



TOWN OF REIDVILLE

Community Newsletter

March 2019

Members of Council

- Mayor: Roger Barrett**
- Deputy Mayor: David Reid**
- Councillors:**
- 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:
townofreidville@nf.aibn.com
Phone: 709-635-5232
Fax: 709-635-4498

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 ST. PATRICK'S DAY!!
Sunday, March 17th**



ROAMING DOGS

There have been some concerns brought to the office concerning roaming dogs. According to the town's bylaws a dog has to be on a leash or tethered at all times. Please be considerate of your neighbours. Please note: If there are issues with animals after hours or when the Animal Control Officer is out of town you can call the RCMP to file a complaint and they will follow up with the owners.

VOLUNTEER WEEK

*Volunteering is
a work of heart*



Volunteer week is being held on
April 7 – 13, 2019

This year's theme is: **"The Volunteer Factor – Lifting Communities."**

The Volunteer Factor celebrates and recognizes the exponential impact of volunteers and how they lift our communities.

Volunteer Appreciation Week is being honored in the province from April 7th to the 13th. A special thank you goes out to any resident in the town who has volunteered in any way! We realize that volunteer week is in April but due to other commitments and a busy April the

Town will be having a volunteer afternoon on Saturday, May 18th. All the details are not yet sorted but will be posted in April's newsletter. Thank you all again!!!!

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.

Please Note: If you have recyclables for the Fire Department for the Green Depot please drop to the town office as opposed to the recycling box next to the community center. Thanks!

TICKETS

The Fire Department sold tickets on a beautiful homemade quilt made and donated by Louise Pittman. The draw was held on February 14th and the winner was Paula Pinksen...Congratulations!! The Fire Department would like to thank Louise for her wonderful donation which raised over \$1200 for the department. Thank you to everyone who supported this fundraiser!!!

SOD/HAY FIELDS

Local sod/hay farmers would like to ask the public to please be extremely careful when using snowmobiles and atvs on sod/hay fields during the winter. When spring breaks, please refrain from the sod/hay fields altogether to protect the crops. Thank you.

RECYCLE MY CELL

This is a free, convenient and easy-to-use way to recycle old and unwanted cell phones and accessories. By entering your postal code at www.RecycleMyCell.ca you will find the nearest locations where you can drop off your device – cell phones, smart phones, rechargeable cell phone batteries, pagers and accessories – regardless of brand or condition.

SPECIAL EVENTS

Birthdays:

Date	Name	Age
Mar 13	Skye Curlew	27
Mar 13	Ethan Anstey	12
Mar 14	George Bradley	73
Mar 16	Tracey Cross	?
Mar 18	Terri Janes	37
Mar 22	Wayne Lodge	66
Mar 23	Terry Brake	42
Mar 26	Laura Reid	15
Apr 3	April Elms	?
Apr 6	Willie Reid	71
Apr 9	Krista Brake	40

Anniversaries:

Date	Name	Years
Mar 16	Tracey & Jim Cross	23
Mar 22	Marjorie & Gordon Oxford	53
Mar 29	Donna & Tony Rumbolt	39
Apr 9	Geraldine & Winston Janes	53

RECREATION NEWS

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

Zumba: Cheyenne Barrett is offering Zumba at the Community Hall on Sunday and Tuesday evening's beginning @ 7:30 pm. This event is free of charge for Reidville residents.

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 are held on Thursday evening's beginning at 6:45 pm. This event is free for Reidville residents.

GORDON BURDEN'S TRUCKING LTD.

Rick Burden
Owner/Operator
Septic System Installation
Landscaping
Snowclearing/Removal
Contact: 1(709) 635-3919/1(709)
636-2471

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. The RCMP has been notified of people pushing snow across public roadways.

We have been trying to get some of the snow removed from the intersections of the byroads and to widen sections that have gotten narrow. We are asking residents to exercise extreme caution when pulling onto the main road. We have been challenged over the last couple of months with an extreme amount of snow that has fell and continues to fall! We are asking residents to have patience....we are trying to get to everything as quickly as possible but there are sometimes extenuating circumstances. Thank you in advance for your consideration.

JOKE

Muldoon lived alone in the Irish countryside with only a pet dog for company. One day the dog died, and Muldoon went to the parish priest and asked, Father, me dog is dead. Could ya' be saying' A mass for the poor creature?' Father Patrick replied, 'I'm afraid not; we cannot have services for an animal in the church. But there are some Baptists down the lane, and there's no tellin' what they believe. Maybe they'll do something for the creature.' Muldoon said, 'I'll go right away Father. Do ya' think \$5,000 is enough to donate to them for the service?' Father Patrick exclaimed, 'Sweet Mary and Joseph. Why didn't ya tell me the dog was Catholic?'

OFFICE CLOSURE

The office will be closed on Thursday, March 28th due to training. Sorry for any inconvenience this may cause!

HEALTH TIPS

Here's how it works: Try one tip each day, starting today.

1. Cut portions. If you think leaving just a little something on your plate won't matter, think again. It will. Small amounts of uneaten food add up to calories that stay on the plate – not on you.

2. Sip while you sit. Bring a cup or bottle of water with you whenever you sit. Although moving is better than sitting, at least you'll be performing a healthy habit when at rest.

3. Make a move. Take the stairs, park a few blocks away or otherwise become inefficient and take extra steps to get where you need to go.

4. Have a vegetable at breakfast. Most people save their veggies for dinner, but it's healthful to think outside the cereal bowl and veg out at breakfast. For example, add a sliced tomato to your cheese sandwich or some mushrooms to your eggs.

5. Find fiber. Whether it's a bran cereal, nuts, oatmeal or an array of other fiber-filled foods, added fiber can make you feel fuller longer and provide a, well, moving experience.

6. Flip the package over. Read nutrition labels to see what's really in your food.

7. Don't fear fat – but don't go overboard. Fat has more calories than other nutrients, but it has multiple benefits. If you watch your portions, you can enjoy its decadence.

8. Don't have guilt as a side dish. If you overindulge at a meal, move on.

9. Pick plants. Protein derived from plant sources such as seeds, nuts, tofu and tempeh, as well as from grains, can help lower cholesterol, improve your heart health and add a satiating blend of flavors to extend Meatless Monday to the rest of the week.

10. Tap into your dark side. Dark chocolate has been shown to have heart-healthy benefits and it can certainly boost your mood.

11. Eat something fishy. Enjoy fish as a dish at least three times a week. It's heart-healthy, low in fat and contains beneficial omega-3 fatty acids.

12. Take time for tea. Tea contains polyphenols, it's good for your bones and it provides a soothing cup of comfort in any season.

13. Shake the salting habit. Replace salt with lemon, herbs and spices.

14. Sleep more, weigh less. The more hours you're awake, the more time you have to nosh. Lack of zzz's can also mess with your hormone levels.

15. Be good to your gut. Include Greek yogurt, sauerkraut, kefir or foods high in fiber in your diet.

16. Go nuts. Nuts add crunch and decadent flavor to salads, veggie dishes, yogurt and even sandwiches via nut butters. Nuts can help reduce cholesterol levels and stabilize blood glucose levels.

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