

**TOWN OF BISHOP'S FALLS**



**DEVELOPMENT REGULATION AMENDMENT No. 8, 2023**

**MARCH, 2023**

**URBAN AND RURAL PLANNING ACT, 2000**

**RESOLUTION TO APPROVE No. 8, 2023**

**AMENDMENT TO THE TOWN OF BISHOP'S FALLS  
DEVELOPMENT REGULATIONS, 2015-2025**

Under the authority of section 16, section 17 and section 18 of the *Urban and Rural Planning Act, 2000*, the Town Council of Bishop's Falls:

- a) adopted the Amendment No. 8, 2023 to the Town of Bishop's Falls Development Regulations on the 16th day of May, 2023.
- b) gave notice of the adoption of the Amendment No. 8, 2023 to the Bishop's Falls Development Regulations by publication in the Central Wire on May 31, 2023 and June 7, 2023; and
- c) set the 15th day of June, 2023 at 8 p.m. at the Town Hall, for the holding of a public hearing to consider objections and submissions.

Now under the authority of Section 23 of the *Urban and Rural Planning Act, 2000*, the Town Council of Bishop's Falls approves the Amendment No. 8, 2023 to the Town of Bishop's Falls Development Regulations as adopted.

SIGNED AND SEALED this 29 day of Jun, 2023.

Mayor: B. K.

Town Manager/Clerk: [Signature]

Development Regulations/Amendment	
<b>REGISTERED</b>	
Number	<u>405-2023-015</u>
Date	<u>3 AUG 2023</u>
Signature	<u>[Signature]</u>



(Council Seal)

**URBAN AND RURAL PLANNING ACT, 2000**

**RESOLUTION TO ADOPT**

**AMENDMENT No. 8, 2023**

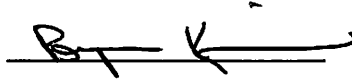
**TOWN OF BISHOP'S FALLS DEVELOPMENT REGULATIONS**

Under the authority of Section 16 of the *Urban and Rural Planning Act, 2000*, the Town Council of Bishop's Falls adopts the Amendment No. 8, 2023 to the Bishop's Falls Development Regulations, 2015-2025.

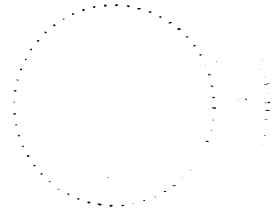

Adopted by the Town Council of Bishop's Falls on the 16th day of May, 2023.

Signed and sealed this 29 day of June, 2023.

Mayor:



Town Manager/Clerk:



(Council Seal)

**CANADIAN INSTITUTE OF PLANNERS CERTIFICATION**

I certify that the attached Amendment No. 8, 2023 to the Town of Grand Falls Development Regulations has been prepared in accordance with the requirements of the *Urban and Rural Planning Act 2000*.



MCIP: Anna Myers  
Member of Canadian Institute of Planners (MCIP)



# **TOWN OF BISHOP'S FALLS**

## **DEVELOPMENT REGULATIONS AMENDMENT No. 8, 2023**

### **BACKGROUND**

The Town Council of Bishop's Falls wishes to amend its Development Regulations. The proposed amendment seeks to change the 2015-2025 Development Regulations text and Land Use Zoning Map. There are four separate topics in this Amendment, as follows:

1. Accessory buildings

The Town Council wishes to expand the size of accessory buildings to reflect the needs of the residents of Bishop's Falls.

2. Home business requirements for residential child care

Child care services are highly desired in the community. The current standards were developed about ten years ago and the provincial *Child Care Regulations, 2017* under the *Child Care Act* have been updated since the current Development Regulations came into effect. These provincial regulations provide standards on the size, capacity and use of a residential home for child care purposes that are consistent with the wishes of the Town Council. Therefore, the Town wishes to update the text of the Development Regulations to be consistent with the provincial regulation.

3. 551 Main Street

The purpose of this change in Development Regulations No. 8, 2023 is to re-zone an area of land from "Commercial Neighbourhood" to "Residential Medium Density" on the Land Use Zoning Map of the Development Regulations. See attached Town of Bishop's Falls Development Regulations Amendment No. 8, 2023 Map A. Council will also consider an associated amendment to the 2015-2025 Municipal Plan Generalized Future Land Use map. The former convenience store has not been in operation for about ten years and the owner of the land wishes to use the land for residential purposes which is consistent with the uses on either side of the property. There is no specific text in the Development Regulations which restricts this site from residential development; therefore, no text amendment is required.

4. Rezoning of 62 Main Street

The purpose of this change in Development Regulations No. 8, 2023 is to re-zone an area of land from "Industrial" to "General Commercial" on the Land Use Zoning Map of the Development Regulations. See attached Town of Bishop's Falls Development Regulations No. 8, 2023, Map B. This site is a successful gas bar and convenience station located within an Industrial zone. The owner wishes to expand and diversify the commercial offerings on the site and the Town Council may enable the continued success of this valuable commercial

activity in the community. As other such services have closed down over the years, the community needs to be able to facilitate and encourage the continuation of this business for the benefit of the town overall. There is no specific text in the Municipal Plan which restricts this site from general commercial use; therefore, no text amendment is required.

## **PUBLIC CONSULTATION**

During the preparation of this proposed amendment, Council undertook the following initiatives so that individuals could provide input. A Notice was published in the Central Wire on March 22, 2023 and on the Town Facebook page on March 21, 2023.

No submissions were received by the Town Clerk.

## **DEVELOPMENT REGULATIONS AMENDMENT No. 8, 2023.**

### **TEXT CHANGES TO DEVELOPMENT REGULATIONS, 2015-2025:**

#### **Accessory Building**

##### **FROM:**

Residential Medium Density

(3) Conditions for the RMD Use Zone

j. Accessory Buildings:

Accessory buildings shall have a lot coverage no greater than 7% and a height of no more than 3 metres.

##### **TO:**

Residential Medium Density

(3) Conditions for the RMD Use Zone

j. Accessory Buildings:

Accessory buildings shall have a lot coverage no greater than 9% and a height of no more than the height restrictions set out in the development standards for the appropriate zone..

#### **Home Based Business: Child Care**

##### **FROM:**

**CHILD CARE FACILITY:** means a building or part of a building in which daycare services and activities are regularly provided to children of pre-school age during the full daytime period as defined under the Day Nurseries Act, but does not include a school as defined by the Schools Act.

**CHILD CARE:** means a discretionary use for the Home Base Business care of a maximum of six pre-school and/ or school aged children within a single unit residential home.

#### **64 HOME BASED BUSINESS**

(3) Not more than twenty-five (25) percent of the total floor area of the residential dwelling, to a maximum of 45.0 sm (484.4 sf) of the dwelling shall be used for a Home-Based Business Use.

**TO:**

**CHILD CARE FACILITY:** means a building or part of a building in which daycare services and activities are regularly provided to children of pre-school age during the full daytime period as defined under the provincial *Child Care Regulations, 2017* under the *Child Care Act as amended from time-to-time*, but does not include a school as defined by the Schools Act.

**CHILD CARE:** means a discretionary use for the Home Base Business care of pre-school and/ or school aged children within a single unit residential home according to the requirements of the provincial *Child Care Regulations, 2017* under the *Child Care Act, as amended from time to time*.

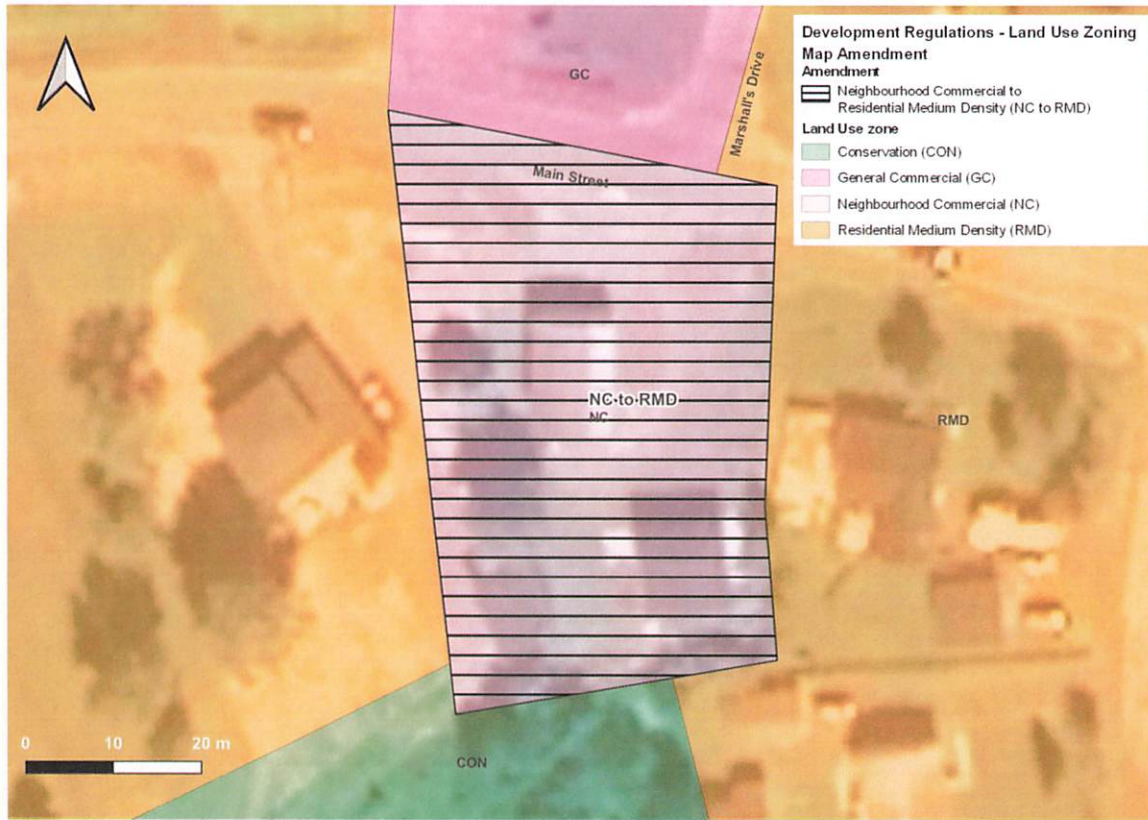
**64 HOME BASED BUSINESS**

(3) Not more than twenty-five (25) percent of the total floor area of the residential dwelling, to a maximum of 45.0 sm (484.4 sf) of the dwelling shall be used for a Home-Based Business Use, except for residential child care which will be regulated according to the standards set out in the provincial *Child Care Regulations, 2017* under the *Child Care Act, as amended from time to time*.

**MAP CHANGES TO DEVELOPMENT REGULATIONS, 2015-2025:**

The Land Use Zoning Map proposed for amendment is as shown on the attached Development Regulations Amendment No. 8, 2023 map.

- Map A: 551 Main Street : “Neighbourhood Commercial” to “Residential Medium Density”
- Map B: 62 Main Street: “Industrial” to “General Commercial”



**Map A  
Town of  
Bishop's Falls  
Development Regulations  
Amendment No. 8, 2023**

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From Neighbourhood Commercial to Residential  
Medium Density

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Dated at Bishop's Falls  
This 29 day of June, 2023

  
**Bryan King, Mayor**

  
**Randy Drover, Town Manger/Clerk**

I CERTIFY THAT THIS DEVELOPMENT REGULATIONS  
AMENDMENT HAS BEEN PREPARED IN ACCORDANCE  
WITH THE REQUIREMENTS OF THE *URBAN AND  
RURAL PLANNING ACT, 2000.*





**Development Regulations/Amendment  
REGISTERED**

Number 405-2023-015

Date 3 AUG 2023

Signature 



Development Regulations/Amendment  
**REGISTERED**

Number 405-2023-015  
 Date 3 AUG 2023  
 Signature [Handwritten Signature]

**Map B**  
**Town of**  
**Bishop's Falls**  
 Development Regulations  
 Amendment No. 8, 2023

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From Industrial to Commercial General Zone



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Dated at Bishop's Falls  
 This 29 day of Jun, 2023

[Handwritten Signature]  
**Bryan King, Mayor**

[Handwritten Signature]  
**Randy Drover, Town Manager/Clerk**

I CERTIFY THAT THIS DEVELOPMENT  
 REGULATIONS AMENDMENT HAS BEEN PREPARED  
 IN ACCORDANCE WITH THE REQUIREMENTS OF  
 THE *URBAN AND RURAL PLANNING ACT, 2000.*



## APPENDIX 1: NOTICES



Town of Bishop's Falls

March 21 at 8:05 PM · 🌐

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P.O. Box 310, Bishop's Falls, NL, A0H 1C0  
Town Office: 709-258-6581 / 709-258-8037 Fax: 709-258-6346  
Public Works Department: 709-258-5562 Department of Recreation: 709-258-5451  
Email: [info@bishopsfalls.ca](mailto:info@bishopsfalls.ca) Website: [www.bishopsfalls.ca](http://www.bishopsfalls.ca)

**URBAN AND RURAL PLANNING ACT, 2000  
NOTICE OF PROPOSED CHANGE TO THE TOWN OF BISHOP'S FALLS  
MUNICIPAL PLAN AND DEVELOPMENT REGULATIONS (2015 -2025)**

Municipal Plan Amendment No. 6, 2023  
Development Regulations Amendment No. 8, 2023

Town Council of Bishop's Falls is considering a change to the Town of Bishop's Falls Municipal Plan and Development Regulations. In general terms, the purpose of the changes are as follows:

1. Accessory buildings: The Town Council wishes to expand the size of accessory buildings to reflect the needs of the residents of Bishop's Falls.
2. Home business requirements for residential child care: Town Council wishes to amend development requirements to conform with the provincial *Child Care Regulations, 2017* under the *Child Care Act*, as amended from time to time.
3. 551 Main Street: The purpose of this change is to re-designate an area of land from "Commercial" to "Residential" on the Future Generalized Land Use Map and re-zone it from "Neighborhood Commercial" to "Residential Medium Density" on the Land Use zoning map. This will enable the development of a residence on the site.
4. 62 Main Street: The purpose of this change is to re-designate an area of land from "Industrial" to "Commercial" on the Future Generalized Land Use Map and re-zone it from Industrial to General Commercial on the Land Use Zoning Map to enable business development.

The Town Council of Bishop's Falls wishes to receive any comments or representation on these proposed changes. Anyone wishing to make a comment, objection, or representation should submit a signed statement outlining their concerns to 445 Main Street, Bishop's Falls, NL A0H 1C0 [info@bishopsfalls.ca](mailto:info@bishopsfalls.ca) by noon, March 31, 2023.

For more information about the proposed changes to the Town of Bishop's Falls Municipal Plan and Development Regulations, please contact: the Town of Bishop's Falls, NL A0H 1C0 [info@bishopsfalls.ca](mailto:info@bishopsfalls.ca) (709) 258-6581.



# Chilling out in those icy waters

Daily dips help "shock" enthusiasts into happier, healthier life

## DEBBIE ANDREY

On a cold day, Brent Beahm gradually descends into a carved-out hole of waist-deep water in his pond for a few minutes.

"While this might seem 'crazy to some,'" says Beahm, who tests Newfoundland, he swears these daily ice dips have "immensely improved" his health, with water temperatures plummeting from -2 to 4 C.

Beahm first experienced cold-water submersion in the Royal Canadian Navy, where he served for 24 years.

"I was a Special Forces Navy Bomb Disposal Officer that served on a boat from Hanoi to Afghanistan," explains Beahm, from Holywood, N.L.

But in 2007, he retired from the military.

"My doctor told me, 'Brent, your bloodwork is not looking diabetic. You may have to consider lifestyle changes' and that's when, in October 2015, I searched for what would change my life."

## COLD EXPOSURE

Beahm watched an episode about a Dutch extreme athlete, Wim Hol, recommended. The lesson, which he also saw and read related to cold exposure.

"After that episode, I took out a bucket and let me open the single ice on my pond. I took my feet into the freezing water and my first reaction was that they felt like they were on fire."

Even though he had 24 years of experience being cold in the military, this was a new approach to cold exposure.

"But I know of the fantastic health benefits of immers-



Brent Beahm takes a daily ice dip to help improve his mental and physical health after retiring in 2007 from the rigors of serving in the Canadian military. CONTRIBUTED

tion in cold water, but that's when, in October 2015, I searched for what would change my life."

Beahm decided to take a course in cold-water therapy and named his attention to helping others for a while.

"I went to Amsterdam and Poland and became an instructor in the method for one year. After that, I did work shops at local level to teach and do cold exposure for myself, my family, and my friends."

## POSITIVE IMPACT ON HEALTH

Personally, he's seeing an impact, Beahm says.

"Over the year, my health vastly improved. In addition,

cold exposure manages my PTSD and in some times the military," he says.

"Without the daily ice dips, Beahm believes he would have been on prescribed medication."

His experience prompted him to start a Facebook group called Newfoundland Winter Tribe, where like-minded people do as their regular dips online.

## "ON TOP OF THE WORLD"

From St. John's, N.L., Jenna White notes a dopamine high follows her dip.

"To me as you feel like you are on top of the world," she explains after climbing out from two minutes of submersion.

"Cold exposure has helped

me with my confidence, motivation and energy, even in the quiet times I've been doing this."

White says cold exposure has many benefits.

"I am mostly doing the ice dips for my cognitive performance stability, combat of ADHD, which I was diagnosed with two years ago. So, there has been a large amount of trial and error with my health figuring out what I needed to succeed and the journey has not been easy," she says.

"I have always been an impulsive person, and when I get overstimulated, I feel as though I can lose some control of my emotions. There have been a lot of ups and downs in my life, and I have

quite a bit of experience at 35 years old. But I aim to keep a positive attitude and push on."

White says her son, supportive family, friends, hiking and cold exposure improved her overall health and happiness.

"I lost my job at the beginning of the pandemic. After that, I left an abusive relationship. Then, I was diagnosed with cancer, and I could not visit my family because of the COVID-19 lockdown. I was actually a rock bottom. But after much hard work, I am now happy to thrive... I am studying with the practical nursing program in St. John's and have finally found my calling," she said.

When asked what others thought about her wintery dips, White laughed.

"They all think I'm crazy, but you only have one life to live and these dips make me feel great."

## TAKE PRECAUTIONS

But don't jump in quite yet. There are plenty of things to keep in mind before trying it.

"While there are some age advice, 'If you take medication, please talk to your doctor first to see if cold exposure is safe,'"

Beahm, as well, warns there are precautions to take before trying ice dipping.

"There is risk in the water but there is a real danger," he warns.

"I usually only go in waist-deep water and then I quit. And then I sit down to my neck. It's a gradual approach. You don't want to be a freak like me. You could take a cold shower. But cold exposure shouldn't be painful. It should be relaxing."

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**URBAN AND RURAL PLANNING ACT, 2000**  
**NOTICE OF PROPOSED CHANGE TO THE**  
**TOWN OF BISHOP'S FALLS**  
**MUNICIPAL PLAN AND DEVELOPMENT**  
**REGULATIONS (2015 - 2025)**

Municipal Plan Amendment No. 6, 2023  
Development Regulations Amendment No. 7, 2023

Town Council of Bishop's Falls is considering a change to the Town of Bishop's Falls Municipal Plan and Development Regulations.

In general terms, the amendment seeks to allow the sale of cannabis in the community in the Commercial designation (Commercial General, Highway Commercial and Town Centre zones), and to allow the production of cannabis in the industrial zone, with a retail store allowed only in conjunction with the production facility.

The Town Council of Bishop's Falls wishes to receive any comments or representation on these proposed changes. Anyone wishing to make a comment, objection, or representation should submit a signed statement outlining their concerns to 445 Main Street, Bishop's Falls, NL A6H 1C0 [info@bishopfalls.ca](mailto:info@bishopfalls.ca) by noon, March 31, 2023.

For more information about the proposed changes to the Town of Bishop's Falls Municipal Plan and Development Regulations, please contact: The Town of Bishop's Falls, NL A6H 1C0 [info@bishopfalls.ca](mailto:info@bishopfalls.ca) (709) 258-6581.

**URBAN AND RURAL PLANNING ACT, 2000**  
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