



Steady Brook Town Crier

Snow Clearing Season Is Here

The snow clearing season has begun so residents are reminded that it is illegal to deposit snow or ice on a street. Objects that would cause snow clearing operations to be obstructed within the street reservation during the period from and including the first day of November in each year to and including the 30th day of April in the succeeding year, are not permitted.

It is illegal to park overnight on streets during the winter (between 1:00 am and 7:00 am).

If you have a fire hydrant on your property, please help keep it clear of snow.

Safe Shoveling Guidelines

- Warm-up. Do some stretching exercises.

- Give yourself plenty of time to finish the task.
- Layer clothing to ensure that muscles are kept warm.
- Don't lift heavy loads, especially when snow is wet.
- Bend your knees when lifting.
- Avoid twisting and turning. Keep your back straight.
- Use a scoop rather than a shovel.
- Take frequent breaks to avoid fatigue.

Shoveling is a great way to stay active during the winter. Follow these guidelines to minimize the risk of injury.

Winterize Your car

- Check fluids and belts
- Have booster cables and a shovel
- Have an emergency kit
- Install winter tires



“Volunteers strengthen communities”

Volunteerism makes good sense for our Town

Why not consider getting involved in our town this year by volunteering?

Community spirit increases with volunteer involvement.

There are lots of ways to get involved! Here are some ideas:

- Skating rink setup and maintenance
- Library
- Special events and recreation

- Senior's programs
- Programs for youth and teens
- Fire Department
- Beautification
- Town Picnics
- Street Parties
- Walking Programs
- BBQ and Pig Roast

- Festivals, Heritage Days and History

What's in it for me?

Build a better community, meet new people, develop new skills, self-fulfillment, take on a new challenge and have lots of fun....these are just a few!

How can I get involved?

Contact the Town Office at 634-7601, email your interest to townclerk@steadybrook.com, or speak to any member of the Town Council.

Special points of interest:

- > Volunteering increases community spirit on Page 2
- > Planning in the Humber Valley on Page 3
- > Community supper in aid of the people of Haiti at the Community Hall on February 13th

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Annual Inspection is a must!



Many of us depend on propane, oil furnaces or fireplaces throughout the winter. Don't forget to have your furnace, fire place and any fuel-fired appliance inspected annually.

- Inspect and clean your chimney
- Check stove pipes and connections. Check for signs of staining, rust or white powder.
- Check for creosote which can build up over time and catch fire.
- Check walls for excessive heat which can be a sign of improper chimney installation or a potential fire hazard.
- Protect walls and floors from heat and sparks by ensuring properly fitted screens are in place. Keep glass doors closed.
- Install a rain cap to prevent

moisture from getting inside and causing rust and corrosion.

- Watch for warning signs, such as rust, loose bricks, crumbling mortar, dark stains and white powder.
- When in doubt, call an expert. Any damage should be repaired immediately by a qualified heating contractor or mason.

Reducing garbage is for everyone!

Across the Province, more and more communities are getting involved in reducing garbage and the amount of materials going to landfill sites.

How can we reduce?

- Food waste can be composted.
- Reuse plastic containers
- Pack lunches in reusable containers
- Recycle juice containers, drink containers, cans and bottles. Free blue boxes are available from the Town Office. Rinse your containers and place them in a bag or blue box on regular garbage day. Now that's pretty easy!
- Breakdown or flatten cardboard boxes for recycle
- Cancel magazines that you don't read
- Have junk mail discontinued

from your mail box (contact the post office)

- Hold yard sales for unusable items or give them away to charity
- Recycle flyers, newspapers and catalogues
- Donate used books to the library, hospital or nursing homes

Reduce, Reuse and Recycle!

What a great way to help the environment!

"Recycling is easy"



WANTED!!

FIRE FIGHTERS WANTED!

Fire Fighters are needed for the Steady Brook Volunteer Fire Department.

Men and Women are Welcome!

Contact the Town Office or any member of the Fire Department for more information.

Apply Today!

Job Title: Hose totter, ladder setter, water hauler, fire fighter, care giver, life saver

Requirements: Willingness to learn, to get out of bed at any hour of the night, dress and be at the fire hall in a few minutes

Hours: 24 hours a day, 7 days a week

Place of Employment: Anywhere someone needs your help.

Must Show: Courage, strength, heroics, diplomacy and good judgment

Rate of pay: As much as you can take away in your heart. The truly worthwhile things in life will cost you something. There is a stipend, as well!



Fire Fighters Wanted!

Snowmobiling in Protected Water Supply Areas

Our watershed has been designated as a protected area under Section 39 of the Water Resources Act.

How can snowmobiling affect the Watershed?

Two-stroke engines discharge 30% of their fuel mixture, unburnt directly into the atmosphere. Air-borne emissions can be deposited back into the watershed through precipitation. Trace amounts of toxic compounds from the exhaust can accumulate on the snow, and

melt into surrounding water bodies. If the snowmobile goes through the ice or if gasoline is spilled while refueling, one liter of gasoline can contaminate 1,000,000 liters of water.

How do I know I am in a PPWSA?

Warning signs are posted along access routes. If possible, try to avoid snowmobiling in protected watershed areas, especially in the vicinity of the intake. If you do end up in the PPWSA, care should be taken not to damage

the watershed and to stay on designated trails.

Who suffers when water quality is impaired in a PPWSA?

Public health is a concern when a water supply becomes contaminated. The town could be placed on a boil order or non-consumption order.

Help protect our watershed area by limiting usage in protected areas, and help monitor and report illegal or dangerous activity. Protecting our watershed is everyone's responsibility!



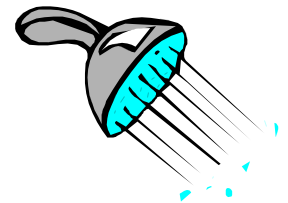
Every Drop Counts

Water Facts

- Canada is the **second highest** water consumer in the world, next to the United States.
- Newfoundlanders and Labradorians have the highest consumption rate in Canada at **450 liters per person, per day.**
- About 65% of our total indoor water use occurs in our bathroom, with toilets being the single greatest water user.

What You Can Do

- Fix leaky faucets! One drop per second can waste up to 10,000 liters per year.
- Faucet aerators can reduce water use by at least 25%. Consider purchasing a low flush toilet to reduce water consumption.
- By reducing the time you are in the shower, you can save a great amount of water. A 5 minute shower uses 48 liters of water with a standard shower head. A low flow head uses 38 liters.
- Wash only full loads of laundry and dishes. This saves water and energy.



Corner Brook-Humber Valley Regional Plan

The Corner Brook-Humber Valley Regional Planning Process is now underway!

The CB-HV Regional Plan will establish a vision for the future and identify land use planning goals and objectives. Public input is essential! Here are ways you can get involved:

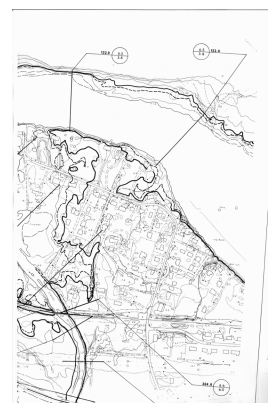
Complete the ONLINE SURVEY and tell us what you think needs to be addressed in the plan. It is available until February 26, 2010 at www.cbhvregionalplan.ca. \$100 will be awarded to a lucky randomly selected respondent.

Enter the VIDEO CONTEST and show us what you like the most about living in the Corner Brook-Humber Valley Region, and what would make it a better place in the future. Chance to win an ipod! Details at: <http://www.cbhvregionalplan.ca/get%20involved%20-%20video%20contest.html>

Become a fan of the Corner Brook-Humber Valley Regional Plan on Facebook and participate in the online discussion. Join the online dialogue by following us on twitter: cbhvrplan, or sign up at our website to receive Newsletters.

More information about the Plan, upcoming public sessions, and how you can get involved is available on the website:

www.cbhvregionalplan.ca. If you have any questions about the online survey or how you can get involved please contact: info@cbhvregionalplan.ca



Community Calendar

- ⇒ February 13—5:00 PM—Community Baked Bean Supper to help the people of Haiti. Cost is \$5.00 per person.
 - * *Income Tax Receipt for \$10.00 donation and over!*
 - * *Come out and socialize with your neighbours while supporting this worthwhile cause!*
 - * *Chance to win a Gift Basket!*
- ⇒ February 21—Carnival Fireworks at Marble Mountain (7:00 PM)
- ⇒ February 21—Carnival Breakfast at Marble Mountain (8:30 - 10:30 am) - Cost \$4.95 + HST
- ⇒ February 26—Old Sam Day at Marble Mountain
- ⇒ February 26—Newfoundland Day at the Olympics—Fireworks Display at Marble Mountain at 8:30 pm
- ⇒ February 27—Winter Carnival Dance at Marble Mountain—8:30 pm
- ⇒ March 3—Next Public Council Meeting (7:00 PM)

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Operations and Public Works Update

Chlorine Building—New alarm system installed which will notify staff of electrical issues, chlorine leak, fire and break-in. Automatic switch-over system installed on our chlorine pumps. Roof shingles replaced. Primary filter cleaned and serviced.

Water Intake—Primary screens cleaned. Intake system cleaned and checked.

Waterline Flushing—35 hydrants were flushed and serviced throughout the summer and fall.

Sewage Lagoon—Inside building cleaned and painted. Grounds maintained.

Paving (2009) - Woodland Place, Birch Place, Coles Avenue, Keough's Lane, Thistle Drive and the 4-way STOP were paved this year. Some

additional work on these streets will take place in the spring.

Paving (2010) - Mountain Vale Park will be paved in the spring of 2010, with new curb, gutters and storm sewer installed.

New Pressure Relief System—Two new pressure relief systems were installed this year, on Dogwood Drive and Forest Drive.

Pressure Relief Valve Upgrade—This project is approved and will proceed in the spring to facilitate improvements to the valve system which controls water pressure in the Town.



Artesian Test Wells— An application for this project has been submitted. Test wells will be drilled as a first step to locate a new water supply.

New Loader—The Town has purchased a new backhoe/loader to assist with snow clearing and public works. The machine will have a sweeper attachment, forks, bucket and blade.

Maintenance Garage—An application has been submitted for the construction of a new maintenance garage.

Main Waterline Backup Loop— An application to install a new main waterline to feed the Town has been submitted. This project will see a new force main installed under the TCH to supply the Town with chlorinated water.