

ROSEWOOD

Rosewood Community Association Newsletter

2017 Spring (Vol. 4 No. 1)

President's Message

Hello Rosewood,

I'd like to welcome all our new neighbours to Rosewood in 2017! Whether you have immigrated from outside of Saskatchewan, are moving from somewhere else in Saskatchewan or just relocating within Saskatoon, welcome to Rosewood! We are young, growing and diverse Community that will ultimately make up approximately 12,000 citizens of Saskatoon.

We are very excited to report that the Rosewood Schools are currently on schedule to be opened this fall! This will be a crucial shifting point in the delivery of community programming and events.

The Community has been promised dedicated community space to offer a wide variety of programs we cannot currently offer at the local venues available to us. A portion of each home purchase in Rosewood has gone to our Community Levy that has paid for this space. Along with the school space, your community has been allocated space for an outdoor community rink within the Glen H. Penner Park. Your Rosewood Community Association board is investigating design specifications and is in the preliminary stages of fundraising.

This year your Board is focusing on policy development and strategic planning now that we will have a dedicated community space for you. Now is the time for you to get involved at take an active role in your community development. The next few years will be an integral stage in our community growth and we need your support, both financially and as a volunteer.

The public is welcome to join any of our monthly meetings posted on our website and you are encouraged to become an active member at our Annual General Meeting on April 4, 2017.

Come meet your neighbours, become a member or renew your membership, and participate in your community.

Reed Hentze
President

Current Board of Directors

President:	Reed Hentze
Vice President:	Matt Ries
Secretary:	Carol Pehuda
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Park Coordinator:	Matt Ries
Rink Coordinator:	Shane Wutzke

Rosewood Community Consultants:

City of Saskatoon Consultant:	Mark Planchot
Ward 9 Councillor:	Bev Dubois
Saskatoon Police Service Liaison Officer:	Cst. Dawn Epp

Board Meetings

Rosewood residents are welcome to attend and observe monthly board meetings. Meeting dates are noted on our [website](#). If you are interested in attending a meeting, or you would like information about volunteering please [email](#) us!

Annual General Meeting (AGM)

Tuesday, April 4, 2017

Meeting Begins: 7:00 PM

Saskatoon Christian School

Township Road 362

meeting room: Library

Rosewood residents have an opportunity to:

- * Elect/re-elect members to positions
- * Put your name forward for vacant positions
- * Review the annual budget and directors reports
- * Discuss what's happening in our community

Interested in becoming part of an Association that strives to better our community? Then join us!

All Rosewood residents are welcome!



For more information visit our [website](#)

Make it Happen! VOLUNTEER



Strengthen your community,
lend a helping hand,
have fun together.



TUPPERWARE FUNDRAISER

As Rosewood continues to grow we are working on ways to raise funds for community events and future outdoor community rink.

40 %
of the purchase price comes to the Rosewood Community

Help support our community through our online Tupperware fundraiser!

<http://tinyurl.com/Rosewood-Fundraiser>

Visit our [Facebook](#) page and join our Rosewood Fundraising group

Spring Activities

Looking for some **FREE** activities and events in Saskatoon this spring? Here are a few that may interest you.

Saskatoon Zoo

Young Naturalists' Crocus Hike

Tuesday, April 18, 2017, 6:30 pm

Celebrate Earth Week with the Young Naturalists walking in the Northeast Swale native prairie looking for Prairie Crocus and other signs of spring. *The date for this program may change depending upon the blooming time for the crocus.

Young Naturalists Great Horned Owl Field Trip

May 2017 (TBA), 6:30 - 9:00 pm

Join naturalists Martin Stoffel and Martin Gerard as they collect scientific information from wild Great Horned Owls.

The activities above are free but you must pre-register as space is limited. For information or to register for either of the activities below email saskatoonnaturekids@gmail.com or call 306-975-3042. At least one parent/guardian must accompany children on all Young Naturalists activities.

YMCA Family Thrive Time

Sundays until July 2017, 12:00 - 4:15 pm

Enjoy Family Swims (10:30 am - Noon and 3:30 to 4:15 pm) and Gym time (Noon to 2:45 pm) At the YMCA of Saskatoon. The pool has inflatables, foam toys, and a waterslide. The gym offers a variety of activities from games to fun fitness and stretching, changing weekly. There is also a bouncy castle.

Visit the [YMCA of Saskatoon](#) for more details.

NatureCity Festival

May 23, 2017 - May 28, 2017

The NatureCity Festival is a week long annual event celebrating wildlife and wild places right here in the City. There are guided treks in Saskatoon's natural areas, informative talks, nature-themed concerts, family outings and varied programs for schools.

Visit the [Wild About Saskatoon](#) website for this years event details.

Hyde Park Shoreline Cleanup

Saturday, May 27, 2017, 12:00 pm

The Rosewood Community Association holds an annual Shoreline Cleanup in Hyde Park during this festival. Come out and help keep our natural wetlands clean! A Professional Wetland Scientist will give a short presentation and can answer questions you may have.

Science Rendezvous Festival

Saturday, May 13, 2017 10:00 am - 3:00 pm

Take a walk with the dinosaurs, explore the science of dark matter, design your own rockets and LEGO robots and be amazed by chemistry magic! Tour the Natural Science Museum and Rayner's Dairy Barn. Fun for the whole family!

Visit the [University of Saskatchewan](#) for more details.

Saskatoon Public Library

The Round Prairie Branch in Stonebridge is officially open. Visit the new library and enjoy a wide range of free educational and entertaining programs for all ages. You can even pick up a good book to snuggle up with!

Visit the [Saskatoon Public Library](#) for more details.

Earth Hour

Saturday, March 25, 2017 8:30 - 9:30 pm



Join in this annual event by turning off your lights to support action on climate change. Here are some ideas:

Dinner: Have a romantic dinner with your partner or invite your family and friends over for a candlelight dinner.

Games Night: Grab snacks, board games, a deck of cards and a cribbage board and play by candlelight.

Neighbourhood Walk: Take a stroll with family and friends.

Stargazing: Gaze at the stars, test your knowledge of constellations.

Go beyond the hour! Keeping the lights off for an hour is great, but why not keep them off longer. Talk with your family about the things you can all do after Earth Hour is over to help the planet and reduce your bills!

Parks Canada

All year long

In honour of Canada's 150th birthday Parks Canada is offering free passes for 2017.

The Parks Canada Discovery Pass provides you with free admission to any of Canada's national parks, national marine conservation areas and national historic sites.



Saskatchewan has many sites for you to explore:

- * Batoche
- * Fort Battleford
- * Fort Walsh & Cypress Hills Massacre
- * Grasslands
- * Motherwell Homestead
- * Prince Albert

Visit [Parks Canada](#) for more information and to order your free pass.

Please come out & support them!
You'll be glad you did!

SFLA is Proud to be supported by the...
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Gear Up To Play the Fastest Game on Two Feet!

MARCH 11TH In-person Registration occurs at Al Anderson's Source for Sports

Be a Better Hockey Player... Play Lacrosse!

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SEASON BEGINS MAY 1ST AND ENDS JUNE 23RD

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U14 (2005-2003) PLAY TUESDAYS
HIGH SCHOOL (2002-1998) PLAY WEDNESDAYS
TWO GAMES PER NIGHT

Online Registration begins at www.saskatoonlacrosse.com
FEBRUARY 15TH THRU APRIL 20TH

Questions can be directed to info@saskatoonlacrosse.com

Play Saskatoon Field Lacrosse!

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Spring Programs

Please note dates, times, costs, and program offerings may differ from leisure guide details. The programs below reflect our current offerings. Visit the Rosewood Community Association [website](#) for updates as programs are subject to change.

REGISTER ONLINE NOW

PROGRAMS/ACTIVITIES	AGES	DAY	DATES	TIMES	COST*
Landscaping 101	All	TUE	March 21, 2017	7:00 pm - 9:00 pm	Free for members
Babysitting Course	11 +	WED	April 19 - May 31, 2017	6:00 pm - 7:30 pm	\$ 45
Hyde Park Shoreline Cleanup	All	SAT	May 27, 2017	12:00 pm - 1:00 pm	Free

* Please note that a valid Rosewood Community Association membership is required to register for programs. Other valid Community Association memberships will also be accepted. If you do not have a membership you can purchase a Rosewood Community Association membership for \$15.00 prior to or when registering for a program. Late registration fee of \$ 5.00.

Program/Activity Descriptions

Landscaping 101

Wonder what to do with your yard now that you've moved into your home? Discuss the costs involved with planning your front and back yard, drainage and plant types. This is a great opportunity to talk to a professional about your plans. Bring your ideas!

Babysitting Course

This course will give youth the knowledge and confidence to babysit. Learn the basics of first aid, fire safety, age appropriate games and activities as well as how to stay safe while babysitting.

Hyde Wetland Naturalized Area Annual Spring Cleanup

Be a part of the Spring Cleanup! A Professional Wetland Scientist/Wildlife Biologist will give a brief talk. This cleanup is in conjunction with the Great Canadian Shoreline Cleanup and the NatureCity Festival. (Meet at the Hyde Park entrance near Shoppers Drug Mart).

Sports

The Rosewood Community is still trying to bring sports to our community. In the meantime here is some information about sporting programs in Saskatoon:



- Baseball** - Saskatoon Braves Baseball saskatoonbraves.com
- Basketball** - Saskatoon Minor Basketball Association smba.ca
- Flag Football** - Saskatoon Minor Football saskatoonminorfootball.com
- Soccer** - Lakewood Soccer Association lakewoodsoccer.com

Visit our [website](#) for links to sport programs offered in Saskatoon and check our adjacent communities for sports programs they offer.

Briarwood Community Association briarwoodca.com
 Lakeridge Community Association lakeridgecommunity.ca
 Lakeview Community Association lakeviewca.com

Renew or purchase a Rosewood Community Association [membership](#) and support our community to help bring events and programs home to Rosewood.

Don't forget, Community Association's in Saskatoon will accept your Rosewood membership for their programs.

Interested in Volunteering?

Are you passionate about sports? If so [email us!](#) We are looking for volunteers to join our team in helping bring sports to Rosewood.

We Need Your Input!

What programs are you interested in?

We need your help in figuring out what programs you and your family would participate in!



Once the school is complete this fall and we have our local community area we will be looking to run more local programs.

Complete our [online survey](#) and let us know what programs you are interested in participating in.

Summer Activities/Events...Mark your Calendar

Rosewood Family Fun Day - Sat. August 26, 2017

Are you interested in volunteering?
 Do you have services you would like to offer?
 Interested in sponsoring this year's event?
 If so, send us an [email!](#)



Rosewood Community Garage Sale - Sat. August 26, 2017

Are you a Rosewood resident interested in joining in this year's community garage sale? Visit our [website](#) in July and sign up to have your address included on the Rosewood Community map.



Sign up for the RCA [mailing list](#) or follow us on [Twitter](#) or [Facebook](#) to stay up to date on what's happening in Rosewood!



Don't forget to renew or purchase your membership!

A membership is required for programs offered by Community Associations in Saskatoon. Your Rosewood Community Association membership is accepted at other Community Associations.

Membership cost: \$ 15.00 (per family) yearly

Help us bring activities and events to our community!

Register or renew your [membership](#) now!

(valid from August 1 to July 31)

The **City of Saskatoon Leisure Guide** is a source for a variety of arts, culture, & recreational activities and is delivered to Residents by the City. Visit the City of Saskatoon [website](#) for more information.

Spring/Summer 2017 Guide: Online: Mon. Mar. 6 / Delivery: Wed. Mar. 8 / Registration Starts: Sun. Mar. 12 / Programs Run: Apr. 1 - Aug. 31

Spring is in the Air!

Spring Cleaning

Spring has arrived and many of us take this time to clean in and around the house.



While cleaning here are a few things to keep in mind:

- * Do not throw out or pour materials down the drain that can contaminate our water or landfills. Hazardous materials include: corrosive, flammable or poisonous material such as aerosols, cleaning products, pesticides and fertilizers. Check out more about disposing hazardous waste at the City's [website](#).
- * Donate clothes and household items to local charities. Leave them in drop boxes around the city or contact a local charity. They would be happy to take gently used items off your hands! You can also hang on to them and join in on the Rosewood Community Garage Sale set for Saturday, August 26, 2017.
- * Recycle broken/damaged items to keep them out of the landfill. Check out what can be recycled at the City's [website](#).

Vegetable Gardening

Interested in getting a head start on your outdoor garden? There are many vegetables such as; onions, peas, corn, lettuce and tomatoes, to name a few, that you can plant inside and transfer once it's time to sow outside. Get a head start on spring!



Plan your vegetable garden. Some vegetable grow well if placed beside others, such as peas, corn and carrots while others can affect how well they grow. Talk to your gardening professional for advice on what vegetables will grow best in your garden.

Free Tree Planting Program

The City of Saskatoon offers homeowners in new neighbourhoods a **FREE** tree to be placed on the City-Owned portion of front and side boulevards.



The tree planting season runs May through August. Visit the City's [website](#) for information about tree options, the program or to submit your request for a free tree. Tree planting requests are processed in the order they are received so complete your request now!

Lawn Care

Once the snow is gone and it's time for yard work:



- * Make sure your lawnmower is working and has a sharp blade.
- * Cut the grass when it's dry.
- * Grass should be two to four inches tall to allow it to retain moisture and assist in reducing weeds.
- * Consider keeping grass clippings on the lawn to add nutrients and retain moisture.
- * Rake your lawn thoroughly in the spring and consider aerating it.

Green Cart Program

The City's optional Green Cart composting program aims to reduce the estimated 40% yard and food waste from an average home entering City landfills.



Have you ever wondered what happens to the compost material? The City uses Green Cart materials in Saskatoon parks, community gardens, and other public green spaces to keep them healthy and beautiful.

If you are interested in finding out more or signing up for this program visit the City's [website](#). The cost for 2017 is \$55/subscriber. Register/renew by April 1, 2017 to avoid delays with your first collection. Collections begin the week of May 1, 2017.

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Expires May 31, 2017

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Travelling With Your Pet

If you are thinking of taking your pet on a vacation or trip with you, first you should consider what is best for them. If your pet is easily stressed, poorly trained, aggressive, not fully house trained, or destructive, then it is probably better to make other arrangements to leave them at home with family/friends, a pet sitter/housesitter, or at a reputable boarding facility.

BEFORE YOU LEAVE:

- * Ensure that your pet has identification that includes contact information for both your destination, and residence. Microchip your pet beforehand so they have a permanent form of identification at all times even if they lose their collar.
- * Take your pet to your veterinarian for a wellness exam before travel. If your pet requires any type of sedative for travel, or gets motion sickness, you should discuss this with your veterinarian in advance.
- * Ensure that your pet is up to date on all their vaccinations. Find out if there are any other vaccinations or preventive treatments your pet may require at your destination; different regions have different infectious diseases and parasites that may not be found at home.
- * When travelling internationally, ensure that you have all of the necessary documentation required by the country you are travelling to. Some countries have quarantine periods so plan ahead!
- * Ensure you bring all of the supplies that your pet requires. It's important to bring a bag of their current food in order to avoid stomach upset from a quick diet change, and ensure if they are on any medication that you have enough for the duration of your trip.
- * Bring along some puppy pads and cleaning supplies (baby wipes work great for cleaning up messes)
- * Book pet friendly hotels or reputable boarding kennels in advance.

ROAD TRIPS:

- * Secure your pet in a travel carrier or harness restraint. Not only does this protect them (and you) in case of an accident, it also ensures that they remain safely in the vehicle when you stop for breaks
- * Take your pet on short rides to get them used to the vehicle before your big trip
- * NEVER leave your pet unattended in your parked vehicle – temperatures can rise to dangerous levels in a matter of minutes.
- * Have a travel bowl and fresh water for your pet when you stop for breaks. For cats, you will need to bring along a travel litter box with litter

AIRLINE TRAVEL:

- * Find out airline policies ahead of time; many airlines will allow small pets to travel in the cabin with you in a carrier under the seat.
- * Ensure you have an airline approved carrier and get your pet used to being in it for longer periods before your trip
- * Try and avoid travelling during very hot or very cold weather if your pet has to ride under the plane in cargo
- * Book direct flights to minimize travel time
- * Walk your pet or ensure they have used the litter box before you leave

Most importantly, be honest with yourself and make a rationale decision for your pet. If you think your trip is going to be too stressful on them (or you), leave them at home with a responsible caregiver!

Information provided by the Woodridge Veterinary Clinic.

Please contact their friendly staff or your local veterinarian for more information on how you can keep your pet healthy!



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Rosewood Updates

Rosewood Elementary Schools

Construction is on track for a scheduled opening in September 2017. The City of Saskatoon has approved the use of civic funds to go towards the playgrounds for both schools. This reduces the funds the schools will need to raise for the play structures.

Check out the RCA [website](#) to see renderings, floor plans and updates!

Colette Bourgonje School (Public)

A Kindergarten Open House was held on January 19, 2017 and registration continues for the 2017/2018 school year.

School Email: ColetteBourgonjeSchool@spsd.sk.ca

School Website: www.spsd.sk.ca/school/colettebourgonje

St. Thérèse of Lisieux Catholic School

A Kindergarten Information Night was held On January 24, 2017 and registration continues for the 2017/2018 school year.

School Email: St.Therese@gscs.ca

School Website: www.gscs.ca/studentsandfamilies/schools/the

Road Construction

Boychuk Drive / Highway 16 Interchange

Some work has begun with geotechnical testing and earthmoving is underway. Construction on the interchange is set to begin in 2017 with completion by July 31, 2019. This is subject to change.

The current design of the interchange includes pedestrian and cyclist paths/walkways. There are also plans for sound attenuation walls to minimize traffic noise in adjacent neighbours. More details to follow.

Detours and road closures are to be expected during this project and Rosewood will be kept up to date with notifications via the City's [Road Restrictions and Construction Projects Map](#).

Commercial Construction

Rosewood Boulevard West

Construction continues on the two commercial areas near the Boychuk Drive entrance. The Tim Horton's drive-thru is taking shape. Leopold's Tavern and Anytime Fitness are confirmed for the south side. We anticipate having more information on other commercial businesses coming to Rosewood later in March. Estimated completion is 2017.

The Meadows Market

The Meadows Market located on the east side of Rosewood is scheduled to see ground servicing starting Spring 2017 for Phase Two and stores opening in 2018. This phase will include a retail mix of "soft-good" stores (clothing, home furnishings, services & restaurants).

Parks

Glen H. Penner Park

Park construction will begin on the park in 2017 and the City is targeting a completion for the fall of 2017 so that the park can be open for the 2017/2018 school season. Design components on the concept plan include; softball and soccer field, toboggan hill, rink, play area, future water feature. As this is a concept plan it is subject to change.

Outdoor Rink

Research continues on the rink which will be located in Glen H. Penner Park adjacent to the catholic school. Fundraising for the rink is needed as it's not included in the park construction covered by the City.

Are you interested in getting involved with the rink? Do you have services or materials you would be willing to donate? [Email](#) our Rink Coordinator.



Rosewood Elementary Schools Construction

[View Live Construction!](#)

24/7 webcam launched by the Government of Saskatchewan, in partnership with Joint Use Mutual Partnership



Boychuk Drive / Highway 16 Interchange Project (concept design/ subject to change)

Rosewood Boulevard Commercial Development



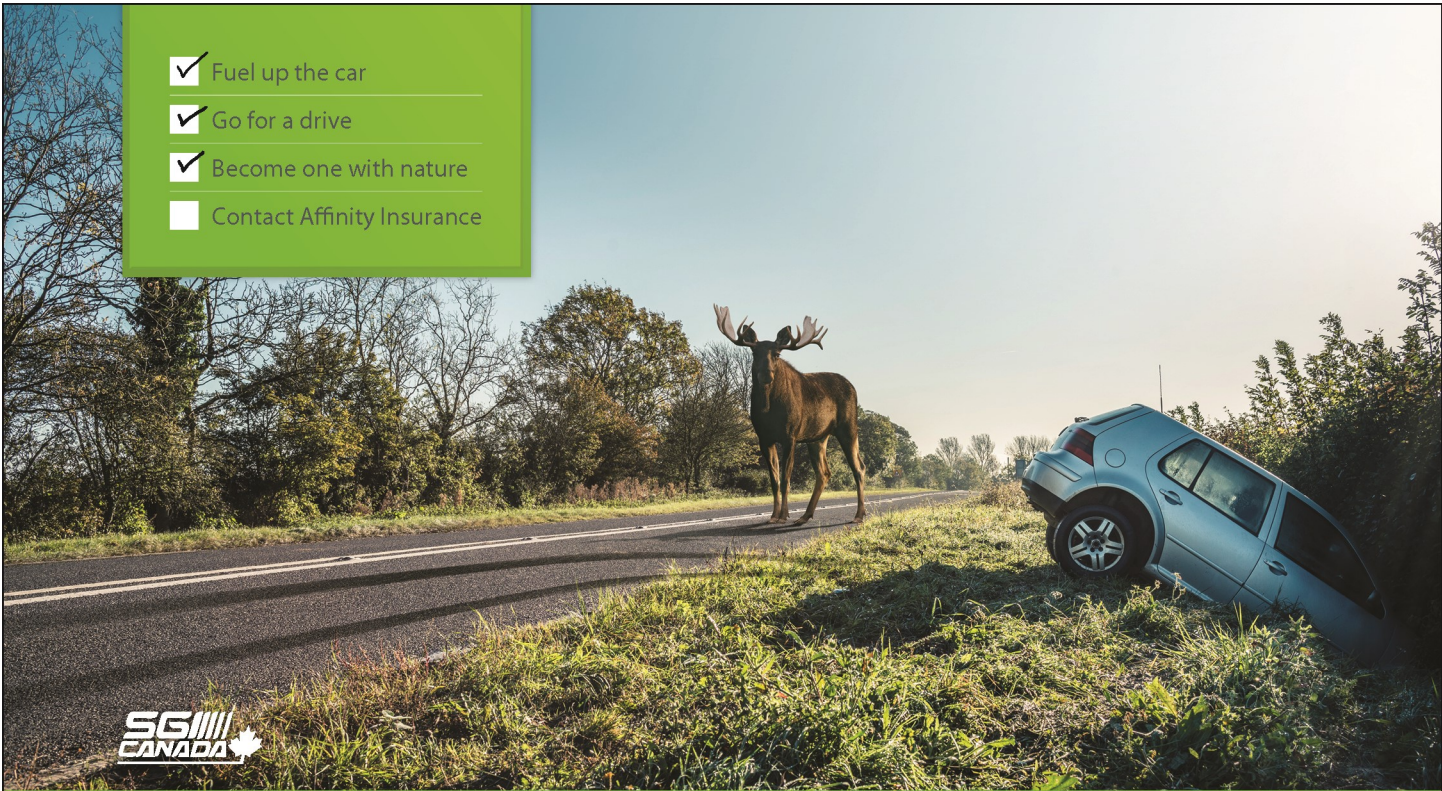
Meadows Market Site Plan



Glen H. Penner Park Adjacent to Future Rosewood Elementary Schools Location (draft concept plan)

Visit the RCA [website](#), [Twitter](#) or [Facebook](#) for what's happening!

- Fuel up the car
- Go for a drive
- Become one with nature
- Contact Affinity Insurance



Whatever life puts in your path, we're here to help when you need it most.

Lakewood Branch Saskatoon | Unit H, 411 Herold Court | 306.242.8822

Affinity Insurance
affinityis.ca

COLETTE BOURGONJE SCHOOL Meet the Staff Night Thursday, March 16

7 p.m. to 8 p.m. at Lakeridge School Gym

Book & Lunch

Lakeridge School Library at 11:32 a.m.
April 12 and May 16

Wildwood School in EAL room at 11:58 a.m.
April 13 and May 17

Rosewood Students bring your lunch and meet Colette Bourgonje School Staff

Colette Bourgonje School Registration information will be available during 3 way conferences at Lakeridge School March 30 and March 31

Colette Bourgonje School is opening Fall 2017

169 Olson Lane West, Saskatoon, SK
TEL: 306.683.7530
EMAIL: ColetteBourgonjeSchool@spsd.sk.ca

www.saskatoonpublicschools.ca/ColetteBourgonje



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www.rosewoodpreschool.webs.com

Kevin Waugh

Member of Parliament
Saskatoon-Grasswood



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My office is here to assist you with issues related to the Federal Government. Don't hesitate to contact us, we're here to help.



306-975-6472
kevin.waugh@parl.gc.ca

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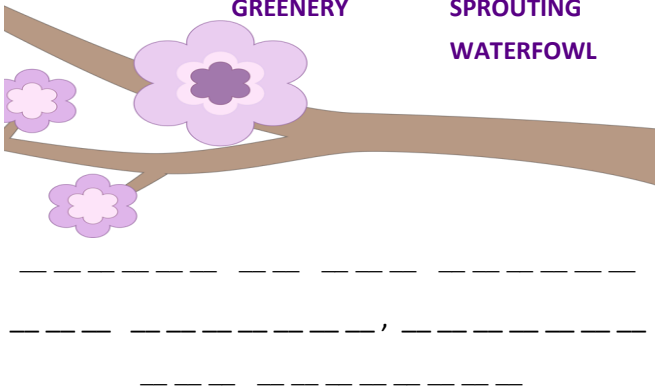


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Word Search...Spring around the corner! *Find these words to discover the hidden message below*

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- CHIRPING BIRDS
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- CRISP
- DUCKLING
- FLOWER BUDS
- FRESH AIR
- FROLIC
- GARDENING
- GREENERY
- GROWING
- HATCHING
- LADYBUG
- MEADOW
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Interesting Facts About Saskatchewan...

What's in a name? Ever wondered if there in meaning to the names chosen for streets in Rosewood? Well there is.

BARTLETT BAY: Neil Bartlett - Landowner and developer in the Rosewood neighbourhood.

BURGESS BAY, CRESCENT, WAY: Don Burgess (died 1995) - Professor, hockey coach & athletic director at the University of Saskatchewan (1958-1991); 1st President of the Saskatoon Minor Hockey Association; Organizing member of Saskatchewan Sports Hall of Fame & Saskatoon Sports Hall of Fame.

EATON CRESCENT, LANE: James Eaton - Pioneer family.

FLEGEL COURT: Flegel Haus - Very well known in University circles; Operated a residence for students called 'Flegel Haus'; SK pioneer.

GILLIES COVE, CRESCENT & WAY: Jon A. Gillies - Family long time residents - Grandson of Councillor F. A. Blain; Former landowners in the North Industrial Area.

HAMM COURT, COVE, CRESCENT, & LANE: Henry Hamm is the President and Founder of Hamm Construction Ltd, which was founded in 1971. During it's many years of operating in Saskatoon it has completed a number of projects for the City of Saskatoon and provided services in numerous subdivision including: Evergreen, Rosewood, Stonebridge, Marquis Industrial, Lakeridge, Fairhaven and others.

HASTINGS COURT, COVE, CRESCENT, & LANE: Hastings Baker - Barr Colonist Pioneer 1903; Saskatoon Ferry Worker.

HATHWAY CLOSE & CRESCENT: W. N. Hathway - Teacher/WWII casualty and W. W. Hathway - Achievements in sports, medicine and arts.

LEDINGHAM CRESCENT, DRIVE, LANE, PLACE, STREET & WAY: Ledingham Family - Aleck, Robert, Charles & Lloyd - Local contributions in science, agriculture and business.

MARKET DRIVE: Based on marketing of neighbourhood.

MEADOWS BOULEVARD, PARKWAY: Rosewood is designed to harmonize nature with the convenience of modern day life. The name "Meadows" was requested as it relates to the natural aspect of the neighbourhood's marketing strategy.

OLSON LANE: Ron and Anne Olson - Landowners and developers of the Rosewood neighbourhood. Keith and Ken Olson (K & K) - amateur sports volunteers.

PHELPS WAY: Joe Phelps - Helped establish the Western Development Museum; Elected to Legislature 1938 & 1944 (CCF); Minister of Natural Resources - 1944; President of National Farmers Union.

PICHLER COVE, CRESCENT, LANE & WAY: The Pichler family are long-time residents, farmers and landowners in Saskatoon and the surrounding area. In recent years, they have contributed to the growth of Saskatoon, and Saskatchewan, with many single-family and multi-family housing projects. Currently they are partners in the Rosewood Landowners Group that is developing the Rosewood neighbourhood in Saskatoon's southeast. The Pichler family is a major landowner within Rosewood.

PRITCHARD CRESCENT, LANE & TERRACE: John Pritchard - A Métis gentleman who helped save the lives of Theresa Delaney and Theresa Gowanlock, who personally called him a Hero in the book "Two Months in the Camp of Big Bear". John Pritchard's heroics were also noted in the book "Blood Red".

Your street not listed? Check out our next newsletter.

Information provided by the City of Saskatoon



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Cooking With Kids

Cooking with kids is a great way to connect and spend quality time together as a family while teaching little ones important healthy eating habits. So get cooking with your little chef today!



Five Benefits of Cooking With Kids

1. Cooking is an important life skill.
2. Reading recipes can help your child's reading skills.
3. Measuring ingredients can help improve math skills.
4. Picky eaters are more likely to try food they help make.
5. Cooking is a great way to instill healthy habits that will last a lifetime.

Ideas to Inspire Your Little Chef

- * Borrow kid-friendly cookbooks from the library or search online for recipes.
- * Have them check flyers for healthier foods on sale, help write the grocery list, check the fridge and cupboards, or put together a folder of favourite recipes.
- * Cook with a friend for a fun play date.
- * Have a cooking party for kids. Let them plan the menu, write the grocery list, shop for food and cook the meal, with your help of course!
- * Explore different ways to prepare food. For example, carrots can be eaten raw, steamed, or roasted.

- * Get creative with pizza night. Let everyone make their own mini pizzas by choosing colourful toppings like pineapple, red peppers, and broccoli.
- * Make healthy snacks for family movie night. Flavour popcorn with oregano, cinnamon, or grated Parmesan.
- * Let your kids invent a smoothie. Blend Greek yogurt or lower-fat milk with fresh or frozen fruit for a delicious and healthy treat.
- * Feed your kids' curiosity by asking them to choose a new whole grain, such as brown rice, barley or quinoa to make together.
- * Get your kids excited about trying fresh herbs. Grow parsley, basil, oregano and chives and use them in your meals.
- * Build a healthy meal using the Eat Well Plate.

Good Morning Egg Roll-Up

Feel the need for speed in the morning? This super, quick breakfast cooks up in a flash. Prep your veggies the night before to cut down on prep time. Or make the egg mixture the night before, and warm it up on your tortilla in the morning. So simple, so good!

Prep Time: 5 minutes
Cook Time: 3 minutes

- 1 egg or 2 egg whites
- 30 mL (2 tbsp) diced red bell pepper
- 30 mL (2 tbsp) grated zucchini or carrot
- Pinch fresh ground black pepper



1 small whole grain flour tortilla
15 mL (1 tbsp) grated light old Cheddar or Swiss cheese

In a small bowl with a fork, beat together egg, red pepper, zucchini and pepper.

Spray a small 20 cm (8 inch) nonstick skillet with cooking spray and place on medium heat. Pour egg mixture into pan, swirling pan to coat evenly. Let cook for about 2 minutes or until edge is light golden. Using a spatula, lift around edges and flip egg over and cook for another 30 seconds or until set and light golden.

Slide egg onto flour tortilla and sprinkle with cheese. Roll up and enjoy!

Makes 1 serving.

Tips:

- * Get your little chefs in the kitchen to help whisk the egg. Older kids can dice the red pepper and grate the zucchini.
- * Switch it up! There are endless combinations of veggies and cheese to make this a whole new roll up every time you enjoy it.
- * Shortcut microwave version: Spray small microwaveable rimmed dinner plate with cooking spray. Pour egg mixture into centre of plate and cover lightly with microwave safe plastic wrap. Place in microwave and cook on HIGH for 30-second intervals until set.

Source: Government of Canada's Healthy Canadians Food and Nutrition [webpage](#).

Foundation CHIROPRACTIC

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Business Card Size	\$ 45	Half Page Size	\$ 145
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Rosewood newsletters are currently published quarterly:

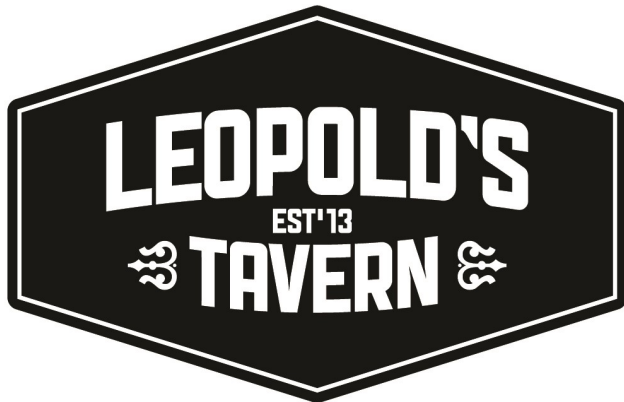
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Ads are due the 1st of the month prior to publication

Rosewood Map (Revised Rosewood Concept Plan subject to change)



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