

Winter 2019



Prairie View

Community Association



The PVCA is a group of community members like yourself who offer up their time to benefit the community as a whole. **This year the PVCA is seeking a volunteer for its Secretary position.**

Our executive group meets the first Monday of every month. We are always looking for new people to join our association, so if you have time to spare and want to get involved, please email us at pvca@sasktel.net and one of us will be happy to get in touch with you!

The PVCA offers affordable programs in our community. Please join us on Registration Night to sign up for your favourite activity and meet new people in the community.

PVCA City Wide Program Winter Registration Night

Tuesday, January 8, 2019

McLurg School - 125 Paynter Cres.

Registration: 7:00 - 8:00 PM



City-Wide Registration Information

To participate in any city-wide community association program, the following basic conditions apply:

- A community association membership is required from your local community association. The membership is now \$10 per household and expires each year on August 31st.
- Community memberships are non-refundable.
- Registration for each program is processed on a first-come, first-served basis. Each class will have a minimum required amount of participants to run.
- If you are unable to attend on the scheduled registration night, it is possible to have a friend or family member register for you. Otherwise, the day after we will offer any remaining spots for programs online via our website and FaceBook, further details will be provided in those posts.
- Registration forms for programs that you wish to take that are offered through another community association are to be filled out at the PVCA registration night (without payment). You will be contacted by the association offering the program only if there is still space available, at which time payment arrangements can be made. Please note that priority is given to local residents of a community association when establishing the list of participants.

PVCA Executive Committee

Chairperson	Daren Drummond
Vice-Chair	Gwen Barschel
Secretary	<i>Vacant</i>
Treasurer	Jeff Barschel
Facilities Coordinator	Valerie Sawcyn
Program Coordinators	Gaylene Drummond and Megan Wiwcharuk
Event Coordinators	Janine Chay and Valerie Sawcyn
Newsletter Editor	Jon Hayward
Membership Coordinator	Gwen Barschel
Sign Coordinator	Riley Nadoroznick
Community Consultant - West	Tawna Ranalli Phone (AM): 306-777-7363

Scholarship News!

The PVCA is proud to offer one \$500 scholarship for post- secondary education. It is open to grade 12 student attending high school in Regina, providing the individual lives in the Prairie View area and maintains a 70% average throughout the school year. We are also making the scholarship available to young people up to age 21, who will be continuing their education. Emphasis will be placed on the applicant's volunteer activities.

Application details will be available from school guidance counsellors or by contacting the PVCA via email: pvca@sasktel.net. Deadline for applications is May 15th, 2019.

Volunteers

Brandon Chay, Michael and Amelia Christopher, Marcus and Matteo Ranalli
(Sign Changers)

****NEW** Early Online Registration Children and Teen Programs**

These two new courses take place before our 2019 Winter Registration night, therefore we will be taking enrolment requests on www.pvca.ca via our new online registration form. A link to the form, which will contain details about payment options, will be published on both our website and FaceBook page, and we will make every effort to provide plenty of notice and lead time for registration. Please follow our page on FaceBook to stay up-to-date with all of the latest news in your neighbourhood, just search for ***Prairie View Community Association*** !

Babysitter's Course Instructor: Tammy Hincks

Sunday - Jan 6 - 9:00am to 3:30pm - Cost \$40

Location: St. Josaphat School Multi-Purpose Room

For children aged 10+. This course is great training for the teen or preteen that does babysitting or stays home with family members. The course content includes artificial respiration, choking treatment, burns, poisoning, wounds and bleeding. It covers emergency situations and baby care techniques. Upon successful completion of this course, a certificate will be issued. Provided at class: Babysitting Workbook/registration form, pen, and an exam at the end of the course.

Home Alone Course Instructor: Tammy Hincks

Sunday - Jan 6 - 6:00pm to 8:30pm - Cost \$30

Location: St. Josaphat School Multi-Purpose Room

Home Alone Program is aimed at children 9-14 years of age who are at home for short periods of time without adult supervision. The objective is to provide children with the skills to increase their personal safety while alone at home, identify what responsibilities you have while being home alone, understand the basics of First Aid procedures and demonstrate what to do in the case of an emergency and how and when to call 911. Students receive a Home Alone Student Guide.

Murphy Park Fitness Trail

The Prairie View Community Association is currently working on an exciting new project to bring a **brand-new outdoor Fitness Trail** to our community!

A fitness trail is simply a defined pathway with exercise stations distributed along it. Participants walk, jog, or run from station to station, creating a fun, effective, outdoor workout that is **free and accessible to anyone!**

We are currently looking at Murphy Park (north of St. Josaphat School) as a potential location. The 500m loop along the bike path is the ideal spot for this trail as a defined pathway already exists. All we need to do is put up some equipment!

Fitness Trails like these are **inviting and unintimidating**. They get people outdoors, exercising, and getting to know the people in their neighbourhood. Simply put, fitness trails create happier, healthier communities. We couldn't be more excited to help bring one to Prairie View!

To learn more about how you can make the Fitness Trail come to life, please join the FaceBook Group at facebook.com/MurphyParkFitnessTrail



Drop-in Fees Per Session Attended: \$10 (Not available for all classes)

All program scheduling is subject to change, please see our FaceBook page and website for updates as Registration Night approaches. Any remaining spots following the Registration Night will be made available by notices posted on FaceBook and online registration will then be made available on pvca.ca

Adult Programs

Sessions are in the McLurg School Main Gym unless otherwise specified.

Abs, Arms, & Butt Toning Instructor: Lee

Sundays - Jan 13 to Mar 24 (excl. Feb 17) – Time 7:00-8:00pm - \$40

Using various weights and your enthusiasm, we will strengthen and tone your abs, arms, and butt. Mats are not mandatory but if you require one please bring your own.

Cross Train City Fitness with Kyla

Mondays - Jan 14 to Mar 25 (excl. Feb 18) – Time 6:30-7:30pm - \$40

This class includes the perfect combination of heart pumping cardio and strength training. By changing the equipment and format (which includes Tabata) each week, it will increase the calorie burn and enable a total body workout. This class is for all fitness levels and will be modified to fit everyone's needs. A great class for men too!

Regina Shintani Wado Kai Karate Instructor: Ryan McDonald

Tuesdays – Starting Jan 15 (excl. Feb 19 and Apr 23)

Juniors/Family/Beginners (Ages 8+) 7:00-8:00pm - Adult/Advanced 8:00-9:00pm

18 weeks of instruction, \$216/person or \$390/family

Interested in having fun and learning self defense? Curious about martial arts? Improve your self-confidence and get into better physical shape while learning Karate. No experience is necessary. For more information on this class contact Ryan at 306-530-6905.

HIIT and Build Instructor: Lee

Wednesdays– Jan 16 to Mar 27 (excl. Feb 20) – Time 7:15-8:15pm - \$40

High Intensity Interval Training will combine high intensity exercise (designed so everyone can participate regardless of level) with body building principles. Maximize your workout and time in the gym!

Zumba With Kerry

Thursdays – Jan 17 to Mar 28 (excl. Feb 21) – Time 6:15-7:15pm - \$45

Dance cardio at its finest. Zoom off those extra calories. Low impact fitness to great music. You won't believe how fast the hour flies by.

****NEW** Adult Rec Volleyball**

Thursdays – Jan 17 to Mar 28 (excl. Feb 21) – Time 8:00-9:00pm - \$30

Come out and have some fun with a weekly game of pick-up volleyball!

Adult Programs Continued

Hatha Yoga with Josee

Fridays – Jan 18 to Mar 29 (excl. Feb 22) - Time 6:00-7:00pm - \$50

A multi-level yoga class, focusing on alignment and breath. Some components of Vinyasa flow style yoga will be incorporated into class. Please bring your own mat.

Children, Teen, and Family Programs

****NEW** Kids Flag Football Skills and Conditioning**

Sundays – Jan 13 to Mar 24 (excl. Feb 24) – Time 3:00 - 4:00pm - \$40

For children 6 to 11. Get a jump start on the flag football season with conditioning work and specific drills. Pass, catch, pull flags, and have fun!

****NEW** Junior Cross Train** Instructor: Kyla

Mondays – Jan 14 to Mar 25 (excl. Feb 18) – Time 5:30 - 6:30pm - \$40

For children 7 to 16 years old. A great option for kids to experience cross train as a way to get some extra movement in their day. Kids will learn the fundamentals of basic exercises for healthy development in a fun, game-style format.

Regina Shintani Wado Kai Karate Instructor: Ryan McDonald

Tuesdays – All classes start Jan 15 (excl. Feb 19 and Apr 23)

Just for Kicks - Kids class (Age 5-7), Cost \$108 (18 classes), Time 6:30-7:00pm

Juniors/ Family/Beginners (Ages 8+) 7:00-8:00pm

Adult/Advanced 8:00-9:00pm

18 classes, \$216/person or \$390/family

Interested in having fun and learning self defense? Curious about martial arts? Improve your self-confidence and get into better physical shape while learning Karate. No experience is necessary. For more information on this class contact Ryan at 306-530-6905.

Gym Class for Kids with Riley

Wednesdays– Jan 16 to Mar 27 (excl. Feb 20) – Time 6:00 - 7:00pm - \$40

For children 5 to 9. This class is intended to get kids an extra hour of gym time each week. We will play different games, run, sweat, and have fun!



Regina West Zone Recreation & CSD Board Inc.
 1127 Arnason Street North Regina, Saskatchewan S4X 3V4
 306-791-0226 wzb@sasktel.net www.westzoneboard.ca

West Zone Board - LEARN TO SKATE Cost \$85/8 Sessions

REGISTRATION: JANUARY 7 at 9:00am – Register in-person at the West Zone Board office.

Registrations will be excepted until classes are full.

Teaches children to stand and walk on skates and feel comfortable on the ice.
 Skating/Hockey helmet with full face guard is mandatory.

Visit www.westzoneboard.ca and click **PROGRAMS** for class schedules.

UPCOMING AFFILIATED GROUP IN-PERSON REGISTRATIONS:

REGINA WEST ZONE TAEKWON-DO wztaekwondo@gmail.com

Give Taekwon-Do a try – First 3 classes are FREE!

COST: \$350 for First Time Registrations (Includes dobok, manual, fees, and ITF membership)

Ongoing Registration: Register in person at any class.

Classes held on Mondays and Wednesdays at 6:00pm at Henry Janzen School.

REGINA NORTHWEST SPORTS ASSOCIATION www.rnwsa.ca – T-Ball/Softball

Cost: TBA

Register online February 2019, www.rnwsa.ca Check our website for more information.

In-person Registration:

Saturday	March 16, 2019	2:30 – 3:30pm	North West Leisure Centre
Saturday	April 13, 2019	2:30 – 3:30 pm	North West Leisure Centre

PAID UMPIRES REQUIRED for all divisions except T-Ball and A-Ball. Umpire Wages: \$20/game.
 Sign up using the registration form.

REGINA WEST ZONE SOCCER ASSOCIATION INC. www.rwzsa.ca

Cost: TBA

Register Online January 2019 www.rwzsa.ca

In-Person Registration:

Saturday	March 2, 2019	10:00am- 1:00pm	North West Leisure Centre
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REFEREES: RWZSA requires referees for age groups 8U and higher. Referee applications are available through the website or at the West Zone Board office, wzb@sasktel.net. Applications due March 22, 2019.



Laura Ross, MLA

Regina Rochdale

1150 Dorothy Street
 Regina, SK S4X 4L1
 Phone: 306-545-6333
 Fax: 306-545-6112

www.lauraross.ca
laurarossmla@sasktel.net

THANK-YOU!!

The PVCA Fall Tradeshow Committee would like to extend a big THANK-YOU to all of our vendors and attendees at the show this year. We appreciate your support of this community event.

We would also like to acknowledge the following businesses for their contribution to our raffle with proceeds donated to TEDDY BEARS ANONYMOUS.

**COMFORT SUITES REGINA
HAIR IN MOTION
OXYGEN YOGA & FITNESS
WESTSIDE PIZZA**

Circle of Security Parenting Series



EXPLORE THE CHALLENGES OF PARENTING

*Have you ever wondered if you are parenting effectively?
Is your child's behavior the problem?
Or is the problem the relationship?*

2019 Spring Session

When

Weekly Class Begins: April 23, 2019 7:00-9:00 pm
Duration: 6 weeks

Cost

\$25/person or \$35/couple

Where

Westhill Park Baptist Church, 8025 Sherwood Drive

LIMITED SEATING, ADULTS ONLY

Register by phone/text to 306-526-7633 or email:
sstlange@sasktel.net

Babysitting will not be provided.

COME JOIN YOUR MEMBER OF PARLIAMENT

Erin Weir's 3rd Annual Family Day Skate



FREE!
HOT CHOCOLATE
& SNACKS

**Feb 18th
1:30pm-3:30pm**

Co-Operators Centre
(1700 ELPHINSTONE ST)

BRING YOUR SKATES OR BORROW OURS

RSVP at WWW.ERINWEIR.COM/FAMILY_DAY_2019

Marj's Beauty Salon 91 McInnis Crescent



Style.....	\$18.00
Cut (Ladies)	\$20.00
Cut & Style	\$29.00
Color (cut & style)	\$60.00 & up
Perm (cut & style)	\$60.00 & up
Highlights (cut & style).....	\$60.00 & up

Phone: 924 - 1077

Advertise with Us!

The PVCA Newsletter is published in two print editions (Fall and Winter) and one online only edition (Spring) every year. Almost 3000 copies of the Fall print edition are delivered by volunteers in Prairie View, Normanview West, Westhill, Edgewater, and Fairways West. Our Spring edition is an online only edition and prices are adjusted to reflect that.

Spring 2018 Advertising Rates:

1/8 Page (business card size) -	\$5	1/4 Page -	\$10
1/2 Page -	\$20	Full Page -	\$40

Note: The cost includes an advertisement on www.pvca.ca until the next newsletter edition's ad period begins.

Deadlines for submissions:

January (Winter) issue - November 30th
April (Spring online only) issue - March 1st
September (Fall) issue - July 31st

Forward advertising requests to: pvca@sasktel.net



facebook.com/prairieviewca

Be sure to also join our PVCA Community Discussion Group!

IT'S A COUPON!

\$4.00 off of any 2 for 1 pizza from our menu.

Valid until February 28th, 2019 at the Rochdale location.

One (1) coupon per order. Cannot be combined with any other offers. Coupon must be presented at the time of purchase. No cash value.



NORTH/WEST
306-352-3200
5970 Rochdale Blvd.

You can
order online @
TJsPizza.ca!