College Park Recreation Association

College Park News

JANUARY 2021



President's Message

This year has been a challenge for us all as we continue to manage our work and personal lives during this time of COVID-19. With this health concern still present, we thank everyone for their support, as well as encourage everyone to continue to be diligent in following safety requirements set by Saskatchewan Public Health. It has been difficult to love our friends and extended family, and complete our work, from a distance this year so that we might all meet in person when this pandemic is behind us.

As an organization, we are also adapting to this change. We have been successful in acquiring assistance from the 2020-21 Take it Outside Grant programs, sponsored by the City of Saskatoon and the WintercityYXE. <u>Please read on</u> to see what opportunities are available, with most just costing the \$15 annual registration fee from the College Park Recreation Association (register on-line) no matter how many activities you choose to enjoy! Equipment is also provided (based on supply)!

Best wishes for 2021!

See you at the outdoor rink (121 Campion Crescent) and the nearby Dr. Gerhard Herzberg Park!

Regards,

Helen Armstrong

CPRA Executive Members

President – Helen Armstrong president@collegeparksaskatoon.com

Vice-President – Brent Wolfater vicepresident@collegeparksaskatoon.com

Treasurer – Evan Sharp treasurer@collegeparksaskatoon.com

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Soccer Coordinator - Mark Shimell soccer@collegeparksaskatoon.com

Website Coordinator – Jessica Smith webmaster@collegeparksaskatoon.com

Social Media Coordinator - Lukman Bolarinwa

socialmedia@collegeparksaskatoon.com

Rink Coordinator 1 – Steve Cameron rink@collegeparksaskatoon.com

Rink Coordinator 2- Cote Campbell

College Park School Liaison – Malvina Rapko ecpsclassrep@gmail.com

Cardinal Leger School Liaison - Vacant

Evan Hardy Collegiate Liaison - Jami Gering ehliaison@ collegeparksaskatoon.com

Members-at-Large - Clara Kim, Sanket Patel, Rick Dupuis

Community Services Liaison - Mark Planchot mark.planchot@saskatoon.ca

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CPRA wants you to STAY ACTIVE this winter!! Come register for any of the Winter Programs being offered in January 2021!! Try a new sport, get moving and stay fit!! Details on page 2!!

Newsletter Editor: Kamini Lakhanpal Contact at: newsletter@collegeparksaskatoon.com

CPRA WINTER PROGRAMS 2021

					# of		
PROGRAM	DAY	TIME	LOCATION	DATES	Sessions	REGISTRATION	
	Tues	6pm-7pm	Dr. Gerhard Herzberg Park	January 18 - March 28	10	SCHEDULED	
	Thurs	6pm-7pm					
Learn to Skate	Sat	11am-12pm					
Learn to Skate	Sat	12pm-1pm					
	Sun	11am-12pm					
	Sun	12pm-1pm					
	Mon	4pm-5pm	The Rink at Dr. Gerhard Herzberg Park	January 18 - March 28	10	DROP IN	
	Mon	5pm-6pm					
Hockey Skills	Wed	4pm-5pm					
	Wed	5pm-6pm					
	Fri	4pm-5pm					
	Fri	5pm-6pm					
	Mon	4pm-5pm	Dr. Gerhard Herzberg Park	January 18 - March 28	10	DROP IN	
	Wed	4pm-5pm					
Snowshoeing for Fun	Fri	4pm-5pm					
Snowshoeing for Fun	Sat	3pm-4pm					
	Sat	4pm-5pm					
	Sun	4pm-5pm					
	Tues	4pm-5pm	The Rink at Dr. Gerhard Herzberg Park	January 18 - March 28	10	DROP IN	
	Tues	5pm-6pm					
Dingetta Chilla	Thurs	4pm-5pm					
Ringette Skills	Thurs	5pm-6pm					
	Sat	5pm-6pm					
	Sat	6pm-7pm					
Weekly Winter Shenanigans	Sat	1pm-3pm	Dr. Gerhard Herzberg Park	January 18 - March 28	10	DROP IN	



Winter Fun!!

Y	CPRA PROGRAM SCHEDULE WINTER 2021									
	Class Start Time	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
12	11:00 AM	N/A	N/A	N/A	N/A	N/A	Learn to Skate 3	Learn to Skate 5		
	12:00 PM	N/A	N/A	N/A	N/A	N/A	Learn to Skate 4	Learn to Skate 6		
	1:00 PM	N/A	N/A	N/A	N/A	N/A	Winter	Public Skating		
	2:00 PM	N/A	N/A	N/A	N/A	N/A	Shenanigans			
	3:00 PM	N/A	N/A	N/A	N/A	N/A	Snowshoeing 4			
	4:00 PM	Hockey Skills 1 & Snowshoeing 1	Ringette Skills 1	Hockey Skills 3 & Snowshoeing 2	Ringette Skills 3	Hockey Skills 5 & Snowshoeing 3	Snowshoeing 5	Snowshoeing 6		
	5:00 PM	Hockey Skills 2	Ringette Skills 2	Hockey Skills 4	Ringette Skills 4	Hockey Skills 6	Ringette Skills 5			
	6:00 PM		Learn to Skate 1		Learn to Skate 2		Ringette Skills 6			
	7:00 PM		Public Skating		Public Skating					
	8:00 PM		raunc matring		r done skatnig					



Winter Fun!!

CPRA PROGRAMMING MESSAGE

Hello, my name is SueAnne Harms. I am the Indoor Coordinator/Program Coordinator. This year we are going to do registration a little differently. The CPRA has decided not to charge any money for programs, as families are experiencing the pandemic differently, and we want everyone to have the opportunity to have some fun. We have some equipment available for all the activities we are offering, so please join if you are interested in trying out a new activity! However, we are still going to require all participants to have a valid CPRA Membership, which you can purchase on our website for \$15/household. If you cannot afford this fee, please contact me (see below). We honour other community association memberships. As usual, a membership gives you and your household access to all CPRA programs for the whole year. These programs are possible thanks to funding from the City of Saskatoon and WintercityYXE.

SCHEDULED programs: You will need to be pre-registered by January 17th to get your spot in the class. You will hold that spot for all 10 weeks. There are limited spots in the classes based on the most recent COVID-19 guidelines. Please do not register if you are not planning to continue with the program, as this will fill a spot someone else could have. Email me if you would like to try it out once – no promises, but I will try.

DROP-IN programs: You will need to register for your spot in each session by the night before. For example, if you want to try Snowshoeing on Saturday, you need to register by Friday at 11:59 PM. Dropin has a shorter registration form, so it is convenient to fill out multiple times. All programs are subject to change at any point. Please check out our website for the most up to date information. The CPRA is working with the City of Saskatoon to provide safe but fun programs for everyone. As such, all programs are based on the most recent SK COVID-19 Guidelines (effective December 17th) but will be adjusted to fit any future updates to the Re-Open Saskatchewan guidelines. As of January 4th, 2021, CPRA programs will be restricted as such: All rink activities are limited to 8 participants under 18-years-old and off-ice programs are restricted to 10 participants of any age. These numbers are likely to change based on future updates from the Province. We will open the on-ice activities up to all-ages once the Province allows – visit our website for updates.

*** MASKS ARE MANDATORY DURING ALL PROGRAMS***

Weekly Winter Shenanigans is a weekly pre-registered drop-in class with new activities every week. This program is for ALL AGES because everyone can be a kid in the snow! The activities currently planned include ice skating, quinzhee-making, igloo-making, tobogganing, snow-shoeing, curling, and building snow-people (or inukshuks), and broomball. There will be supervisors at the park for this program's duration; however, *parents must stay* with their children in case of an emergency.

Learn to Skate is a scheduled program. There are six different classes each week, so that participants will go to one session each week based on their registered time. We have skates, helmets, knee pads and elbow pads available if you do not have your own equipment – please indicate what you will need on your registration form.

Hockey Skills is a weekly pre-registered drop-in class. The instructors will teach new skills that are appropriate for the levels of the participants. There will be fun games as well! This session is

3

an excellent opportunity to learn and practice hockey specific skills, such as shooting, passing and stick handling. There will likely be less skating drills than a usual hockey practice to maintain more physical distancing. (All genders welcome!). Come try out hockey! Equipment available upon request.

Ringette Skills is a weekly pre-registered drop-in class. The instructors will teach new skills that are appropriate for the levels of the participants. There will be fun games as well! This session is an excellent opportunity to learn and practice ringette specific skills, such as shooting, passing and ring handling. There will likely be less skating drills than a usual ringette practice to maintain more physical distancing. (All genders welcome!). Come try out ringette! Equipment available upon request.

Snowshoeing for Fun is a weekly pre-registered drop-in class. We have snow-shoes available to use, or you can bring your own. You strap them onto your winter boots (or other sturdy footwear), and away you go! As a class, we will follow the leader and enjoy a walk through the snowy park.

For information on the programs we are offering this year and to keep up to date with CPRA's response to the Covid-19 guidelines, please check our website, www.collegeparksaskatoon.com. If you have any further questions, cannot afford the membership fee, have questions about equipment, or any other inquiries, please contact me (SueAnne Harms) at indoor@collegeparksaskatoon.com. I hope to see you all having some safe fun this winter!

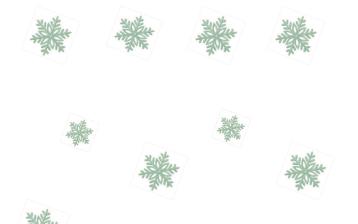
The College Park Recreation Association gratefully acknowledges support from the City of Saskatoon and the WinterCityYXE under the Take it Outside grants for the following programs: Learn to Snowshoe, Learn to Skate, Hockey Skills, and Ringette Skills.

The College Park Recreation Association appreciates funding from the City of Saskatoon for a new outdoor bench.









Rink News

The latest news on the rink is that it is refinished!! It is a newly painted rink!! Do stop by and enjoy the new rink!! (Pictures of rink on side and on page 6)

Please check the website for updates on the winter season.

www.collegeparksaskatoon

2021 Public Skating Supervised Hours

Tuesday and Thursday
7PM-9PM
Sunday 1PM-4PM
Holidays
1PM-4PM

Rink help needed to shovel and clear snow. When temperature is below -28 degrees Celcius, there will be no supervision (City Policy)





Volunteers needed to help with the rink!!
Please come and help out!! Contact anyone on
the CPRA board if interested!!



Bundle Up and Stay Warm!!

Remember we live in Saskatchewan, so dress in layers to stay warm and cozy!!

CPRA Notes:

The College Park Recreation Association (CPRA) is a non-profit organization made up of College Park residents interested in getting to know their neighbours and working towards improving our great neighbourhood. If you would like to learn more about the CPRA or how to get involved please visit our website at www.collegeparksaskatoon.com and/or contact the president at president@collegeparksaskatoon.com.

Do you have suggestions for topics for future newsletters or the College Park Recreation Association website? If so, send us an email at newsletter@collegeparksaskatoon.com

Is there something you would like to see offered by the CPRA?? Are you an instructor or do you have a service to offer the community?? If so, please contact any member of the executive, as we would be happy to hear from you!! All instructors will be paid.

CPRA monthly meetings are held every second Wednesday virtually instead of at College Park School Library. If interested, everyone is welcome to join the virtual meetings!! Contact president@collegeparksaskatoon.com for more information. The next meeting is on February 10, 2021 at 7:00 pm!!!!

Meet The CPRA!!

For a complete list of CPRA Executive and Committee members, check out our website at www.collegeparksaskatoon.com
Or page 1 of this newsletter!!

CPRA is on social media!!

https://www.facebook.com/cprayxe

(f)

https://www.instagram.com/cprayxe/

Instagram

https://twitter.com/cprayxe

The newly painted rink!!



Special thanks to our students and staff from Ecole Cardinal Leger School, Ecole College Park School, and Evan Hardy Collegiate for painting the wonderful murals on our rink boards!





Thank you to all the volunteers who are stepping down from the CPRA. All your hard work and dedication to the CPRA is greatly appreciated!! Welcome to all new executive members who are joining the CPRA!!











Community

Events

Nominating a Snow Angel

1) Be nice, clear your neighbours snow and ice. How you can help us: If your neighbour is elderly, has health concerns or mobility restrictions, lend a hand by clearing their sidewalk. If you receive help from a neighbour/relative, nominate them as a Snow Angel online https://www.saskatoon.ca/webform/snow-angel-submission

or mail in their name and phone number to:

Snow Angel, City of Saskatoon 330 Ontario Avenue Saskatoon SK S7K 1S3

Tell us how your Snow Angel has brightened your day. Remember to exercise caution when clearing sidewalks. We will send your Snow Angel a thank you and enter them in a prize draw!

2) Free Saturday Parking from December 12, 2020 to March 27, 2021 - City Council approved free parking on Saturdays in City-managed public pay parking areas throughout Saskatoon starting December 12, 2020, and ending March 27, 2021. Check out Saskatoon.ca for more information.

3) 44 Years of Snowmobiling for Easter Seals Kids: The 2021 Easter Seals Snowarama is taking place in February, for 12 days and all across Saskatchewan! The Covid-19 pandemic has presented some challenges when planning the 44th Annual Snowarama, but also some opportunities. Raise pledges and ride the trails any time between February 15th and 27th in support of Easter Seals! Snowmobilers are encouraged to register and raise pledges online by visiting www.snowarama.ca. Just a minimum of \$99 in pledges is needed to participate this year. We are replacing the traditional group gatherings for meals and socializing with gift cards and vouchers that riders can use safely when it is convenient for them. Every registrant raising the minimum pledge will receive: • Snowarama Shirt, Crest, & Pin • Co-op Gift Card for fuel • Gift Cards to a Restaurant • Trail Snack Pack from Harvest Meats • Invitation to Virtual Awards Program on February 27, 2021 • A chance to win some amazing prizes! Easter Seals works to enrich the lives of every individual experiencing disability in our province. Each year we provide services to children, youth, adults, and their families through programs offered by SaskAbilities, owner and operator of Easter Seals™ Saskatchewan. We are fully dedicated to enhancing the quality of life, self-esteem, and self determination of individuals experiencing disability, through such programs as Camp Easter Seal, Summer Fun, and Adaptive Technology Services.



Please feel free to contact any member of the CPRA for information or questions about the CPRA!!

Contact information on page 1 or on the website:

www.collegeparksaskatoon.com

Vacant Positions:

Cardinal Leger School Liaison

We have several critical positions open, as well as sub committees to support event and fundraising initiatives. Please contact the

president@collegeparksaskatoon.com for more information on volunteering with the College Park Recreation Association.





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Meet The CPRA!!

For a complete list of CPRA Executive and Committee members, check out our website at www.collegeparksaskatoon.com and page 1 of the newsletter

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The next meeting is on February 10, 2021!

Reduce the Risk of COVID-19

- Maintain 2 metre physical distancing
- >> Avoid large gatherings
- >> Wash & sanitize your hands often
- Don't have too many close contacts outside your household
- Wear a mask when physical distancing isn't possible

saskatchewan.ca/COVID19

#COVID19SK

Saskatchewan 🖟

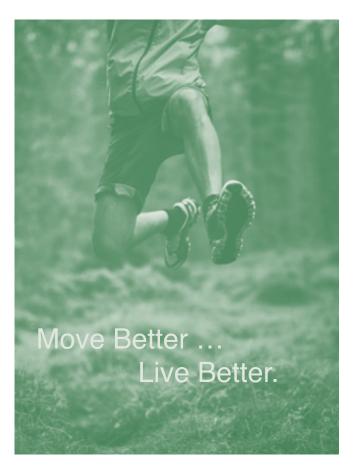
Mental Health and Covid-19

Tips to help you to remain calm and balanced as this public health crisis evolves:

- 1) Let it go
- 2) Unplug
- 3) Know the facts
- 4) Keep things in perspective
- 5) Practice self-care
- 6) Stay connected

Go to www.scoa.ca for more details or the CPRA website: collegeparksaskatoon.com

COLLEGE PARK NEWS WINTER 2021





Still trying to figure out how to deal with your ongoing:

Headaches and/or neck pain
Back pain
Rotator cuff strain
Tennis elbow
Hip and knee pain
Jaw pain
or Dizziness?

Let us help you out, whether it be for an in-clinic appointment or through videoconferencing.

24/7 online booking at www.north49therapy.ca or call 306.343.7776.

Conveniently located at the Grosvenor Park Centre.



New and emergency patients welcome.

#60-304 Stonebridge Blvd, Saskatoon

Dr. Norm Vankoughnett

Dr. Kristopher Milne

Dr. Abdullah Patel

Dr. Christine Miller

Dr. Ibrahim Muradi

Dr. Eric Tuttosi

Monday-Thursday 7am-7pm Friday 7am-1pm Saturday 7am-1pm

Stonebridge Location 306-244-2266

COLLEGE PARK NEWS WINTER 2021



























COVID-19 Resources for Seniors Grocery Delivery Phone Support YXE Community Response to COVID 19 YXE Community Response to COVID 19 Hotline: 306-361-4357 Hotline: 306-361-4357 yxecovid19help@gmail.com yxecovid19help@gmail.com Canadian Red Cross – Friendly Phone program for Saskatchewan 1-306-216-6602 CHEP Good Food Inc. 306-655-4575 Community Resources Health Questions Saskatchewan Healthline 8-1-1 211 Saskatchewan Call 2-1-1 NEW: Doctors can provide appointments by telephone -Contact your physician's office for more information

Saskatoon Council on Aging [SCOA] PH 306-652-2255









Bay 5, 270 Acadia Drive Saskatoon, SK S7H 3V4 **T: 306 382-7101**

F: 306 382-7101



Store Hours

Monday to Friday 9:30 am – 6:00 pm Saturday 10;00 am – 2:00 pm Closed: Sundays and Holidays

Shop Local, Shop Safe!

School Break Camps

Get active during the school break! Learn new sports and activities led by qualified instructors. Pre-registration is required. Sign up for as many sessions as you like.

Table Tennis Soccer and Basketball Dance and Conditioning Metis Jigging Wheelchair Sledge Hockey and Floor Hockey

FREE!! Ages 10-14 All are welcome!!

For more information call 306-975-3378

ADVERTISING RATES IN THE (CPRA) COLLEGE PARK RECREATION ASSOCIATION NEWSLETTER

Rates:

Business Card \$50 Quarter Page \$100 Half Page \$160

Next Issue May 2021 Deadline For Submission April 18, 2021

Contact
Newsletter Editor
Kamini Lakhanpal at
newsletter@collegeparksaskatoon.com

ART KORNER

Hey All! If you would like to submit any artwork or poems, we would love to print them in our next newsletter; just send in a scan or digital print. Submission deadline is April 18, 2021. For more information, contact the newsletter editor Kamini Lakhanpal at newsletter@collegeparksaskatoon.com

School's Back...Dates to remember!!

First Day of School in the new year is

January 4, 2021. Good luck to all students
and teachers who are returning!!

February Break is Feb 12th to the 22nd, 2021

Spring Break is April 1st to 12th, 2021





Varsity Dental Group

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