

MESSAGE FROM THE BOARD

The first half of 2020 has proven to be one of huge challenge for the healthcare system and society at large. So much has happened in such a short time. It's hard to believe that only a few months ago, we were all heading into our normal places of work and study, visiting stores, restaurants, bars, all kinds of public places, often multiple times daily, without giving it a second thought. Please continue to follow Public Health orders – practice proper hand hygiene, physical distancing and staying home when you are not feeling well.

Adapting to all the sudden change, Rosewood Community Association has decided to host its Annual General Meeting (AGM) virtually. Our AGM will be taking place on Tuesday, September 8, via Zoom – link is listed in the AGM advertisement on page 2 of this newsletter. We are always looking for support from volunteers to help with community events and initiatives. With increased volunteer support your community can provide more services. We encourage everyone who is interested in making our community a greater place to live, to participate and learn about volunteering with the community association. We have a number of critical positions open, as well as sub committees to support events and fundraising initiatives.

RCA hopes to have a variety of in-person and virtual fall programs available and will be sending out a short survey to get a better understanding of what the community would like to see for upcoming programming. Participation is key and we thank everyone for their inputs! Always look on our website for the latest community and civic news, City of Saskatoon updates, and programs offered by the community association. You can also follow our community association page on Facebook and Twitter for notifications on what we've got coming up.

While we continue to take extra measures to ensure everyone is safe in our community, the Rosewood Community Association hopes that everyone is having a fun and memorable summer – even if your plans had to be adjusted!

Board of Directors

Rosewood Community Association

Current Board of Directors

Rob McClinton	<i>Vice President</i>
Blaine Sincennes	<i>Treasurer</i>
Rebecca Picot	<i>Secretary</i>
Oyin Ajibola	<i>Communications Coordinator</i>
Scott Hawley	<i>Basketball Coordinator</i>
Samantha Lamborn	<i>Soccer Coordinator</i>
Brett Magneson	<i>Parks</i>
Mark Lewis	<i>Rink</i>
Melody Byblow	<i>Civics</i>
Chad Ekren	<i>School Liaison</i>
Erin Bentley	<i>Volunteer Coordinator</i>
Gautam Sharma	<i>Member at Large</i>
Debashish Bhowmik	<i>Member at Large</i>
Sharon Riou	<i>Member at Large</i>
Zak Parker	<i>Member at Large</i>

Vacant Board Positions

- President
- Membership Coordinator
- Programs (Youth & Adult)
- Event Coordinator
- Website Coordinator
- Facilities Coordinator

If any of these roles interests you, please send an email to info@myrosewood.ca to signify your interest.

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

Membership

Renew or buy your 2020-2021 Membership now!

(valid from August 1, 2020 to July 31, 2021)

Cost: \$ 15.00 (per family) yearly (renew annually)

Your membership fee is used to bring activities & events to Rosewood! Visit myrosewood.ca/membership to buy or renew your Rosewood Community Association membership.

Accepted at all Saskatoon Community Associations.

Your Rosewood Community Association

What your Rosewood Community Association does in your community:

- Hosts monthly meetings open to all community residents. We offer training and support for new volunteers.
- Organizes special events such as the Annual Family Fun day, and Arts and Crafts Fair.
- Provides soccer, basketball and indoor sport and recreation programming for children, youths and adults because we believe physical fitness should be fun and affordable.
- Produces newsletters to keep residents informed of what's happening within the community and around the city.
- Supports community initiatives such as the Community Gardening.
- Works in partnership with the City of Saskatoon by representing Rosewood community on a number of issues such as park improvements and traffic review.
- Serves as a liaison between the city, it's representatives and the community members on issues that affect the community and residents.

**Do you have some ideas on how to improve the quality of life in Rosewood community?
Do you have some time and talent to share with your community?
Are you just curious and want to learn more your community association?**

The Annual General Meeting is the right place to get all your questions answered.

Virtual Annual General Meeting

Date: *Tuesday, September 8, 2020*

Time: *6:00pm - 8:00pm*

Location: *Zoom*

Agenda

6:00 - 6:30 Board introduction and report

6:30 - 7:15 AGM/elections

7:15 - 7:30 Open Mic (Councillor Dubois)

7:30 - 8:00 Questions and concerns from community members

Register at myrosewood.ca/agm to get the zoom link for the virtual AGM.

To join the Board, send an email to info@myrosewood.ca
Make a difference! See you at the AGM!

Fall Programs

REGISTER ONLINE NOW FOR FALL 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

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](#). For more information or to register for any of these programs, email programs@myrosewood.ca.

PROGRAM	AGE	DAY	DATES	TIME	COST
Babysitting Course	11+	Saturdays	Oct. 17 & 24, 2020	9:00 am – 12:00 pm	\$55
Halloween Cupcake Decorating	5+	Friday	Oct. 30, 2020	7:00 pm – 8:30 pm	\$10
Drop-in Badminton	16+	Thursdays	Oct. 8 – Dec. 10, 2020*	7:00 pm – 8:30 pm	\$10
Drop-in Basketball	16+	Fridays	Oct. 16 – Dec. 11, 2020**	8:00 pm – 9:00 pm	\$10
Painting with Acrylics	14+	TBD	TBD	TBD	TBD

* Cancelled for November 26, 2020

** Cancelled for November 27, 2020

Rosewood Community Indoor Soccer 2020

Fall Indoor Soccer Registration will soon be open! Watch our Facebook page for the official announcement!

Register online at: www.rosewoodca.rampregistrations.com
For more information, email: soccer@myrosewood.ca or visit www.myrosewood.ca/outdoor-soccer.html

Age groups available:

- Kindersoccer 3 year olds
- Under 5 (Coed)
- Under 7 (Boys and Girls)
- Under 9 (Boys and Girls)

If you have children who are born between 2010 -2001 soccer registration is through Lakewood Zone soccer at: www.lakewoodsoccer.com

ROSEWOOD OUTDOOR RINK PROJECT

Donate your bottles at SARCAN for the Rink project

SARCAN offers a Drop & Go service that allows individuals to skip the lineups by leaving their order at the depot to be counted by SARCAN's staff. The refund will subsequently be transferred directly to the Rosewood Community Association.

HOW TO DONATE

1. Sort your recycle. Remove the lids and put plastics, cartons, and aluminum cans into bags; and glass beverage containers into boxes
2. Visit a SARCAN Depot and look for the Drop & Go service
3. Follow instructions on the screen and type **RCA Rink** when prompted (This must be entered correctly for it to count).

Visit sarcana.ca/dropandgo for more information.

Stand a chance to win a surprise summer pack

Take a picture or selfie of packing up your bottles/cans or entering RCA Rink into the kiosk to be entered to win a Summer Surprise Pack. Please send your pictures and contact details to mal5@myrosewood.ca. Draw will be made after the September long weekend.

Want to make a donation, but can't get your recycle to SARCAN? Reach out to mal5@myrosewood.ca and we will pick up your donation!



RINK COMMITTEE

Rosewood Community Association is looking for volunteers to be part of the outdoor rink project. If you are interested in being involved email rink@myrosewood.ca.

To become a sponsor, donor or for updates visit www.myrosewood.ca/rink.

Proposed Zoning Bylaw Amendment

Location: Keith Way & Keith Turn – Rosewood Neighbourhood

Applicant: Arbutus Properties

Proposed Amendment

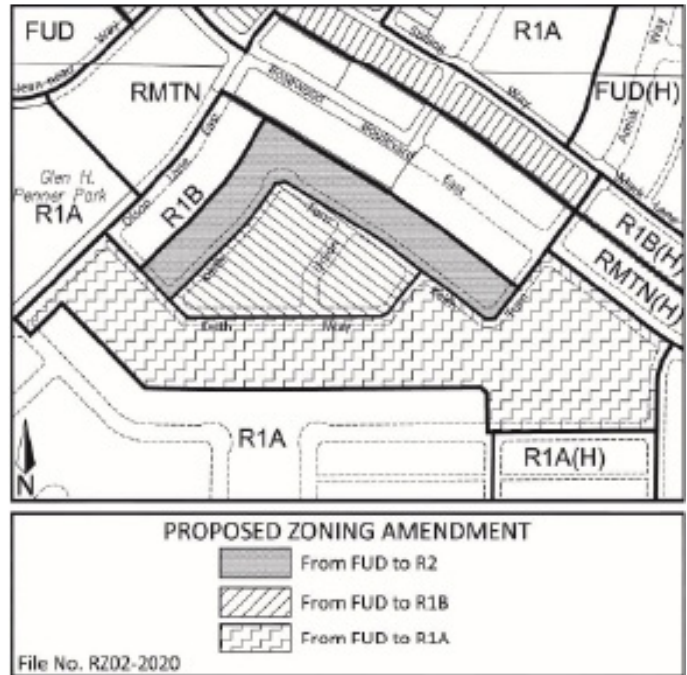
Planning and Development has received an application to rezone land adjacent to Keith Way and Keith Turn in the Rosewood neighbourhood.

The subject parcels are currently undeveloped and zoned FUD – Future Urban Development District under the City of Saskatoon Zoning Bylaw No. 8770. The proposal is to change zoning designations on select blocks to R1A – One-Unit Residential District, R1B – Small Lot One-Unit Residential District, and R2 – One and Two-Unit Residential District.

The zoning amendment will provide for the subdivision and development of one and two-unit dwellings and park space as shown on the approved Rosewood Neighbourhood Concept Plan.

Comments and Questions

If you would like to be notified when this application will be considered by the Municipal Planning Commission or by City Council at a Public Hearing, or if you have any questions or wish to provide further written comments to Planning and Development on this application, please contact Tanner Halonen by phone at 306-986-3699 or by email at tanner.halonen@saskatoon.ca.




Bev Dubois - Ward 9 City Councillor

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Taking Care of Your Health Has Never Been More Important

Melody Byblow

The most common question I've heard the past few months is, "How do I boost my immune system?" Naturally, people are looking for a quick fix. A magic bullet to protect themselves beyond all the handwashing, sanitizing and staying home.

There's no magic pill. Fortunately, it's not that complicated either.

It's helpful to understand a little about what the immune system is, and how it's really one part of overall good health. All the body systems are interdependent. You can't just make your immune system healthy without the rest of your body coming along for the ride.

Good health means your immune system is functioning optimally and can launch an appropriate immune response when a pathogen, such as virus or bad bacteria, or other types of foreign substances are introduced. It's an ongoing process and we're usually not even aware it's happening.

Our Miraculous Immune System

Here are a few of the key immune system functions:

1. The majority of our immune system is in the gut – 70-80% of it! Special cells and fluid secretions in parts of the gastrointestinal tract have functions that can kill pathogens. An important part is the microbiota colony that lives throughout your gut. These mostly beneficial bacteria support our immune health and digestion (and many other processes!). If you have poor gut health your immune system is likely compromised.
2. White blood cells, typically known for fighting infections, play an important role if the gut didn't already destroy the invader. Or, it's another type of virus or bacteria that came into the body a different way. Certain types of blood cells help identify invaders and send signals for others to come and attack it. This is a natural acute inflammatory response, which is what happens when you get a common cold, or a cut on your arm. Eventually other special blood cells enclose the pathogen and escort it out of the body as waste through the lymph system, which ends up back in the liver, gut or kidneys for processing and elimination.
3. Skin is your body's largest organ and a barrier to pathogens, to some extent. It will absorb things you put on your skin. The skin can excrete toxins if the other detoxification pathways aren't functioning well and the body is overloaded. This might show up as a pimple or rash, or something really nasty.
4. Lungs have an immune role in being able to filter out foreign substances you might breathe in. Dust and other small particles can be problematic and your lungs rely on several mechanisms to get these out of the way. This might be from mucous and coughing, or get absorbed then carried out through your lymph system.

In a healthy body, the immune system can take care of a lot of unwanted things but it needs the whole body's cooperation. If the body is over-burdened with toxins and not getting enough quality nutrients to support these processes, all of the functions become more challenging and the body's ability to thrive is compromised. Stress and inadequate sleep further tax the body and over time symptoms of poor health start to show up.

Ignoring these symptoms is like taking the battery out of the smoke

alarm in your house when it's screeching. You wouldn't just do that and let the whole house burn down! Surely you would at least go investigate what's happening.

Same thing when your body starts having aches, pain and other poor health symptoms. Masking symptoms with medications or ignoring things like weight gain or swelling is like taking the battery out of the smoke detector and ignoring the alarm signals. These symptoms are telling you that things are out of balance and your body needs some support. Your immune system is usually compromised at this stage as well.

So, the answer to the question is really about how to take care of your whole body for better health.

Self-Care for a Healthy Body (and Immune System)

Here are some of the essential things you can do from a holistic health perspective to support a healthier body. Think of these like pillars of health self-care:

1. Eat quality, nutrient-dense foods including plenty of vegetables and fruits, aiming for 8-10 servings a day. Eat a variety of colours, mostly vegetables and include some dark green leafy daily. Be sure to get adequate high-quality protein. Some whole grains can be included (if tolerated) and sources of fiber from plant foods like lentils and beans as well. Chew your food well and eat slowly. Really taste and enjoy it, being mindful of every bite to help with digestion and sensing when you're full. Avoid processed foods loaded with sugars and artificial chemicals. Avoid over-eating.
2. Nourish your gut health daily by including some fermented foods and beverages, fiber and ensuring daily bowel movements.
3. Hydrate with filtered or spring water, at least 8 glasses daily. Drink more if you are exposed to heat and when exercising. Avoid caffeinated and sugary drinks.
4. Reduce stress and learn skills for managing physical and emotional symptoms of stress. Try meditation, box breathing, or listen to relaxing music. Avoid watching violent programs and the news late in the evening to prevent an increase in stress before bedtime.
5. Good quality sleep is essential, and not only for your energy and alertness during the day. Your body does most of its healing, detoxification, processing memories, and many restorative functions when you get 7-8 hours of sleep nightly.
6. Get moving every day. Find a type of exercise that you love so it doesn't feel like a chore and suits your ability level. Walking, gardening, biking, yoga, tennis... the options are endless.

Supplements can be very helpful to support a healthy body and your immune system. It's best if you consult with a natural health practitioner who can help assess what your body's needs are.

Improving and maintaining your health doesn't have to be complicated, or perfect. Start with making one better choice today and each day forward.

Melody is a Registered Holistic Nutritionist and master workplace wellness consultant. She's the principal consultant at Holistic Wellness Advantage.

Moroccan Vegetable Tagine

Ingredients:

- 1/4 cup extra-virgin olive oil
- 1 large white onion, chopped
- 2 large leeks, white and pale green parts, washed and sliced
- 5 garlic cloves, smashed
- Sea salt (if using canned tomatoes use sparingly to start, adjust seasoning after all ingredients added)
- Freshly ground black pepper
- 4 bay leaves
- 2 cinnamon sticks
- 2 teaspoons ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon turmeric
- 1 (32-ounce) can or jar whole tomatoes in juice
- 1 medium butternut squash, peeled and cut into 1-inch chunks
- 5 large carrots, peeled and cut into 1-inch chunks
- 1 (14 ounce) can chickpeas, rinsed and drained
- 8 pitted dates, chopped
- 6 cups filtered water or organic vegetable stock
- 1 bunch collard greens or Swiss chard, cut into 2-inch pieces
- Toasted slivered almonds
- 1/2 cup chopped fresh cilantro or parsley

Serves 8
Prep time: 15 minutes
Cooking time: 90 minutes



Method:

1. Heat oil in a large heavy pot over medium heat, then add onion, leeks, and garlic. Saute, stirring occasionally, until the onions are slightly golden (caramelizing), about 6 minutes. Stir in garlic, bay leaf, cinnamon, cumin, coriander, and turmeric. Continue to cook until fragrant, about 2 minutes.
2. Stir in tomatoes, squash, carrots, chickpeas, and dates; then add water and season with salt to taste (1-2 tsp salt, depending on amount of salt already in canned tomatoes and chickpeas).
3. Simmer, covered, until vegetables are tender, about 45 minutes.
4. Stir in the collards and continue to simmer, covered, until the greens are tender, about 30 minutes more.
5. Check seasoning, add more sea salt if necessary and pepper to taste.
6. Serve topped with toasted almonds and cilantro.



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Neighbourhood Traffic Review

Date: August 18, 2020

Time: 7:00pm

Venue: Microsoft Teams Live

A neighbourhood traffic review begins with an initial community meeting to engage area residents and hear about their transportation concerns. The Transportation Division then collects data, such as traffic volumes, speed and pedestrian studies, and site observations. The data is reviewed to develop a list of recommendations in the form of a draft traffic plan. The draft traffic plan is presented to residents at a second meeting. The City welcomes feedback on the draft plan from the second meeting and online discussion forums for approximately one month following the meeting. After the public input period ends, the traffic plan undergoes final adjustments before being presented as information to the City's Standing Policy Committee on Transportation.

This first community meeting will be held for Rosewood and the Lakewood Suburban Centre to engage residents and hear about their transportation concerns.

We encourage all residents to participate in this meeting to address any concerns related to traffic in the Rosewood neighbourhood. Please check this link for more information and the Microsoft Teams link for the meeting: <https://www.saskatoon.ca/moving-around/driving-roadways/managing-traffic/traffic-studies/neighbourhood-traffic-reviews>.



How's your Portfolio doing?

If recent market volatility has left you wondering if you'll be able to meet your retirement goals, we're here to offer you a second opinion.

Please contact us for a complimentary review of your portfolio.

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Summer/Fall 2020 Newsletter

