



BREVOORT PARK COMMUNITY
ASSOCIATION NEWSLETTER
SEPTEMBER 2015

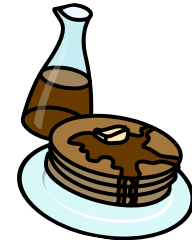
Come and join us at the

Brevoort Park Community Association

Annual General Meeting
Pancake Breakfast
& Program Registration

Saturday, Sept. 12, 2015

Brevoort Park School



9:30 AM - Join us for a pancake breakfast in the large gym. Breakfast is by donation

Think green! Bring your own plate, cup and cutlery.

10:00 AM - Annual General Meeting

10:30 AM - Program Registration begins (runs until 12:00 PM in the small gym)

The Brevoort Park Community Association Is Looking for New Members!

Come out and visit with your neighbours, and participate in your community! Consider taking a position on the Community Association.

Commitment levels vary and all assistance is welcomed.

Most positions are great for a job-share position - less work for one and more fun for both.

Volunteers like you help us to keep bringing fun and exciting events to our community. Come out, have fun and make it happen!!

We are looking for volunteers for the following positions:



Vice-President
Secretary
Rink Volunteer Coordinator
Brevoort Park School Liaison
Softball Coordinator

We meet the second Wednesday of every month at 7 p.m. in the Brevoort Park School library (no meetings in July or August).

Please contact us if you have any questions regarding any of these positions or what the role would entail: info@brevoortpark.ca



Want to keep in touch with community happenings?

Be sure to visit our new web page: <http://brevoortpark.ca/>

BREVOORT PARK

Program sign-up will follow the Annual General Meeting on Saturday, September 12, 2015 from 10:30 AM-12:00 noon at Brevoort Park School, 2809 Early Drive. A non-refundable membership fee of \$10.00 per year is required to participate in programs and must be presented at the time of registration. A fee of \$10.00 will apply to late registrations. Programs may change. Please consult the community association newsletter, Facebook page or visit www.brevoortpark.ca for final program details. Brevoort Park Community Association (BPCA) honours other community association memberships. In an effort to ensure everyone who wants to participate in a program can, the BPCA offers cost-as-a-barrier assistance to those facing financial hardships. To inquire/apply, please contact Lorraine or Karin at indoorcoordinator@brevoortpark.ca. All inquiries are kept confidential.

YOUTH

Basketball - Bantam	Gr. 7-8	TBA	TBA	TBA	Oct-Mar	TBA
Basketball - Juvenile	Gr. 11-12	TBA	TBA	TBA	Oct-Mar	TBA
Basketball - Midget	Gr. 9-10	TBA	TBA	TBA	Oct-Mar	TBA
Shotokan Karate	12 yrs & over	Brevoort Park School-Sm Gym	08:15 PM-09:00 PM	M	Sep 21-Nov 30	\$35
Soccer Skills	12 yrs & over	Brevoort Park School-Sm Gym	07:30 PM-09:00 PM	Th	Sep 24-Dec 03	\$50
Teens Can Cook	13-15 yrs	Walter Murray School-Home Ec Rm	07:30 PM-09:00 PM	W	Oct 07-Dec 02	\$75

ADULT

Community Crafting Time	18 yrs & over	Brevoort Park School	07:00 PM-09:00 PM	M	Sep 21-Nov 30	\$5
Gentle Yoga	14 yrs & over	TBA	TBA	TBA	Oct	TBA
Holiday Stress and Your Mental Health	18 yrs & over	Brevoort Park School-LRC	TBA	TBA	November	TBA
Meal Time Rush	16 yrs & over	Brevoort Park School-LRC	07:00 PM-08:30 PM	Tu	06-Oct	TBA
Self Defense for Women	14 yrs & over	Brevoort Park School-Lrg Gym	08:00 PM-09:00 PM	W	Oct 07-Nov 18	\$50
Snowshoeing and Layering	14 yrs & over	TBA	TBA	TBA	December	TBA
Sport Nutrition for Youth	16 yrs & over	Brevoort Park School-LRC	07:00 PM-08:30 PM	Tu	17-Nov	TBA
Wellness Series	16 yrs & over	Various Locations-check our website	TBA	Various	Oct/15-Apr/16	TBA
Yoga - Co-Ed	16 yrs & over	Brevoort Park School-Sm Gym	07:00 PM-08:30 PM	W	Sep 23-Dec 02	\$80
Yoga - Gentle	16 yrs & over	Brevoort Park School-Sm Gym	06:00 PM-07:00 PM	W	Sep 23-Dec 02	\$60
Zumba	16 yrs & over	TBA	07:30 PM-08:30 PM	W	Sep 23-Dec 02	\$50

CHILDREN

Ballet	6-9 yrs	Pope John Paul School-Gym	TBA	TBA	TBA	\$30
Basketball - Mini	Gr. 5-6	TBA	TBA	TBA	Oct-Mar	TBA
Basketball - Spuds - Co-ed	Gr. 3-4	TBA	TBA	TBA	Oct-Mar	TBA
Beginner Jazz	6-9 yrs	Brevoort Park School-Sm Gym	07:30 PM-08:15 PM	M	Sep 21-Nov 30	\$40
Cake Decorating	9 yrs & over	Pope John Paul II School-Kitchen	TBA	TBA	TBA	\$50
Floor Hockey	6-8 yrs	Pope John Paul II School-Gym	TBA	TBA	TBA	\$30
Floor Hockey	9-12 yrs	Pope John Paul II School-Gym	TBA	TBA	TBA	\$30
Kids Can Cook	9-12 yrs	Walter Murray School-Home Ec Rm	06:15 PM-07:30 PM	W	Oct 07-Dec 02	\$75
Soccer	9-10 yrs	TBA	TBA	TBA	Oct-Mar	TBA
Soccer	7-8 yrs	TBA	TBA	TBA	Oct-Mar	TBA
Soccer	5-6 yrs	TBA	TBA	TBA	Oct-Mar	TBA
Young Artists	6-8 yrs	Pope John Paul II School-Kitchen	TBA	TBA	TBA	\$30
Young Artists	9-12 yrs	Pope John Paul II School-Kitchen	TBA	TBA	TBA	\$30

PRESCHOOL

Ballet	3-5 yrs	Pope John Paul II School-Gym	TBA	TBA	TBA	\$30
Creative Movement	3-5 yrs	Brevoort Park School-Boot Room	06:45 PM-07:15 PM	M	Sep 21-Nov 30	\$30
Kindersoccer	3-5 yrs	Brevoort Park School-Sm Gym	06:00 PM-06:45 PM	Th	Sep 24-Nov 19	\$25
Kindersoccer	3-5 yrs	Brevoort Park School-Sm Gym	06:45 PM-07:30 PM	Th	Sep 24-Nov 19	\$25
Sports ABC's	3-5 yrs	Brevoort Park School-Sm Gym	06:00 PM-06:45 PM	M	Sep 21-Nov 16	\$25
Sports ABC's	3-5 yrs	Brevoort Park School-Sm Gym	06:45 PM-07:30 PM	M	Sep 21-Nov 16	\$25
Sports ABC's	3-5 yrs	Pope John Paul II School-Gym	TBA	TBA	TBA	\$25



Responsible Pet Ownership - Bite Prevention Video A community coalition including the Saskatoon Society for the Prevention of Cruelty to Animals (SPCA), the City of Saskatoon Animal Services, the Advisory Committee on Animal Control, the Saskatoon Animal Control Agency and the Saskatoon Health Region have worked together to launch a video campaign to raise awareness of dog bites, how they are caused and what owners can do to prevent their pets from biting. The video campaign, themed "good dogs bite too", provides a unique perspective on what causes a dog to bite, even a good dog who may have never bit a person before. The video can be viewed by following this link [Good Dogs Bite Too](http://www.youtube.com/watch?v=yetKua1VI0U) <https://www.youtube.com/watch?v=yetKua1VI0U> and viewers are encouraged to share amongst their networks and friends to help raise awareness of a very preventable incident.

St. Matthew's School Updates

Monday, August 31st

9-10 a.m. Registration for students that have not pre-registered.

Tuesday, September 1st

First full day of classes for grade 1-8.

*8:45 for grades 6-8 at the Bateman location

*9:00 a.m. for K-5 at the Arlington location.

....and don't forget about the **pancake breakfast** to celebrate St. Matthew's 50th Anniversary, from 7:00 a.m. to 9:15 a.m.. All buses will drop both Bateman and Arlington students at Arlington so the students can enjoy the breakfast. At 9:30 a.m., Bateman students will hop on a bus to Bateman for their first day of school.

Brevoort Park School Updates

The first day of September will also be the first day of school for all SAskatoon Public Schools as they head back on September 1st. Elementary students will attend for registraion during the morning only on September 1st and will be dismissed for the day at the school's usual lunch time dismissal. Regular classes for elementary students begin on Wednesday, September 2nd.



Brevoort Park Community Association Executive

President - *Nelson Fraser*

Vice -President - *Jarit Fraser*

Treasurer - *Louise Wiebe*

Secretary - *Vacant*

Indoor Coordinator - *Lorraine Fowler/Karin Closson*

Rink Maintenance - *Kyle Allin*

Supervised Rink Time Coordinator - *Vacant*

Newsletter - *Liv Marken/Karen Wooller*

Block Captains - *Dee Young*

Brevoort Park School Liaison - *Dee Young*

St. Matthew School Liaison - *Danielle Campbell*

Soccer Coordinator - *Nicole Painchaud/Elaine Shannon*

Basketball Coordinator - *Andra Thorstad*

Softball Coordinator - *Vacant*

Social Events Coordinator - *Morag Embleton Kimpton/Lisa Fraser*

Website/Communication - *Teresa Herd*

Membership Coordinator - *Azharul Islam*

Member at Large - *Celeste Bodnaryk/Jessamy Foulds*

Community Consultant - *Carrie Hutchison*

We always welcome new members!

Please consider becoming a part of the Brevoort Park Community Association Executive and use your time and talents to make this community an even better place to live in.

We meet the second Wednesday of every month at 7 p.m. in the Brevoort Park School library (no meetings in July or August).

Anyone in the community is welcome to attend the meetings.



Some of your executives attending a City of Saskatoon sponsored event. Photograph supplied by Carrie Hutchison.

To sign up for community news updates email: info@brevoortpark.ca

For information on community indoor programming, email:

indoorcoordinator@brevoortpark.ca

Are you of babysitting age?
Are you interested in meeting families who need babysitters? We are currently gauging interest in having a babysitter/family meet & greet night. Contact events@brevoortpark.ca

Traffic Report

To view the Brevoort Park Traffic Report, go to the link: <http://bit.ly/1JWXEHL>



Indoor Programming wants your thoughts! We're looking for your suggestions for programs to offer that would appeal to our community, including specific demographics such as youth and seniors. If you have ideas or a class you'd like to offer please contact indoorcoordinator@brevoortpark.ca



2014 Fall 5-on-5 Flag Football

Online registration is currently open (until Sept 2nd)

(Link: www.saskatoonminorfootball.com/flag_registration/index.php)

Registration and team selection organized by Saskatoon Minor Football

Age Division (grades 1-8)

- **Colt Division : Grades 1-2**
- **Girls Hilltop Division : Grades 3-5 , Girls Only**
- **Stamperder : Grades 3-4**
- **Hilltop Division : Grades 5-6**
- **Girls Huskie Division : Grades 6-8 , Girls Only**
- **Huskie Division : Grades 7-8**

Football Season: Sept 6th (games begin) --- Oct 18th (Season Ending Jamboree)

For more information contact: flag@saskatoonminorfootball.com

Additional info at Saskatoon Minor Football: www.saskatoonminorfootball.com/fall

Advertise!

Brevoort Park Newsletter is published approximately four times a year in February, May, September and December and is delivered to over 1000 residences.

Our next newsletter: Nov/Dec 2015
Advertising Deadline: Nov 1, 2015

Rates:

Business Cards	\$25
1/6 Page	\$50
1/4 Page	\$75
1/2 Page	\$100

To advertise in our newsletter please contact us at:

newsletter@brevoortpark.ca

Have an idea for a program you would like to see offered by the Brevoort Park Community Association?

Or perhaps you are interested in being an instructor for a course or activity?

Let us know!

Contact the Brevoort Park Community Association Indoor Coordinators:

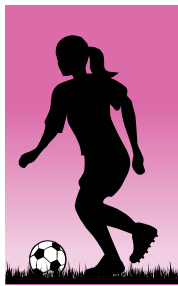
indoorcoordinator@brevoortpark.ca



Did you know??

BPCA offers funding assistance to those where program cost is a barrier to participation.

To inquire, please contact the Indoor Coordinator at indoorcoordinator@brevoortpark.ca



An indoor drop-in playgroup for children ages 0-5 and their parents/caregivers.

\$40/family/year

Drop-in Fee \$2/child or \$5/family

Thursdays
9:15-11:15 a.m.
Emmanuel Baptist
Church
(Begins October 15)

For more information:
www.emmanuelbaptist.ca/scooters
www.facebook.com/scootersebca
Email: scooters@ebap.ca

Have you got a story or a suggestion for the Community Newsletter?

Please send your information or questions to newsletter@brevoortpark.ca
Local interest and paid advertising welcomed.

FIT OVER 50 PROGRAMS



The City of Saskatoon Spring/Summer Leisure Guide offers fitness options for people 50+.

- Drop-in fitness programs (p. 14-27)
- Smart Start Beginner Fitness (p. 48-49)
- Learn to Classes (p. 49)
- Personal/Group Fitness Consultations (p. 49-50)
- Fitness & Health (p. 50)
- Specialized Wellness Programs (p. 51)
- The First Step Program™ (p. 51)



Explore the Leisure Guide online at www.saskatoon.ca/leisureguide or call 306.975.7808 for more information. The Guide is also available for pickup at any of the Leisure Centres.



WE'RE GROWING!

Drop by & meet Gardeners & Urban Farmers

at the Saskatoon Food Council's
URBAN AGRICULTURE OPEN HOUSES
6:30 - 9:00 PM

WEDNESDAY JULY 29

*backyard bees!- 219 31st St.

*King George & Riversdale Community Garden-Ave. H S. /Spadina W., Victoria Park

*Brevoort Park Community Garden: NEW!- Arlington Ave./Porter St., Nutana Kiwanis Park

*2! Nutana Community Gardens- 12th St. behind Roastery & near Eastlake Ave. in Chief Darcy Bear Park

*Saskatoon Food Bank Garden Patch- 900 block 3rd Ave. N

*Permaculture design-1402 Ewart Ave. & 812 Main St.

THURSDAY JULY 30

*Chain Reaction Urban Farm- 2005 Herman Ave.

*veggies on the boulevard- Wolf Willow Cohousing, 17th St. W./Ave. J S

*Brevoort Park Community Garden: NEW!- Arlington Ave./Porter St., Nutana Kiwanis Park

*2! Nutana Community Gardens- 12th St. behind Roastery & near Eastlake Ave. in Chief Darcy Bear Park

*Askiy Project (CHEP)- 20th St. W/ Ave. K S near the parking lot across from Station 20

Questions?: Call Gord Enns at Saskatoon Food Council- 306-221-9942

Saskatoon Food Council & www.saskatoonfood.ca

The Brevoort Park Community Association is looking for groups that need to fundraise to help out at community events. Please email socialevents@brevoortpark.ca for more information.

Want free, useable stuff? Come to a Curbside Swap!

What is a Curbside Swap?

When a neighbourhood has a Curbside Swap date, participating households mark items as "FREE" and set them on their curb for others to collect. This keeps reusable items out of our landfill and reduces our community's environmental footprint!

What will I find at a Curbside Swap?

- appliances
- books
- electronics
- bicycles
- yard equipment
- furniture

Where can I find more info?

saskatoon.ca/curbsideswap



City-Wide

NEIGHBOURHOOD

Saturday Sept. 12, 2015

DATE

Early - 6:00 pm

TIME

Watch for the signs!

SASKATOON

CURBSIDE SWAP

**NORTH 49° PHYSICAL
THERAPY**

**NORTH 49° BALANCE
DIZZINESS
C·E·N·T·R·E**

Tired of feeling **stiff, sore, or unsteady**? The team at North 49 can help address these symptoms to improve your ability to perform your daily or recreational activities through:

- **education** regarding self management strategies.
- **exercise prescription.**
- **manual therapy.**

KREGG OCHITWA BScPT, CWCE, CredMDT

AMANDA PETRIE MPT, BScPHSI

PETER MCLEOD BScPT

ELISE GRAY BScPT, BSPE

NATALIE MCVITTIE MPT, BSc (Hons)



Clinic Location:
Grosvenor Park Centre
#19 - 2105 8th St. East
Saskatoon, SK
S7H-0T8

Clinic Hours:
Monday to Friday
9am to 6pm

Contact Us:
Phone: 343-7776
Fax: 343-7780
Email:
contactus@north49therapy.ca

Make it Happen!
VOLUNTEER
Strengthen your community, lend a helping hand, have fun together.

There are many ways you can volunteer for your Community Association:

- coach soccer
- clean up your park
- help organize special events
- help coordinate recreation programs
- write a newsletter article
- take meeting minutes
- flood the outdoor rink

...and more!

Volunteer for your
 Community Association.
www.saskatoon.ca/volunteer



To find out how you can volunteer for your
 Community Association contact:

The Gift of Music



A Life Time of Enjoyment

Piano, Guitar and Vocal Lessons: Taught in Brevoort Park

Call: Harriet Miller, **249-0592**

B.Mus.Mus.Ed, B.Ed.

RCM Gr. 9 Piano & Vocal

Over 20 Years of Teaching Experience

Music for Weddings,

Receptions, Parties,

Chicken Breast Madras

By Vanessa Bourhis (adapted from "The 150 Best Slow cooker Recipes" by Judith Finlayson)

This a wonderful and easy crockpot recipe full of flavor (my husband's favorite)

- 1 tbs vegetable oil
- 4-5 chicken breasts (boneless, skinless)
- 1 onion (large), finely chopped.
- 5-6 celery stalks, chopped
- 5-6 carrots, cut into 1/2 inch cubes (1cm)
- 3 tbs Patak's Madras Curry Paste (HEAPING tbs)
- 1 tsp salt
- 1/2 tsp pepper
- 2 tbs all-purpose flour
- 1 can tomato paste (small can).
- 1 can condensed chicken broth (undiluted, low sodium).
- 1/2cup whipping cream
- hot cooked rice



1. In a skillet, heat oil over medium-high heat. Add chicken breast and brown on all sides. Transfer to slow cooker stoneware.
2. Reduce heat to medium. Add onions, celery and carrots to pan. Cook, and stir until vegetables are softened. Add curry paste, salt, and pepper and cook, stirring, for 1 minute. Sprinkle flour over mixture and cook, stirring, for 1 minute. Stir in tomato paste and chicken broth and cook until thickened.
3. Spoon sauce over chicken breast. Cover and cook on LOW for 6 to 8 hours, until chicken is tender and no longer pink inside or meat thermometer reads 170F (77C).
4. Remove the chicken from the slow cooker and shred it by teasing it apart with two forks (after being in the slow cooker for several hours it pretty much falls apart when you look at it).
5. Stir whipping cream into sauce in slow cooker.
6. Add the shredded chicken back to the slow cooker and stir it in.
7. Serve chicken curry over hot rice.

VOILA...a yummy meal! Enjoy! Makes great leftovers too.

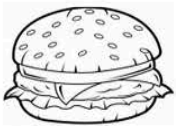


Photos of the Brevoort Park Community Garden in July. Photo credit: Rod McLaren.



In late May, the Brevoort Park Community Garden, on city land on the corner of Arlington and Porter St., in partnership with CHEP, was planted by garden members. Twenty seven people signed up for plots, and 7 are on the wait list for next year. RoseMarie Blais and Sheila Marshall state, "while working at the garden we have had interested people stop and comment on the change from a sea of dandelions to a productive use of soil."

Community Updates to your computer! The community's e-mail distribution serves as a means of notifying residents of safety/crime issues and upcoming events and opportunities. If you have not yet signed up to receive e-mail notifications, please send a request to: info@brevoortpark.ca



Brevoort Park Community Association

presents

"Fall Day in the Park"

Sunday October 4th 12pm - 3:30pm

Come out for a hamburger or two (\$)

and

enjoy free activities for the whole family!

Pumpkin Bowling



Face
painting