

# Hillsdale News

WINTER 2009/2010

Hillsdale Community Association Newsletter

<http://www.hillsdaleca.ca/>

**WINTER PROGRAM REGISTRATION**  
Tues., Jan. 12, 2010; Marion McVeety School Gym;  
38 Turgeon Crescent; 7:00 - 8:00 PM

## ***Announcements & Information***

### Skating Party!

The Outdoor Rink near McVeety School will be the site of a skating party, scheduled for Saturday Dec. 19, 6:30 - 8:30 pm. Join the community in a celebration of the start of the outdoor skating season. Come out for skating, cookies and hot chocolate! The warm-up shelter will be open.

### Juventus Choir of Regina

This nationally-acclaimed, award-winning choir is now taking auditions for new members. This is an upper voice choir for girls and boys (with unchanged voices) ages 6-18. The Training Choir rehearses Friday from 6:00 to 7:30 pm and the Concert Choir on Sunday from 3:30 to 5:30 pm. Please call Diana at 586-5958 for more information or to arrange an audition.  
<http://users.accesscomm.ca/juventuschoir/>

Outdoor Ice Supervisors - Hillsdale needs supervisors to keep our warm-up shelter open this winter. If you are able to help out with supervision for one hour a week, or if you would like to share supervision with someone, please call Darcy at 352-7769. Your help would be greatly appreciated!

### Hillsdale Volunteer of the Year

The Hillsdale Community Association is proud to announce that **Brian Smyth** is the HCA's volunteer of the year. Brian has been an active member of the HCA for over a decade, having served as South Zone representative, Vice-President, President, Past-President, and is currently the association's Publicity coordinator, a position which also includes maintaining the HCA web site. Brian has also been the driving force behind the various "Hillsdale Sparkles" holiday lighting contests that have run over the years. Congratulations to Brian!



## **FOUR LEAF CLOVER**

### **SENIORS INDEPENDENCE CLUB**

**A non-profit service promoting active living in the community!**

**Do you, or someone you know, need transportation  
or a friendly connection to remain active and  
participate in the community? Please call us!**

**Four Leaf Clover is looking for more  
volunteers to assist seniors in Regina. Interested?**

**Four Leaf Clover 502-0305**

**[www.cfsregina.ca/senior.html](http://www.cfsregina.ca/senior.html)**



**Registration Notes:** Please try to register for programs at the **Registration Night**. There is a \$10 late fee for all programs except for "Fit for Your Life".

### Adult: Cooking

#### Cook Like a Chef

Day(s) of week: Mondays  
 Dates: Jan. 18, Jan. 25, Feb. 1, Feb. 8, and Feb. 22, 2010 (no session on Family Day, Feb. 15).  
 Time: 7:00 pm – 9:00 p.m.  
 Location: Campbell Collegiate (Home Ec. Room)  
 Cost of program: \$80.00 for 5 classes (supplies included).

Martin Turcotte is one of our most popular instructors and he is back at it again this winter! Look for his Tour of International Cuisines that follows Cook Like a Chef!

#### A Tour of International Cuisines

Day(s) of week: Mondays  
 Dates: Mar. 1, Mar. 8, Mar. 15, Mar. 22, 2010.  
 Time: 7:00 pm - 9:00 pm  
 Location: Campbell Collegiate (Home Ec. Room)  
 Cost of program: \$65.00/person for 4 classes (supplies included).

Each Monday there will be dishes from a different part of the world. Bring containers to take home leftovers!

#### East Indian Cooking

Day(s) of week: Sundays  
 Date(s): Jan. 17, Jan. 24, Jan. 31, Feb 7, Feb. 14  
 Time: 6:30 - 8:30 pm  
 Location: Regina Christian School  
 Cost of program: \$75.00 for 5 classes (supplies included)

Tantalize your taste buds with a taste of India, taught by instructor Kiran Kashyap!

### Adult: Fitness and Programs

#### Fit For Your Life

Day(s) of week: Mondays and Wednesdays - two sessions per week.  
 Dates: Mon. Jan. 4 to Wed. Feb. 24, 2010 (no session on Family Day, Mon. Feb. 15).  
 Times: 1:30 - 2:30 p.m.  
 Location: South Leisure Centre  
 Cost: \$60.00 for 15 sessions  
 Instructor: Elli Neb

#### Fit For Your Life - Again!

Day(s) of week: Mondays and Wednesdays - two sessions per week.  
 Dates: Mon. Mar. 1 to Wed. Apr. 28, 2010 (no sessions on April 5 & 7, Easter Week).  
 Times: 1:30 - 2:30 p.m.  
 Location: South Leisure Centre  
 Cost: \$60.00 for 16 sessions

#### Yoga

Day(s) of week: Tuesdays  
 Dates: Jan. 19 – Mar. 30, 2010 (no class during Spring Break; week of Feb. 14).  
 Time: 7:00 - 8:30 p.m.  
 Location: Marion McVeety School Gym  
 Cost of program: \$65.00/person for 10 sessions.  
 Instructor: Maria Huliyyappa.  
*Additional Information:* Bring your own Yoga Mat.

#### Cardio-Boxing

Day(s) of week: Mondays  
 Dates: January 18 - Mar. 29, 2010 (no class during Spring Break; week of Feb. 14).  
 Time: 7:00 pm – 8:00 p.m.  
 Location: Marion McVeety School Gym  
 Cost of program: \$50.00/person for 10 sessions

A fun time and a great way to get in shape. This class is designed for all fitness levels and abilities! Come punch it, kick it and sweat it out in this high energy, low impact cardio workout. Instructor: Rhonda Collins.

*Happy Holidays from the Hillsdale  
 Community Association!*



*Contact for all Hillsdale programs, and for additional information:*  
**[programs@hillsdaleca.ca](mailto:programs@hillsdaleca.ca)**

## ***Announcements & Information***

*continued*

**Neighbourhood Watch** - If you would like to access the web-site which reports all monthly crime statistics, go to [www.police.regina.sk.ca](http://www.police.regina.sk.ca) (and include /XHLD.htm if you would like the Hillsdale stats.). I e-mail pertinent information from these reports along with monthly stats, crime prevention tips and trends. If you would like to be on our list, contact Karen at 352-4284 or [c.j.quinn@sasktel.net](mailto:c.j.quinn@sasktel.net)

### Programs and Programmers

The Hillsdale Community Association is currently looking for additional programmers to help out with the setting up of HCA programs. If this sounds interesting, or if you'd like some additional information, just contact any member of the Executive (see page 4) or talk to us in person at the Winter Program Registration Night.

### South Zone Recreation Board

The SZRB offers all sorts of programs, including sports & fitness, cards, and also community gardens. Check out all of their programs at: <http://www.szrb.ca/index.html>

### Need Help With Your Homework?

Regina Public Library can help! The Homework Help program is for students in grades 5 – 12 who need support with their schoolwork. **Pre-registration is not required for this free program.** Just bring the appropriate texts and notebooks, plus assignment instructions between 7:00 and 8:30 at the following branches:

- Tuesdays at *Sunrise Branch* (3130 E. Woodhams Drive)
- Wednesdays at *Glen Elm Branch* (1601 Dewdney Ave E)
- Wednesdays at *Sherwood Village Branch* (6121 Rochdale Blvd)

If you are interested on learning more on becoming a volunteer tutor, contact [ya@reginalibrary.ca](mailto:ya@reginalibrary.ca) for more information.

### ***Library Holiday Hours***

December 24: closed at 5:00 pm  
 December 25 – 27: closed  
 December 31: closed at 5:00 pm

For more information on these and other exciting things happening at Regina Public Library visit [www.reginalibrary.ca](http://www.reginalibrary.ca) or call George Bothwell Branch directly at 777-6091.



### Tree & Yard Care

Regina was established on a treeless grass prairie. Today, our urban forest creates a lush green canopy for all to enjoy. It is everyone's responsibility to take care of our urban forest so future generations can enjoy trees as we do today. There are plenty of tree and yard care tips available at the City of Regina web site: <http://www.regina.ca/Page377.aspx>

### Family Service Regina

Family Service Regina is offering a large number of workshops and many other programs, such as:

Parenting - Parent Effectiveness Training  
Personal Growth - Rebuilding When Your Relationship Ends  
Building Effective Skills to Cope with Anger  
Couples - Couple Communication

*Other Services Offered At Family Service Regina:*

- Counselling for families, couples, & individuals
- Employee Assistance Program (EAP)
- Teen & Young Parent Programs
- Family Violence Programs
- Families & Schools Together (F&ST)
- Event Speakers, Presentations & Consultations

*For more information or to register:*

*Family Service Regina*  
 2020 Halifax Street, Regina, SK S4P 1T7  
 Ph: (306) 757-6675 Fax: 757-0133

*Email: [fsr@sasktel.net](mailto:fsr@sasktel.net)*  
*[www.familyserviceregina.com](http://www.familyserviceregina.com)*

*Some EAP plans will cover the cost of course.*  
*Subsidies are also available.*



### Child Care

If you are currently looking for daytime child care or if you offer daytime child care and wish to add your name to our list, please call Gina Lowes at 761-2478.

**Did you know...****So ALL Kids  
Can Play!****KidSport™**

- That KidSport is a children's charity?
  - That KidSport is designed to help children facing financial difficulties participate in community sports programs?
- Application forms are available by calling the Regina KidSport™ office at 775-3433 or visiting our website at [www.reginakidsport.com](http://www.reginakidsport.com)

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Hillsdale Community Association Executive & Representatives

<i>Past-President</i>	Karen Woolley	352-4284
<i>President</i>	Harold Weger	585-6503
<i>Vice-President</i>	Scott Hill	584-1814
<i>Treasurer</i>	Elinora Gough	586-1739
<i>Secretary</i>	Cathy Bulych	586-8929
<i>Newsletter</i>	Harold Weger	585-6503
<i>Comm. Issues</i>	Rick Ostlund	585-0671
<i>South Zone Rep</i>	Lillian Forsythe	586-3963
<i>Membership</i>	Phil Sevigny	585-0677
	Jennifer Tupper	
<i>Outdoor Ice</i>	Darcy Dmyterko	352-7769
<i>N'hood Watch</i>	Karen Woolley	352-4284
<i>Programming</i>	Open	
<i>Child Care</i>	Gina Lowes	761-2478
<i>Outdoor Soccer</i>	Tracy Ford	585-6933
<i>Publicity</i>	Brian Smyth	584-0180

**Regina Ou'Appelle Health Region - H1N1**

Keep up to date about the latest H1N1 news at the ROHR web site: <http://www.rqhealth.ca/>

**City of Regina Recreation Facility Plan**

The purpose of the Recreation Facility Plan is to provide recommendations to help the City allocate resources toward meeting the highest priority sport, culture and recreation needs, in a manner that maximizes the impact on the community-at-large for every public dollar invested. Details about the plan are available from the City of Regina web site, at:

<http://www.regina.ca/AssetFactory.aspx?did=3863>

**McKell Wascana Conservation Park**

McKell Wascana Conservation Park is a new 171-acre park space dedicated to the restoration and conservation of a native prairie and wetland habitat.

Developed in partnership with Ducks Unlimited Canada and the McKell family, the park offers 4 kilometres of groomed nature trails with interpretive stations and benches, a dock for getting close to the creek for pond dipping and an entry plaza and amphitheatre for education programming.

The park is open during regular park hours (6 a.m. to 11 p.m.) year-round. It is located at 12001 Wascana Circle. Take Prince of Wales south to Wascana Gate S, turn east to Wascana Circle, head south about 1/2 kilometre. For further information visit: <http://www.regina.ca/Page4171.aspx>

**Let's Talk Trash - Waste Plan Regina**

Nearly a decade ago, the City adopted the report "A Solid Waste Management Plan" to guide waste planning for the next 20 years. Since that time, many things have changed, such as public interest in waste diversion opportunities and the city's unprecedented rate of growth. These factors, along with others, have created the need to develop a new plan, Waste Plan Regina, to provide continued guidance for the growth of the City of Regina's solid waste operations.

Waste Plan Regina will review all current solid waste management practices and examine options for future practices.

***Provide your comments***

The plan includes public consultation in which residents are welcome to share comments and suggestions about future solid waste management.

You can submit your comments by any of the following methods:

**Fax**

306-777-6801

**E-mail**

[service\\_regina@regina.ca](mailto:service_regina@regina.ca)

**Mail**

Let's Talk Trash  
Environmental Services, Public Works  
City of Regina  
PO Box 1790  
Regina, SK S4P 3C8

