



TOWN OF REIDVILLE

Community Newsletter

April 2018

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
Stephen Fudge
Jason Stagg

DRIVER'S LICENSE/VEHICLE RENEWAL

NOTICE: Beginning April 30th, 2018, Vehicle registration and Driver's License renewal reminder notifications will no longer be sent by mail. You can access the Service NL website and update your information to include an email address and they will send you notifications.

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!!

Bowling: This program is held on Tuesday afternoons from 1:30-2:30 pm at the Hodder Memorial Complex.

50+ NEWS

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.

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

WASTE MANAGEMENT PROGRAM

A package will be arriving to each household soon concerning information about the new recycling and waste management program in Western Newfoundland.

MUNICIPAL AWARENESS DAY

In May (the day will be decided in the next week) we celebrate Municipal Awareness Day across Newfoundland and Labrador. This is a day that the provincial government has designated for everyone to realize how important municipal government and our volunteer councils have on us all. Did you know?

- Reidville councillors meet on the second Monday of every month to give instructions for work required in the next month.

- Any councillor can be dismissed from

their seat if their taxes are in arrears.

- Any councillor cannot speak on a matter (or even be in the room) where he or she is in a conflict of interest (has an immediate family member involved).

- Council is responsible for ensuring that you have:

- * safe drinking water
- * roads clear from snow
- * roads graded
- * garbage collection
- * fire department
- * street lights
- * Recreational facilities available to you.....and so much more!!!!

STREETLIGHT

If you notice a streetlight out/flickering in your area you can 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.

EASTER EVENTS

The Town of Reidville along with our Recreation Director would like to send out a huge thank you to Vivian Healy who held a wonderful Easter Paint Day for youth. A thank you also to everyone who came out to the paint day and the kids Easter party...fun was had by all!!!

VOLUNTEER APPRECIATION



Volunteer Appreciation Week is being honored in the province from April 15th to the 21st. This year marks 40 years of celebrating volunteers in Newfoundland and Labrador. A special thank you goes out to any resident in the town who has volunteered in any way! 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. The meal will consist of a Hot Roast

Beef dinner and dessert.

SPECIAL EVENTS

Birthdays:

Date	Name	Age
Apr. 13	Bibbs Curtis	66
Apr. 14	Marlene Curlew	?
Apr. 19	Jordan Pittman	24
Apr. 20	Hazel Reid	64
Apr. 23	Robin Reid	26
Apr. 26	Otto Reid	67
Apr. 27	Mary Reid	?
Apr. 27	Archie Butt	64
Apr. 27	Donna Rumbolt	58
Apr. 28	Eric Reid	67
May 1	Pauline Reid	75
May 3	Myrtle Rumbolt	85
May 3	Perry Martin	52
May 5	Karen Bradley	56
May 10	Mackenzie Budgell	18
May 11	Rita Matchim	70
May 12	Lillian Reid	74

Anniversaries:

Date	Name	Years
Apr. 11	Cheri-Lynn & Phillip Cull	5
Apr. 12	Belinda & Wayne Stuckless	38
May 9	Pauline & Clarence Reid	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 over \$3500.00. The Jackpot will grow each week until the Ace of Spades is drawn.

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

HEALTH TIPS

1. Eat Healthy Snacks:

Craving for snacks is okay, but, you must have a healthy diet in your fitness plan. It will go in vain if you keep eating unhealthy calories and fat. During the meals, fill up the stomach with apple, almonds, carrots, or even chew **sugar-free** gum. A light dose of snacks does not matter if you keep on exercising and have a healthy diet.

2. Drink Plenty of Water:

Water is responsible for keeping every function of body on track. From helping in digestion and producing energy, to regulate the temperature.

No fitness effort is fruitful without including sufficient amount of water in the fitness plan. As the body loses water through urination and sweating, you must drink 2 –liters of water a day. That’s right! Consume at least two liters of water every day. Water keeps everything on track in your body as well as gives you a **radiant look!!**

3. Sleep and sleep:

As it is said, “sound mind lies in the sound body.” After all the fatigue throughout the day, the body and mind needs recovery. Get some healthy or ‘beauty sleep’. On average, you must take at least six-seven hours of **sleep** daily at night. Highly recommended: take power nap of 20 minutes after lunch, it doubles the energy for the rest of the day. Your brain and body work all the day, so they need to stay in a healthy condition with healthy dose of sleep.

4. Stretch Your Muscles:

We recommend exercise, exercise, and exercise! Whether you hit the jogging track of the park in your town or go to the gym. We suggest gym if you **REALLY** want a professional guidance. There is a list of gym equipments for each of your **muscle**. Never try that without guidance lest you should plan to injure yourself! As guided by the trainer, get used to **commercial gym equipment** according to your body shape and requirements.

5. Stay Motivated:

Motivation is needed every day. Inconsistent and lethargic attitude ruins your fitness routine. Reward yourself when you meet a fitness goal. For example, give yourself or your schedule something new like go out with friends, a little healthy snack, or even a long drive. It sounds refreshing. If you feel tired, take rest; never give up on your fitness dream. Get up, be the change you want to see in your life!

6. Be Consistent, Moderate and Relaxed:

Basic rule for staying healthy and fit is to be moderate and consistent. Avoid extremes. If you want to adopt healthy lifestyle, go step by step, one change at a time. It will help you stay consistent and reach the fitness goals easily. Don’t rush: look at the big picture and be moderate in approach.

Keep unhealthy habits and stress out of your life. Give yourself break from hard work, express your feelings. Suppressed emotions cause stress that leads to cardio-vascular diseases as well as psychological disorders like

depression. Take time out for your hobbies. Don’t ignore the company of positive minded people in your life: they are the main source of your happiness and good mood!!

RENTAL

CHERRY WOOD COTTAGES INC.
Seniors Cottages Available for Rent on Old Rocky Brook Road
Call for Details
709-636-3992 

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.

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.

SOD/HAY FIELDS

The weather has been very strange so far this winter with little snow in a lot of areas. 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.

YOUTH ACCOMPLISHES

Our youth are very important and their accomplishments are something to be celebrated! Residents enjoy hearing about the accomplishments of our youth. If you have anything to add to this section please call the town office or shoot off an email to the email address listed above!!

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