



Sutherland-Forest Grove Community Association Newsletter

AGM & REGISTRATION DATES
Wednesday September 7th, 6:30 - 8:30pm
 Forest Grove School
Thursday September 8th, 6:30 to 7:30 pm TBA

2016—2017 Executive Members
President Jennifer Simon....306-373-2421
Vice President, Interim Raelene Petracek...306-373-4379
Secretary/Memberships Gillian Halyk.....306-292-7435
Treasurer VACANT
Communications Janelle Paproski...306-281-0992
Webmaster Stephan Simon....306-272-2421
Special Events Andrea Carroll.....306-231-9205
Indoor Coordinators Raelene Petracek...306-373-4379
Children's /Youth Coordinator VACANT
Basketball Shawn Brown.....306-653-6628
Soccer Coordinator Arifur Rahman....306-381-0406 VACANT
Rink Coordinator VACANT
Community Liaison Stephan Simon....306-373-2421
Inventory VACANT
Member at Large Gaelan McGregor.306-370-9189

www.sutherlandforestgrove.ca

August 2016

President's Message

I hope everyone had a great summer! We had a major project completed in July 2016, which was the complete rebuild of the Sutherland School Rink! I want to give a HUGE shout out to all the volunteers that helped to make this happen. The prep work was weeding, which was a big job in itself. The demo was quick and relatively painless (maybe not in the body sense with all the hard labour that went into it) but the fact that the rink came down without much protest.

The rebuild was in thanks to Greenlee Construction and general contractor, Doug Klassen and his crew. He was instrumental in getting the materials and know-how of the build. The community thanks you!!!

With all the external changes happening in our community, we have some internal changes to this committee as well. After 10 years of volunteer service, we say goodbye to our Treasurer. This is an integral position within our committee and we would need someone with current accounting experience to help fill the void. Please see me at registration or contact via email for this opportunity.

Also, after many months of planning, our bylaws have now been updated to reflect current practices. With the bylaws restructured, it is now up to the membership to vote for approval (this is you!). Please review the bylaws on our website (as above) and come prepared to vote. These bylaws allow us to run and operate the community association under terms and conditions approved and consulted with the City of Saskatoon, as well as the Non-Profit act.

Keep watch on our Facebook page, as any new events that aren't in the newsletter will be posted on there!

Have a great rest of the year, see you at the AGM and Registration nights!

*Jennifer Simon
President*



BabyTalk

Ages 0–1½ with an adult
Join us for songs and rhymes, then stay to chat with other new parents.
Fridays / Sep 2–Dec 16 / 10:30–11am
No program Nov 11

Preschool Storytime

Ages 3–5
Join us for a lively mix of stories, games, finger plays and songs.
Thursdays / Sep 22–Dec 15 / 10:30–11am
No program Nov 3

Alice Turner Book Club

Join us for a lively discussion about a thought-provoking title.
Wednesdays / Sep 21, Oct 19, Nov 16, Dec 14 / 7–8pm
Register online or phone 306.975.8127 one month prior to each meeting.

Ward 1 Civic Election Forum

Come and hear from Ward 1 councillor candidates on various issues.
Wednesday / Oct 12 / 7–8:30 pm

Family Law Help

Are you applying to court for child support, custody/access or divorce? The experts in this session can help answer your family law related questions.
Thursday / Nov 24 / 2:30–4:30 pm

Tuesdays at Two

Join us for armchair travel talks, films and other interesting presentations.
Tuesdays / Sep 13–Dec 13 / 2–3 pm
Pick up a copy of our Program Guide at any SPL location or visit our website to learn about the other 200+ SPL programs.
All of our programs are free.



110 Nelson Rd / 306.975.8127

saskatoonlibrary.ca



INDOOR PROGRAMS

** indicates a joint program with the Silverspring, Evergreen,

Erindale/Arbor Creek, Willowgrove/University Heights Community Associations. The following is a list of programs offered by the Sutherland-Forest Grove Community Association for the fall session. Please keep this sheet as a reference and bring it to registration. If you have any questions, please call one of the Indoor Coordinators listed on the front of this newsletter.

Registration Information:

1. A parent/guardian must be present to sign waivers for children.
2. Registration is taken on a first-come, first-served basis. Several programs have limited enrollment.
3. Refunds will be granted if the SFG Community Association cancels a program/activity or if the participant provides a physician's certificate stating that he/she is unable to participate due to medical reasons. All requests for refunds must be submitted in writing to the SFG Community Association Executive. Refunds will be limited to the cost of the program itself.
4. The SFG Community Association reserves the right to cancel any program that does not receive sufficient enrollment or have an instructor by registration night.
5. Classes are usually 9 weeks in duration, unless otherwise indicated.
6. Classes may be subject to cancellation as the schools have first priority on their gyms and facilities. Rescheduling may not be an option at that time.

PLEASE NOTE:

Community Association Membership is \$10.00 per household (September 2016—August 2017).
The Sutherland-Forest Grove Community Association also honours other Community Association Memberships.
A late fee of \$20.00 may be applied to registrations after the last scheduled night. Early registrations are not accepted.
Your continued patience at registration is appreciated. Thank you!

Parents/Guardians must be available and remain at the site at all times (arrangements can be made with another parent to be responsible for your child). You will be required to be a hall monitor on a rotating basis for the class or activity your child is participating in. We require someone from each class to volunteer as a convener. This involves assisting with phoning in the event of a cancellation or change and distributing class lists, instructor packages, etc. This small investment of your time will assist the coordinators immensely.

PRESCHOOL

BLAST BALL ** - \$25.00

Blast ball is held at **Bishop Filevich School**.

3 and 4 years old

Wednesdays from 6:00 - 6:30 pm; Begins September 21

4 and 5 years old

Wednesdays from 6:30 - 7:00 pm; Begins September 21

KIDERSIZE – PARENT AND TOT ** - \$20.00

2 and 3 years old

Mondays from 6:00 - 6:30 pm at St. Volodymyr School

Tuesdays from 6:00 - 6:30 pm at Forest Grove School Small Gym

Begins September 19 & 20

KIDERSIZE - II ** - \$20.00

3 to 5 years old

Mondays from 6:30 - 7:00 pm at St. Volodymyr School

Tuesdays from 6:30 - 7:00 pm at Forest Grove School Small Gym

Begins September 19 & 20

SPORTS ABCs* \$25.00

Mondays at Willowgrove School Large gym

3 to 5 years old; 6:00 - 6:30 pm

5 to 9 years old; 6:30 - 7:00 pm

Begins September 19

TAE KWON DO—PRESCHOOL* \$60.00

4 to 6 years old

Mondays from 6:00 - 6:30 pm at Sutherland Memorial Hall

Begins September 19

FAMILY PROGRAMS

YOGA—PARENT & CHILD ** - \$50.00/Child add \$15.00/extra child

6 years +

Wednesdays from 6:00 - 6:45 pm at Silverspring School - Community Rm

Begins September 21

CHILDREN & YOUTH

BABYSITTING ** - \$35.00

10+ years old

Sat/Sun from 1:00 pm - 5:00 pm at Sutherland Evangelical Church

October 15 & 16 **OR**

November 26 & 27

KIDS COOKING \$30.00

7-9 years old

Tuesdays from 6:00 - 7:15 pm at St. Volodymyr School

Begins September 20

KIDS COOKING II \$45.00

9-12 years old

Wednesdays from 6:00 - 8:00 pm at St. Volodymyr School

Begins September 21

YOUTH NIGHT - DROP IN—FREE

6 to 13 years

Tuesdays from 7:00 - 9:00 pm at Sutherland School

Begins September 20

DANCE

BOLLYWOOD DANCE for kids \$35.00

6-14 years old

Mondays from 6:00 - 6:45 pm at Holy Family School Multipurpose Rm

Begins September 19

JAZZ ** \$35.00

6-8 years old

Tuesdays from 7:00 - 7:45 pm at Holy Family School Multipurpose Rm

Begins September 20

SPORTS & EXERCISE

FLOOR HOCKEY ** \$25.00

Thursdays at St Volodymyr School

6-8 years old; 6:30 - 7:30 pm

9 to 12 years old; 7:30 - 8:30 pm

13 to 15 years old; 8:30 - 9:30 pm

Begins September 22

SPORTS ABCs* \$25.00

Mondays at Willowgrove School Large gym

3 to 5 years old; 6:00 - 6:30 pm

5 to 9 years old; 6:30 - 7:00 pm

Begins September 19

TAE KWON DO—BEGINNER \$60.00**

6yrs to Adult

Tuesdays from 6:30 - 7:15 pm at Sutherland Memorial Hall

Begins September 20

ADULT & YOUNG ADULT

AEROBICS WITH DARCI (16 yrs+) **

See info in Adult Section

PHOTOGRAPHY FUNDAMENTALS (16yrs+) \$50.00**

Mondays from 8:00 - 9:00 pm at Holy Family Sch. Multipurpose Rm

Begins September 19

PHOTOGRAPHY FUNDAMENTALS FORUM (16yrs+) \$50.00**

Thursdays from 8:00 - 9:00 pm at Holy Family Sch. Multipurpose Rm

Begins September 22

BEGINNER YOGA ** (14yrs+) \$50.00

Mondays from 7:15 - 8:15 pm

Location: JG Egnatoff School - Sm Gym

Begins September 19

ZUMBA \$50.00**

14+ years old

Thursdays from 7:00 - 8:00 pm at Silverspring School Sm. Gym

Begins September 22



Cost as a Barrier

Your SFG Community Association is sensitive to the needs of families facing financial hardships and may partially, or fully, fund participation fees in various activities. Subsidization is only to cover the cost of the program and will not include membership to the Community Association. Subsidization is limited to those who reside within our community boundaries. For information, please contact the President at Registration.

ADULT (18+ YEARS)

PHOTOGRAPHY ** \$60.00

Wednesdays from 7:00 - 8:00 pm at St Volodymyr School Front Rm
Begins September 28

FITNESS & EXERCISE

AEROBICS WITH DARCIE (16 yrs+) **

1 DAY/WK: \$20 FALL OR \$35 FALL and WINTER
2 DAYS/WK: \$35 FALL OR \$65 FALL and WINTER

Held at St. Volodymyr School.
Mondays from 7:15 - 8:15 pm
Wednesdays from 7:15 - 8:15 pm
Begins September 19 & 21

BOLLYWOOD DANCE \$50.00**

Wednesdays from 7:15 - 8:15 pm at Forest Grove School Sm. Gym
Begins September 21

BOOT CAMP ** \$50.00

Tuesdays from 8:00 - 9:00 pm at Forest Grove School Lg Gym
Begins September 20

CORE BODY ** - \$50.00

Mondays from 6:00 - 7:00 pm at Bishop Filevich School
Wednesdays from 6:00 - 7:00 pm at Centennial.Colleg. Dance Studio
Begins September 19 & 21

FITNESS FUN FOR 50+ - \$50.00**

Wednesdays from 6:00 - 7:00 pm at Forest Grove Small Gym
Begins September 21

HULA HOOPING - \$50.00**

Beginner: 6:45-7:45 pm
Intermediate: 8:00-9:00 pm
Mondays at Centennial Collegiate Dance Studio
Begins September 19

KETTLEBELL \$50.00**

Thursdays from 7:45 - 8:45 pm at JG Egnatoff School Sm. Gym
Begins September 22

KICKBOXING \$50.00**

Mondays from 6:00 - 7:00 pm at JG Egnatoff School Sm. Gym
Begins September 19

NEW!! PiYo* \$50.00

PiYo is a total-body fitness that combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga
Tuesdays from 7:45 - 8:45 pm at JG Egnatoff School Sm. Gym
Begins September 20

PILATES - Multi-level \$60.00**

Tuesdays from 7:30-8:30 pm at Silverspring School Community Room
Begins September 20

STOTT PILATES with LAURA \$50.00**

Beginner: 6:30 - 7:30 pm
Intermediate: 7:45 - 8:45 pm
Thursdays at Forest Grove School Sm. Gym
Begins September 22

ZUMBA and ZUMBA STEP (Bring your own step) - \$50.00**

Thursdays from 8:00 - 9:00 pm at Forest Grove School Lg Gym
Begins September 22

ZUMBA ** - \$50.00

Wednesdays from 7:00 - 8:00 pm at Willowgrove School Lg gym
Thursdays at Silverspring School Small Gym
7:00 - 8:00 (14 yrs +)
8:15 - 9:15 pm (18 yrs +)
Begins September 21 & 22

COMMUNITY GARDEN

As we approach the end of our third season, the SFG Community Garden would like to thank all of our gardeners and those in the community who have supported this project. Reaching near full capacity, over forty gardeners have had a productive year. We started some on-site composting, participated in the City's Green Bin program, and rotated some different crops into the "corn" plot, including some strawberries for the neighbourhood kids (of all ages) to enjoy.

We will be having a fall cleanup day in late September, updates will be sent to our email list or check out sfgcommunitygarden.wordpress.com for information.

If you are interested in obtaining a plot next year and are not already on our contact list, please contact us at sfgcommunitygarden@gmail.com or 306-373-2421.



ADULT (18+ YEARS)**YOGA (18+ unless otherwise stated)****BEGINNER YOGA ** \$50.00**

Mondays from 7:15 - 8:15 pm; Begins September 19 (14yrs +)
 Tuesdays from 6:30 - 7:30 pm; Begins September 20
 Thursdays from 6:30 - 7:30 pm; Begins September 22
 Location: JG Egnatoff School - Sm Gym

Mondays from 6:45 - 7:45 pm; Begins September 19
 Location: Holy Family School Multipurpose Room

Wednesdays from 7:00 - 8:00 pm; Begins September 21
 Location: Silverspring School Community Room

YOGA - Beginner -GENTLE ** \$50.00

Thursdays from 7:30 - 8:30 pm at Silverspring Community Room
 Begins September 22

CARDIO YOGA \$50.00**

Wednesdays from 8:30 - 9:30 pm at Centennial Collegiate. Dance Studio
 Begins September 21

FLOW YOGA \$50.00**

Mondays from 7:15 - 8:15 pm at Bishop Filevich School
 Wednesdays from 7:15 - 8:15 pm at Centennial Collegiate Dance Studio
 Begins September 19 & 21

MULTILEVEL VINYASA YOGA \$50.00**

Mondays from 7:30 - 8:30 pm at Silverspring School Comm Rm
 Begins September 19

SPORTS & RECREATION**CO-ED BADMINTON** - \$25.00**

Fridays from 9:00 - 10:00 pm at Silverspring School
 Begins September 23

CO-ED BASKETBALL - \$25.00**

Tuesdays from 8:30 - 10:00 pm at Willowgrove School
 Begins September 13

CO-ED FLOOR HOCKEY - \$25.00**

Mondays from 8:00 - 9:30 pm at Holy Family School
 Begins September 12

NEW!! CO-ED PICKLEBALL - \$25.00**

Thursdays from 8:00 - 9:30 pm at Holy Family School
 Begins September 15

CO-ED VOLLEYBALL \$25.00 FALL/ \$45 FALL & WINTER**

Mondays from 8:30 - 10:00 pm at St. Volodymyr School
 Tuesdays from 8:30 - 10:00 pm at St. Volodymyr School
 Begins September 19 & 20

CO-ED VOLLEYBALL \$25.00 FALL**

Thursdays from 9:00 - 10:00 pm at Silverspring School
 Begins September 22

COUPLES INTRO TO BALLROOM DANCING ** - \$50.00/COUPLE

Thursdays from 8:30 - 9:30 pm at Willowgrove School -Large gym
 Begins September 22

MEN'S BASKETBALL - \$25.00**

Tuesdays from 9:00 - 10:00 pm at Silverspring School
 Begins September 20

MEN'S FLOOR HOCKEY - 25.00**

Wednesdays from 9:00 - 10:00 pm at Silverspring School
 Begins September 21

Make it Happen!
VOLUNTEER
Strengthen your community, lend a helping hand, have fun together.

There are many ways you can volunteer for your Community Association:

- coach soccer
- flood the outdoor rink
- clean up your park
- help organize special events
- help coordinate recreation programs
- write a newsletter article
- take meeting minutes
- and more...

Volunteer for your Community Association.


 City of Saskatoon
 Community Development Branch

BASKETBALL

Age Group	Grade or Year Born	Cost
Spuds (co-ed)	Grades 3 & 4 or 2008/2007	\$100.00
Mini Boys & Mini Girls	Grades 5 & 6 or 2006/2005	\$130.00
Bantam Boys or Bantam Girls	Grades 7 & 8 or 2004/2003	\$150.00
Midget Boys & Midget Girls	Grades 9 & 10 or 2002/2001	\$170.00
Juvenile Boys & Juvenile Girls	Grades 11 & 12 or 2000/1999	\$200.00

A uniform deposit will be required for each player. Please bring a \$50 deposit cheque postdated for April 30, 2017 when you register. There will also be a \$25 late fee registration after the last city wide registration night.

There will be practices once a week and games will be on Saturday's and will be various times and locations throughout the city.

For Spuds league play starts in October and runs until the end of February. For all other age groups league play will start in October and runs until the end of March.

Coaches and assistant coaches are required. A free coaching clinic will be provided by the SMBA. If interested, please notify the coordinator at registration night.

Shawn Brown
Basketball Coordinator

Indoor Soccer

Soccer is great family fun during the fall and winter. Every parent is needed to contribute to the team in some way. Coaches, co-coaches, managers and helpers are required. Coaching clinics are available free of charge. Please notify coordinators at registration how you can help your child's team.

Age Group	Year Born	Fees	Possible Play Times
Under 6 Coed	Born 2011-2012	Fees \$85	Mon. to Fri. and one Sun
Under 8 Girls	Born 2009	Fees \$100	Sat. or Sun. and one Sun
Under 8 Boys	Born 2009	Fees \$100	Mon. or Tues. and Sat. or Sun
Under 10 Girls	Born 2007-2008	Fees \$170	Mon. or Tues. and Sat. or Sun
Under 10 Boys	Born 2007-2008	Fees \$170	Mon. or Tues. plus skills sessions Mon. or Tues and Sat. See www.tdsoccer.com for more details.

Online Registration:

Information found at www.sutherlandforestgrove.ca from August 29– September 2 2016

In Person Registration: Available at the times and dates listed on the front of this newsletter.

A \$35 uniform deposit cheque is required for each player as well as the SFG fees. Please post-date deposit cheques to April 01, 2017. Cheques are to be made out to: SFG Community Association. Uniform deposit cheques must be given to the coach before players receive uniforms. Players are responsible for their own soccer socks.

Late registrations are available only if a team requires players and a \$50.00 late fee will be added to the registration.

Arifur Rahman
SFG Indoor Soccer Coordinator