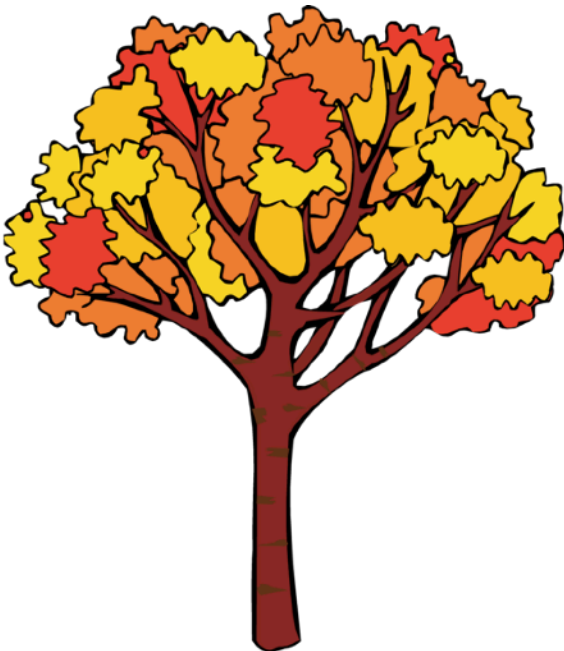


**Fall 2017**



# 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 has an urgent need for new Events, Facilities, and Program Coordinators to be able to continue its operations.**

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](mailto: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 AGM and City Wide Program  
Fall Registration Night**  
Tuesday, September 12, 2017  
McLurg School - 125 Paynter Cres.  
Annual General Meeting: 6:30 - 7:00 PM  
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.
- Registration will not be accepted by phone or email. If you are unable to attend on the scheduled registration night, it is possible to have a friend or family member register for you.
- 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	Corinne Wesley
Treasurer	Kayla Edgerton
Facilities Coordinator	<i>Vacant</i>
Program Coordinator	<i>Vacant</i>
Event Coordinator	<i>Vacant</i>
Newsletter Editor	Jon Hayward
Membership Coordinator	Gwen Barschel
Sign Coordinators	Janine and Brandon Chay
Community Consultant - West	Tawna Ranalli Phone (AM): 306-777-7363
Volunteers	Aaron Jones (donation of the PVCA website), Michael and Amelia Christopher, Tara Schmiedge (Sign Changers)

### Scholarship News!

The PVCA is proud to offer one \$500 scholarship for post- secondary education. It is open to grade 12 students from Riffel, O'Neil, Winston Knoll or Thom schools, provided the individual lives in the Prairie View area. We are also making it available to young people up to age 22, 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](mailto:pvca@sasktel.net). Deadline for applications is May 15th, 2018.



## Prairie View Community Programs - Fall 2017

\*All programs are run through McLurg School

Drop-in Fees Per Session Attended: \$10

### Adult Programs

#### **\*\*NEW\*\*** Cross Train City Fitness with Kyla

Mondays - Starting September 18th – Time 6:30-7:30pm

10 sessions, Cost \$40

This class includes the perfect combination of heart pumping cardio and strength training. By changing the equipment and format 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!

#### **\*\*NEW\*\*** Safe and Secure Gadget Use for Seniors Instructor: Jon

Mondays - Starting September 18th – Time 7:00-8:00pm

8 sessions (in mini-gym), Cost \$40 (No Class October 9th)

Nowadays the internet can seem like a minefield with malware, spyware, phishing schemes, and many other dangers lurking around every corner. This class will help you ensure you have the knowledge and confidence to keep yourself protected and able to enjoy your tech gadgets! Participants are encouraged to bring their own devices, but it is not required.

#### B.A.T. - Butts, Abs, and Thighs Class Instructor: Lee

Wednesdays– Starting September 20th– Time 7:30-8:30pm

10 sessions, Cost \$40

Using isolated movements, weights, and combinations of moves, this class will work on shaping and strengthening weak areas focusing on BAT.

#### **\*\*NEW\*\*** Yin Yoga Instructor: Lesley

Thursdays – Starting September 21st– Time 5:30-6:30pm

10 sessions(in mini-gym), Cost \$50

Yin Yoga is great for those who are athletic/flexible and non-athletic and non-flexible. Simple postures are held for longer periods of time. This practice increases ease and mobility in hips, pelvis, thighs and lower spine. A greater sense of calmness is often felt with this practice. Along with your yoga mat, please bring a cushion, blanket, and yoga block. These are all necessary items for the practice and you will need to bring them each week to class.

#### Zumba With Kerry

Thursdays – Starting September 21st – Time 6:30-7:30pm

10 sessions (in main gym)-Cost \$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.

## **Ashtanga Vinyasa Yoga – Level 1** Instructor: Lesley

**Saturdays – Starting September 16th – Time 10:45 -11:45am**  
**10 sessions, cost \$60 (in main gym)** (no class Nov. 4th and 11th)

Have you already taken some yoga classes and are ready for a greater physical challenge? This class is based on the sun salutations and standing postures. Expect a great “yoga workout”.

## **Abs, Arms, and A\*\* Toning Class** Instructor: Lee

**Sundays – Starting September 17th – Time 6:30 - 7:30pm**  
**10 sessions, cost \$40 (in mini gym)**

Using various weights and your enthusiasm we will strengthen and tone the 3 “A” ‘s. Bring your own mat.

## **Regina Shintani Wado Kai Karate** Instructor: Ryan McDonald

**Tuesdays – Starting September 19<sup>th</sup>**  
**Juniors/ Family/Beginners 7:00-8:00pm**  
**Adult/Advanced 8:00-9:00pm**  
**3 months (12 weeks) of instruction, Cost \$150/person or \$280/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

## **Children & Teen Programs**

### **Regina Shintani Wado Kai Karate** Instructor: Ryan McDonald

**Tuesdays – All Classes start September 19<sup>th</sup>**  
**Just for Kicks - Kids class (Age 4-6), Cost \$75, Time 6:30-7:00pm**  
**See above for Juniors/Family/Beginners and Adult/Advanced class info**  
**3 months (12 weeks) of instruction, Cost \$150/person or \$280/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.

### **Floor Hockey (ages 12-15)**

**Mondays – Starting September 18th – Time 7:35-8:35pm**  
**10 sessions, Cost \$30 (no class Oct. 9<sup>th</sup>)**

Come out and have some good clean fun. MUST bring in clean, non-marking indoor runners to be worn in Gym. No outside sticks, equipment provided.



You are invited to the 1<sup>st</sup> Annual...

# Prairie View Fall Tradeshow

Saturday, November 4th  
10:00 to 5:00      McLurg School

*Shop from many local artisans including:*

*Bella Chic Pop Up Shop*

*Valentus  
Test Ride Airbrush Tattoos  
Monat  
C-Nature's Influence  
All Dolled Up  
Star Energy Reflexology*

*Scentsy  
Thirty-One Gifts  
Young Living  
Crafts by Pat  
Tupperware  
Arbonne*

***MANY MORE TO COME!***

**Contact [pvca@sasktel.net](mailto:pvca@sasktel.net) to sign up as vendor today!**

*This event is a fundraiser for Teddy Bears Anonymous!*



Regina West Zone Recreation & CSD Board Inc.  
1127 Arnason Street North Regina, Saskatchewan S4X 3V4  
306-791-0226 [wzb@sasktel.net](mailto:wzb@sasktel.net) [www.westzoneboard.ca](http://www.westzoneboard.ca)

## **LEARN TO SKATE – FALL 2017**

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

**REGISTRATION: SEPTEMBER 6 - 22, 2017**

**COST: \$75/8 sessions + Community Association Membership Number or purchase one for \$10/ family**

Visit Website for registration information: [www.westzoneboard.ca](http://www.westzoneboard.ca)



## **REGINA WEST ZONE SOCCER ASSOCIATION INC.**

Without more volunteers Regina West Zone (Outdoor) Soccer Association will fold. Please plan to attend the AGM and keep outdoor soccer going for all the children that love to play!

### **AGM – OCTOBER 17, 2017**

**\*\*Meeting begins at 7:00pm at the North West Leisure Centre\*\***



**Regina Northwest Sports Assoc. Inc**  
[www.rnwsa.ca](http://www.rnwsa.ca)

## **LEARN TO PLAY HOCKEY**

Child must know how to skate and be born in 2011-2013 to register.

**Cost: \$TBA /18 Sessions (jersey and socks included)**

**Registration: September 16, 2017: 1:30 – 2:30 pm  
Located at the North West Leisure Centre**

For registration information visit: [www.rnwsa.ca](http://www.rnwsa.ca) or email the West Zone Board: [wzb@sasktel.net](mailto:wzb@sasktel.net)



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306-791-0226 [wzb@sasktel.net](mailto:wzb@sasktel.net) [www.westzoneboard.ca](http://www.westzoneboard.ca)



**Regina Northwest Sports Assoc. Inc**  
[www.rnwsa.ca](http://www.rnwsa.ca)

### POWER SKATING

**REGISTRATION ONLINE ONLY in September at [www.rnwsa.ca](http://www.rnwsa.ca).**

*Registration will be by PayPal only. You must acquire a valid 2017/2018 community association number prior to registering from your community association or Zone Board. You will not be able to register if you do not have one.*

For more information visit: [www.rnwsa.ca](http://www.rnwsa.ca) or email the West Zone Board: [wzb@sasktel.net](mailto:wzb@sasktel.net)

### **REGINA WEST ZONE TAEKWON-DO**

**ONGOING REGISTRATION: Register in person at any class.** Attend any class as a spectator or wear sweat pants and a t-shirt to participate as a beginner. Classes held Mondays and Wednesdays at 6:00pm and Sundays at 1:00pm.

#### Quarterly Registration for the Fall – October 2017

**COST: \$250** (Includes SFTI fee/fundraising/Dobok/Manual)  
(\$180 for returning members)

**LOCATION:** Henry Janzen School - 222 Rink Avenue

For further information contact Regina West Zone Taekwondo at [wztaekwondo@gmail.com](mailto:wztaekwondo@gmail.com), 306-525-0005 or contact the West Zone Board office at [wzb@sasktel.net](mailto:wzb@sasktel.net), 306-791-0226.



[www.reginaindoorsoccer.ca](http://www.reginaindoorsoccer.ca)  
[info@reginaindoorsoccer.ca](mailto:info@reginaindoorsoccer.ca)

### **Regina West Zone Indoor Soccer**

**"Recreational Soccer Emphasizing Sportsmanship, Skill Development, Fun and Fitness"**  
Co-ed, no-cut recreational soccer for ages three to nineteen.

**REGISTER ONLINE @ [www.reginaindoorsoccer.ca](http://www.reginaindoorsoccer.ca)**

**Register in Person:** Saturday, September 9, 2017 from 11:00am-1:00pm @ North West Leisure Centre

**Register by mail or at the West Zone Board** (located in the North West Leisure Centre)

**Cash will only be accepted at the in-person registration on September 9, 2017.**  
**All other off-line registrations must be made by cheque.**

**Registration closes September 23, 2017**

**COST:** 4U - \$80.00, 6U - \$90.00, 8U/10U - \$95.00, 12U-19U - \$130.00

All players/families require a Community Membership Number or include a \$10 fee to purchase one.

**All teams must have volunteer coaches!**

Players must wear non-marking gym shoes and shin guards.

Contact us @ [info@reginaindoorsoccer.ca](mailto:info@reginaindoorsoccer.ca) or the West Zone Board @ [wzb@sasktel.net](mailto:wzb@sasktel.net)

# Advertise with Us!

The PVCA Newsletter is published in two print editions (Fall/Summer 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 Winter edition is distributed via McLurg and St. Josaphat elementary schools.

## Winter 2018 Advertising Rates:

1/8 Page (business card size) -	\$20	1/4 Page -	\$40
1/2 Page -	\$80	Full Page -	\$160

Note: The cost covers includes an advertisement on [www.pvca.ca](http://www.pvca.ca) until the next newsletter edition's ad period begins.

## Deadlines for submissions:

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

Forward advertising requests to:  
[pvca@sasktel.net](mailto:pvca@sasktel.net)

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[ckullman@hotmail.com](mailto:ckullman@hotmail.com)



## Regina Community Basketball Association Registration Opens August 1st



**RCBA**  
 All Skill Levels Welcome  
 Grades K-12

306-584-3222

[www.rcba.ca](http://www.rcba.ca)

@RCBAHoops

[www.pvca.ca](http://www.pvca.ca)

## Marj's Beauty Salon 91 McInnis Crescent



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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

E-mail: [pvca@sasktel.net](mailto:pvca@sasktel.net)



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See You There

Contact Linda for more information.  
Email [signmeup@reginasign.com](mailto:signmeup@reginasign.com)  
Phone 306-352-8057



## Circle of Security Parenting Program

### EXPLORE THE CHALLENGES of PARENTING

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

#### 2017/2018 Schedule

##### Fall Session

Adoptive/Foster Parents: Sept. 12/17 7:00 - 9:00 PM  
Grandparents: Sept. 13/17 1:00-3:00 PM  
Parents: Sept. 14/17 7:00 - 9:00 PM

##### Spring Session

Adoptive/Foster Parents: March 13/18 7:00 - 9:00 PM  
Grandparents: March 13/18 *Contact for Time*  
Parents: March 13/18 7:00 - 9:00 PM

**All classes will be for 7 weeks**

**COST:** \$25/person or \$35/couple

**WHERE:** Westhill Baptist Church, 8025 Sherwood Dr.  
LIMITED SEATING, ADULTS ONLY

Pre-register by calling/texting 306-526-7633 or  
email: [sstlange@sasktel.net](mailto:sstlange@sasktel.net)

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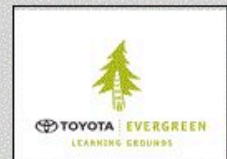
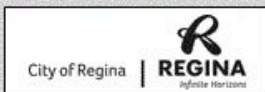
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**CONTACT ME TODAY FOR MORE INFO**

# THANK-YOU!



We would also like to acknowledge the following:  
- Leon & Edith Friesen for their generous donation  
-The Freeman Family for their contribution to our outdoor classroom space.



Thanks to the school & community support, along with our major sponsors, phase one of **THE MCLURG PLAYGROUND REDEVELOPMENT PROJECT** is complete and our new play structure is now in full use! We plan to continue with more exciting upgrades over the next year.

For more information, or to make a donation please contact Leanne @ [leanneneisz@hotmail.com](mailto:leanneneisz@hotmail.com).



Visit [bloomlearning.ca](http://bloomlearning.ca) for more information and class availability.  
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[bloomlearning.ca](http://bloomlearning.ca)



Phone (306) **206-1246**  
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[www.pharmacywest.ca](http://www.pharmacywest.ca)

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