

NEWSLETTER

of the Nutana Community Association

December 2014

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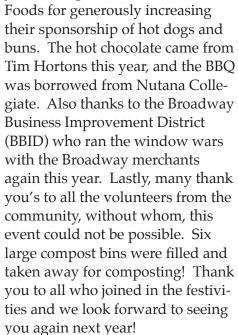
Ashley Whelan





Seventh Annual Pumpkins in the Park A Smashing Success!

The Nutana Community Association hosted the 7th Annual Pumpkin Festival and good times were had by all! Another record year, as November 1 fell on a Saturday, and the weather was not too cold. We went through 600 hot dogs and 700 cups of hot chocolate to keep everyone warm. A thank you to our sponsors: Thank you once again to Extra







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To contact the NCA, visit our web site: http://www.nutana.ca/

Nutana Community Association President's Message

By Mike McKague president@nutana.ca

Happy New Year!

It is remarkable to think that 2015 is upon us already. I sincerely hope that your holiday season is filled with love and joyful moments. As exciting as it is to think about the New Year and the potential for great things to come, let's reflect on our past 12 months and remember the changes we have made.

The last twelve months have seen significant change with the Nutana Community Association. Several long-term and committed volunteers have stepped away from the executive. Thank you to those who have helped Nutana become such a vibrant neighbourhood. Going into our AGM last April, I was a little uncertain about how those remaining would be able to keep our momentum going. Fortunately, things have worked out beautifully. We have eight new directors on the board, including new people in neighbourhood Programming (the biggest job), Garden coordinator (the other biggest job), Vice-President, Civics, Broadway BID liaison, Secretary and Newsletter editor. Our board is the strongest it has ever been, with more diversity of age, background and opinion. It is a

pleasure to help this organization when there is so much energy and commitment on the part of the board.

Aside from the regular annual events (Pumpkins in the Park) and programs (soccer, yoga...) the NCA provides and supports, we have had several major new accomplishments. Most significantly, a second community garden opened at Chief Darcy Bear Park at Nutana Collegiate helping alleviate demand pressure on the Remai garden on 12th St East. This was, and remains, a huge project being organized by Myrtle Harrington and her team of volunteers. In 2014 we were able to partner with several other organizations to: host a "Girls Rock Camp" summer music camp, co-host a movie night in the park with the Varsity View Community Association (VVCA), and bring Sum Theatre's "Pied Piper" to Rotary Park. We were the recipient of a \$25000 grant to help as seed money to redevelop, with partnership from VVCA, the Albert Rec Unit Park at 13th & Clarence. And in November. City Council approved infill guidelines for neighbourhoods (this massive project was instigated through the Broadway360

development plan which was championed by the NCA for six? or eight? years).

If you are looking to help better your neighbourhood, we would love to have you volunteer with the Nutana Community Association. If you don't have much time to commit, an easy thing to do would be to 'like' our Facebook page and 'share' our posts. That would really help us get timely information out to residents to be involved in our events, as well as important City planning open houses. Email me at president@ nutana.ca if you would like to help.

Also to note is the City of Saskatoon is going through their Growing Forward development campaign, www.growingfwd.ca . Visit this site and offer your opinions on the direction of the City over the next 10 years. If you don't add your voice now, you can't really justify complaining later.

Not that anyone complains about living in Nutana. We are the luckiest people in the world to be able to live in the best neighbourhood in Canada. I trust you count your blessings from 2014 and I wish you a tremendous 2015. May your light shine brightly this year.

Useful Contacts

For information about our provincial government or help with your concerns, contact:

Cathy Sproule, MLA for Saskatoon Nutana 621A Main St., Saskatoon S7H 0J8 Tel: 664-6101 (legislature: 306-787-9999) E-mail: csproule@ndpcaucus.sk.ca

For local concerns and information, contact: Charlie Clark, City Councillor for Ward 6 (which includes Nutana) City Hall, 222 3rd Ave. North, Saskatoon S7K 0J5. Tel: 229-4447

Tel: 229-4447 E-mail: Charlie.Clark@Saskatoon.ca Community Liaison Officers
East Division:
Constable Kimberley Robson
Tel: 975-8032
Kimberley.Robson@police.saskatoon.sk.ca
Constable Pam Fouquette

Constable Pam Fouquet Tel: 975-2263

Pam.Fouquette@police.saskatoon.sk.ca

Newsletter Policy

Publication: three issues per year: January, April, September

Content: information about local events, programs, organizations, people, places, etc. that are likely to be of interest to the Nutana community

Contributions: unsolicited contributions welcome; acceptance depends on appropriateness and timeliness of content, space available, etc.

Advertisements: no ads, except from the city

Contact: newsletter@nutana.ca

Deadline for submissions: the first day of the month that precedes the publication month

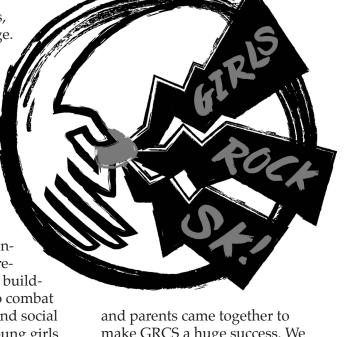
Girls Rock Camp Saskatoon

Girls Rock Camp Saskatoon (GRCS) was a 5-day camp for girls held in August at Grace Westminster United Church. 25 campers aged 7-12 attended camp, and each received daily music lessons, participated in several workshops, and composed an original song with her assigned band. The week of camp culminated with a bombastic concert on the final evening for a small audience of adoring volunteers, friends, and family.

Our camp curriculum was structured around skill development, self-confidence, critical thinking, and collaboration. Every day, campers received 80 minutes of lesson time on their chosen instrument—guitar, bass, drums, keyboards, or voice—and 2 full hours of exciting workshops such as song-writing, confidence and assertiveness, zine-making, conflict transformation, stage presence, Acro Yoga, t-shirt-

making, media studies, gender and body image. All camp activities took place under the watchful eyes of our dedicated camp volunteers—local female musicians, female mentors, and support staff of all genders—whose expertise, enthusiasm and encouragement provided a safe environment that facilitated creativity and confidence building. It is GRCS' goal to combat the negative cultural and social influences affecting young girls through positive messaging, creative expression, and strong female role models.

Our first Rock Camp would not have been possible without the generous commitment and contributions from the community—countless volunteers, musicians, local business owners,



make GRCS a huge success. We are particularly grateful for our partnership with the NCA and thank the Nutana community for supporting our initiative! We are in the early planning stages for 2015. Our second camp will take place in mid-August with a capacity for 30 campers between 8 and 15 years of age. Registration will take place in March 2015. We welcome people of all genders to contact us if you have interest in volunteering, contributing goods or cash donations, or helping with fundraising. Please email GRCS organizers Alison Whelan or Mairin Loewen at Saskatoon. girlsrockcamp@gmail.com and be sure to follow us on Twitter and Facebook for updates!



Website:

www.girlsrocksaskatoon.ca

Twitter:

@girlsrocksk

Facebook:

facebook.com/girlsrocksaskatoon

Recovering From an Emergency, Notifynow is Key

Recent emergencies in southern Saskatchewan and Manitoba remind us that disasters do happen. The City of Saskatoon has done extensive planning to develop and practice the protocols and working relationships that will enable us to effectively respond to a disaster. Even with the infrastructure in place, a critical piece of any disaster response and recovery is the delivery of important information to the public in a timely manner. notify**now** is one of the tools we have in place to promptly reach the citizens of Saskatoon individually.

Saskatoon's Emergency Measures Organization will use notifynow to inform citizens about what to do in an emergency that affects their residence and provide them with relevant information when we start working towards recovering and returning to our normal lifestyles. For example, we might need to let you know that your home has sustained damage even when you are away on holiday, let you know if, or when additional landfill space will be open so that you can begin to clean up, or provide you with information about how to access disaster assistance programs.

Citizens wanting to receive important messages from Sas-katoon's Emergency Measures Organization must first sign up. To do that, visit saskatoon.ca, search under "N" for notifynow and follow the links to sign up, read the frequently asked questions or watch an instructional video on the process.

Senior's Globe Walk

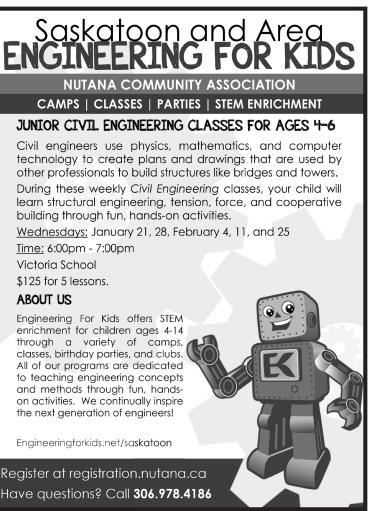
The Saskatoon Council On Aging is a community leader in the health and independence of older adults. During community consultations for the Age-friendly Saskatoon Initiative, older adults identified the need for more physical activity and social opportunities during the winter months. The Seniors' Globe Walk is a response to that need.

Participants in The Seniors' Globe Walk 2015 will have an "out of this world" experience. Not only will it provide them with an excellent opportunity to stay active but they'll also have fun being a member of a team working towards a common goal – to walk the distance equivalent to going to the moon.

We'll begin the walk on January

5th, 2015 and continue counting our steps until April 30th, 2015. 2,000 steps equals approximately 1 mile. For those who prefer other forms of physical activity that cannot be measured in steps or distance they can log one mile for every thirty minutes of activity. Registration is free thanks to funding from The Investors Group, Saskatoon Health Region Community Wellness, and Dakota Dunes Community Development Corporation.

Community Organizations are encouraged to form teams of adults 50+. For details on how your community can be active participants please contact Linda, the project coordinator, Phone: 306-652-0027 or E-mail: linda@scoa.ca



Plowing Ahead - Improvements to the 2014-2015 Snow & Ice Plan



The City of Saskatoon is ready 24/7 to sand, salt and plow streets during and after a snow event this winter. Several improvements have been made to the 2014-15 Snow & Ice Plan resulting in better winter roads for everyone in Saskatoon.

"We will be engaged in multiple pilot projects in conjunction with the private sector involving our anti-icing, de-icing and sanding programs," says Pat Hyde, Director of Public Works. "For anti-icing, a chemical is applied to the road before it snows which acts as an ice bondbreaker to prevent the ice from forming on the roadway surface. This will enable snow grading equipment to be more effective and prevent ice building up. Our intent is to utilize this on select sections of the high-speed roadways/bridges to monitor its performance."

The City will also use a technique called pre-wetting where a salt brine (or other chemical) is sprayed on the sand before it is applied to Circle Drive and other high-traffic streets to improve traction. Wet sand sticks to the road better and is more effective in extreme cold conditions when dry sand would otherwise bounce off or be blown off by vehicles.

Other improvements include:

- Activating the 18-vehicle snow train to remove collected snow along the edges of Circle Drive, bridges and overpasses.
- More frequent removal

- of snow piles from school zones and more clearly defined and expanded removal zones around schools.
- A more efficient and costeffective approach to snow grading during and following a snow event by expanding the private contractor maintenance areas to four area zones rather than two.

New this season, the snow route is divided into two groups and can now be identified with a Green Circle or Blue Square. If an extreme snow fall occurs, a temporary parking ban along the snow route will be declared so that graders can make a driving path as quickly as possible. Residents are urged to familiarize themselves with these routes. Find out which streets are along a Green Circle or Blue Square snow route on the City's webpage.

"As usual, priority street grading will continue to occur during and following a snow event; and city-wide neighbourhood grading will be initiated after the snowpack is a minimum of 15 centimetres (6 inches) to prevent ruts," says Hyde. "This program will be carried out later in the season to reduce the impact of snow piles (windrows) on residential parking. Snow grading and removal will occur as required along narrow congested streets where windrow storage is not a practical option."

Residents can access our Snow & Ice Interactive Map to see which

streets have been graded after a heavy snowfall as well as information on all other Snow & Ice programs by visiting saskatoon. ca and clicking on Better Winter Roads.

From sanding icy roads to snow grading, City crews are Plowing Ahead and are ready for whatever winter brings this year!

For more City of Saskatoon Public Service Announcements, News Releases, Traffic Detours and Service Alerts, visit www. saskatoon.ca or connect with the City of Saskatoon on Twitter and Facebook.

Outdoor Rinks Information



Nutana's Outdoor rinks are now open for public use for the winter. The rinks are located behind Victoria School and in Idylwyld park.

Rinks are lit in the evening and open at all times for casual skating and hockey.



Volunteers are needed for snow shoveling and rink maintenance. Please contact Mike Fisher at bluefisher@shaw.ca

Basketball Instructors Needed!

The NCA Winter Programs need a paid instructor for Kids basketball and a volunteer facilitator for the Adult drop-in basketball. If you love to shoot hoops, and want more information, please contact Karen at programming@nutana.ca

Winter 2015 Programs

Online registration opens on January 2, 2015 at https://registration.nutana.ca.

In-Person registration is 6:30-8:00 on Monday, January 5 at the Victoria School Library.

Membership & Fees

A yearly membership fee of \$10 per family is required to participate in programs. NCA honours other community association memberships.

NCA offers cost-as-a-barrier assistance when needed. To apply, please contact programming@nutana.ca. All inquiries are kept confidential.

For methods of payment, please consult www.nutana.ca/program

Drop-In Badminton

Recreational badminton, doubles format – instruction is not provided, however many players are willing to provide guidance and tips for improvement.

Facilitator: Gerhard Freund

Drop-In Basketball

Recreational basketball – instruction is not provided, however many players are willing to provide guidance and tips for improvement.

Facilitator: Looking for a volunteer

Drop-In Volleyball

Recreational volleyball – instruction is not provided, however many players are willing to provide guidance and tips for improvement.

Facilitator: Kathy Konechny

Intro STOTT Pilates®

This class is the point of entry for new Pilates students. You will be taught the five Basic Principles of Alignment, along with a brief history on Joseph Pilates. Exercises are kept simple. Emphasis is placed on using your core body, and proper body alignment, while improving posture. Please bring your own mat

Instructor: Laura Sheperd

Yoga Fit

Yogafit is a "flow" style of yoga aimed at people who want to improve their fitness levels. Participants move through sequences of poses that include lunges, squats and planks to build greater strength, increase flexibility and improve balance. The class ends with deep stretching poses that allow the body to relax.

Instructor: Leah Brannen

Yoga Multi-Level

Learn (or revisit!) the basic postures, sequences, and relaxation techniques in this user-friendly class. You may bring your own mat or borrow one of ours.

Tues Instructor:Laureen Sumner Thurs Instructor: Kathleen Brannen

Yoga for Runners and Others

Focuses on developing core strength through a series of poses that build in intensity. Sequences will build flexibility through hips and legs and will develop upper body strength. Please bring your own mat.

Instructor: Leah Brannen

Postnatal Yoga with Baby (0-8 mos)

Great for any mom, dad, or caregiver wanting to learn yoga postures to gain muscle tone and strength and to ease strain from caring for your baby and carrying all the gear that comes with them. This class allows you to come to yoga and spend time with baby in a fun, relaxed, and supportive environment.

Instructor: Kathleen Brannen

Jazzercize

Burn up to 600 calories in one fun and effective 60-minute total body workout. Jazzercise is a fusion of jazz dance, resistance training, yoga, and kickboxing. Please bring your own mat and also light hand weights if you wish.

Instructor: Penny Fox-Knudtson

Zumba

Inspired by Latin dance, Zumba involves a range of movements and aerobic conditioning set to high-energy music.

Instructor: Karen Harbaruk

Zumba/Jazzercise Combined

For those of you who want a constant workout or want flexibility, enroll in both Zumba and Jazzercise at a reduced rate. Come one or two nights a week.

Cooking - East Indian I

The East Indian cooking class will teach you how to make between 4-5 different items in one class! At the end of night you get to try the delicious meal and take recipes home.

Instructor: Usha Kapoor

Juggling

Weekly workshops, in which participants learn theory and skills of various circus arts. The emphasis is on juggling, diabolo, poi, spinning plates and flower sticks. For more information, visit www.saskatoonjugglingclub.com.

Instructor: Paul Lehmkuhl

Yoga for Youth (Vinyasa)

Youth and teens are introduced to the many benefits of yoga, building strength and flexibility. Emphasis is on the physical and mental benefits of exercise and meditation.

Instructor: Amy Peters

Hoola-Hooping

Kids and hoops is a family friendly class that consists of exercise, coordination, rhythm

and fun! This class is a perfect fit for any family. From babe's to grandparents, the hula-hoop can be a high or low impact tool.

Instructor: Karla Kloeble

SKYAP Art

Saskatoon Community Youth Arts
Programming (SCYAP) Inc is a charitable
organization that meets the social education and economic needs of youth at
risk through arts and culture. The after
school classes are for boys & girls to learn
more about various art techniques. Each
week, instructors will bring all materials
and project ideas, and provide guidance
dependent on the children enrolled.

Instructor: Jane McWhirter

Bricks 4 Kidz

Bricks 4 Kidz® introduces kids to the principles of science, technology, engineering and math (STEM) using LEGO® bricks. It is an excellent extra-curricular activity for boys & girls that allows children to share their passion for LEGO® and building in a group setting. Program webpage: http://www.bricks4kidz.com/canada-saskatchewan-saskatoon/after-school-programs/

Instructor: Candice Weber

Kids Basketball

Instructor-led basketball skills development classes. Scrimmages typically held at end of each session, once basic skills are established.

Instructor: Looking for Instructor

Preschool/Kids Soccer

Instructor-led soccer skills development classes. Scrimmages typically held at end of each session, once basic skills are established. Two classes to be offered, ages 3-4 and ages 5-7.

Instructor: Olivia Gramiak

Engineering Juniors

Engineering For Kids® after school classes brings the wonder and excitement of STEM education (Science, Technology, Engineering, and Mathematics) to children ages 4-6 through a variety of hands-on learning experiences. Your child will learn structural engineering, tension, force, and cooperative building. Program webpage: http://engineeringforkids.com/location/saskatoon/classes

Instructor: Bill Lewis

Winter 2015 NCA Programs						
ADULT/YOUNG ADULT						
Drop-In Badminton	18 Yr +	Victoria School Gym	8:30-10:00 pm	Mon	Jan 12 - Mar 23	\$25
Drop-In Badminton	18 Yr +	Victoria School Gym	8:30-10:00 pm	Thrs	Jan 8 - Mar 19	\$25
Drop-In Basketball	18 Yrs+	Victoria School Gym	8:30-10:00 pm	Tues	Jan 13 - Mar 24	\$25
Drop-in Volleyball	18 Yr+	Nutana Collegiate Gym	7:30-9:00 pm	Tues	Jan 13 - Mar 24	\$25
Intro Stott Pilates®	16 Yrs+	Victoria School Auditorium	7:15-8:15 pm	Wed	Jan 14 - Mar 25	\$60
Yoga Fit	16 Yrs+	Victoria School Auditorium	6:15-7:15 pm	Tues	Jan 13 - Mar 24	\$60
Yoga Multi-Level	16 Yrs+	Victoria School Auditorium	7:30-8:30 pm	Tues	Jan 13 - Mar 24	\$50
Yoga Multi-Level	16 Yrs+	Victoria School Auditorium	7:30-8:30 pm	Thrs	Jan 8 - Mar 19	\$50
Postnatal Yoga With Baby	Adult & Baby	Grace Westminster Church	10:15-11:15 am	Wed	Jan 14 - Mar 25	\$60
Yoga For Runners & Others	16 Yrs+	Victoria School Auditorium	6:15-7:15 pm	Mon	Jan 12 - Mar 23	\$60
Yoga For Runners & Others	16 Yrs+	Victoria School Auditorium	6:15-7:15 pm	Thrs	Jan 8 - Mar 19	\$60
Jazzercise	16 Yrs+	Victoria School Gym	6:00-7:00 pm	Wed	Jan 14 - Mar 25	\$60
Zumba	16 Yrs+	Victoria School Gym	6:00-7:00 pm	Mon	Jan 12 - Mar 23	\$60
Zumba/Jazzercise (Combo)	16 Yrs+	Victoria School Gym	6:00-7:00 pm	M/W	Jan 12 - Mar 25	\$85
Cooking - East Indian I	18 Yrs+	Victoria School Home Ec Room	6:30-9:30 pm	Tues	3-Feb	\$35
Juggling	13 Yrs+	Victoria School Gym	7:00-8:00 pm	Fri	Jan 9 - Mar 27	NCA membership
CHILD/YOUTH						
Yoga For Youth	8-15 Yrs	Victoria School Auditorium	3:45-4:30 pm	Weds	Jan 14 - March 25	\$35
Hoola-hooping	8-15+ Yrs	Victoria School Gym	6:00-7:00 pm	Fri	Jan 23 - Feb 27	\$35
SKYAP Art	5-15 Yrs	Victoria School Artroom	3:45-4:45 pm	Thrs	Jan 22 - Mar 19	\$40
Bricks 4 Kidz	5-12 Yrs	Victoria School Artroom	3:45-4:45 pm	Wed	Jan 21 - Mar 4	\$66
Recreational Basketball	7-12 Yrs	Victoria School Gym	7:00-7:45 pm	Tues	Jan 13 - Mar 24	\$30
PRESCHOOL/CHILD						
Recreational Soccer	5-7 Yrs	Victoria School Gym	7:00-7:45 pm	Thrs	Jan 15 - Apr 2	\$30
Recreational Soccer	3-4 Yrs	Victoria School Gym	6:00-6:45 pm	Thrs	Jan 15 - Apr 2	\$30
Engineering Juniors	4-6 Yrs	Victoria School Artroom	6:00-7:00 pm	Wed	Jan 21 - Feb 25	\$125
Creative Movement	3-5 Yrs	Victoria School Gym	6:00-6:45 pm	Tues	Jan 13 - Mar 10	\$35
For additional information	n on these or	any NCA programs, contac	ct our indoor coo	dinators at	programming@n	utana.ca

The Samuel Park Nutana Community Garden A project of the Nutana Community Association

Registration for 2015

The Nutana Community Garden rents plots on an annual basis, starting end of April or early May.

Who can have a garden plot?

Returning gardeners have priority for returning to their 2014 plot; empty plots are rented from the waiting list, followed by a first come, first served basis.

Where are the plots?

NCG will be returning to the garden plots beside Nutana Collegiate. This is the only garden confirmed at present; if any additional garden plots are confirmed, they will be announced, and will be filled as they become available.

Questions?

garden@nutana.ca





Your Garden: A look back at 2014

2014 was a remarkable year for your neighbourhood community garden program. A change in land usage on the corner of Eastlake and 12th Street transformed an empty space where garbage used to collect into 55 new garden plots and a fabulous new playground. This, coupled with a most welcomed partnership with a land owner which for over a decade has transformed an empty lot into an urban retreat for gardeners and those who pass through, has given 120 families an opportunity to garden and build community here in Nutana.

The gardens this year also provided a venue to a number of special projects, including educational plots for Nutana Collegiate and special food programs for a number of retirement homes and core neighbourhood schools.

Community gardens exist and thrive through a great deal of volunteer work – as well as the support of you, the people and businesses in the neighbourhood, including Design Build MB Inc. for landscaping, and Nutana Collegiate. The garden is supporting an initiative for the school to install a small greenhouse adjacent to the garden enhancing the education for students.

We welcome your feedback. Comments can be sent to your city councillor or to NCA at garden@nutana.ca. Your words will help us to advocate for future developments. Watch the NCA website (www.nutana.ca) for updates.