



TOWN OF REIDVILLE

Community Newsletter

February 2018

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**
- Stephen Fudge**
- Jason Stagg**

DISCOUNTS

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 2018 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 2017 was \$11,474.00. You must have a copy of last year's tax return notice of assessment to qualify.

RECREATION EVENTS

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!!

50+ NEWS

Elite Kinetics Fitness class: This class finished on February 14th but may begin again in a couple of weeks. Keep an eye on the facebook page for updates.

Aquafit: This program is offered Wednesday 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: This program is held on Thursday evenings from 6:45-7:45pm.

Fun Dance Night: This event is held on Monday evenings from 8:00-9:00 pm.

Bowling: This program is held on Tuesday afternoons from 1:30-2:30 pm at the Hodder Memorial Complex and is for members of the 50+ club only.

Healthy Eating Program: This program will start Thursday, February 15th from 12 – 2 pm. It is open to members of the 50+ club only. This program can only accommodate a maximum of 12 people. If interested you have to call the town office to register.

PLEASE NOTE: Some of the 50+ events are available for all residents over the age of 16 unless otherwise stated. Thanks!

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!

JUNCTION TRAILBLAZERS

The Junction Trailblazers will be holding their Annual General Meeting on Saturday, February 17, 2018 at 7:30PM located at the Holiday Inn Express in Deer Lake.

We ask everyone within this region who has an interest in snowmobiling to please get involved by attending.

CEDA AI

The follow-up session of the Community Economic Development Assessment and Action Initiative (CEDAAI) that was held on November 1st will be held on Tuesday, March 20th from 9-10:30 am at the community hall. A joint session for Reidville and Deer Lake participants will be held that evening from 7-8 pm in Deer Lake. We would like to invite the residents that attended the first session as well as anyone else that may be interested in this initiative. If you have any questions please call the town office.

VOLUNTEER APPRECIATION

Volunteer Appreciation Week is being honored in the province from April 15th to the 21st. The Town will be honoring the major volunteers at a volunteer appreciation dinner at the Reidville Community Hall on Friday, April 20th beginning around 6:30 pm. Invitations will be sent out in the next few weeks.

HERITAGE DAY!!

Celebrate Our Heritage
Monday, February 19th is Heritage Day in this province. It is a special time to remember where we came from and who helped us be who we are today. Happy Heritage Day everyone!

SPECIAL EVENTS

Birthdays:

Date	Name	Age
Feb 14	Lloyd Jones	71
Feb 14	Winston Janes	73
Feb 19	Dylan Cross	20
Feb 22	Margie Cull	62
Feb 22	Desmond Major	41
Feb 23	Tyler Stagg	14
Feb 24	Eugene Reid	82
Feb 24	Kerri-Leigh Reid	30
Feb 25	Stan Pinksen	71
Feb 26	Karen Moss	60
Feb 27	Geraldine Janes	71
Feb 28	Wal Budgell	70
Feb 28	Reg Pittman	77
Mar 1	Rick Burden	52
Mar 4	Dave Reid	64
Mar 4	Doris Jones	63
Mar 4	Carson Young	59
Mar 5	Angelina Mckay	13
Mar 7	Crystal Major	39
Mar 8	Rob Garnier	64
Mar 10	Phillip Cull	48
Mar 11	Pat Pearce	63
Mar 11	Lisa Pearce	44
Mar 12	Amy Mckay	39
Mar 13	Skye Curlew	26
Mar 13	Ethan Anstey	11

Anniversaries:

Date	Name	Years
Feb 14	Juanita & James Reid	26
Feb 24	Lillian & Russell Reid	58
Feb 26	Beatrice & Beaton Nichols	58
Mar 5	Carol Anne & Gerry Dobbin	56

CHASE THE ACE!

Join the Reidville Volunteer Fire Department at Chase the Ace Lottery which began Sunday, February 18th at the Community Center

The money raised from the Lottery will be used to raise money for the new fire truck!

Tickets will be sold weekly at the Community Hall from 7:00 pm to 8:00 PM with a ticket draw at 8:15PM. Tickets are \$2 each, 3 for \$5 or 7 for \$10 and can only be purchased at the event on Sunday nights. The Consolation Prize will be given away each Sunday. The Jackpot is now \$2649. The Jackpot will grow each week until the Ace of Spades is drawn.

Ticket sales are to persons 19 years of age or older.

HEART HEALTHY TIPS

Exercise to support, not strain, your heart.

We often believe that exercising more and faster is better. Not so. New [research](#) has found that lower-intensity exercise (staying just below your target heart rate) is healthier than exercise that's

high stress and high intensity. The research found that athletes who overdo it can develop scarring of the heart over time.

Take time to relax and rejuvenate in nature.

Stress is bad for the heart. At least once a day, if you can, go outdoors and connect with nature. Breathe in fresh air and feel the sun on your skin. Doing anything outside, whether it's taking a hike or sitting in the park, significantly reduces stress hormones and lowers blood pressure, which benefits your heart.

Connect with friends and family.

How is being in community with loved ones good for the heart? Connecting with others helps you keep a positive attitude even in the middle of stressful life challenges. The heart is the seat of your emotions; it's where love, bonding, connection, and intimacy originate. By spending time with others, you have the opportunity to give and receive love, and that's good for the heart too!

Eat more heart-healthy foods.

There are certain foods that are heart protective because they contain omega 3 and other healthy fats, critical vitamins and minerals, and fiber and phytonutrients that help keep heart tissues healthy. Here's a partial list of foods you should eat more of: salmon, ground flaxseed, oatmeal, black or pinto beans, raw almonds and walnuts, and brown rice. Among the many heart-healthy fresh fruits and vegetables, these are especially beneficial: orange vegetables, spinach, broccoli, tomatoes, asparagus, orange fruits, and blueberries.

Get 6-8 hours of sleep at night.

A recent study found that getting too little or too much sleep is bad for the heart, increasing one's risk for heart disease. (Read [study here](#).) However, there's another good reason to work on getting the right amount of sleep. Sleep washes away any negatives from the day before and helps you feel charged up and ready to go for the next day. It's really true that troubles always seem easier to deal with after a good night's sleep.

Laugh, smile, and play.

To our sometimes cynical modern ears, it may seem silly to just laugh your problems away. But scientists have found ample evidence for the health benefits of lightheartedness and optimism for healing and fighting off illness. Seeking happiness-producing activities is a good way to relieve stress, enjoy others' company, and feel better. Give it a try this month. It will do your heart good.

GARBAGE BOXES

Please be sure that you have your garbage box and a path (if required to get to the box) cleared of snow on garbage day. If it is not cleared your garbage will not be taken. It is too time consuming and difficult to be cleaning off the top of garbage boxes or trying to get through deep snow to collect garbage.

SNOW CLEARING ISSUES

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

This notice is for those locals 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 a report will be made to the RCMP.

SOD/HAY FIELDS

The weather has been very strange so far this winter with little snow in a lot of area. Local sod/hay farmers would like to ask the public to please be extremely careful when using snowmobiles and atvs on sod/hay fields. Please ride on the road or on the edges of the fields.

JOKE

Mike walked into a post office just before Valentine's day, he couldn't help noticing a middle-aged, balding man standing in a corner sticking "Love" stamps on bright pink envelopes with hearts all over them. Then the man got out a bottle of Channel perfume from his pocket and started spraying scent over the envelopes.

By now Mike's curiosity had got the better of him, and so I asked the man why he was sending all those cards. The man replied, "I'm sending out 500 Valentine cards signed, 'Guess who?'"

"But why?" asked Mike.

"I'm a divorce lawyer," the man replied.

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