

Fall 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 , Newsletter , and Website Admin positions.**

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. This year we are excited to add online membership purchasing and class registration. Restrictions apply, see our program guide for further details!

PVCA AGM and City Wide Program Fall Registration Night

Tuesday, September 10, 2019

McLurg School - 125 Paynter Crescent

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.
- 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, further details will be provided on both our website and FaceBook page.
- 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	<i>Vacant</i>
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, 2020.

Volunteers

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

Chairperson's Report Fall 2019

So, another year has come and gone, and our community association is still here and prospering!

I look forward to seeing some of you at our annual AGM and registration night in September. This year we are trying online registration that will commence the day after the main registration night. At some point, we may look at moving to 100% online registration, but this will be a test to see how well it works.

Over the past year we have successfully ran two seasons of fitness programs and supported the local schools in our area, including re-kindling our relationship with the St. Josaphat School HSSC. For the second year in a row we hosted a trade show that featured over 50 vendors and was well attended by members of our community.

Our association has also began to develop the Murphy Park Fitness Trail. This is a group of several stations that promote physical fitness while walking through Murphy Park. We have had several discussions with the City of Regina Parks and Recreation department and have reached an agreement. We are now proceeding to the next phase of ordering the equipment and setting up an installation date. Please check our Facebook page for updates on our progress.

The Trail effort is being spearheaded by Riley Nadoroznick, not only a PVCA committee member, but a local business owner who has supported the project through fundraising and a generous donation. We are looking for more sponsorship to help pay for this exciting new addition to our neighbourhood. If you are interested in donating, volunteering to install the equipment, or just want to see what we are doing with this project, then check us out on Facebook!

Speaking of volunteers, we have a new Treasurer, Jeff B. He has taken over from Kayla, our previous volunteer in the role, many thanks to her for her efforts the past few years, but welcome, Jeff!

This year has also seen a steep rise in crime in our area. A group of concerned citizens has formed a community watch and has been actively patrolling the area. Not only has this helped to reduce some of the crime in the area, but it has promoted better relations with the Regina Police Service. It also has introduced me (yes, I volunteer on the watch) to a group of awesome people who genuinely care about our neighbourhood.

We have another busy year ahead and I look forward to hearing from my neighbours and continuing to work with all of the great volunteers who give their free time to our association.

*MLA's Laura Ross & Christine Tell
Invite You To A*

Workshop for
and their Mentors

Girls
AGES 9-13

**STAND UP
TO BULLYING**



October 6, 2019

MacKenzie Art Gallery-Salon,

3475 Albert Street

2-4 pm Workshop

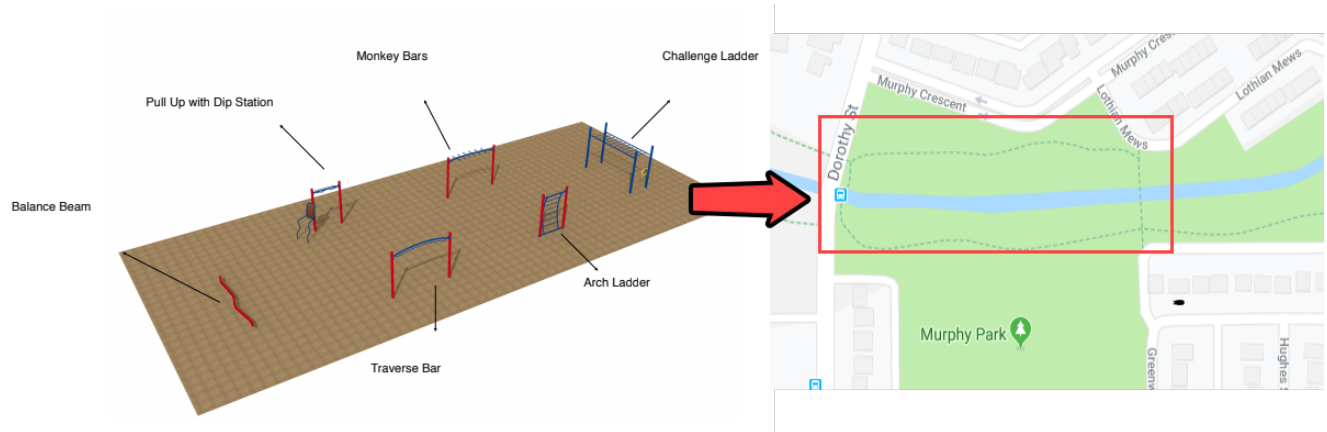
Registration is free.

Email to register & for more information:

selfesteemregina@sasktel.net



Murphy Park Fitness Trail Update



What is it?

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!**

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!

Where is it?

We have received approval for our desired location at Murphy Park (north of St. Josaphat School). 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!

When is it going to be built?

We sadly cannot provide an exact date at this time, but we expect Spring of 2020 to be our *worst case* scenario, and we hope it will be here sooner! To learn more about how you can make the Fitness Trail come to life, please join the FaceBook Group at facebook.com/MurphyParkFitnessTrail

****NEW** Online Registration Available Following In-Person Night**

This fall we are very excited to be able to offer, for the first time, an online registration process for those of you who wish to participate in a program but are unable to attend the registration night on September 10th.

On Wednesday, September 11th we will open online registration on our site www.pvca.ca. You will be able to both purchase a community membership (printable for future in-person registration nights) and enroll for programs. Fees will be payable through Square at checkout, please note that a membership is still required for online course enrollment, registrations without verification of membership will be rejected.

The amount of enrolments possible for each program will be limited to the amount of remaining spots that were left unfulfilled from the in-person registration session, and will appear as *Sold Out* when they have all been accounted for. Once you have paid for your program(s) of choice, all you need to do is show up for your first session! We do highly recommend you keep your records of all online membership fees and program enrollments.

Drop-in Fees Per Session Attended: \$10 (Not available for all classes)
See the back page of this newsletter for a copy of our registration form!

All program scheduling is subject to change, please see our FaceBook page and website for updates as Registration Night approaches. Online registration will open on Wednesday, September 11th for all remaining spots in classes and will be linked on our front page at www.pvca.ca

Adult Programs

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

Zumba With Kerry

Sundays– Sep 15 to Nov 17 – Time 6:15-7:15pm - \$50

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.

Abs, Arms, & Butt Toning Instructor: Lee

Sundays - Sep 15 to Nov 17 – Time 7:15-8:15pm - \$45

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 - Sep 16 to Dec 2 – Time 6:30-7:30pm - \$45

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!

Cardio Core with Charlee

Mondays - Sep 16 to Dec 2 – Time 7:30-8:30pm - \$45

Co-ed class for all fitness levels. We will utilize a variety of exercises to work our core both in standing and laying positions. This is a fast paced class with high reps and breaks in between, finishing off with a cool down and stretch. Please bring a yoga mat and skipping rope if you have them.

Forever...

Forever...In Motion Instructor: Gwen Barschel

Wednesdays– Sep 18 to Nov 20– Time 6:30-7:30pm - Free (See Below)

Location: McLurg School Mini-Gym

Community Association Membership required. Forever...In Motion is a physical activity program for older adults to improve endurance, strength, balance, and flexibility as well as encourage a healthy lifestyle. All skill levels are welcome.



HIIT and Build Instructor: Lee

Wednesdays– Sep 18 to Nov 20– Time 7:15-8:15pm - \$45

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!

PVCA Adult Programs Continued

Pound with Josee

Fridays – Sep 13 to Nov 15 - Time 6:00-7:00pm - \$45

Channel your inner rockstar with this full body cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums.

Hatha Yoga with Josee

Fridays – Sep 13 to Nov 15 - Time 7:00-8:00pm - \$55

Location: McLurg School Mini-Gym

Linking breathing and various yoga poses together. Centering our minds and bodies, feeling relaxed! A perfect way to end the day.

Children, Teen, and Family Programs

Run Clinic with Riley

Sundays– Nov 3 to Nov 24 (4 classes) – Time 3:00 - 4:00pm - \$20

For athletes 8 years or older. Join us for a four week program dedicated to making you a better runner. We will instill proper running form with a variety of drills and techniques,

Regina Shintani Wado Kai Karate Instructor: Ryan McDonald

Tuesdays – All classes Sep 13 to Dec 3

Just for Kicks - Kids class (Age 5-7), Cost \$72 (12 classes), Time 6:30-7:00pm

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

Adult/Advanced 8:00-9:00pm

12 classes, \$144/person or \$260/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 – Sept 18 to Nov 20 - Time 6:00pm–7:00pm - \$45

For children 5 to 10 years old. 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!

Babysitting / Home Alone Course Instructor: Pat Gwilliam

Oct 6, 2019 - 10:00am to 3:30pm (1/2 hour for lunch) OR Jan 5, 2020 - 10:00am to 3:30pm

Cost (for either) - \$35

For children 10+, based on parents' interest. Training for teens or pre-teens who will be babysitting, staying home with family members, or staying home alone. This course covers readiness for staying home alone and caring for others, emergency basics, and babysitting basics. Bring your own lunch, snacks, and water (nut free). Please advise pvca@sasktel.net of any medical alerts or allergies prior to the class.



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

LEARN TO SKATE – FALL 2019

Teaches children to stand feel comfortable on the ice.

Skating/Hockey helmet with full face guard is mandatory.

REGISTRATION: September 9th at 9:00am
Register in person at West Zone Board office
Located in North West Leisure Centre.

REGISTRATION PROCEDURE: Registrations will be accepted until classes are full. Beginning September 9 registration forms can be printed from the website www.westzoneboard.ca under “Programs Page” or picked up from the West Zone Board office located in the North West Leisure Centre. Drop off completed forms with payment at the West Zone Board office. Cash or cheque payments only, cheques payable to the West Zone Board. **DO NOT MAIL**

COST: \$85/Session (8 classes/session)

Must have valid Community Membership or purchase one for \$10.

AGES 3 - 5 Years:

Fri	Oct 4 – Nov 22	9:15 - 10:00am	TBA
Sat	Oct 5 – Nov 30	10:15 - 11:00am	TBA

AGES 4 - 5 Years:

Sun	Oct 6 – Dec 1	3:45 - 4:25 pm	TBA
Sun	Oct 6 – Dec 1	4:25 - 5:05 pm	TBA

AGES 6-12 Years:

Sat	Oct 5 – Nov 30	9:30-10:15am	TBA
Sat	Oct 5 – Nov 30	11:00 - 11:45am	TBA
Sun	Oct 5 – Nov 30	5:05 - 5:45 pm	TBA

For more information: check out our website: www.westzoneboard.ca

Or contact: wzb@sasktel.net, 306-791-0226

SKATING INSTRUCTORS NEEDED

Are you an experienced skater capable of teaching basic skating skills to young children and looking for a seasonal part-time job?

We are looking Learn to Skate instructors for Friday and/or Saturday mornings. Fall and Winter Sessions – 8 weeks each. Contact Diana at the West Zone Board Office wzb@sasktel.net for more information



Regina Northwest Sports Association

RNWSA operates no-cut, equal participation sports programs in the West Zone. All registrants must have or agree to purchase a Community Association Membership, available from your Community Association or the West Zone Board (Family memberships are \$10 per year through the West Zone Board,)

See our RNSWA Fall 2019 Program offerings on the following page.



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306-791-0226 wzb@sasktel.net www.westzoneboard.ca



RNWSA Programs - Fall 2019

ONLINE REGISTRATION in September at www.rnwsa.ca

LEARN TO PLAY HOCKEY

- **You must be able to skate to participate, this is not a learn-to-skate program.**
- Fee: \$275.00
- 16 Sessions (Jersey and socks included)
- Program runs: 1:15-2:15, 2:15-3:15, 3:15-4:15 (If there are not enough players, the later times will be cancelled)
- *Full hockey equipment required*
- *Coaches required*

For further information contact: Susan Smith via: sunset513@hotmail.com

POWER SKATING

Classes start late October, see www.rnwsa.ca for the schedule, note that ice availability can affect the times offered and cost of the program.

Full hockey equipment required.

For more information on either program, visit our website or contact the West Zone Board office: wzb@sasktel.net or 306-791-0226.



www.reginaindoorsoccer.ca
info@reginaindoorsoccer.ca

Regina West Zone Indoor Soccer

REGISTER ONLINE @ www.reginaindoorsoccer.ca

Register in Person: Saturday, September 7, 2019 from 10:00am-1:00pm @ North West Leisure Centre
Register by mail or at the West Zone Board (located in the North West Leisure Centre)
Registration Inquiries: registrar@reginaindoorsoccer.ca

**Cash will only be accepted at the in-person registration on September 7, 2019.
All other off-line registrations must be made by cheque.**

COST: 4U - \$105.00, 6U - 10U \$115.00, 12U-19U - \$155.00

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

All teams must have volunteer coaches! Please sign up with registration. Coach information can be found on website.

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

Contact us @ info@reginaindoorsoccer.ca or the West Zone Board @ wzb@sasktel.net

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REGINA WEST ZONE TAEKWON-DO

Experience the Power of Confidence!

West Zone Taekwon-Do offers classes orientated towards a recreational family program for fitness, co-ordination and self discipline, while learning the art of Taekwon-Do Self Defence. Master Clint Norman (ITF 8th Dan Black Belt) and his assistants provide instruction.

Taekwon-Do is not only physical training. It also teaches the student to observe and put to use the “TENETS OF TAEKWON-DO” – COURTESY, INTEGRITY, PERSEVERANCE, SELF-CONTROL and INDOMITABLE SPIRIT. Taekwon-Do training for children and teens results in improved physical and mental fitness as well as a heightened level of confidence and self-esteem and will surely aid in the development of successful and respected members of the community. Adults of all ages can benefit from the exercise leading to improved fitness and enjoyment of a healthier lifestyle.

Come out & experience the power of confidence through the art of Taekwon-Do!

ONGOING REGISTRATION: Register in person at any class

Quarterly Registrations Fall – October 2 & 7
 location Winter – January. Spring – April. Summer – July (no Sunday classes/
 TBA).

TRY OUT FOR FREE! Attend any beginner class.

COST: First Time Registrations \$350/3 month session (Includes dobok, manual, fees, and ITF membership)

LOCATION: Henry Janzen School - 222 Rink Avenue

CLASS TIMES	Beginner Belts:	Intermediate Belts:	Senior Belts:
Sundays	(1:00 - 2:00 pm)	(2:00 – 3:00 pm)	(2:00 – 3:00 pm)
Mondays	(6:00 - 7:00 pm)	(7:00 – 8:00 pm)	(8:00 – 9:00 pm)
Wednesdays	(6:00 - 7:00 pm)	(7:00 – 8:00 pm)	(8:00 – 9:00 pm)

For further information contact Regina West Zone Taekwon-do at wztaekwondo@gmail.com or call 306-525-0005. Or the West Zone Board at wzb@sasktel.net or 306-791-0226.



Advertise with Us!

The PVCA Newsletter is published in two print editions (Fall and Winter) and one online only edition (Spring) every year. Our Winter edition sees over 500 copies distributed via McLurg and St. Josaphat schools.

Winter 2020 Advertising Rates:

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

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 at the Rochdale location ONLY until October 11th, 2019.

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!



"Helping you is what we do"

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Fax: 306-545-6112

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laurarossmla@sasktel.net



Chad McFarlane
Owner

mcfarlaneelectric@hotmail.com | PH: 306.526.9638
www.mcfarlaneelectric.com

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

   @RCBA HOOPS | 306-584-3222 | www.rcba.ca



Regina Community Basketball Association

Registration opens August 1!

Youth Basketball programs for
Kindergarten - Grade 12



All skill levels are welcome!

The RCBA is committed to
our values:
Fun, fair play, and
development!



PROGRAM REGISTRATION FORM

*If completed from www.pvca.ca, please print and bring to Registration Night.

Name: _____

Contact Number: _____

Email Address: _____

Program Name	Participant's Name (If different from above or for multiple registrations from the same household)	Fees
<ul style="list-style-type: none">• A current Community Association Membership is required for all programs• Fees must be paid at the time of registration• Absence from a program does not reduce the cost; credits or refunds will not be provided• Cheques are payable to PVCA		
Subtotal:		
Membership Fee (if applicable):		
Total:		

For PVCA Use Only:

Payment Type:

☐

Debit/Credit

☐

Cash

☐

Cheque