



BREVOORT PARK COMMUNITY
ASSOCIATION NEWSLETTER
DECEMBER 2015

Wishing you and your
family a peaceful
holiday season.
From the volunteers of the
Brevoort Park
Community Association



Save the date for

Shinny Shenanigans!



March 5th, 2016 12:30-4 p.m.

A fun afternoon of free inside and outside
activities, including a bounce obstacle
course and snow painting!

New this year – Cribbage Tournament!

More details to come in the new year.

**Join Us for Some
Winter Fun!**

Sleigh rides and hot chocolate in Brevoort Park by the rink
Sunday, January 10 from 2 p.m. – 4 p.m.

This is a free event sponsored by your
Brevoort Park Community Association!



In the event of extreme cold, the event will be rescheduled. Please check Facebook on the date to confirm!

Brevoort Park Rink: Volunteers Needed

Volunteers are required for a **Rink Maintenance Coordinator**, **Supervised Rink Coordinator**, and **drop-in volunteers** are needed to supervise the rink shack during public skate times in order to keep it open.

We would like to make a schedule with families who can take turns opening the rink shack, and enlist help to maintain the ice.

If you are willing to volunteer for a few hours this winter in helping us maintain the best rink in town, please send an email with your contact information to parkcoordinator@brevoortpark.ca.



Want to keep in touch with community happenings?
Sign up for our email list! Email us at: info@brevoortpark.ca



START PLANNING!

Brevoort Park Shinny Tournament

Saturday, March 5, 2016

Register your team early - 12
teams max.

Contact Richard Gryschuk

rgryschuk@gmail.com

306-230-0931

Outdoor Soccer league
registration begins in late
February.



Watch our early-February
newsletter for more
information!



The Community Association has received complaints from residents about dogs being off-leash in our parks. Please follow city by-laws and leash your dogs when walking them in our neighbourhood, or take them to a local off-leash dog park. Thanks.

Community Rink Rules and Supervised Times

- Use the rinks at your own risk.
- Prevent injury by using protective equipment.
- Do not bring breakable containers on the ice.
- Do not leave shovels or scrapers on the ice.
- Share the ice surface and nets. They are intended for everyone's enjoyment.

Failure to follow the above guidelines may result in your being asked to leave.

Supervised Rink Times*

Fridays	7:00pm to 9:00pm
Saturdays	2:00pm to 4:00pm
Sundays	2:00pm to 4:00pm

*During these times, sticks are not permitted on the ice.

Times may be cancelled due to wind chill or temp below -26 C.



Help to maintain the rink by reporting maintenance or safety concerns to rink_maint@brevoortpark.ca

Community volunteers operate and maintain the rink.
Please respect the time and effort put into it!

Thank you!!



The Fitzgerald and the Britton families have volunteered in our community for over 20 years delivering newsletters.

Thank you for all of your dedication and help. The newsletter brings the community together, and you have been a part of that!

Ransom Electric Inc.

Residential & Commercial Electrical Services

- New Construction
- Restorations
- Renovations
- Basement Developments
- Panel Upgrades
- Garage Wiring

Mike Ransom
(306)262-7809

ransomelectric@shaw.ca

Be a Snow Angel!

If your neighbour is elderly, has health concerns or mobility restrictions, lend a hand by clearing their sidewalks. And when clearing sidewalks, please exercise caution and care, especially during extremely cold weather.




If receive help from your neighbour, nominate them as a "Snow Angel." Send an email to snow.angel@saskatoon.ca or write your story to Public Works, City of Saskatoon, 222 - 3rd Avenue North, Saskatoon SK S7K 0J5, along with the name and address of your Snow Angel.

The City will send an anonymous thank you to the Snow Angel, and enter them into monthly prize draws made this winter.

Hansel & Gretel Preschool

A BILINGUAL PRESCHOOL PROGRAM
(at Brevoort Park School, 2809 Early Drive)

- 2 and 3 day program
- 3 and 4 year olds
- Qualified teacher (B.Ed.)
- Low student-teacher ratio
- Hands-on exploration in a warm and caring environment



Open House & Registration for 2015/2016:
January 28, 2015, 6:30 p.m. - 8:00 p.m.

In addition to our English curriculum we playfully introduce our children to a second language (German) through songs, rhymes, and books.

Contact us at: 651-0436 or <http://www.hanselandgretelpreschool.ca>

Slow Down in Our School Zones



We have two busy school zones in our neighbourhood. While we may be rushing in the morning, please remember (and tell your young drivers to remember) that speeding is not worth it!

From the CBC "640 speeders nabbed in school zones in September" October 21, 2015

"More than 600 drivers received tickets in September for speeding through school zones, according to numbers released by SGI. Saskatchewan police focused on school zone safety as kids returned to the classroom last month. A total 640 speeding tickets were issued by police, another 32 were given to drivers for having children under 16 who were not wearing seatbelts or were not properly restrained."

Holiday Craft

Easy pop-up tree or card

1. Fold Paper in 1/2.
2. Cut out tree-leaving edge. still attached on bottom branch.
3. Pop paper in other direction.
4. Decorate with paint, crayons, glue and glitter.



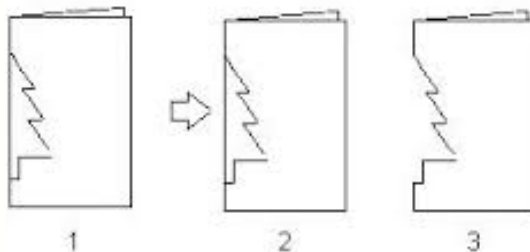
An indoor drop-in playgroup for children ages 0-5 and their parents/caregivers.

\$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/scootersebc
Email: scooters@ebap.ca



Sidewalk Snow Clearing

During the winter months, snow and ice on sidewalks can seriously impair the ability of people to get around safely - especially the elderly and those with mobility restrictions. For that reason, the City of Saskatoon has a bylaw in place requiring owners or occupants of property to clear sidewalks of snow and ice to prevent injury or inconvenience to pedestrians.

The Sidewalk Clearing Bylaw, 2005 (No. 8463) requires that residential sidewalks must be clear of snow and ice within 24 hours of a snowfall. The areas to which this Bylaw applies are outlined on maps in Schedule A (starting on page 8) of the Sidewalk Clearing Bylaw, 2005 (No. 8463).

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Brevoort Park

Program sign-up is on Thursday, January 7, 2016 from 7:00 - 8:30 p.m. at Brevoort Park School, 2809 Early Drive. A non-refundable membership fee of \$10 per individual/family per year is required to participate in programs and must be presented at the time of registration. A fee of \$10 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 honours other community association memberships. In an effort to ensure everyone who wants to participate in a program can, the Brevoort Park Community Association 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.

Category	Program	Age Group	Location	Time	Day	Dates	Fee
YOUTH	Teens Can Cook	13-15 yrs	Walter Murray School-Home Ec Rm	07:30 PM-09:00 PM	W	Jan 20-Mar 16	\$75
ADULT	Community Crafting Time	18 yrs & over	Brevoort Park School	07:00 PM-09:00 PM	M	Jan 18-Mar 21	\$5
	Photography	14 yrs & over	Brevoort Park School	07:00 PM-08:00 PM	M	Jan 18-Mar 07	\$40
	Self Defense for Women	14 yrs & over	TBA	07:00 PM-08:00 PM	Th	Jan 21-Mar 03	\$40
	Urban Poling	18 yrs & over	TBA	06:00 PM-07:00 PM	Tu	Jan 19-Mar 22	\$50
	Yoga - Co-ed	16 yrs & over	Brevoort Park School-Sm Gym	07:00 PM-08:30 PM	W	Jan 20-Mar 23	\$80
	Yoga - Gentle	16 yrs & over	Brevoort Park School-Sm Gym	06:00 PM-07:00 PM	W	Jan 20-Mar 23	\$60
	Zumba	16 yrs & over	Brevoort Park School-Sm Gym	07:30 PM-08:30 PM	Th	Jan 21-Mar 03	\$50
CHILDREN	Ballet	5-8 yrs	Alvin Buckwold School Gym	06:00 PM-06:30 PM	F	Jan 22-Mar 18	\$30
	Ballet	6-9 yrs	Pope John Paul II School-Gym	06:30 PM-07:00 PM	F	Jan 22-Mar 18	\$30
	Beginner Jazz	6-9 yrs	Brevoort Park School-Sm Gym	07:30 PM-08:15 PM	M	Jan 18-Mar 21	\$40
	Cake Decorating	9 yrs & over	Pope John Paul II School-Kitchen	06:00 PM-07:00 PM	Tu	Jan 19-Mar 22	\$50
	Floor Hockey	6-8 yrs	Pope John Paul II School-Gym	06:00 PM-07:00 PM	Th	Jan 21-Mar 24	\$30
	Floor Hockey	9-12 yrs	Pope John Paul II School-Gym	07:00 PM-08:00 PM	Th	Jan 21-Mar 24	\$30
	Kids Can Cook	9-12 yrs	Walter Murray School-Home Ec Rm	06:15 PM-07:30 PM	W	Jan 20-Mar 16	\$75
	Sports ABC's	3-5 yrs	Pope John Paul II School-Gym	06:00 PM-06:45 PM	Tu	Jan 19-Mar 22	\$25
	Young Artists	6-8 yrs	Pope John Paul II School-Kitchen	05:30 PM-06:30 PM	Th	Jan 21-Mar 24	\$30
	Young Artists	9-12 yrs	Pope John Paul II School-Kitchen	06:30 PM-07:30 PM	Th	Jan 21-Mar 24	\$30
	PRESCHOOL	Baby Talk	0-2 yrs	TBA	TBA	TBA	TBA
Kinder Soccer		3-5 yrs	Brevoort Park School-Sm Gym	06:00 PM-06:45 PM	Th	Jan 21-Mar 17	\$25
Kinder Soccer		3-5 yrs	Brevoort Park School-Sm Gym	06:45 PM-07:00 PM	Th	Jan 21-Mar 17	\$25
Kinder Soccer		3-5 yrs	Brevoort Park School-Sm Gym	06:45 PM-07:30 PM	M	Jan 18-Mar 14	\$25
Sports ABC's		3-5 yrs	Brevoort Park School-Sm Gym	06:00 PM-06:45 PM	M	Jan 18-Mar 14	\$25

Saying Goodbye to Pic-a-Flick Video



On November 30th, Pic-a-Flick Video store, a Brevoort Park institution for over 20 years, closed its doors. Shawn Zezula, owner since 1993, said that the decision to close was difficult. In fact, he has been considering it for over two years.

Major Saskatoon news outlets wanted to interview Shawn about the closure of one of the last video rental stores in the city, but true to his connections and loyalty to the Brevoort Park community, he said "no," instead giving the exclusive story to the BPCA newsletter!

Shawn is known for a few things: his love of drag racing, his extensive VHS rental collection, and his unhesitating support of community functions and events.

Most of all, though, Shawn is known for connecting with the community's young people. Shawn shared many examples of his store being used as a warm safe-haven for youth. Kids who were lonely, bored, just wanting to hang out found Shawn's store a laid-back place to hang out and have conversations or watch a movie. Shawn considers particular youngsters from Brevoort Park as family, and some of his best friendships have emerged from his time here. Two young Brevoort Park students were regulars at Shawn's store from grade 6 on, eventually were employed by him, went on to complete university, and are now married with two children. Shawn was the emcee at their wedding, and remains good friends with them.

Outside of Brevoort Park and Pic-a-Flick, Shawn works at Saskatoon International Roadway (SIR), where he has been Track Manager for sixteen years. He owns two dragsters. If you want to reconnect with Shawn outside of the neighbourhood, you will be able to find him at SIR. You might want to ask for "Skippy," though, which is the nickname people know him by outside of Brevoort Park.

We thought it would be most appropriate to end the interview by asking: what are your favourite movies? Without hesitation, Shawn recommended:

- The biographical film *Heart Like a Wheel* (fun fact: Shawn met famed drag-racer Shirley Muldowney)
- *The Graduate*
- *Last of the Dog Men*

Brevoort Park Community Association Executive

President	Nelson Fraser	president@brevoortpark.ca
Vice-President	vacant	vice-president@brevoortpark.ca
Treasurer	Louise Wiebe	treasurer@brevoortpark.ca
Secretary	Kathy O'Brien, Andrea Duncan	secretary@brevoortpark.ca
Indoor Coordinator	Lorraine Fowler, Karin Closson	indoorcoordinator@brevoortpark.ca
Rink Maintenance	vacant	rink_maint@brevoortpark.ca
Rink Supervision	Celeste Bodnaryk	rink_supervision@brevoortpark.ca
Newsletter	Liv Marken, Karen Wooller	newsletter@brevoortpark.ca
Block Captains	Dee Young, Paula Coutts-Hills	blockcaptain@brevoortpark.ca
Brevoort Park School Liaison	Dee Young	bpliaison@brevoortpark.ca
St. Matthew School Liaison	Danielle Campbell	stmatthewliaison@brevoortpark.ca
Soccer Coordinator	Carla Ransom	soccer@brevoortpark.ca
Basketball Coordinator	Andra Thorstad	basketball@brevoortpark.ca
Social Events Coordinator	Morag Embleton Kimpton, Lisa Reid-Fraser	events@brevoortpark.ca
Membership Coordinator	vacant	membership@brevoortpark.ca
Members at Large	Jessamy Foulds, Celeste Bodnaryk, Carla Fox	mal@brevoortpark.ca
Website/Communications	Teresa Herd	info@brevoortpark.ca
Community Consultant	Carrie Hutchison	carrie.hutchison@saskatoon.ca

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.

École St. Matthew School Update

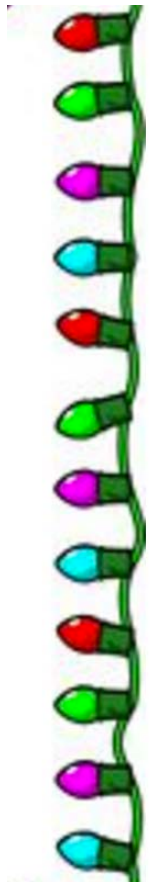
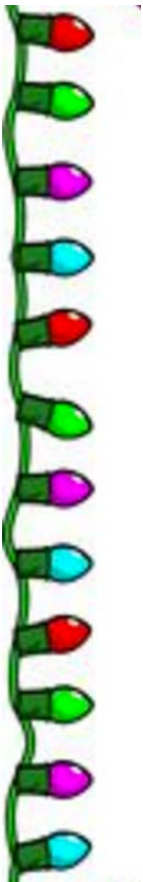
The 2015-2016 academic year is extra special for École St. Matthew as we are celebrating our 50th anniversary. The Catholic School Community Council hosted an amazing welcome back pancake breakfast to kick start our 50th anniversary year. Throughout the year students, parents and staff will have many occasions to celebrate this anniversary. Our official 50th Anniversary Celebration is set for April 15th from 6:00pm to 8:30pm. A short formal program will start off the evening followed by a come and go format that will allow visitors to reconnect, view the many displays and enjoy a tour around our new facility.

As we inch closer to the completion of both the landscaping and final renovations of the St. Matthew facility, I know that students, parents, staff and community members alike are all eager to see the final project. The anticipated date of completion is early 2016. I thank all of you for your continued patience and support during this project and look forward to an amazing year! -François Rivard, Principal

News from Brevoort Park School

It has been such a wonderfully long fall it is hard to think that Christmas is just around the corner. Here is hoping it will be a white one. The Christmas tradition continues at Brevoort Park with the annual Christmas Concert And Bake Sale scheduled for Thursday, December 10 at 7 p.m. Doors will open at 6 p.m.. Come prepared to stock up on Christmas goodies at the sale following the concert.

The New Year will see our Kindergarten Parent Information Night on January 20 at 7:00 p.m. Come and meet the teacher, Mrs. Dogniez, check out the beautiful classroom, and tour the school if you wish. This year we have over 30 students registered, so in order to register in the class of your choice make sure you attend this meeting and pre-register your child who will be 5 years old by the end of January 2017. - Doug Boyd, Principal



Huge Soft Ginger Cookies

Ingredients

- 3/4 cup butter, softened
- 1 cup sugar
- 1 egg
- 1/4 cup molasses
- 2-1/4 cups all-purpose flour
- 1 teaspoon baking soda
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon ground cloves
- 2 teaspoons ground ginger
- 1/4 teaspoon salt
- Additional sugar
- Option replace spices with Chinese Five Spice-YUM

Directions

1. In a large bowl, cream butter and sugar until light and fluffy. Beat in egg and molasses. Combine the flour, ginger, baking soda, cinnamon, cloves and salt; gradually add to the creamed mixture and mix well.
2. Roll into 1-1/2-in. balls, then roll in sugar. Place 2 in. apart on ungreased baking sheets. Bake at 350° for 10-12 minutes or until puffy and lightly browned. Remove to wire racks to cool. Yield: 2-1/2 dozen.

Submitted by Karen Wooller



Follow us on Facebook!

Brevoort Park Community Association

<https://www.facebook.com/brevoortpark>

PET TAILS

'Twas a cold winter's eve, when all through the home
not a pet was stirring, not even to roam.
The licenses were hung on the collar with pride,
for if lost, pets would return by a safe ride.



A Pet License makes a PURRRFECT gift during the holiday season.



www.saskatoon.ca



Demystifying Diets in the New Year:

No More Unrealistic Resolutions!

A workshop.

Presenter: Danielle Campbell, Registered Dietitian
Danielle has been providing professional nutrition education to groups & counseling individuals for over 20 years. If you would like to learn about reaching your personal nutrition goals without buying more products promising unrealistic weight loss, this is a session you don't want to miss!



7:00 -8:30 p.m.

Tuesday, January 12th, 2016

Brevoort Park School- LRC

To register, e-mail indoorcoordinator@brevoortpark.ca

Would you like to advertise in our newsletter?

Our newsletter is published approximately four times a year, in February, May, late August/early September, and early December. It is delivered to over 1,000 residences. Our next deadline is Friday, January 15th for a mid-February newsletter.

Rates

Business Cards	\$25
1/8 page	\$50
1/4 page	\$75
1/2 page	\$100
full page	\$150

To advertise, contact

newsletter@brevoortpark.ca

CONFUSION AND HEARING LOSS

THERE MAY BE A LINK



Growing evidence indicates that older adults with hearing loss are more likely to experience the symptoms of cognitive decline. Hearing aids can improve the negative effects of hearing loss on the brain.

YOUR HEARING AND YOUR BRAIN

Think of hearing as a partnership between your ears and your brain. When someone speaks, your brain processes the sounds so that you can understand them. That's called cognitive load.

When you have untreated hearing loss, the speech signals coming in to your brain are degraded, so your brain has to work much harder to process them. **When more brain resources are used for understanding sounds, other brain tasks such as memory and comprehension can suffer.**

HEARING AIDS CAN HELP

Hearing aids process sound signals so it's easier for your brain to understand them. They also reduce the cognitive load, making it easier for your brain to perform other tasks. Benefits of wearing hearing aids may include²:

- Reduced mental fatigue
- Decreased feelings of isolation and depression
- Improved memory, attention & focus
- Improved communication skills

EFFECTS OF UNTREATED HEARING LOSS

Hearing loss isn't just an ear issue; it's a quality of life and health issue. Untreated hearing loss can have serious and wide-ranging consequences¹:

- Increased mental fatigue
- Poorer memory
- Poorer mental health
- Social withdrawal
- Depression

Hearing aids can lessen the cognitive load on your brain as well as help improve feelings of isolation and depression.

A Johns Hopkins Study found that cognitive diminishment was 41% greater in seniors with hearing loss.³

Schedule a **FREE** hearing screening & consultation!
Call us today at 306-477-3277



18-2105 8th Street East
Saskatoon, SK
www.soundimpressions.ca
CASSANDRA GRABOWSKI
Registered Audiologist

CAN YOU HELP?

Newsletter Delivery Help Needed
Looking for a way to get involved in the community? Also looking for a good excuse for a walk? Volunteer to deliver the BPCA newsletter four times a year. For more information, contact Dee at blockcaptain@brevoortpark.ca



Save the date!

December 10th: Brevoort Park Christmas Concert and Bake Sale at 7 p.m.

January 7th: Brevoort Park Community Program Sign-Up night 7 to 8:30 pm

January 10th: Sleigh Ride in the Park @ 2:00 pm

January 20th: Brevoort Park Kindergarten Parent Information Night 7:00 p.m.

January 21st: Brevoort Park School Family Literacy Night 5:15-7:00 pm

March 5th: Brevoort Park Annual Shiny Tournament 12:30-4:00pm

April 15th: St. Matthew's School 50th Anniversary Celebration 6:00-8:30 p.m.