



Caswell Hill Community Newsletter

Summer 2008

ADOPT A GRANDPARENT GARDENING PROGRAM A SUCCESS!



"Tyler Campbell and Keejara Shearer with Kathryn Beilman in Her Yard"

This summer the Caswell Community Association offered a new program to seniors using money raised through Safeway's "We Care" fundraising campaign. Student volunteers from Bedford Road Collegiate organized a tea and information session for Caswell Hill seniors in April, where the seniors could meet the students who would be doing the work. As a part of the service students went out to several residences and dug gardens, weeded, separated perennials, and raked leaves.

Kathryn Beilman, who has lived in the Caswell area for over twenty years, was

one resident who took advantage of this valuable service. She had three students help her with her garden on two separate occasions, where the students

removed garden debris, cleaned windows, and did some garden edging. The students did a great job, and Kathryn's garden is looking beautiful with many unusual plants including Himalayan Orchids and a Russian Almond Tree.

In appreciation of their volunteerism and participation, the CCA plans to give Bedford Road Collegiate a donation towards new equipment. We hope that we will be able to offer this program again next year, so watch for information sent out by Bedford Road students. Until then, we hope to provide leaf-raking and snow shovelling services this fall and winter.

If you are interested in volunteering for the Adopt-a-Grandparent program, or if you are a senior who would like to sign up for services provided, please call Wilma at 664-2330.



"Bedford Road Students Working Hard in the Garden"

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YOUR CASWELL COMMUNITY ASSOCIATION EXECUTIVE MEMBERS

VACANT
President

John Nicholson
Soccer Coordinator

Maxine Kinakin
Member at Large

VACANT
Secretary

Amber Christensen
Member at Large

Raeanne Van Beek
Member at Large

Chloe Corcoran
Treasurer

VACANT
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Wilma Groenen
Member at Large

Chasity Berast
Newsletter Coordinator

Melanie Sadler
Member at Large

Tanis Shanks
Member at Large

Glenn Dougan
Rink Coordinator

Jaimie Peters
Member at Large

Donna Blunt
School Liaison

CASWELL COMMUNITY ASSOCIATION MEETINGS

When: The second Tuesday of every month

Where: Saskatoon Convalescent Home
101 31st Street West

Time: 7:30 p.m.

Meetings usually last about 1½ to 2 hours and are really fun. They are also a great way to meet your neighbours and become involved in your community. Everyone is welcome and childcare is available.

Mailing address P.O. Box 30011, RPO 32
Saskatoon, SK S7L 7M6

E-mail address info@caswellhill.ca

For current updates, join our new Facebook group called "Caswell Hill"

NEWSLETTER NEWS

The newsletter is published three times a year, in January, April and August. Advertising deadline for the next newsletter is December 15th. Rates are \$25 business card / \$40 quarter page / \$80 half page. Articles about community events, issues and people are welcome.

THANK YOU!

Thank you to all of the volunteers who came out to make Caswell Hill a cleaner neighbourhood and we hope to see you again next year!

We would also like to thank the following people and businesses who donated items for the volunteer BBQ:

- ▶ Safeway on 33rd St
- ▶ Boryski's Butcher Block
- ▶ Starbucks on 2nd Ave
- ▶ Nestor's Bakery
- ▶ Rusty - for the propane
- ▶ Chasity and Dave for the use of their BBQ
- ▶ Chloe and Jane for the use of their yard and BBQ

ART IN THE PARK



Art in the Park is taking a break this year, but it will back and better than ever in September 2009. Watch for updates in your CCA newsletters.

If you are interested in being involved in the planning committee for Art in the Park 2009 drop us an email at info@caswellhill.ca

Thank you for your continued support!

Is 2008–2009 going to be your year to get involved in your community?

The CCA has many different volunteer positions available, all of which provide a great opportunity to meet new friends in the community and gain valuable experience. We are looking for some volunteers to join our Board in various positions voted in at the September AGM.

If you are passionate about this community, as current and previous volunteers have been and feel like you want to contribute, now is the time to step up so the momentum created by this current Board will continue.

Do any of these positions have YOUR name on them?

Chair

Secretary

Member at Large

If you share an interest in the future of this community and want to lend to its continued success, please consider joining our volunteer Board. For more info about these positions, please contact info@caswellhill.ca or call 664-2792.

Caswell Community Association Annual General Meeting

Tuesday, September 9th @ 7:30 pm

**Saskatoon Convalescent Home
101 31st Street West**

Tell your friends!! Everyone is welcome!!

Caswell Community Celebration September 6, 2008 in Ashworth Holmes Park

Join your friends for some fun in park with children's activities and special evening entertainment!!!



Watch for posters with more info!



For more info email
info@caswellhill.ca

InFLUenza 2008

Saskatoon Health Region invites you to attend a free drop-in influenza immunization clinic.

October 14 - November 1

- ✓ adults 65 years & older
- ✓ children & adults with chronic lung, heart or kidney conditions, cancer, diabetes & immune disorders
- ✓ children & adolescents receiving long-term ASA treatment
- ✓ healthy children ages 6 - 23 months
- ✓ pregnant women

For more information and clinic locations, visit saskatoonhealthregion.ca and click on the 'flu' icon or call the flu line at **655-4358**.



ÉCOLE ST. PAUL SCHOOL



HAVE YOU CONSIDERED FRENCH IMMERSION FOR YOUR CHILD?

École St. Paul School is accepting registrations for Kindergarten to grade 8!
- Children must be five years of age by January 31, 2009 to begin in September, 2008.
- Children six years of age by January 31, 2009 may begin Grade One in September, 2008.



FAITH

- ~ Inclusive – ALL people are welcome at our faith-based Catholic school.
- ~ Caring atmosphere
- ~ Anti-bullying policy (practice and prevention)

FRENCH

- ~ Receive the lifelong benefits of a second language.
- ~ Serves non-French and French speaking families.
- ~ Entrance at Kindergarten or Grade One

FUN

- ~ Family / Community oriented
- ~ Small school
- ~ Cultural activities
- ~ French Immersion Preschool (contact Denise Klassen at 659-7439)
- ~ Two-way transportation is available to students from Lawson Heights, River Heights, Richmond Heights, City Park, Downtown, Riversdale (to Ave. H), Caswell Hill (to Ave. H), Mayfair (to Ave. H) and McNab Park.
- ~ Before and After school childcare is available.

COME and **VISIT** us at 1527 Alexandra Avenue. Phone: 659-7430 or view us online at <http://blog.scs.sk.ca/pau/>

Greater Saskatoon Catholic Schools....putting faith in education

DID YOU KNOW . . . ?

The CITY OF SASKATOON has an Accessible Leisure Card Program for Saskatoon residents and families with low-incomes.

Application forms are available at most Leisure Centres.

For more information about this program call 975-3383.

Summer is not over yet! These tips from Health Canada will keep you safe while having fun in the sun!

PICNIC SAFETY

The weather is fine for picnic time, and here are some tips on how to pack and eat a safe picnic lunch.



- ▶ Store your lunch in a cool area until mealtime; if refrigeration is not available, consider the next two tips.
- ▶ Use insulated containers or freeze water in empty leak-proof containers to keep lunches cold.
- ▶ Pack a box of juice that has been frozen overnight to both chill your lunch and become a part of the meal.
- ▶ Take-out foods like fried chicken or barbecue should be eaten within 2 hours of purchase or thoroughly chilled before adding to the cooler and transporting
- ▶ Wash fruits and vegetables well before packing.
- ▶ Wipe lids of canned food if you are going to consume contents directly from cans
- ▶ To make cleanup easier, take garbage bags, paper towels and damp washcloths in plastic bags.

LAWN & GARDEN SAFETY

Your garden looks so beautiful! Here are some tips on using lawn and garden equipment safely so you can whistle while you work.

- ▶ Check lawn and work areas for hazards such as rocks, nails, and broken glass.
- ▶ Keep children and pets at a safe distance.
- ▶ Use protective gear such as gloves, ear protection, and eye protection.
- ▶ Wear proper shoes or boots when operating hand tools and power equipment.
- ▶ Learn to operate equipment properly and make sure it is in good working condition.
- ▶ Keep hands and feet away from cutting blades, moving parts, and hot surfaces.
- ▶ Do not use electrical tools in wet conditions.
- ▶ There are many ways to control garden pests without using pesticides. Consider them before resorting to pesticide use.



Find more tips about summer safety on the Health Canada website.

<http://www.hc-sc.gc.ca/hl-vs/securit/season-saison/summer-ete/index-eng.php>

MAYFAIR LIBRARY

KIDS

Mayfair Branch 975-7591

Free Drop-in Program

Drop-in programs may have a seasonal theme. If you would like to know the theme, please call ahead (975-7591). Parents and caregivers are expected to remain in the Library during story times.

Family Story Time

Wednesdays / 10:30 a.m. / All year round / Community Room

A fun-filled program for the whole family. Bring your mom, dad, grandparent or babysitter for 30 minutes of stories, songs and action rhymes. An adult must accompany children under the age of four. The Mayfair Branch opens to the general public at 1 p.m. Doors are opened at 10:15 a.m. for Family Story Time only.

CLIFF WRIGHT LIBRARY

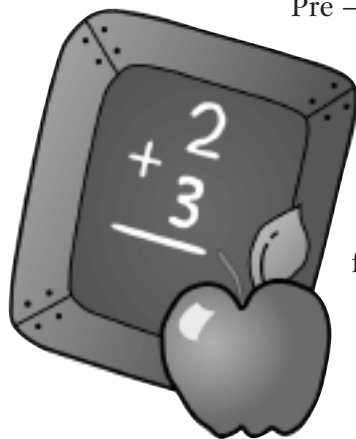
ADULTS

Free Cloth Diaper Workshops

Aug 25th at 7:00 pm / Sept 14th at 2:00 pm / Oct 19th at 2:00 pm / Meeting Room

Are you a new parent? Thinking about using cloth diapers? Not sure where to start? Join us for a workshop to learn what types are available, what you need to get started, how to care for cloth diapers, cost versus disposables, a question and answer session, and more. Seating is limited so please contact us to register by calling (306) 682-5746

CASWELL COMMUNITY SCHOOL

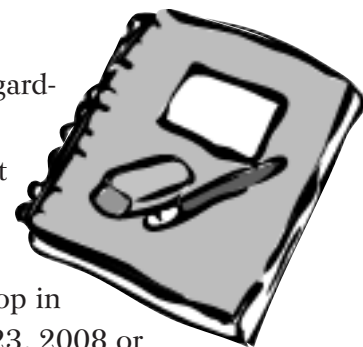


Pre – Kindergarten will have spaces opening in both the morning and afternoon classes. Children 3 and 4 years of age are invited to come and visit the program, to see if they would like to attend on a daily basis. Please contact the main office at 683-7160 after August 23, 2008 for more information. The programming will be in early September.

We invite all children in our neighbourhood who will be 5 years of age by January 31, 2009 to attend Caswell's Kindergarten.

SIGNS OF A GREAT KINDERGARTEN!

- ▶ A safe, caring and family oriented school.
- ▶ We keep our classes small.
- ▶ We are open to and celebrate all students regardless of race, creed, color or religion.
- ▶ We are committed to helping every student read at or above grade level.



When and how do you register? Please stop in at Caswell Community School starting August 23, 2008 or call 683-7160 for more information.

NOTICE OF ANNUAL GENERAL MEETING

The Annual General Meeting of the Caswell Community School Community Council will take place at 7:00pm on Monday, September 22, 2008 at Caswell Community School. Elections for the position of Vice Chairperson and Members at Large will be held.

The majority of the elected members must be parents or guardians of students attending the school. Community members and local business owners can be nominated on to the council. Nomination forms are available at the school office and must be returned to the school by 3:30 p.m. on Monday, September 22, 2008.

CASWELL HILL FALL PROGRAMS

ADULT

Belly Dancing	Adult	Caswell School	TBA	W	TBA	\$35.00
Cardmaking/Scrapbooking	16 yrs & over	Caswell School-Landing	07:30 PM-09:30 PM	Th	Sep 25-Nov 27	\$25 supp incl
Film Club (Meets Monthly)	Adult	Caswell School-LRC	07:00 PM-10:00 PM	W	Sep 24-Dec 10	\$15.00
Pottery	Adult	Caswell School	TBA	TBA	TBA	TBA
Scottish Dancing	Adult	Caswell School	TBA	TBA	TBA	\$25.00
Smart Start Yoga	Adult	Convalescent Home	07:30 PM-08:30 PM	Tu	Sep 23-Nov 25	\$40.00
Smart Start Yoga	Adult	Convalescent Home	10:30 AM-11:30 AM	Sa	Sep 27-Nov 29	\$40.00
Spanish	Adult	Caswell School	07:00 PM-08:00 PM	M/W	Sep 22-Nov 26	\$25.00
Wine & Cheese	Adult	Convalescent Home	07:00 PM-10:00 PM	F	Nov 14	\$15.00

ALL AGES

Baby Food Making	All Ages	Caswell School-Nutrition Rm	01:30 PM-03:00 PM	W	TBA (2 afternoons)	FREE
Walking Club	All Ages	TBA	01:00 PM-03:00 PM	Tu/Th	TBA	FREE

CHILDREN & YOUTH

Floor Hockey	TBA	Caswell School-Gym	TBA	TBA	TBA	FREE
Kids' Yoga	7-9 yrs	Caswell School	05:00 PM-06:00 PM	W	Sep 24-Nov 26	\$40.00
ME TA WE TAN Youth Centre	10-14 yrs	Caswell School-Gym	06:30 PM-08:30 PM	W	TBA	FREE
Soccer	Under 8	Caswell School-Gym	06:00 PM-07:00 PM	M	TBA	\$45.00
Soccer	Under 10	Caswell School-Gym	06:30 PM-07:30 PM	Th	TBA	\$85.00

OLDER ADULT

Seniors' Yoga	60 yrs & over	Convalescent Home	06:30 PM-07:30 PM	W	Sep 24-Nov 26	\$40.00
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PRESCHOOL

Music Time for Toddlers	18 mos-3.5 yrs	Caswell School-Music Rm	TBA	Th	Sep 25-Nov 27	\$50.00
Soccer	Under 6	Caswell School-Gym	05:30 PM-06:30 PM	Th	TBA	\$45.00
Stay and Play (Parent & Child)	18 mo-4 yrs & Parent	Caswell School-Music Rm	09:30 AM-11:30 AM	Tu	Sep 30-Dec 02	FREE

Registration is Wednesday, September 10, & Thursday, September 11, 2008, from 6:00-7:00 p.m. (for Caswell Hill residents) & 7:00-8:00 p.m. (open registration) at Caswell Community School, 204 30th Street West.

****Soccer registration is at the same date/time -- There will be no late registrations accepted for soccer****

No membership fee is required to participate in programs. Contact Tanis Shanks at 373-2192 or Glenn Dougan at 665-5563 for more information. Caswell Hill Community Association honours other community association memberships.

CASWELL COMMUNITY SCHOOL BUS SERVICE

Why not take a ride on the school bus!



Caswell Community School will have bus service for students in our community, to and from school in the upcoming school year. For route information and pickup times, please call the school at 683-7160 starting August 23, 2008.

COST AS A BARRIER FUNDING

Caswell Hill's policy is to use cost as a barrier to subsidize residents in Caswell Community towards Caswell Hill programming if assistance is required. Our policy is also to keep all program costs as low as possible and to run a selection of free programming.



Cam Broten MLA
Saskatoon Massey Place
Phone: 384-7200



David Forbes MLA
Saskatoon Centre
Phone: 244-3555



Frank Quennell MLA
Saskatoon Meewasin
Phone: 651-3581

Boom times should benefit everyone.

Your Caswell Hill
NDP MLAs are
on your side and
working for you.



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Offer expires September 20, 2008