

ROSEWOOD

Rosewood Community Association Newsletter

2018 Spring (Vol. 5 No. 1)

President's Message

Hello Rosewood Residents!

A few safety items as winter is ending. Don't forget that March can offer up some cold and stormy weather so its not time to take that safety/survival kit out of your vehicle yet! As always when winter wanes please use caution on our community's lakes and ponds as potential thin ice and frigid waters can be extremely dangerous. Also be aware that as the ground thaws the roads can get very slippery, always drive to the conditions you experience on the road and watch out for children near schools, parks and intersections.

Please remember to renew your memberships as they provide the community with the financial ability to put on programs for you and your families. Right now the Rosewood Community Association membership renewal is at less than 40%. This support level does not allow us to present good programs for you. Please renew online.

Our Annual General Meeting (AGM) is coming up in April and we have several board members stepping down from critical positions. Programs, sports, memberships, and other important positions will be vacant. Support your community and volunteer now! Also at the AGM we will be presenting the first of several information sessions on the planning and financing of our new outdoor community rink.

As always a large thank you to all our volunteers and community members who make it possible for our programming and events to improve every year.

Reed Hentze

President

Current Board of Directors

President:	Reed Hentze
Vice President:	Matt Ries
Secretary:	Carol Pehuda
Treasurer:	Shannon Johnson
Communications/ Website & Newsletter:	Claudine Hentze
Youth Programs:	Erin Bentley
Membership:	Shannon Johnson
HSE (Health, Safety & Env.):	Reed Hentze
Park Coordinator:	Matt Ries
Rink Coordinator:	Shane Wutzke
Members at Large:	Kyle Patterson, Rob McClinton, Courtney Thompson, Chad Ekren, Micheal Heimlick, Brianna Patterson

Rosewood Community Consultants:

City of Saskatoon Consultant:	Mark Planchot
Ward 9 Councillor:	Bev Dubois
SPS Community Liaison Officer:	Constable Imran Siraj

Board Meetings

Rosewood residents are welcome to attend and find out more about what's happening. Meeting dates are posted on our [website](#). Interested in attending, or you would like information about volunteering? Please [email](#) us!

Mark Your Calendar



Upcoming Events

For updates on activities and events in Rosewood check out our [website](#), sign up for our [email list](#), follow us on [Twitter](#) or like us on [Facebook](#)!

ANNUAL GENERAL MEETING (AGM)

TUESDAY, APRIL 24 2018 - 7:00 - 9:00 PM

ROSEWOOD COMMUNITY CENTRE, 147 OLSON LANE WEST

Stop by to hear about upcoming plans for Rosewood! Find out about our outdoor skating rink plans, park updates and other community details.

Please consider volunteering! We will be election/re-election board members so if you're interested in getting involved in your community we could use your help. There are many open board positions!

*** REFRESHMENTS WILL BE PROVIDED ***

UPCOMING BOARD VACANCIES

- * ADULT PROGRAM COORDINATOR
- * CIVICS COORDINATOR
- * MEMBER AT LARGE
- * MEMBERSHIP COORDINATOR
- * SECRETARY
- * SOCIAL COORDINATOR
- * TEAM SPORTS COORDINATOR
- * TREASURER
- * VICE PRESIDENT
- * VOLUNTEER COORDINATOR
- * YOUTH PROGRAM COORDINATOR

VISIT [WEBSITE](#) FOR MORE DETAILS

SPRING PROGRAM

ONLINE
REGISTRATION
IS ON NOW!

REGISTER
NOW!



SATURDAY, MAY 26, 2018, 10:00 - 11:30 AM

HYDE PARK

MEET ON THE PAVED PATHWAY ENTRANCE NEAR
SHOPPERS DRUG MART

FIND OUT MORE ABOUT OUR WETLANDS AND
WILDLIFE FROM A PROFESSIONAL WETLAND
SCIENTIST/WILDLIFE BIOLOGIST.

ENJOY A WALK THROUGH HYDE PARK AND LEND
A HAND TO HELP KEEP OUR SHORELINE CLEAN!



Help keep our waters healthy
for everyone. Including me.

Spring Activities & Events

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

SASKATOON ZOO SOCIETY

YOUNG NATURALISTS' OWL PELLET DISSECTION

MARCH 17, 2018, 1:00 - 3:00 PM

In this indoor session take a look at the ecology of the Great Horned Owl in Saskatchewan and learn all about owl pellets. What's an owl pellet? More importantly, what's inside an owl pellet? Find out at this exciting presentation. Register now. Space is limited.



YOUNG NATURALISTS' CROCUS HIKE

APRIL 22, 2018, 1:00 - 3:00 PM (SUBJECT TO CHANGE DUE TO CROCUS BLOOMING TIME)

Explore the Northeast Swale and celebrate Earth Day with the Young Naturalists walking through the native prairie looking for the Prairie Crocus and other signs of spring. Register now. Space is limited.



Visit the Saskatoon Zoo Society for more information, email saskatoonnaturekids@gmail.com or call 306-975-3395 to register.

Please note that at least one parent/guardian must accompany your child/children on all Young Naturalists activities.

NATURECITY FESTIVAL

MAY 22, 2018 - MAY 27, 2018

Explore the natural networks of Saskatoon's ecosystems at NatureCity week long Festival aptly themed "Ānikopicikēwin: Things Are Linked Together". Stop by one of the events along the trails, rivers, sidewalks, or flyways to celebrate Saskatoon's wild side.



Visit Wild About Saskatoon for this years event details.

CANADIAN LIGHT SOURCE SYNCHROTRON

MONDAYS, WEDNESDAYS AND FRIDAYS, 2:30 - 3:30 PM

Visit the brightest light in Canada at the Canadian Light Source located on the University of Saskatchewan campus! They offer free general public tours. Visit the Canadian Light Source for more details and to register for a general public or separate large group (5+ people) tour.

UNIVERSITY OF SASKATCHEWAN OBSERVATORY

SATURDAYS EVENINGS, MARCH 2018, 8:00 - 10:30 PM, APRIL & MAY 2018, 9:15 - 11:45 PM



Stop by the Observatory at the University and look through a telescope and see celestial objects in the night sky! Staff will be on hand to assist. Visit the University of Saskatchewan Observatory or call the Astronomy Information Line at (306) 966-6429 for other information.

EARTH HOUR

SATURDAY, MARCH 24, 2018, 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!

BOLT MOBILE **SaskTel AUTHORIZED DEALER**

WE MOVED!

ACROSS THE STREET FROM TIM HORTONS IN ROSEWOOD

To redeem, present this coupon at our new Bolt Mobile location at 90-120 Tweed Lane (across from Tim Hortons in Rosewood). It's valid for \$10 off smartphones, accessories or batteries. This coupon is not valid for SaskTel bill payments, maxTV, internet, prepaid minutes, voice and data plans, upgrade fees, or gift cards. This coupon has no cash value. One time use only. Cannot be combined with any other offers. Limit of one voucher per person.

Expires May 1, 2018

\$10

- Smartphones
- Accessories
- Batteries
- Repairs

Little Perks. Big Difference.

boltmobile.ca | 90-120 Tweed Lane

Spring Programs

REGISTER ONLINE NOW FOR SPRING PROGRAMS!

PLEASE NOTE THERE WILL BE NO IN-PERSON REGISTRATION

ALL PROGRAMS WILL TAKE PLACE IN THE ROSEWOOD COMMUNITY RESOURCE CENTRE, OR A MULTI-PURPOSE ROOM / GYMNASIUM IN THE ROSEWOOD SCHOOLS

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. Don't forget you can sign up for our [mailing list](#) to receive emails, follow us on [Twitter](#) and like us on [Facebook](#)!

DAYTIME PROGRAMS	AGES	DAY	DATES	TIMES	CANCELLED DATES	COST*
BARRE PILATES	18+	TUE	TBA	10:00 AM - 11:00 AM		\$ 35
CHAIR YOGA	18+	WED	TBA	10:00 AM - 11:00 AM		\$ 35
PROGRAMS	AGES	DAY	DATES	TIMES	CANCELLED DATES	COST*
ADULT ART DROP-IN	16+	TUE	MARCH 13, APRIL 17 & MAY 15	7:00 PM - 9:00 PM		\$ 15/SESSION
BABYSITTING COURSE	11+	WED	APRIL 18 - JUNE 6, 2018	6:30 PM - 8:15 PM		\$ 45
BOOTCAMP	16+	THU	MAY 3 - JUNE 21, 2018	7:45 PM - 8:45 PM		\$ 60
LITTLE ARTISTS	5-8	TUE	MAY 8 - JUNE 12, 2018	6:15 PM - 7:00 PM	JUNE 5, 2018	\$ 30
YOGA	16+	WED	APRIL 18 - JUNE 13, 2018	8:30 PM - 9:15 PM		\$ 65
FREE WITH MEMBERSHIP	AGES	DAY	DATES	TIMES	CANCELLED DATES	
ADULT DROP-IN BADMINTON	18+	THU	APRIL 12 - JUNE 7, 2018	6:00 PM - 7:00 PM		
ADULT DROP-IN BASKETBALL	18+	FRI	APRIL 20 - JUNE 15, 2018	8:00 PM - 9:00 PM		
STITCH & CHAT	18+	THU	APRIL 12 - JUNE 7, 2018	6:30 PM - 8:30 PM		
WALKING CLUB	18+	WED	APRIL 11 - JUNE 20, 2018	10:30 AM - 11:30 AM		

* 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.

BABYSITTING COURSE (AGES 11+): The Saskatchewan Safety Council Babysitter Training Course is an excellent way to prepare a young adult for the important demands of babysitting. The goals of the Babysitter Training Course are to provide students with up-to-date child care information, the tools to properly communicate with parents, the knowledge for preventing and treating injuries, and managing any other challenges that may arise.

BARRE PILATES (AGES 18+): Pilates with chairs! This daytime program is an excellent form of toning and strengthening, incorporating elements of dance and Pilates to elongate and work muscles. Using a chair makes this class perfect for anyone who has mobility issues or difficulty getting up and down off the floor.

BOOTCAMP (AGES 16+): A combination class including cardio conditioning as well as muscle conditioning.

CHAIR YOGA (AGES 18+): Yoga with Chairs! This daytime yoga class is perfect for individuals who find it difficult getting up and down off the floor, or for anyone interested in a different and challenging yoga class.

DROP-IN BADMINTON (AGES 18+): Drop in to play some badminton. Bring your own racket or the Community Association will have a few available for use during the hour if you want to try it out.

DROP-IN BASKETBALL (AGES 18+): Drop in for an hour of basketball in the gym, play a game or just practice your skills with friends!

STITCH & CHAT (AGES 18+): Join us for some stitching and chatting! It's also a chance to find out new things from others, and it's fun spending time with people who have an interest you can share!

LITTLE ARTISTS (AGES 5-8): Arts and Crafts for an entire hour! This is a structured program that will encourage the little artists in your young ones. Make sure to wear old clothes and bring your creativity. It could be quite messy, but a lot of fun!

YOGA (AGES 16+): A beginner and intermediate class to unwind and cleanse your body and your mind!

WALKING CLUB (AGES 18+): Get some fresh air and exercise walking in Rosewood. This is a great way to get out, meet new people in our neighborhood and get familiar with our community.

NEED A MEMBERSHIP?

Renew or Buy your 2017-2018 [Membership](#) now!

(valid from August 1, 2017 to July 31, 2018)

Cost: \$ 15.00 (per family) yearly (renew annually)
Accepted at all Saskatoon Community Associations

Your membership fee is used to bringing activities & events to Rosewood!



PROGRAM & SPORTS COORDINATORS NEEDED

LOOKING FOR MORE PROGRAMS?

WE'RE TRYING BUT IT CAN'T HAPPEN WITHOUT VOLUNTEERS!

PLEASE CONSIDER VOLUNTEERING YOUR TIME TO HELP BRING PROGRAMS FOR ALL AGES TO THE ROSEWOOD COMMUNITY!



We are trying to provide sports programs for Rosewood residents but until we can get volunteers to come on board as Sports Coordinators here is some information about some programs offered 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 these and other sport programs in Saskatoon.



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 2018: Available Online: Mon. Mar 5 / Delivery: Wed. Mar 7 / Registration Starts: Sun. Mar 11 / Programs Run: Apr 1 - Aug 31

Spring is in the Air!

SPRING CLEANING

It's time to freshen up 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 [City of Saskatoon Household Hazardous Waste](#) for more details.
- * 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! Or hang on to them and join in the Rosewood Community Garage Sale set for Saturday, August 25, 2018. (register your address this summer!)
- * Recycle broken/damaged items to keep them out of the landfill. Check out what can be recycled at [City of Saskatoon Recycling](#).

FREE TREE PLANTING CITY PROGRAM

Are you looking to add trees to your property? The City of Saskatoon's tree program offers homeowners **FREE** trees. They will place trees on the City-owned portion of front and side boulevards. Tree planting requests are processed in the order they are received so complete the online request form now! Planting season general runs May through August.



Check out [City of Saskatoon Tree Request for New Neighbourhoods](#) for information about tree options, the program and/or to submit your tree request.



VEGETABLE GARDENING

Interested in getting a head start on your vegetable 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 start growing outside.



Get a head start on spring! Plan your vegetable garden. Some vegetables 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 will grow best in yours.

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 YARD & FOOD WASTE CITY PROGRAM

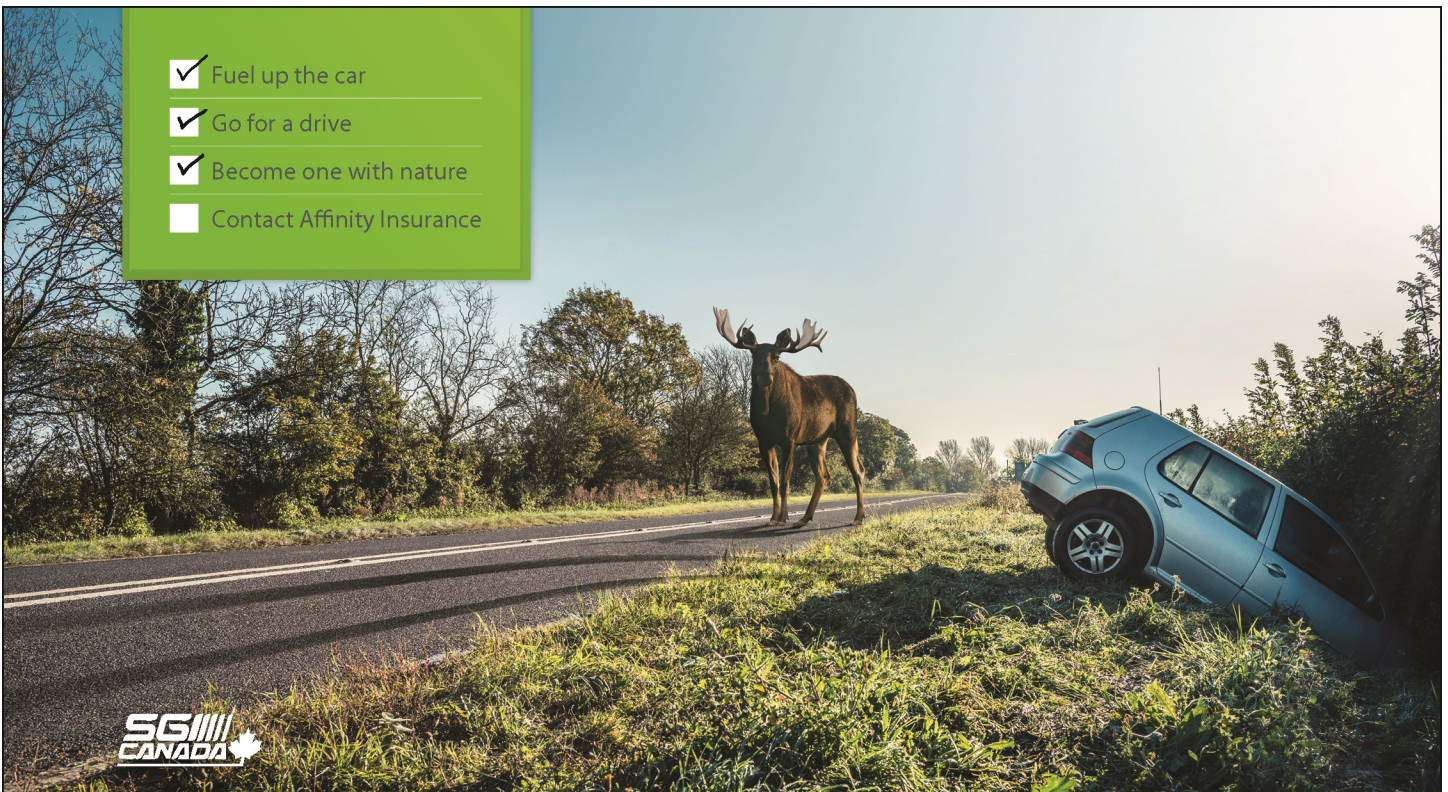
Looking to take advantage of the Green Cart? Once the City composts this material some of this is used in Saskatoon parks, community gardens, and other public green spaces to keep them healthy and beautiful.



Renew your 2018 season subscription by April 30, 2018 to get the early bird rate of \$55! The Green Cart fee increases to \$75 on May 1, 2018. New subscribers that register by March 24, 2018 will receive their new cart prior to the first collection on May 3, 2018.

Check out [City of Saskatoon Green Cart Yard & Food Waste](#).

- 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

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Zoonoses and Pets



WHAT ARE ZOOSES?

Zoonoses (or Zoonotic diseases) are caused by infections that are shared between animals and people.

Having pets provides many benefits to people including lowering stress, increasing fitness and activity, providing companionship, and bringing happiness to their owners.

Along with these benefits though, pets can also spread zoonoses that can make people sick. It is important to be aware of the common ways people become infected so you can protect yourself.

WHO IS MOST AT RISK?

- * Children under 5 years old
- * Adults over 65 years old
- * People with weakened immune systems (HIV/AIDS, transplant, or cancer patients)
- * Pregnant woman

HOW ARE ZOOSES COMMONLY SPREAD?

- * Through your pet's feces
- * By feeding raw meat/eggs
- * Through bites/scratches
- * Indirectly through parasites associated with your pet (ticks, fleas).

WHAT ARE SOME DISEASES SPREAD BY PETS?

- * **INFECTION FROM BITES/SCRATCHES** - "Cat scratch disease" is caused by a probacterium that is believed to be transmitted through a scratch or bite containing blood from an infected cat. Other bites and scratches from your pet can also cause significant infection in people and commonly require antibiotics.
- * **RABIES VIRUS** - Although not common in humans, it is a potentially fatal disease to anybody when contracted. Rabies is spread through the bite of an infected animal. Animals that most commonly spread rabies to our pets

include skunks, bats, foxes, and raccoons. Rabies is preventable with routine vaccination of pets.

- * **ROUNDWORM/TAPEWORM/HOOKWORM INFECTION** - Stool containing eggs can be accidentally ingested, or larva can penetrate skin and cause infection in people. Pets can contract parasites from ingesting infected feces, or being in contact with infected soil
- * **INFECTIONS THAT CAUSE DIARRHEA AND/OR VOMITING** - Feeding uncooked meat or raw eggs contaminated with pathogens such as *E.coli*, *Salmonella*, *Campylobacter*, and *Toxoplasma* can infect the owner who is preparing the food, or can also be carried and spread throughout the house by the infected pet. Other organisms such as *Giardia* and *Cryptosporidium species* can also be spread through the stool of an infected pet .
- * **LYME DISEASE** - This is not a common disease in Saskatchewan, and is not transmitted directly from dogs to humans, but it does cause serious illness in both dogs and people. The pathogen is spread by infected ticks that can be carried into the house by pets.
- * **TOXOPLASMOSIS** - This is an infection caused by the protozoa *Toxoplasma gondii*. Cats can become infected by ingesting infected rodents or raw meat. They can then shed Toxoplasma in their feces in a litter box, or from defecating in a sandbox or garden.

HOW CAN ZOOTIC DISEASES BE PREVENTED?

- * **PRACTICE GOOD HYGIENE** - Wash your hands frequently with soap and water. If there is no soap and clean water available, use an alcohol hand sanitizer until you can wash your hands.
- * **CLEAN UP PET WASTE IMMEDIATELY** - Don't allow stool to sit in your yard or garden. Clean your cat's litter box daily.
- * **KEEP YOUR PET'S VACCINATIONS AND PARASITE CONTROL UP TO DATE** - Visit your veterinarian regularly to ensure you and your pet stay healthy.
- * **FEED YOUR PET A COMMERCIAL DIET WITH FULLY COOKED INGREDIENTS ONLY** - Don't feed your pet raw meat or raw eggs.

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

ROAD CONSTRUCTION

Boychuk Drive / Highway 16 Interchange

Now that spring is on the way we should start seeing a lot more work being done on the interchange. Remember to watch for workers/work vehicles in this area and obey the speed limit signs.

Rosewood residents will continue to be updated with notifications via the City's [Road Restrictions and Construction Projects Map](#).

Get a birds eye view [Boychuk Drive – Design Rendering Flyover Video](#).



Boychuk Drive / Highway 16 Interchange Project
Tentative Completion July 31, 2019

[View Live Construction!](#) 24/7 PCL Construction HD site camera

COMMERCIAL CONSTRUCTION

Rosewood Boulevard West

A few more businesses will be coming to Rosewood soon! Evolve Esthetics will be opening up beside Anytime Fitness and there will be a Medical Clinic and Pharmacy opening up in the new building being built by Tim Horton's. There are still a few more spaces not currently leased.

Rosewood's Meadows Market

A few commercial businesses are confirmed for the Market with estimated opening dates in the fall of 2018 or sooner! Co-op Liquor, Marshall's, McDonald's, Scotiabank and Visions Electronics have been confirmed. Stay tuned for details on all the stores, boutiques, restaurants and a variety of personal services coming to Rosewood!



Meadows Market Next Stage Construction Underway

Rosewood Village Square

The central core commercial area for Rosewood may begin site construction this year once concept plans are finalized. Stay tuned for more details!

PARK CONSTRUCTION

Parks are not to be accessed during the construction phase as there may be unseen dangers. Park concept plans are subject to changes, construction timing is tentative and subject to change. Also once parks are completed it will take years for them to become established. For more updates on Rosewood park construction visit our [website](#).

Glen H. Penner Park

Construction will resume this Spring and will also scheduled to include the installation of a spray pad. At this time it is estimated construction is set to be completed during the summer of 2018. Portions of the park have been fenced off for safety.



Glen H. Penner Park Construction - Fall 2017

We're making progress with the planning phase of our community rink. Stop by our Annual General Meeting on April 24, 2018 for more details.

We will be starting to request sponsorship, donations and volunteer help from the community soon!

Mackay Park

Mackay Park has many access points, one end connects Swick Park and the other end Olson Lane West. Park construction will resume this spring and is currently estimated to be completed in the summer 2018.



Mackay Park Draft Concept Plan - subject to change

Struthers Park

The City of Saskatoon has not yet retendered for this park. The power poles were scheduled to be moved from this area by SaskTel at the end of 2017 however are still in place. Once retendered, construction will get underway. Tentative construction is set to begin this year with a tentative completion of summer of 2018.



Struthers Park Draft Concept Plan - subject to change

Hyde Park Maintenance Yard

Completion of this facility was delayed again but once complete staff and equipment will be on-site to optimizing services to local parks.

ROSEWOOD ELEMENTARY SCHOOLS

The last day of classes before Spring break is March 30, 2018 and students will resume classed on April 9, 2018.

St. Thérèse of Lisieux: www.gscs.ca/studentsandfamilies/schools/the

Colette Bourgonje: www.spsd.sk.ca/school/colettebourgonje

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

Rosewood Summer Events

FAMILY FUN DAY - SATURDAY, AUGUST 25, 2018

Are you interested in volunteering?

Do you have services you would like to offer?

Interested in sponsoring this years event?

If so, send us an [email!](#)



COMMUNITY GARAGE SALE - SATURDAY, AUGUST 25, 2018

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



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

Rosewood Co-operative Preschool
Located in Wildwood Elementary School
203 Rosedale Road
Saskatoon, S7H 5H1
(306) 850-3038



At Rosewood Co-operative Preschool we believe children play to learn and learn to play. Our carefully planned programs gently introduce your child to social and educational concepts essential for the transition to Kindergarten. We are accepting new students (ages 3 to 4 years) for our 2018-2019 school year. Our classes run from 9:15-11:30 Monday/Wednesday/Friday OR Tuesday/Thursday. Please contact us at (306) 850-3038 or at rosewoodpreschool@gmail.com for any further information.

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 F E L J F F S I L R O Y A F I S B
 B E I B U R O L N L E S T U N O B
 L H P R S T O D I G P S E L G L A
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- APRIL FOOLS
- APRIL SHOWERS
- AWAKENING
- BARBECUE
- BASEBALL
- BEAUTY
- BLOOMING
- BLOSSOMS
- BLUE SKY
- BUDDING
- CHEERFUL
- CHICK-A-DEE
- CHIRPING
- CHOCOLATE
- COLOURFUL
- CROCUS
- DAFFODILS
- DUCKLING
- FLOWERS
- FRAGRANT
- FROLIC
- GARDENING
- HATCHING
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- MIGRATION
- REFRESHING
- SEEDLING
- SOCCER
- SPRINGTIME
- TULIPS
- WATERFOWL



 ----- !

An Hour of Your Time May Be Worth More Than You Think.

Schedule your free retirement review today.

It's been said that we spend more time planning vacations than preparing for retirement. Schedule your complimentary retirement review to learn more about:

- How much you may need to retire
- How long your savings may last - including a look at how inflation can impact your retirement savings
- Diversification and how it may help your retirement efforts

Diversification does not guarantee a profit or protect against loss.

Let's set aside some time to review your retirement strategy. Call today.



Celeste Yuzdepski, CFP®, CIM, FCSI®
Financial Advisor

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Saskatoon, SK S7H 0W5
306-224-0532



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Interesting Facts



POPULAR CULTURE

- * Saskatoon has been mentioned in song lyrics by many famous artists including The Guess Who (Running Back to Saskatoon), Johnny Cash (Girl in Saskatoon) and City and Colour (Coming Home).
- * Speaking of songs, the Sonny James tune Little Bit South of Saskatoon features prominently in the movie *Slap Shot*.
- * The Disney movie *Summer of the Monkeys* was filmed in the Saskatoon area.
- * Farley Mowat's 1961 novella, *Owls in the Family*, is set in Saskatoon and includes references to several local landmarks, including the Railroad Bridge. His 1957 book, *The Dog Who Wouldn't Be*, concerns his childhood in Saskatoon in the 1920s and 1930s.
- * Bear Hugger is a character from the 1994 Super Nintendo game *Super Punch Out*. The character's place of origin is Saskatoon.
- * The character Shelly Tambo from the TV series *Northern Exposure* was from Saskatoon and was a former "Miss Saskatoon".
- * The Marvel Comics character Puck from the *Alpha Flight* comic book was born in Saskatoon.

HISTORY

- * Saskatoon's historic Traffic Bridge is the site of the greatest nautical disaster in prairie history - the sinking of the S.S. City of Medicine Hat riverboat.
- * The world's first effective cancer treatment with cobalt-60 radiation therapy occurred at the University of Saskatchewan in 1951.
- * Four people are buried on the University of Saskatchewan grounds: John and Olive Diefenbaker, Sir Frederick Haultain, the last premier of the Northwest Territories before Saskatchewan and Alberta

entered confederation in 1905, and Dr. Robert Henry Dale, a Saskatoon plastic surgeon.

- * Located near Spadina Crescent and 33rd Street, the weir on the South Saskatchewan River was completed in 1940. The purpose of the weir is to provide an adequate water level for pumping into the water works and power plant, as well as making the river better suited for boating and the use of float planes. It's also a great site to watch pelicans.
- * In 1882, the Toronto-based Temperance Colonization Society was granted 21 sections of land straddling the South Saskatchewan River in what is now Saskatoon. The group planned to develop an alcohol-free community in the Prairies.
- * In 1899, the first bar was licensed in Saskatoon. A struggle between the teetotalers and the drinkers resulted in the cancellation of the license the following year.
- * The oldest building in Saskatoon still on its original site is the Marr Residence on 11th Street East. This building served as a military hospital during the Northwest Resistance in 1885.

NATURE

- * Saskatoon has 200 parks and nearly 1,000 hectares of parkland throughout the city, including almost 160 hectares of river valley parkland.
- * Saskatoon lies on a long belt of rich, potassic chernozem in middle-southern Saskatchewan and is found in the Aspen parkland biome. The lack of surrounding mountainous topography gives the city a relatively flat grid, though the city does sprawl over a few hills and into a few valleys.
- * The first recorded earthquake in Saskatoon occurred in 1909. It lasted between thirty seconds and one minute, and it was felt from Winnipeg to Lethbridge.

Source: <http://www.tourismsaskatoon.com/media/story-ideas/trivia/>

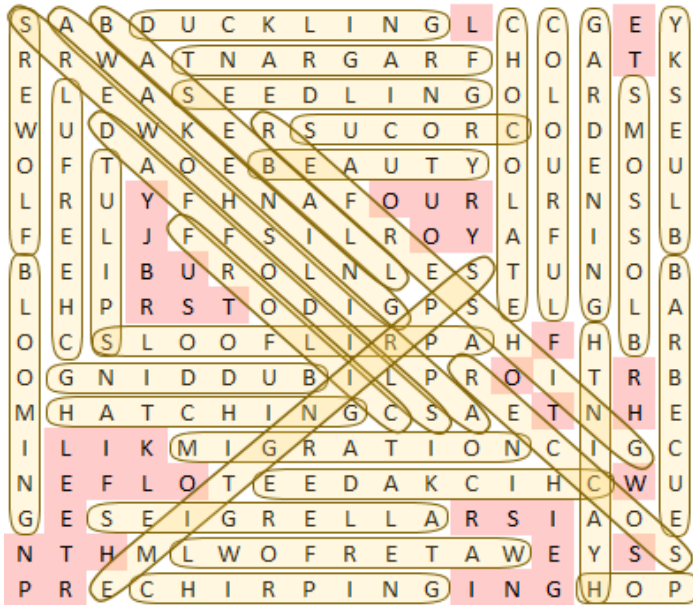
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spring!



Spring Melt

MELTING SNOW/ICY SIDEWALKS

There's a lot of snow and ice on the ground and we are starting to see some melting. We will likely see more ice on sidewalks and residential streets with the snow melt. Please be courteous to others and keep your sidewalk clear of snow and ice as it can be dangerous walking.

- * Live on a corner or near a storm sewer drain? Clear the area to help drain standing water for streets.
- * Shovel snow from around your foundation and make sure to remove all snow from around window wells.
- * Your property should drain along the outside edges so remove snow from these areas so melting water can drain. Depending on how your property was graded that may not be the case, so check and make sure water is not flowing towards your home.
- * Clear snow and ice from around the bottom of your downspouts and extend the downspouts at least six feet so that water drains away from your foundation. Do not place your downspout onto your neighbours property causing flooding issues on their property. It should flow between your properties.
- * Check your roof and eavetroughs for excess snow. You may want to consider hiring a professional or you can use a roof rake to clear snow and debris from the edge of your roof.
- * Consider using sandbags to block water from entering low lying areas beside your foundation.
- * If you find water getting close to your foundation, try to redirect the flow away from your home. You may also need to use an appropriate pump to drain it if it is pooling.

Please be safe when working outside. Stop working if you experience prolonged shortness of breath, dizziness, nausea or pain. Don't forget to lend a hand to a neighbour that might need some help!

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Stonebridge Location

306-244-2266

Breakfast Recipes

CLASSIC POACHED EGGS

Want to add a real wow factor to your next brunch? With a few simple steps, you can whip up your very own restaurant-worthy poached eggs in five minutes flat.

Prep Time: no prep time needed

Cook Time: 5 minutes

Makes 2 servings.

- * 2 eggs
- * 1 tbsp white vinegar
- * 1 whole grain English muffin, split and toasted
- * Pinch fresh ground pepper

1. Bring a saucepan of water just to the boil. If it starts to boil, reduce heat so it is barely simmering.
2. Crack an egg into a small bowl. Stir the vinegar into the water.
3. Lower the bowl with the egg in it close to the water and gently slip the egg into the water. Repeat with remaining egg. Let eggs cook for about 3 minutes or until whites are set and yolks are soft, leave in longer for a firmer poached egg. Using a slotted spoon, remove eggs, one at a time.
4. Place one egg on each muffin half and sprinkle with pepper to serve.

Tips:

- * Use poached eggs to top salads or cooked



vegetables such as asparagus or green beans.

- * Serve up a tasty new version of eggs Benny. Top a whole grain English muffin with cooked spinach and mushrooms. Place your poached egg on top with a dollop of tzatziki or 0% fat Greek yogurt

FUN FRENCH TOAST STICKS WITH PINEAPPLE ORANGE TOPPING

Wake up to this delicious French toast. Using bran flakes adds a creative crunch to traditional French toast. Jazz it up with a tropical fruit topping made with pineapple and orange.



Prep Time: 10 minutes

Cook Time: 10 minutes

Makes 4 servings.

- * 1/2 cup skim milk
- * 2 eggs
- * 2 tsp granulated sugar
- * 1/2 tsp grated orange rind
- * 1 tsp vanilla
- * 1/2 tsp ground cinnamon
- * 1 cup bran flakes, crushed
- * 4 slices whole grain bread

PINEAPPLE ORANGE TOPPING:

- * 1 tsp soft non-hydrogenated margarine
- * 2 tsp granulated sugar
- * 1 large navel orange, peeled and chopped
- * 1 cup diced pineapple

1. In a large bowl, whisk together milk, eggs, sugar, orange rind, vanilla and cinnamon. Place bran flakes in a plate. Dip a slice of bread in egg mixture and coat both sides well. Dip one side of the bread into bran flake mixture.
2. Heat a non-stick skillet or griddle over medium high heat and spray lightly with cooking spray. Cook coated bread slices, bran flake side down, for about 3 minutes or until golden. Turn over and cook for another 2 minutes or until golden. Repeat with remaining bread slices. Place French toast on a baking sheet and keep warm in a preheated 120°C (250°F) oven.
3. Meanwhile, in another nonstick skillet, melt margarine and sugar over medium- high heat. Add orange and pineapple and bring to a simmer for 2 minutes to warm through.
4. Cut each French toast slice into 4 sticks and serve pineapple orange topping on the side or on top.

Tips:

- * Make extra pieces of French toast and freeze uncut. Just pop them in the toaster to reheat on busy mornings.
- * Change up the topping by using your favourite fruit like strawberries, blueberries, raspberries, apples or pears.
- * Turn this breakfast fave into dinner by serving up hard boiled or poached eggs. Serve it with a green salad for a quick and easy meal.

Source: Government of Canada's Healthy Canadians Food & Nutrition <http://www.healthycanadians.gc.ca/eating-nutrition/index-eng.php>

Services include:

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Rosewood newsletters are currently published quarterly:

March (Spring)	June (Summer)
September (Fall)	December (Winter)

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

Kevin Waugh

Member of Parliament
Saskatoon-Grasswood



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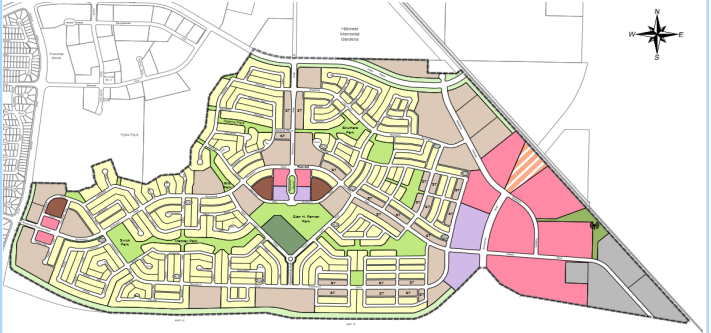
My office is here to assist you with issues related to the Federal Government. Don't hesitate to contact us, we're here to help.



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Rosewood Map (Revised Rosewood Concept Plan subject to change)



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