



# NEWSLETTER

## of the Nutana Community Association

2019/2020 NCA Board

Fall 2019

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(C. Darcy Bear)  
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[www.nutana.ca](http://www.nutana.ca)



Artistic abilities shown at the 2019 Pumpkins in the Park, details Page 3

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## President's Newsletter Greeting

Hello Nutana residents,

Big Plans for Little Park has reached the construction phase. Fund raising, park planning and getting all the papers signed is in the rear-view mirror and there is action at the site. At this point it is uncertain if the work will be completed this autumn but if not next spring will see the completion of this wonderfully revamped space! This was a big project for many people in our community and took longer than everyone expected but it finally broke ground for which everyone is thankful. Look for a grand opening celebration next spring!

And while we are looking ahead – **mark January 5th 2020 on your calendar. We will be showing a free movie, Charlie & the Chocolate Factory (1971), at the Broadway Theatre at 2 pm.** Bring your kids, bring your grandkids, bring your mom and dad or just show up and enjoy some Nutana hospitality. We will graciously take donations of cash for the Crisis Nursery on Victoria Ave.

Look for announcements on our Facebook page about a rink party at the Victoria School rink to happen in the New Year. Dave D. and his team have built a great space and this year we received funding for an outdoor event at this space. Plans are in the works, stay tuned...

To everyone who came to an NCA event, supported Big Plans for a Little Park, gardened at our community gardens, cleaned an alley for Sweep into Spring, had a hotdog at Pumpkins in the Park or contacted us this year to share community information **we are thrilled that you experienced the power of volunteerism.**

Catherine Folkersen  
President, NCA

The Nutana Community League meetings take place on the first Wednesday of each month. Our upcoming meetings are:

November 6th, 2019  
December 4th, 2019  
January 8th, 2020  
February 5th, 2020

All Meetings commence at 7:00 p.m. and are held at École Victoria School (639 Broadway Avenue). E-mail newsletter@nutana.ca to confirm meeting location of future meetings.

Meetings are open and all residents of Nutana are welcome to attend.



If you want to join this group of active volunteers who have a wide variety of interests, talents and ideas and work to make life just a bit better in our community consider joining the NCA board.

**We are always looking for people to keep our community a welcoming and fun place for all.**



NCA Programming Coordinator Dolly Jiang engaging with a young community member at the Annual Bubbles and Chalk Parklet



## Past Events

### Bubbles and Chalk Parklet

08-13-19

Families came out to enjoy bubble blowing and the creation of a chalk mural at our 2nd annual parklet event in front of D'Lish Cafe. The first family on scene was from Vancouver, referencing they saw our facebook posting of the event and wanted to take in the fun while in town!

Have a community event in mind for this parklet space? Get in touch with [social@nutana.ca](mailto:social@nutana.ca)



### Broadway Street Fair

09-07-19

The 36th Annual Broadway Street Fair was another great success with beautiful weather, new activities including axe throwing and a children's performer, and some great sales from Broadway merchants. **Estimated attendance was 10,000 people with almost 100 vendors participating.** Next year the fair will take place on September 12th, 2020.



### Pumpkins in the Park

11-01-19

The NCA has hosted an annual fantastic event to wrap up the Halloween season. From small to large, simple to ornate, sweet to spooky, carved pumpkins once again lined the landscape of Rotary Park. Brought from residents of Saskatoon, the NCA helped see these pumpkins glow one final time while their sculptors enjoyed the collection and the crowd while keeping sustained by hot chocolate and hot dogs. Everyone loves a glow stick and they were handed out to add to the ambiance.



Thanks to Extra Foods for providing the hot dogs and Prairie Sun Brewery for providing and serving hot chocolate. Panago Pizza was also very generous to provide free pizza coupons to our volunteers.

To all our volunteers, thank you for your time setting up, cleaning up, cooking, and composting the many pumpkins.

**Extra  
Foods** 

Panago  
Pizza



## City Council Update

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I hope you have enjoyed some of the beautiful fall days. Belle and I are loving the sights and smells of the season. Have you signed up for e-updates, yet? I write a blog post monthly, that can be delivered to your inbox. Sign up at: [www.cynthiablockward6.com](http://www.cynthiablockward6.com).

Council has been working on a number of strategic files.

**Recycling – Blue Bin:** Council voted to retain the program, with a couple of changes. With changes in global markets for recycled products, black plastic (coffee lids, takeout containers) and polycoat (single use coffee pods) will be banned, along with plastic film such as grocery bags. Glass will still be collected, but the option to drop off at SARCAN will continue, as well. While glass often gets broken in the blue bin program, it can be used for other things without contaminating the other recyclable items. The monthly cost per household is expected to be \$7 - \$7.50 in 2020.

**Farmers Market:** Council has endorsed a locally-grown authentic farmers market at River Landing, to be operated on days that work for the farmers. Council has further requested there be other operations on the site throughout the week. Note, the building at River Landing will be closed in the New Year to fix issues with the roof. Our administration has confirmed the area will return as a farmers market in the spring.

**New Central Library:** After a decade of planning, the Saskatoon Public Library has unveiled its business plan for a new downtown library. Libraries across North America have shown to spur economic development, enhance quality of life and expand services in the digital age. The City is being asked to hold the capital debt, and SPL expects the average household would pay an additional \$5 per year from 2020 – 2026. The proposal will be discussed during budget deliberations later this year.

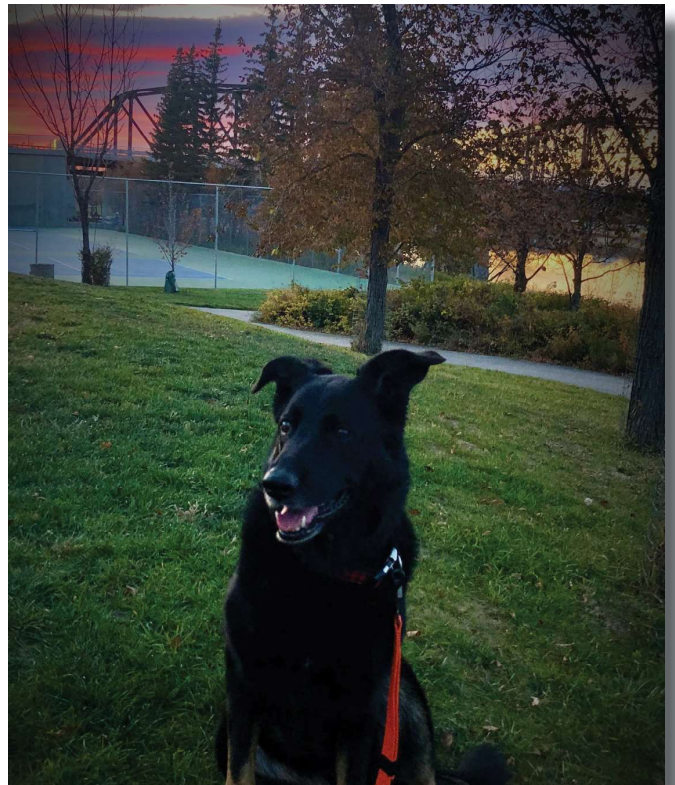
**Electric Bus Pilot Project:** Saskatoon Transit is proposing a one year lease for an electric bus for our city. The project would help to determine the pros and cons in a winter city like ours. Data indicates a savings of \$300,000 per bus over the life time of the vehicle compared with current buses, due to reduced costs for fuel and maintenance. The cost of the pilot project is being paid through a program initiated by the Federation of Canadian Municipalities.

Saskatoon has another **urban reserve**. Located near the airport, the 40 acre parcel is owned by the Kahkewistahaw First Nation. A bylaw and services contract ensures the reserve is paying the same rate as property tax. Urban reserves have been building economic activity and creating employment in Saskatoon for the past 30 years.

As Council's lead for downtown development, I am thrilled that **Vendasta** has chosen to stay and expand its operations in downtown Saskatoon. A growing workforce, expected to reach 700 in the next few years, the tech company will take over a number of floors atop Saskatoon Square, which will be renamed Vendasta Square.

Sincerely,  
Cynthia

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#306-244-2228  
FB: cynthiablockward6  
twitter: cynthiablocksk



*Cynthia's beloved Belle out for a walk in the River Valley*



## YXE for the Runner

### *Saskatoon Road Runners' Tips for Winter Running*

**Dress for 10-15 degrees warmer:** If you dress to be outside like it's 10-15 degrees warmer, you will keep warmer while running. You want to be warm, but not so warm that you start sweating too much causing your body to freeze up.

**Wear Reflective Clothing:** With more darkness, reflective clothing will help keep you visible to vehicles as you cross streets or run on the road.

**Gear Up** (great way to make use of your SRRA membership discounts!): Dress in layers starting with a base of tights and a long sleeve running shirt, mitts or gloves, and a winter running hat. Wear a windproof jacket to block wind and keep out snow. Consider trail shoes with more traction or traction aids. Find socks with merino wool to keep feet warm. Wearing a Buff will keep your neck warm and can be pulled up to keep the rest of your face covered. Wind blocking pants over your tights will finish it off.

**Slow down:** You may find it harder to keep your regular pace in winter, this is normal.

**Buddy System:** A friend can help keep you accountable as well as keep your winter runs more enjoyable.

**Hydrate:** Remember to hydrate in winter too, you are still losing fluids despite the freezing temperatures.

**Join Yoga For Runners offered by the NCA, details on Page 12!**



2019 Brainsport Brainfreeze Run  
Photo courtesy of Louis Christ

### *Sinister 7 ... how far will you push your limits?*

**By Chelsea Hardy, NCA Online Registrar and Saskatoon Road Runner**

I finished running Sinister 7 as a team, it is a 100-mile (161 km) run through Crowsnest pass, AB. The course includes 6400 m of elevation changes, creeks and deadfall to cross, while running up and down winding and rugged mountain trails. This race will beat you up and for most, it's the hardest thing they have ever done. Each year 1500 runners attempt to complete Sinister 7. There is typically approx. 250 soloists attempting to tackle the entire course, with less than half of soloists finishing the race each year.

This year's race was complete with thunderstorms off and on, making for a slow-moving slippery course in the slick mud along the trails. My segment was a casual 32 km with an elevation gain of 1400m, which climbs up and around Seven Sisters mountain. This reaches the highest point on the course with magnificent views of the mountains in the area. The pathway back down was around the other side of the mountain. The muddy slippery sections were relentless and you had to be mindful of each step. Through deep puddles and washed out sections, I arrive at the second aid station on the course to celebrate the half-way mark. The course then turns and you head back towards the transition area for your last big climb. Legs too tired to run with any speed, the last aid station finally approaches where a wide selection of alcohol is offered to numb your body and your sorrows. Most people regret taking part in their offerings. All soloists by this point have run 142 km, which can result in hallucinations for some.

As you approach the end of leg six on the now comparatively flat course you cross frequent streams and avoid falling into huge puddles. As a final bonus, there is a steep decline as you head into the aid station. The Sinister 7 race crew was surprised that no one had managed to roll their ankle on that final steep decline. The relief of finishing is unreal, plus they have coffee and snacks!

My favorite portion of attending Sinister is watching the soloists finish (many of them finished faster than my whole team). Their sense of accomplishment after one of the toughest 100-mile courses is incredible. Watching soloists hug their families and partners is an amazing shared experience. **It's a place of pushing past all the limits you thought you had, and the triumph of achieving your goals.**



Chelsea Hardy atop Seven Sisters

## A Time to Remember

Upon the 11th hour, of the 11th day, of the 11th month, we remember when peace in the world was declared.

We have a paradox of emotions to sort through when reflecting on Remembrance Day: Gratitude. Sorrow. Camaraderie. Loss. Pride. Sacrifice. Patriotism. Your own experiences may cause you to be drawn to certain emotions over others. The collective of these emotions can lead us to realize the significance of war efforts, both in the past and as they continue today.

When you bow your head, do you think of a red poppy and a poem? Do you 'Lest Not Forget' for a brief moment and quickly carry on with your life? Do you visualize imagery on this page and connect it to the sacrifices of the past that give us our daily freedoms?

The reality is that there are many wars that continue on in our present day. Perhaps as we bow our heads we could also consider what leads to such division among people within the world; and what each and every one of us can do about it? Can we live our days working harder to understand other points of view? Can we acknowledge and celebrate our differences? Can we look for ways to bridge inequalities? Can we hate less and love more? Can we teach our children, as challenging as it is, about all of this so that they have freedom in their futures?

Whether or not you choose to take time to grapple with the emotional paradox of Remembrance Day and how that fits into your life, whether or not you go forward to intentionally seek out opportunities for acts of peace, **realize**

**you are important and valued and have something to contribute in your lifetime.** There were many brave men and women who believed this many years ago, so much so that they stood up and fought for us. They knew it may cost them their life. All the days since, there remain many brave men and women who carry out this belief through their service. November 11th is dedicated to honour these people. We could dedicate every day to honouring each other.



War Memorial at the U of S



## A Time to Reflect



*Top Left:* A Solider says goodbye to his daughter at the Saskatoon Train Station in 1914. It is the day of departure of the 105th Fusiliers enroute to join the 2nd contingent of the Canadian Expeditionary Force.

*Top Right:* The 2nd contingent of the Saskatoon 105th regiment Fusiliers parading west on 21st Street East enroute to the railway station in 1914. A large crowd watches the parade.

*Middle Left:* Good news hits the Saskatoon Daily Star on November 11, 1918.

*Middle Right:* 1940's convoy of army trucks, led by 2 motorcycles, loaded with waving men in army great coats and berets crossing Broadway Bridge.

*Bottom:* November 11 observance at the Cenotaph on 21st Street in the 1940s.

### Did You Know?

**The Cenotaph was built in 1929 and was located at 21st Street near 2nd Avenue until 1957 when it was moved to City Hall Square.**

Thank you to our fantastic Saskatoon Public Library's Local History for these photos, and for their efforts to preserve Saskatoon's story.



## Your Community

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### *Big Plans for a Little Park: Albert Recreation Unit park rejuvenation – Fall 2019 update*

After what seemed like a long number of years planning and fundraising, construction at Albert Recreation Unit began this fall. A huge THANK YOU to our anonymous donor as well as a big thank you to all those in the community who have believed in and supported this park project from the beginning. YOU are making YOUR park a BIG success!

We know everyone will be thrilled with the new park once complete – it will be a source of neighbourhood pride and accomplishment, as well as being a great place to play and hang out with your neighbours.

Thank you to Jim Siemens and Oxbow Architecture for preparing the new plans for the park and Strata Development and City Gardens Saskatoon for taking on the construction. The contractor will keep moving forward this fall as long as the weather cooperates, but in all likelihood, the park will need to be finished next spring once shovels can get in the ground. We ask that people keep out of the construction zone and respect the signage so that the work can proceed safely and efficiently.

Thank you to our supporters Nutana Community Association, Varsity View Community Association, City of Saskatoon, Community Initiatives Fund, Oxbow Architecture, Strata Development, City Gardens Saskatoon, and, of course, YOU!

Watch for an opening celebration in the summer! Keep up to date on Facebook: [facebook.com/BigPlansForaLittlePark/](https://facebook.com/BigPlansForaLittlePark/)

## Your Safety

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### **Phone Scams are a common complaint received by the Saskatoon Police Service.**

For information on current phone scams occurring in Saskatoon, search ‘phone scam’ under the News Release section of the SPS website ([www.saskatoonpolice.ca](http://www.saskatoonpolice.ca)). A most recent scam is someone calling to say you have ‘violated federal laws’.

Remember:

- Scammers now have technology to change the name/number you see on your incoming call to be anything they want. You will see local area phone numbers calling now, not just 1-800 numbers. There are instances of scammers changing the information to be that of the Saskatoon Police Service calling, or other organizations they want to pretend to be.
- If what the person is suggesting sounds questionable, there is a good chance it is a phone scam.
- Never provide your personal information over the phone unless you are certain it is legitimate. As examples, do not provide your address, birth date, or SIN number. If you are not sure how to tell if the call is legitimate, hang up and contact the organization directly to discuss the phone call.
- If anyone has received this type communication and has become a victim by either providing personal information or by sending money, they are encouraged to file an online report with both the Saskatoon Police Service and the Canadian Anti-Fraud Agency.

**Contact the Saskatoon Police Service for further details.**



## Environmental Tips

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### Green Gift List

Consider **filling your gift list with plants for your family, a friend, colleague, or teacher.** It can last for years, provides a natural indoor air purifier, and boost spirits for its owners. You can choose a large exotic that could be a new focal piece to a room, or a simple houseplant to brighten up a corner.

### Nudge *down* the thermostat

Challenge yourself to keep your thermostat just two degrees cooler than you normally do in the winter. You shouldn't feel a huge difference, but the environment will notice your efforts. Offset the change in temperature by drinking more hot beverages and using throw blankets more often. If you have a programmable thermostat, set it so your heater is not working hard while you're at work. Program the heat to kick in 30 or 45 minutes before you return from work so your space is comfortable when you arrive.

### Grow Indoor Plants

Indoor plants can brighten up the atmosphere of just about any space. By releasing moisture, they can also **help your space trap heat and fight dry winter air** your skin disagrees with. Consider using them in your kitchen, bedroom, bathroom, and living room.

### Up-cycle Holiday Cards

In preparation of the upcoming holiday season, recycle last year's cards into gift tags or cut shapes to **create new cards for this year.**

### Local Ingredients, all year long

Help lessen the contribution of fuel burned shipping produce around the world. Make an effort to purchase and prepare meals primarily with local ingredients. **There is a resurgence of being sustained locally, and so there are increasingly more ways to access a large variety of local ingredients in Saskatoon.** Take a few extra minutes to read labels before your next purchase and see what options are closer to home.

### Carpool or Carshare (or both...)

**Carpooling or Carsharing are great strategies anytime of year, yet especially during cold months with winter-related wear and tear to vehicles.** Find a friend or two you typically commute alongside and see if it could work to ride together. Or **get in touch with Saskatoon CarShare Co-operative ([www.saskatooncarshare.com](http://www.saskatooncarshare.com))** to learn what they have to offer and consider parking your vehicle for the winter...as a start. Beware, you may find these changes save you money as well as lesson your footprint.

### More Single-Use Elimination

Lunches for most kids and adults occur away from the home. Especially for kids, lunch kits often have a lot of single-use refuge. Yogurt, apple sauce, granola bar and various drink containers are overflowing school recycle bins. Change your household habit to **buy larger-sized products and dish them out into small reusable containers.** Please. This would make such a difference!



## Upcoming Events

### November 12 - December 31 2019 Nutana Photo Contest

Nutana is rather photogenic, wouldn't you agree? Enter our 2019 Photo Contest by sending your Nutana photo to the NCA through Facebook messenger. We will upload your picture to the 2019 Photo Contest Album on our Facebook page. Alternatively, e-mail your photo to [newsletter@nutana.ca](mailto:newsletter@nutana.ca) and we will upload it to our Facebook Contest Album. 1st, 2nd and 3rd place will be awarded with prizes given to photos receiving the most 'likes' by the Facebook audience. Make sure to go into the Album and 'like' pics to vote! Photos will be featured in our first newsletter of 2020.



### November 21 (Doors open at 6:00 pm; 7:00 pm showtime) Sask Country Showcase, at TCU Place

Saskatoon Crisis Nursery is in the heart of Nutana, and offers a supportive stay for children when their families need it. The Sask Country Showcase brings you an evening of award-winning music icons and some of the best new talent in the country. Headliners Jess Moskaluke and Aaron Pritchett, along with eight other outstanding musicians, will be sharing stories, and playing amazing songs, all raising funds for Saskatoon Crisis Nursery. For tickets go to [www.saskcountryshowcase.com](http://www.saskcountryshowcase.com)

### December 2, 3, 4, 6 (7:30 p.m.) December 7 Matinee (1:00 p.m.) A Christmas Carol, at The Marr Residence 326 11th St. East

Enjoy a cozy evening with Mr. Dickens at this Victorian House Concert. Seasonal Refreshments will be served at intermission. Performance by John D. Huston  
Tickets (\$25.00) order online at [www.ontheboards.ca](http://www.ontheboards.ca) or phone 306-653-5191



### December 5 Spirit of Christmas by the Broadway BID Come down to Broadway for late night shopping, sleigh rides and carolers !

### December 15 to January 15

On-line Registration for NCA Winter Program  
[www.nutana.ca](http://www.nutana.ca)

### January 8 (6:00 - 7:00 p.m.)

In-person Registration for NCA Winter Programs  
École Victoria School Gym



### January 5 (2:00 p.m.) Free Family Movie Matinee Willy Wonka & the Chocolate Factory (1971) at The Broadway Theatre Any donations received will be given to the Saskatoon Crisis Nursery



INTERRUPTING YOUR WINTER FOR 5 YEARS

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# WINTERRUPTION

JANUARY 23-25

WINTERRUPTIONSK.CA



TICKETS

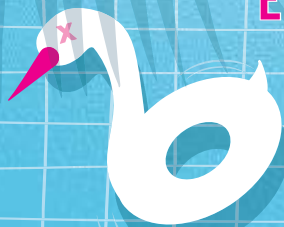
MUSIC | THEATRE | DANCE

8 INDOOR VENUES | 20+ SHOWS

## !!! INTERRUPT YOUR WINTER !!!



ALI HASSAN & STEVE PATTERSON  
THE GOOD LOVELIES • BEGONIA  
STORIES IN TIME • WAKE  
THE STRUMBELLAS • WEAVES  
CHOIR! CHOIR! CHOIR!  
COLEMAN HELL • EZRA FURMAN  
EVERY BRILLIANT THING • REVENGE  
GIRLFRIEND MATERIAL



AND MANY MORE TO BE ANNOUNCED!



PRESENTED BY:

strata



INTERRUPTING YOUR WINTER FOR 5 YEARS

## Nutana's Winter Program Schedule



Yoga Fit on Tuesdays

Online program sign-up begins Sunday Dec 15, 2019 and ends Wednesday Jan 15, 2020 (except Dec.23-26) at [www.nutana.ca](http://www.nutana.ca). In person program sign-up will be held on Wednesday Jan 08, 2020 from 6:00-7:00PM at Victoria School 639 Broadway Avenue. PLEASE NOTE: Some classes are scheduled to begin before the registration closes. A non-refundable membership fee of \$10/individual or family/year is required to participate in program and must be presented at the time of program sign-up. NCA honours all other Community Association memberships. Each Program runs for 10 classes. PROGRAM DATES, TIMES, & LOCATIONS ARE SUBJECT TO CHANGE. Known School closures include Jan 27, Feb 17-21, Mar 09. Please consult the NCA newsletter, Facebook page, [www.nutana.ca](http://www.nutana.ca) or email [programming@nutana.ca](mailto:programming@nutana.ca). In an effort to ensure everyone who wants to participate in a program can, cost-as-a-barrier assistance and/or KidSport applications are available for those facing financial hardships. To inquire/apply, please contact Indoor Programming Coordinator at [programming@nutana.ca](mailto:programming@nutana.ca), or ask a volunteer at registration night. All inquiries are kept confidential.

Program Name (All Ages)	Age	Location	Time	Day	Date (Start - End)	Fee	Instructor Name
Juggling	9+	Victoria School Gym	07:00-08:30PM	Fri	Jan 24 – Apr 3	FREE	TBD
Music & Movement for Youth/Kids	TBC	Victoria School Gym	06:00-07:00PM	W	Jan 15-Mar 25	TBC	TBC
Program Name (Adult)	Age	Location	Time	Day	Date (Start - End)	Fee	Instructor Name
Badminton	18+	Victoria School Gym	08:30-10:00PM	M	Jan 20 – Apr 20	\$30	Facilitator – Stan Mcg
Badminton	18+	Victoria School Gym	08:30-10:00PM	Thrs	Jan 23 – Apr 2	\$30	Facilitator – Stan Mcg
Drop-In Volleyball	18+	Hugh Cairns VC Gym	07:30-09:00PM	Tues	Jan 14 - Mar 24	\$30	Jolene Zidkovich
Gentle Yoga	18+	Grace-Westminster Church	02:00-03:00PM	W	Feb 05 - Apr 08	\$60	Laureen Sumner
Yoga Sleep/Yin Yoga	16+	Victoria School Auditorium	07:30-08:30PM	Tues	Jan 14 - Mar 24	\$50	Kathleen Brannen
Yoga Fit	16+	Victoria School Auditorium	06:15-07:15PM	Tues	Jan 07 - Mar17	\$60	Leah Brannen
Yoga Multi-level	16+	Victoria School Auditorium	07:30-08:30PM	Thrs	Jan 30 - Apr 09	\$50	Laureen Sumner
Yoga For Runners & Others	16+	Victoria School Auditorium	06:15-07:15PM	M	Jan 06 - Mar 30	\$60	Leah Brannen
Yoga For Runners & Others	16+	Victoria School Auditorium	06:15-07:15PM	Thrs	Jan 09 - Mar 19	\$60	Leah Brannen
SHiNE Dance Fitness	16+	Victoria School Auditorium	06:00-07:00PM	W	Jan 08 - Mar 18	\$60	Penny Fox-Knudtson
Move N Groove	16+	Victoria School Gym	06:00-07:00PM	M	Jan 06 - Mar 30	\$60	Karen Harbaruk
Move N Groove/SHiNE (combo)	16+	Victoria School Gym	06:00-07:00PM	M/W	Jan 06 - Mar 30 (see above)	\$85	Harbaruk/Knudtson
TaiChi	16+	Grace-Westminster Church	02:00-03:00PM	Thrs	Jan 23 – Apr 2	\$80	Steven Wang
TaiChi	16+	Victoria School Auditorium	07:00-08:00PM	Fri	Jan 24 – Apr 3	\$80	Steven Wang
Knitting	16+	Victoria School Library	07:15-08:45PM	W	Jan 8 – Mar 18	\$40	Jenn Waygood
Program Name (Kids/Parents)	Age	Location	Time	Day	Date (Start - End)	Fee	Instructor Name
Recreational Soccer	5-7 Yrs	Victoria School Gym	07:00-07:45PM	Thrs	Jan 23 – Apr 2	\$30	John Rojas
Recreational Soccer	3-4 Yrs	Victoria School Gym	06:00-06:45PM	Thrs	Jan 23 – Apr 2	\$30	John Rojas
Yoga for Parent & Child	Adult & Baby	Grace-Westminster Church	10:15-11:15AM	Tues	Jan 14 - Mar 24	\$60	Kathleen Brennan
Yoga Dance for Family	All	Victoria School Gym	06:15-07:00PM	Tues	Jan 14 - Mar 24	\$50	Amanda Plante