



“Working Together for Social and Economic Betterment in Labrador Straits”



www.slda.ca

709-931-2010

slda@mylabrador.ca

A Message from SLDA Executive Director

Dear community members,

As we embrace the new season, I extend warm wishes for a happy, relaxing, and prosperous summer. In this second edition of our newsletter, I'm delighted to share that the Southern Labrador Development Association (SLDA) continues to thrive, driving social and economic development in the Labrador Straits.

Our membership has grown significantly over the past few months, now encompassing six municipalities, 22 businesses and organizations, and 67 individual members. The SLDA is truly becoming a central hub and voice for the Labrador Straits. If you, as an individual, business, organization, or community, have not yet joined the SLDA, I encourage you to add your voice and support to the only regional organization dedicated to bettering social and economic conditions in the area.

While the SLDA is currently involved in ten projects and initiatives, there remain important regional issues to address, including transportation, healthcare, volunteer support, and recreational opportunities. With continued support from all stakeholders, the SLDA will be better equipped to tackle these shared concerns.

For additional information on any topics covered in this newsletter or to learn more about the SLDA, please feel free to reach out to our office at 709-931-2010 or via email at slda@mylabrador.ca Wishing you all an enjoyable summer!

Russ Hancock, Executive Director
Southern Labrador Development Association

Membership Benefits

- Community Development
- Networking & Business Development Opportunities
- Marketing, Promotion & Access to SLDA Resources
- Support for Local Initiatives
- Recognition
- Prioritized Buying Goods & Services
- Members Cost-Savings & Benefits



Our Current Business and Organizations Members

Being the exclusive regional entity dedicated to social and economic development, a resilient SLDA, supported by a solid membership, is crucial for fostering growth in Labrador Straits. Regardless of whether you are an individual, a business, an organization, or a municipality, your involvement is significant.

Business Members

- Atlantic Edge Credit Union
- Buckles Woodwork & Cabinetry
- C&T Enterprises
- Christophers Trucking
- Cohens Home Furnishing
- Cal LeGrow Insurance
- Diversified Supply & Rentals Inc
- Earles Grocery
- H & F Design
- Hancock's Woodwork Inc (Timbermart)
- Jim's Garage
- Labrador Fishermen's Shrimp Company
- LST Enterprises
- Northern Light Inn
- Oceanview Resort
- RSK Grocery
- Take Me There Tours
- Thomas's Coastal Construction
- Turnbull's Home Hardware

Organization Members

- Community Youth Network
- Labrador Straits Arena Regional Recreation Committee
- Labrador Straits Historical Development Corporation

Individual Members

- 67

Types of Memberships:

1. **INDIVIDUAL Residents:** For just \$10/year, any resident of the Labrador Straits can become an SLDA member.
2. **BUSINESSES/ORGANIZATIONS:** Support SLDA with an annual fee of \$100 and contribute to our vibrant community.
3. **MUNICIPALITIES:** Annual fees are determined by population –your investment in progress.



“Our membership has grown significantly over the past few months, now encompassing six municipalities, 22 businesses and organizations, and 67 individual members. The SLDA is truly becoming a central hub and voice for the Labrador Straits.” -SLDA Executive Director

SLDA INITIATIVES

Updates...

Regional Community Garden

It's wonderful to see that the regional community garden is a good news story this year! With all 42 garden plots and 20 raised boxes in use, it's clear that the demand for green spaces and fresh produce is strong. Community gardens like these foster a sense of collaboration and shared purpose.

If you're a member of the garden, please follow the guidelines posted on the new sign. And for any inquiries about the facility, feel free to reach out to the SLDA office at 709-931-2020 or via email at slda@mylabrador.ca

As for those outstanding membership fees, a gentle reminder to the 3 or 4 members who haven't paid yet: please settle your fees promptly. Let's keep the garden blooming together!



The sign features the SLDA logo and contact information (709-931-2010) on the left. The main text reads "Labrador Straits Regional Community GARDEN". At the bottom, it lists the website www.slda.ca and logos for the Atlantic Canada Opportunities Agency and Grenfell.

Garden Guidelines

- The Community Garden is exclusively available to SLDA members.
- Being a member of SLDA allows access to either one plot or one raised garden box.
- The SLDA membership fee amounts to \$10 annually and is available to all Labrador Straits residents.
- Gardeners who currently have plots must pay their membership fee before each planting season to keep them.
- Any plots or garden boxes not claimed by June 15 will be open to members on a first-come, first-served basis for \$10 per year per box/plot. Contact the SLDA office at 709-931-2010 to secure yours.
- Without prior registration at the SLDA office, the use of the Community Garden is prohibited.



The Labrador Pioneer Footpath (the "Footpath") is a coastal hiking adventure. Historically it was the route of land travel between Labrador Straits communities. Now part of the Trans Canada Trail system.

Labrador Pioneer Footpath

The Labrador Pioneer Footpath is currently under construction, with a dedicated crew of 10 workers. At this time they're focusing their efforts on the Pinware, West St. Modeste, and Battery Trails, ensuring necessary improvements. By year's end, they aim to complete all work from the NL/Que border to Pinware. If you're planning to hike the trail, be aware that construction is ongoing—proceed with caution!

Construction is ongoing

This historic coastal route connects communities along the southern coast of Labrador, retracing the footsteps of pioneers who walked this land thousands of years ago. From the Innu to the Inuit, and later European settlers, the Footpath tells a rich story of adaptation and resilience. Whether you're an experienced backpacker or prefer a leisurely day walk, the Labrador Pioneer Footpath awaits your exploration!

SLDA Regional 'Hub' Website

Our site has grown!



Our team has been actively enhancing and expanding the SLDA website, which is evolving into the primary 'hub site' for the region. The website features a local business directory, details on hiking trails, job listings, and much more. We invite you to check it out!



<http://www.slda.ca>

- Membership benefits and application
- Sponsors
- Initiatives
 - Age-Friendly Community
 - Seniors Services office
 - Welcoming Communities Strategy
 - Employment Connections
 - Labrador Pioneer Footpath
 - Regional Community Garden
 - Community Hub
- Community Calendar
- Jobs - in the region, student jobs, apply online
- Housing
- Travel Information
- E.M. Taylor Resource Centre
 - About the Building
 - Association for New Canadians
 - Children, Seniors & Social Development
 - Hancock Financial Solutions
 - MHA Lisa Dempster
 - Regional Economic Development Office
 - Service Canada Outreach Site
 - SLDA Offices
- The Region
 - About the region and all our communities
- SLDA History
- Meet the Staff
- Reports and Documents
- Contact Us
- Gallery

SLDA's Welcoming Communities Strategy Initiative

Collaborating with communities, businesses, organizations, and stakeholders to enhance social and economic conditions. Focusing on addressing demographic challenges and enhancing the workforce to support the growth and sustainability of the local economy here in the Labrador Straits.

Through Innovation and collaboration we are enhancing the welcoming atmosphere in our communities through a range of initiatives, including: Coffee Breaks ~ Welcome Baskets ~ Photo Contests ~ Community Events ~ Website Expansion ~ Social Media & Marketing ~ Signage ~ Employment Connections & Development ~ Memberships ~ Tourism Information ~ Recreation ~ Mentorships.



Join a Coffee Break!

Our first discussions 'Coffee Break' was held at the E.M. Taylor Resource Centre on April 24, 2024 and was very well attended with great discussions!

Our 'Grounds 4 Discussion' topic was Healthcare and Transportation. Town Council reps and community stakeholders explored creative solutions to address this topic.

Through SLDA's Welcoming Communities Strategies project, we are gathering creative solutions to build innovative strategies and bring forward to provincial and federal governments to address the identified challenges in the Labrador Straits the area.

**Our Coffee Break discussions have temporality paused due to staff medical leave and we will resume later this summer.*

We have 'GROUNDS for Discussion'



Stay tuned for upcoming notices of Coffee Breaks happening in a town near you!

If you would like to attend upcoming Coffee Break discussions or if you have a creative idea or solution to share, connect with Roseann at 709-699-5665 or email rlinstead.slda@outlook.com

Tourism Information Initiative

Our visitor information pilot project was successful last year, leading to an expansion of the program this year. This endeavor is supported by SLDA's Welcoming Communities Strategy project, in collaboration with the International Grenfell Association (IGA) and Labrador Marine Inc. (LMI).

Meet SLDA's Tourism Information Officers, Emma Suley and Logan Ryland! This summer, Emma and Logan will be on the ferry, engaging with locals, visitors, and tourists. They will offer information about the Labrador Straits area, highlighting its attractions. Don't miss the chance to meet them during your ferry travels.



Labrador Marine Inc. (LMI)



INTRODUCING....
our
'TOURISM INFORMATION OFFICERS'

Introducing Emma Suley & Logan Ryland, as SLDA's new Tourism Information Officers.

They are connecting and sharing about the Labrador Straits region with travelers on the Strait of Belle Isle Ferry, through an exciting 8-week summer job.

They will be on some ferry crossings to greet and welcome locals, travelers, tourists and visitors. Promoting and sharing information, highlights, and attractions of the Labrador Straits Area.

The 'Tourism Information Officer' Project is made possible through SLDA's Welcoming Communities Strategy project, and in partnership with:

- International Grenfell Association (IGA)
- Labrador Marine Inc. (LMI)

Emma & Logan

Logos: SOUTHERN LABRADOR Development Association SLDA, Labrador Straits Welcoming Communities Strategy, International Grenfell Association, Government of Canada / Gouvernement du Canada, LMI.



Highlights in our Communities - Tourism/Visitor Information

Our team has crafted a new rack card featuring the "highlights in our communities." These cards are being distributed to travelers on the ferry as part of our Tourism Information program. They offer a sneak peek into the key attractions in our communities. For a full list of amenities, visit our website at www.slda.ca.

Labrador Straits



Welcome

We are thrilled to have you visit! Our communities feature a variety of outstanding businesses, scenic trails, community groups, organizations and amazing attractions that we are eager for you to explore!



LABRADOR PIONEER FOOTPATH


The Labrador Pioneer Footpath (the "Footpath") is a coastal hiking adventure. Historically it was the route of land travel between Labrador Straits communities. Now part of the Trans Canada Trail system.

Working together with communities, businesses, organizations and stakeholders for social and economic betterment.



Welcoming COMMUNITIES

L'ANSE AU CLAIR-FORTEAU-ENGLISH POINT-L'ANSE AMOUR-L'ANSE AU LOUP-CAPSTAN ISLAND-WEST ST. MODESTE-PINWARE-RED BAY





Highlights in... OUR COMMUNITIES



L'Anse Au Clair

- Gateway to Labrador Visitor Centre
- Jersey Trail
- Bubbling Sands
- RV Park



Forteau

- Forteau Hill Lookout
- Red Rock Walking Trail
- First Pond Municipal Park
- Overfalls Brook



English Point

- HMS Lily Monument
- Forteau Brook
- Birdwatching Tours
- Scenic View of Forteau Bay



L'Anse Amour

- Point Amour Lighthouse PHS
- L'Anse Amour NHS
- Raleigh Ship Wreck
- Fire Pit/Picnic Area



L'Anse Au Loup

- LFUSC Seafood Shop
- Paddy's Brook Trail
- Indoor Swimming Pool
- Public Library



Capstan Island

- Blue Spade Green House
- Marine Centre
- Great View of the 'Battery'
- Natural 'Spring'



West St. Modeste

- Bouquet's Hill Trail
- St. Modeste Island
- War Memorial
- 'The Tickle'



Pinware

- Pinware River
- Provincial Park
- 'Barking Pot'
- Community Greenhouse



Red Bay

- Red Bay NHS/UNESCO
- Dr. James A. Tuck Memorial Waterfront Building
- Tracey Hill & Boney Shore Trails

*Check our website for a full list of amenities

Southern Labrador Development Association

www.slda.ca

709.931.2010 | slda@mylabrador.ca



L'ANSE AU CLAIR-FORTEAU-ENGLISH POINT-L'ANSE AMOUR-L'ANSE AU LOUP-CAPSTAN ISLAND-WEST ST. MODESTE-PINWARE-RED BAY

Regional Recreation Initiative

SLDA has collaborated with the Volunteer Regional Recreation Committee to provide a range of recreational activities for people of all ages in the Labrador Straits region. This effort is supported by the collaboration of SLDA's Seniors Service Office, SLDA's Volunteer Age-Friendly Communities Committee, SLDA's Welcoming Communities Initiative, and the Government of Newfoundland & Labrador.

Meet our Recreation Coordinator, Jada Normore! Jada is organizing the summer recreation program at the regional arena. Stay tuned for updated schedules on the Facebook pages for SLDA and the Labrador Straits Regional Arena.



**INTRODUCING...
our
RECREATION COORDINATOR**

Introducing Jada Normore, as the new Recreation Coordinator

Jada will be coordinating a variety of engaging activities for individuals of all ages, through the SLDA's Regional Recreation Initiative, in collaboration with the Labrador Straits Regional Recreation Committee. These activities will be held at the regional arena.

Jada

Logos: Labrador Straits Age-Friendly Community, Newfoundland and Labrador, Welcoming Communities Initiative



The first activity of the Summer Program.
BIG space for biking!

**SUMMER
FUN**



... for all ages

Monthly Photo Theme Contest

Capture and share your photos highlighting Labrador Straits area. We have a different theme each month. Our theme for July is 'Gardening & Fishing'. Share your photos on Facebook, include the location and hashtag [#sldaJULY24](https://www.facebook.com/hashtag/sldaJULY24).

Submitted photos are now being featured on the ferry as part of our 'Tourism Information' initiative!

Winners receive a \$50 gift card from a local SLDA business member of your choice.



MONTHLY PHOTO THEME CONTEST
JULY 2024
 theme:
Gardening & Fishing
 Capture and share your scenic photo(s)
 *photos can be from any year

Share your photo on  Facebook
 Include the location and use hashtag [#sldaJULY24](https://www.facebook.com/hashtag/sldaJULY24)

Contest ends JULY 31, 2024
 *Submitted photos may be used in upcoming marketing campaigns.

Labrador Straits
WELCOMING COMMUNITIES STRATEGY

SLDA

home

grenfell
 Atlantic Canada Opportunities Agency
 Newfoundland Labrador

L'ANSE AU CLAIR-FORTEAU-ENGLISH POINT-L'ANSE AMOUR-L'ANSE AU LOUP-CAPSTAN ISLAND-WEST ST. MODESTE-PINWARE-RED BAY

Here are our recent contest winners!



Your photos have the power to showcase the essence and distinctiveness of the Labrador Straits, which will encourage visitors, newcomers and tourists to visit and explore the area.

Volunteer Community Advisory Council (CAC)

SLDA's Welcoming Communities initiative collaborates with the volunteer Community Advisory Council (CAC) to involve and assist community members in finding local solutions to health and wellness challenges by recognizing and tackling social determinants of health.



YOUR PRIMARY HEALTH CARE MATTERS

Volunteer
COMMUNITY ADVISORY COUNCIL (CAC)

Labrador Straits & South East Labrador Zone

Labrador Straits
 This information has been reformatted in collaboration with SLDA's Labrador Straits Welcoming Communities Strategy

Volunteer CAC Members for Labrador Straits & South East Labrador Zone:
 Roseann Linstead (CAC Co-Chair), Lisa Davis-Ryland, Hedley Ryland, Barbara Campbell, Aimee Buckle, Bonnie Goudie, Stefanie Kao-Fowler, Loretta Hancock, Catherine Pye, Helen Poole, Delbert Pike, Kerry Coish-O'Dell, Garreth Kippenhuck

For more information about joining the Volunteer CAC, please contact:




Sondra Spearing (she/her)
 Primary Health Care Facilitator
 Health Transformation, LG Zone

t: 709-897-3104
 e: sondra.spearing@lghealth.ca
 w: NLHealthServices.ca

Employment Connections and Development Office



Our TEAM is Busy!

- In May 2024, we held a captivating session on 'Resume Writing' that drew a large audience.
- Collaborated with SLDA's Seniors Services office to coordinate Lunch N' Learn Workshops for Seniors in Forteau, L'Anse au Loup, and Red Bay. The workshops focused on 'Protecting yourself online' and assisting seniors in creating email accounts to access health records through MyGovNL, followed by a lunch.
- Our Program Officer obtained certification as a tutor for the NL Laubach Literacy Council after completing ESL & Literacy training. This certification allows us to offer English language training for newcomers in the region in partnership with the Association for New Canadians. 
- We have conducted an educational session for high school students covering job search resources, resume writing, entrepreneurship, and local career opportunities.
- We are enriching the SLDA website by introducing a new section dedicated to Employment Connections resources, featuring Student Jobs, SLDA Jobs, and a 'Send your Resume' option for individuals to join the job search database.
- Our team has developed job listings for SLDA and local businesses.
- We have co-hosted the Youth Ventures Kick-off Event successfully.
- Our team has Introduced the 'Careers in the Region' program to showcase profiles of individuals pursuing careers in the area, inspiring local youth to explore post-education career possibilities.



connect.slida@outlook.com



709-931-2055



SLDA, Forteau, NL



<https://www.slida.ca>

CONNECT

Our Services



Resume Building & Skills Matching

Inviting individuals to submit resumes; connecting with potential employers to match skills. Providing assistance with resume updates or create a new, easily updatable digital resume.



Mentorship & Career Development

Providing training and workshops to improve career development while informing individuals about job opportunities and services.



Employment Connections

Networking with employers to identify job openings and connecting people with job opportunities in the region.



L'ANSE AU CLAIR-FORTEAU-ENGLISH POINT-L'ANSE AMOUI-L'ANSE AU LOUP-CAPSTAN ISLAND-WEST ST. MODESTE-PINWARE-RED BAY

...Connect with Skye to learn more!

Welcome Baskets/Kits for Returning Residents & Newcomers



Through our Welcoming Communities initiative and in collaboration with the SLDA's Volunteer Age-Friendly Communities Committee, we have expanded this initiative. To date, we have distributed 50 baskets/kits in the area. Kindly let us know of any newcomers or returning residents in the Labrador Straits region.

These little kits include welcoming and wayfinding information, promotional items from businesses, municipalities, organizations, along with tourism brochures, and a 'kindness card' made in Labrador'

Local Businesses and Organizations!

We invite local businesses and organizations to contribute promotional/informational items or discount offers, which we will gladly include in the kits.

...Connect with Roseann to learn more!

709-699-5665 or email rinstead.slda@outlook.com

Mentorship with Youth Ventures

Our team is registered to be 'Youth Ventures Mentors'!

Why Mentorship Matters - Mentorship is essential to the YV program. By sharing our knowledge and experience, we can positively impact a young entrepreneur's journey. Whether they're starting a food service business, a tech startup, or innovating within traditional industries, guidance can provide the insights and confidence they need to succeed.

Who Can Be a Mentor? - Youth Ventures welcomes mentors from all backgrounds. Whether you've built a business, managed a company, or have expertise in marketing, finance, or operations, your skills can significantly impact the trajectory of young entrepreneurs' lives, helping them achieve their business goals and shape their future.

The Mentorship Experience - As a mentor, you'll work with young entrepreneurs, offering tailored advice, support, and encouragement. You'll help them navigate challenges, celebrate successes, and develop their business skills. The relationships you build will not only benefit your mentees but will also be incredibly rewarding for you, providing fresh perspectives and a meaningful opportunity to give back to your community.



Youth Ventures empowers young entrepreneurs, aged 29 and under, across Newfoundland and Labrador to turn their business ideas into reality.

Becoming a Mentor is Easy!

To apply, follow the web address to complete the registration form.

Make sure to select 'Southern Labrador/Strait of Belle Isle CYN' region. Youth Ventures Coordinator, Mandy Clark will reach out to confirm receipt of your application and match you with a young entrepreneur whose business goals align with your expertise.

<https://youthventuresnl.com/mentorship>

SLDA's Seniors Services Office

Lunch 'n Learns Digital Training for Seniors

We partnered with Skye at SLDA's Employment Connections and Development Office to host three Lunch 'n Learns. Seniors learned how to protect themselves on-line. Staff helped participants with e-mail accounts and registering with MyGovNL for online services and also for MyHealthNL. MyHealthNL is a new service that allows residents to securely view your personal health records and access health information and services. If you missed the session and would like assistance, be in touch with Bonnie.

We continue to provide seniors with assistance in filing Medical Transportation Assistance Travel Claims (MTAP) and any other reasonable request for assistance.

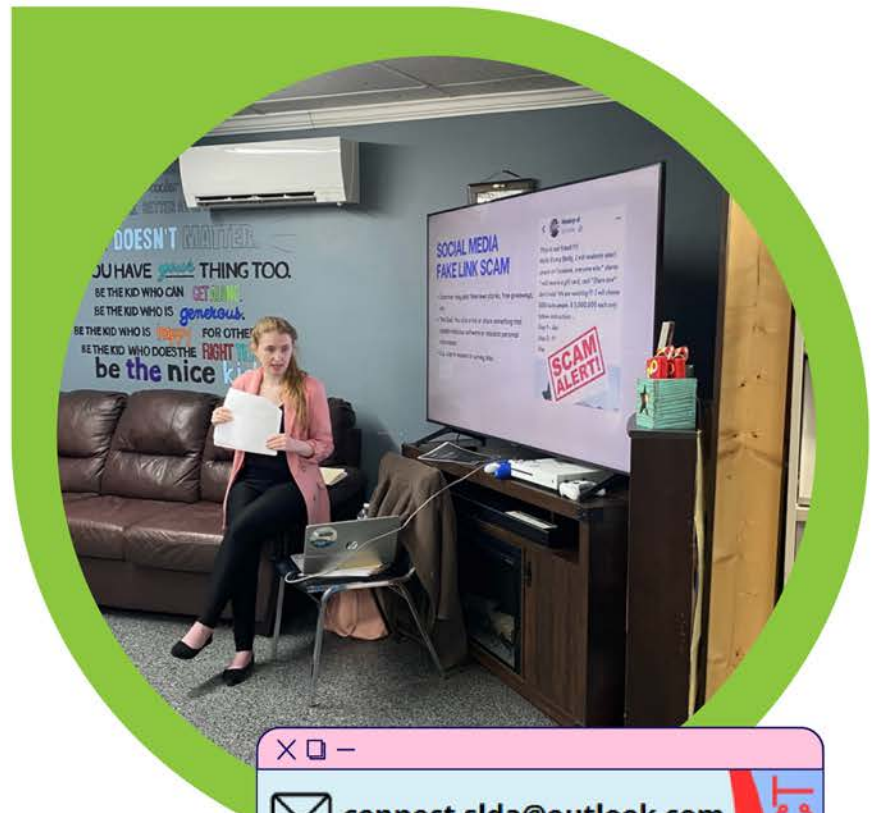
Call Bonnie at our Seniors Services Office 709-931-2675 or email seniorservices.slda@gmail.com



LUNCH 'N

LEARN

Social Media
**Protect Yourself
Online**



SLDA's Seniors Services Office

Kindness Cards

We extend our heartfelt thanks to the students at Labrador Straits Academy for their participation in creating these cards. Should you or your volunteer group be interested in learning more or contributing to the card-making effort, please reach out to us.

Call Bonnie at our
Seniors Services Office 709-931-2675 or email
seniorservices.slda@gmail.com

 A colorful graphic for "Kindness Cards". The title "Kindness Cards" is written in a large, cursive font. Below it, the subtitle "'Paying it Forward with Random Acts of Kindness'" is written in a smaller, sans-serif font. The graphic includes several images of handmade cards with messages like "Welcome", "Hello", "cheery", and "hello". There is also a "BEE KIND" logo with a bee, the SLDA logo, the Labrador Straits Welcoming Communities Strategy logo, and the Labrador Straits Age-Friendly Community logo. A pink speech bubble contains the text: "Special shout-out to students at Labrador Straits Academy for partaking by making some cards for this initiative!".

SLDA's Volunteer Age-Friendly Community Committee and our Welcoming Communities Strategy Project coordinates 'Welcome baskets' for newcomers & returning residents, along with 'appreciation tokens' for our valued service providers here in the Labrador Straits Area. Kindness Cards is a nice addition.

Special **shout-out** to students at Labrador Straits Academy for partaking by making some cards for this initiative!

Volunteer Age-Friendly Community Committee

June was Seniors' Month! We recognize the very critical contributions seniors make to our communities. We celebrated with a Summer Social in Red Bay and a Seniors Shopping Day on June 28. Watch for Summer Tea at Point Amour Lighthouse sometime soon.



Riff's Ltd Forteau
Thank you to everyone who came out to celebrate our seniors 🥰



Heading to the Summer Social in Red Bay



Pay-It-Forward Initiative

Our Pay-It-Forward Initiative will benefit from the sales of the Labrador Straits Botanical Guide at the Tourism Information Centre on the Qajaq W. \$5 is being collected for every guide sold. Thanks to the Labrador Straits Historical Development Corporation for the donation of guides.

Volunteer Age-Friendly Community Committee

Keeping Active!

The 50 plus in L'Anse Au Clair is keeping active with Exercise sessions three times a week. Schedule may vary however, check with Sheila Chubbs for more information.

Check out the Summer Recreation Program for activities at the Labrador Straits Regional Arena over the next 8 weeks.



Weekly CALENDAR

date July 3rd-5th

WEDNESDAY	THURSDAY	FRIDAY
12:00-5:00pm Registration @ the Labrador Straits Arena	11:00am-12:00pm Indoor Biking (ages 5-7) *Need Helmets*	11:00am-12:00pm Just Dance (ages 5-7)
	12:00-1:00pm Frisbee (ages 8-11)	12:00-1:00pm Frisbee (ages 5-7)
	1:30-3:00pm Ball hockey (ages 8-11)	1:30-3:00pm Ball hockey (ages 12-15)
	3:30-5:00pm Ball hockey (ages 12-15)	3:00-4:00pm Soccer (ages 12-15)
	5:00-6:00pm Indoor walking (Age 18+)	4:00-5:00pm Basketball (ages 8-11)
		5:00-6:00pm Indoor walking (age 18+)

Weekly CALENDAR

date July 8th-12th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2:00-3:00PM JUST DANCE (AGES 5-7)	11:00AM-12:00PM BALL HOCKEY (AGES 5-7) *NEED OWN EQUIPMENT	2:00-4:00PM INDOOR GAMES (AGES 12-15)	11:00AM-12:00PM INDOOR BIKING (AGES 5-7) *NEED HELMETS*	11:00AM-12:00PM SOCCER (AGES 5-7)
3:00-4:00PM INDOOR GAMES (AGES 5-7)	12:00-1:00PM INDOOR GAMES (AGES 5-7)	4:00-5:00PM JUST DANCE (AGES 8-11)	12:00PM-1:00PM BALL HOCKEY (AGES 8-11) *NEED OWN EQUIPMENT	12:00-1:00PM VIRTUAL EXERCISE (AGES 50+)
4:00-5:00PM VIRTUAL EXERCISE (AGES 50+)	1:30-2:30PM BASKETBALL (AGES 8-11)	5:00-6:00PM INDOOR WALKING (AGE 18+)	1:30-2:30PM INDOOR GAMES (AGES 8-11)	1:30-3:00PM BALL HOCKEY (AGES 12-15) *NEED OWN EQUIPMENT
5:00-6:00PM ADULT INDOOR WALKING (AGES 18+)	2:30-3:30PM FRISBEE (AGES 8-11)	6:00-7:30PM ROLLER BLADING (ALL AGES) *UNDER AGE 8 NEEDS A PARENT PRESENT	2:30-3:30 PM BALL HOCKEY (AGES 12-15) *NEED OWN EQUIPMENT	3:00-4:00PM SOCCER (AGES 12-15)
6:00-7:30PM WOMANS BALL HOCKEY (\$5 PER PLAYER)	3:30-5:00PM BALL HOCKEY (AGES 12-15) *NEED OWN EQUIPMENT	7:30-9:00PM MENS BALL HOCKEY (\$5 PER PLAYER)	3:30-5:00PM BASKETBALL (AGES 12-15)	4:00-5:00PM BASKETBALL (AGES 16-18)
7:30-9:00PM MENS BALL HOCKEY (\$5 PER PLAYER)	5:00-6:00PM INDOOR WALKING (AGES 18+)		5:00-6:00PM INDOOR WALKING (AGE 18+)	5:00-6:00PM INDOOR WALKING (AGE 18+)

The Southern Labrador Development Association (SLDA), in partnership with The Labrador Straits Regional Recreation presents:



Summer Recreation Program 2024

Registration:
 Wednesday, July 3rd from **12:00-5:00pm**
 @ the Labrador Straits Regional Arena

Prices:
\$100 per child for the summer
 or
\$30 per week

Children ages 5-15 need to be registered, in order to participate in recreation activities

*The registration can be paid in cash, or EMT to labstraitsarena@gmail.com




For more information contact Bonnie at our Seniors Services Office 709-931-2675 or email seniorservices.slda@gmail.com

BINGO!

We have introduced a Senior Centre Without Walls program that brings programming to seniors in their homes using a telephone only. Bingo was one of the most popular programs. We are experiencing some difficulty with the technology believe it or not but a July and August Program Guide is coming soon.



SCHEDULE

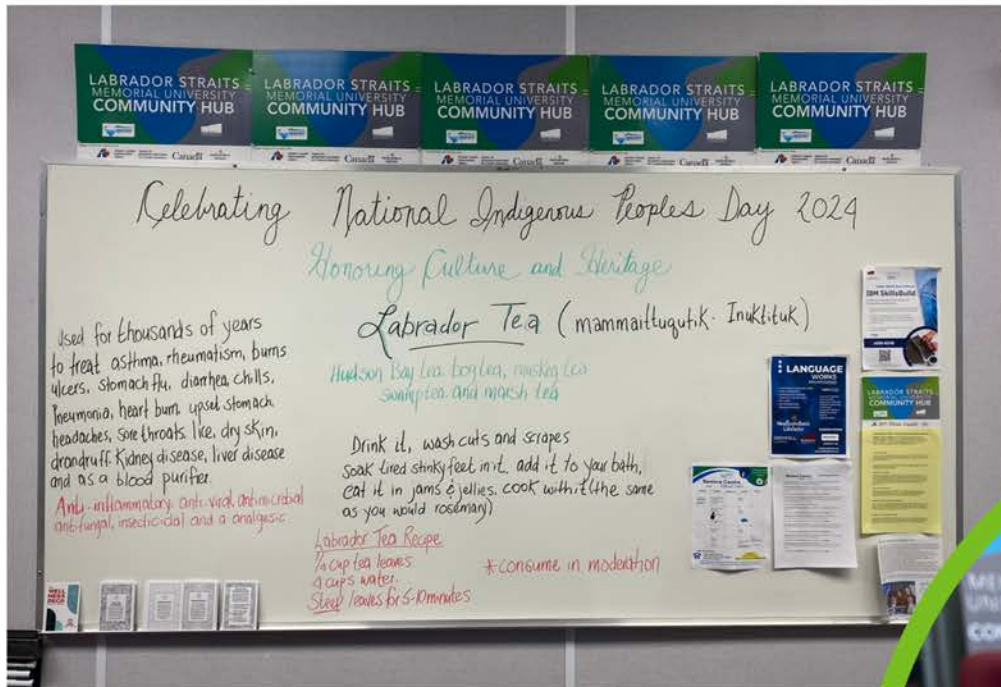
COMING SOON



Labrador Straits MUN Community HUB

The HUB is always available to host meetings and small events. We partnered with SLDA's Employment Connections and Development Office to host a Resume Building Workshop and will be partnering again to host ongoing Free Literacy Tutoring via the Newfoundland and Labrador Laubach Literacy Council.

At the HUB we learned about the benefits of Labrador Tea for National Indigenous Peoples Day on June 21. Reach out to Bonnie to book the space and watch for upcoming events.



Labrador Tea



Celebrated

National Indigenous Peoples Day June 21



We hope you enjoyed our July Newsletter!

For additional information on any topics covered in this newsletter or to learn more about the SLDA, please feel free to reach out to our office at 709-931-2010 or via email at slda@mylabrador.ca