



Newsletter Changes

Production of our November newsletter suffered so many delays that we thought it would be best to include this insert with updated information.

Also, we have decided to change from 4 newsletters per year to 3 so we can synchronize them with program registration dates.

Winter Program Registration

Registration for the Winter Programs will take place on January 6, 2009 at Ecole River Heights School 7pm to 9pm. Early registration may be done using the form on our web site. Late registrations must be done using the form on our web site and will require an additional late fee. Other program policies such as class cancellations, refunds, payment methods, parent supervisors for children's programs, etc. are posted on our web site.

A current community association membership is required for all programs. RHCA Honours valid memberships from other Saskatoon community associations.

If cost is a barrier to your child's participation in any program, financial assistance is available. Contact us for more information.

<u>Program</u>	<u>Age Group</u>	<u>Location</u>	<u>Time</u>	<u>Day</u>	<u>Start-End Dates</u>	<u>Fee</u>	<u>Hours</u>	<u>Total Days</u>
Yoga	Adult	River Heights School Small Gym	8:00-9:00pm	TU/TH	Jan 20-Mar 24	\$75	9	9
Yoga Flow	Adult	River Heights School Small Gym	8:00-9:00pm	W	Jan 21-Mar 25	\$50	9	9
Spanish For Beginners	Youth	River Heights School	6:00-7:00pm	TU	Jan 20-Mar 17	\$25	8	8
Egyptian Dance	Adult	TBA	TBA	TBA	TBA	TBA	TBA	TBA
Egyptian Dance	6-10	TBA	TBA	TBA	TBA	TBA	TBA	TBA
Volleyball	8-10	St Anne's School	6:00-7:00pm	M	Jan 19-Mar 23	\$25	9	9
Volleyball	11-12	St Anne's School	7:00-8:00pm	M	Jan 19-Mar 23	\$25	9	9
Children's Dance	4-7	River Heights School Small Gym	6:00-7:00pm	TH	Jan 22-Mar 19	\$25	8	8
Art For Youth	10-14	River Heights School	7:00-8:00pm	TU	Jan 19-Mar 17	\$35	8	8



Rent the Rink Behind River Heights School

\$50 for the 1st hour, \$25 per additional hour
Non Supervised, but access to the warmup room is ideal for sport teams, birthday/xmas parties
Send enquiries to "rink@riverheights.sk.ca"

Youth or Adult Volunteer/Entrepreneur Opportunity

Snow and ice on sidewalks create real challenges for some of our residents. The elderly and those with health and mobility restrictions may require help to keep their sidewalks shovelled, ice-free, and safe.

Consider adopting a senior's sidewalk this winter, and keeping it clear. Watch for people in your neighbourhood that could use help shovelling snow, and ask if you can lend them a hand. Or develop a more organized snow clearing program with your friends.

Make a difference! Help your neighbour this winter.



Correction

Due to late newsletter delivery, the November 30, 2008 expiry date on the Bulldog Interactive Fitness For Youth coupons in the November RHCA news letter has been extended to January 31, 2009.

Help Yourself, Others & Animals

Learn the totally natural and holistic healing arts of centuries-old traditions. Based on hands-on energy transfer, Reiki and Therapeutic Touch balance the body's energies, thus bringing body, mind, and spirit into proper alignment and harmony.

Class Times (by appointment only):

- Reiki 1 (1 day only) - Dec 6, 21, Jan 10, 25, Feb 7, 22
- Reiki 2 - Dec 7, 22, Jan 11, 26, Feb 8, 23 or By Request
- Reiki (2 eves only) - Dec 11&12, Jan 15&16, Feb 19&20, Mar 5&6

Location: #7 - 1702 Alexandra Ave

- *Students weekly support
- *Gift Certificates for Classes or Sessions
- *Teaching all levels, manuals & certificates

Down to Earth Series #12, March 21 (9:30-4):

- Sacred Circle (Includes Medicine Wheel and Power Animals)
- Can You See My Aura
- Numerology
- African Healing Dance

\$100.00 if registered by March 1, 2009
or \$150.00 after March 1.

Location: #7 - 1702 Alexandra Ave

- *Silent auction
- *Lunch included

Reiki Universal Training Centre
Box 25125, River Height RPO
Saskatoon, SK S7K 8B7
306-665-4774
<http://www.reikiuniversal.com>

Reiki
Universal Training Centre

Hands can heal people and animals



River Heights Community Association (RHCA)

Mission Statement: To promote and enhance the quality of life of the people of River Heights through the provision of programs, amenities, and green space, by ensuring the needs of the community are represented.

President	Tara Franks
Vice-President	Barb Cross
Treasurer	Bobbi Jo Weber
Secretary	Jackie Russell
Communications & Newsletter	Brian Davis
Civic Affairs Director	Vacant
River Height's Liaison	Vacant
St. Anne's Liaison	Krista Carter
Social Director	Vacant
Indoor Program Coordinator	Jane Basinski Gray
Basketball Coordinator	Aaron Carter
Football Coordinator	Trona Wheaton
Rink Coordinator	Stephen Langhorne
Soccer Coordinator	Lindsay Williams
	Risa Kliewer
Softball Coordinator	Vacant
Members at Large	Colleen Olfert
	Kendra Rodych
	Lynne Salamon
	Robin Foster
	Vicky Rowan

New volunteers are always welcome. Please contact the President or Vice-President if you wish to volunteer, or join us at an upcoming meeting. They are held at 7 p.m. on the 4th Tuesday of each month in the library at Ecole River Heights School.

Do you have a Snow Angel?

Do you have a neighbour who regularly clears snow from your sidewalk? The City of Saskatoon wants to hear from you.

Send a letter with your story and the name and address of your Snow Angel to:

Public Works Branch

City of Saskatoon

222 – 3rd Avenue North

Saskatoon SK S7K 0J5

or email snow.angel@saskatoon.ca

The City will send a special thank-you to your Snow Angel and enter them into prize draws made throughout the winter.

Youth Rec Volleyball League

RHCA is participating in the inaugural youth recreational league with Volleyball Saskatoon.

There will be a representative on hand at the registration night, January 6th to answer questions and provide registration forms. The season runs over 10 weeks from January 12 to the end of March.

The cost is \$60.00 per player which covers facility rental for the Saturday League, a coaches manual for the coach, sport insurance, league equipment and a t-shirt for the participant to keep. There are 2 age groups: U10 (born in 1999 or earlier) and U12 (born in 1997 or earlier). Practices are Mondays at St. Anne's School from 6-7 for the U10s and 7-8 for the U12s. Games are Saturdays between 11:30 and 5:30 at the Henk Ruys Soccer Centre.

Vince Salamon

Quality Services Consultant & Accreditation Lead
Suite 1010 - Avord Tower, 606 Spadina Cres.

Quality Services Department

Saskatoon Health Region

Ph. 655-4154

Advertising In The River Rapids

This newsletter is published 3 time per year and reaches approximately 2000 homes. Advertising may be purchased at the rate of \$0.25/cm². All proceeds go towards the RHCA.

Submit ads via email in high quality (>200dpi) jpeg or pdf format to info@riverheights.sk.ca.

Specify the desired size in centimeters. If we change the size due to layout requirements, you will pay for the size used (if reduced) and no more than the size requested (if enlarged).

Please email us with any inquiries!