

River Rapids

River Heights Community Association

August 2010 Newsletter

"flowing with community news"



RHCA Annual General Meeting

The Annual General Meeting for River Heights Community Association Inc. will be held on Tuesday September 28 in the library at Ecole River Heights School at 7pm. **All 2010-2011 members are invited to attend.** Please refer to our web site or the community sign at Canarama Mall for changes to the location, date, or time. This year we need to elect a President and update our bylaws since they have not been updated since 1997 and need some adjustments. Details of the changes will be made available on our web site near the end of August.

Flag Football Registration

Saskatoon Minor Football will be holding a Fall Flag Football Registration for the River Heights, Lawson Heights, and Silverwood Heights Communities on Tuesday, August 24th, 4:30-6:00 p.m. at the Mall at Lawson Heights (near the food court). Registration fee is \$50.00. League games will begin the week of September 7th and run through mid to late October. The league is organized in divisions according to grade:

Co-ed

-Rider Division – Grade 9 - 10
-Huskie Division – Grade 7 - 8
-Hilltop Division – Grade 5 - 6
-Stampeder Division – Grade 3 - 4
-Colt Division – Grade 1 - 2

Girls

-Rider Division – Grade 9 - 10
-Huskie Division – Grade 6 - 8
-Hilltop Division – Grade 3 - 5

Please refer to the Fall 7 on 7 Flag League website at www.saskatoonminorfootball.com.

Coaches are needed. All volunteers welcome!

Any questions, please contact: Trona Wheaton - River Heights Football Coordinator - rfootball@shaw.ca

Basketball Registration

Registration for the 2010/2011 basketball season will soon be underway. Playing opportunities exist for players in grades 1 to 12.

Players in grades 1 & 2 should register as soon as possible for the Dunkaroo Program via the Saskatoon Minor Basketball Association website (<http://smba.ca>).

River Heights players in grades 3 to 12 are asked to register at the Fall Indoor Program Registration Night at Ecole River Heights School on Thursday, September 9th between 6:00 p.m. and 8:00 p.m. in the small gym.

More detailed information on basketball playing opportunities for youth can be accessed at the Saskatoon Minor Basketball Association website (<http://www.smba.ca/>) and/or the Basketball Saskatchewan website (<http://www.basketballsask.com/>).

In addition, feel free to contact John Dewar, Basketball coordinator, by e-mail at basketball@riverheights.sk.ca or by phone at 244-2708.

Rink Report

Well, we had another great year last year and we are looking forward to another this year. Public skate times will again be Tuesday nights from 6-9 pm and Saturday Afternoons from 1-4 pm. I already have some volunteers to help in the flooding of the rink this year. It takes about 1 hour to flood and about 1 hr of shoveling prior to that. If it is something that you might be interested in, please let me know. Ideally, flooding will happen on Monday and Friday nights, usually starting about 9 pm. I also want to give a big thank you to Jamie from Yard Monkeys who cut the grass inside the rink this summer. Hope everyone had a great summer, and see you on the ice. - Stephen Langhorne

RIVER HEIGHTS ANNUAL FUN DAY!

COME OUT AND JOIN YOUR COMMUNITY
WHEN: SATURDAY, SEPTEMBER 18, 2010 2 P.M. – 8 P.M.
WHERE: ST. ANNE'S SCHOOL YARD

- Bounce Houses
- Concession
- Music
- Balloon Guy
- Mendel Art Caravan
- Candy Shack
- Beer Gardens
- River Heights Coach of the Year
- Friends and Neighbours
- More!

VOLUNTEERS NEEDED! Call Sue at 665-3689 and Thank You!
Street Vendors - If you want to set up a booth, call Sue at 665-3689

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dental

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Jordan
241-4006



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OPEN HOUSE

#2 Station
3111 Diefenbaker Drive
Tuesday, October 5
6:30pm-8:00pm

#8 Station
207 Slimmon Road
Thursday, October 7
6:30pm-8:00pm

Annual Terry Fox Run

For the past 30 years, from Abbey to Yorkton and almost everywhere in between, the people of Saskatchewan have carried on the legacy of a true Canadian hero: Terry Fox. Through the annual Terry Fox Run, thousands of dedicated volunteers have called upon our schools and our communities to join together in raising money for cancer research, and to fuel an unrelenting hope that - one day - we will find a cure.

Registration for the Run will begin at 11:00 a.m., while the Run itself starts at noon on Sunday, September 19. All activities will be based out of the Vimy Memorial Bandshell at Kiwanis Park.

2010 Multiple Sclerosis Residential Campaign

The MS Society of Canada Saskatoon office is busy preparing for the 2010 MS Residential (door-to-door) Campaign, **September 24th to October 8th**. Residential Campaigns are one of the longest running campaigns for the MS Society in Saskatchewan. They remain one of the most cost efficient ways of inviting individuals to donate vitally important funds to help those affected by multiple sclerosis. All money raised goes to fund the best MS research in Canada as well as innovative programs and services for those living with MS in Saskatchewan.

Canvassers will have a yellow MS Society Volunteer sticker and carrying an official red canvassing folder. The Canvasser will also be able to issue an official charitable tax receipt to you. **We are always looking for help!** If you would like more information or would like to be a volunteer, please contact Tenay at 244-0586 or tenay.diggins@mssociety.ca.

Mini Soccer

Soccer registration will be Wednesday September 8 and Thursday September 9 at the Henk Ruys Soccer center on Primrose drive from 6:30 to 9. Any registrations after these dates will be subject to a \$15 late registration fee.

Under 10 (Boys/Girls) (7v7)..... Born 2001/2002.....\$125.00
Under 8 (Boys/Girls/Co-ed) (4v4)..... Born 2003/2004.....\$105.00
Under 6 (Co-ed) (3v3).....Born 2005/2006.....\$85.00

A valid RHCA membership is required. These will be available at registration for \$10.

Please note: Effective for the 2010/2011 soccer season, the RHCA will be collecting a separate \$50 uniform deposit at the time of registration. At the end of the season once your child's uniform has been returned the cheque will be destroyed.

Coaches Needed We are once again looking for coaches and assistant coaches for the upcoming indoor soccer season. The SYSI will be hosting free U6, U8 and U10 Technical Coaching Sessions to assist in preparing you. Thank you to all who have volunteered to coach in the past and thus make RHCA Mini Soccer a success.

RHCA Mini Soccer Contact: Tara Franks by email: soccer@riverheights.sk.ca

Children's Birthday Party Location!

Noah's Playground in Meewasin Valley United Church, is the perfect room for your next birthday party. There are toys, a climbing apparatus, dress-up clothes and a kitchen nearby. The cost for Noah's playground is \$75 for 3-4 hours of fun. Please call the church office at 242-9851 for more information and booking.

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Registration for Scouts, Cubs and Beavers

Wednesday, September 8/2010 from 7:00-9:00 at the Silverwood Heights School in the library. Boys and girls ages 5-17 years are welcome to attend with their parents to find out about our programs for the 2010-11 season. Our Beavers ages 5-7 meet Wed. nights at St Angela School and the Cubs ages 8-10 meet Thurs. nights also at St. Angela School. The Scouts ages 11-14 and Ventures ages 14-17 both meet on Tues. night at St. George School. For more information please contact Linda Lund at 384-1389 or linda.l@sasktel.net.

Fall Program Registration

Registration for the Fall Programs will take place on Thursday September 9th from 6:00-8:00 pm in the River Heights School small gym. 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.

Updates or changes to the following information will be posted on our web site.

Program.....	Age Group....	Location.....	Time.....	Day.....	Start-End Dates.....	Fee.....	Hours.....	Total Days
Sporty ABC's - The ABC's of sports - activity, balance and coordination - are the focus of this course geared to preschoolers. A variety of games are used to promote broad based skill development in many different areas. A course for 6 - 9 year olds can also be set up if there is sufficient demand.	3-5.....	River Heights School-Small Gym.....	6:00-6:45pm.....	Wed.....	Sep 22 - Dec 1.....	\$12.....	7.5.....	10
Songs, Stories and Somersaults - Debbie Larson will offer this course featuring a variety of musical games and activities for preschoolers.	3-5.....	River Heights School-Small Gym.....	6:15-7:00pm.....	Mon.....	Sep 20 - Nov 1.....	\$20.....	6.....	8
Beginners Genealogy - Beverley Gutenberg is a genealogy instructor who has taught extensively in Saskatoon. She is offering a beginners genealogy course that will solve the question of who you are and where you came from.	12-adult.....	St. Anne's School Library.....	7:00-9:00pm.....	Wed.....	Sep 22 - Nov 10.....	\$45.....	16.....	8
Introduction to Square Dancing - The Hub City Round and Square Dancing Association is offering two drop in nights for anyone interested in learning about square dance, or anyone interested in just enjoying something different for the evening.	All ages.....	River Heights School-Small Gym.....	7:00-9:00pm.....	Fri.....	Oct 22, Nov 19.....	Free.....	4.....	2
families welcome								
Yoga - Sarah Junkin, an instructor with the Yoga Mat, will be offering this 10 week program for yoga.	Adult.....	River Heights School-Small Gym.....	6:30-8:00pm.....	Tue.....	Sep 21 - Nov 30.....	\$75.....	15.....	10
Canadian Red Cross Babysitters Course - This is a basic course taught by the Canadian Red Cross that covers simple first aid, child care strategies and other tips and tricks for babysitters. Course length is 10 hours over two days. All participants will receive a Babysitter's Manual and a certificate of completion of the course.	11-15.....	TBA.....	6pm-9pm.....	Thu.....	Sep 23			
			9am-3:30pm.....	Fri.....	Sep 24	\$40.....	9.5.....	2
Words with Power for Kids - Kristine Scarrow is an experienced writer with a background in psychology. A workshop for kids that focuses on self esteem, discovering your natural talents and what impact the words we use can have on us and how they make us feel. This workshop demonstrates how writing can be a tool to help us sort out our feelings and to help us to discover what is unique and special about ourselves.	9-12,teens.....	River Heights School Library.....	7:00-8:00 pm.....	Mon.....	Sep 20 - Nov 1.....	\$40.....	6.....	6
Journalling and Writing to Heal - Those who have experienced difficult times can experience healing through the process of writing. Using a safe, gentle approach in a safe environment, participants can explore how writing can help improve our personal health and wellness and free us from the pain of the past. Also ideal for those looking to break free from old patterns and experience renewal in their lives.	Adult.....	River Heights School Library.....	7:00-9:30pm.....	Mon.....	Sep 20 - Nov 1.....	\$50.....	15.....	6
Parenting Seminar - 1. Help - I'm in Over my Head - preschool parenting	Adult.....	St. Anne's School Library.....	7:00-9:00pm.....	Tue.....	Sep 21.....	\$10.....	2.....	1
Parenting Seminar - 2. Socks, Toys and Dirty Dishes - Exploring basic household responsibilities, chores and more	Adult.....	St. Anne's School Library.....	7:00-9:00pm.....	Tue.....	Sep 28.....	\$10.....	2.....	1
Parenting Seminar - 3. Taming the Family Tiger - How to live and parent without being run off your feet	Adult.....	St. Anne's School Library.....	7:00-9:00pm.....	Tue.....	Oct 5.....	\$10.....	2.....	1
Parenting Seminar - 4. Proactive Parenting - Learn to parent with a plan	Adult.....	St. Anne's School Library.....	7:00-9:00pm.....	Tue.....	Oct 12.....	\$10.....	2.....	1
Parenting Seminar - 5. Exploring Respect in the Home and Workplace	Adult.....	St. Anne's School Library.....	7:00-9:00pm.....	Tue.....	Oct 19.....	\$10.....	2.....	1
Parenting Seminar - 6. Sex, drugs and Rock n Roll	Adult.....	St. Anne's School Library.....	7:00-9:00pm.....	Tue.....	Oct 26.....	\$10.....	2.....	1
Stott Pilates Essentials Level 1 - Mat work with Chelsea. Pilates is a balanced blend of strength and flexibility training that improves posture, reduces stress and creates long, lean muscles without bulking up. The focus is on quality of movement rather than quantity, which makes one feel invigorated rather than exhausted after a session. You can expect an increase in strength, flexibility, mobility, balance, and body awareness, as well as a decrease in back pain or other general pains. No experience in Pilates necessary for registration. Participants will be required to bring a mat and the instructor will supply the props.	Adult.....	River Heights School-Small Gym.....	8:00-9:00pm.....	Tue.....	Sep21 - Nov 9.....	TBA.....	8.....	8

The Arthritis Society's- "Jingle Bell Walk and Run for Arthritis"

A non-competitive, fun-filled, family-oriented fundraising event for The Arthritis Society. Nov. 14th. Go to <http://sk.arthritis.ca> for details.

River Heights Community Association

River Heights, P.O. Box 25023, Saskatoon, SK, S7K 8B7

Web: <http://www.riverheights.sk.ca> Email: info@riverheights.sk.ca



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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.....	Vacant
Past-President	Tara Franks
Vice-President	Carla Savoie
Treasurer	Bobbi Jo Weber
Secretary	Brian Davis
Communications & Newsletter	Brian Davis
Civic Affairs.....	Christine Thompson
River Height's Liaison	Stephen Langhorne
St. Anne's Liaison	Krista Carter
Social Activities	Sue Lessmeister
Indoor Programs	Ken Neuman
Basketball	John Dewar
Football	Trona Wheaton
Rink	Stephen Langhorne
Soccer	Tara Franks, Jane Basinski
Softball	Vacant
Members at Large	Colleen Olfert
.....	Erica Hoffart
.....	Lynne Salamon

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.

What Does Your Community Association Do?

- We represent our neighborhood on civic issues.
- We meet with politicians, police, and city departments to discuss items and events that affect our neighborhood.
- We plan activities for children and adults (i.e. soccer, yoga, art classes, CPR)
- We fund, maintain, and supervise the rink at River Heights School and the volleyball courts at St. Anne School.
- We are involved in the planning of enhancement of the parks and green spaces.
- We plan social events for all members of our community.
- We put out a periodic newsletter and maintain the website www.riverheights.sk.ca.

The River Heights Community Association is funded by city and provincial grants, fund raising events, as well as the purchase of memberships.

Advertising In The River Rapids

This newsletter is published 3 times per year and reaches approximately 2100 homes. Submission and pricing details can be found on the "Newsletter" page of our web site at <http://www.riverheights.sk.ca>. Please email us with any inquiries (info@riverheights.sk.ca)!