

Pacific Heights Community Newsletter



September, 2007

Volume 4 Issue 4

School starts again so the posted speed limits are back in effect! Take care! Our future Prime minister and mayor are out there.

PRESIDENTS MESSAGE: Welcome back from summer holidays everyone. Hope everyone had a relaxing and sun filled summer. Now that we are all back in full swing with the kids going back to school and community associations around the city all back at it I want to bring everyone in Pacific Heights attention to the following news block below. Your community needs your help. Since my wife and I have joined the PHCA we have made many new great friends, helped to bring some of our ideas into the community and have enjoyed many rewards from being a part of this community along with being part of the new growth we have all seen in this area. Why not come out and be a part of what we have found! - Terry Stribbel PHCA President

YOUR COMMUNITY NEEDS YOUR HELP!

The Annual General Meeting is coming up very soon. **October 16th, 2007 at 7 pm at Lester B. Pearson School in the library.** Your community needs you to step forward and take a position on the Community Association. The Pacific Heights Community Association has the following openings:

PRESIDENT—SECOND VICE PRESIDENT—SECRETARY—TREASURER—MEMBER AT LARGE and the following Task Force Leaders required: **INDOOR PROGRAMS COORDINATOR—NEWSLETTER COORDINATOR and CITIZEN'S ON PATROL COORDINATOR.**

These positions **MUST** be filled at this AGM or the Pacific Heights Community Association will have to take a serious look at closing the PHCA as the association cannot operate with these members missing as per the PHCA constitution.

WHAT DOES THIS MEAN TO ME IF THERE IS NO COMMUNITY ASSOCIATION?

No Indoor Programs, No Fun Night, No Soccer and Softball coordinators for this area, no community liaison between the city and the city police services, no events held through the year to bring the community together, no yard contest, no annual community garage sale, no Winterfest, no summer events, no rink upkeep and service over the winter months, no fundraisers for park enhancements, no liaison between Father Vachon and Lester B. Pearson schools and the community, no volunteer coordinators, no newsletter, no web site, no community voice for changes happening within our community and outside of the community, no Citizen's On Patrol walking our parks and streets helping to keep our area safe for our children, elderly and families, and much much more!

Is it time we asked ourselves this question...

“Ask not what my community can do for me, but what I can do for my community”

The community association has been here for years and has brought many events along with park enhancements and such that we in Pacific Heights have enjoyed. Do we really want to see the loss of this association along with all the great things it does yearly? The average member on the association spends 2 hours per month in a meeting and about 2 hours every 3rd month volunteering for events. This is not really a great deal of time to spend when compared to the rewards that the community sees as a whole.

The current members have been on the association for years now and their children have moved on. It is time now for others to come forward with new fresh ideas and help to continue this association that makes the Pacific Heights area such a great place to live.

If you feel that you are this person who wants to see the PHCA continue on, please contact any of the PHCA members listed on the back page of this newsletter to let them know of your interest and we will see you at the October 16th, 2007

Annual General Meeting.

Thank you, The PHCA Executive.

PACIFIC HEIGHTS INDOOR PROGRAMS

Registration is Thursday, September 13, 2007, & Monday, September 17, 2007, from 7:30-8:30 p.m. at Lester B. Pearson School (Large Gym), 3620 Centennial Drive. Membership fee of \$10.00/family per year is required to participate in programs. Pacific Heights Community Association is always concerned that some children (Pacific Heights residents) may be unable to participate due to financial reasons. If you know of a child in this situation, please call 956-3912 and we may be able to assist. Pacific Heights Community Association honours other community association memberships.

ADULT

Co-ed Floor Hockey Tu	Adult Sep 25-Nov 27	Lester B. Pearson School-Lg Gym \$20.00	9:15 PM-10:15 PM
Coffee & Conversation Sep 26-Nov 14	Adult \$10.00	Lester B. Pearson School-Library	6:45 PM-7:45 PM W
Smart Start Indoor Walking Sep 27-Nov 29	Adult \$10.00	Lester B. Pearson School-Lg Gym	7:30 PM-8:30 PM Th
Smart Start Yoga Sep 24-Dec 03	Adult \$40.00	Lester B. Pearson School-Sm Gym	6:15 PM-7:15 PM M

CHILDREN & YOUTH

Babysitting Course Sep 29-Sep 30	12 yrs & over \$35.00	Father Vachon School	1:00 PM-5:00 PM Sa/Su
Creative Dance Sa	5-6 yrs Sep 22-Nov 24	Cosmo Civic Centre \$30.00	10:45 AM-11:45 AM
Drama Sep 28-Dec 07	10-12 yrs \$15.00	Lester B. Pearson School-Lg Gym	6:45 PM-7:45 PM F
Fun with Arts & Crafts Sep 27-Nov 29	6-9 yrs \$15.00	Lester B. Pearson School-Sm Gym	6:30 PM-7:30 PM Th
Girls on the Go Sep 28-Dec 07	10-14 yrs \$2/night	Lester B. Pearson School-Sm Gym	7:00 PM-9:00 PM F

MESSAGE FROM YOUR INDOOR COORDINATOR

I will be stepping down as Indoor Coordinator as of October's AGM. As this session has already started, I will carry it through until all is finished but will not be running the winter session. The programs are already scheduled so there would be very little work this time around... what better way to start! I am willing to help out with registration and to get things going. I would also consider continuing to help throughout, but just can't take on the primary position at this point. I urge someone to step up as it would be shame for programs to be cancelled. Why not step up now and tag along through the fall session!

For more info contact Corinne @ 956-3912.

IMPORTANT NOTICE

Children are once again back in school and the School Speed Zones are once again in effect. Your community has been in contact with the Saskatoon Police Services and requested that traffic patrols be increased in Pacific Heights. The Saskatoon Police Services will be increasing the traffic patrols and radar stops, taking a ZERO tolerance on speeders for the safety of all of our children in this community. These radar stops/traps will also include areas out of the school zones as children need safety on all areas of the streets in Pacific Heights. Thank you from all the parents and children in Pacific Heights for obeying the posted speed limits!

PACIFIC HEIGHTS INDOOR PROGRAMS CONTINUED

Learn to Draw Sep 24-Dec 03	9-12 yrs \$15.00	Lester B. Pearson School-Sm Gym	7:45 PM-8:45 PM M
Soccer Sep 25-Nov 27	5-6 yrs \$15.00	Lester B. Pearson School-Sm Gym	6:45 PM-7:45 PM Tu
Soccer Sep 25-Nov 27	7-9 yrs \$15.00	Lester B. Pearson School-Sm Gym	8:00 PM-9:00 PM Tu
Variety Sports Sep 24-Dec 03	6-9 yrs \$15.00	Lester B. Pearson School-Lg Gym	5:50 PM-6:50 PM M
Variety Sports Sep 24-Dec 03	10-14 yrs \$15.00	Lester B. Pearson School-Lg Gym	6:55 PM-7:55 PM M
Youth Volleyball Sep 24-Dec 03	10-14 yrs \$15.00	Lester B. Pearson School-Lg Gym	8:00 PM-9:00 PM M

PRESCHOOL

Creative Dance Sa	3-4 yrs Sep 22-Nov 24	Cosmo Civic Centre \$30.00	10:00 AM-10:45 AM
Move to Music Sep 27-Nov 29	2-3 yrs \$13.00	Lester B. Pearson School-Sm Gym	5:30 PM-6:15 PM Th
Soccer Sep 25-Nov 27	3-4 yrs \$15.00	Lester B. Pearson School-Sm Gym	5:30 PM-6:30 PM Tu
Variety Dance Sep 28-Dec 07	3-5 yrs \$15.00	Lester B. Pearson School-Sm Gym	6:00 PM-6:45 PM F

SASKATOON CAREGIVER INFORMATION CENTRE



(306) 652-4411

#301 506 25th St. E.
Saskatoon SK S7K 4A7
Fax: 652-7525
www.caregive.sasktelwebsite.net
caregiver@sasktel.net

We assist caregivers in their search for information and provide social and emotional support either by phone or in person.



#8B-503 3110 8th St East
Saskatoon, SK
S7H 0W2 Canada

Ph: 306.241.3540
Web: www.orangecomputers.ca
Email: mail@orangecomputers.ca

LIVE WELL™ WITH CHRONIC CONDITIONS

*Do you have a chronic health condition? Are you looking for ways to cope with these conditions? Live Well™ with Chronic Conditions may be for you! This program provides practical suggestions and support which builds **confidence** in coping with the everyday challenges of a chronic condition. The class is facilitated by two trained leaders from the community to groups of 10-12 people once a week for 2.5 hours for 6 consecutive weeks. The classes are **fun** as well as **practical** and the emphasis is on building skills for managing your health and maintaining an active and fulfilling life. There is **no cost** to the program and the program is being offered at various community facilities in Saskatoon. Call for a list of dates and locations where the program is being offered at **655-4437**.*

Hope-3

Are you at risk for cardiovascular disease?

If you are a man 55 years or older or a woman 65 years or older AND

- Are overweight (especially around the stomach)
- Smoke (past or present)
- Have low "good" (HDL) cholesterol
- Have high or abnormal blood sugar levels
- Have kidney problems
- Have a family history of heart disease

...you may qualify for the HOPE-3 research study that is testing an investigational use of medication to prevent cardiovascular disease.

To come in for an assessment of you cardiovascular risk or for further information call:

CAROL @ 373 6000
Acadia Medical Center

PHCA Yard Contest

On Behalf of the Pacific Heights C.A. I would like to thank the people in our community who take pride in their homes and yards. The winners of this years contest are:

- 1st**—Bob Simon—330Johnson Cr.
- 2nd**—Sharon McLean—3837 Diefenbaker Dr.
- 3rd**—Henry Fiogra—434 Dickey Cr.
- 4th**—Virginia Demchuk—245 Tache Cr.

CONGRATULATIONS ALL!

A special thank you to this years judges:

- Bruce Cote—King George C.A.
- Gail Sunsbak—Minot North Dakota
- Myrna Huzan—Pacific Heights C.A.

We would like to say THANK YOU to the Saskatoon Coop for their donation and continued support of this event and other events over the past years!

Lauriel Huzan Borycki
PHCA Yard Contest Coordinator

KIDS KLUB DAYCARE-

SCHOOL AGE DAYCARE OPENINGS
days of Lester B. Pearson School
DAY 6:30AM-5:30PM

For stu-
MONDAY - FRI-

229-9660 Fay 382-9084

Navarra GOOD MASSAGE THERAPY

3637 Diefenbaker Dr.
Saskatoon SK S7L 4W1
(306) 683-0513

goodforyou@shaw.ca

Navarra Good, R.M.T.

Treatment Focus:

- **relaxation, stress relief**
- **repetitive/occupation stress syndromes/rehabilitation (including Insurance Claims)**
- **sports massage**

IMPORTANT DATES TO REMEMBER

Dates for Pacific Heights Community Association Meetings:

- September 11, 2007—7pm—Father Vachon—Staff Room
- October 16, 2007—7pm—L.B.P. School—LRC
- November 6, 2007—7pm—Father Vachon—Staff Room
- December 11, 2007—7pm—L.B.P. School—LRC
- January 8, 2008—7pm—Father Vachon—Staff Room
- February 12, 2008—7pm—L.B.P. School—LRC
- March 11, 2008—7pm—Father Vachon—Staff Room
- April 15, 2008—7pm—L.B.P. School—LRC
- May 13, 2008—7pm—Father Vachon—Staff Room
- June 10, 2007—7pm—L.B.P. School—LRC



HANDY HUBBY'S

Need help with something?
Any job... big or small give us a call!
Mark—382-3644



Jingle Bell run & walk
for arthritis
move your feet to a jingling beat!

The Arthritis Society

REGISTER ONLINE AT

www.arthritis.ca/saskatchewan

or contact Leanne at 244-9922

for more information

WILLIE IS LOST

Please help us find Willie. He went missing August 3 in Pacific Heights. He is a 10 year old Pekinese/Papillion cross. Willie is rust coloured with a white chest and underbelly and a black face. He weighs approximately 15 pounds. He is very frightened by loud noises (fireworks, thunder etc.) Please help us find Willie. He went missing August 3rd.



Please phone 241-7371

Sears travel

FEBRUARY BREAK 2008

Book your Seats to the Sun NOW, before it's too late!

PUERTO VALLARTA, MEXICO
CANTO DEL SOL PLAZA VALLARTA ****
7 nights - February 18th, 2008
All Inclusive - Standard Hotel Room

\$1,599*

SASKATOON DEPARTURE

MAYAN RIVIERA, MEXICO
SANDOS PLAYACAR BEACH RESORT****
7 nights - February 17th, 2008
All Inclusive - Standard Hotel Room

\$2,099*

SASKATOON DEPARTURE



Book and pay by October 31st, 2007 and **SAVE \$200** per couple!

Use your Sears Card or Sears Mastercard and **Pay in 12 Equal Monthly Installments, Interest Free!**

Sears Travel, Saskatoon Midtown Plaza (306) 653-4433

* Package rates shown are per person based on double occupancy, and are based on the designated departure gateway. All taxes and government fees are not included. Local departure taxes are not included. Prices valid at the time of print and subject to change without notice. Star ratings as per suppliers' current 2006/2007 winter brochures. Offer is \$200 off per couple/week for bookings made and paid in full between January 1, 2007 and October 31, 2007 for travel December 21, 2007 - April 30, 2008 when you book by October 31, 2007. Equal monthly installment financing offer is available for bookings made between January 1 and December 31, 2007 on your Sears Card or Sears Mastercard, subject to available credit. Unless otherwise stated, optional financing programs do not qualify for Sears Club Points or Colours Points. See Sears Travel for complete details, terms & conditions. ©2007 Sears Canada Inc. d.b.a. Sears Travel Service.



**ON SUNDAY
NOVEMBER 4,
2007 10:00 A.M.
RADISSON
HOTEL
FORM A TEAM
WITH FRIENDS,
FAMILY,
CO-WORKERS**

FUN IN THE SUN

On September 22/07 Pacific Heights Community Association is hosting a FUN IN THE SUN.

An old fashioned fair. All proceeds will go towards the umbrella fundraising. The Umbrella fundraising was established by the Pacific Heights Community Association to host 6 fundraisers within 3 years to raise money for the Park Enhancements, repairing the rink and replacing the play apparatus. Please come out and show your support on September 22/07 from 2pm to 6pm at the Pacific Park. Beer Gardens to follow at 8pm.

Located behind Lester B. Pearson School and Father Vachon School. Some of the events we will be hosting in the park are the following:

- Donation Booth
- Dunk Tank
- Slip 'n Slide
- 3—Legged Race
- Gunny Sack Races
- Face Painting
- Petting Zoo
- Super Ron Show
- Balloon Fun

These are just some of the events. For those that cannot make the event but would like to make a donation; may do so at the Front Offices of Lester B. Pearson and Father Vachon Schools. Thank you in advance for your support.

***If you are able to help out by volunteering PLEASE contact any executive on the association as we are in need of volunteers in order to be able to hold these events. Thank you.

The Social Coordinator, Sheila Herbers says, "We hope to make these events annual, so come and celebrate our community."

For more information please contact:

Sheila Herbers

Social Coordinator, Pacific Heights Community

SASKATOON CAREGIVER INFORMATION CENTRE



(306) 652 - 4411

#301 506 25th St. E.
Saskatoon SK S7K 4A7
Fax: 652-7525

www.caregive.sasktelwebsite.net
caregiver@sasktel.net

We assist caregivers in their search for information and provide social and emotional support either by phone or in person.

COMPUTERS



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- Computer builds
- New and Used
- Computer Parts
- Computer service
- Consulting
- Virus repair
- Data backups
- Software
- Hardware
- Networking
- In Home Service
- Call Jason at 280-5547

Your Community Association Members

COMMUNITY ASSOCIATION EXECUTIVE:

President - Terry Stribbel - 956-3912
1st Vice President - Ryan McEachern 382-2159
2nd Vice President - **OPEN**
Past President - Mark Aalen - 382-3644
Treasurer - **OPEN**
Secretary - **OPEN**
Member at Large - Greg Schwalm
Member at Large **OPEN**

TASK FORCE LEADERS:

Fun Night Coordinator - Irene Schwalm - 382-9101
L.B.P. School - **OPEN**
Father Vachon - Arlene Steffen
Softball Ryan McEachern 382-2159
Indoor Programs Coordinator - **OPEN**
Rink Coordinator - Daryl Campbell - 978-1137
Soccer Coordinator - Tammy Melkart
Social Coordinator - Sheila Herbers - 384-2614 (**OPEN**)
Area Rec Consultant - Carla Dobchuk 975-3379
Citizens On Patrol Coordinator - **OPEN**
Newsletter Coordinator - **OPEN**
Newsletter EMAIL- marder@shaw.ca
Web Site - www.pacificheights.ca

BE A PART OF YOUR COMMUNITY AND HELP MAKE A DIFFERENCE! CONTACT ANY MEMBER FOR DETAILS ON THE OPEN POSITIONS!

Advertise With Us!

Place your ad in the PHCA Newsletter. All ads are listed as business card size for 25 dollars/ad unless other arrangements are made. Contact Mark at 382-3644 for full details or send us your advert with billing information to marder@shaw.ca

PHCA ANNUAL GENERAL MEETING

Pacific Heights Annual General Meeting will be held on October 16th, 2007 at Lester B. Pearson School in the Library at 7pm. See page 1 of this newsletter for the list of all positions available. Come out and show your support for your community.

NOW IS THE TIME TO GET INVOLVED!

Free coffee, donuts and babysitting!

SOCIAL COORDINATOR

Sheila Herbers is stepping down as the P.H.C.A. Social Coordinator as of June 30th 2008. As all of our community is aware that without someone in this position, we as a community association are not be able to provide the upgrades to the play apparatus, the skating rink, the park, or any of the many events that are held in the community. If you or someone you know might be interested in this position, call Sheila at 384-2614.

CHILD_{and}FAMILY expo

October 12th & 13th, 2007

at Prairieland Park

All Activities are FREE with Admission

Adults: \$7.00 Kids: 12 and under FREE

Mark Your Calendar!

Stage Shows • Local Entertainers • Hands-on Activities

Exhibitors • Seminars • Door Prizes • Shopping

Exhibitors Wanted www.childandfamilyexpo.com



Lisa Little



A.A. Music, B.A. General Studies, Gr. 10 RCM

Accepting Piano Students

Beginner to intermediate, from age 6 to 96

384-1084 305 Fisher Cr. (Off Diefenbaker Dr.)

PACIFIC HEIGHTS COMMUNITY ASSOCIATION NEWSLETTER

NEXT NEWSLETTER : Nov 5, 2007

Deadline for submissions is Oct 22, 2007

Submission can be sent to:

Mark Aalen - Newsletter Coordinator—marder@shaw.ca

Phone: 306-382-3644

ABOUT THE PHCA NEWSLETTER...

The PHCA Community News is published 6 times per year. If you would like to contribute material, ideas or advertising, please contact the Newsletter Coordinator or email phcanews@shaw.ca.

The newsletter is distributed in the mail, or is available from either Lester B Pearson or Father Vachon Schools.