Jack Byrne Memorial Trophy, which is awarded to the town with the most points. We are very proud of all our athletes who competed in the games and received medals in multiple sports.

Special congratulations to our Junior/Senior Male and Female Most Sportsmanlike players of the games: Gabe Power, Claire Stokes, Ester Colford, and Steven Dyer.

The Town would like to congratulate the Town of Torbay for hosting a great tournament and all the athletes who participated.



The 2019 Killick Coast Games will be held in the Town of Portugal Cove-St Philip's at the end of July.

Community Events



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!



Animal Control

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.



It has been another wonderful year at the Logy Bay-Middle Cove-Outer Cove Museum. A big thank you to all the members of the community who have supported us in our events and allowed us to interview them for the audio portion of our new Rowing exhibit.

This summer we offered new programs with a focus on safeguarding traditional knowledge and skills, such as wooden boat building, rug hooking, and darning. All these events sold out, and we couldn't be more thrilled to see people getting involved with local heritage. We hope it will be possible to continue with the partnerships we have made with these knowledge-bearers in future summers. As well, we continued with the weekly kid's crafts which were such a success we ran out of craft supplies several times!

We invite the community to attend the launch of our new Rowing exhibit on the annual 'Doors Open' day, Saturday, September 15, 2018.

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: lbgcocomuseum@gmail.com

Facebook: www.facebook.com/LBMCOCMuseum

Twitter: www.twitter.com/LBMCOCMuseum

Blog: logybaymiddlecoveoutercovemuseum.blogspot.ca/

LBMCOG Development Assoc.



LBMCOG Development Association

Logy Bay-Middle Cove-Outer Cove Development Assoc. had a busy summer which should continue into the fall. We started an organic community garden in the lot adjacent to Kelly Park in June with 13 raised beds that are growing an assortment of vegetables. Many parents and kids are developing a green thumb. We are planning to expand the garden next year with additional raised beds. If you are interested in signing up for next year please send an email to lbgcocdevassoc@gmail.com.

Since February, we have worked on an initiative with the Veterans Memorial Committee for the restoration of the Veterans Monument in Outer Cove. The monument will be in place for this Remembrance Day.

Outer Cove Bridge has received a facelift and we had the first mural, dedicated to Terry Fox, painted by local artist Sarah O'Rourke-Whelan. Our Association will soon release a second notification to local artists calling for 'Expressions of Interest' to paint additional murals on other faces of the bridge. Check our Facebook and the Town's Facebook pages for more information.

In July, we sent a funding application to both the province's TCII and ACOA to put a food concession kiosk with two wheelchair-accessible washrooms on Middle Cove Beach parking lot. Other upgrades to the lot and picnic area were included. Council is fully supportive of this initiative. We expect to hear if we are successful in the early fall.

Our Association is actively working with Council on a feasibility study throughout the fall for improvements to Outer Cove Beach.

Funding for the garden initiative has come from Council, TD Friends of the Environment, Wellness Coalition and provincial Department of Health and Community Services. Funding for Veterans Monument has come from Council and additional funding is being sought from Veterans Affairs Canada. Funding for Outer Cove bridge murals has come from Council. Our Association acknowledges the great support it has received from Mayor Hickey and Council. Together we are working to make our Town a more desirable place to live. Follow Us on FaceBook!

Town Policies & Permits

Permits **** Important****

The Town **must** inspect your culvert before issuing you a Permit to pave or repave any driveways within the Town because the culvert may need replacing. The Town requires a 2-week notice prior to inspection. Culvert-end finishes such as riprap and concrete headwalls must be installed **flush** with your driveway.

Permits are required for construction of residential dwellings, commercial buildings, industrial buildings, sheds, garages, greenhouses, extensions, repairs, renovations, demolition, advertising signs, fences, gazebos, pools and pool houses, retaining walls, cellars, culverts, paving of driveways, secondary driveway access, moving fill, sod cutting, etc. Please contact the Council Office at 726-7930 for further information.

Animal Control

Council would like to remind residents that the Town bylaw requires that "Every owner of an animal within the Town shall keep that animal safely tethered or in secure pasture such that the animal cannot escape and does not have access to streets or private property within the Town". 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. If you see an animal roaming at large please call the Town Hall at 726-7930 or email office@lbgcoc.ca.

2018 Property Tax Reduction

Property owners (dwellings only) whose combined income for the year 2017 was thirty thousand dollars (\$30,000) or less are eligible for a reduction in taxes. A reduction form must be completed and a 2018 Notice of Assessment from Canada Revenue Agency must be submitted by December 31, 2018. This information will remain confidential.

Rental Space

Council is focused on utilizing the Justina Centre for recreational, residential, and community activities. Therefore, rentals by non-residents will be limited to the months of October - April, subject to availability.

Rentals between May - September will be available for residents only, subject to availability.

Rental space is available 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

- Non-bar functions: rental fee is \$50 per hour plus HST (minimum 3 hours)
- Bar functions and wedding receptions: rental fee is \$300 plus HST (\$345)

Lower Level

- The Lower Level is available for Town residents only.
- Rentals for children's parties, Grade 6 and under, are free for Town residents.
- Lower Level rentals are \$20/hour + HST.

For any inquiries, please contact Allison at allisonwhitty@lbcoc.ca or 726-7930 ext. 23.



Outer Cove Brook
(Savage Creek)

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 quickly locate your property. 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 that the Druken's River cross culvert at Logy Bay Road is slated for replacement this fall. Please slow down and exercise caution when approaching a construction zone and follow the direction of traffic control persons at all times.

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. 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!

Community Walkers/Cyclists

As the evening sunlight decreases, community walkers/cyclists are reminded that staying visible is important. Please consider wearing a safety vest, carrying a flashlight and wearing clothing/footwear with reflective markers.

Safe Disposal of Broken Glass, Mirror, Sharp Objects

Proper Disposal and Safety Awareness for you and our Municipal Waste Collector:

What to do for small items such as glasses, lightbulbs, sharp objects, etc. Carefully place the broken item in a sealed container (such as a milk carton), securely seal the container, and place in your regular garbage.

What to do for large broken glass, mirrors, sharp objects, etc. Carefully place the broken item in a cloth or newspaper and wrap it thoroughly so that the object is completely covered. Place item in a sealed container or sealed box and write clearly with a marker "**Danger - Broken Glass**" and place it to the side of your weekly garbage so that it's visible to the Municipal Waste Collector.

Environmental Activities

Electronic Waste (E-waste)

What is E-waste? **E-waste** or **Electronic waste** is discarded electrical or electronic devices. Used electronics (such as computers, TVs, cellphones, printers, stereos, etc.) which are destined for reuse, resale, salvage, recycling or disposal are also considered E-waste.

E-waste should **NOT** be diverted in regular garbage or be placed for bulk pickup. Items can be recycled at designated drop-off sites indicated below.

To learn more about the E-waste programs, items which can be recycled, and drop-off locations, please visit <https://www.recyclemyelectronics.ca/nl/> or call (toll-free) 1-888-567-4535.

The nearest drop-off locations for E-waste include:

- Robin Hood Bay Waste Management Facility, 340 East White Hills Road
- Ever Green Recycling, 92 Elizabeth Avenue

For a complete list of facilities for disposal of wastes **not accepted by the Town** please visit www.rethinkwastenl.ca.

Recycling News

We wish to sincerely thank all those residents who have taken the time to collect and drop off **refundable deposit bottles**. Your efforts and partnership with this recycling program not only redirects waste from the landfill and reduces landfill tipping fees but also puts money directly into our local school which benefits our children. Keep up the great work!

Please note that the Recycling Shed behind the Town Hall ONLY accepts items that have a refundable deposit.

RECYCLING SHED (located at rear of Town Hall)	
Items Accepted in Shed	Items NOT Accepted in Shed
Beer bottles and cans	Newspapers or any paper products
Wine & Liquor bottles and cans	Jars or any other glass products
Pop bottles and cans	Plastic containers that don't have a refundable deposit such as antifreeze bottles, laundry detergent bottles, etc.
Juice boxes	

Recycling products such as newspapers, paper, non-refundable plastic containers can be blue bagged and placed on your curbside for biweekly pick up. Please note that glass and styrofoam is not acceptable as a recycling item.

LBMCOOC Museum: New Rowing Exhibit



Community Garden, Outer Cove



Upcoming Events at a Glance

September 5:	Municipal By-Election Nomination for Candidates
September 15:	“Doors Open” Day – LBMCOOC Museum
September 19:	Recreation Registration
November 3:	Veterans Memorial Committee Fundraiser
November 11:	Remembrance Day Ceremony
November 16:	Drop and Shop
November 27:	Tree Lighting
December 1:	Breakfast with Santa
December 7:	Seniors Dinner and Dance

*A flyer will be sent out in November with more information on our Christmas events.



Justina Centre at Kelly Park

Contact Information

Main Phone:	726-7930
Town Clerk/Manager:	ext. 22 - residential concerns, public works
Finance & Administrative Officer:	ext. 29 - accounts payable, development permits
Administrative Support Clerk:	ext. 24 - accounts receivable, assessments, tax information
Community Program Coordinator:	ext. 23 - Justina Centre, community/recreation events
Town Planner:	ext. 28 - planning and development inquiries
Email:	office@lbmccoc.ca
Website:	www.lbmccoc.ca
Twitter:	https://twitter.com/townoflbmccoc
Facebook:	Town of Logy Bay-Middle Cove-Outer Cove

We would like to hear from you: If you have any comments, suggestions or feedback on Town business and/or services please contact the Town Hall at 726-7930 or email office@lbmccoc.ca.



Terry Fox Mural
Outer Cove Bridge