



ROSEWOOD

Rosewood Community Association Newsletter

2018-2019 Winter (Vol. 5 No. 4)

President's Message

Hello Rosewood,

Winter is here and it's time to be prepared. This newsletter contains many tips for being safe during Saskatchewan's winter season.

Along with being safe I hope you and your family will find some time to enjoy the outdoors, whether you are cross country skiing, sledding, or going for a walk in one of our local or regional parks. Make sure you plan ahead, layer your clothes, let someone know where you are headed, and check in with a reliable friend or family member if you are headed into the wilderness.

We are also getting into the Christmas holiday season, where holiday parties are common. Please ensure you have a designated driver for a safe trip to and from your party.

Your Rosewood Community Associations (RCA) has had a successful 2018 with the introduction of a full suite of new programs and activities. Our success is largely due to our wonderful volunteers, sponsors, partners and event participants.

On behalf of the RCA I wish you all a very Merry Christmas and a happy, healthy, and prosperous holiday season and New Year!

Reed Hentze
President

Current Board of Directors

President:	Reed Hentze
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IT Coordinator:	Chad Ekren
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Rosewood Community Consultants:

City of Saskatoon Community Consultant: Mark Planchot
Police Community Liaison Officer: Cst. Patrick Skinnider
City of Saskatoon Ward 9 Councillor: Bev Dubois

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!

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](#)!



HAPPY HOLIDAYS

**ROSEWOOD
WINTER PROGRAM
IN-PERSON
REGISTRATION**

WEDNESDAY, JANUARY 9, 2019
6:30 PM - 7:30 PM
147 OLSON LANE WEST

CAN'T MAKE REGISTRATION NIGHT?
REGISTER ONLINE!
www.myrosewood.ca/programs

Winter Activities & Events

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

OUTDOOR ICE SKATING

CLARENCE DOWNEY SPEED SKATING OVAL

DEC. 10, 2018 - MAR. 1, 2019 (MON. - THU. 12:00 - 3:30 PM & 4:30 - 8:00 PM; SAT. & SUN. 10:15 AM - 6:00 PM DEPENDENT ON WEATHER/ICE CONDITIONS)

All are welcome to skate at this 400 metre oval. There are various lanes for different speeds and no need for speed skates. A temporary warm up shack is set up while new improved facilities are under construction.

* FEB. 18, 2018, 2:00 - 4:00 PM - CITY OF SASKATOON FAMILY DAY SKATE - LIVE DJ AND WINTER GAMES!

Visit City of Saskatoon for info and updates/changes to dates/times.

MEEWASIN SKATING RINK

MID DEC. 2018 - MID MAR. 2019 (DAILY 12:00 - 9:00 PM / SOME EXCEPTIONS & DEPENDENT ON WEATHER/ICE CONDITIONS)

There is a warming area and rental skates (by donation).

IN ADDITION TO FREE SKATING TIMES THERE ARE THREE FREE EVENTS:

* DEC. 18, 2018, 5:00 PM - 8:00 PM - TIM HORTONS TWINKLE LIGHTS CEREMONY

* DEC. 31, 2018, 8:00 PM - 12:30 AM - NEW YEAR'S EVE SKATING PARTY

* JAN. 27, 2019, 12:00 PM - 4:00 PM - NUTRIEN WINTERSHINES SKATING PARTY

* FEB. 18, 2019, 12:00 PM - 4:00 PM - CAMECO FAMILY DAY SKATING PARTY

Visit Meewassin for info and updates/changes to dates/times.

COMMUNITY ASSOCIATION (CA) RINKS NEAR ROSEWOOD

* Briarwood: Briarwood Pond, 602 Briarwood Road

* Lakeridge: St. Luke School, 275 Emmeline Road

* Lakeview: Lakeview Pond, 175 Whiteshore Crescent

* Wildwood: Bishop Pocock School, 227 Avondale Road

* Rosewood: A temporary rink is being set up at Meadows Blvd & Greyeyes-Steele Way by Arbutus Properties. The Rosewood Community Association continues working on get a outdoor community rink installed in the Glen H. Penner Park. Stay tuned for fundraising options and how you can help!



Visit CA websites/Facebook pages for more information, dates, hours, etc. Visit City of Saskatoon for an interactive map of outdoor rinks in the City.

CROSS COUNTRY SKIING

The closest groomed track to Rosewood is in the Wildwood Golf Course which is maintained by the Nordic Ski Club. There is a 2.5 km classic skiing trail and a 5.5 km classic/skate skiing style trail. Visit City of Saskatoon for more information on this and other trails managed by the City of Saskatoon throughout the city.



SNOWSHOEING

All you need are a set of snowshoes and some snow!

Hyde Park is a great place to explore in the winter! Donna Birkmaire Park (along Taylor Road in Briarwood) and the Wildwood Golf Course have wide open spaces to roam. Stay off the groomed ski trails please!

WINTER BIRD WATCHING

There are plenty of birds that stay in Saskatchewan over the winter. Take a walk in one of Rosewood's parks and other parks in Saskatoon to hear and see birds that call our parks home.

YOUNG NATURALISTS' (CBC4KIDS) CHRISTMAS BIRD COUNT FOR KIDS DECEMBER 27, 2018 - 9:30 AM - 3:30 PM (COME AND GO PROGRAM)

Meet at the Beaver Creek Conservation Area Interpretation Centre. At the top of each hour you will head out for 30-45 minutes to look for birds and then head inside to warm up with hot chocolate and cookies! Dress warmly and if you don't have your own binoculars there are spares to borrow. Free fun for the whole family!



YOUNG NATURALISTS' CHICKADEE PISHING

FEBRUARY 2, 2019 (1:00 PM)

Want to least how to attract songbirds so they come closer? Come out to Pike Lake Provincial Park and learn how and practice on the many chickadees in the area. Bring your binoculars if you have some and make sure to dress warm. Pre-registration required. Visit www.saskatoonzoosociety.ca or email saskatoonnaturekids@gmail.com for more information and to pre-register. At least one parent/guardian must accompany your child/children on all Young Naturalists activities.



THE MEADOWS
AN ARBUTUS COMMUNITY

Let it Snow

**CELEBRATE THE HOLIDAYS WITH
SKATES & SWEETS AT THE MEADOWS**

Thursday, December 20th
5:00 PM - 8:00 PM at 610 Meadows Blvd.

Bring Your Family & Friends For A Night Of Festive Fun!
Enjoy *ice skating, festive music and lights*
Make your own *maple taffy snow candy*
Warm up and get creative with our *hot chocolate bar*

ARBUTUS PROPERTIES MeadowsLiving.ca 306.291.8785

Winter Programs

IN-PERSON PROGRAM REGISTRATION

WEDNESDAY, JANUARY 9, 2019, 6:30 PM - 7:30 PM AT THE ROSEWOOD COMMUNITY RESOURCE CENTRE - 147 OLSON LANE WEST
CAN'T MAKE REGISTRATION NIGHT? REGISTER ONLINE!

MOST PROGRAMS WILL TAKE PLACE IN THE ROSEWOOD COMMUNITY RESOURCE CENTRE, OR A MULTI-PURPOSE ROOM (MPR) / GYMNASIUM (GYM) 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](#)!

ALL AGES PROGRAMS	AGE	LOCATION	TIME	DAY	DATE (START - END)	COST*
LANDSCAPING 101	ALL	ROSEWOOD COMMUNITY CENTRE	07:00 PM-09:00 PM	T	MAY 14	\$10
FAMILY MOVIE NIGHTS	ALL	ROSEWOOD COMMUNITY CENTRE	07:00 PM-09:00 PM	F	JAN 25, FEB 22, MAR 22	FREE
COMPOST BASICS	ALL	ROSEWOOD COMMUNITY CENTRE	06:30 PM-08:30 PM	T	MAY 7	FREE
ADULT PROGRAMS	AGE	LOCATION	TIME	DAY	DATE (START - END)	COST*
DROP IN BADMINTON	16 YRS & OVER	GYM - TBA	08:00 PM-09:30 PM	TH	JAN 24 - APR 11	FREE
DROP IN BASKETBALL	16 YRS & OVER	GYM - TBA	08:00 PM-09:00 PM	F	JAN 25 - APR 12	FREE
BEGINNER TAI CHI	16 YRS & OVER	ROSEWOOD COMMUNITY CENTRE	07:00 PM-08:00 PM	F	JAN 25 - MAR 22	\$40
MUSCLE SCULPT	16 YRS & OVER	GYM - COLETTE BOURGONJE	06:00 PM-07:00 PM	T	JAN 22 - APR 2	\$50
PRACTICAL PARENTING TECHNIQUES	PARENT WITH PRESCHOOLER	ROSEWOOD COMMUNITY CENTRE	10:30 AM-12:30 PM	SA	JAN 19 - MAR 30	\$150
ENGLISH CONVERSATION SKILLS	12 YRS & OLDER	ROSEWOOD COMMUNITY CENTRE	07:00 PM-08:30 PM	W	JAN 16 - MAY 29	FREE
PAINTING WITH ACRYLICS	13 YRS & OLDER	ROSEWOOD COMMUNITY CENTRE	07:00 PM-09:00 PM	T	JAN 22 - APR 2	\$80
YOUTH PROGRAMS	AGE	LOCATION	TIME	DAY	DATE (START - END)	COST*
RED CROSS BABYSITTING COURSE	11 YRS & OLDER	TBA	09:00 AM-12:00 PM	SA	FEB 2 & 9	\$60
COMIC BOOK CREATION	11 - 13 YRS	ROSEWOOD COMMUNITY CENTRE	06:00 PM-07:00 PM	T	FEB 5 - MAR 19	\$40
CHILDREN PROGRAMS	AGE	LOCATION	TIME	DAY	DATE (START - END)	COST*
BALLET	5 - 7 YRS	MPR /GYM - TBA	TBA	TBA	TBA	TBA
COMIC BOOK CREATION	8 - 10 YRS	ROSEWOOD COMMUNITY CENTRE	06:00 PM-07:00 PM	T	TBA	\$40
PRESCHOOL PROGRAMS	AGE	LOCATION	TIME	DAY	DATE (START - END)	COST*
BALLET	3 & 4 YRS	MPR	TBA	TBA	TBA	TBA
PARENT & CHILD PROGRAMS	AGE	LOCATION	TIME	DAY	DATE (START - END)	COST*
KINDERCISE 1	2 - 3 YRS	MPR /GYM - TBA	06:00 PM-06:30 PM	W	JAN 30 - APR 10	\$35
KINDERCISE 2	3 - 5 YRS	MPR /GYM - TBA	06:30 PM-07:00 PM	W	JAN 30 - APR 10	\$35

* 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.

The [City of Saskatoon Leisure Guide](#) is a source for a variety of arts, culture, & recreational activities and delivered to residents by the City. Visit the City of Saskatoon [website](#) for more information. **Winter 2019:** Available Online: Mon. Nov 26 / Delivery: Wed. Nov 28 / Registration Starts: Sun. Dec 2 / Programs Run: Jan 1 - Mar 31



Hon. Don Morgan
MLA Saskatoon Southeast

109 - 3502 Taylor St E
mla@donmorgan.ca
306-955-4755

"Proud to serve you in the Saskatchewan Legislature"



Merry Christmas & Happy New Year to All

KEVIN WAUGH MP
SASKATOON-GRASSWOOD

YOUR STRONG VOICE IN OTTAWA

Kevin.Waugh@parl.gc.ca • 306-975-6472 • KevinWaugh.ca
[KevinWaugh_CPC](#) [KevinWaughMP](#)

WHY SHOULD I BUY / RENEW MY ROSEWOOD MEMBERSHIP?

- *Your annual membership fee helps us offer events and programs to the Rosewood Community.
 - *Without your support we are limited to what events and programs can be offered in our community.
 - *Your membership is valid at other community associations in Saskatoon. You can still register for programs you want while continuing to support the Rosewood Community.
- Cost: \$ 15.00 (per family) yearly** (valid from August 1 to July 31)



Bev Dubois, Ward 9 - City Councillor
City of Saskatoon

City Hall 222 3rd Ave. North Saskatoon, SK, S7K 0J5

Cell: 306.220.5075
 E-mail: bev.dubois@saskatoon.ca
 Web: <http://bevdubois.com>
[@bevdubois1](#)
[@bevdubois](#)

*Merry Christmas & All the Best in the New Year!
From Our Family to Yours.*



2018 Event Highlights

We hope you were able to enjoy some of the Rosewood community events that the Rosewood Community Association ran this year!

HYDE PARK SHORELINE CLEAN-UP - MAY 26, 2018

Another small group of volunteers came out to help clean up Hyde Park. By doing this yearly or bi-annually as we have in previous years, it helps keep the trash down. The more people that lend a hand the more area we can cover during the hour. We hope you will consider helping next year!



THEATRE IN THE PARK - JULY 9, 2018

This year we were lucky to have Sum Theatre perform Queen Seraphina and the Land of the Vertebrat in Swick Park. Going forward we will be lucky to have a performance in a Rosewood park every second year.



5TH ANNUAL ROSEWOOD FAMILY FUN DAY - AUGUST 25, 2018

We've been lucky to have great weather for our event, however this year mother nature didn't cooperate and it was a cold and windy day. Even so over 1,000 people braved the weather and enjoyed the day!



A special thank you to our generous sponsors who provided; financial support, donations, and/or volunteered their time, also thanks to our educational contributors who volunteered their time, and our wonderful Rosewood Community Association volunteers!

Their support allowed us to offer a free event with food, a petting zoo, pony rides, glitter tattoos, mascots, games, environmental info, free giveaways, raffle prizes and more! Make sure to stop by next year.

ROSEWOOD COMMUNITY GARAGE SALE - AUGUST 25, 2018

This year 22 residents registered their addresses for the 4th annual community garage sale. It was another successful day with lots of traffic at the garage sales! Looking to declutter? Sign up for next years garage sale so you're address is included in social media postings!



ROSEWOOD HOLIDAY CRAFT FAIR & TRADE SHOW - NOVEMBER 3, 2018

Our 2nd Annual Rosewood craft fair was a great success! There were over 1,300 people that came out to stroll through 110 tables of vendors including home based businesses, artisans, bakers, crafters, and more!



Thanks to everyone that attended and helped us collect over 3 bins of non-perishable food items and \$ 137.00 for the Saskatoon Food Bank and Learning Centre. Also, a thank you to Leopold's for providing soup for our concession.



NEXT YEARS EVENTS!

We're already thinking and planning for next years events! Is there an event you would like to see in Rosewood or are you interested in helping with our annual events? The more people we have involved the more program and events we can offer our community!

If you're interested in getting involved in your community please considering volunteering your time!

Check our [website](#), sign up for our [mailing list](#) follow us on [Twitter](#) or like us and follow us on [Facebook](#) and stay up to date on 2019 events!



Thank You to our Rosewood Family Fun Day Sponsors, Contributors and Volunteers.

We could not have this amazing event without your support!

PLATINUM SPONSORS



120 Tweed Lane



315 Herold Rd

GOLD SPONSORS



206 Slimmon Rd



415 Herold Court



610 Meadows Boulevard

COMMUNITY GRANT



1870 Lorne Ave



222 3rd Avenue North

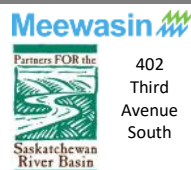
ADDITIONAL EVENT CONTRIBUTORS



100 Rayner Ave



#300-3530 Millar Ave



402 Third Avenue South



150 Nelson Rd



76 25th St E

BRONZE SPONSORS



95-33rd St E



87 Campus Dr



3910 Burrton Ave



220 Slimmon Rd



210 Slimmon Rd



3150 Idylwyld Dr N



1139 8th St E



#2-123 2nd Ave S



120 Tweed Lane



311 Cope Ln #100



120 Tweed Lane



330-A 2600 8th St E



Hwy 264, Wasquesiu Dr



Saskatchewan Roughriders

If you are interested in sponsoring or donating items for next years event email info@myrosewood.ca.



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On \$50+ Online Order



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www.spicytime.ca

5-3401 8th Street East, Saskatoon, SK, Canada
T: 306 665 4747, 306 665 4757 | E: info@spicytime.ca

Winter Safety

BASIC WINTER TIPS

- * **BE PREPARED** - Check the weather regularly and give yourself extra time to get to where you need to be safely and clear your entrance and walkways.
- * **SNOWBLOWING** - Make sure your snowblower is in good working condition and you know how to operate it.
- * **USING A SHOVEL** - Use the right tool that suits your size. Using a smaller shovel helps reduce lifting more than you can handle.
- * **SHOVELING SAFELY** - Stand with your feet about hip-width apart for balance. Avoid twisting your body to move snow. Instead, reposition your feet in the direction you're shoveling. Always bend at the knees to avoid back injuries, and tighten your stomach muscles as you lift.
- * **SAND & SALT** - Generously cover icy patches with salt or sand to keep your family, friends and visitors from slipping and falling and becoming injured.
- * **FOOTWEAR** - A good pair of winter boots, or ice grippers on footwear can help you walk on hard packed snow and ice. Be careful though as grippers must be removed before walking on surfaces such as stone, tile and ceramic as they become very slippery.
- * **CLOTHING** - Dress properly and use layering to keep you warm. Winter footwear should be insulated to provide comfort for the temperatures during the winter months.
- * **WALKING** - SLOW down and think about your next move. Keep your body as loose as possible; spread your feet to more than a foot apart



to provide a base of support. Keep steps small, placing your whole foot down at once.

- * **STAIRS/STEPS** - If available, use a handrail. Maintain your balance by looking with your eyes and minimizing the shifting of your head. Don't take chances when steps are covered with snow or ice.
- * **IN YOUR VEHICLE** - Try and keep the inside of the vehicle free of snow and moisture to reduce slipping hazards.

KEEPING SIDEWALKS SAFE

Do you know what your responsibilities are when it comes to keeping sidewalks in front of your residence clear of snow and ice?



- * It is your responsibility to ensure that sidewalks are cleared from snow and ice within 48 hours after a snowfall.
- * You cannot throw or shovel snow on the road as it can affect drainage and the safety of pedestrians and/or drivers.
- * Snow must be placed on your property/removed, not on the road.
- * Be a courteous neighbour and do not pile your snow on your neighbour's property, at least not without asking first.
- * Snow piles can make it difficult to see and to be seen.

POWER OUTAGES

Are you prepared if the power goes out this winter? It's a good idea to have an emergency kit in case your home experiences a power outage. The kit should include: flashlight, battery-operated radio, extra batteries, corded landline phone, warm clothes, blankets, first aid kit, water, non-perishable, ready-to-eat foods. Consider making an emergency plan your family can follow at home. Visit SaskPower for more information and to find out about outage updates.



Rosewood Updates

COMMERCIAL CONSTRUCTION

Rosewood's Meadows Market

Most of you have likely had a chance to check out some of the stores that have opened up near Costco. We are excited for the additional shopping and eating options for Rosewood residents and look forward to more opening soon!

There has also been word that negotiations are also starting on the next phase located beside Costco.

Rosewood Boulevard West

Construction continues on the interior of the complexes as more businesses settled in. This fall the RoseHealth Medical & Optometry, and Pharmasave opened. Sun Nan's Garden Asian Cuisine and Boulevard Dental Centre are set to open in 2019.

Stay tuned for more details on all the stores, boutiques, restaurants and a variety of personal services coming to Rosewood!

ROAD CONSTRUCTION

Boychuk Drive / Highway 16 Interchange

On November 6, 2018 the exit ramps for eastbound traffic on Highway 16 to go northbound or southbound on Boychuk Drive opened.

Construction on the interchange began in April 2017 and is expected to be completed by the end of July 2019.

The interchange is still a construction work zone and has a reduced speed limit of 60 km/h. All of the changes to the traffic flow can be confusing for some so slow down, follow signs, and watch for workers and construction vehicles.

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

Taylor Street Primary Water Main Construction

Construction continued through the fall on the installation of a primary water main at the end of Taylor Street just past Rosewood Gate North. Construction of the water main was set to be completed by October 31, 2018 however the fence and signage is still up. At some point there will be a tender posted on SaskTenders for the road construction.

Stay tuned for more details.

PARK CONSTRUCTION

A reminder that 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. Once a park is completed it may take years for vegetation to become established.

For more updates on Rosewood park construction visit our [website](#).

Glen H. Penner Park

The fencing remains in a few places in the park including around the spray pad which was supposed to be completed this year. That however was delayed and will be completed Spring 2019 and hopefully ready to use next year!

The planning phase continues for the Rosewood community outdoor rink project which will be funded by your RCA, partners, and sponsors. Stay tuned for how you can get involved with our fundraising efforts!

Struthers Park

Work was completed late this fall on the park and the playground is ready for kids to enjoy! With all new parks there are still a few items that will need to be done in the spring.

ROSEWOOD ELEMENTARY SCHOOLS

St. Thérèse of Lisieux Christmas spirit week is December 17 - 21. The final day of class at both schools before Christmas break is Friday, December 21, 2018. Classes will resume on Monday, January 7, 2019.

St. Thérèse of Lisieux: www.gscs.ca/studentsandfamilies/schools/the-colette-bourgonje
Colette Bourgonje: www.spsd.sk.ca/school/colettebourgonje



Rosewood's Meadows Market Construction - November 2018



Boychuk Drive / Highway 16 Interchange Project Construction
On Track for Completion Summer 2019



Taylor Street Primary Water Main Construction



Struthers Park - November 2018



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

Safety During the Holidays

The Saskatoon Police Service would like to remind people to keep theft prevention and safety in mind during the holiday season.

PROTECT YOUR PURCHASE

An increased number of people will be frequenting shopping centres, grocery stores and department stores.

In many cases, people will leave purchases in their vehicles while they continue to shop.

Please remember to lock purchases in the trunk of your vehicle and keep them out of plain view for would-be thieves to act on crimes of opportunity.



PROTECT YOUR IDENTITY

Do not disclose personal details online or over the telephone. Avoid leaving wallets, purses and cell phones unattended. Also remember to shield your PIN from people who may be looking over your shoulder.



PROTECT YOUR HOME

Ensure that all doors and windows are closed, locked, and if there is a security system in place, it is activated.

At this time of year, when many homeowners are away during the holidays, residents are asked to assist their neighbours in watching for, and reporting suspicious activity to Police.



Residents are also encouraged to arrange to have someone shovel their sidewalk and driveway, check the mail and turn on different lights so houses do not appear empty.

Anyone with information about a crime can contact Saskatoon police at 306-975-8300 or [Crime Stoppers](#) at 1-800-222-8477.

Will your child 5 years old before January 31, 2020?

Kindergarten Registration

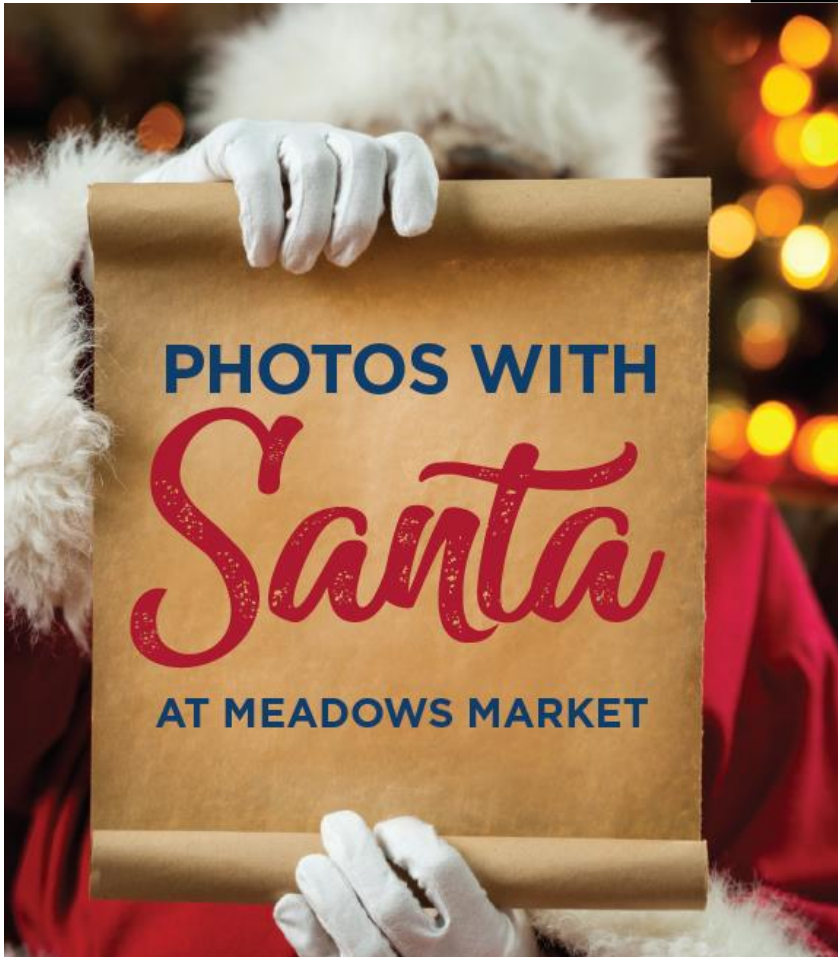


ALL FAMILIES WELCOME!
REGISTER FOR
SEPTEMBER
2019

Colette Bourgonje School
Kindergarten Information Night
January 16, 2019 at 7:00 p.m.

www.saskatoonpublicschools.ca/ColetteBourgonje

Visit our website for information on busing, KidsTime Before and After School Program and CFS Daycare located in our building.
For more information call Colette Bourgonje School 306-683-7530



MEADOWS MARKET

Saturday, December 15th
From 2:30PM - 5PM

Bring your kids, your pets, the entire family
for photos with St. Nick at the
Arbutus Properties Information Centre.

Located in Meadows Market on Meadows Parkway.

WITH DRINKS & TREATS FOR YOU TO ENJOY.



R/BUTUS PROPERTIES

[Facebook](#) [Twitter](#) [Instagram](#) [LinkedIn](#) [MeadowsLiving.ca](#)

306.291.8785

Word Search... Flurries and fun!

D T S T U N T S E H C M R A K I N
 N E C F R U I T C A K E F E C A D
 A K F R O S T Y E H T I A E M N W
 L N E L A I N G A N R A F W A R T
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 A A O N O I T A R B E L E C A K R
 D B I D E C O R A T I O N S E S H
 A W T R A D I T I O N S A N T A C

Find these words to discover the hidden message below

ABOMINABLE SNOWMAN	HANUKKAH
CAROLLING	HOLLY
CELEBRATION	ICE FISHING
CHESTNUTS	JACK FROST
CHRISTMAS TIME	KWANZAA
CRACKLING FIRE	NOEL
DASHING	OLD MAN WINTER
DECORATIONS	PARKA
EBENEZER	PINE GARLAND
EGGNOG	POINSETTIA
FESTIVE	ROSY CHEEKS
FIREPLACE	SANTA
FLANNEL PAJAMAS	TRADITIONS
FROSTY	WINTER WONDERLAND
FRUITCAKE	WOOL BLANKET



 -----!

RoseHealth

MEDICAL & OPTOMETRY



60-401 Ledingham Way, Saskatoon, SK, S7V 0C4

NOW OPEN IN ROSEWOOD COMMUNITY!

MEDICAL SERVICES:

- Regular booked and walk-in visits
- Annual physical exams, screening and minor surgical procedures
- **Primary care women's clinic** including birth control counseling, and delivery for low-risk pregnancies

WALK-INS WELCOME!

OPTOMETRY SERVICES:

- Child, adult, and elderly full eye exam and care
- Emergency eye care
- Management of eye diseases such as dry eyes, glaucoma, macular degeneration and diabetes
- Pre and post-surgical care for cataract and LASIK

ON-SITE PHARMACY AVAILABLE!



Holiday Recipes

SHORTBREAD COOKIES

It's that time of year to make some holiday cookies that are simple and so much fun for the whole family to mix, shape, bake, and decorate!

INGREDIENTS: (APPROX. 24 COOKIES)

- * 1/2 cup corn starch
- * 1/2 cup icing sugar
- * 1 cup all-purpose flour
- * 3/4 cup softened butter



DIRECTIONS:

- * Sift together cornstarch, powdered icing sugar, white sugar and flour
- * Blend in butter until it becomes a soft smooth dough ball
- * Roll out dough to desired thickness

NOW FOR SOME FUN!

- * Using cookie cutters make different shapes and size cookies. You can add food colouring to make different coloured cookies, add sprinkles, or just leave the decorating until later.
- * Bake at 300°F for 15-20 minutes or until they are lightly browned.
- * After taking them out of the oven let them sit for a few minutes and then gently transfer the cookies to a cooling rack.
- * Once cooled completely you can decorate them with icing, sprinkles, chocolates, candies, whatever your favourite toppings are!



There are so many choices the kids will love making them!

WHITE CHOCOLATE PEPPERMINT MARTINI

Are you looking for a holiday themed cocktail to celebrate the holiday season? Enjoy a sweet and creamy cocktail with a peppermint twist!

SERVINGS: 1 COCKTAIL

PREP TIME: 10 MINUTES

INGREDIENTS:

- * 1.5 ounces white chocolate liqueur
- * 1.5 ounces vanilla vodka
- * 1 ounce crème de cacao (clear/white)
- * 1 ounce half and half
- * 0.5 ounce peppermint schnapps
- * White chocolate syrup and crushed peppermints to garnish



INSTRUCTIONS:

- * Crush peppermint candies or crushed candy canes.
- * Rim the edge of the martini glass with white chocolate syrup
- * Dip the glass rim into the crushed candy canes and then set glass aside.
- * Add white chocolate liqueur, vanilla vodka, crème de cacao, half and half, and peppermint schnapps into a cocktail shaker with ice. Shake and then strain into your prepared martini glass.

MIMOSA

Enjoy a refreshing traditional drink this holiday season by mixing equal parts of chilled orange juice (or other citrus juice) and either alcoholic or non-alcoholic champagne (or other sparkling wine) into a champagne glass and enjoy!



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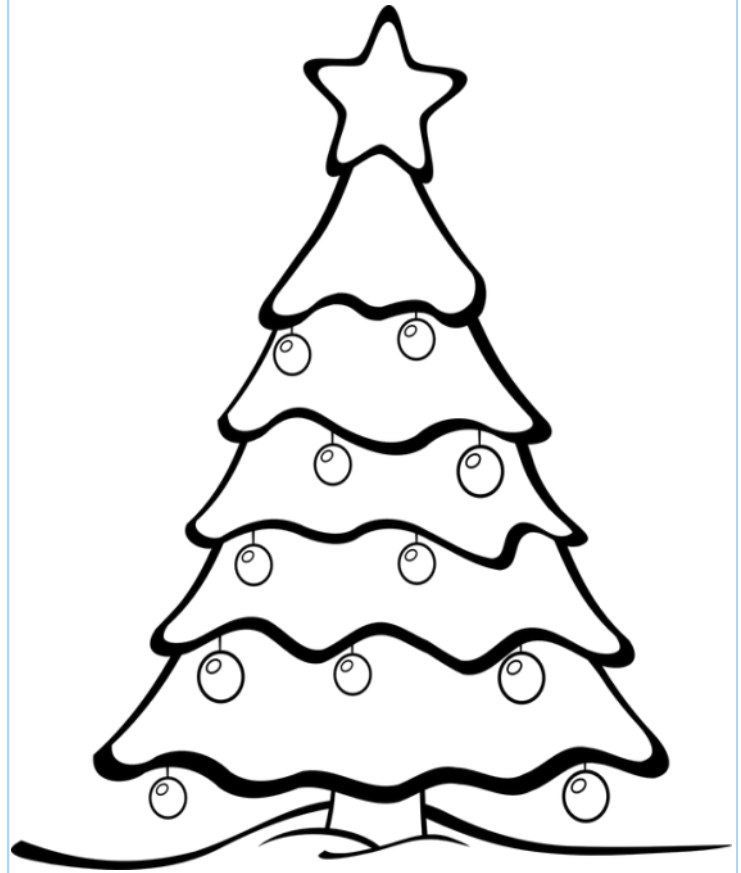
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Healthy Holiday Tips

Looking for ways to make your holidays a little healthier? Here are a few tips to help enjoy your favourite holiday foods while keeping your commitment to eating well. If your willpower fails and you give in and overindulge, have lighter meals the next day and find time for fun activities to burn off those extra calories!

EAT REGULARLY

- * Skipping meals can lead to overeating.
- * Get a burst of energy in the morning by eating breakfast.
- * Keep your energy levels up and curb your hunger by eating small meals and snacks every three to four hours.

LOAD UP WITH COLOUR

- * Fill half your plate with vegetables and fruit. This is a great way to balance out calorie-rich foods.
- * Choose fresh cut veggies, leafy green salads, and fruit.

- * Hosting a meal? Start off with a steaming bowl of squash soup.

ENJOY YOUR FAVOURITE HOLIDAY FOODS

- * Enjoy special holiday foods like shortbread cookies, latkes, turkey with stuffing, and mashed potatoes, but keep your portions in check by using smaller plates.
- * Pass on high-calorie foods that you can get any time, like chips and chocolate.

WATCH YOUR DRINKS

- * Calories from drinks can add up quickly. This is true for alcoholic and non-alcoholic drinks.
- * Drink slowly. If you choose to drink alcohol, alternate alcoholic drinks with lower calorie options such as sparkling water with lime, low-sodium vegetable juice, or cranberry juice with club soda.
- * Love eggnog? Enjoy a small cup and think of it as dessert.

BE ACTIVE

- * Balance out those extra holiday calories with some activity.
- * Adults should aim for the



recommended 2 ½ hours of weekly physical activity.

- * Start slowly and build up. Every ten-minute burst of activity counts. You'll feel great!
- * Going to the mall? Add a few extra laps of walking around.

New Year's Resolutions



We've all been there. We make a New Year's resolution and as the year goes by so do our resolutions. Here are a few tips to try:

TAKE SMALL STEPS

Be realistic about what you want to change. Choose one thing that is easy to achieve. For example, boost your calcium intake by drinking milk or a fortified soy beverage at dinner, or increase your fibre intake by choosing whole grain bread instead of white. You'll be motivated by your success to make even more changes.

BE SPECIFIC

Instead of "I want to eat

healthier," write down something more detailed like "I will eat one serving of vegetable or fruit at every snack," or "I will take my lunch from home every day." This will also make it easier to track your success and feel good about meeting your goals.

GET THE WHOLE FAMILY INVOLVED

Having the right support in place will help you meet your goals. For example, if your goal is to create a meal plan every week, ask the kids to help choose meals. To eat more vegetables and fruit, brainstorm ideas as a family.

KEEP AT IT!

It's okay if you get distracted from your goal. Just get back to it and try again. You may have to adjust your approach so that your goal is easier to reach.

CELEBRATE YOUR SUCCESS

After you've accomplished your goal, reward yourself with a fun family outing, or make a date with friends to see a movie, visit a spa, or go for a hike.

Source: [Government of Canada's Healthy Canadians Food & Nutrition](https://www.canada.ca/en/health-canada/services/nutrition-tips-healthy-eating/seasonal-tips-healthy-eating/healthy-holiday-eating.html) <https://www.canada.ca/en/health-canada/services/nutrition-tips-healthy-eating/seasonal-tips-healthy-eating/healthy-holiday-eating.html>



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Winter Driving Safety

Living in Saskatchewan we have to deal with changes in weather and road conditions and wildlife on the roads that make driving in and around Saskatoon hazardous at times.

VEHICLE SAFETY TIPS

Make sure you check weather and road conditions before heading out on the road. Give yourself extra travel time to help keep you, other drivers and pedestrians safe on the roads this winter season.

BEFORE YOU START DRIVING:

- * Remove snow from your vehicle including the hood, top and trunk. Snow falling off of your vehicle may pose dangers to other drivers;
- * Scrape your windshield, rear and side windows;
- * Clean the snow from your headlights, taillights, signal lights, license plate;
- * Wait for your windows to defrost and to clear completely; and
- * Drive with your headlights on at all times. Even on a clear day, swirling snow makes it difficult to see and to be seen.

DON'T SPEED! PEDESTRIAN SAFETY

As Rosewood continues to grow so do the number of vehicle on our residential roads. This also means an increase in pedestrian traffic, especially with kids getting to and from our schools. Please be a courteous driver, slow down and stop for pedestrians looking to cross the road at crosswalks and intersections.



The speed limit in Rosewood is 50 km/h, with the exception of the school zone which is 30 km/h. That being said with winter here you should drive for current road conditions which means it may be safer to slow down. Residential roads are not cleared and/or salted/sanded so

be prepared for poor road conditions requiring extra time to stop. As a pedestrian, do not assume vehicles will stop to let you cross. Be aware and wear clothes that make you visible to help drivers see you. Winter weather and darkness make it difficult for drivers to spot you!

DON'T FORGET YOUR VEHICLE WINTER EMERGENCY KIT

Weather and road conditions can change rapidly into extreme winter conditions. If you don't use an emergency kit in your vehicle you may want to reconsider.



Here are a few suggestions to get your vehicle emergency kit started:

- | | |
|--|--|
| * First aid kit | * Fire Extinguisher |
| * Flares or reflectors to signal for help and warn other drivers | * Matches / survival candle |
| * Flashlight and extra batteries | * Non-clumping kitty litter or sand for traction |
| * Jumper / booster cables | * Extra winter windshield wiper fluid |
| * Snow shovel | * Extra set of winter clothes / footwear |
| * Snow brush / ice scraper | * Instant body/hand warmers (2 pairs) |
| * Survival blanket or sleeping bag | * Snack bars or other "emergency" food and water |
| * Tow chains / straps | * Travel with a pet? Have a winter coat to keep them warm! |
| * Axe / hatchet | |
| * Road maps | |
| * Compass | |

WATCH FOR WILDLIFE

Living so close to wildlife we have to be alert while driving for wildlife especially during mating season and migration. During this time there is an increase in collisions especially while driving during dawn and dusk. Slow down and be alert for wildlife that may dart out. While driving on the highway or grid roads, use your high beams when possible to increase your visibility. If you hit wildlife and there are injuries or significant damage to your vehicle call the Police or local RCMP and follow SGI claims procedures.



Holiday Safety Tips for Pets



DECORATING

- * Christmas Trees - ensure your tree is securely anchored so it does not tip over and fall. If you have a live tree, make sure your pet does not drink the tree water, as often it contains fertilizers or other chemical treatments. Make sure that ornaments are not accessible to pets and that your pets can't chew on any electrical cords.
- * Avoid using tinsel to decorate and be very careful with ribbon. Cats love to play with tinsel and ribbons, but it can be swallowed and cause life-threatening intestinal obstruction that can require major surgery.
- * If you have simmering potpourri, ensure that it is kept in a location that is not accessible to your pets. When ingested, it can cause irritation to the mouth, stomach upset, and depression.
- * Toxic holiday plants – Mistletoe, Holly, Christmas Cactus, Poinsettia, and many species of lilies are poisonous to pets. It is best to avoid having these plants around your house and consider having artificial plants instead.
- * Diet - The best treat you can give your pet is

to keep them on their regular diet throughout the holidays. Avoid giving them high fat table food that can cause stomach upset, and don't give your pet bones. Turkey and chicken bones can splinter and cause intestinal blockages and perforations.

- * Chocolate can be extremely toxic to pets so make sure it is kept in a pet-proof location, and not under the Christmas tree.
- * Safe toys – just like the rest of the year, make sure you choose safe toys that your pet can't ingest, and check their toys regularly and replace those that show signs of destruction.

Winter Safety Tips for Pets



KEEP PETS INDOORS WITH YOU DURING THE WINTER MONTHS

- * If they must be housed outside, ensure they have an insulated shelter and a heated water bowl. Snow is not an adequate water source.
- * Protect your dog's paws from cold and salt by using booties or applying paw protectors, such as Vaseline. Keep fur between pads trimmed and keep feet dry.
- * Short-coated breeds may require coats or

sweaters to stay warm when outside.

- * Keep your pet away from toxins such as anti-freeze (ethylene glycol).
- * Anti-freeze is deadly to pets if ingested – even in small amounts.
- * Before starting your vehicle, tap on the hood or honk the horn. Outdoor cats may seek warmth by crawling under the hood - this can result in tragedy when the engine is started.

Information provided by the Woodridge Veterinary Clinic. Please contact their friendly staff or your local veterinarian for any questions or concerns about your pet's health!



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Winter Home Safety

Are you ready for winter? With the frigid cold, windy, and snowy winter weather in Saskatchewan, it is important to be prepared in case of emergencies.



POWER OUTAGES

You should have an emergency kit in case your home experiences a power outage. The kit should include: flashlight, candles and matches, battery-operated radio, extra batteries, corded landline phone, warm clothes, blankets, first aid kit, 72 hours worth of water, non-perishable and ready-to-eat foods.

If you don't already have an emergency plan you should consider creating one your family can follow. Visit SaskPower for more information and outage updates.

CHRISTMAS TREE FIRE SAFETY

Are you setting up a live Christmas tree for the holidays? Make sure you pick a tree with green needles that don't fall off when touched. Once home cut at least two inches off the base before placing it in the stand. Fill the stand with water right away and make sure to check and water the tree daily.



Place the tree at least three feet from any heat source such as; fireplaces, radiators, candles and heating vents. Tree Lights should be approved by the Canadian Standards Association (CSA), do not use if damaged, and never leave lights on when not home or going to sleep. Trees should also be disposed of quickly after celebrating the holidays.

Check your smoke alarms and test them monthly. Your family should know what to do when a smoke alarm sounds. Have a plan and rehearse it on occasion. It can save lives!

After the holidays drop your tree at the Wildwood Golf Course parking lot between Dec 26 - Jan 31. They will be chipped for compost/mulch.

NOTIFYNOW



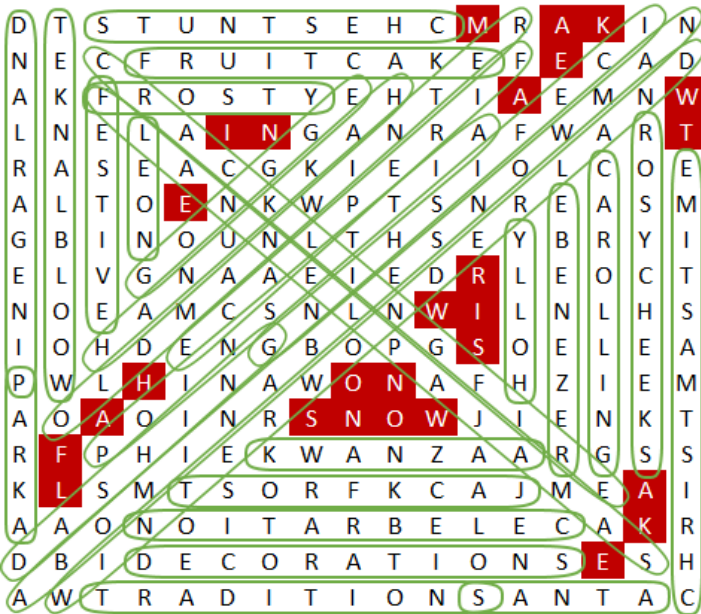
The City of Saskatoon's Emergency Measures Organization (EMO) issues emergency Notifynow messages to your mobile device, email, or text message depending your selection when you signed up.

Do you have a publicly listed landline phone number? If so, you may receive a call on your landline.

If you haven't signed up and are interested in doing so, visit the City of Saskatoon's Notifynow page. When signing up you can choose how to receive messages and add up to five addresses that you want to be notified of issues occurring in those areas.

IMPORTANT PHONE NUMBERS		HEALTH LINE	8-1-1
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POLICE	306-975-8300	SASKENERGY (24 HR)	306-975-8500
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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

Rosewood Map

(Revised Rosewood Concept Plan subject to change)



SINGLE FAMILY	MIXED USE	MUNICIPAL RESERVE	RESIDENTIAL CARE HOME
MULTI FAMILY	COMMERCIAL	BUFFER STRIP	CELL TOWER
MULTI FAMILY - APARTMENT	LIGHT INDUSTRIAL	STORM WATER PARCEL	CONCEPT PLAN BOUNDARY
MULTI FAMILY - TOWNHOME	SCHOOL SITE	POTENTIAL RIGHT OF WAY	



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