

NEWSLETTER

of the Nutana Community Association

Winter 2022



Nutana Community Association

2022/2023 NCA Board

President - Jasmin Parker

Vice President - Jasmin Carlton Treasurer - Leah Brannen Secretary - Rosa Brannen Newsletter - Rebecca Cormack Social Media - Franny Rawlyk Coordinators: Civics - Robert Cliipperton Programming - Jolene Zidkovich Online Registration - Chelsea Hardy Social - Kira Epp Victoria Rink - Dave Desanghere Soccer - Kirsten Fisher Volunteer - Braedan Hafichuk Community Gardens Coordinators: C. Darcy Bear - Joe Pfeifer Remai - Paul Catt Liaisons: City of Saskatoon- Kevin Ariss Broadway BID - DeeAnn Mercier École Victoria - Kevin Krakowski Directors at Large:

Danny Kerslake

Jackie Martin

Wally Wells





Sponsorship Opportunities 2023

Option 1: Park Infrastructure \$1,000 - \$15,000

Outline: The NCA has several parks in our community (Massey Park, Chief Darcy Bear Park, W.E. Graham Park, Temperance Street Parklet, Idylwyld Park, and Rotary Park) not matching requirements of the community. Improving and increasing the infrastructure is a priority for the NCA.

Option 2: Programming Sponsorship \$1,000 for a year of programming

Outline: The NCA hosts a full slate of indoor and outdoor programming. All programming pays instructors/ facilitators and provides the necessary equipment and facilities. Each program also has the ability to provide cost-as-a-barrier support to ensure that everyone in our community has access to programming no matter their financial situation. Our commitment to providing these programs and ensuring equal access often results in running programs at a deficit. Sponsorship would help, as well as allow the NCA opportunities to experiment with new and emerging programs to support sustained growth of our program offerings.

Option 3: Movie in the Park Sponsorship \$2,000

Outline: The NCA is seeking a sponsor for a Movie in the Park in Nutana. This movie would be a free outdoor movie for the community. The movie in the park will be appropriate for community residents of all ages and will take place in 2023.

Option 4: Open Streets Project \$750

Outline: The NCA recognizes the benefits of an "Open Streets" program where streets are temporarily closed to vehicle traffic and open to people of all ages, abilities, and backgrounds to come out and enjoy the space and increase their activity while simultaneously building community. The NCA is looking forward to hosting a summer of Open Street events throughout Nutana in 2023.

Other Options

We have developed pre-packaged sponsorship options depending on the contribution and support you are looking to provide. If none of these pre-packaged options work for you, please contact the NCA Vice-President at vice-president@nutana.ca and we will work with you to develop a sponsorship opportunity that works best.

Tell us about a neighbour around you that is providing big and small contributions to our Community!

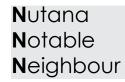
Include in your nomination these things:

- Nominator's Name and Email Address
- Nominee's Name and contact information (e-mail is best)
- Reason for Nomination (1-5 sentences)

Send your nomination to 203 - 505 Main Street, Saskatoon, SK S7N oC2 or by e-mail to volunteer@nutana.ca

Nominations received throughout the year are acknowledged at our Annual General Meeting each April with a small gift of appreciation given to the recipient.

Thank you Nutana for celebrating your Neighbours





President's Newsletter Greeting

Hello Neighbours!

I hope everyone enjoyed the summer. There is nothing quite like a summer in Saskatoon - more specifically a summer in Nutana! Every summer brings so much more love for a community I already love.

The summer is a bit of a slower time for the NCA with us taking a break to enjoy the time in our community with our families and friends. That doesn't mean that we stopped working though - our Program Coordinator Jo was diligently arranging programming, treasurer Leah was ensuring our bills were paid, Registration Coordinator Chelsey was making sure our online programming registration was still functioning the way it needed to.

No one was more busy though then our Garden Coordinators. Joe Pfeifer and Paul Catt spent the summer ensuring that our 100+ garden plots and gardeners were taken care of and being supported. The role of Garden Coordinator for the Remai Garden and Darcy Bear Garden are the most influential roles we have in the summer in the NCA and we want to extend a huge thank you and kudos to both Joe and Paul for their continued commitment to the success of our urban garden.

As we look forward to the winter programming and the winter months here in our community I want to bring your attention to our search for a Victoria Rink Coordinator, Winter Outdoor Programming Coordinator, and facilitators for our outdoor winter activities. Dave Deshanghere has been a steadfast volunteer for the Victoria School Rink and under his guidance and expertise our little rink has grown and prospered. We are now looking to bring in support for Dave this winter to put the rink in, scrape the ice, and complete the overall maintenance of the rink. Dave will be around and be available to guide and answer questions if needed. Additionally, the NCA received a grant from Sask Lotteries last year to invest in outdoor winter equipment to put on programming and increase our resident's enjoyment and engaged in outdoor activities in the winter. We spent last year accumulating snow shoes, cross country skiis, kick sleds, and skates. With the generous donation from Councillor Cynthia Block we also have an outdoor winter programming shed to house all of the equipment. What we are now looking for is someone who can coordinate outdoor programming in the winter months and folks who are interested in facilitating regular weekly or semi-weekly programming utilizing the equipment. If this sounds like you please reach out to me and I would be happy to discuss.

I would like to wrap up by thanking all of our sponsors who have contributed to our successful programming this past year - Sask Lotteries for the outdoor winter programming equipment, Councillor Cynthia Block for the outdoor winter programming shed, and Meridian Development for a year's sponsorship of NCA events. Information on sponsorship opportunities for 2023 with the NCA for individuals and businesses are outlined in this newsletter with more information available by emailing me.

Thank you again to everyone for their time, support, and commitment to making Nutana such a wonderful place to live, work, and play!

Jasmin Parker (She/Her)
President, NCA





City Council Update

With Cynthia Block, Ward 6 Councillor

Hello Ward 6 - Happy Holidays & Happy New Year!

The City's focus is always on snow and ice this time of year, and here are a few handy tips to remember:

- Priority streets get cleaned first (Circle Drive, College Drive etc)
- Collector streets & Transit routes are next (8 Street, Clarence, Preston etc)
- Cleaning your sidewalks is part of the bylaw (helping your neighbours is just awesome)
- Deep residential snow ridges are bladed when warranted, and windrows will be removed once they reach capacity.

For more information on snow and ice, go to: www.saskatoon.ca/snow For questions on any operational issues, call 306-975-2476 or email: customercare@saskatoon.ca



And here is a huge shout out to all of the volunteer rink coordinators, who are invaluable to our neighbourhoods in the winter. Thank you!

In 2023 Council will be making a number of important decisions to determine the viability and scope of the Downtown Event and Entertainment District, planned for the Midtown Plaza north parking lot. The district is expected to include a new event centre, a larger TCU Place and a public plaza. Council has committed to a goal of little to no impact on property taxes, a model that has been achieved in other cities. Learn more: www.saskatoon.ca/downtown

A major contribution of \$10 million from the Frank and Ellen Remai Foundation will allow admission by donation for the next 20 years! What a gift for our city, and huge thanks to our steadfast benefactor, Mrs. Ellen Remai.

Sincerely, Cynthia

For timely information from City Hall, please sign up for my e-updates: cynthiablockward6.com

Email: cynthia.block@saskatoon.ca Phone: 306-975-3676 FB & Instagram: cynthiablockward6.com Twitter: cynthiablocksk



FREE Use of Winter Equipment, New Program

The NCA with the support of the Sask Lotteries Grant is pleased to be able to offer the community access to snow shoes, kick sleds, cross-country skis, skates and helmets in a range of sizes from youth to adult.

This equipment is owned by the NCA and we are looking for ways to maximize its use and increase the impact that it has on our community getting out and enjoying winter in our city and neighbourhood.

The NCA is looking for Outdoor Programming Facilitators this winter. Facilitators would be responsible for showing up at each scheduled session when the weather permits, opening the equipment shed, ensuring equal access to the equipment, and making sure all the equipment is returned to the shed at the end of each session. These facilitator roles provide an honorarium. If interested, please contact Jasmin at president@nutana.ca.

Ever wanted to try skating on a beautiful outdoor rink or cross country ski - but don't want to buy your own gear? Try ours out! While logistics are being finalized,

we plan to have equipment available to rent through The Library of Things (libraryofthingsyxe.myturn.com) located in the basement of The Better Good.

More info to follow on our Facebook/Instagram as this exciting new program is developed!





Thank you to Cynthia Block for donating an outdoor shed to store the NCA winter equipment!

Did You Know?

If you are reading this newsletter in print, then you will not see the spray paint marking this as one of the next City-owned trees to be cut down.

In Nutana, many of us have City-owned trees on our front lawns or boulevards. Planted and maintained by the City, these trees are assessed every 7 years to determine overall health. Eventually, trees die or in the case of this tree, is nearing death and its decided by the City to remove it. But what happens next?

Did you know <u>nothing</u> happens next for a plan to replace this tree? Not unless the home owner initiates a request.



There is much to consider about the City's tree program - like:

- The basic process of how City owned trees are managed and what that means for the homeowner. How long does it take these days to have a new/replacement tree planted and who is responsible for maintenance?

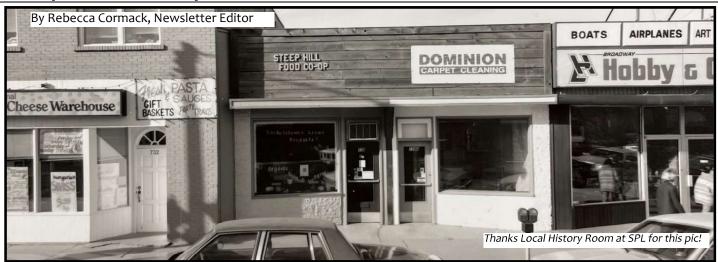
-There are issues with the current system, yet challenges the City faces as well. Will they be addressed in the City's proposed Urban Forest Management Plan? What kind of initiatives are going to implemented over the next five years?

...stay tuned to the Spring Issue to learn more.

In the meantime, if you have an empty space out front and would want to see a tree there, best to get the process going and submit a Request for Tree located on the City's website: saskatoon.ca

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Steep Hill Food Co-operative



In 1978 a group of individuals who were struggling to access organic and local food/ products decided to open a co-operative that would come to be called Steep Hill Food Co-operative. The idea was for the community to have a place where they could support local producers and have access to products that were organic. Environmental concern and action have been rooted in the overall mission of this Board since the store opened - long before there were many flags being raised about plastics, chemicals, and waste. For over 40 years, this little co-op has been opening its door to support its community with a true sense of mutuality.

In the decades since its inception, as larger grocery stores started to offer organics and local products, Steep Hill began facing competition. And so you can see how the dichotomy arose. A co-operative of cause-driven individuals up against a profit-driven industry. Goals of providing community access to local quality products in environmentally cautious ways contrasting with a singular goal of making money.

Consumer habits also evolved over the years to shift to more processed foods in convenient single use packaging. In today's world, however, there is an increasing trend to once again (or for the first time) have a clearer understanding of the food we eat by considering where it comes from and what all it includes as we strive to improve our health, our well-being, and our environment.

Seems like a place in time where Steep Hill should be thriving. On the contrary. Steep Hill is facing serious financial challenges. In fact, the next few months are critical for the store's viability. How can that be when cute little boutique shops selling products out of wooden crates are incredibly trendy ('on point' as the kids would meme)??

Aside from mentioning there is a need for more patrons in the door and volunteers able to help out, the Board has also recognized issues with their operations. There has long been the need for strong business, finance and marketing management, alongside the need to be ready to adapt or evolve. And, above all, the ability to work effectively together as a team to produce positive experiences and outcomes. This has all been, to be brief, a 'work-in-progress'. But there is work underway....

There are some noticeably new changes, like an impressively fresh storefront façade. Volunteers spearheaded the project and completed the painting. A sign was created and installed by a professional thanks to a grant from the BBID. While the exterior has a sharp new look, the interior still holds its classic charm. There are other great upgrades (noted on next page) and deeper organizational changes that are still in progress. It's evident by this effort there are many who want to see this place succeed. And not just succeed, but expand on what Steep Hill is to our city through its products and service offerings.









Essential Changes for a Sustained Future



What Should You Know About Steep Hill Food Co-op?

- The Produce! An increasing demand for produce on Broadway means increased inventory that is replenished more frequently. And it's amazing produce. From the potent garlic, to sweet apples or red peppers, the quality is noticeable. There are heaps of local and seasonal options. You can plan for shipments arriving just before the weekend, so you have the freshest and most delicious options.



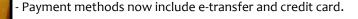
- Local sources of a variety of meat and dairy products are in the coolers. Additionally there are many products that are great to help out with those quick week night meals. Like some amazing locally made pizza dough that just needs to be thawed and dressed to please the palette.

- Expanded hours. Now open every day, 10am-7pm Monday-Saturday and 11am-4pm on Sundays.

- A store so many can enjoy accessing by foot or bike.

- Home delivery is available for a flat rate of \$5.



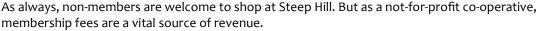


- A new website, weekly e-newsletters, and a growing social media presence are all ways in which Steep Hill is starting to reach out to the community in new ways.



- Where else can you go in and grab from the stash of used/free reusable bags for your groceries, bring back your empty cartons from the eggs you previously bought from Steep Hill's supplier, or have your kids ask with excitement 'is this a real store from the Western Development Museum that we can actually shop at?'.

Membership Information





· A regular membership costs \$25/year and gives you a 3% discount on all purchases, a 6% discount the first time you shop; and 6% discount on special sale days. Perhaps a membership could be on the giftgiving list!

- High School and Post-secondary student memberships are just \$15/year with the same discounts.

- To save even more, volunteer with the co-op for a couple of hours a month, and get a 6% discount every time you shop. From helping to stock shelves to filling bulk spice bags, there are opportunities for all ages and abilities to help out, a great way to engage with your community and give back.





Supports local producers and suppliers.

Creates a community that supports sustainable living, with an emphasis on reducing waste and choosing socially responsible products.

If you have never been, or haven't been in a while, consider stopping in at Steep Hill the next time you are on Broadway. Take a look at what products are available. Determine for yourself what intrinsic values could be gained for you as an individual and for our community by choosing to support this co-operative. Thanks to Nancy, Adam and Kathryn from the Board and

Steering Committee for the good discussions and information.



NCA's Winter 2023 Programming

The NCA is pleased to offer a wide range of indoor programming for the winter, with classes offered via Zoom or in-person. Online program registration opens THURSDAY DEC 01-JAN 08, 2023 at www.nutana.ca. Each program runs for approx. 10 classes; dates have been adjusted for known school closures [in brackets] although this is subject to further change. Please consult the NCA newsletter, Facebook page, or www.nutana.ca, or email programming@nutana.ca, for the latest info. ALL PROGRAM DATES/TIMES ARE SUBJECT TO CHANGE.

A non-refundable annual membership fee of \$10/individual or family is required to participate in any program and can be purchased as part of the registration process. NCA honours all other Community Association memberships. 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. All inquiries are kept confidential.

Program Name (Adult)	Age	Location	Time	Day	Date Start-End [no class]	Fee	Instructor / Coordinator
Gyrokinesis	16+	ZOOM	5:30-6:30 PM	Mon*	Jan 16-Mar 27 [Feb 20]	\$60	Natasha Martina
Vaca For Bunners & Others	16+	Victoria School Auditorium	7:00-8:00 PM	Mon	Jan 09-Apr 03 [Jan 23, Jan 20,	\$60	Niek Hoyd
Yoga For Runners & Others	10+	Victoria School	7.00-8.00 PIVI	IVIOII	Mar 13] Jan 09-Apr 03 [Jan 23, Jan 20,	\$60	Nick Lloyd
Badminton	16+	Gym	8:00-10:00 PM	Mon	Mar 13]	\$30	Stan McGaffin
Yoga with Meditation	16+	Victoria School Auditorium	7:15-8:15 PM	Tues	Jan 10-Mar 21 [Feb 21]	\$50	Amanda Plante
Volleyball	16+	Hugh Cairns V.C. School Gym	7:30-9:00 PM	Tues	Jan 10-Mar 28 [Feb 21]	\$30	Jeff Squires / Andrée Schmiedge
Badminton	16+	Victoria School Gym	8:00-10:00 PM	Wed	Jan 11-Mar 22 [Feb 22]	\$30	Stan McGaffin
Basketball	16+	Victoria School Gym	4:30-5:15 PM	Thur	Jan 12-Apr 06 [Feb 23]	\$30	Joel Bernbaum
Yoga For Runners & Others	16+	Victoria School Auditorium	6:00-7:00 PM	Thur	Jan 12-Mar 23 [Feb 23]	\$50	Amanda Plante
Let Your Yoga Dance	16+	Victoria School Auditorium	7:15-8:15 PM	Thur	Jan 12-Mar 23 [Feb 23]	\$50	Amanda Plante
Badminton	16+	Victoria School Gym	8:00-10:00 PM	Thur	Jan 12-Mar 23 [Feb 23]	\$30	Stan McGaffin
Program Name (Kids/Parents)	Age	Location	Time	Day	Date Start-End [No Class]	Fee	Instructor Name
Yoga Dance for Kids	6-10 yrs	Victoria School Auditorium	6:15-7:00 PM	Tues	Jan 10-Mar 21 [Feb 21]	\$30	Amanda Plante
Family Open Gym	All ages	Victoria School Gym	5:30-6:30 PM	Wed	Jan 11-Mar 22 [Feb 22]	Free with membership	Juli Kettlewell
Nutana Pickles Basketball Club	Age 7-8	Victoria School Gym	3:35-4:30 PM	Thur	Jan 12-Apr 06 [Feb 23]	\$45	Joel Bernbaum
Recreational Soccer (U8)	Born in 2016-18 Born in	Victoria School Gym Victoria School	6:00-6:45 PM	Thur	Jan 12-Mar 23 <i>[Feb 23]</i> Jan 12-Mar 23	\$30	Lola McDonald
Recreational Soccer (U10)	2013-15	Gym	6:45-7:45 PM	Thur	[Feb 23]	\$30	Lola McDonald

GYROKINESIS® Update: Move from the comfort of your own home... Gyrokinesis is moving online for the Winter *The class will be 'live on Zoom' on Mondays 5.30-6.30; if you cannot make that time for the live instruction, each class will be recorded and available for up to 5 days after the session. You will need you own mat and stool (a "Mainstays Vinyl Folding Stool" can be purchased for \$12 at Walmart). **GYROKINESIS®** is a movement practice that aims to help the mover gain strength, flexibility, release habitual restrictions in the body and access more three-dimensional range of movement in the spine and limbs.

Online Registration NOW OPEN!

Registration Update: Registration is open starting Thurs Dec 1st! That's right – you can visit nutana.ca RIGHT NOW to find the registration link that will be up until Jan 8th to register for any of our Winter 2023 Programs.

- If you have questions about any of our programs, contact Jolene at programming@nutana.ca
- If you have questions about registration, contact Chelsea at registration@nutana.ca

Feature Programs

Yoga Dance for Kids: Led by certified kids yoga teacher Amanda Plante, children will have fun moving in this 45-min class combining simple but active yoga poses, movement, stretching, and fun. Here's what kids and parents have to say:

"The girls absolutely love your yoga dance class. They are very excited to attend week after week.

You certainly capture their attention and have fun along the way."

"We have many good things to say about the class. The affirmations you do with the kids are so
amazing. Our daughter can't wait to go every week."

Nutana Pickles Basketball Club: If you're 7 or 8 years old and love to dribble and shoot, come join

the Nutana Pickles Basketball Club! Playing on Thursdays after school, you'll run some drills and play scrimmage. Bring your best pickle energy and get ready to have some fun on the court.

- We've now added a session (4.40-5.15) for 'Pickle Parents' and other community members

who want to play some pick-up basketball on Thursdays as well. See registration page for details.

Badminton: The NCA is now running Badminton 3 nights a week – Mondays, Wednesdays, &



New Programs

Let Your Yoga Dance: This is a fun-filled class which emphasizes improving body, brain, and heart health. In each class you will move to music through a variety of yoga postures, breathing exercises, and dance, ending with a guided relaxation. This combination of movement and rest aims to help you experience a blissful body, joyous heart, and a peaceful mind. See letyouryogadance.com for more details.

Family Open Gym

- Bring the whole family out for some unstructured play time in the Ecole Victoria Gym, Wednesdays 5.30-6.30. No cost and no registration required; please have an NCA Membership. Parents/caregivers and kids can drop in, enjoy equipment and games, and meet and connect with others in the Nutana community –it's fun for all ages!

Cosmo Seniors Center - Winter 2023 Weekly Activities for Seniors

MORNING

Monday	Tuesday	Wednesday	Thursday	Friday
Yoga	Exercise Class	Yoga	Yoga	Exercise Class
10:00 a.m.				
Doors Open				
9:45 a.m.	9:30 a.m.	9:45 a.m.	9:30 a.m.	9:30 a.m.
Doors Close				
11:45 a.m.	11:45 a.m.	11:45 a.m.	11:45 a.m.	11:30 a.m.
Drop in Fee:				
\$5.00	\$5.00	\$5.00	\$5.00	\$5.00
For Information:				
Please Contact				
Gladys	Margaret	Gladys	Margaret	Margaret
(306) 221-9873	(306) 373-8693	(306) 221-9873	(306) 373-8693	(306) 373-8693

* The Yoga Class provides chairs and gives guidance for both those that want to use a chair and those that do not.

AFTERNOON

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Monday	Tuesday	Wednesday	Thursday	Friday				
Kaiser 12:30 p.m.	Bridge 12:45 p.m.	Whist 1:00 p.m.	Kaiser 12:30 p.m.	Kaiser 12:30 p.m.				
Doors Open	Doors Open	Doors Open	Doors Open	Doors Open				
12:15 p.m.	12:30 p.m.	1:00 p.m.	12:15 p.m.	12:15 p.m.				
Doors Close	Doors Close	Doors Close	Doors Close	Doors Close				
4:00 p.m.	4:00 p.m.	4:00 p.m.	4:00 p.m.	3:00 p.m.				
Drop in Fee:	Drop in Fee:	Drop in Fee:	Drop in Fee:	Drop in Fee:				
\$3.00	\$2.00	\$2.00	\$2.00	\$3.00				
For Information:	For Information:	For Information:	For Information:	For Information:				
Please Contact	Please Contact	Please Contact	Please Contact	Please Contact				
Bonney	Ruth	Shirley	Ruth	Bonney				
(306) 270-9385	(306) 242-2294	(306) 652-9710	(306) 242-2294	(306) 270-9385				

Cosmo Seniors Center

614 - 11th St E



Joelle is ready to lead you through some great yoga to stretch the body and mind!

Start Date: January 9th End Date (Tent.): June 30th

Annual Membership allows access to these great activities. Memberships are \$10.00 payable at the end of December yearly.

McQuarrie's Remembrance Day Display - A Wonderful Tribute



Upcoming Events

December 1 - January 1

On-line Registration for NCA Winter Programming

www.nutana.ca



November 28, 29, 30, December 1 and 2 7:30 pm

A Christmas Carol, at The Marr Residence 326 11th St. East

Enjoy a cozy evening with Mr. Dickens at this Victorian House Concert Performance by John D. Huston Tickets (\$25.00) order online at www.ontheboards.ca or phone 306-653-5191



December 8 7:00 pm

Spirit of Christmas by the Broadway BID

Come down to Broadway for late night shopping, sleigh rides and live music



January 7 2:00 pm

Free Family Movie Matinee - "Lyle Lyle Crocodile" at The Broadway Theatre

Doors Open: 1:30 pm Move Starts: 2:00 pm

Concession open for purchases

Donations being accepted for the Adelle House



January 26, 27, 28,29

Winterruption

See winterruptionyxe.ca for full listing of artists and event details, and for purchasing your tickets

FREE OUTDOOR WINTERRUPTION EVENT:

Saturday, January 28th 12pm to 9pm, behind École Victoria

Stay tuned to their website for event activities



