



TOWN OF REIDVILLE

Community Newsletter

January 2019

Members of Council

Mayor: Roger Barrett
Deputy Mayor: David Reid
Councilors:
Clifford Reid
Russell Reid
Gerald Rumbolt

Staff:

Town Clerk/Manager:
Connie Reid

Assistant Town Clerk:
Lisa Pearce

Maintenance/Animal Control
Officer: Wayne Stuckless

Part time Maintenance: Jason Reid

E-mail:
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Phone: 709-635-5232
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Web Page:
<http://reidville-nl.ca>

Web Master: Cliff Reid



Reidville Volunteer Fire Department

Bruce Curlew, Fire Chief
Roy Pittman, Asst. Chief
Alvin Fudge, Secretary
Kerry Anstey, Treasurer
Paul Reid
Eric Reid
Owen Pittman
Jason Jones
Dean Pittman
Sean O'Brien
Rick Burden
Jacob O'Brien
Sam Butt
Calvin Hiscock
Jason Reid
Jason Stagg
Tony Hutchings
Jeremy Curlew

HAPPY NEW YEAR!

On behalf of council and staff of the Town of Reidville, may your new year bring you health and happiness

BOXING NIGHT/NEW YEARS

The Town of Reidville would like to thank everyone who attended the Boxing Night dance and/or the New Years Eve Ball. Both these events were a huge success!

DISCOUNTS

All taxes have been sent out in the mail. In order to receive the 5% discount available on your current year taxes, the invoice will have to be paid in full by January 31st. There is a smaller discount available for February. If your current year taxes are paid in full by February 28th you are entitled to a 3% discount. Any resident who turns 65 years of age in 2019 will be eligible for an additional 5% senior's discount. You may be exempt from Poll Tax if your previous year's income is below the basic personal exemption for the previous year. The amount for 2018 was \$9247.00. You must have a copy of last year's tax return notice of assessment to qualify.

STREETLIGHTS

There have been a number of streetlights out in the area and we are asking that residents report it to Newfoundland Power by logging into the website www.newfoundlandpower.com and click on the link "Report a Streetlight Out". If this is not an option please call the town office. Thank you!

COMMITTEE

Council is considering trying to form a volunteer committee to plan and implement children and youth activities at our community center/ball field. If you are interested in putting your name forth please call the town office. We are looking for members from 16 years of age and up.

CHRISTMAS PAINT CLASS

The Christmas paint class for youth that was held on Sunday, December 16th was a huge success! Thank you

to everyone who came out to participate!

BREAKFAST WITH SANTA AND MRS. CLAUS

The Breakfast with Santa and Mrs. Claus went over really well! A big thank you to the helpers in the kitchen, everyone who attended, Lou Goulding for coming and taking pictures and of course Santa and Mrs. Claus!!!

PARADE!

The Reidville Volunteer Fire Department's Annual Santa Claus Parade was a fun and successful event again this year. The Fire Department would like to thank everyone who participated and/or helped out in any way! The float's competition took place with the following winners being announced:

- 1st Place:** Princess Christmas – Shawn and Bonnie Janes!
- 2nd Place:** Wildlife Christmas – Chris Wessell.
- 3rd Place:** Old Fashioned Christmas – Heber Hillier

THANK YOU!

Thank you to the fire department for hosting another successful Christmas Parade! A big thank you also goes out to Chris Wessell for donating his 2nd place prize back to the fire department. A huge Thank You to everyone who participated and of course special thanks to Santa and Mrs. Claus!!!

TICKETS

The Fire Department are selling tickets on a beautiful homemade quilt made and donated by Louise Pittman. The tickets are \$2 each and all proceeds will go toward a Carbon Monoxide Detector! Please contact any member of the fire department for tickets. Thank You!!!

WALKERS!!!

It's that time of year again when the dark closes in early and it is hard to see walkers!!! If you are walking after dark please wear reflective clothing and beware of vehicles!

SPECIAL EVENTS

Birthdays:

Date	Name	Age
Jan 13	George Welsh	71
Jan 14	Shawna Stuckless	40
Jan 20	Hailey Paige Matchim	6
Jan 20	Tammy Fudge	48
Jan 20	Beaton Nichols	80
Jan 22	Clifford Reid	68
Jan 23	Kirkland Anstey	18
Jan 27	Myra Reid	77
Jan 30	Maverick Butt	11
Feb 8	Andrew Osmond	59
Feb 9	Gracie Reid	6
Feb 12	Curtis Reid	22
Feb 13	Lauren Budgell	13

Anniversaries:

Date	Name	Years
Jan 17	Minetta & Eric Reid	52

RECREATION NEWS

Knitting Circle: This program is held on Monday afternoons from 1:30-3:30pm. Come along and bring your knitting and a friend or two!!

Zumba: Cheyenne Barrett is offering Zumba at the Community Hall on Monday evening's beginning @ 7:30 pm.

50+ NEWS

Aquafit: This program is offered Monday and Friday mornings at the Deer Lake Recreation Facility and will be paid for any residents of Reidville who register with the town office.

Yoga: Yoga classes with Carmelita will resume on Thursday, January 17th at 6:45.

NEW FIRE TRUCK

As you are probably all aware we have a new FIRE TRUCK!!! It made its debut at the Christmas Parade. A huge thank you to the Provincial Government for providing a portion of the funding, the fire department members who have spent countless hours fundraising, council for providing some of the funding and to our residents who have supported the firemen in their fundraising efforts!

7 TIPS FOR WINTER HEALTH

1. Drink healthy fluids
Sugary and caffeinated beverages can suppress immune-system function, not to mention cause weight gain and dehydration. Drinking six to eight glasses a

day of water or herbal tea can keep your digestive system healthy, your weight down and your energy up. This is especially important over the winter months to help flush the system. Green and white teas are also wonderful antioxidant-rich options to keep you healthy throughout the season.

2. Get some z's
Sleeping is one of the most effective ways to refuel after a stressful day. Make sure to sleep in a dark room to ensure your body properly secretes the hormone melatonin, which is believed to help repair the immune system.

3. Avoid added sugars
In addition to causing weight gain, refined flours and sugars can suppress immune-system function. In other words, if there is a flu or cold circulating and you go a little crazy on the white sugar (cookies, pop, candy, etc.), you're creating the perfect environment for illness to strike. Turn to naturally occurring sugars found in fruit for some sweetness. If you crave chocolate, **go for dark chocolate** (minimum 70 per cent cocoa), which contains plant phenols that have been shown to lower blood pressure. Cut up squares and store them in your freezer. Grab one or two when you need a sweet treat.

4. Go for garlic
The sulfur-containing compounds in **garlic** help increase the potency of two important cells of the immune system, T-lymphocytes and macrophages, which in turn help battle colds. Eat garlic raw or cooked for an immune-system boost.

5. Eat zinc-rich foods
Zinc helps prevent a weakened immune system. Get adequate amounts by eating oysters, liver, lean beef, pork, turkey, lamb, lentils, pumpkin and sesame seeds, garbanzo beans and yogurt.

6. Favour fruits and veggies
A recent study of more than 35,000 Canadians conducted by the Canadian Community Health Survey showed that the majority of us eat fewer than five servings of fruits and vegetables a day -- **Canada's Food Guide to Healthy Eating** recommends eating five to 10 servings per day. One serving is equal to:

- 1 medium-size fresh vegetable or fruit
- 1/2 cup (125 mL) fresh, frozen or canned vegetables or fruit
- 1 cup (250 mL) salad
- 1/2 cup (125 mL) juice

7. Move it
Don't succumb to inactivity this winter -- hit the **yoga** studio, run on the treadmill or suit up and head outdoors. A brisk walk burns calories, gets the blood flowing and increases energy.

And don't forget to watch your stress levels over the winter -- when we don't get enough sun exposure, mood and energy tend to fluctuate. Journaling, meeting with friends, enjoying "me" time and meditating are all wonderful ways to keep yourself healthy and happy.

JOKE

The Indians asked their Chief in autumn if the winter was going to be cold or not. Not really knowing an answer, the chief replies that the winter was going to be cold and that the members of the village were to collect wood to be prepared.

Being a good leader, he then went to the next phone booth and called the National Weather Service and asked, "Is this winter to be cold?"

The man on the phone responded, "This winter is going to be quite cold indeed."

So the Chief went back to speed up his people to collect even more wood to be prepared. A week later he called the National Weather Service again, "Is it going to be a very cold winter?"

"Yes", the man replied, "it's going to be a very cold winter."

So the Chief goes back to his people and orders them to go and find every scrap of wood they can find. Two weeks later he calls the National Weather Service again: "Are you absolutely sure that the winter is going to be very cold?"

"Absolutely," the man replies, "the Indians are collecting wood like crazy!"

RH AND SONS SNOWCLEARING

RH & Sons is a locally owned and operated company based out of Reidville, this winter they will be providing services around Deer Lake and surrounding area. Give them a call for enquires on pricing, there is no job to big or small. Call Sheldon at (709)636-2930 or Mervin at (709)728-9984 for more information!

OUR SERVICES INCLUDE:

- Residential/ commercial
- Snow removal
- Driveways and parking lots
- Ice removal
- Salting and sanding
- Please contact for early Season specials

GARBAGE COLLECTION

The town of Reidville Council and Staff would like to thank residents for their compliance with the new Waste Management program that has been put in place!!!

SNOW CLEARING

PLEASE BE ADVISED: It is illegal to dump snow onto a public roadway.

This notice is for those local who push snow across a public roadway, which leads to narrowing of roads, the buildup of snow that can be dangerous to motorists, and a nuisance to other residents. The snow plow operator will note the address of the people who are doing this and charges will be laid.

EMERGENCY NUMBERS

Doctor on Call.....1-800-261-0741
Fire Alarm.....635-5600
RCMP.....635-2173
Ambulance.....635-3020
NF Power.....1-800-474- 5711
Council Office.....635-5232
Fax: 635-4498