



NOVEMBER 2022

Normanview West COMMUNITY ASSOCIATION

NORMANVIEW WEST COMMUNITY ASSOCIATION NEWSLETTER

WELCOME WINTER!

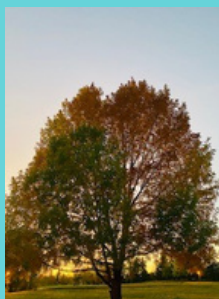
Now that our hot, hot summer is on it's way out, it's time to switch gears and get ready for the winter that will inevitably arrive. The highlights of our summer included movies in the park this year and everyone who attended had fun! Even if our September night was warmer than our June one :)

Your board continues to work on proposals for additions to Ruth M Buck park and offer programming that is meaningful to it's residents. Thank you to our instructors and volunteers that keep that rolling.

As we continue to refresh everythig that is NWCA you can expect to see some updates to our highly visible advertising sign on the corner of McCarthy and 9th ave N.

Our board is currently discussing what winter initiatives we can possibly incorporate and I will once again tell you how much our board ROCKS. This team works tirelessly, continues to brainstorm and gives their time. Thanks again to the people behind social media, our financials, ice shack success and changing those sign letters even in -40!

*Sharon Kasperski,
President NWCA*



2 MOVIE NIGHTS BROUGHT TO US BY OUR COMMUNITY!

Not one but **two** movie nights were had this summer and our last one with record attendance! Thanks to all who contriubted, volunteered and came out to enjoy the shows. Special thanks to the local sponsors below along with NWCA for helping make these nights a success!



- Regina's Pet Depot in Normanview Crossing
- Rock Creek Tap & Grill in normanview Crossing
- Warren Steinley MP for Regina-Lewvan

THANK YOU!



PROGRAMMING

Inclusive Family Fun Night

September straight through to May!
Free with Membership

A family fun night that provides less structure and a lot of opportunity to try different sports. With other families that show up or with your own it's up to you! It is structured around a drop in approach and you can come by the Fridays you are free. Email NWCA to register!

Holistic Yoga

\$50 with membership
Fall session Sept - Dec, Winter/Spring session Jan - Apr

This offering is accessible to all levels and every "body", aged 12+. Bring your mat, a blanket, pillow, and bolster if you have it! Ground your energy in the present moment. Cultivate gratitude in your heart to share with the community. Nourish your body with gentle movement as we flow slowly with mindful breath through beginner friendly yoga postures. Calm your mind with yogic breath practices and guided meditation. Soothe your soul with the magic of crystal bowl sound healing.

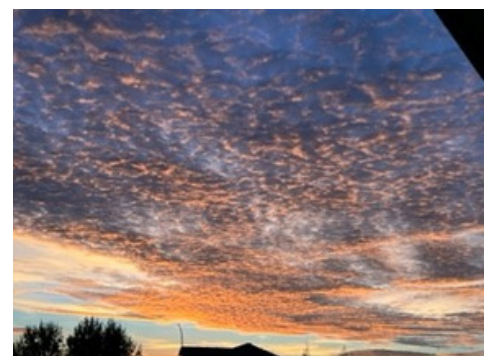
We want to recognize the City of Regina for the funding received which helps us continue to operate for our community!



Fire Pit Addition!

As part of the City of Regina's Winter Strategy a pilot fire pit program is being put in place this year. There are 5 being placed throughout the City and one of them will be in Ruth M Buck park!

This fire pit is available for all of our residents to use from 11am to midnight daily and the rules are posted in the fire pit area.



Coming Soon

Winterfest 2023!

A HUGE thanks to the City of Regina fo approving our grant for Winterfest! Book your calendars for Sunday, **Feb 5th** for some free entertainment. You might find horses and wagons, gaming trucks, free food...the possibilities are endless!

If you are avilable to help out that day for a one time volunteer, let us know!

DID YOU KNOW?

- You can volunteer for as little or as much time as you would like! Sometimes we have one offs like movie nights or community days that need a little help planning.
- Our board meets about 4 times a year - virtually meaning we don't take up more of yout time then needed
- Since Normanview is a non-profit, monthly finances can be requested just by contacting us
- Facebook
@NWCommunityAssoc
- Website
www.nwcaregina.com

Who is NWCA?

- One of the smallest CA's in the City
- 2 elementary schools
- Several parks and a ton of greenspace
- Normanview Crossing Mall
- Outdoor ice rink
- Ball diamonds
- Lighted sledding hills
- Walking and bike paths
- Amazing Neighbours
- NEW! Community Fire Pit

Winter Reminders

- Get your skates out and makes sure they fit! Reminder that our shack opens on the basis of volunteers. If interested let us know!
- Our hills are lit up all winter. Please clean up after yourself and sled safe!
- Stay tuned for a possible winter fun day!





**HAVE SOMETHING
IMPORTANT TO
SAY? ADVERTISE
WITH US!**

**OUR SIGN IS
LOCATED ON THE
SW CORNER OF 9TH
AVE N AND
MCCARTHY BLVD**

**RENTAL IS ONLY
\$20/WEEK**

***For updates on affiliate
programming, please visit
the following:***

***Regina West Zone Taekwon-Do**
wztaekwondo@gmail.com*

***Regina Northwest Sports
Association - T-Ball/Softball**
www.rnwsa.ca*

***Regina West Zone (Outdoor)
Soccer Association Inc.**
www.rwzsa.ca*



The fun and adventure starts today.

REGISTRATION OPEN

**Scouts Canada Programs
for boys, girls and young adults.**

Beaver Scouts (ages 5-7) Cub Scouts (ages 8-10)
Scouts (ages 11-14) Venturer Scouts (ages 14-17)
Rover Scouts (ages 18-26) Volunteers (all ages welcome!)

join@scouts.ca

Scouts.ca



It starts with Scouts.

WEST ZONE BOARD

REGISTRATION FOR THESE PROGRAMS OPENS ONLINE AT
WWW.WESTZONEBOARD.CA ON DECEMBER 1, 2022

WZB LEARN TO SKATE AGE 3-5 YRS - WINTER 2023 SESSIONS

Lessons are 35 minutes in length

Saturdays: 9:30-10:05 am Jan 21 - Mar 11, 2023 at the Kinsmen Arena

Sundays: 3:45-4:20 pm Jan 22 - Mar 12, 2023 at the Doug Wickenheiser Arena

COST: \$75 + \$10 Community Association Membership

WZB LEARN TO SKATE AGE 6-12 YRS - WINTER 2023 SESSIONS

Lessons are 40 minutes in length

Saturdays: 10:10-10:50 am Jan 21 - Mar 11, 2023 at the Kinsmen

Sundays: 4:25-5:05 pm Jan 22 - Mar 12, 2023 at the Doug Wickenheiser Arena

COST: \$80 + \$10 Community Association Membership

Little Stars
Academy

WZB Program



Little Stars

Hockey Camp

(Children MUST be able to skate unassisted)

Children Ages 4 - 7

- Stop -

- Shoot -

- Pass -

Doug Wickenheiser Arena

Sundays: Jan 22 - Mar 12, 2023 5:05 - 5:45 p.m.

COST: \$100 + \$10 Community Association Membership



Retired...? (Want opportunities to help others!)

Student...? Just starting out...? (Build potential job experience!)

Anyone in between...? (Would like to enhance old skills or learn new ones!)

The Tetra Society of North America provides the connection between people with disabilities and volunteers to create assistive devices at cost for materials ONLY. These gizmos are not on the market or the existing assistive device may need to be customized which would enhance the quality of life for people with disabilities or seniors. If payment is a barrier in obtaining a much needed device, please discuss it with me.

The Regina chapter is looking for volunteers AND/OR people with disabilities or seniors who require a gizmo! You never know unless you try. Talk to the Tetra Team today!

Contact: Terri Sleeva at 306-545-7378 or e-mail: reginaSK@tetrasociety.org

An advertisement for MNP's Self Employment Program is displayed on a laptop screen. The left side of the screen shows a smiling woman with glasses holding a camera. A white box with a QR code and the text "Scan here to learn more:" is overlaid on the image. The right side of the screen has a dark blue background with the MNP logo in white, followed by the text "Self Employment Program" in white. Below this, it says "Start your small business with free, comprehensive business training." and provides the email address "SaskSelfEmployment@mnp.ca". At the bottom, it says "Wherever business takes you" and features the MNP.ca logo in an orange box.

MNP

Self Employment Program

Start your small business with free, comprehensive business training.

SaskSelfEmployment@mnp.ca

Wherever business takes you **MNP.ca**