



# CITY GUIDE

FALL 2021

## **Municipal Election 2021**

Pages 3-7

## **Canada's Favourite Crossing Guard**

Page 21

## **Community Climate Plan**

Pages 38-39



# City Council



**Mayor**  
 Danny Breen  
 576-8477  
 dbreen@stjohns.ca  
 DannyBreenNL  
 councillordannyy.breen



**Deputy Mayor**  
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 Sheilagholeary  
 OLeary



**Ward 1 Councillor**  
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**Ward 2 Councillor**  
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**Ward 3 Councillor**  
 Jamie Korab  
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**Ward 4 Councillor**  
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**Ward 5 Councillor**  
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**Councillor at Large**  
 Maggie Burton  
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 mmburton  
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**Councillor at Large**  
 Seat currently vacant,  
 will be filled in 2021  
 Municipal Election



**Councillor at Large**  
 Sandy Hickman  
 576-8045  
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**Councillor at Large**  
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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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# Voting 101

September 28, 2021 is Election Day for municipalities in Newfoundland and Labrador. Here's what you need to know to ensure your vote is counted in St. John's.

## Who Can Vote?



- Age 18+
- Canadian Citizen
- City of St. John's resident as of August 29, 2021

## How Do I Vote?



- Vote By Mail
- Use the Drop Box outside City Hall
- Vote at a Satellite Drop Off Centre

## What's in the Kit?



- An instruction sheet
- A voter declaration form
- A ballot
- A secrecy envelope
- A yellow return envelope

## When is the Vote?



- Approximately September 13-28\*
- Complete your kit and mail it at anytime before Thursday, Sept. 23

\*dates may change based on Canada Post delivery standards

## Where do I Vote?



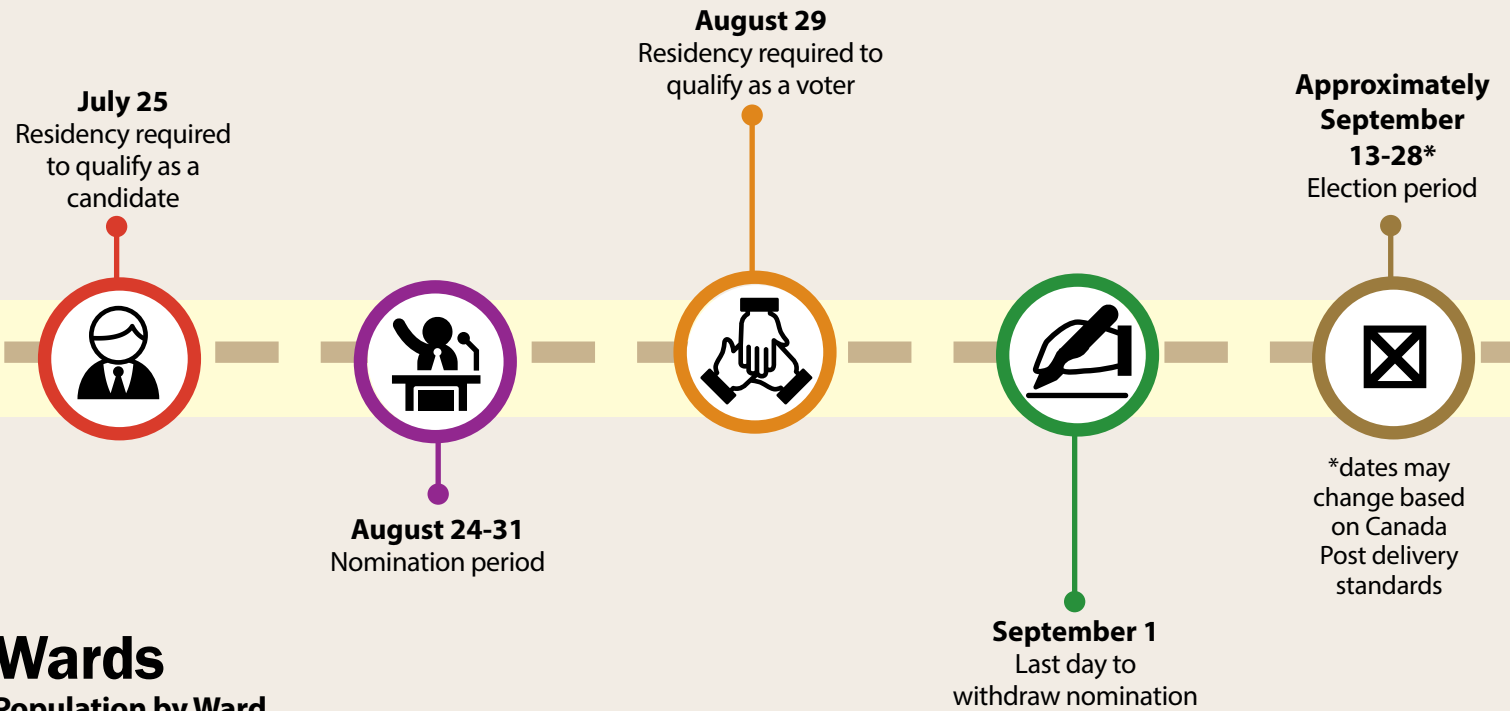
- In the convenience and privacy of your own home
- At a conveniently located Satellite Drop Off Centre in your ward

## Why Should I Vote?



- It's a duty and it's your right
- Municipal governments are non-partisan; individuals can greatly influence how your tax dollars are spent and your City is run
- Municipal government affects your daily life...from roads and traffic, to water quality, safety, recreation and more

# Municipal Election 2021: Timeline



## Wards

### Population by Ward

Ward 1: 22,813

Ward 2: 19,102

Ward 3: 20,786

Ward 4: 28,157

Ward 5: 21,618

Find your ward at [stjohns.ca](http://stjohns.ca) under Quick Links choose Find your Ward



## Council Positions for Election

### 11 Members of Council

- Mayor
- Deputy Mayor
- Councillor, Ward 1
- Councillor, Ward 2
- Councillor, Ward 3
- Councillor, Ward 4
- Councillor, Ward 5
- Councillors at Large (four)



## Returning Officer/Election Officials

The Chief Returning Officer is the City Clerk.

The Elections Coordinator is responsible for coordinating all aspects of the election.



**Second week of September**  
Vote-by-mail kits are posted



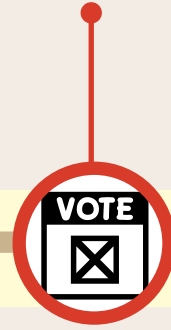
**September 20**  
Last day to register to receive a vote-by-mail kit in the mail



**September 23**  
Last day to mail return envelope



**September 28**  
Election Day  
Satellite Drop Off Centres open 8 a.m. - 8 p.m.  
City Hall drop box until 8 p.m.



**October 12**  
Swearing-in ceremony

## Satellite Drop Off Centres

### Ward 1

Holiday Inn, 5 Navigator Avenue

Paul Reynolds Community Centre,  
35 Carrick Drive

### Ward 2

Virginia Park Community Centre,  
51 Harding Road

Knights of Columbus,  
49 St. Clare Avenue

### Ward 3

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

Shrine Centre, 530 Topsail Rd  
via Ferryland St. East

### Ward 4

Kenmount Terrace Community Centre,  
85 Messenger Drive

Swilers Rugby Club, 100 Crosbie Road

### Ward 5

Shea Heights Community Centre,  
130 Linegar Avenue

Goulds Recreation Centre,  
509 Main Road

Southlands Community Centre,  
40 Teakwood Drive

## Thinking of running? It's not too late!

Consider serving your community as a member of the St. John's City Council!

The nomination period to become a candidate in the municipal election is August 24-31. In order to run for Council you must be a resident of St. John's by July 25, 2021 as well as:

- be 18 years of age at the time of nomination;
- be a Canadian citizen;
- not be indebted to Council for arrears of taxes or other charges payable to the City; and
- not be otherwise disqualified under the Municipal Elections Act.

For detailed information about the nomination process, contact the Elections Coordinator or find the Candidate's Guide to St. John's Municipal Election, at: [stjohns.ca](http://stjohns.ca) >City Hall >Municipal Election



# Municipal Election Frequently Asked Questions

**Q** How do I confirm, update or remove myself from the voters list?

**A** You can:  
Visit the online voter registration portal on the election web page to confirm if you are listed or to update your information.  
Contact Access St. John's at 311 or 754-CITY (2489) or email [access@stjohns.ca](mailto:access@stjohns.ca)

**Q** Why would I not be on the voters list?

**A** Voters should check to confirm if they are on the voters list and not assume they are  
A voter may not be listed if they have recently:

- Moved residences within St. John's
- Moved to St. John's
- Turned 18 (or since the last municipal election)
- Changed their name

**Q** How do I complete a vote-by-mail kit?

**A**

1. Sign and detach the voter declaration at the bottom of the instruction sheet
2. Complete the ballot by shading in the oval next to the candidate name you want to be elected for the following:
  - One Mayoral Candidate
  - One Deputy Mayoral Candidate
  - Up to Four At-Large Candidates
  - One Ward Candidate
3. Insert the completed ballot into the white secrecy envelope and seal it
4. Insert the signed declaration and sealed secrecy envelope into the yellow return envelope and seal it.
5. Deposit the postage paid, yellow return envelope in your nearest Canada Post Mail Box, or in the Drop Box outside City Hall.

**Q** Will my ballot remain secret?

**A** Yes. The process for sorting and storing the vote-by-mail return envelopes has security features that will protect the secrecy of your vote.



More questions?  
[StJohns.ca/City-Hall/Municipal-Election](http://StJohns.ca/City-Hall/Municipal-Election)  
[election@stjohns.ca](mailto:election@stjohns.ca)  
Call 311 or 754-CITY (2489)

**Q** Is this a secure and effective way to vote?

**A** The City has been using the vote-by-mail process since 2001 due to its proven success. It allows the voter to vote in the safety of their own home and return their vote by mail.

**Q** What do I do if I miss the September 23 mail deadline?

**A** On Election Day Tuesday, Sept. 28 you can deposit your vote-by-mail kit:

- In the Drop Box located outside City Hall up to 8 p.m.; or
- At a Satellite Drop Off Centre in your ward from 8 a.m. to 8 p.m.

If you did not receive a vote-by-mail kit and you wish to vote, bring suitable identification to a Satellite Drop Off Centre in your ward on Election Day.

**Q** Will the ballots be counted as they are received?

**A** No. All returned secrecy envelopes containing the ballots will be stored in a secure vault until Election Day on September 28, 2021.

## Q What if my kit doesn't arrive in the mail?

**A** If you do not receive a vote-by-mail kit by Thursday, Sept. 16 you should:

- Register online at [stjohns.ca/cityhall/municipal-election](http://stjohns.ca/cityhall/municipal-election). Kits may be mailed out until about a week before the election
- Contact Access St. John's to register and obtain a vote-by-mail kit
- Visit a Satellite Drop Off Centre in your ward on Election Day with acceptable ID

## Q What changes have been made to the election finance by-law for candidates?

**A** Find all details, directions and related forms about campaign financing, on our website.

Changes have recently been made to the City's Election Finance By-Law, including:

- The minimum limit for a financial contribution considered a donation is \$100, reduced from \$250.
- Corporate & union donations are capped to 50% of total allowable contributions. Beginning in the 2025 election, all corporate and union donations will be prohibited.
- The maximum limit for donation from an individual, corporation or union are \$1,000, reduced from \$2,000.
- Expenditures, in addition to contributions, are now required to be disclosed 30 days post-election, a reduction from the previous 90 days
- Expenditure caps have been reduced



## Accessibility and Voting

The City's Inclusion Advisory Committee have been consulted for advice and direction regarding accessibility.

To request specific accommodations, contact the Election Coordinator approximately one month prior to election day: [election@stjohns.ca](mailto:election@stjohns.ca)  
576-8243

The following considerations are established and increase election accessibility for voters and candidates:

- Election information is published across multiple formats including the City's website, social media and print media such as the newspaper and the City Guide (thanks for reading!)
- Election information is available in alternate formats upon request (e.g. large size, Braille, etc)
- Elections staff receive inclusion and accessibility orientation to support voters who may need assistance
- Election related information and materials including the voting kits meet Clear Print Standards

Satellite Drop Off Centers are reviewed for accessibility and have the following considerations in place:

- Wheelchair accessible
- ASL interpreters may be requested. One-month advanced notice is appreciated
- Use of personal devices to assist you to mark your ballot are permitted such as using your own pencil, mobile device, smart phone and reader app.
- Large print list of candidates available
- Voting materials available in Braille
- Signature guides available
- Magnifiers available
- Voting area lighting available
- Service animals welcome
- Election staff assistance available



*Gail Thornhill, Director of Housing Services at Stella's Circle*

## Providing Invaluable Guidance to Council

Every day, City Council is tasked with making many decisions based on the best available information. Council relies on a variety of sources for that information, including our expert staff, public opinions, input from public engagement, legislation and legal advice.

One important tool in the decision-making process is the use of advisory committees, expert panels and a working group. While these bodies do not have any formal, delegated powers to make decisions on behalf of Council, they can and do provide invaluable guidance in their areas of expertise and greatly assist Council on understanding and

appreciating public concerns and opinions.

The City's Inclusion Advisory Committee, for example, provides information and advice to Council on matters of accessibility and inclusion as they relate to City programs, policies and services. In recent months, the Inclusion Advisory Committee has offered opinions on everything from the Pedestrian Mall and the design for the new H.G.R. Mews Centre to traffic signals and street design, snow clearing and the City's budget.

"People with disabilities, seniors, aboriginal peoples, women, racialized people, people living in

poverty, youth, newcomers, and LGBTQ communities face barriers when accessing employment, housing, and healthcare," says Debbie Ryan of the CNIB and member of our Inclusion Advisory Committee. "The City of St John's utilizes the expertise of people representing these diverse groups, so that they can be sure they are always making the kinds of decisions that benefit the community as a whole, and I am proud to be a part of that."

Members of our advisory committees are volunteers, representing a wide spectrum of our community and ensuring that all voices are heard at the Council table.



Members of our expert panels and working group are also volunteer appointments, usually selected for their certification, accreditation, affiliation and/or demonstrated expertise and experience in the particular subject matter.

Sometimes, these bodies even take on projects of their own, such as the “Home is Home” campaign currently being run by the City’s Affordable Housing Working Group.

“This working group provides us the opportunity to work together to develop campaigns promoted by the City of St. John’s that represent the needs of our participants,” says Gail Thornhill, Director of Housing Services at Stella’s Circle and an active member of the Affordable Housing Working Group.

“Collaborating with others in the housing sector advances our work to eradicate homelessness, leads to better shared understanding, and reinforces the power of many to make positive change in our community.”



*Debbie Ryan from the CNIB*

The City of St. John’s has five active advisory committees, two expert panels and one working group, all meeting regularly to offer their expert opinion and help inform Council decision-making.

“We rely on the input of these individuals, working as a team, to improve our city,” says Mayor Danny Breen. “They exemplify our efforts to connect with the community and to ensure that all voices are heard in our decisions.”



*Danny Breen, Mayor of St. John’s*

## ST. JOHN’S

### Advisory Committees

- Arts & Culture
- Inclusion
- Seniors’
- Youth
- Bike St. John’s

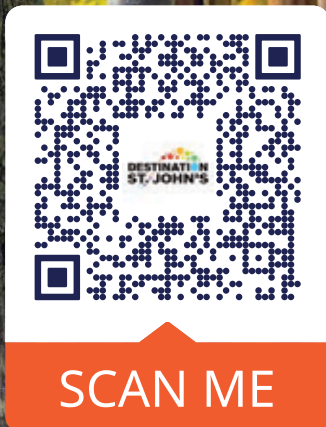
### Expert Panels

- Built Heritage
- Environment and Sustainability

### Working Group

- Affordable Housing

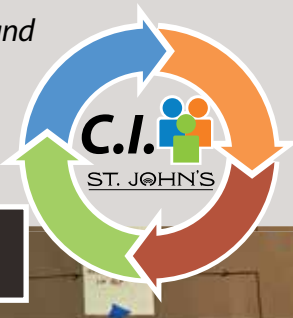
# Your SEASON PASS for Fall Specials in St. John's and Beyond



**ACCOMMODATIONS**  
**FOOD & BEVERAGE**  
**RETAIL**  
**TOURS**  
**ATTRACTIONS & MUSEUMS**

[destinationstjohns.com/season-pass-destination-st-johns](https://destinationstjohns.com/season-pass-destination-st-johns)

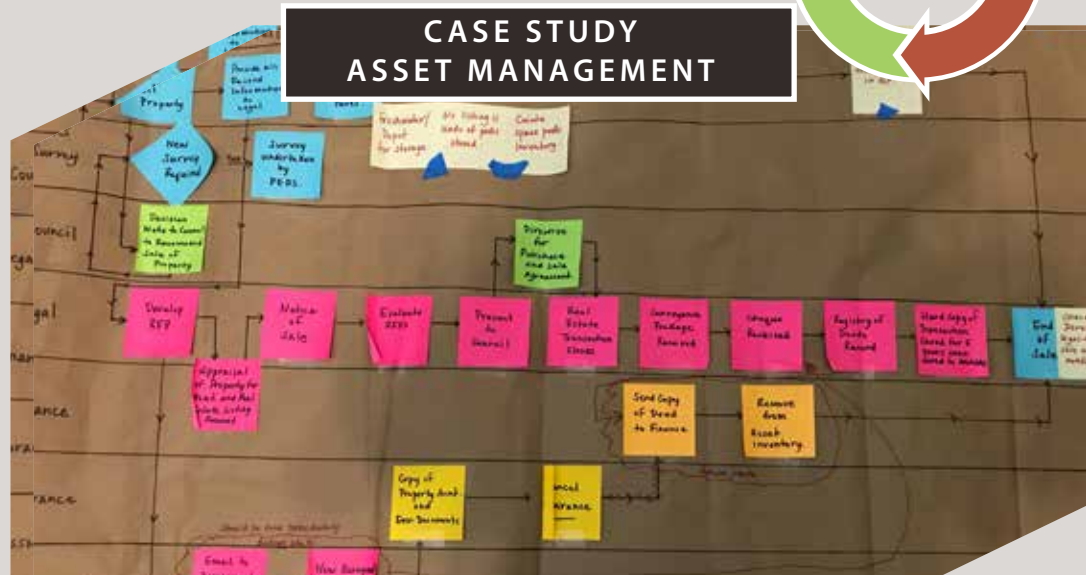
The City uses proven continuous improvement (C.I.) tools and methods to tackle process problems and engage staff in problem solving. Learn more by searching 'continuous improvement' at StJohns.ca



# Continuous Improvement Success

In 2020, our Council adopted an asset management policy and began developing a formal plan. The goal is basically to coordinate activities so that we get the best value possible from our services and investments.

“Assets” include everything from our buildings, artwork and fleet to our water, sewer and road infrastructure and even include the methods we use to deliver services to the community.



## The Challenge

Our project involved mapping the current business processes of 11 types of assets including buildings and sewer infrastructure through their lifecycle – from pre-construction and purchase to disposal or replacement. We needed to document how each department interacts and the information needed for decision making.

## The Solution

Using a variety of C.I. tools including what is called a ‘swim lane diagram’ (image above), we have created checklists for building acquisition that better track warranties and ensure a preventative maintenance program so that buildings and their systems are not prematurely replaced. For sewer infrastructure, we now have a plan in place with our Planning, Engineering and Regulatory Services Department so that paving and underground work are coordinated, saving time and money.

## How You Benefit

The Public Works Department has exceeded our expectations and made significant strides in improving data collection, which means we have a better understanding of our assets and a better plan for their maintenance and eventual replacement. Preventative maintenance allows for a more efficient use of public funds and although we are early in evaluating this program, already we have seen future cost avoidance of about \$380,000 for two streets alone in 2021!

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.*

### Did You Know...

Residential water & sewer repairs are consistently rated by residents as one of the Top 3 important City services in our Citizen Satisfaction Surveys.



# What Not to Flush

The Riverhead Wastewater Treatment Facility is a primary treatment plant that treats wastewater – from sinks, toilets and drains - in the City of St. John's, City of Mount Pearl and Town of Paradise.

Every day 135 million litres of wastewater is treated at Riverhead where the primary treatment process removes 30-40% of organic material, 50-80% of suspended solids and up to 99.5% of all fecal coliform. All of the removed material adds up over time.

Since it became operational in 2009, Riverhead has diverted approximately 15,000 tonnes of solid waste from being discharged into St. John's Harbour – that's enough to fill 15 garbage trucks every month!

Do you think about where your wastewater goes and how it is treated before reaches the ocean? Have you ever considered whether the things you are rinsing or flushing down the drain belong in the garbage?

Items such as flushable wipes, dental floss, leftover grease and food, q-tips and feminine hygiene products should never be rinsed down the sink or flushed down the drain. These types of materials do not breakdown quickly and can cause clogged pipes at your house, in the street or at the treatment plant.

In addition to clogged pipes, these materials can also cause expensive breakdowns of equipment at the treatment plant. It takes a lot of time and money to repair failed equipment.



## No to wipes

One of the main items that can cause problems are 'flushable wipes'. It's natural to think items labelled 'flushable' can indeed be flushed in the toilet. However, the term flushable means the items will pass through the toilet but it does not mean they should go in the toilet.

Flushable wipes do not break down like toilet paper that is designed to disintegrate quickly.

Flushing solid items can also have an impact on your household pipes. They can get caught in household pipes and result in sewer backups into your home or your neighbours. This is a problem for everyone involved including City staff who repair it.

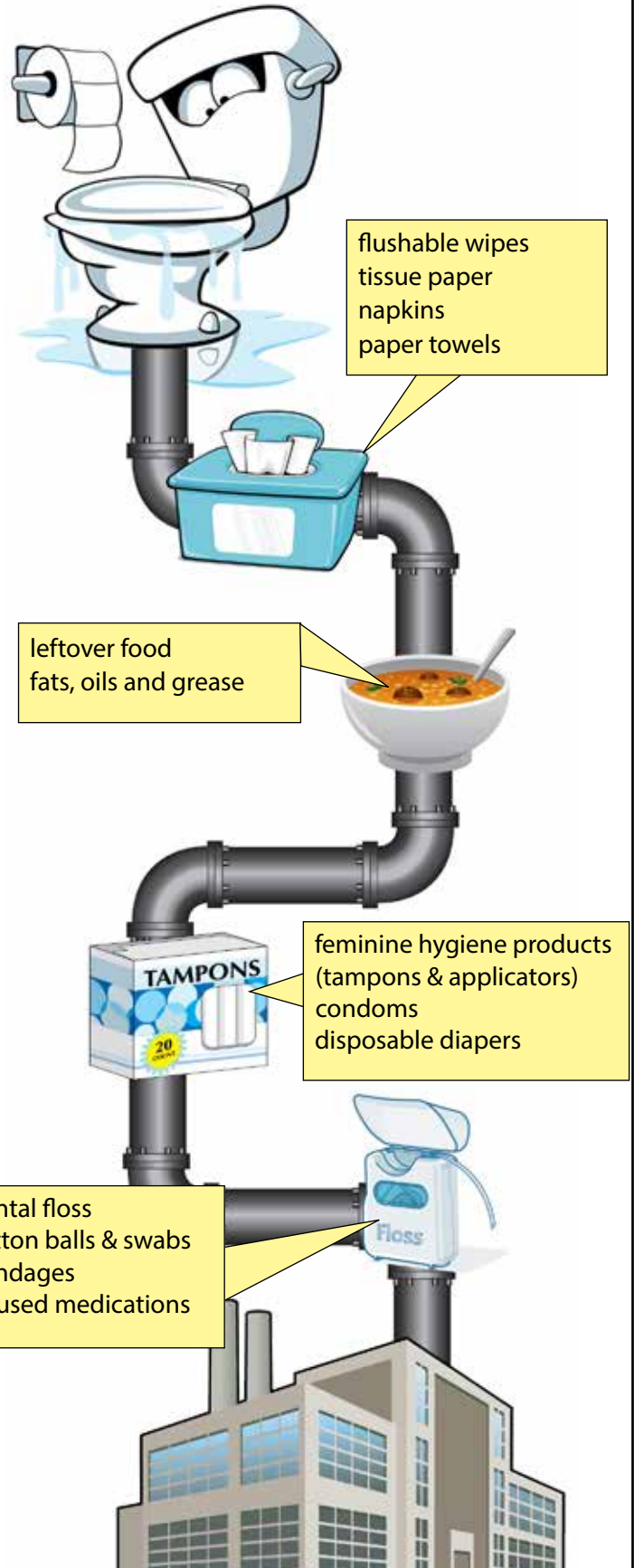
The simple solution? Use your garbage bins for all waste other than the three P's – pee, poo and (toilet) paper!



Watch 'What Not To Flush' at [YouTube.com/CityofStJohns](https://www.youtube.com/CityofStJohns)

# Do not flush!

These things should NEVER be flushed down a toilet or poured down a drain as they cause problems...



# 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				
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	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				
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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).

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

January				
M	T	W	T	F
				1 <b>H</b>
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 <b>H</b>
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 <b>H</b>	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 <b>H</b>	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 <b>H</b>	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 <b>H</b>	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 <b>H</b>	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 <b>H</b>	28 <b>H</b>	29	30	31



# Clear Bags in 2022

Beginning January 1, 2022 clear bags will be required for garbage put at the curb. This applies to all St. John's residents – both those who use the City-issued garbage carts and those without who place a maximum of four garbage bags at the curb on collection day.

One 'privacy bag' will be permitted per week; a privacy bag is a coloured or non-translucent bag for items you don't want others to see. All other garbage bags must be colourless and see-through clear bags.

We know from a recent waste audit (see next page) that many items that could have been recycled and used for years to come are instead being thrown away in the landfill forever.

We want to divert useable waste from the landfill – to do that we need to ensure recyclables are put in blue bags at the curb, not in the garbage.

Using clear bags for your household garbage shows you what you've thrown away, and if any of it should have gone in a recycling blue bag or brought to the Household Hazardous Waste depot instead. Think of it as a mini-waste audit each time you empty your trash can!

Clear garbage bags to encourage recycling is a new concept for St. John's

but in other municipalities across Canada it's an old idea, including in Mount Pearl where clear bags have been required since 2017 and in Central Newfoundland since 2015.

With clear bags for garbage only, curbside recycling becomes mandatory in St. John's.

The next time you're at a grocery or home supply store, have a look for clear garbage bags. Pick up a box to try for yourself so that your household is ready for using clear bags and recycling all you can before the new year.

Make sure you're recycling all you can – visit [CurbitStJohns.ca](http://CurbitStJohns.ca) to learn more.

## Some thoughts on clear bags

Some residents may need a period of adjustment to get used to buying and using clear bags for garbage. We provided clear garbage bags to a St. John's family of four (plus a few pets) and asked them to switch to clear bags to 'test out' this new household waste management protocol.

"What I noticed almost immediately once I began using the clear bags was how much attention I paid to what I was putting in the garbage," said Lori.

"We always put blue bags of recycling at the curb and I feel as though I'm an avid recycler but once we switched to the clear bags I did find myself second guessing if some things belonged in the garbage or recycling instead. It really forced me to stop and think about it, and to find the answer."

Colin thought about process and enforcement. "In other places we've lived there have been various incentives for

recycling or disincentives for not. As we have a garbage cart, how will the City know if I use clear bags or not?"

Spot checks of garbage carts will be conducted and notifications will be left to indicate the use of clear bags or not. Automated waste collection trucks are outfitted with a video monitor so that drivers can see what is being dumped in the hopper; notification may be sent to residences that do not use clear bags.

Marlo also wants to make sure she's recycling all that she can, but sometimes finds it inconvenient. "If I have a few pieces of paper or a drink bottle in my room, it's a pain to have to go all the way downstairs to put it in the recycling." Which led to a family decision to have small bins for paper & container recyclables on the second floor nearer to the bedrooms and main bathroom.



# Auditing Waste

In April 2019, and again in July 2020, the City of St. John's partnered with the Multi-Materials Stewardship Board (MMSB) to conduct an audit of residential waste. The 2019 audit provided a baseline to measure the 2020 results.

In each audit, garbage and recycling bags were collected from 100 homes serviced by the City's garbage carts, from 11 streets in six waste collection routes that were selected to reflect household profiles including new and old homes as well as areas with student living.

The 269 garbage bags, 68 papers recycling bags and 33 containers recycling bags were brought to an audit site set up at the Robin Hood Bay Waste Management Facility where each bag was opened and every item inside was weighed, counted and assigned a waste type.

## So how'd we do?

There was a 5% increase in the capture rate of recyclables between the 2019 and 2020 audits. This means 5% more recyclables were put in blue bags than were in 2019. This is trending in the right direction and we'd like to see it continue.

Overall, the quality of the recycling we collect at the curb is quite good and the contamination rate remains below the national average, which makes our recycling a valuable and sought-after product in the marketplace. This is a huge success of the Curbit recycling program.

There is however much opportunity to increase the amount we're recycling. Too many items that are recyclable at the curb in St. John's are going in the trash.

## Definitions

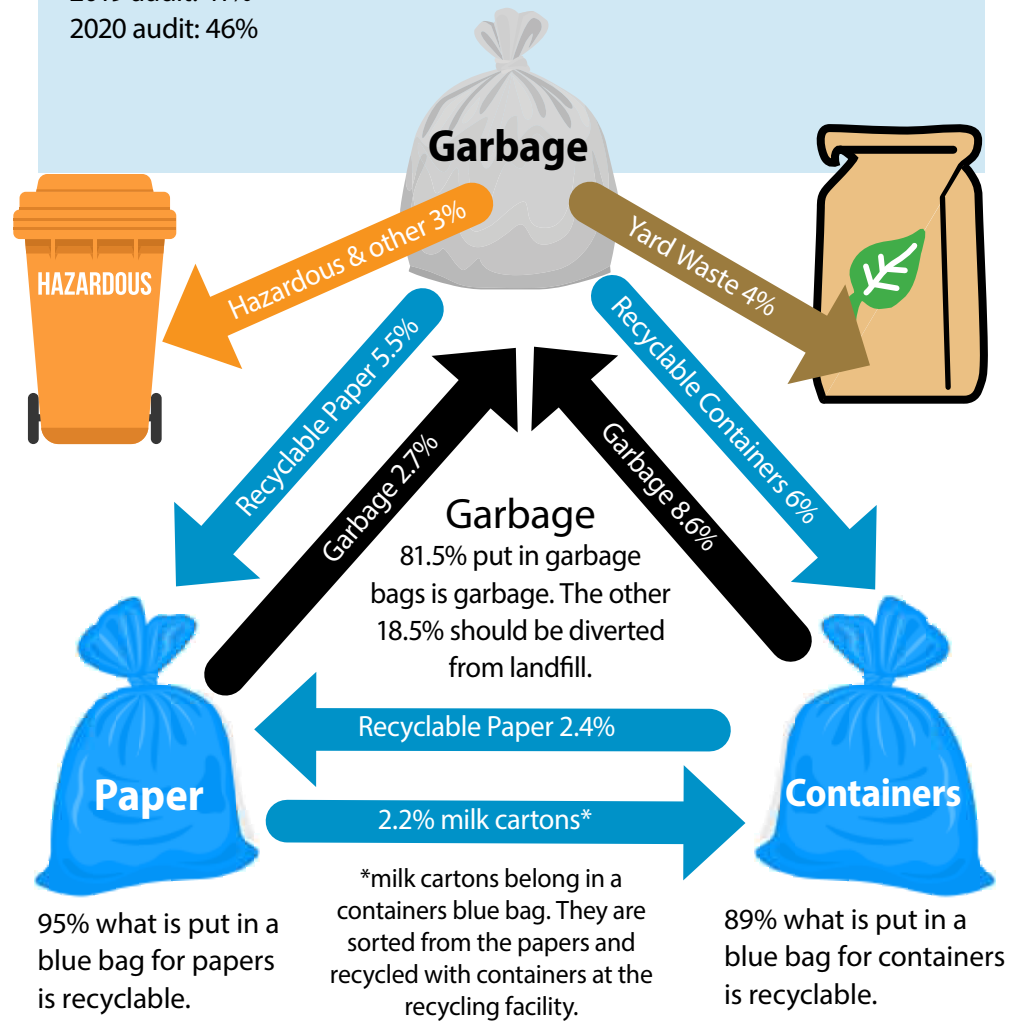
### Capture Rate

The percentage of recyclable materials that are captured in the recycling stream.

2019 audit: 41%  
2020 audit: 46%

### Contamination

Material placed in the incorrect bag. For example: recyclables in the garbage, or garbage in a recycling bag.



In fact, we are only picking up about half of what we could be. Our capture rate is just 46% - which means that more recyclables are going in the garbage than are going in blue bags at the curb.

In 2022, curbside recycling will be mandatory in St. John's and clear bags will be required for garbage.

Make sure you're recycling all you can and aren't throwing valuable recyclables away.

Check our app St. John's Waste and Recycling or website [CurbitStJohns.ca](http://CurbitStJohns.ca).



# Workplace Waste Reduction

By Kim Saunders, East Port Properties

East Port Properties is a development, leasing and property management company. In downtown St. John's East port Properties operates 235 WATER and 351 WATER.

East Port Properties buildings have Green Teams, made up of staff and tenants, that have implemented meaningful and measurable workplace waste diversion programs.

With the standard office recycling programs for paper, cardboard, toner and deposit-return containers in place the tenants at 235 WATER wanted to incorporate more waste diversion to the buildings waste stream and added light bulbs, batteries, containers and electronic waste recycling. A 'No desk side waste bin' program has diverted thousands of garbage bags from the landfill and a 'Finding new homes for old items' program was created to donate and deliver used office furniture and supplies to local charities.

In 2014, East Port Properties challenged the tenants of 215 WATER to participate in a composting program. Recognizing that municipal and provincial infrastructure to support a regional composting program was not available, the Green Team created their own organics recycling program with help of our service providers and a local farmer.

Waste audits by the Multi-Materials Stewardship Board (MMSB) were a great help in determining our waste



Kim Saunders from East Port Properties

diversion needs. While we learned many eye-opening things from the audits including the shocking number of plastic bags and coffee cups being sent to the landfill, one of our biggest findings was that 60% of the buildings landfilled waste was compostable food.

Following several Green Team education sessions, tenants at both 235 WATER and 351 WATER embraced the idea of a building composting program and successfully launched them in 2014 and 2015 respectively. Since then, both sites have diverted over 182 metric tonnes of food waste from the landfill.

High-performance sustainable buildings that reduce operating costs, while providing healthy work spaces are the key to happy, long term tenants. As a direct result of our waste diversion programs, our employees and tenants are actively engaged in protecting our environment in every way we can.



## 2019 Waste Audit of 351 WATER

47.5% waste diverted from landfill

30% waste diverted from landfill is organic/compostable

64.18% of the buildings waste that can be, is diverted from landfill (capture rate)



# Why not glass?

Why can't glass be recycled at the curb?

This is the most frequently asked question about the City's recycling program. Most municipalities in Canada have been collecting glass for recycling for over 30 years, so why doesn't St. John's recycle it?

In developing the Curbit recycling program, which began in 2010, the City asked several Canadian municipalities that had 10 to 20 years-experience running a curbside recycling program what they might do differently if they could start all over again.

## Our garbage is glass empty

Our recent waste audit (see page 17) shows that less than 2% of what is put in the garbage in St. John's is glass jars and bottles – while a whopping 11.5% could have been recycled in blue bags instead.

Glass recycling is a nice idea, but it is not feasible. And not much of our waste is glass.

Aluminum, plastic, steel/tin, tetra pak and milk containers are all recyclable at the curb in St. John's, and are all more common in households' waste stream than glass.

The number one answer was to not include glass, because:

- broken glass is an occupational health and safety issue for recycling sorters;
- shards of broken glass can contaminate other recycling material; and
- glass has a very low market value and low demand which often leads it to be stockpiled or landfilled.

Glass is not in demand in the recycling marketplace. The next time you're at the grocery store compare how many plastic and glass containers are used; you'll find there is far more plastic.

High gasoline prices, glass breaking, and plastic being inexpensive all contribute to less glass being used for food packaging, resulting in lower demand for it in the recycling marketplace. We can't collect glass items if there is nowhere to have it recycled.

Broken glass easily contaminates other recycling material which is a problem for the manufacturers buying it. Broken glass in with cardboard, plastic and metal results in an inferior product that manufacturers don't want as their equipment becomes jammed and parts break more frequently, and overall the equipment does not work as smoothly when glass is present.

The City's decision to not take glass is a big part of the success in marketing our recycling materials.

The markets your recycling is sent to are primarily located in Canada and there has been no interruption in having what we collect from you recycled - in fact, they want our recycling due to its low contamination.



# 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 continues until Friday, Sept. 24, 2021.

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

Street cleaning notices give a date, which applies to the very early morning of that date. For example, if street cleaning is taking place on Wednesday, Sept. 8 – drivers must remove vehicles before end of day Tuesday, Sept. 7, as when the clock strikes midnight the street cleaning will begin.

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 downtown street will be cleaned:



### Street Cleaning Lookup

The best way to learn what dates a downtown street will be cleaned from midnight to 7 a.m., is through the Street Cleaning Lookup:

[StJohns.ca](#) > [Quick Links](#) > [Street Cleaning](#)

As the street cleaning schedule never changes, you can learn all the dates your downtown street is scheduled for cleaning this year. Make a note in your calendar of all the applicable dates to remind yourself not to park on your street.

Search by the downtown street you live or park on, or by the date if you need to park overnight downtown.



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

When street cleaning is scheduled, a map and listing of the scheduled streets is posted.



### Subscribe to E-update

Receive an email, including a map, on the day your street is scheduled for cleaning at:

[StJohns.ca/eupdates](#)



### Not online?

Call Access St. John's at 311 or 709-754-CITY (2489) to learn your street cleaning dates.



# Canada's Favourite Crossing Guard

Congratulations to Bill Conway, crossing guard at Larkhall Academy, on being awarded Canada's Favourite Crossing Guard from Parachute, Canada's national charity dedicated to injury prevention.

"When I found out I won the National Crossing Guard Award I was truly shocked and thankful," said Bill. It really means a lot to me because I really enjoy what I do, and the children mean a lot to me. I am so thankful to the Larkhall Academy community for nominating me."

Bill is one of 16 crossing guards that work with the City of St. John's and has been an employee since 2019.

"The best part of my job is interacting with the children,

parents, teachers and staff at Larkhall Academy. I look forward to chatting with the families every day and love greeting each child as they cross the road. The smiles on the kid's faces make my day special.

"I look forward to going to work every day and seeing all the kids smiling faces, they make my day a lot brighter. I could tell you so many heartwarming stories about how these kids have made a difference in my life, they are all truly special to me."

Bill is special to the Larkhall Community as well, and they are so happy to have you – as evidenced by the school's guidance office twitter account!



## We Need School Crossing Guards

If you enjoy being outdoors, are community-minded, have a helpful attitude and can work a couple of hours a day please consider applying for this paid position.

Learn details and how to apply:



570-2036



CommunityServicesHiring@StJohns.ca



StJohns.ca/Careers



# REAL Program

Now, more than ever, the REAL Program needs your help. The REAL Program's success is dependent upon funding received from corporate organizations, local businesses, individuals, social and recreational groups and private fundraising initiatives. Many of these funding sources have been put on hold or cancelled as a result of COVID-19.

We are seeking funding support to help the vulnerable populations we serve reconnect with their community through recreation and leisure opportunities.

100% of your donation will cover the costs associated with registration fees, transportation and equipment so children and youth can attend local activities.

## REAL Support deadlines

See page 24

## Contact Us

576-8684 or 4556  
real@stjohns.ca

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

## Ways to Donate



Online

StJohns.ca/Real



In Person

Drop off at:

- Paul Reynolds Community Centre, 35 Carrick Dr
- H.G.R. Mews Community Centre, 40 Mundy Pond Rd
- REAL Program Office, 1 Crosbie Place
- Access St. John's, first floor City Hall, 10 New Gower Street



Mail

REAL Program  
City of St. John's  
P. O. Box 908  
St. John's, NL  
A1C 5M2



## Recycle for REAL

Drop off your recyclable containers to any Ever Green Recycling Depot using the code 5768684.

# Inclusive Services

We can help provide support to participate in City of St. John's recreation programs; contact us to learn more.

## Contact us

For more information about any of these programs or services:  
576-4450

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

Application deadline for winter Inclusion Support is Nov. 17



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

> Living in St. John's

> Recreation and Parks

> Inclusive Services

## Pursuing Active Lifestyles

For individuals with mild to moderate developmental disabilities to learn about the basic skills needed for active living.

Course Code	Age	Day	Date	Time	Facility	Cost
25068	15-21	Tu	Sep 21-Dec 7	6:30-7:30pm	PRCC	\$72
25069	22+	Tu	Sep 21-Dec 7	8-9pm	PRCC	\$72

## 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.

## TIME™ Together in Movement and Exercise

A community-based exercise program for people with balance and mobility limitations who can walk 10 metres with or without an aide. Registration is by referral from a physician, physiotherapist, registered nurse or nurse practitioner.

Course Code	Age	Day	Date	Time	Facility	Cost
25703	18+	Tu TH	Sep 28-Dec 2	11:15am-12:15pm	PRCC	\$200
25704	18+	M F	Sep 27-Dec 3	12-1pm	Southlands	\$200

## Fit Finders

Offered fall, winter and spring to groups facing barriers to participation in recreation and leisure. Groups experience activities in a safe, supportive environment with dedicated and experienced recreation staff. Learn more on our website.

## Attendant Pass

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

## Adaptive Equipment Loan Program

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

## Financial Support

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

## Accessible Playground Equipment

Accessible playgrounds are located in Bowring Park and Kenmount Terrace Community Centre and a brand new one at Victoria Park.

Accessible swings are located in playgrounds at:

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

# Recreation



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

## Registration

For the most current program and service offerings please visit [StJohns.ca/RECconnect](https://StJohns.ca/RECconnect).

Program Registration	St. John's residents	Residents of other municipalities
Fall Programs and Swimming Lessons	7 a.m., Thursday, August 19	7 a.m., Tuesday, August 24

### Registration Options



Online: [StJohns.ca/RECconnect](https://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](https://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.



### Cancellation

The City, at its discretion, may cancel programs at any time including but not limited to low registration and/or instructor availability.



### 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: 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>• Kitchen</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>• Kitchen</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 specialevents@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>• Meeting Room</li> <li>• Kitchen</li> </ul>



For details on programs and services visit: [stjohns.ca](http://stjohns.ca)

- > Living in St. John's
- > Recreation and Parks
- > Community Programs



## Birthday Parties

Contact the centres for fees and availability.

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

## Swimming Parties

H.G.R. Mews Centre  
 Paul Reynolds Centre

Costs range from \$140 to \$260.  
 Call 576-8499 or 576-8631.



Enjoy a fun game of handball 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. Users 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

## Indoor Pools

All pools have accessible pool lifts.

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

Paul Reynolds Community Centre, 35 Carrick Drive

NOTE: Closed for annual maintenance Aug.29-Sept.8

### Pool Schedules:

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

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

### Canadian Red Cross Swimming Lessons



Swimming lessons are offered following current Red Cross guidelines.

A guardian is required to be in the water with children in all levels up to and including Level 4.



For details visit: [StJohns.ca](http://StJohns.ca)

- > Living in St. John's
- > Recreation and Parks
- > Swimming

### Ticket purchase/registration

Ticket purchase/registration is required for all swims. 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.

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

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 13+. Number of lanes may vary.

#### 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.

# 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

stjohns.ca








# Fitness

The City of St. John's offers a wide range of fitness opportunities for adults, age 16+, who are looking to live a healthy, active lifestyle.

To guarantee your space in a class, register at [StJohns.ca/RECconnect](http://StJohns.ca/RECconnect). Walk-in space may be available.

For up-to-date schedules:

-  Call the Swim and Fitness Line 576-8408 (Mews) or 576-8155 (PRCC)
-  Online [StJohns.ca](http://StJohns.ca) > Living in St. John's > Recreation and Parks > Fitness
-  Email [recreation@stjohns.ca](mailto:recreation@stjohns.ca)

## Aquatic Fitness

Held in the deep and shallow end at the same time, these low to no impact classes involve high intensity movements that are designed to improve cardiovascular endurance, flexibility and muscle tone. Flotation belts are available for use.

## Core Balance

A well-rounded workout for all levels that strengthens the core and lower back using body weight and equipment-based exercises.

## Body Pump

A total conditioning class for all fitness levels designed to challenge each participant's major muscle groups using effective body weight and equipment-based exercises.

## Adults in Motion

This low impact class uses body weight exercise and equipment to develop the participant's cardio and muscular strength endurance. Ideal for the older adult who is looking to meet new friends and others with common wellness goals.

## Ever Active

A low impact fitness class that allows participants to work at their own pace to improve muscle conditioning, flexibility and endurance while standing or using a chair as support.

## TIME

Together in Movement Exercise, is a community-based program for people with a range of conditions affecting balance and mobility. Referral from health care professional is required.

## Yoga

Participants must bring their own yoga mat.

### Beginner

Designed for new students of all fitness levels to learn a solid foundation of yoga practice.

### Intermediate

Improve postures learned in beginner yoga and additional challenging poses. Beginner yoga experience is required.

### Mixed

For beginners and intermediates to practice yoga fundamentals to increase strength, flexibility and endurance.

### Relaxation

Beginner-friendly and incorporates mindfulness throughout the class. Poses are done slowly to illicit the relaxation response and increase body-mind awareness.

### Yin Yoga

A quiet yoga practice suitable for all levels and does not require previous yoga experience.



# Outdoor Programs

For more details or to register for these programs visit [StJohns.ca/RECconnect](http://StJohns.ca/RECconnect)

	Age	Day	Date	Time	Location	Cost
Family Canoeing	5+	Su	Sep 19	10am-noon	Rotary	\$28 per family
Family Wilderness Survival	5+	Su	Oct 3	1-4pm	Rotary	\$42 per family
Family Archery	5+	Th	Oct 7-21	6:30-8pm	Kenmount	\$63 per family
Family Halloween Geocaching	5+	Su	Oct 31	1-3pm	Rotary	\$28 per family
Family Fire Building	5+	Th	Nov 4	6:30-8:30pm	Rotary	\$28 per family
Snowshoe Making	18+	Tu	Nov 2- 16	6:30-8:30pm	Rotary	\$65

## Group Outdoor Programs

Outdoor programs are available to community, youth and school groups, and occur at Rotary 'Sunshine' Park or C.A. Pippy Park.

Programs are customized for the age and ability of participants, are offered as the season permits and can be booked any time of the year.

Programs include:

- archery
- shelter construction
- orienteering
- geocaching
- fire building
- paddling
- skiing
- Duke of Edinburgh preliminary training

## Corporate Outdoor Program

The City of St. John's outdoor team offers Corporate Team building programs for your organization. We offer a variety of land, snow or water activities available for groups from 10 to 60 people. We can plan a day or work with your company to create a custom program that will meet your needs.



### Contact Outdoor Programs:

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



# Children and Youth

National Family Week, Oct 3-10  
National Child Day, Nov.20

Check StJohns.ca Calendar of Events for activities!

For more detail

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

>Living in St. John's

>Recreation and Parks

>Children's Programs or >Youth Programs

Family & Friends, for all ages						
Course	Age	Day	Dates	Time	Location	Cost
Sit & Knit	10+	W	Oct 20	7-9pm	PRCC	\$2 per person, drop in
			Nov 24			

Playgroups, up to age 5 unless otherwise noted					
	Day	Dates	Time	Location	Cost
Playgroup	M	Sep 13-Dec 13	9:30-11:30am	Kilbride	Free
	Tu & Th	Sep 14-Dec 16			
Playgroup - Mother Goose Up to age 2.5	M	Sep 13-Nov 22	9:30-10:30am	Shea Heights	Free Registration required info@mothergoosenl.ca
	Tu	Sep 14-Nov 16	10-11am		
Playgroup - Active	M Sa	Sep 20-Dec 11	10-11:30am	Kenmount	\$2 per drop in under 6 months free
	Tu	Sep 21-Dec 7	1:30-3pm	PRCC	
	W Sa	Sep 22-Dec 11	10-11:30am	Southlands	

## Afterschool Program

3-5:30pm, school days

Openings at Kilbride &  
Shea Heights Community Centres



Search 'after school' at [StJohns.ca/RECconnect](http://StJohns.ca/RECconnect)

## Preschool

9am-noon

Openings at Paul Reynolds,  
Kenmount and Southlands Community Centres



Search 'preschool' at [StJohns.ca/RECconnect](http://StJohns.ca/RECconnect)



**Sport** – requires registration, unless noted

	Code	Age	Days	Dates	Time	Location	Cost
Ball Hockey	25792	12-16	Su	Oct 3 to Dec 5	6-7pm	Mews	\$40
Take Two	22790	12-16	Th	Oct 28-Dec 9	6-7:30pm	Kenmount	\$36
Tri-Sport	25786	6-9	Su	Nov 7-Dec 12	6-7:30pm	Kenmount	\$36
	25787	9-12					
	25788	6-8	M	Nov 8-Dec 13	6-7:30pm	Southlands	\$36
	25789	9-12			7:30-9pm		

**Leadership** – requires registration

	Code	Age	Days	Dates	Time	Location	Cost
Home Alone Safety	25793	10-12	Sa	Sep 18	9am-4:30pm	PRCC	\$55
	25794			Oct 16		Kenmount	
Babysitting	25796	11-15	F Sa	Oct 1-2	6-9pm	PRCC	\$55
	25797			Nov 5-6	9am-2:30pm		

## Youth Drop In

at community centres for ages 10-14, beginning Sept. 20

Kilbride                      Kenmount                      Southlands  
 M & W: 6-7:30pm          M: 6-7:30pm                      W: 6:15-8:15pm

Shea Heights  
 6:30-8pm  
 Tu: Sport  
 W: Open  
 Th: Girls Only



## Yoga & Mindfulness

Ages 12-16  
 \$8  
 6:30-7:30pm  
 Tuesday, Oct. 19

Search 'youth+yoga' or use code 25791 at [StJohns.ca/RECconnect](http://StJohns.ca/RECconnect)



# Adults (18+)

Art – requires registration						
	Code	Day	Date	Time	Location	Cost
Acrylic Paint- Thanksgiving	25861	Su	Sept 26	7-8:30pm	Kenmount	\$14
Acrylic Paint – Whale Jumping	22436	F	Oct 8	6-9pm	Mews	\$22
Acrylic Paint – Flower Vase	22437	F	Oct 15	6-9pm	Mews	\$22
Acrylic Paint- Christmas	25860	Su	Nov 28	7-8:30pm	Kenmount	\$14
Oil Paint -Iceberg & Whale	22449	Th	Oct 7-21	6-9pm	Mews	\$56
Drawing	22438	F	Oct 29	6-9pm	Mews	\$20

Handicraft – requires registration						
	Code	Day	Date	Time	Location	Cost
Knitting Circle	22450	M	Sep 13-Nov 29	10:30am-noon	Mews	\$24
Rug Hooking Advanced with yarn	22441	M	Sep 13-Oct 4	9am-noon	Mews	\$79; \$109 if hook & frame needed, bring yarn or purchase on site
Rug Hooking Christmas Ornament	25857	M	Nov 15-22	9am-noon	Mews	\$76; \$106 if hook & frame needed
Quilting - 3 Christmas Projects	22442	W	Sep 29-Dec 3	6:30-9pm	Kenmount	\$150 material list 1-week prior
Fall Wooden Stacks	22440	Tu	Oct 5	6-9pm	Mews	\$20
Rustic Christmas Sign	22439	M	Dec 6	1-4pm	Mews	\$20

## Walk and Wheel

### indoors at community centres

Finding it difficult to walk outside? Bring indoor footwear, a filled water bottle and follow current public health guidelines.



**Southlands**  
Oct 11-Dec 8  
Mondays  
9:30-10:30am  
Wednesdays  
12:30-1:30pm

**Kenmount Terrace**  
Oct 12-Dec 9  
Tuesdays and Thursdays  
9-10am

**Kilbride**  
Oct 13-Dec 8  
Wednesdays  
9:30-10:30am

**Shea Heights**  
Oct 13-Dec 10  
Wednesdays and Fridays  
9:30-10:30am



Music						
	Code	Day	Date	Time	Location	Cost
Accordion Beginner	25863	Th	Oct 7- Nov 18	3:30-4:30pm	Mews	\$27
Accordion Intermediate	25864	F	Oct 8- Nov 12	3:30-4:30pm	Mews	\$27
Guitar Beginner	22443	Th	Sep 16-Dec 2	9:30-11am	Mews	\$74.25
Guitar Intermediate	22444	M	Sep 13-Dec 6	7:30-9pm	Mews	\$74.25
Guitar Advanced	22445	Th	Sep 16-Dec 2	11:30am-1pm	Mews	\$74.25
Keyboarding – Beginner	22446	Tu	Sep 14-Dec 7	9:30-10:45am	Mews	\$67.50
Keyboarding – Beginner	22447	Th	Sep 16-Dec 2	9:45-11am	PRCC	\$62
Keyboarding – Intermediate	20899	Tu	Sep 14-Dec 7	11:15am-12:30pm	Mews	\$67.50
Keyboarding – Intermediate	22448	Th	Sep 16-Dec 2	11:30am-12:45pm	PRCC	\$62
Keyboarding – Intermediate	20898	Tu	Sep 14-Dec 7	1:30-2:45pm	Mews	\$67.50
Ukulele – Beginner	25895	M	Sep 13-Nov 29	9:30-10:30am	PRCC	\$49.50
Ukulele – Intermediate <b>NEW</b>	25896	M	Sep 13-Nov 29	11am-noon	PRCC	\$49.50

Dance *pending instructor availability						
	Code	Day	Date	Time	Location	Cost
Beginner Line Dance*	22297	M	Sep 13-Nov 29	1-2pm	PRCC	\$49.50
Beginner/Intermediate Line Dance	22300	W	Sep 15-Dec 1	12:30-1:30pm	Mews	\$54
Intermediate Line Dance	22301	W	Sep 15-Dec 1	2-3pm	Mews	\$54
Intermediate Line Dance	22299	Th	Sep 16-Dec 2	11am-noon	Mews	\$49.50
Intermediate Line Dance	22298	Th	Sep 16-Dec 2	12:30-1:30pm	Mews	\$49.50
Beginner Ballroom Dance	22302	Su	Sep 12-Nov 28	6:30-7:30pm	Mews	\$54/per person Partner required, each person must register separately.
Beginner Ballroom Dance <b>NEW</b>	25065	W	Sep 15-Dec 1	6:30-7:30pm	PRCC	
Modern Sequence Ballroom	22303	Su	Sep 12-Nov 28	8-9pm	Mews	

## Technology

Age 18+, \$60 6-8pm Tuesdays

For Beginners Oct.5-Nov.2

Microsoft Products Word, Excel & Power Point Nov.9-Dec.7

Search 'technology' at [StJohns.ca/RECconnect](http://StJohns.ca/RECconnect) or call 576-8499.





## Older Adults (50+)

### Lifelong Learners

These general interest courses give participants the opportunity to continue building skills and knowledge on a variety of topics.

Learn about the Lifelong Learner courses being offered this fall, call 576-8411 or search 'lifelong learners' at [StJohns.ca/RECconnect](http://StJohns.ca/RECconnect)



#### Cancellation

Adult & Seniors programs can be cancelled one week prior to start of program at the discretion on the City.

#### Fitness - a fall-prevention class that improves balance & flexibility

Title	Code	Days	Dates	Time	Location	Cost
Active of Life	20896	M & W	Sep 13-Dec 1	1-2pm	Kenmount	\$100
Active for Life	20895	Tu & Th	Sep 14-Dec 2	1-2pm	Southlands	\$100

## Seniors Week: Conquering Challenges and Celebrating Change

Join us September 27 to October 1 as we celebrate seniors and focus on hope for the future.

#### Seniors Week events require registration, call 576-8490/8411 or email [recreation@stjohns.ca](mailto:recreation@stjohns.ca)

Title	Day	Date	Time	Location
Active for Life Demo	M	Sep 27	9:30-10:30am	Mews
Wills/Estates, Power of Attorney, Health Care Directive	M	Sep 27	1-2:30pm	Mews
Ageless Wonders	Tu	Sep 28	11am-noon	Mews
Addressing Social Isolation	W	Sep 29	10:30-11:30am	Virtual
Leisure Swim	W	Sep 29	noon-1:30pm	Mews
Lunch & Bingo	Th	Sep 30	10am-12:30pm	Kenmount
Technology for Beginners	F	Oct 1	9:30-11:30am	PRCC
Power of Attorney and Health Care Directive	F	Oct 1	1-2:30pm	PRCC

# Events and Outings

Registration must be completed at least three days prior to the event, see page 24.

Registration fee includes meal, refreshments and transportation.  
 Call 576-8594 the evening before the event to determine the bus schedule.  
 Pick-ups occur from the H.G.R. Mews Community Centre and several adult and seniors apartments.



All outings are scent free. Individuals who wear scented products may be refused admission, at the discretion of City staff.

Events and Outings – requires registration (50+)						
Title	Code	Day	Date	Time	Location	Cost
Social & Bingo	22454	Th	Sep 23	10am-1pm	Kenmount Terrace	\$24
						\$19 if using GoBus
Halloween Games	22422	Th	Oct 28	6:30-10:30pm	City Hall	\$29
						\$24 if using GoBus
Dinner in Vegas	22425	Th	Nov 18	6:30-10:30pm	City Hall	\$29
						\$24 if using GoBus
Christmas Social & Bingo	22428	Th	Dec 2	10am-1pm	Kenmount Terrace	\$24
						\$19 if using GoBus
Christmas Brunch at the Farm	22431	Th	Dec 9	11am-2pm	Lester's Farm Chalet	\$30
						\$25 if using GoBus
Christmas Light Tour	22434	Th	Dec 16	7-10pm	Various Locations	\$10



Julia Nash and Phyllis Barfoot always make the best of their time at the seniors' outings and events.

## Social Time

Join friends new and old while enjoying leisure activities, light refreshments and snacks at community centres  
 Sep 10-Dec 3 10:30am-12:30pm for 50+

- Southlands Mondays \$22
- Kenmount Terrace Tuesdays \$24
- Kilbride Wednesdays \$24
- Shea Heights Fridays \$2 per drop in
- Mews Fridays \$26

Search 'social time' at [StJohns.ca/RECconnect](http://StJohns.ca/RECconnect) or call 576-8499.





## 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.



## VOLUNTEER TODAY!

Give back to your community and build relationships with others all while having fun. For more information or for a Volunteer Application contact us.

576-8630 [volunteer@stjohns.ca](mailto:volunteer@stjohns.ca)



## COVER and SECURE your LOAD!



for a safer road

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

## Rechargeable batteries are not recyclable.

Dispose of rechargeable lithium ion batteries at the Hazardous Waste Depot.



**CURBit**  
WASTE & RECYCLING

ST. JOHN'S

[CurbitStJohns.ca](http://CurbitStJohns.ca)



# Humane Services

## Licensing your Pet



Residents of St. John's are required to have their pets licensed. The biggest benefit of licensing is to reunite people and their pets.


A pet license provides a direct link to the owners contact information, improving the ability to reunite owners and their pets after they go missing.

It is especially important if your pet is found injured and needs immediate medical attention. It could also mean less time that your pet is away from your family or in a shelter.

### Purchase a cat or dog license for \$15

 Online at [stjohns.ca](http://stjohns.ca), search 'pet license'

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


 In person:

- Animal Care and Adoption Centre, 81 Higgins Line
- Access St. John's, first floor of City Hall, 10 New Gower Street
- H.G.R. Mews Community Centre, 40 Mundy Pond Road
- Paul Reynolds Community Centre, 35 Carrick Drive

### Contact us:

576-6126

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

 @HumaneServicesStJohns

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



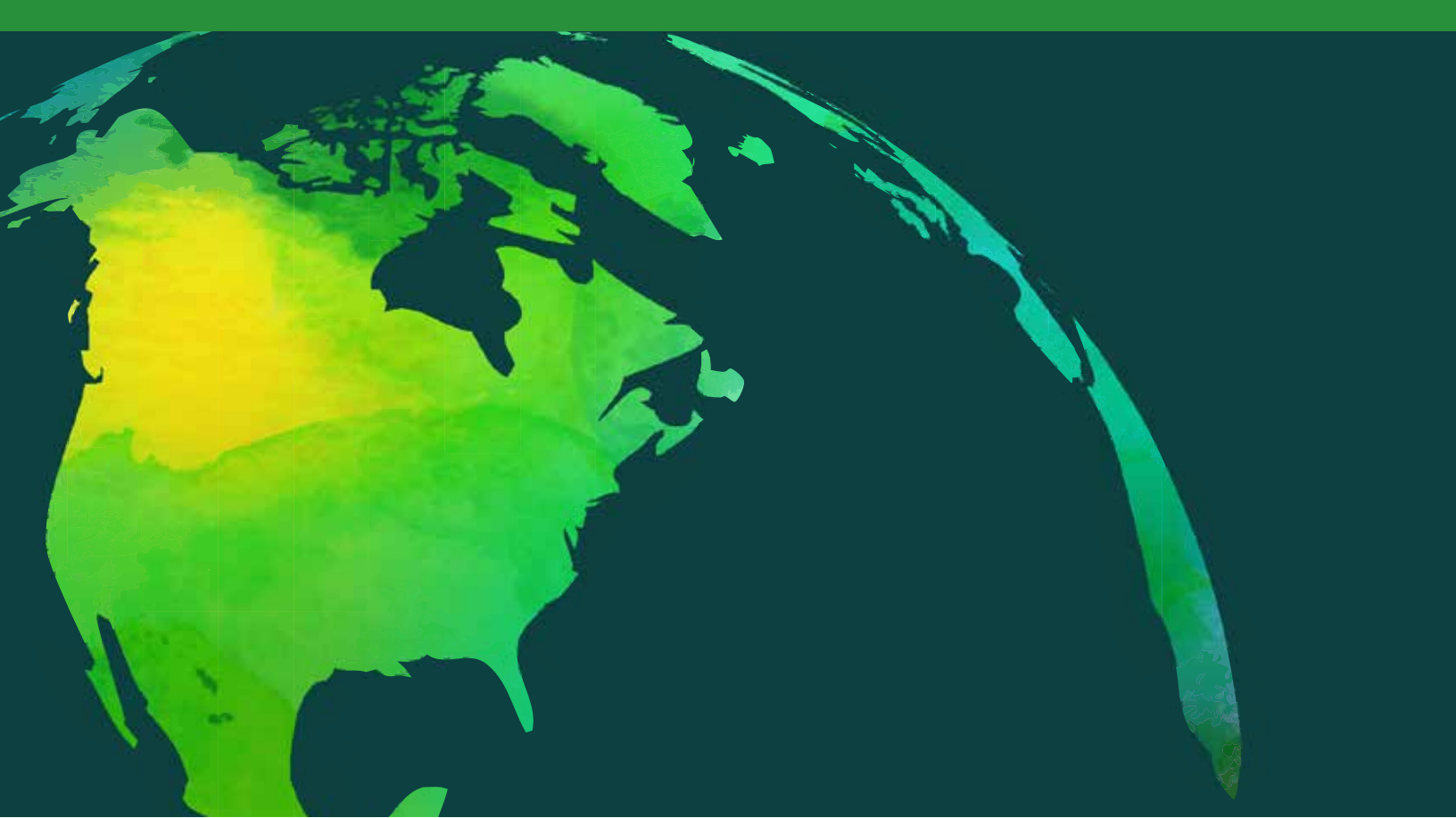
### Now Available

Purchase and renew your pet license online!

Search 'pet license' at [StJohns.ca](http://StJohns.ca)

## Snapshot: St. John's Animal Control Regulations

- Dogs must be licensed within 20 business days of acquiring the dog or the dog reaching six months of age.
- The license shall be renewed annually and is not transferable.
- The owner will update any changes of address or contact phone number.
- When off the owners property, dogs must wear a collar with the current license tag attached.
- A dog must be on a leash whenever off the owner's property.



# Resilient St. John's

Climate change is an urgent, complex and global crisis. It is the biggest challenge of our generation. The next five to ten years are critical to setting St. John's on the path to meet the Newfoundland's greenhouse gas emissions (GHG) reduction targets, which support national and global efforts.

St. John's is approaching this issue strategically by acting, while also developing two comprehensive plans: 1) St. John's Corporate Climate Plan 2) Resilient St. John's Community Climate Plan.

The Corporate and Community plans are about setting St. John's path to achieve the low-carbon transition and improve its resilience to the changes in climate.

## Corporate Climate Plan Adopted by Council May 2021

The City of St. John's Corporate Climate Plan formalizes a framework for City operations to embed energy and climate considerations as part of operational and investment (budget) decision-making.

The Corporate Climate Plan provides a management framework that aims to implement 4.2% annual reduction in emissions. If St. John's achieves the implementation of this path, it may reach Net-Zero as early as 2045.

It identifies strategies and tasks for the short (1-2 years), medium (3-5 years) and long (>5 years) term that can be integrated with City operations to meet its proposed corporate targets.

## Engage with us on a Community Climate Plan

In the upcoming weeks we want to hear from you to make sure that implementation plans are locally relevant, equitable and support our community.

Be part of the conversation at:  
[EngageStJohns.ca](https://www.engagestjohns.ca)  
Planning for a Sustainable Future

**Engage!**  
**St. John's**



## Resilient St. John's Community Climate Plan in Fall 2021

The Resilient St. John's Community Climate Plan will address energy and climate change impacts in order to identify a 30-year Climate Action Strategy to reduce GHG emissions of our community as a whole, while re-enforcing efforts to stabilize energy costs by supporting energy efficiency.

It will also identify strategies to prepare the City to adapt to the significant future changes in climate, and to capitalize on opportunities that may exist from the impacts of climate change.

### A Risk But Also An Opportunity

A fast reduction in greenhouse gas emissions will require changes in energy supply, land use, infrastructure systems (including transport and buildings), and industrial systems.

This transition is not without challenges, but it also provides an opportunity to create new businesses and new jobs, improve the built environment, stimulate innovation, and improve the health of our community.

Through public engagement, undertaken from fall 2020 to winter 2021, we learned what climate change impacts are important to St. John's residents and what their suggestions are to reduce, or mitigate, GHG emissions.

What we heard in workshops and public sessions about opportunities to reduce GHGs and energy use include:

- Improving public transit
- Supporting the availability of local food and products
- Retrofitting existing residential buildings to reduce energy
- Supporting electric/hybrid vehicle use

Stakeholders have identified 56 risks that climate change may bring to our community.

Be part of the conversation to adapt to climate change at [EngageStJohns.ca](http://EngageStJohns.ca)

### Corporate GHG Targets

Annually: **4.2%** reduction in emissions

By 2030: **40%** emissions reduction by 2030, with a stretch target of **50%** from 2018 emissions

By 2050: Reach **net-zero**

# YOU CAN make a difference in a child's life

We believe that all children in St. John's should participate in recreation and leisure activities which boost their self-esteem, promote active living and support personal growth through increased knowledge and skill development.

The REAL Program provides recreation and leisure opportunities to children in financial need. It matches children with one organized activity of their choice.

**You can donate by bringing your  
deposit beverage containers to  
any Green Depot and using code  
5768684**



**ST. JOHN'S**

