



Caswell Hill Community Newsletter

Fall 2007

ART IN THE PARK CELEBRATES ASHWORTH HOLMES PARK'S 100TH YEAR



by Raeanne Van Beek

The 2007 Art in the Park festival will be a party—a birthday party, that is! Ashworth Holmes Park turns 100 this year and we're celebrating at Art in the Park.

Created from land donated by developers John Ashworth and J. H. Holmes, Ashworth Holmes Park is among the oldest neighbourhood parks in the city and boasts the city's first paddling pool. While it has certainly undergone changes—most recently the loss of the bent tree, a.k.a. the climbing tree, in the sunken garden due to a lightning strike—100 years later the park remains a playful gathering place, beloved by young and old alike, thanks to the foresight of these two men.

Now, here's a riddle for you: What do John Ashworth and Joe Holmes have in common with the first Art in the Park Committee?

Answer: Both are visionaries who realized their dreams. Ashworth and Holmes envisioned a neighbourhood of houses—long before they were built—with a beautiful park in the center where people could gather and play. And play we have, for 100 years on that very spot. The Art in the Park committee, before the first Art in the Park became a reality, envi-

sioned people coming together at a neighbourhood festival that was safe and welcoming, where they could get to know their neighbours, and revel in the really great artistic talent residing in Caswell Hill.

Years later, we are celebrating the centennial of Ashworth Holmes Park at our sixth annual Art in the Park festival on September 9th in the park. That's pretty cool.

And this is the year to go. Whether you haven't quite made it yet, you've gone once, but haven't been back, or you're a regular, this is the year to go.

An overwhelming cry of more, more, MORE! from last year's free draw feedback forms has inspired us this year. We've brought back your favourites, made some changes for the better, added new stuff, and even got a surprise or two.

Begin your day over at Christ Church Anglican, a well-known heritage site in

the community, with pancakes, sausages, tea, coffee, and more! Last year's brunch received high ratings. The brunch, by free will donation, goes from 10:30 until noon when the Art in the Park opening ceremonies begin in the park just two blocks away.

Opening ceremonies this year will feature a musical interplay between the Great Plains-First Nations Dance Company and the North Saskatchewan Regiment Pipes and Drums. Symbolic of the historical coming together of aboriginal and non-aboriginal peoples, it also expresses the modern day interconnectedness of our cultures.

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YOUR CASWELL COMMUNITY ASSOCIATION EXECUTIVE MEMBERS

President:		Events	
Tracy Ridalls	653-5669	Raeanne Van Beek	652-7580
Indoor Programming		Members at Large	
Glenn Dougan	665-5563	Melanie Sadler	242-5471
Soccer Programming		Maxine Kinakin	477-1356
John Nicholson	683-0849	Dorothy Johnstone	664-6835
Treasurer		Community School Coordinator	
Chloe Corcoran	956-0146	Donna Blunt	683-7167
Civics		Community Consultant	
Joseph McHattie	242-2053	Jody Aicher	975-3381
Newsletter			
Wilma Groenen	664-2330		

CASWELL COMMUNITY ASSOCIATION MEETINGS

When: The second Tuesday of every month

Where: Christ Church Anglican Church
515 28th St. West

Time: 7:30 p.m.

Meetings usually last about 1 1/2 to 2 hours and are really fun. They are also a great way to meet your neighbours and become involved in your community.

Everyone is welcome. Childcare available.

Mailing address P.O. Box 30011
1624 33rd St. W.
Saskatoon, SK S7L 6X3

THANK YOU!

The Caswell Community Association would like to thank the following community sponsors for all of their generous assistance throughout the year.

7-11	Game Source	Pizza Hut
Blue Line Taxi	Kanine Klippers	Safeway
Box Office Video	Keo's Restaurant	Salon 303
Café Vivant	Maple Leaf/Mitchell's Meats	Sawyer's Tree Service
Cakes G'lore	Mayfair Drugs	Scotiabank
Caswell Community School	Mayfair Hardware	Sexual Health Clinic
Caswell Hill Café	Mayfair Sports	Skizzers Hair
Christie's Mayfair Bakery	McGavins Bakery	The Medicine Shoppe
Dairy Queen	Nha Trang	Waste Management
Fire and Protective Services	Pharmasave	Wet Willies

NEWSLETTER NEWS

The newsletter is published three times a year, in January, April and August. Advertising deadline for the next newsletter is December 1st. Rates are \$25 business card/\$40 quarter page/\$80 full page. Articles about community events, issues and people are welcome.

Ashworth Holmes Park 100 Years

art in the park

6th festival

call for artists

show your artwork
sell your artwork
reserve your free table now
call 653-5669

September 9
12 pm - 6 pm
Ashworth Holmes Park
Ave D N & 31st ST W

ART IN THE PARK *cont.*

Up on the main stage we've got bands, bands, and more bands! Festival favourite Eileen Laverty is back this year, not only with her band, but with Ricasso too! Wilma, another favourite, is back with her band as well. New to our festival are Excessive Behaviour, a rock band, and Young James, country rock. Curtis Peeteetuce, last year's MC, will also perform. The Caribbean Steelband will close the festival. What treats!

We've got a well rounded artists' village this year featuring both new and returning artists in the market. There are still spots available. Call Tracy at 653-5669 to reserve your free table.

The Children's Arts Festival is a festival in a festival! Play leaders Ashley and Meaghan will lead children in games, crafts, and activities with appearances by Library Lise, cartoon artist Joseph McHattie, the SaskTel Mendel Art Caravan, Me Ta We Tan and more. Play all day!

Birthday celebrations include a birthday cake by Cakes G'lore, to be served at intermission. Our literary arts exhibit in the rec unit features stories



about the park by current and former residents and 100 stories written by Caswell schoolchildren. There's also a 100 Tree Giveaway, courtesy of Sean and Jessica Kapell in the community tents. While you're there, be sure to enter the free draw for one of three

commissioned artworks created in honour of the park centennial by Caswell Hill artists.

Other groups involved in this year's festival include Caswell Community School's grade 8 classes and Mayfair Lawn Bowling. The grade 8's are operating the concession as a fundraiser for their grad. It will feature hotdogs, hamburgers, and fresh alternatives. At the Lawn Bowling Clubhouse, you can try your hand at lawn bowling and take a tour.

As in the past admission is free and all activities are free. With your help, our festival keeps getting better and better. Please call 653-5669 to volunteer. For more information call 652-7580.

Art in the Park Festival
Sunday, September 9, 2007
12:00 pm to 6:00 pm
Ashworth Holmes Park
31st ST W & Ave D N

Silent Auction worth a bid or two

Art in the Park has a new feature this year- the Silent Auction! Visit the community tent to place your bids on exciting prizes like Fragrance baskets for Him and Her, a Barbie and Kelly set for the little Miss, or an Aerolatte Package for the Coffee Lover, just to mention a few! The top bidders will be announced at the end of the day with all proceeds going directly to the Community Association. Be sure to check out the great assortment of goodies up for grabs - you don't want to miss out! See you there!



YOU SHOWED THAT "WE CARE"

Thanks to the many volunteers and supporters who took part in the Safeway "We Care" fundraising campaign. We don't have the exact total in yet, but have been told by the staff at our Safeway on 33rd that the campaign was hugely successful.

The "Adopt a Grandparent" program will be funded by the dollars you raised. Watch for details about this program in the January newsletter.



art in the park
Sunday, Sept 9

community
**Pancake
Brunch!**

10:30 AM

at

CHRIST CHURCH

ANGLICAN CHURCH OF CANADA

AT THE CORNER OF AVENUE E & 28TH STREET

at the heart of Caswell for 100 years!

Caswell Hill WEBSITE

The Caswell Hill Community Association has a brand new website and a website designer who will start working on the site in the fall. The site will be a source of continually updated information about community happenings, programming, meetings and the like.

Please check it out at caswellhill.ca and continue to check in as we build the site and add information.



**GRINS & GIGGLES
DAYHOME**

Openings available NOW

*Located half a block from Caswell School

*Nutritious meals and snacks

*Games, crafts, story time, outdoor activities, movies

*Before and after school kids welcome

*Non-smoking home

*LOTS of TLC and FUN!!!

Call Tracy: 653-5925

Play all day! It's creative, interactive, delightful, and entirely free!

the Children's Arts Festival at

**art in the
park**

Library Lise

Cartoondling with Joseph

SaskTel Mendel Art Caravan

Me Ta We Tan Programs and More!

September 9

12 pm - 6 pm

Ashworth Holmes Park
Ave D N & 31st ST W



GETTING THE RUN AROUND

JOAN COCHRANE'S LONG LOVE AFFAIR WITH RUNNING

By Wilma Groenen

If she'd gone to high school a little closer to home, Joan Cochrane may never have discovered her hidden talent — running. As it was she chose to attend Mount Royal High School, which was three miles away.

"I had to take a really early bus. I usually missed the bus, so then in order to get to school on time I had to walk, and then by the time I got a little closer to school I knew that to be on time, I better run if I was going to make it," laughs Joan, the pharmacist/owner and operator of the Medicine Shoppe on 33rd.

Once she discovered she was a runner, she didn't stop. She joined track in high school at Mount Royal and in Grade 9 won third in the City Championships. But she had to overcome some shyness to join the Riversdale Track Team. Her sister's friend literally dragged her to tryouts and introduced her to the coach and made her join.

"We trained in the parking lot of the Midtown Plaza after 6 o'clock, when the mall was closed and the parking was empty" Joan explains. And then in answer to the look of incredulity on my face, she adds, "There was no indoor track. The Field House didn't exist."

When she attended the U of S to get her pharmacy degree, she joined the University track team. While the facilities were a little better than a parking lot, they still didn't have a rubber track.

"It was so different then," Joan explains, adding that while today emphasis is placed on proper shoes, nutrition and psychological training, back then, "we just ran."

Joan feels lucky to have trained with and competed against some of the best

runners in the country, including Lynn Kanuka-Williams, who won a bronze medal at the Olympics in 1984.

In 1981 Joan tried her first road race, a 10 kilometer road race, and came second.

Since then she's run many road races and 15 marathons, in Vancouver, Victoria, Saskatoon, Winnipeg, Sacramento, Long Beach California, New York and Chicago.

"I like it. I'm so lucky that something that is good for me is also something that I really like," says Joan. "Plus I've had some success. I've won a lot of races or been in the top of my conference."

She's won in Winnipeg and place 3rd and 4th in Long Beach and Sacramento respectively and usually places in the top 5% of the races, which is amazing, considering that these marathons draw upwards of 25,000 people, including the best in the world.

But it's not just the winning that keeps her passionate.

"It's the comraderie, meeting people and constantly trying to improve your personal best," she explains.

Joan's love of running has benefits for the Caswell community. A walking group meets every Thursday at 10 a.m. at her store and walks in and around Ashworth Holmes Park.

"It's a great place for the walking group," enthuses Joan. "People at different levels can break away from the group and they can still see everyone else, and when they've done their work out they can join back up for the cool down."

Joan believes a walking group can be very beneficial.

"A lot of people put time into exercise, but they don't know how to push themselves that little extra to make it more

effective. So they're not really getting the same benefit from the exercise than they would if they trained in a more organized way, with varying intensity."

"The group distracts you from how hard you're working," she adds. "And then there's that feeling that if you don't show up, you'll hear 'Where were you?' and so it's an incentive to be there."

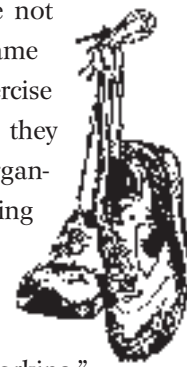
As well as the walking group, Joan and her husband/business partner Mike, sponsor an annual community walk/run in the park. This year, for the third annual event, they invited participants to make a donation to the Caswell and Mayfair community associations.

The community walk is held in conjunction with an annual barbecue, their tenth this year. The barbecue is an opportunity for the couple to thank their customers and neighbours.

Joan and Mike are huge fans of Caswell, and recently built a house right by the park where Joan loves to run. Joan says living in Caswell is like being in a small town, where everyone knows everyone, and looks out for each other and for the community.

"95% of the people who come into my store I know by name," she says. "I feel like I'm part of a real community with real people."

The next time you see Joan training around the park, say hello and know that you've met one of Caswell's many interesting residents and an enthusiastic community booster.



PROGRAMS AT MAYFAIR LIBRARY

FREE DROP-IN PROGRAMS

Drop-In Programs may have a seasonal theme. If you would like to know, please call ahead (975-7591). Parents and caregivers are expected to remain in the Library during story times.

Family Story Time

Wednesdays / 10:30a.m. / All year round / Community Room

A fun-filled program for the whole family. Bring your mom, dad, grandparent or babysitter for 30 minutes of stories, songs and action rhymes. An adult must accompany children under the age of four.

The Mayfair Branch opens to the general public at 1 p.m. Doors are opened at 10:15a.m. for Family Story Time only.

Superb Stickers

*Tuesday / September 18 / 4:00 p.m.
Community Room / Children under 7 years must be accompanied by an adult.*

Come design your own unique stickers.

Space is limited. Registration begins Tuesday, September 4 at 1:00 p.m. You may register in person or by phone (975-7591).

Gross Goodies!

*Tuesday / October 23 / 4:00 p.m.
Community Room / Children under 7 years must be accompanied by an adult.*

Creep yourself out or others by eating gross goodies. Create edible crawlies.

Space is limited. Registration begins Tuesday, October 9 at 1:00 p.m. You may register in person or by phone (975-7591).

Ice Cream Treat

*Tuesday / November 20 / 4:00 p.m.
Community Room / Children under 7 years must be accompanied by an adult.*

I scream, you scream, we all scream for ice cream! Find out how you can make ice cream at home.

Space is limited. Registration begins Tuesday, November 6 at 1:00 p.m. You may register in person or by phone (975-7591).

TEEN PROGRAMS:

Secret Book Safe

*Tuesday / October 16 / 4 p.m.
Community Room/ For ages 12 and up*

Books can contain secrets. Discover a way to hide your treasures in plain sight.

Space is limited. Registration begins Tuesday, October 2 at 1:00 p.m. You may register in person or by phone (975-7591).

PROGRAM FOR ALL:

Origami: Fold a crane for the International day of peace

Friday / September 21

Stop by anytime on this day and fold an origami crane to make a wish for peace.

ADULT PROGRAMS:

The Storytelling Circle

*Fridays / September 21, October 19,
November 16 & December 21 / 7:30 p.m.
Community Room*

The Saskatoon Storytellers' Guild and Mayfair Branch Library welcome you to an evening of storytelling for adults. Come out, join the circle, have a snack, wet your whistle, and listen to Saskatoon's amateur and professional storytellers ply their art. Feel free to join in and share a story or two of your own.

For more information call the Library at 975-7591 or Kathy at 683-0292.

Thursdays at Mayfair

*Thursdays/September 13-November 29
1:30 p.m./Community Room*

An informal program of information, slides, videos and discussion. Coffee and tea are served. Admission is free.

September 13 DVD: Nebraska (60 min.)

Take a trip to Boys Town USA, "Carhenge" and the Henry Doorly Zoo as we visit the Midwestern state of Nebraska.

September 20 DVD: Wyoming (60 min.)

Visit the state of Wyoming, home to cowboys and rodeos. It is also famous for Yellowstone National Park and Buffalo Bill Historic Centre.

September 27 DVD Rome (60 min.)

Once famous for its gladiators, Rome is also home to beautiful art collections. Visit Michelangelo's Piazza Campidoglio and Raphael's resting place with traveler Estelle Bingham.

October 4 Slides: Taking the Shoelace Express: Hiking in Scotland, Spain and the Rockies (45 min.)

Frank Roy shows us the beauty of nature while taking walking tours in Scotland, Spain, Alberta and British Columbia.

October 11 Slides: "A Window on the Holy Land's West Bank" (45 min.)

Tourists to the Holy Land visit much of Israel but very little of the West Bank. Presenter Rita Gillies will look at some people, places and projects to bring the lives and hopes of West Bank Palestinians into focus.

October 18 DVD South Dakota (60 min.)

Visit the state of South Dakota best known for Mount Rushmore in the Black Hills, the buffalo roundup in the Custer State Park and the city of Huron.

October 25 Slides: An Urban tour of the Czech Republic (45 min.)

Dr. John Weil recently toured the central European country of the Czech Republic including Bohemia, Moravia

and Silesia. Join him for a visit to the capital city of Prague, the city of Znam on the banks of the river Dyje, and a visit to Brunn.

November 1 Slides: A Taste of Iberia (45 min.)

Join Thom Knutson on a slide tour of his recent trip through northern Spain and Portugal, and southern France. Visit such famous sites as Lourdes, in the Pyrenees, the port cellars in Porto, and Segovia's Alcazar castle. Marvel at the rich and varied landscapes that the Iberian Peninsula has to offer, not to mention the great food!

November 8 Slides: Cairo: Capital of Egypt (45 min.)

Join Jack Millar for a visit to the city of Cairo and the surrounding area with its pyramids, temples, mosques and museums. The program includes views of the Nile River and Memphis.

November 15 DVD Tennessee (60 min.)

Visit Nashville, the Grand Ole Opry, Chattanooga and a freshwater pearl farm in the state of Tennessee.

November 22 DVD Delaware (60 min.)

Visit Delaware's beautiful beaches, state parks, the Nassau Valley Vineyards, and historic Fort Delaware.

November 29 DVD Georgia (60 min.)

Visit the state of Georgia where we will see the spectacular Appalachian Mountains, the Dahlonega Gold Mine and Reed Bingham State Park.



THE NEIGHBOURHOOD CHOICE



CAM BROTEN
Your NDP Candidate in
**Saskatoon
Massey Place**

Hi, my name is Cam Broten and I am seeking election to be your MLA. My wife, Ruth, and I are residents of Caswell Hill and, as your neighbours, we share your interests, hopes and concerns for our community. If we haven't already met, I look forward to doing so over the coming months. Should you have any questions or to help with the campaign, please contact me at **477-4CAM (4226)** or **cbroten@saskndp.ca**.



**Saskatchewan
New Democrats**
www.cambroten.ca

Sears travel

**FEBRUARY
BREAK
2008**
Book your Seats to the Sun
NOW, before it's too late!

**PUERTO VALLARTA, MEXICO
CANTO DEL SOL PLAZA VALLARTA ******
7 nights - February 18th, 2008
All Inclusive - Standard Hotel Room
\$1,599*

**MAYAN RIVIERA, MEXICO
SANDOS PLAYACAR BEACH RESORT******
7 nights - February 17th, 2008
All Inclusive - Standard Hotel Room
\$2,099*

Book and pay by
October 31st, 2007 and
SAVE \$200
per couple!

Use your Sears Card or Sears Mastercard and
Pay in 12 Equal Monthly Installments, Interest Free!

Sears Travel, Saskatoon Midtown Plaza (306) 653-4433

*Package rates shown are per person based on double occupancy and are based on the lowest available airfare. All taxes and government fees are not included. Local transfer fees are not included. Prices subject to the listed plus one subject to change with out notice. Star rating is per couple. Limited 2008/09 winter bookings. Offer is valid off per couple for bookings made and paid in full between January 1, 2007 and October 31, 2007. For travel between 01/01/08 - 03/31/08, 2008 winter package is not valid. In 2007, Equal Monthly Installment financing offers available for bookings made between January 1 and December 31, 2007 on your Sears Card or Sears Mastercard subject to availability. Interest-free status subject to optional financing program offered through Sears Bank. Payment of Cash on Arrival. See Sears Card for complete details, terms & conditions. ©2007 Sears Canada Inc. All rights reserved.

KONGA CAFE – A LITTLE PIECE OF THE TROPICS RIGHT HERE IN CASWELL

By Wilma Groenen

The first thing you notice about the Konga Café is the joy and enthusiasm of the owners. Edward Andrade, who comes to Saskatoon via the Azores Islands of Portugal, and his Jamaican wife Marcia, obviously take pride in their authentic food, and love to present it to their customers.

Edward's mouthwatering description of the tantalizing specials convinced us to order the jerk chicken with coconut rice and salad, and the tuna salad sandwich with a side of salad. My youngest daughter, who is a nut for anything mango, ordered the tropical chicken wrap off the menu, and asked for a side of fries.

Edward seemed disappointed that we didn't order the soup of the day, and Marcia added, "It's really good." He then brought us a small bowl, "just to try" and I understood why Marcia was so proud of it. The creole chicken veggie soup was loaded with plantain, okra and other vegetables in a broth that was spiced just right. And the

Johnnycakes that came with it were light and finely textured.

Our dinner was every bit as good as the soup and Johnnycakes. My oldest daughter's jerk chicken was excellent, but it was the coconut rice that had her swooning, "This is the best rice I've ever eaten!"

The topical wrap came with papaya, mango, veggies and lightly spiced chicken and was fresh and just the right mix of sweet and spicy. The curly fries were crisp and not greasy.

My tuna salad sandwich came with slices of avocado and a basil aioli on a fresh Kaiser – a truly delectable way to dress up plain old tuna. And the creamy basil and dill dressing on the salad greens was perfect.

None of the food was overly spicy, but we were offered a wide array of bottled condiments to add heat to the experience. I really loved the spicy banana sauce on my daughter's fries, although she preferred regular ketchup.

We finished off with a piece of key lime pie, shared by three. Creamy, with

a subtle, buttery lime flavour, it was different than I anticipated, but a lovely, light finish to our meal.

The meals ranged in price from \$8.50 to \$11.00, and are worth every penny. The Konga Café also serves great fruity drinks from Jamaica and Jamaican beers.

The Konga Café has been open for three months, and Edward said they already have many regulars and are getting a reputation for their authentic Jamaican cuisine. Hours are weekdays 11:00 to 9ish and Saturdays 11:00 to 11:00 ish. When I asked Edward about the "ish" he laughed. "Well, especially on Saturdays, we sometimes stay a little later, dancing and singing."

Check out the Konga Café, Caswell's newest restaurant, located at 204 Avenue H North, right beside Box Office Video and Bloom's. You might want to phone 244-7867, to make a reservation, because I have a feeling this is going to be one hopping spot!

NOTICE TO ELECT THE SCHOOL COMMUNITY COUNCIL

Caswell School invites you to become involved in the formation of our new School Community Council.

The Government of Saskatchewan has legislated a new framework for parent and community engagement in all schools in the province. School Community Councils will replace the existing parent councils. The SCC will offer parents/guardians and community members an opportunity to be included and participate in school initiatives.

The election for the SCC members will take place at an Annual Meeting on Monday September 17, 2007 at Caswell Community School at 7:00 p.m.

The following individuals can stand for election to the council and vote in the election:

- Parents/guardians of students who are enrolled in the school
- Community members who are electors and reside within the attendance/geographic area for that school

Nominations must be submitted on official forms by 3:30 p.m. on September 17, 2007. Nomination forms are available at the school office. Nominations will be accepted from the floor at the Annual Meeting.

For more information contact Caswell Community School at 683-7160.

ÉCOLE ST. PAUL SCHOOL
2007/2008 Kindergarten Registration
1527 Alexandra Avenue — Phone: 659-7430

French Immersion Elementary School – A second language is a gift we give our children.

- Children who will be five years of age on or before January 31, 2008 may enter Kindergarten in September, 2007.
- Children six years of age by January 31, 2008 may begin Grade One in September, 2007.

Even though we encourage you to register in January, you may register any time from January to August. Remember to bring proof of your child's age with you (birth or baptismal certificate).

But, I don't speak French! You don't have to. St. Paul's Immersion program is designed to serve non-French speaking families.

École St. Paul school is designated by the Department of Education as a Type "B" French Immersion School - an immersion program best serving the needs of Anglophones. Instruction time in French varies from 100% to 60%. The objective of this program is to have students, upon the completion of Grade 8, functionally bilingual.

Students who study a second language:

- Lead to perform better in their first language - Benefit from a wider range of career opportunities - Learn other languages more easily.

A two-way transportation service at no cost to parents is provided for students from Lawson Heights, River Heights, Richmond Heights, City Park, Downtown, Riverside (to Ave. H), Caswell Hill (to Ave. H) Myrtle (to Ave. H) and McNab Park.

A French Immersion Information evening will be held on **Wednesday, January 24th, 2007** at 7:00 p.m. This evening will provide an overview about how children acquire a second language. Parents will have the opportunity to ask questions about the program as well as what the school has to offer. Everyone is welcome!

- A **French Immersion Preschool** is also available for 3 and 4 year olds. Contact Denise Klassen at 659-7439.

- Greater Sudborton Catholic Schools...putting faith in education -

**16th ANNUAL
USED SPORT EQUIPMENT DRIVE
October 1 – October 26, 2007**

**MOST
Equipment \ Wanted**



**NOT
Equipment \ Wanted**



Old, worn out equipment is not of use to us



Celebrating Ashworth Holmes Park - 100 years

#



Art in the Park
a festival of art and entertainment

Beat The Flu Bug!

Saskatoon Health Region invites you to attend a drop-in influenza clinic.



- ✓ adults 65 years & older
- ✓ children & adults with chronic lung, heart or kidney conditions, cancer, diabetes & immune disorders
- ✓ children & adolescents receiving long term ASA treatment
- ✓ healthy children ages 6 - 23 months

October 15 - November 2, 2007



Public Health Services

For more information and clinic locations, visit www.saskatoonhealthregion.ca and click on the flu bug, or call the flu line at 655-4358.

**Bring your green immunization record.*

Congratulations on

*Art in the Park
says loud and clear
Caswell is a great place
To live, play and
Raise your family!*

Celebrating Ashworth Holmes Park - 100 years



David Forbes, MLA
244-3555



Eric Cline, MLA
384-7200



Frank Quennell, MLA
651-3581

Your NDP MLAs Keeping it that way!

NATIONAL COACHING CERTIFICATION PROGRAM (NCCP) SCHEDULE

MULTI-SPORT MODULE - Part A INTRODUCTION TO COMPETITION

Registration Fee: \$48 for Saskatoon Residents
\$75 for Non-residents
(Fri. 7:00-10:30pm, Sat. 8:30am-5:30pm)

September 28 & 29
October 12 & 13
November 23 & 24

MULTI-SPORT MODULE – Part B INTRODUCTION TO COMPETITION

Registration Fee: \$55 for Saskatoon Residents
\$75 for Non-residents
(Sat. & Sun. 9:00am-5:30pm)

November 17 & 18

The SSC receives financial assistance from the City of Saskatoon, which allows us to subsidize the registration fees for residents of Saskatoon.

--For more information, go to

www.saskatoonsportscouncil.ca (coaching programs link) **AND**

**--Print a registration form & send it, along with PAYMENT
to: 510 Cynthia Street, Saskatoon, SK S7L 7K7**

BASKETBALL



Sept 13 is the registration date for Zone 1 SMBA. Register at Dundonald school on Sept 10 6:30-8:00. Zone 1 includes Caswell, Confederation Park, Dundonald, Hudson Bay Park, Massey Place, Mount Royal, Pacific Heights, and Westview.

Note: There is a late reg fee if registering with SMBA.

Dunkaroos Co-ed Gr 1 & 2 – registration can take place on line beginning Aug 31 (Dunkaroos only)

Spuds Co-ed Gr 4 & under

Mini Boys & Girls Gr 6 & under

Bantam Boys & Girls Gr 8 & under

Midget Boys & Girls Gr 9&10

Juvenile Boys & Girls Gr 11 & 12

INDOOR SOCCER

Soccer registration will be held Wednesday, September 12, from 7 to 9 p.m. at Caswell Community School.

The costs are as follows:

Under 6 \$45.00

Under 8 \$45.00

Under 10 \$85.00



If anyone is unable to register on the night of the 12th early registrations can be done by contacting John at 683-0849.



roots&shoots

L'Institut Jane Goodall Institute

Youth for Action Workshop

University of Saskatchewan, Saskatoon

Thursday September 13th, 2007

*Roots creep underground
everywhere and make a
firm foundation.*

*Shoots seem very weak,
but to reach the light they
can break open brick
walls.*

*Imagine that the brick
walls are all the problems
we have inflicted on our
planet.*

*Hundreds and thousands
of roots and shoots,
hundreds and thousands
of young people around
the world, can break
through these walls.*

*You can change the
world."*

Dr. Jane Goodall



ABOUT ROOTS & SHOOTS

Roots & Shoots is the Jane Goodall Institute's global network of youth taking action for people, animals and the environment.

Currently, more than 100 000 people are active in almost 100 countries; Canada has a network of over 70 Roots & Shoots groups based in schools and community settings, from pre-school to university level.

DESCRIPTION:

Join us at the first Saskatoon Youth for Action event on Thursday September 13th, 2007 at the University of Saskatchewan. The conference is a chance for participants to discuss community issues and develop action plans.

Dr. Jane Goodall, world renowned primatologist, humanitarian and United Nations Messenger of Peace will deliver a keynote address, followed by in-depth workshops to explore and create plans for action on various current issues.

PROGRAM:

TIME	EVENT
8:30	Arrival and registration
9:00	Welcome and First Nations blessing
9:15	Keynote Address: Dr. Jane Goodall
10:30	Workshop Session #1
11:30	Poster Tour
11:45	Lunch
12:30	Workshop Session #2
2:00	Closing Activity
3:10	Departure

For more information, visit www.janegoodall.ca



Public Health Services

Dental Clinic

Do you have a child age 4 or in Kindergarten to Grade 8?

Does your child need dental treatment?

If you have answered "yes" to the above questions, your child may be eligible to receive **free** dental treatment at the Public Health Services Dental Clinic.

Questions? Our caring, qualified staff will answer your questions. Please call 655-4462.



**West Winds Primary Health Centre
Public Health Services Dental Clinic
3311 Fairlight Drive
SASKATOON SK S7M 3Y5
Phone: (306) 655-4261**

*Oral health is important!
Healthy teeth and gums help your child
chew properly, speak clearly
and smile brightly.*

With your help,
our festival keeps
getting better and better!

urgently Needed! Volunteers

- people needed to help set up and clean up
- people to help during the festival
- also people with trucks

art in the park

September 9

please call 653-5669 if you can help for 1 or more hours

Thanks Caswell!

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Is your child 6 months old
to 4 years old ?



Do you want your child to have a bright smile?

If you do, bring your child to a Public Health Services Fluoride Varnish Drop-In Clinic. **The service is FREE!**

A dental professional will paint fluoride varnish on your child's teeth. The fluoride is painted on with a small brush. It only takes a few seconds to do.

Fluoride varnish prevents new cavities from starting and stops cavities from getting bigger.

The drop-in clinics are located at:

Mayfair Child Health Clinic:
every Monday* 1:00 - 3:15 p.m.
Mayfair United Church
902 - 33rd Street West

Riversdale Child Health Clinic:
every Wednesday* 1:00 - 3:15 p.m.
St. Thomas Wesley United Church
20th Street and Avenue H (in the basement)

West Winds Primary Health Centre: 1st Wednesday* of each month
9:00 - 11:30 a.m.
3311 Fairlight Drive

North Health Centre:
1st Tuesday* of each month
1:00 - 4:00 p.m.
#108 - 227 Primrose Drive North

South East Health Centre:
3rd Tuesday* of each month
1:00 - 4:00 p.m.
3006 Taylor Street East

Humboldt Public Health Office:
1st Friday* of each month
9:00 - 11:30 a.m.
231 Main Street, Humboldt
(* closed statutory holidays)



For more information, call the Dental Health Program at 655-4462.

Celebrating Ashworth Holmes Park 100 Years

"Fabulous art, music, people"

"something for everyone"

"It's great! Art, music, entertainment, top notch!"

"Huge lovely park, great art"

"Art, food, fun, kids stuff what more could you ask for!"

art in the park
"lively & fun"

6th festival

September 9
12 pm - 6 pm

Ashworth Holmes Park
Ave D N & 31st ST W

free admission

featuring:

- Dieter Braun
- Great Plains-First Nations Dance Company
- North Saskatchewan Regiment Pipes & Drums
- Excessive Behaviour
- Eileen Lavery & Ricasso
- Young James
- Curtis Peckoluzo
- Wilma
- Caribbean Steelband



CASWELL COMMUNITY ASSOCIATION PROGRAMS

Register for Caswell Community Association Programs!

Have fun, exercise, learn something new, get to know your neighbours, get out of the house this winter!

7:00 – 8:00 p.m. at Caswell Community School on Tuesday September 18 and Wednesday September 19

Adult Games Night	Caswell School	8 – 9:30 p.m.	Thursday	Oct 4	Free
Outdoor Walking Club	Christ Church	1 – 3:00 p.m.	Tues and Thurs	Oct 2	Free
Smart Start YOGA	Christ Church	7 – 8 p.m.	Tuesday	Oct 9	\$40.00
Smart Start YOGO	Christ Church	10:30 – 11:30 a.m.	Saturday	Oct 13	\$40.00
Ages 12 – 14 ~ Babysitting Course		Caswell School	TBA		\$25.00
Ages 10 – 13 ~ Cheerleading		Caswell School	TBA		\$20.00
Ages 8 – 12 ~ Floor Hockey		Caswell School	Thursday		
Ages 10 – 14 ~ Me Ta We Tan		Caswell School	Wednesday		
Child and Adult ~ Kids and Parents Gym		Caswell School	Tuesday	Oct 2	

**Caswell Community Association
Annual General Meeting
Tuesday, September 11th
Christ Church Anglican Basement
Everyone is welcome!**