

Rosewood Community Association Newsletter

2017 Winter (Vol. 4 No. 4)

President's Message

Hello Rosewood Residents!

It seems like only yesterday that I was writing to you in the fall newsletter! Time has been flying and there have been a lot of changes in and around our neighbourhood recently. Our schools and new Community Centre are open and your Board is working on developing a full suite of programs to serve our residents. Our association is also working with several potential sponsors and the City of Saskatoon on our future outdoor rink. And as usual there has been a lot of new construction in our growing community!

We have a lot to be thankful for in Rosewood! I would like to give a huge thank you to all of our sponsors, partners, vendors, instructors and volunteers for the 2017 community events and programs. Without the sponsorship, donations, and volunteer commitments from Rosewood Community partners we could not provide our residents with such successful events. I would also like to take this opportunity to thank all our Rosewood Community Association board members who have worked many volunteer hours to provide services and a framework for your community. I know that many of you have put countless unrecognized volunteer hours and your efforts are appreciated!

It's also time to welcome aboard several new board members as Members at Large. We thank you for volunteering and look forward to your support in the coming months.

The Christmas season is upon us and it's a time to reflect on family, friends, neighbours, and community. A time to look back on the challenges and successes of the past year and looking forward to the opportunities that 2018 will bring. In the spirit of the season take the time to appreciate what you have and maybe take a little time to support others who may need a hand. Whether its shovelling an elderly neighbours walk, helping a new mother get her stroller in the trunk or volunteering with a local charity. Engage with your Community and City to make it a better home for everyone.

Wishing you all a very Merry Christmas and a happy, healthy and prosperous New Year!

> Reed Hentze President



Current Board of Directors

President: Reed Hentze Vice President: Matt Ries Carol Perehuda Secretary: Shannon Johnson Treasurer:

Communications/ Website & Newsletter: Claudine Hentze Youth Programs: Erin Bentley Membership: Shannon Johnson HSE (Health, Safety & Env.): Reed Hentze Park Coordinator: Matt Ries Rink Coordinator: Shane Wutzke Members at Large: Kyle Patterson, Rob McClinton, Courtney Thompson, Chad Ekren, Micheal Heimlick

Rosewood Community Consultants:

Mark Planchot City of Saskatoon Consultant: Ward 9 Councillor: **Bev Dubois** SPS Community Liaison Officer: Constable Imran Siraj

Vacant Positions

Interested in having some fun and getting involved in your community?

We're always looking for volunteers to lend a hand! Help bring activities, programs and events to Rosewood!

* Adult Programs Coordinator * Social Coordinator

CHARITY VOLUNTEER VOLUNTEER

COMMUNITY

- * Civics Coordinator * Team Sports Coordinator * Volunteer Coordinator
- * Member at Large
- * Secretary (upcoming vacancy)

Board Meetings

Rosewood residents are welcome to attend and observe monthly board meetings. Meeting dates are posted on our website. If you are interested in attending, or you would like information about volunteering please email us!

Upcoming Events

For updates on activities and events in Rosewood check out our website, sign up for our email list, follow us on Twitter or like us on Facebook!















Winter Activities & Events

Looking for **FREE** activities and events taking place in Saskatoon this winter? Here are a few that may interest you!

OUTDOOR ICE SKATING

CLARENCE DOWNEY SPEED SKATING OVAL
DEC. 10, 2017 - MAR. 1, 2018 (MON. - THU. 2:00 - 8:00 PM;
SAT. & SUN. 10:15 AM - 6:00 PM DEPENDENT ON WEATHER/
ICE CONDITIONS)



Enjoy skating on this 400 metre oval. All level of skaters are welcome. Speed skates aren't needed and there are various lanes for different speeds. There is a warm-up building, vending machine, change rooms and public washrooms onsite.

CITY OF SASKATOON FREE SKATING EVENT:

* Feb. 19, 2018, 2:00 - 4:00 pm - Family Day Skate (at the Skating Oval and/or Cosmo Civic Centre)

Visit City of Saskatoon for info and updates/changes to dates/times.

CAMECO MEEWASIN SKATING RINK

MID DEC. 2017 - MID MAR. 2018 (DAILY 12:00 $\,$ - 9:00 PM / SOME EXCEPTIONS & DEPENDENT ON WEATHER/ICE CONDITIONS)

There is a warming area and rental skates (by donation).

IN ADDITION TO FREE SKATING TIMES THERE ARE THREE FREE EVENTS:

- * DEC. 19, 2017, 5:00 PM 8:00 PM TIM HORTONS TWINKLE LIGHTS
- * Jan. 28, 2018, 12:00 pm 4:00 pm PotashCorp Skating Party
- * Feb. 19, 2018, 12:00 pm 4:00 pm Cameco Family Day Skate

Visit Meewassin for info and updates/changes to dates/times.

COMMUNITY ASSOCIATION RINKS NEAR ROSEWOOD

Visit Community Association websites/Facebook pages for more information, dates, hours, etc.



- * Briarwood: Briarwood Pond, 602 Briarwood Road
- * Lakeridge: St. Luke School, 275 Emmeline Road
- * Lakeview: Lakeview Pond, 175 Whiteshore Crescent
- * Wildwood: Bishop Pocock School, 227 Avondale Road
- * Rosewood: The Rosewood Community Association is working hard to get a community outdoor rink installed in the Glen H. Penner Park which is under construction. Stay tuned for details on fundraising efforts and how you can help!

Visit <u>City of Saskatoon</u> for an interactive map of all the outdoor community rinks throughout the City.

CROSS COUNTRY SKIING

The closest groomed track to Rosewood is in the Wildwood Golf Course which is maintained by the Nordic Ski Club.

There is a 2.5 km classic skiing trail and a 5.5 km classic/skate skiing style trail. Visit <u>City of Saskatoon</u> for more information on this and other trails managed by the City of Saskatoon throughout the city.

SNOWSHOEING

All you need are a set of snowshoes and some snow! Hyde Park is a great place to explore in the winter! Donna Birkmaire Park (along Taylor Road in Briarwood) and the Wildwood Golf Course have wide open spaces to roam. Stay off the groomed ski trails please!

SASKATOON ZOO SOCIETY YOUNG NATURALISTS SNOWSHOEING JAN. 13, 2018 (11:00 AM - 1:00 PM)

Enjoy the snowy world of the Beaver Creek Conservation

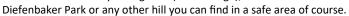
Area on snowshoes and then warm up with a cup of hot chocolate.

Registration is required as snowshoes are limited so enrol now! Visit Saskatoon Zoo Society for more information, email

saskatoonnaturekids@gmail.com or call 306-975-3395 to register.

TOBOGGANING

Slide down a hill at Donna Birkmaier Park (Briarwood), Alexander MacGillvray Young Park (Stonebridge),



You may be tempted to go down the toboggan hill in Rosewood's Glen H. Penner Park which is under construction. Please note the park is not open to the public and there may be unseen hazards under the snow due to ongoing construction. Next year it will be open for all to enjoy!

WINTER BIRD WATCHING

There are plenty of birds that stay in Saskatchewan over the winter. Take a walk right on our doorstep in Hyde Park and you will hear and see some of the birds that call our parks home.



SASKATOON ZOO SOCIETY

YOUNG NATURALISTS CHRISTMAS BIRD COUNT FOR KIDS DEC. 28, 2017 (10:30 AM - 3:30 PM COME-AND-GO)

The Young Naturalists are hosting the CBC4Kids – A Christmas Bird Count for Kids at Pike Lake Provincial Park. Every hour there will be a 30-45 minutes walk looking for birds followed by some cookies and hot chocolate inside to warm up. Get birding tips and find out how to use binoculars. Visit <u>Saskatoon Zoo Society</u> for more information, email <u>saskatoonnaturekids@gmail.com</u> or call 306-975-3395.

SASKATOON PUBLIC LIBRARY

The closest libraries to Rosewood are the Cliff Wright Branch in the Lakewood Civic Centre and the Round Prairie Branch that opened in Stonebridge last year.



Stop by a library and enjoy a wide range of free educational and entertaining programs for all ages. While you are there you can even pick up a good book to snuggle up with on those cold winter days!

Visit Saskatoon Public Library for more details.

POTASHCORP WINTERSHINES FESTIVAL

JAN. 27 - FEB. 4, 2018

This annual event located at the Saskatoon Farmers' Market is a festival that features an ice park, ice sculpture garden, soup cook-off, live music and more. Enjoy the Saskatoon crisp winter weather and all the free activities! Visit Potashcorpwintershines.ca for more details.





SPORTS COORDINATORS & COACHES NEEDED!

DO YOU HAVE A LOVE OF SPORTS & WANT TO VOLUNTEER?

We are working hard to bring sports for all ages to the Rosewood Community but need your help!

Interested in coordinating a program or becoming a coach? Email us!

We also have other volunteer roles that need to be filled, so please consider giving back to your Rosewood community!

NEED A MEMBERSHIP?

Renew or Buy your 2017-2018 Membership now!

(valid from August 1, 2017 to July 31, 2018)

Cost: \$ 15.00 (per family) yearly (renew annually)
Accepted at all Saskatoon Community Associations



Your membership fee is used to bringing activities & events to Rosewood!











Winter Programs

In-Person Winter Program Registration

WEDNESDAY, JANUARY 10, 2018, 6:00 PM - 9:00 PM AT THE ROSEWOOD COMMUNITY CENTRE - 147 OLSON LANE WEST

Please note dates, times, costs, and program offerings may differ from leisure guide details. The programs below reflect our current offerings. Visit the Rosewood Community Association website for updates as programs are subject to change. Don't forget you can sign up for our mailing list to receive emails, follow us on Twitter and like us on Facebook!

DAYTIME PROGRAMS	AGES	DAY	DATES	TIMES	CANCELLED CLASSES	Cost*
BARRE PILATES	18+	TUE	JANUARY 30 - MARCH 6, 2018	10:00 AM - 11:00 AM	FEBRUARY 20, 2018	\$ 35
CHAIR YOGA	18+	WED	JANUARY 31 - MARCH 7, 2018	10:00 AM - 11:00 AM	FEBRUARY 21, 2018	\$ 35
PROGRAMS	AGES	DAY	DATES	TIMES	CANCELLED CLASSES	Cost*
LITTLE ARTISTS	5-8	THU	JANUARY 25 - MARCH 15, 2018	6:30 рм - 7:30 рм	FEBRUARY 22, 2018	\$ 35
BABYSITTING COURSE	11+	WED	JANUARY 24 - MARCH 14, 2018	6:15 РМ - 7:45 РМ	FEBRUARY 21, 2018	\$ 45
ADULTS ART DROP-IN	16+	TUE	JANUARY 16, FEBRUARY 13, MARCH 13 & APRIL 17, 2018	7:30 рм - 9:00 рм	N/A	\$ 15/SESSION
Воотсамр	16+	THU	JANUARY 18 - MARCH 15, 2018	7:15 PM - 8:15 PM	FEBRUARY 22, 2018	\$ 60
CORE CONDITIONING	16+	TUE	JANUARY 16 - MARCH 13, 2018	7:15 PM - 8:15 PM	FEBRUARY 20, 2018	\$ 60
LEARN TO CROCHET	16+	Mon	FEBRUARY 26, 2018	7:00 РМ - 9:00 РМ	N/A	\$ 15
LEARN TO KNIT	16+	Mon	JANUARY 29, 2018	7:00 РМ - 9:00 РМ	N/A	\$ 15
LEARN TO PAINT	16+	THU	JANUARY 25 - MARCH 8, 2018	Тва	FEBRUARY 21, 2018	\$ 60
YOGA	16+	TBA	Тва	Тва	Тва	\$ 65
FREE WITH MEMBERSHIP	AGES	DAY	DATES	TIMES	CANCELLED CLASSES	
DROP-IN BADMINTON	13+	TUE	JANUARY 30 - MARCH 27, 2018	8:00 PM - 9:00 PM	FEBRUARY 20, 2018	
DROP-IN BASKETBALL	13+	WED	JANUARY 31 - MARCH 28, 2018	7:00 PM - 8:00 PM	FEBRUARY 21, 2018	
GAMES NIGHT	ALL	Mon	JANUARY 22, FEBRUARY 12, MARCH 5 & MARCH 19, 2018	6:30 рм - 8:00 рм	N/A	

^{*} Please note that a valid Rosewood Community Association membership is required to register for programs. Other valid Community Association memberships will also be accepted. If you do not have a membership you can purchase a Rosewood Community Association membership for \$15.00 prior to or when registering for a program. Late registration fee of \$5.00.

ADULT DROP-IN ART (AGES 16+): Come in once a month this winter to create some art. Each session will be a different art medium and leave you feeling relaxed and stress free!

BABYSITTING COURSE (AGES 11+): Saskatchewan Safety Council Babysitter Training Course is an excellent way to prepare a young adult for the important demands of babysitting. The goals of the Babysitter Training Course are to provide students with up-to-date child care information, the tools to properly communicate with parents, the knowledge for preventing and treating injuries, and managing any other challenges that may arise.

BARRE PILATES (AGES 18+): Pilates with chairs! This daytime program is an excellent form of and strengthening, incorporating elements of dance and pilates to elongate and work muscles. Using a chair makes this class perfect for anyone who has mobility issues or difficulty getting up and down off the floor.

BOOTCAMP (AGES 16+): A combination class including cardio conditioning as well as muscle conditioning.

CHAIR YOGA (AGES 18+): Yoga with Chairs! This daytime yoga class is perfect for individuals who find it difficult getting up and down off the floor, or for anyone interested in a different and challenging yoga class.

CORE CONDITIONING CLASS (AGES 16+): Improve your posture and build core muscle groups through a variety of exercises designed to strengthen your abdomen and back muscles while increasing your flexibility. Walk taller, feel stronger! This class may include a variety of equipment.

DROP-IN BADMINTON (AGES 13+): Drop in to play some badminton. Bring your own racket or the Community Association will have a few available for use during the hour if you want to try it out.

DROP-IN BASKETBALL (AGES 13+): Drop in for an hour of basketball in the gym, play a game or just practice your skills with friends!

GAMES NIGHT (ALL AGES): Come and play some board games or card games. Bring your friends or meet new people from the community! Bring your favorite game or play some of ours.

LEARN TO CROCHET (AGES 16+): Learn to crochet the basics in one session. Supplies will be included but feel free to bring your own materials to learn on what you have at home. If people are interested in follow up sessions we can do an intermediate session.

LEARN TO KNIT (AGES 16+): Learn to knit in one session, supplies will be included but feel free to bring your own if you want to learn on what you have! If people are interested we will do a follow up session to learn more complicated stitches.

LEARN TO PAINT: TBA - visit our program page on our website for more details.

LITTLE ARTISTS (AGES 5-8): Arts and Crafts for an entire hour! This is a structured program that will encourage the little artists in your young ones. Make sure to wear old clothes and bring your creativity. It could be quite messy, but a lot of fun!

YOGA (AGES 16+): A beginner and intermediate class to unwind and cleanse your body and your mind!



The City of Saskatoon Leisure Guide is a source for a variety of arts, culture, & recreational activities and is delivered to residents by the City. Visit the City of Saskatoon website for more information.

Winter 2018: Available Online: Mon. Nov 27 / Delivery: Wed. Nov 29 / Registration Starts: Sun. Dec 3 / Programs Run: Jan 1 - Mar 31 Spring/Summer 2018: Available Online: Mon. Mar 5 / Delivery: Wed. Mar 7 / Registration Starts: Sun. Mar 11 / Programs Run: Apr 1 - Aug 31











A Look Back at Rosewood Community Association Events

We hope you were able to come out and enjoy some of our Rosewood community events that took place this past year!

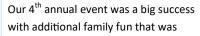
HYDE PARK SHORELINE CLEAN-UPS MAY 27 AND SEPTEMBER 23, 2017

This spring and fall volunteers helped clean up Hyde Park. There was a brief



presentation by a Wetland Professional Scientist/Wildlife Biologist followed by a clean up of the park. As part of the Great Canadian Shoreline Cleanup data was collected on what and how much garbage was collected. The spring clean-up was also part of the City of Saskatoon's Nature City Festival. Consider helping next year!

ROSEWOOD FAMILY FUN DAY AUGUST 26, 2017





enjoyed by more than 1,200 people throughout the day! A special thank you to our generous sponsors who provided; financial support, donations, volunteered their time, as well as to our many contributors who volunteered their time, and also our wonderful Rosewood Community Association volunteers!

Their assistance allowed us to provide food, a petting zoo, pony rides, glitter tattoos, mascots, games, environmental info, free giveaways, raffle prizes and more!

ROSEWOOD COMMUNITY GARAGE SALE AUGUST 26. 2017

During the 3rd annual sale 25 residents took advantage of registering their addresses which



were advertised on multiple media formats. It was another successful day with lots of traffic at the garage sales! Looking to declutter? Sign up for next years garage sale!

ROSEWOOD HOLIDAY CRAFT FAIR & TRADE SHOW, NOVEMBER 4, 2017

We were so excited to hold our 1st Rosewood craft fair!



Even with an overnight winter storm and poor roads in the morning, over 800 people came out and checked out the 75 tables featuring home based businesses, crafters, artisans, bakers, and more! We collected 1.47 kg of non-perishable food and \$ 103.00 for the Saskatoon Food Bank and Learning Centre.

WE ARE EXCITED TO BEGIN PLANNING FOR NEXT YEARS EVENTS!

Is there an event you would like to see in Rosewood? Want to get involved and volunteer? We are always looking for people to lend a hand and help out so send us an email!



Check our website, sign up for our mailing list follow us on Twitter or like us on Facebook and stay up to date on 2018 events!

BRONZE SPONSORS

Thank You to our Rosewood Family Fun Day Sponsors, Contributors and Volunteers. We could not have this event without your support!

PLATINUM SPONSORS

GOLD SPONSORS

SILVER SPONSORS

Tweed Lane





315 Herold Rd

SHOPPERS DRUG MART

415 Herold Court

d3**h** hotels

1139 8th St E



#D-411 Herold Ct

Rock (reek

210-3020 Preston Ave S

Lakeshore

Hwy 16/Boychuk Dr

330-A 2600 8th St E



#11-325 Herold Rd

601 S Railway St W

3515 Thatcher Ave

WARMAN HOME CENTRE





303 Cope Lane

3310 8th St E

87 Campus Dr



205 60th St W





500 121-1st Ave S

CACTUS CLUB CAFE







95-33rd St E

ADDITIONAL EVENT CONTRIBUTORS



Wild Birds Unlimited





210 Slimmon Rd







#180-3020 Preston Ave S *Aff*inity Insurance #H-411 Herold Ct

330-3150 Idylwyld Dr Saskatoon

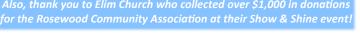
Ducks Unlimited Canada

#300-3530 Millar Ave

MOTION

206 Slimmon Rd

Also, thank you to Elim Church who collected over \$1,000 in donations























Sidewalk Snow Clearing

WHO IS RESPONSIBLE FOR CLEARING SNOW?

CITY OF SASKATOON

The City is responsible for clearing snow from sidewalks that are adjacent to City-



owned facilities, pedestrian overpasses, bridge walkways and highpedestrian downtown streetscaping locations after a snow event.

PROPERTY OWNERS/OCCUPANTS

As a property owner/occupant it is your responsibility to ensure that sidewalks are cleared from snow and ice as outlined in the sidewalk snow clearing guidelines.

ARE PARK PATHWAYS CLEARED OF SNOW?

Park asphalt pathways with street lighting are cleared within 48 hours after a snowstorm has ended.

HOW LONG TO I HAVE TO CLEAR SNOW AND ICE?

The Sidewalk Snow Clearing ByLaw stipulates that residential sidewalks be cleared within 48 hours after a snowfall and businesses need to clear their sidewalks within 24 hours after a snowfall. The Street Use ByLaw states that residents are "prohibited from throwing or shovelling snow on the road as it can affect draining and the safety of pedestrians and/or drivers. Cleared snow must be placed on your property or removed, and not placed on the roadway." Be a courteous neighbourhood and do not pile your snow on your neighbours property, at least not without asking first.

WHAT HAPPENS IF A SIDEWALK IS NOT CLEARED OF SNOW?

You can report an uncleared sidewalk to the City Bylaw Inspector at 306-975-3193. The City Bylaw inspector investigates and may issue a Bylaw Notice requiring the snow be cleared within 48 hours. If it is not cleared within that timeframe, and the City has to clear it, the cost will be charged to the property owners property tax notice.

WHAT IS CONSIDERED A CLEARED SIDEWALK?

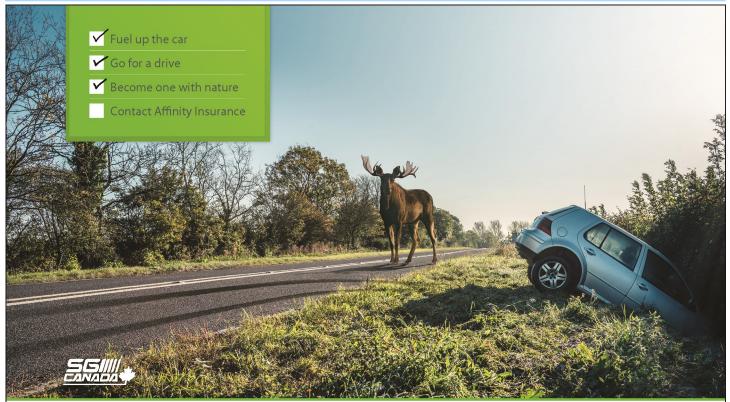
The City's definition of a "cleared sidewalk" is one in which there is visible evidence that effort has been taken to clear the sidewalk subsequent to the most recent snow event and has a cleared path width at least 1.2 metres. Cleared sidewalks will be free of any loose snow or debris and must not present a hazard nor be a hindrance to pedestrian traffic regardless of their mobility. A packed surface is acceptable as long as the aforementioned conditions are met and the packed thickness does not exceed 3 cm. View the Sidewalk Snow Clearing Guidelines for images and more details.

Help a Neighbour by Being a **Snow Angel!**

While clearing your sidewalk consider lending a hand to your neighbour by clearing their sidewalk/driveway. It feels good to help someone and you might just make their day!

HAVE YOU RECEIVED HELP FROM A SNOW ANGEL?

Has a neighbour or relative helped clear your snow? Nominate them as a City of Saskatoon Snow Angel. Fill out the Snow Angel Nomination Form or mail their name and phone number to: Snow Angel, City of Saskatoon, 330 Ontario Avenue, Saskatoon, SK, S7K 1S3. Let the City know how your Snow Angel has brightened your wintery day! They'll send them a thank you and enter them in a prize draw! Visit City of Saskatoon for more details.



Whatever life puts in your path, we're here to help when you need it most.

Lakewood Branch Saskatoon | Unit H, 411 Herold Court | 306.242.8822













Winter Safety

Saskatchewan is known for its frigid cold temperatures and snowy weather conditions. This can make getting around town difficult and sometimes dangerous.

POWER OUTAGES

You should have an emergency kit on hand in case your home experiences a power outage. The kit should include: flashlight, candles and matches, battery-operated radio, extra batteries, corded landline phone, warm clothes, blankets, first aid kit,



72 hours worth of water, non-perishable and ready-to-eat foods.

It's also a good idea to prepare an emergency plan your family can follow. Visit SaskPower for more information and outage updates.

NOTIFYNOW

The City of Saskatoon's Emergency Measures Organization (EMO) issues emergency Notifynow messages by voice message to your home, work, or



cell phone, an email, or a text message depending on the method you chose when signing up.

Do you have a publicly listed landline phone number? If so, you may receive a call on your landline.

If you haven't signed up and are interested in doing so, visit the City of Saskatoon's Notifynow page. When signing up you can choose how to receive messages and add up to five addresses that you want to be notified of issues occurring in those areas.

The City of Saskatoon tests the emergency preparedness program and the next test is on December 6, 2017 at 10:00 am.

CHRISTMAS TREE FIRE SAFETY

Setting up a live Christmas tree for the holidays? Pick a tree with green needles that don't fall off when touched. Once home cut at least two inches off the base before placing it in the stand. Fill the stand with water right away and make sure to check and water the tree daily.



Place the tree at least three feet from any heat source such as; fireplaces, radiators, candles and heating vents. Tree Lights should be approved by the Canadian Standards Association (CSA), do not use if damaged, and never leave lights on when not home or going to sleep. Trees should also be disposed of quickly after celebrating the holidays.

Check your smoke alarms and test them monthly. Your family should know what to do when a smoke alarm sounds. Have a plan and rehearse it on occasion. It can save lives!

After the holidays drop your tree at the Wildwood Golf Course parking lot between Dec 26 - Jan 31. They will be chipped for compost/mulch.

EMERGENCY PHONE NUMBERS							
EMERGENCIES	9-1-1						
POLICE	306-975-8300	SASKPOWER (24 HR)	306-310-2220				
FIRE	306-975-3030	SASKENERGY (24 HR)	306-975-8500				
M.D. AMBULANCE	306-975-8800	SASK. LIGHT & POWER	306-975-2621				
RCMP (RURAL)	306-310-7267	CITY YARDS					
POISON CONTROL	306-655-1010	(ROAD/SEWER WATER)	306-975-2491				
CITY HOSPITAL	306-655-8000	SASKATOON EMO	306-975-3210				
ST. PAUL'S HOSPITAL	306-655-5000	SPCA	306-374-7387				
ROYAL UNIV. HOSPITAL	306-655-1000	Sask. Environmental					
HEALTH LINE	8-1-1	SPILL REPORT CENTER	1-800-667-7525				

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Find our yellow bin at the Independent **Grocers** on **Herold Road!**

OR CONTACT US FOR A PICK-UP AT 1-877-477-2171 THEYELLOWBIN.COM

All donations directly support individuals with intellectual disabilities in Saskatchewan.













@MyRosewoodCA

Caring for Senior Pets

Pets are living longer than ever before due to improved veterinary care and balanced diets. In general, cats and dogs are considered to be seniors at ~7 years of age.



Very large breed dogs have a shorter lifespan, and are considered to be seniors at ~5-6 years old. Just like older

people, senior pets develop more health problems as they age. Some of the more common health issues seen in senior pets are:

- * Cancer
- * Dental disease
- * Heart disease
- * Kidney disease
- * Thyroid disease
- * Diabetes
- * Joint disease (arthritis)
- * Deafness/Blindness
- * Senility/dementia

WHAT CAN YOU DO TO KEEP YOUR OLDER DOG HEALTHY, AND HELP THEM AGE MORE COMFORTABLY?

- * Take your dog to the veterinarian for a wellness exam and discuss preventive care for them. Twice yearly exams are recommended for senior pets as they start to age more quickly.
- * Provide thick blankets or dog pillows for them to lie on to minimize the pain from arthritis and alleviate pressure sores on their elbows and heels.
- * Use carpet runners or non-slip mats on hard floors, and keep their nails trimmed so they do not slip and fall.
- * Use baby gates to keep unstable dogs away from stairways.
- * Ensure that the house is well lit; it is difficult for dogs to navigate through darker areas when they begin to lose their vision.
- * Consider raised food/water bowls if they lose their balance when bending.

- * Start using hand gestures when your dog is young so if they lose their hearing as they age, they still understand that you are calling
- * Continue to give your older dog lots of attention and regular exercise.
- * Explain to children that an older dog needs quiet time, and ensure they are given their own quiet space that they can rest.

WHAT CAN YOU DO TO KEEP YOUR OLDER CAT HEALTHY AND HELP THEM AGE MORE COMFORTABLY?

- * Take your cat to the veterinarian for a wellness exam and discuss preventive care for them. Twice yearly exams are recommended for senior pets as they start to age more quickly.
- * Brush your cat at least once weekly as self-grooming becomes more difficult for them as they age; keep your cat's nails trimmed so they don't catch them on bedding or carpet.
- * Ensure your cat's bed is lowered if they have trouble jumping up; build a ramp so they can still see out the window.
- * Ensure that the house is well lit; it is difficult for cats to navigate through darker areas when they begin to lose their vision.
- * Make sure your cat's litter box is still suitable as they age. Litter boxes that are covered, small, or have high walls can often be difficult for older cats to use comfortably.
- * Explain to children that they need to respect a cat's space, and ensure they do not crowd or chase the cat.

Caring for an older pet may take more time and patience than when they were younger, but the quiet, gentle companionship of a senior can be an extremely rewarding experience.

Information provided by the Woodridge Veterinary Clinic.

Please contact their friendly staff or your local veterinarian for more information on how you can keep your pet healthy!















- Physiotherapy
- Dry needling
- Conditioning
- Sports Injuries
- Registered
 Massage Therapy

DONALD PHYSIOTHERAPY

Book your appointment today online, or call

306.933.3372

Your local Stonebridge physiotherapy clinic, #80-3211 Preston Ave.

www.donaldphysiotherapy.com | f > 0

Handmade Gift Giving

Are you looking for some inexpensive and easy DIY gift ideas for family and friends? Here are a few ideas.

Personal greetings... Feel like doing some arts and crafts? Make holiday greeting cards and/or gift tags. Print off your favorite images or grab some construction paper (white or a variety pack), glue, and markers/



pencil crayons/stamps/glitter and string/ribbon. You can even make them with just construction paper, pen/marker and cut them into a variety of shapes. They can be as simple or fancy as you want!

Rich and chocolatey... Grab a mason jar (or other container), fill it with layers of hot chocolate mix, chocolate chips, mini marshmallows. Decorate it with festive string/ribbon and maybe even a gift tag. A nice treat to warm up with on those cold winter days!



Yummy delicious treats... Bake some of your favourite holiday treats. The hard part will be trying not to keep them all home for you to eat! Package them in a plastic/ paper bag, box/tin, then add a ribbon/bow and gift tag for that special someone to enjoy!



Bubbly bath bombs... Do you know someone who likes to unwind with long relaxing baths? Bath bombs are easy to make needing only 10-20 minutes of your time and a day to dry out. YouTube has lots of videos on how to make this simple gift that you can customize with a variety of colours and scents!



These are just a few things you can do yourself or families can do together to put some simple personal touches on this holiday season!







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Recipes for the Holidays

Shortbread Cookies

Tis the season to make some holiday cookies that are simple and so much fun for the whole family to mix, shape, bake, and decorate!

INGREDIENTS: (approx. 24 cookies)

* 1/2 cup corn starch
* 1/2 cup icing sugar
* 1 cup all-purpose flour
* 3/4 cup softened butter

DIRECTIONS:

- * Sift together cornstarch, powdered icing sugar, white sugar and flour
- * Blend in butter until it becomes a soft smooth dough ball
- * Roll out dough to desired thickness

Now for some fun!



- * Using cookie cutters make different shapes and size cookies. You can add food colouring to make different coloured cookies, add sprinkles, or just leave the decorating until later.
- * Bake at 300°F for 15-20 minutes or until they are lightly browned.



- * After taking them out of the oven let them sit for a few minutes and then gently transfer the cookies to a cooling rack.
- * Once cooled completely you can decorate them with icing, sprinkles, chocolates, candies whatever your favourite toppings are!

There are so many choices the kids will love making them!

Lemon Squares

INGREDIENTS:

* 1 cup All-purpose flour * 2 tbsp lemon juice
 * 1/2 cup butter or margarine * 1/2 tsp baking powder
 * 1/4 cup powdered sugar * 1/4 tsp salt

* 1 cup granulated sugar * 2 eggs * 2 tsp grated lemon peel

DIRECTIONS:

- * Blend flour, softened butter or margarine and powdered sugar together. Press into ungreased 9x9 inch pan and 1/2 inch up edges.
- Bake the crust at 350°F for 20 minutes.
- * Beat together granulated sugar, lemon peel, lemon juice, baking powder, salt and eggs with a mixer on high for 3 minutes or until it is light and fluffy. Then pour the mixture over the hot crust.
- Place back in the oven for 25-30 minutes or until there is no indentation when lightly touching the centre.
- Once cooled, dust with powdered sugar, cut into squares and enjoy!



Kevin Waugh

Member of Parliament Saskatoon-Grasswood



My wife Ann & I would like to wish you all a Happy Holiday Season











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Rosewood Updates

WINTER ROAD CONSTRUCTION

Boychuk Drive / Highway 16 Interchange

Construction is still on-track for the interchange with a completion in the summer of 2019.

With the winter season upon us please take extra care while driving through the construction zone. The speed limits are reduced, however further reductions may be required due to adverse weather and road conditions. Remember to watch for workers/work vehicles in this area.

Rosewood residents will continue to be updated with notifications via the City's Road Restrictions and Construction Projects Map.

Check out the Boychuk Drive - Design Rendering Flyover Video.

COMMERCIAL CONSTRUCTION

Rosewood Boulevard West

Rosewood residents are enjoying Tim Horton's, Leopold's Tavern, 7-Eleven Convenience Store and Anytime Fitness that all opened up over the last few months. Bolt Mobile will be opening beside Leopold's early in December 2017. There is also a couple of spaces not currently leased. Construction by Tim Horton's will get underway but at this time there is no information on what will going there.

The Rosewood Meadows Market

In addition to Costco, the Market is anticipated to include a mix of groceries and fresh produce to sporting goods, medical offices, restaurants, fashion stores, coffee houses and more. The next phase of construction has begun with earthwork. A timeline for store openings is tentative for 2018. Details will be provided as they become available.

Rosewood Village Square

This will be the central core commercial area for Rosewood. The Rosewood Community Association board has met with the developers of this property. They are in the process of working on the concept plan for this development. Stay tuned for more details!

PARK CONSTRUCTION

Parks are not to be accessed during the construction phase as there may be unseen dangers. Park concept plans are subject to changes and construction timing is tentative and also subject to change.

For updates on Rosewood park construction visit our $\underline{\text{website}}.$

Glen H. Penner Park

The park is still under construction and is estimated to be completed in the summer 2018. Portions of the park have been fenced off for safety. Planning by the Rosewood Community Association continues for our future outdoor community rink. Watch for updates and information about sponsorship and donation opportunities, as well as fundraisers we'll be having and opportunities to volunteer!

Mackay Park

Mackay Park has many access points, one end connects Swick Park and the other end Olson Lane West. Park construction including pathway paving began this fall and will resume in the spring and is currently estimated to be completed in the summer 2018. A portion of the park along Olson Lane West has been fenced off for safety.

Struthers Park

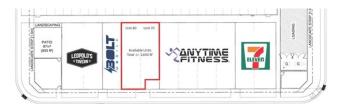
The City of Saskatoon issued a tender this fall however it was cancelled and will be reissued shortly. Power poles currently located in this area will be moved by SaskTel by the end of 2017. Construction is set to begin in the spring with a tentative completion of summer of 2018.

Hyde Park Maintenance Yard

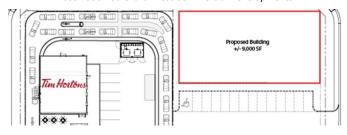
Completion of this facility was delayed but will be completed shortly and staff will be on-site in the new year. This facility will reduce the travel distance required for equipment and staff optimizing services.



Boychuk Drive / Highway 16 Interchange Project Tentative Completion July 31, 2019 View Live Construction! 24/7 PCL Construction HD site camera



Rosewood Boulevard West Commercial Developments





Glen H. Penner Park Construction - Fall 2017



Mackay Park Draft Concept Plan - subject to change



Struthers Park Draft Concept Plan - subject to change

Visit the RCA website, Twitter or Facebook for what's happening!











Rosewood Updates

ROSEWOOD ELEMENTARY SCHOOLS

Colette Bourgonje School and St. Thérèse of Lisieux Catholic School both held their grand openings in September 2017 to celebrate the official opening of the new Rosewood elementary schools.

Children are settling into their new schools, exploring and enjoying all of the new spaces for them to use!

The last day of classes before Christmas Break is December 22, 2017 and students will resume classes on January 8, 2018.

Catholic School: <u>www.gscs.ca/studentsandfamilies/schools/the</u>

Public School: www.spsd.sk.ca/school/colettebourgonje

ROSEWOOD COMMUNITY CENTRE

Programs have begun to take place in our new Rosewood Community Centre and the schools multi-purpose rooms and gyms. All future core programs will be in our new spaces and are accessed through the Community Entrance (147 Olson Lane West).

We also held our first community event in our new facilities on Saturday, November 4, 2017 with Rosewood's 1st Holiday Craft Fair and Trade Show.

Even though we had a bit of a snow storm the night before, and the roads weren't great in the morning, we still had a great turnout with over 800 people checking out the 75 vendor tables!

We are looking forward to being able to provide our Rosewood community with more activities and events now that we have dedicated space in our community!

Stay tuned for upcoming activities, events and programs in Rosewood!



Rosewood Community Centre Community Entrance 147 Olson Lane West



Rosewood's 1st Holiday Craft Fair and Trade Show Saturday, November 4, 2017

Visit the RCA website, Twitter or Facebook for what's happening!



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Word Search... Celebrate the season!

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Holiday History Facts

CHRISTMAS CARDS

The first Christmas cards were commissioned by Sir Henry Cole and illustrated by John Callcott Horsley in London on May 1, 1843.



The image showed three generations of a family in the centre raising a toast to the card's recipient with scenes on each side showing charity, with food and clothing being given to the poor.

In the 1840's the "Official" Christmas cards began with Queen Victoria. The British royal family's cards are generally portraits reflecting significant personal events of the year.

Source: Wikipedia contributors, "Christmas card," Wikipedia, The Free Encyclopedia, https://en.wikipedia.org/w/index.php? title=Christmas_card&oldid=810858505 (accessed November 21, 2017)

CHRISTMAS TREES

The modern Christmas tree was developed in early modern Germany and was traditionally decorated with roses made of coloured paper, apples, wafers, tinsel, and sweetmeats. In the 18th century, candles were placed in trees which were ultimately replaced by Christmas lights due the invention of electricity. Today, decorations consist of items such as garland, tinsel, glass, wooden, fabric and plastic ornaments. The topper is traditionally an angel or star,

however there are many other toppers available now. Edible items such as candy cane, gingerbread, chocolate and other sweets are also popular, and are tied to or hung from the tree's branches with ribbons.

The tradition of a Christmas tree was introduced to Canada in the winter of 1781 by Brunswick soldiers stationed in the Province of Quebec to garrison the colony against American attack. General

Friedrich Adolf Riedesel and his wife, the Baroness von Riedesel, held a Christmas party at Sorel, delighting their guests with a fir tree decorated with candles and fruits.

Wikipedia contributors, "Christmas tree," Wikipedia, The Free Encyclopedia, https://en.wikipedia.org/w/index.php? title=Christmas tree&oldid=811021826 (accessed November 21, 2017).

CHRISTMAS CAROLS

A Christmas carol is a song or hymn sung during the holiday season. You may see and hear carollers singing in many public places like the mall, on the street or going door to door bringing good tidings and joy during the holiday season.



It is believed that the first known Christmas hymns may be traced to 4th century Rome. In the 12th century a Parisian monk began to derive music from popular songs, introducing something closer to the traditional Christmas carol. The publication of Christmas music books in the 19th century helped to widen the popular appeal of carols. Many of the traditional carols are still sung today.

Wikipedia contributors, "Christmas carol," Wikipedia, The Free Encyclopedia, https://en.wikipedia.org/w/index.php? title=Christmas_carol&oldid=812179048 (accessed November 21, 2017).

HANUKKAH

Hanukkah is a Jewish holiday that is celebrated with a series of rituals performed daily during the eight day holiday. Every night a candle on the menorah is lit and a present is



A dreidel is a four sided top children traditionally played with during Hanukkah.

Dates for Hanukkah are based on the Hebrew calendar and begins this year on the evening of December 12 and ends on December 20.

Wikipedia contributors, "Hanukkah," Wikipedia, The Free Encyclopedia, https://en.wikipedia.org/w/index.php?title=Hanukkah&oldid=812160447 (accessed November 21, 2017).



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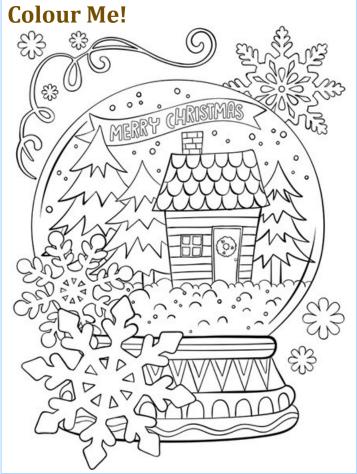












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Winter Driving Safety

VEHICLE SAFETY TIPS

Check weather and road conditions, give yourself extra time to get to your destination and follow these simple tips to help keep you and other drivers and pedestrians safe on the roads this winter season.

TAKE THE TIME TO DO THE FOLLOWING:

* Remove snow from your vehicle including the hood, top and trunk. Snow falling off of your vehicle may pose dangers to other drivers;



- * Scrape your windshield, rear and side windows;
- * Wait for your windows to defrost and to clear completely;
- * Clean the snow from your headlights, taillights, signal lights, license
- * Drive with your headlights on at all times. Even on a clear day, swirling snow makes it difficult to see and to be seen.

RESIDENTIAL SPEEDING / PEDESTRIAN SAFETY

Traffic is increasing in Rosewood as our community continues to increase in size. There's also an increase in pedestrian traffic, especially with our new schools now open. There are more designated crosswalks, however



they are limited so please be a courteous driver, slow down and stop for pedestrians looking to cross the road at intersections.

The speed limit in Rosewood is 50 km/h, with the exception of the * Non-clumping kitty litter or sand for traction school zone which is 30 km/h. With winter upon us it may be safer to slow down as road conditions are not always ideal. Remember to drive * Extra set of winter clothes / footwear for current road conditions, drive defensively and keep an eye out for * Instant body/hand warmers (2 pairs) pedestrians.

As a pedestrian, do not assume vehicles will stop to let you cross. Be

aware and wear clothes that make you visible to help drivers see you. Winter weather and darkness make it difficult for drivers to spot you!

If you see a traffic issue you can report it to the City of Saskatoon via the online Community Traffic Issue Reporting Tool and they will respond within 2 business days. If the location needs immediate attention call the 24-hour Customer Service Centre 306-975-2476. If it is an emergency call 9-1-1.

DON'T FORGET A VEHICLE WINTER EMERGENCY KIT

Saskatchewan can develop extreme winter conditions. It is a really good idea to have an emergency kit in your vehicle.

Here are a few suggestions to get your vehicle emergency kit started:

- * Flares or reflectors to signal for help and warn other drivers
- Flashlight and extra batteries
- * Jumper / booster cables
- * Snow shovel
- Snow brush / ice scraper
- Survival blanket or sleeping bag
- Tow chains / straps
- Axe / hatchet
- * Road maps
- * Compass
- * Fire Extinguisher
- * Matches / survival candle
- * Extra winter windshield wiper fluid

- * Snack bars or other "emergency" food and water
- * Travel with a pet? Have a winter coat to keep them warm!





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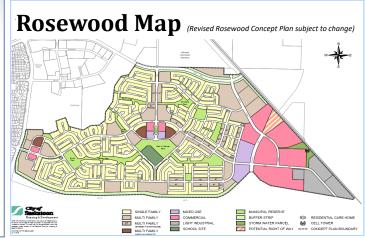
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March (Spring) June (Summer) September (Fall) December (Winter)

Ads are due the 1st of the month prior to publication





























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