



CITY GUIDE

SUMMER 2022

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ST. JOHN'S

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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™.

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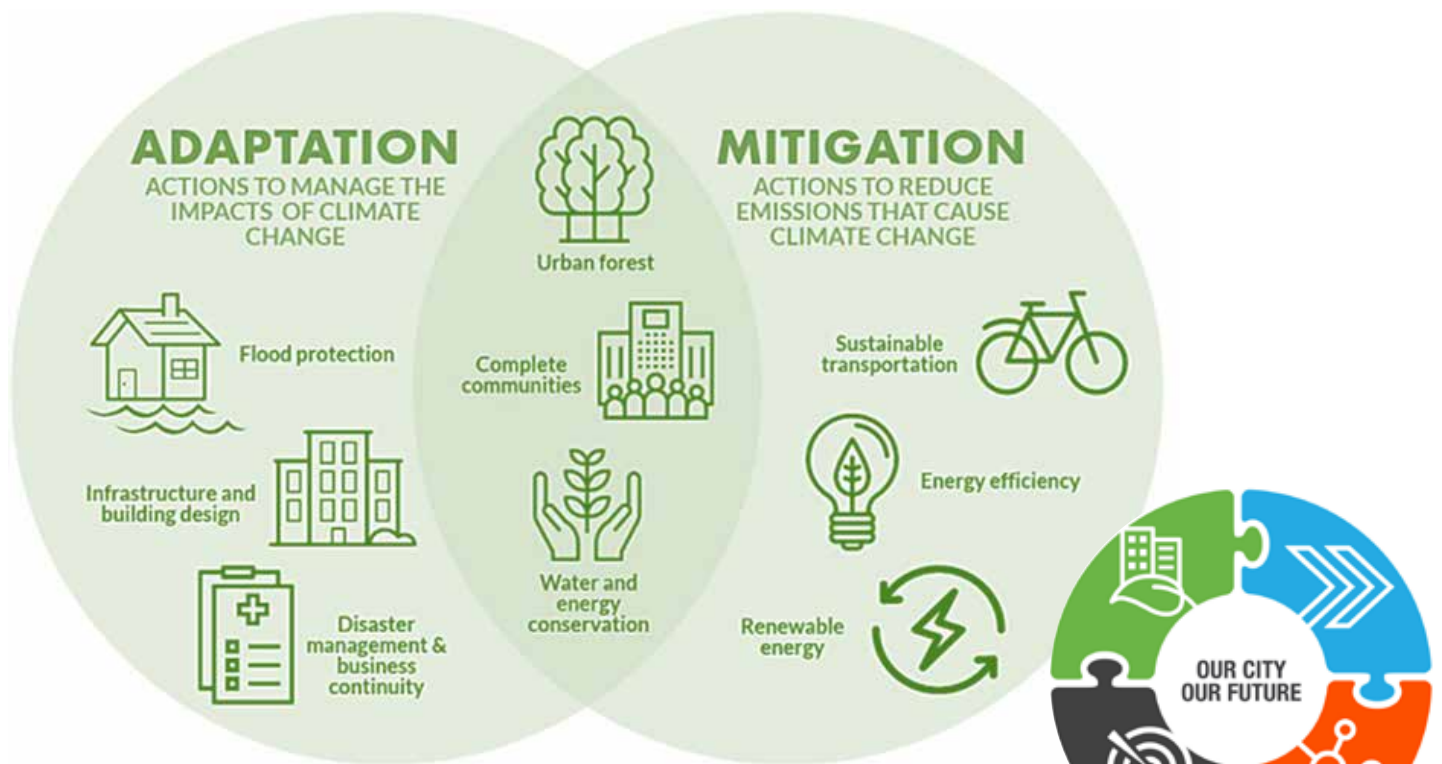
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A Sustainable Strategic Plan

Every decision the City makes impacts sustainability, today and into the future.

Our strategic plan has been updated for 2022 with one new goal and one modified goal to ensure it captures all the City's efforts on implementing our climate plans: Resilient St. John's –Community Climate Plan – and the Corporate Climate Plan.

1. New: We will work collaboratively to create a climate-adapted and low-carbon city.
2. Modified: We will create a sustainable, accessible and **low-carbon** public transportation system.

Councillors Ian Froude and Maggie Burton are council leads on Sustainability.

"Council is pleased that our climate action plans are in place, but a plan must also be supported by

implementation," says Councillor Froude.

Councillor Burton agrees: "We need to direct our energies on developing and implementing policies and strategies that support a climate-adapted and low carbon future. Energy efficiency is good for anyone's budget, and a purposeful energy transition can help build a more resilient economy."

Looking at the City's overall transportation network is one obvious area of focus.

"We need to provide access to transportation options that include low-carbon alternatives, which is why the Transportation Commission is looking at improvements in service and the electrification of the Metrobus fleet and also why Council is committed to completing a (shared use) trail network across the city," says Councillor Froude.

The plan identified that to achieve

net-zero by 2050 at the latest, St. John's as a whole should follow a pathway of greenhouse gas emission (GHG) reduction of 25% by 2025, and 50% by 2030 from the 2016 baseline. These have been set as community targets by City Council. The City also adopted its Corporate Climate Plan with targets to reduce corporate GHGs 50% by 2030 and reaching net-zero by 2050 at the latest.

"Over the next three years, we aim to ensure that these plans play a role in our budget and policy decisions," says Councillor Burton. "They will guide our efforts as we work with the community and partners to address climate adaptation and mitigate greenhouse gas emissions in our community."



- For real-time results from the strategic plan visit **StJohns.ca**
- > City Hall
 - > Strategic Plan
 - > Results Dashboard



Celebrate Canada Day

On Canada Day there's something for everyone, from sunrise to sunset!

With support from the Government of Canada, the City of St. John's and event partners, Canada Day will highlight many of the reasons we are proud to call Canada home.

Be the first in the country to start the Canada Day celebrations. The day begins with a sunrise event at 6 a.m. at Signal Hill National Historic Site, followed by a day full of family fun and entertainment at King George V Park beginning at 12 p.m. The evening will be sure to entertain with an 8 p.m. concert at Quidi Vidi Lake followed by fireworks at 10 p.m. Should weather conditions not be ideal, the fireworks will be rescheduled for July 2 at 10 p.m.

Music @ concert series is back!

The City's concert series is returning for another year and we're back to our beloved Friday lunchtime concerts throughout the summer.

Each concert opens with a youth performer coordinated through a partnership with the NL Folk Arts Society and features a diverse lineup of main acts that span many musical genres. Music @ Harbourside is the flagship event of our concert series, but stay tuned for concerts at other great locations in the city too.

The 2022 concert series will run from July 8 to September 23. Friday lunchtime concerts take place at Harbourside Park from 12:30 to 1:30 p.m.

Kellie Loder performing at Harbourside Park ►

As more event details are confirmed, they will be posted on StJohns.ca and the Calendar of Events.

Canada Day Festivities

- 6 a.m. Sunrise event at Signal Hill
- Noon to 4 p.m. Family fun and entertainment at King George V Park
- 8 p.m. Concert at Quidi Vidi Lake
- 10 p.m. Fireworks at Quidi Vidi Lake

Additional concerts are planned for Bowring Park & Bannerman Park in the spring and fall.

Once all venues and performers are confirmed, the complete schedule will be available on the City's website. Bring your family, friends, neighbours and coworkers to enjoy some of the finest musical talent St. John's has to offer!



CONCERTS COMING SOON

TO MARY BROWN'S CENTRE

ZZ TOP with Special Guests CHEAP TRICK

May 13 @ 7pm & May 14 @ 7pm

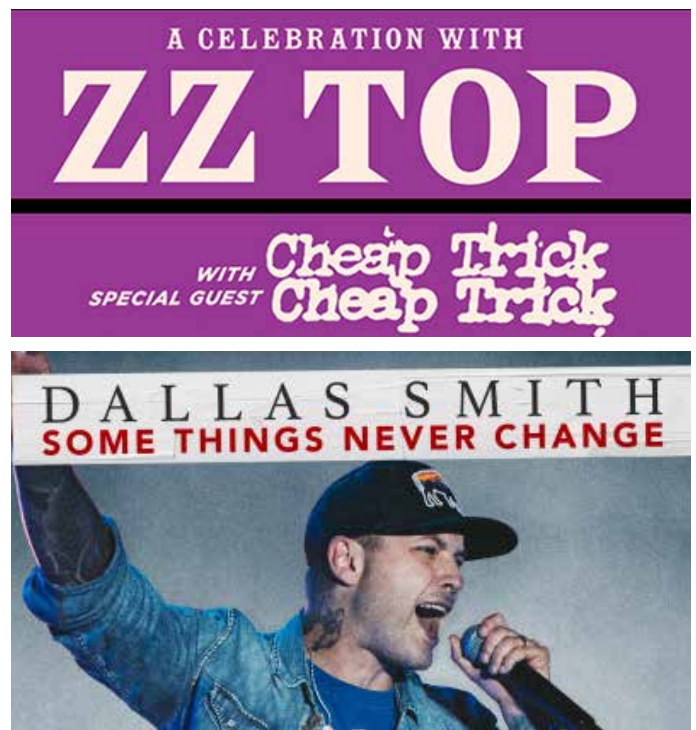
Rock and Roll Hall of Famers ZZ Top are bringing their 'Celebration with ZZ Top' tour to Canada and Cheap Trick will join as special guest. Fifteen studio albums, 30 million record sales and 5 decades later, "That Little Ol' Band From Texas" is still going strong, playing timeless hits like "La Grange," "Legs," "Sharp Dressed Man" and "Tush" to audiences the world over.

Dallas Smith – Some Things Never Change June 14 @ 7pm

Multi-Platinum award winning country star Dallas Smith has announced the details for his long-awaited return to the road with the 2022 *Some Things Never Change Tour* with *James Barker Band* and special guest *Meghan Patrick* plus emerging country artists *Shawn Austin*, *JoJo Mason*, *Kelly Prescott*, and *Manny Blu*.

MaryBROWNS
CENTRE

Get tickets online at mbcentre.ca



GET TO KNOW
ST. JOHN'S!

APPRENEZ-VOUS À
CONNAITRE SAINT-JEAN!



City of St. John's Welcome Centre 348 Water Street

1-844-570-2009

709-576-8106

www.stjohns.ca



Downtown Pedestrian Mall is Back for 2022

The City of St. John's is happy to announce that the Downtown Pedestrian Mall is back for another year. 2022 is Come Home Year and we hope that our former residents who visit will enjoy the Downtown Pedestrian Mall and take in all it has to offer.

The Downtown Pedestrian Mall offers a great opportunity for residents and visitors to explore and enjoy downtown St. John's. With a variety of shops, galleries and restaurants, the Downtown Pedestrian Mall has something for everyone.

We encourage all residents and visitors to the City of St. John's to come and visit the Downtown Pedestrian Mall this summer.

Hours of operation:

June 30 to September 5, 2022 from noon to 10 p.m. daily

Road closures:

Water Street from Adelaide Street to Prescott Street,
George Street from Adelaide Street to Water Street.

Where will your next ride take you?
Ride with Metrobus, earn AIR MILES® reward miles.*



Cruise Ships Return in 2022

The City of St. John's is excited to welcome back cruise ships, their crew members and passengers for the 2022 season. Due to the COVID-19 pandemic, cruise ship visits have been on hold since 2020.

This year we are welcoming 30 cruise ships to our beautiful city bringing thousands of visitors to experience what St. John's has to offer. The benefit these visits bring to our economy, small businesses and tour operators is immeasurable.

Cruise ships that visit our port are required to abide by all relevant provincial, Public Health Agency of Canada and Transport Canada safety guidelines ensuring the optimal safety for all.

The cruise industry is diligent in its safety operations, ensuring there are protocols in place to protect the passengers and the port cities they visit. With one of the highest levels of COVID-19 restrictions of any industry, they are able to successfully resume operations. Passengers and crew must be fully vaccinated, and are required to show proof of a negative COVID-19 test taken within 24 to 48

hours of boarding a cruise ship, providing optimal safety for all on board.

The cruise industry also has protocols to effectively monitor, detect and respond to potential cases of COVID-19. The controlled environment onboard allows for a swift response should a positive case arise, and the medical facilities onboard means that they are able to manage such cases on the cruise ship without burdening the facilities of their port cities.

We are happy to welcome our first cruise ship, the Ocean Endeavour to the city on June 12, 2022.

Please note: cruise ship visits may be cancelled or postponed at anytime due to unforeseen circumstances. The cruise ship safety requirements listed are as of April 1, 2022 and are subject to change based on Canadian health guidelines.



For an up-to-date cruise schedule visit

StJohns.ca

- > Visiting our City
- > Cruise Information
- > Cruise Schedule

A

Area 1A to 5A, 2022

Curbside Collection

Learn your area at 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.
- Automated: Garbage carts must be properly placed (ie. not on sidewalks/snowbanks).
- Manual: Garbage bags must be completely covered from April to November.
- Yard waste must be in paper yard waste bags; put at the curb on your recycling days from May to November.
- Cancelled collections (ie. storm, holiday) take place the next day along with that days regularly scheduled collection.

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

January						
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June						
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B Area 1B to 5B, 2022

Curbside Collection

Learn your area at 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.
- Automated: Garbage carts must be properly placed (ie. not on sidewalks/snowbanks).
- Manual: Garbage bags must be completely covered from April to November.
- Yard waste must be in paper yard waste bags; put at the curb on your recycling days from May to November.
- Cancelled collections (ie. storm, holiday) take place the next day along with that days regularly scheduled collection.

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

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August						
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December						
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St. John's Increases Curbside Recycling More Than 30%

In January a new Sanitation Regulation By-Law came into effect requiring garbage put at the curb be in clear, colourless bags - except for one 'privacy' bag per week if desired.

As a result of this regulation, recycling became mandatory and residents of St. John's have responded in a big way!

Since clear bags for garbage began, there is a 30 to 40% increase in recyclable material collected at the curb – this dramatic increase shows a positive benefit of the clear bag policy.

“Seeing the success of this new regulation, I'd like to thank community members that are using clear bags and recycling appropriately. I encourage anyone who has not made the switch to clear bags to do so. This is also a great opportunity to become familiar with the City's Curbit recycling program,” says Councillor Sandy Hickman, Council lead for Public Works.

The second phase of the clear bag program is to continue with the educational approach. Crews are spot checking for the use of clear bags for garbage and stickers are left to remind or acknowledge residents for using them. During this phase, Waste & Recycling staff continue to collect garbage in black bags and our focus has shifted towards education and ensuring all residents transition to using clear bags.

Time Period	Tonnes of Recycling Collected	% Increase in 2022
January-February 2022	579.39	--
January-February 2021	343.83 **	68.5% **
January-February 2020	410.03	41.3%
January-February 2019	443.80	30.6%
January-February 2018	443.79	30.6%
January-February 2017	413.05	40.3%

** Recycling collection was cancelled for two weeks in February 2021 due to COVID-19

“Our priority is to keep recyclable materials out of the landfill,” says Councillor Maggie Burton, Council lead for Sustainability. Goals of using clear bags for garbage included to remove hazardous waste from garbage and to increase recycling in our city. Seeing more recyclables going in blue bags instead of garbage shows the new regulation is working towards us being a sustainable city.”

Are you new to recycling? To learn about the household items that go in blue bags at the curb go to **CurbitStJohns.ca**, the app St. John's Waste & Recycling or call Access St. John's at 311 or 754-CITY (2489).



Waste Types at Robin Hood Bay

The Residential Drop Off (RDO) at the Robin Hood Bay Waste Management Facility, 340 East White Hills Road is for residents only.

It is open 8 a.m. to 4 p.m. Tuesdays to Saturdays, except on statutory holidays.

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

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



Learn more, visit:

CurbltStJohns.ca

>Recycle

>Residential Drop Off

Household Hazardous Waste

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

Accepts hazardous products including all batteries, paint, chemicals including pool/hot tub conditioners, empty propane cannisters, cooking oil and more.

Recyclable Containers

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

Recyclable Papers

All items must be in see-through blue bags.

Recyclable Cardboard

Cardboard only, bundled or loose (not bagged).

Recyclable Electronics

Recycle your old electronics to give them new life.

Recyclable Metal

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

Gently-used Furniture

Donate gently-used furniture, from households without smokers or pets, to be distributed to those in need.

Garbage

Bag light items including Styrofoam to keep litter at a minimum.

Liquids are prohibited and cannot be accepted.



Metal and Bulk Garbage

Curbside Collection

Book an Appointment

You must have an appointment made for items to be collected

- Go to CurbitStJohns.ca > Schedules
- Via the app St. John's Waste and Recycling
- Call Access St. John's at 311 or 754-CITY (2489)

Preparing for Pick-up

- When it's your scheduled pick-up date, place bulk items separate from metal items at the curb.
- Small, loose items are not accepted; bundle or package them together.
- Have your pick-up in place by 8 a.m. on the morning of your collection day but please do not place items at the curb earlier than 3 p.m. the day before your scheduled collection.

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



Pick Up Schedule

- Area 1: May 24 to 28
- Area 2: May 30 to June 3
- Area 3: June 6 to 10
- Area 4: June 13 to 17
- Area 5: June 20 to 24



Please note: Due to Victoria Day holiday Area 1 collections are Tuesday to Saturday

Size Restrictions

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

Accepted

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



NOT Accepted

- Curbside recyclables
- Leaf and yard waste
- Electronic waste
- Hazardous waste, (e.g.: propane tanks, batteries, paint)
- Liquid wastes, (e.g.: engine oil, auto fluids)
- Construction/renovation materials, (e.g.: doors, windows, fiberglass tubs, fencing, lumber, shingles, flooring)





Backyard Composting

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

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

Take the FREE beginner composting tutorial online to qualify to purchase a backyard compost bin at a discounted price:

1. Complete the online compost course at mun.ca/BotanicalGarden/learn
2. Email curbit@stjohns.ca a copy of the certificate of completion, emailed when you finish the tutorial, along with your house number and street name.
3. Once a Case ID or reference number is provided by Curbit, choose the bin type you prefer and pay by calling Access St. John's at 311 (credit card only) or visit City Hall (credit, cash or debit) 8 a.m. to 4 p.m. Monday-Friday:

Standard Bin	\$50 taxes included
Tumbler Bin	\$75 taxes included

4. Allow 7-10 business days for delivery to your address.

Compost Yard Waste

Much of your yard waste can be put in a backyard compost bin or in a paper yard waste bag for curbside collection.

Mulch with a Mower

There's no need to rake grass clippings or leaves - instead mulch them with your mower. This returns nutrients to the soil and helps conserve water and control weeds.

Backyard Compost

Add fresh cut grass and plant cuttings as a green layer (fresh & moist) in your compost bin. Dry leaves and grass are a great brown layer (dry & fibrous). Never put weeds or invasive plants in your backyard compost bin.

Paper Yard Waste Bags

Put yard waste such as leaves, grass clippings and small twigs in paper yard waste bags. From May to November the City collects paper yard waste bags put at the curb on the same day as your recycling day.



Proper Mulching

Answers to down to earth questions like... How much mulch is too much mulch?

One of the most common questions tree owners ask is - what can I do to make sure my tree is healthy?

The answer is simple - mulch.

Trees growing in urban settings, or disturbed soils, are often missing nutrients and a layer of decomposing organic material. A properly applied layer of mulch will improve soil conditions and help regulate moisture.

The following tips will help you apply mulch properly and avoid the dreaded mulch volcano!

Decide what type of mulch to use

Organic mulches are usually derived from plants, which break down naturally and give nutrients to the soil. Examples include non-dyed woodchips, pine needles, hardwood and softwood bark, compost and leaves. See page 13 for how to make your own compost.

Inorganic mulches last longer, do not decompose and do not give nutrients back to the soil. Examples include stone, shredded rubber and crushed gravel.

The effectiveness of the mulch will depend on the type you select, and how it is applied. Mulch should be applied around the tree at a depth of 5 to 10 cm. There is a tendency

to pile a thick layer of mulch against the tree trunk and taper it out as you move away from it. This is known as a mulch volcano and can cause rot issues at the base and root.

To apply the mulch, start near the trunk without touching it and work your way out to the dripline of the tree. A minimum of a one metre radius is recommended. If there is already mulch around the tree, rake it back and check the depth. You may have to remove the old mulch before you apply more. A properly mulched tree will have a uniform depth.

Benefits of mulching:

- insulates the soil and regulates soil temperatures year round
- Reduces damage caused by mowers and trimmers
- Increases soil fertility
- Reduces moisture loss through evaporation
- Gives plants and beds a neat appearance

Remember to avoid mulch volcanos, and if you have any questions about your plants' specific needs, you should contact a Certified Arborist.



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.

New Times for Street Cleaning!



Downtown street cleaning operations will now take place overnight between the hours of **10 p.m. and 6 a.m.** and is scheduled from **Sunday, May 1 to Friday, Sept. 23, 2022.**



Unlike snow removal, the 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 street cleaning dates, vehicles must be removed from the affected streets by **10 p.m. and cannot be returned until after 6 a.m. the following morning**, 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 as scheduled for reasons such as parked cars, extreme weather, mechanical issues or other unforeseen circumstances.

Find out when your street will be cleaned:



map.stjohns.ca/StreetClean

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



Searchable street list

Search by address or date so you know where and when not to park in an area. Find the list at StJohns.ca>Quick Links> Street Cleaning



Subscribe to our e-update

Receive an email, including a map, on the day your street is scheduled for cleaning at StJohns.ca> Quick Links> e-updates



Not online?

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

The City uses proven continuous improvement (CI) 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



The Challenge

We are working and living in a time of constant change and competing priorities. Now more than ever, it is important that cities assess how they work to ensure they continue to meet the needs of the public. It is often said that the key to an organization's effectiveness lies in improving its work processes. So how does a City improve its many processes, to ensure they bring more value to customers?

The Solution

At the City of St. John's, the solution lies in training and empowering its employees to apply Continuous Improvement tools and techniques to affect change. Here's what our employees have been doing since 2018:

- 60% of all City employees have received at least introductory level training in Continuous Improvement (CI).
- 56 employees have achieved either Green Belt or Yellow Belt certification in CI, providing them with the skills required to identify challenges in processes, trial, and then implement improvements that get to the root of an issue.
- More than 300 employees have participated in multi-departmental project teams, working together to solve process problems and implement solutions.
- Employees have undertaken more than 55 process improvement projects to date ranging from permit processes to fire inspections and property assessment to non-profit housing move-in/move-out.

How You Benefit

Every process improvement focuses on what is important to the customer and adding value for them. Whether large or small in scope our process improvements create clarity for customers simply by improving forms and applications, providing guides and checklists, setting standards that reduce variation and errors in processes and streamlining steps in a process. Improvements also help reduce administration time. For example, a simple improvement in the Office of the City Clerk saw the implementation of Microsoft Office 360 electronic forms for conducting Council e-polls (used to collect Council votes on matters with tight deadlines between meetings). Over the course of one year, this improvement alone will save 70 hours of administration time; time that can be reinvested into other work that serves our valued customers.

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.



Youth have a say in the future of the city

Engage!
St. John's

The City of St. John's has recently launched two new opportunities for young people to connect with the City: the Youth Engagement Panel and the Youth Engagement Working Group. Youth are an important demographic to the future of the City and we recognize their willingness to contribute and the value of their input.

The Youth Engagement Panel is an online space where young people can provide feedback to the City on topics of interest to them in a quick and easy manner, based on a recommendation from the City's Youth Engagement Strategy. The panel is completely voluntary, and members receive notifications via text message (after opting in) and email, of surveys on a range of topics. There are also incentives.

Our first survey focused on Youthful Cities Indicators - the RBC Youthful Cities index - measures 11 indicators of how youthful a city is. Members were asked which of these indicators are the most important when thinking about St. John's as a place to stay, live, study and/or work. Our second survey built on one of the indicators, Good Youth Jobs, and focused on the City as an employer.

Surveys will be posted monthly and results are visible to the public. St. John's residents aged 18 to 30 are encouraged to sign up to the Youth Engagement Panel. To view the panel and sign-up visit EngageStJohns.ca.

The Youth Engagement Working Group has been created to oversee implementation of the Youth Engagement Strategy, approved by Council in October 2020, and to provide ongoing advice and guidance on how to best engage youth on City matters. The group will meet regularly to provide perspective on topics of interest, to recommend appropriate engagement tools and methods, and to identify barriers and gaps that might impact youth engagement among other things. Recommendations from the Youth Engagement Working Group will be reported through Council meetings.



For more details

EngageStJohns.ca

>Youth Engagement Panel



Community Gardens

Community gardens are neighbourhood food assets that help build local and sustainable food systems by improving peoples' access to healthy food. Healthy food systems support healthy communities by helping ensure that nutritious, accessible and affordable food is available to individuals and families in their neighbourhood or community.

Benefits of participating in a community garden:

- Contributes to the wellness of individuals, families and communities
- Provides opportunities to eat more vegetables and fruits
- Encourages physical activity
- Supports mental well-being
- Builds social connections in the community
- Promotes intergenerational and cultural transfer of skills and knowledge
- Inspires other community development initiatives



Starting a Community Garden

If you'd like to learn more about starting your own community garden there are several locally developed resources that can help:

- Best Practices, by Food First NL. www.foodfirstnl.ca/resources
- Guide for Community Gardens on City-Owned Land, by City of St. John's at:

StJohns.ca > Living in St. John's
> Your City > Healthy City St. John's

Contact us:
healthycommunities@stjohns.ca
576-8628





Creating Community Connections Through Food

Catherine is a person who recognizes the role food can play in fostering community connection and engagement. Catherine recognized a need to ensure all newcomer families benefited from food programs being offered through the Buckmaster’s Circle Community Centre. She partnered with the community centre staff and Food First NL to provide grocery bags filled with culturally appropriate food to ten, very appreciative new Canadian families. Much of this food was sourced from local businesses that stock items not readily available in most large chain grocery stores. The bags also contained information about the centre’s programs in English and Arabic.

As a single parent with three kids and someone with lived-experience of food insecurity, Catherine believes food can act as a form of cultural exchange that can break down barriers and help people develop new social connections. She also believes that having a greater range of food in the city that reflects the increased cultural diversity of the population will make residents feel welcome and connected to the community, as well as serve as a means of attracting more newcomers to the province.

Along with other community and neighbourhood centres, Buckmaster’s Circle Community Centre offers a broad range of programs and services to meet residents’ needs. In doing so, it serves as a hub for residents to build new skills and knowledge, as well as to establish new social connections. Catherine’s initiative provides just one of many examples of



Staff and volunteers from Buckmaster’s Circle Community Centre.

their collaborative work with residents and other partners to improve the health and well-being of the community. The initiative also aligns with several key focus areas of the St. John’s Healthy City Strategy, the goal of which is to make St. John’s a healthier place to live.

To find out more about the strategy, visit the Healthy City Strategy website, or contact us at **healthycommunities@stjohns.ca**.

REAL Partners Make a REAL Difference

The REAL Program would not be possible without the support of our amazing recreation partners. Our partners go above and beyond, from providing space in their programs for REAL participants, to offering discounted rates, providing discounts on equipment and helping with the registration process when participants need assistance. Interested in becoming a REAL partner? Contact us today!



Plaza Bowl



Avalon Karate



Long and McQuade



The Little Gym



Apply for support through the REAL Program

How to apply:

1. Complete the REAL application in full and identify the activity of interest. Ensure the authorization is signed.
2. Attach proof of residency & proof of income.
3. Email, mail or drop off the application.
4. Applicants that have questions or require assistance please call 576-8684/4556 or email real@stjohns.ca.

Please note: July 17, 2022 is the deadline for fall applications



Cygnus Gymnastics Training Centre



Boys and Girls Club



Jill Dreddy Danceco



Girl Guides of Canada



St. John's Minor Hockey Association (Caps)



Sportcraft Source for Sports



St. John's Tennis Association



Prince of Wales Skating Club



YMCA of Newfoundland and Labrador



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:

576-6972

inclusion@stjohns.ca



For more detail visit StJohns.ca

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

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-referral.

Attendant Pass

Persons with disabilities who require the support of an attendant to accompany them to events may apply for an attendant pass. Please contact 576-4556 for more information.

Adaptive Equipment Loan Program

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

Accessible Playground Equipment

Accessible playgrounds are located at Bowring Park and Kenmount Terrace Community Centre.

Accessible swings are located in playgrounds at:

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

Financial Support

Financial support is available for individuals 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. See page 20.

Volunteer Junior Recreation Leader Program

Our Volunteer Junior Recreation Leader program is designed to provide youth ages 14+ with a workplace educational experience mentored by one of our caring recreation practitioners. This program takes place in a fun-filled atmosphere designed to challenge youth by developing self-respect and a sense of camaraderie through team building.

The next session is scheduled to take place July to August 2022.

Application form:
StJohns.ca > Living in St. John's
> Forms and Applications
> Recreation



VOLUNTEER TODAY!

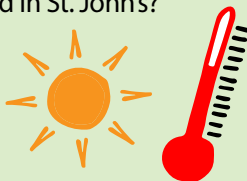
Give back to your community and build relationships with others all while having fun. For more information or for a Volunteer Application contact us.

576-8630 volunteer@stjohns.ca

Take our St. John's quiz

Think you know St. John's? We have some random facts that will tease your brain. Get your thinking cap on and answer these 12 questions. Answers are on page 29.

1. What was the highest temperature ever recorded in St. John's?
A. 29.6°C
B. 31.7°C
C. 33.9°C
D. 34.3°C



2. What was the measurement of the most snow in one day at St. John's International Airport?
A. 68.4 cm
B. 76.2 cm
C. 78.0 cm
D. 93.0 cm



3. What is the date of Incorporation of the City of John's?
A. May 12, 1924
B. June 10, 1909
C. July 10, 1952
D. May 1, 1888



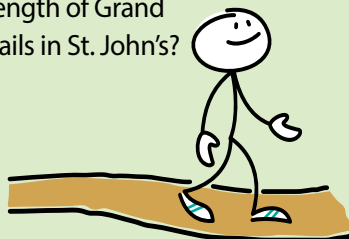
4. What is the average number of foggy days in a year, making it the foggiest city in Canada?
A. 93 days
B. 124 days
C. 137 days
D. 162 days



5. What is the average wind speed, making it the windiest city in Canada?
A. 24.3 km/h
B. 19.2 km/h
C. 26.2 km/h
D. 22.3 km/h



6. What is the length of Grand Concourse trails in St. John's?
A. 96 km
B. 103 km
C. 125 km
D. 147 km



7. What year was the first transatlantic wireless communication received in St. John's?
A. 1896
B. 1898
C. 1901
D. 1906



8. What country is the nearest neighbour to St. John's?
A. USA
B. France
C. United Kingdom
D. Denmark



9. In what year was the last and deadliest "Great Fire" in St. John's?
A. 1892
B. 1846
C. 1942
D. 1921



10. On average, How many tonnes of salt are used on St. John's roads for ice control annually?
A. 31,000
B. 27,000
C. 22,000
D. 37,000



11. What is the approximate number of cul-de-sacs in St. John's?
A. 250
B. 600
C. 450
D. 500



12. Since 2010, how many tonnes of recyclables have been processed at Robin Hood Bay?
A. 25,000
B. 50,000
C. 75,000
D. 100,000



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.

Program Registration	St. John's residents	Residents of other municipalities
Summer Programs	7 a.m., Thursday, May 5	7 a.m., Tuesday, May 10
Summer Aquatics Lessons	7 a.m., Thursday, June 23	7 a.m., Tuesday, June 28

REAL application deadline for fall is **July 17, 2022**.

Registration Options



Online: StJohns.ca/RECconnect



In person:

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



Call 576-8499 or 576-8631
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.

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, 2022.

Rent a Facility

City facilities can be booked for a variety of functions, including baby or bridal showers, family gatherings, community/corporate events or sports activities.

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

Sports Facilities

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

- Email recreation@stjohns.ca
- **StJohns.ca** > Living in St. John's > Recreation and Parks > Recreation Facilities > Rental Information



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 - Cost \$165
Paul Reynolds Centre - Cost \$165
Bannerman Park Pool - Cost \$151
Call 576-8499 or 576-8631.



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.

Racquetball Court Rental \$4 per person
Racquetball Pass (5 game) \$17.50
Racquetball Pass (10 game) \$30.00
Racquetball Pass (20 game) \$50.00

No refunds or exchanges are permitted once a reservation is complete. Maximum 4 players on a court at one time.



For details on programs and services visit: **StJohns.ca**

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



Swimming

Outdoor pools

Scheduled to be open July 2 to August 28.
All pools have accessible pool lifts.

- Bowring Park
- Bannerman Park

Indoor pools

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

Check Pool schedules as they may change:

Online StJohns.ca > Quick Links > Swim Schedules

Call the swim & fitness lines:

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

Email recreation@stjohns.ca

Swim Descriptions

Children 12 and under 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. Suitable for swimmers ages 13+.

Everyone Welcome Swim and Leisure

Leisure space is available for families. Adult supervisors must remain in the water at arms-length from their children.

We've made a commitment to children!

As a new **HIGH FIVE® Registered Organization**, we have taken the first big step toward enhancing the quality of our children's sport and recreation programs.

Find out how **HIGH FIVE** is making a difference in children's lives.
www.HIGHFIVE.org

Follow, share and get inspired:

 /HIGHFIVECANADA
  @HIGHFIVE_CANADA
  HIGHFIVECanada1

HIGH FIVE® A quality standard for children's sport and recreation
Founded by Parks and Recreation Ontario






Adult Programs



Music

Jam Session - Guitar

H.G.R Mews Community Centre
This instructor led guitar jam session will give participants an opportunity to play in an informal group setting.

June 23 - Aug 25

6-7:30 p.m.

\$67.50

Barcode 33195



Art

Acrylic Painting

H.G.R Mews Community Centre
No experience necessary. All materials provided.

July 6

6-8 p.m.

\$18

Barcode 33155



Acrylic Painting

H.G.R Mews Community Centre
No experience necessary. All materials provided.

July 20

6-8 p.m.

\$18

Barcode 33153



Outdoor Acrylic Painting Class

Bannerman Park
No experience necessary. All materials provided. Inclement weather location will be H.G.R Mews Community Centre.

August 17

6-8 p.m.

\$18

Barcode33154

Clean Water

Healthy Swimming

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

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

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

ST. JOHN'S
www.stjohns.ca





Sports Facilities

The City of St. John's has outdoor sport fields and pitches typically available for rent from June to mid-October.

For more details, to inquire about rentals or acquire an application form:

- Email recreation@stjohns.ca
- StJohns.ca > Living in St. John's > Recreation & Parks > Recreation Facilities > Rental Information



The Seniors Party in the Park

All seniors are welcome to come out and take in local entertainment at this annual free concert and party on the grounds of the Bowring Park Bungalow.

July 20 from 1 to 4 p.m.

Inclement weather date is July 21. See page 32 for more details.



Splash Pads

The City of St. John's has three outdoor splash pads that are scheduled to be open 9 a.m. to 8 p.m. daily from July 2 to September 5:

- Bowring Park
- Bannerman Park
- Kenmount Terrace Community Centre

We practice water conservation at our splash pads by using retreated, recirculated water.

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

St. John's Quiz Answers

1. 33.9°C on August 14, 1876
2. 76.2 cm fell on Jan. 17, 2020 during Snowmageddon
3. May 1, 1888
4. 124 days
5. 24.3 km/h
6. With 125 km of trails, go for a walk!
7. Marconi received the message on Dec. 12, 1901 at Signal Hill
8. France, Saint Pierre et Miquelon
9. 1892 leaving three dead and 11,000 homeless
10. 31,000 tonnes of salt annually
11. 600 cul-de-sacs, not dead ends
12. 75,000 tonnes of recyclables, bravo!



Water Conservation

The City of St. John's encourages residents to use water wisely. Water consumption in the St. John's region increases during the summer, primarily due to the outdoor use of water such as lawn watering and car washing.

There are many things you can do at home to conserve water.

In the Kitchen:

- Scrape your dishes instead of using the pre-wash cycle in the dishwasher.
- When cleaning vegetables, turn the faucet off and rinse them in the sink with the drain closed or in a pan of water.
- If you wash dishes by hand, do not leave the faucet flowing for rinsing. Instead, use a dish rack and spray device. If you have two sinks, fill one to use for rinsing.
- Use a jug to keep water cool in the refrigerator instead of letting the tap run. This can also help improve the taste of your water.

In the bathroom:

- If the shower has a single hand control or shut off valve, turn off the flow while soaping or shampooing.
- Take short showers instead of baths.
- Do not let the faucet flow while brushing your teeth or shaving.

Outdoors:

- When watering your lawn or plants, use a hose shut-off nozzle so that water flows only as needed. When finished, turn it off at the faucet instead of at the nozzle to avoid leaks.
- Check hose connectors to make sure plastic or rubber washers are in place to avoid leaks.
- Do not leave sprinklers or hoses unattended, a garden hose can discharge 2,500 litres or more in just one hour. Use a timer as a reminder.
- Water your garden during the coolest part of the day and do not water on windy days.
- If you wash your own car, use a hose with an automatic shut-off nozzle.

For more information visit
StJohns.ca

- > City Services
- > Water Services
- > Lawn and Garden Watering



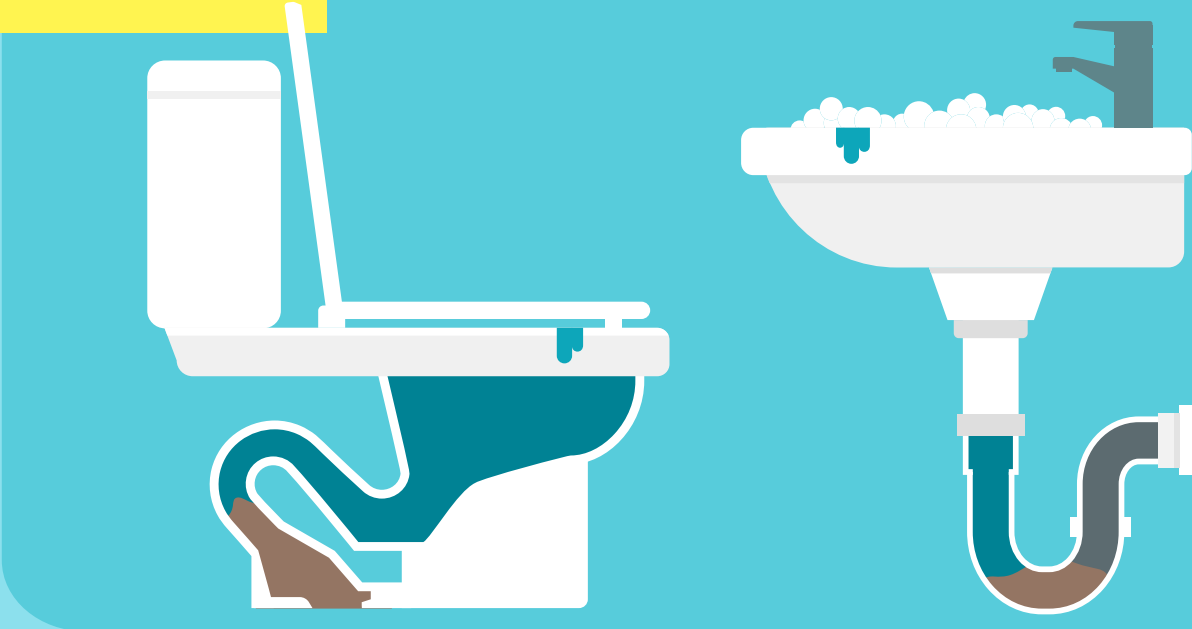
THINGS YOU SHOULD NEVER PUT DOWN THE DRAIN or FLUSH DOWN THE TOILET



FLUSHABLE WIPES

Flushable wipes are the most common and biggest problem. Wipes should not be flushed down the toilet as they don't break down. Place them in the garbage and not down the toilet.

Only the 3Ps should be flushed – Pee, Poo and toilet Paper. A number of items that are flushed every day by residents cause problems in every step of our wastewater system, from the pipes in your house to the Riverhead Wastewater Treatment Facility.



HAIR



DENTAL FLOSS



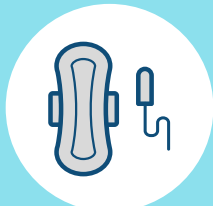
DIAPERS



MEDICATIONS AND BANDAGES



CAT LITTER



FEMININE HYGIENE PRODUCTS



CONDOMS



COTTON PRODUCTS



PAPER TISSUES AND TOWELS



COOKING OIL AND GREASE



FOOD WASTE



CIGARETTE BUTTS



Seniors Bus Tours 50+

We'll be visiting lots of interesting places and attractions in St. John's and throughout the Avalon Peninsula this summer – join us!

Pre-registration is required at least three days before the outing – see page 24 to learn how to register. Price includes transportation to and from the outing, admission including taxes, and lunch or light refreshments depending on the length of the outing.

**Act fast,
as these
events will
sell out!**

June 21 - Opening Party & Bingo

Kenmount Terrace Community Centre

Postage stamp, four corners or inside square - lots to be won, see you there. Lunch and prizes included.

10 a.m. to 1 p.m.

\$18 Event code 31688

June 28 - Bareneed, Bay Roberts & Carbonear

Spend the day touring in a motorcoach while eating traditional food, shopping, and visiting historical sites along the way. Lunch is included. The tour includes walking - comfortable footwear is recommended.

9 a.m. to 6 p.m.

\$65 Event code 31795

June 30 – Day in the Goulds

Spend the day in the Goulds with friends. Lunch is included. Comfortable footwear is recommended.

11 a.m. to 4 p.m.

\$23 Event code 31794

July 5 - Day at Bowring Park

Spend the day exploring Bowring Park and playing lawn bowling. Lunch is included and other activities will be determined based on the weather.

10 a.m. to 1 p.m.

\$20 Event code 31802

July 7 - Bingo & Social

Paul Reynolds Community Centre
Includes transportation, lunch, refreshments, bingo, and prizes to be won.

10 a.m. to 1 p.m.

\$18 Event code 31800

July 12 - Outdoor Adventures

Rotary 'Sunshine' Park
Experience the outdoors and take part in outdoor expeditions such as canoeing and archery. This outing includes walking, and exposure to water.

5 to 8 p.m.

\$16 Event code 31803

July 14 - Explore Dildo

Check out what the town of Dildo has to offer while traveling on a motorcoach bus. Lunch is included. This outing includes walking – comfortable footwear is recommended.

9 a.m. to 6 p.m.

\$65 Event code 31799

July 20 (back up day July 21) - Party in the Park

Bowring Park Bungalow
Join us for local entertainment at this annual free concert and party on the grounds of the Bowring Park Bungalow. Cost covers transportation to and from the party.

1 to 4 p.m.

\$5 (if transportation required)

Event code 31797

The Party in the Park is free to attend if you have your own transportation. If cancelled due to weather, event will be held on July 21. Contact us for more information.

**July 26 & Aug 9 -
Swim and Pool Party**

Bannerman Park Pool House
Join us for a senior pool party with food, refreshments and activities. Swimming is included but not mandatory.

10:30 a.m. to 1:30 p.m.
\$16
Event code July 26 31798
Event code Aug 9 31805

July 28 - NEW Seniors Got Talent

City Hall
Do you have a talent that you'd like to share with friends? Join us for an evening of laughs, dancing, singing and much more. Variety of talents welcomed.

6:30 to 10:30 p.m.
\$22 Event code 31804



August 2 - Bingo & Social
Paul Reynolds Community Centre
Postage stamp, four corners or inside square - lots to be won, see you there! Lunch and prizes included.

10 a.m. to 1 p.m.
\$18 Event code 31801

August 11 - Outdoor Cooking
Rotary 'Sunshine' Park
Join us for an evening under the stars. Enjoy light snacks, music and a campfire! This is an outdoor event so please dress accordingly. In the event of inclement weather, activities will take place inside the Rotary Park Chalet.

5 to 8 p.m.
\$16 Event code 31792

August 16 - Explore Downtown St. John's

Be a tourist at home and explore downtown and the pedestrian mall. Lunch is included.

11:30 a.m. to 3 p.m.
\$28 Event code 31796

August 18 - Brigus & Cupids
Check out unique Brigus and Cupids while traveling on a motorcoach bus. Lunch is included. The tour includes walking - comfortable footwear is recommended.

9 a.m. to 6 p.m.
\$65 Event code 31793

August 23 - Around the Bay for the Day

Salmonier and Kelligrews
Spend the morning on Salmonier Line and finish the afternoon in Kelligrews at a local market for fresh local vegetables and fish. The tour includes walking - comfortable footwear is recommended. Lunch is provided.

9 a.m. to 5 p.m.
\$45 Event code 31791

August 25 - Closing Party

City Hall
Celebrate and reminisce about your memorable summer with an evening of good friends, food and entertainment.

6:30 to 10:30 p.m.
\$22 Event code 31790

For more information:
call 576-8490 or 576-8411
email recreation@stjohns.ca

SCENT FREE -
Individuals who wear scented products may be refused attendance to the outing, at the discretion of City staff.



Transportation

Transportation for special events is included in the event price. Please 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 adult and seniors apartment complexes:

NOTE: If the bus cannot fit into the parking lot it will park at the entrance of the lot.

Bishop Meaden Manor
Building # 10 Pasadena Cres
Building # 25 Tiffany Lane
Riverhead Towers
St. George's Court Apartments
Keane Place Apartments

Kelly's Brook Apartments
Kenny's Park Apartments
The Bristol
Maplewood Apartments
Thomas Estates
Morgan Hollow

Mt. Pleasant Manor
Victoria Manor
Wigmore Manor
St. Luke's Cottages



Outdoor Programs

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

Group Programs

Book an outdoor program for your community, youth or school group now for the fall, winter or spring. Our sessions can fill up quickly so book early to avoid disappointment.

Programs are offered at Rotary 'Sunshine' Park or C.A. Pippy Park with options to come to your school or meeting location. Programs are customized for the age and ability of the participants.

Depending on the season, types of programs offered:

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

Corporate Outdoor Program

Introduce outdoor team building to your organization or business. We offer a variety of land, snow and water activities for 10 to 60 people. Contact us to learn of options to customize a program to best suit your needs.

For more details and contact information visit:

[OutdoorCorporateProgram.StJohns.ca](https://www.stjohns.ca/OutdoorCorporateProgram)



Book an outdoor program call **576-8522** or email outdoor@stjohns.ca

Children and Youth Programs

Each summer the City of St. John's offers a variety of high-quality programs and services for children and youth. Programs include weekly day camps, art programs, outdoor programs, workshops, and courses in X-Cellent leader, Home Alone and Babysitting.

For the most current programs and services please visit [StJohns.ca/REConnect](https://www.stjohns.ca/REConnect) and search the desired program.



Fraud Hotline and Policy aims to protect City

Fraud is a deliberate act to obtain property, money, security or any service from the City by means of deceit or falsehood.

The City’s Fraud Hotline and Policy is intended to safeguard the City’s assets, funds and information from fraudulent activity.

Fraud can include the following:

- a number of deliberate acts, from falsifying records or documents to unauthorized use of City resources
- failing to declare a conflict of interest
- theft or misappropriation of City funds or property
- collusion with vendors

The Fraud Policy allows any member of the public or City employee to allege fraud if they have reasonable grounds to believe it has occurred.

Residents are reminded that the City is only able to act if the fraudulent activity is related to municipal resources, property, or services. If you need to report theft of personal items, scams, or income support allegations, please contact the appropriate authority such as the Royal Newfoundland Constabulary or the Provincial Government.

All allegations received, related to City assets, funds and information, will be investigated using best practice approaches. The City informs the public annually about investigations that have occurred, but confidentiality is key when investigating fraud.

“There are publicly available reports to the audit committee once a year that will briefly summarize the results of any investigations and any action taken by the City,” explains Sean Janes, the City’s Internal Auditor, who is responsible for receiving allegations of fraud and for leading any investigations that arise. “Any communication of fraud investigations must comply with the City’s obligation to protect the privacy of its employees and to comply with all provisions of the Access to Information and Protection of Privacy Act. Therefore, the names of individuals alleging fraud and the names of individuals alleged to have committed fraud will be kept strictly confidential to the greatest extent possible.”

If you believe you have information about fraudulent activity at the City of St. John’s, please report it.

Call the Fraud Line 576-6978
Email: reportfraud@stjohns.ca

Mail your information to:
Office of the City Internal Auditor – Fraud Hotline
P.O. Box 908
St. John’s, NL
A1C 5M2

REPORT FRAUD

 **576-6978**

 **reportfraud@stjohns.ca**



ST. JOHN’S

Humane Services



576-6126

humaneservices@stjohns.ca

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

StJohns.ca>Living in St.John's>Animal Care and Adoption

How Hot is Too Hot for a Dog?

Are you planning on taking your pet with you on your next outing? Please think twice before leaving them in the vehicle unattended. Even in moderate summer temperatures, a vehicle can heat up significantly in just 5-10 minutes and the temperature in your car may even double within a half an hour. Cracking a window does not significantly impact the inside temperature of a car. Dogs that are senior, overweight, short nosed, or have medical conditions are particularly at risk for heat stroke.

Outside Temperature (°C)	Inside Temperature (°C)	
	After 10 minutes	After 30 minutes
21	32	40
24	34	43
27	37	46
29	40	48
32	43	51

Alternatives to leaving your pet in the car:

- use drive thru or curbside pickup options when running errands
- take a friend or family member who can hang outside with your pet when you're inside a business
- choose pet friendly stores
- when in doubt, leave your pet at home

What to do if you are concerned about a pet in a car:

- note the license plate number, make, and model of the car and ask the business customer service desk to make an announcement for the owner to return to the vehicle
- call the Access Centre at 311 or 754-CITY (2489) to report to Humane Services or call the RNC at 729-8000
- wait and watch for signs of heat stroke or distress in the pet until help or the owners arrive



Signs of Heat Stroke:

- weakness
- drooling
- vomiting/diarrhea
- exaggerated Panting
- staring/anxious expressions
- dark red gums

Immediate intervention is required if the pet is having difficulty breathing, collapsed, non-responsive, or convulsing.

Please seek veterinary assistance if your pet is showing signs of heat stroke.



Basic Emergency Kit

- First aid kit
- At least two litres of water per person per day
- Food that won't spoil
- Manual can-opener
- Crank or battery-powered flashlight
- Crank, battery-powered radio or Weatheradio receiver
- Portable charger or power bank to charge your phone
- Extra keys to your car and house
- Some cash in smaller bills
- A copy of your emergency plan and contact information

Be Prepared in an Emergency

Did you know we see the highest rainfall during hurricane season between June and November? Due to the high amount of rainfall and wind we experience, it is important for City residents to be prepared for 72 hours in the event of an emergency.

In 2019, City Council declared a Climate Emergency and Mayor Breen joined the Global Covenant of Mayors for Climate and Energy, and on March 21, 2022 the City adopted the Resilient St. John's Climate Plan. The City of St. John's is committed to being a sustainable city. This includes acting to reduce greenhouse gas emissions, which drive climate change, and working with our community to adapt and be prepared for what's currently happening and for future changes in climate. A key component to adapting to climate change is working with our community to be prepared for extreme weather.

The City of St. John's works to ensure that preventative measures, response and recovery plans are in place for all. City staff regularly train and exercise with our emergency partners to ensure a constant state of readiness. It is important that you and your family are also prepared for this upcoming hurricane season and other extreme weather events by following three simple steps listed at right.



For more information visit
StJohns.ca

- > Living in St. John's
- > City Services
- > Emergency Preparedness

3 steps for Preparation

1. Be Informed

Knowing the risks in St. John's can help you better prepare for an emergency. We may face several hazards, such as flooding, freezing rain or ice storms, power outages, windstorms, snowstorms, and other types of hazards. During an emergency, listen to local news outlets for updates and follow any special instructions.

2. Make a Plan

Every household needs an emergency plan so you and your family know what to do. It should only take you 20 minutes to create your plan that can be very useful should you find yourself in an emergency. Consider safe exits, meeting places, emergency contacts, important documents, and emergency kit location.

3. Get a Kit

An emergency kit should have the supplies that your household needs to survive for at least 72 hours. You may need to get by without power or tap water. A kit with essential items will help you. For items on what should be included see the top of this page. Make sure your kit is easy to carry, easy to access and everyone knows where it is.



For more great resources visit the Government of Canada website [GetPrepared.gc.ca](https://www.getprepared.gc.ca)



Vacation Fire Safety

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

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

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

Hotels & Motels

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

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

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

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

Bed & Breakfasts and Airbnbs

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

Make sure everyone staying there knows:

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

Motorhomes & Campers

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

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

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

Do not keep portable heaters and lanterns on while sleeping.



Camping

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

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

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

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

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

Have no doubt and dout it

When you are ready to extinguish your campfire:

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

Contact us

Fire Prevention Division
576-3905
fireprevention@stjohns.ca
sjrfd.ca

 @SJRFD
 @SJRFD_NL



Let's be Clear with our Waste

Garbage
now goes in
clear bags



ST. JOHN'S

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