Bi-Annual Newsletter
Information for:
Winter/Spring/Summer 2007

McNab Community

McNabOnline.com * mail@mcnabonline.com

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Welcome to 2007 !

This publication is to inform the community of items relating to the timeframe mentioned above. For other information that is not published here, you can can go to the website, contact the chairperson by phone, or use the other contact information listed.

Cory Smith, Editor

Have an idea you'd like to see in the newsletter?

See inside...

WIN A COMPUTER! See inside for details...

THE ASSOCIATION

The Community Association is a non-profit organization responsible for organizing items local to the area and its residents, as well as distributing information from its parent organization (the West Zone Board). It is made up of volunteers local to the area.

Executives
Chairperson - Bevera Allan, 569-1294
Treasurer - Connie Larose
Community Sign - Wendy Johnson, 359-7169
Civic Affairs - Lenore Belhumeur
Newsletter - Cory Smith, 757-6815

Contact Info
1752 Arthur Street
Regina, SK S4T 4W3
mail@mcnabonline.com
www.McNabOnline.com

THE MCNAB AREA

Profile
Total Population (2001): 1505
Average Income: $38,813
Average Household size: 1.8 persons
Area: 321.3 hectares
Municipal Electoral Ward: Ward 3 – Councillor Fred Clipsham

Full community profile info available at:
http://www.regina.ca/pdfs/McNab.pdf

Services & Attractions
PARKS:
- Grassick
- Optimist (includes Professional Baseball field)
- Empress
- McNab (includes Skating Rink & Baseball field)

ORGANIZATIONS:
- RCMP Training Academy Depot Division
  - RCMP Centennial Museum
  - RCMP F Division Headquarters
- Luther College
- Eureka Club
- Government House
- Pioneer Village Retirement Facilities
  - Hewitt Place
  - Regina Village
  - Mutchmore Lodge
- Royal Regina Golf Course

OTHER:
- Devonian Pathway System
- Wascana Creek

Newsletter Ideas
Do you have an idea for the newsletter? Are you a writer, photographer or designer? Would you like to be? I'm looking for input on it and welcome anyone who's interested.

Computer Raffle
A Windows PC with everything you need already loaded on it. Internet ready. Enter by sending your Name, Street Address and Phone Number by phone or email.

Cory, Editor
757-6815
mail@mcnabonline.com

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Photographer: Cory Smith
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Notice an error or omission? Please report it to the editor.

Heated Warm-Up Shack

Next to rink [provided by City of Regina] on 18 block Connaught St [by Eureka Club] will be open from Dec 15th – Feb 25th. Please consider volunteer supervision for 1hr/week.

Call Bevera at 569-1294.

Community Memberships

Available at Registration Night or contact Bevera 569-1294. Memberships are required to register in any program sponsored by our community or any other city-wide association. The cost is $5/yr per family. Card expires August 31.

Program Registration Night

When: Tuesday, January 9, 7-8pm
Where: Eureka Club, Upstairs
Payment by cash or cheque.

Community Sign

If you would like your message on the community sign, it is a cost of $2 for members and $3 for non-members. Please limit sign usage to your own household members and not to promote personal and/or business sales.

Call Wendy Johnson at 359-7169.

McNab Neighborhood Watch

Neighbourhood Watch is a program aimed at reducing crime in the community. It involves getting to know one's neighbours and introducing them to the concept of Neighbourhood Watch - that is, good neighbours working together, alert to the potential of crime and willing to look out for one another's interests.

Meetings are at 7pm on the 1st Monday of the month upstairs at the Eureka Club. The McNab Neighborhood Watch has been actively reporting and cleaning up graffiti in this neighborhood. One of the ongoing projects is to paint the garbage bins in the back alleys. If you notice any graffiti in our neighborhood, please phone the city of Regina and report it. Also report it to the police, as graffiti is a crime. The January meeting is on the 8th.

Contact: June at 352-1943.

The best way to keep crime out of our neighbourhood is to keep ourselves involved in crime prevention. If something needs doing, do it! If you see graffiti, remove it. If your neighbour is away, do what you can to help: remove mail and papers and help with snow maintenance.

To Report a Crime: Police Service, 777-6500

Neighborhood Watch Block Captains

NAME	BLOCK(S)	PHONE #
NEEDED	***1700 Alexandra St.***	
Lenore Belhumeur	1800 Alexandra St.	569-0429
Alice Lunn	1900 Alexandra St.	525-5194
NEEDED	***1700 York St.***	790-7152
NEEDED	***1800 York St.***	
Grace Lekivetz	1900 York St.	522-1755
Frank & Jean Roberts	1700 Connaught St.	352-6163
NEEDED	***1800 Connaught St.***	
Judy Cameron	1900 Connaught St.	790-7552
Bevera Allan	1700 Arthur St.	569-1294
Dennis Lynnes	1900 Arthur St.	525-0275
June Fehler	1700 Forget St.	352-1943
Marie Nicholas	1800 Forget St.	522-4117
NEEDED	**1700 Royal St.**	
George McWilliams	1800 Royal St.	352-3748
Murray Whippler	#47+ Empress Dr.	545-5152
NEEDED	***#46- Empress Dr.***	
Mahaila Scott	1700 Empress St.	525-1712
Sara Dodd	1700 McIntosh St.	546-3995
Joe Jozsa	Empress St.	347-0588
Dolores Tufts	Condos	352-0191
Gloria Taylor	Condos	352-6069
Wendy Johnson	Community Sign	359-7169

Great things happen when you put your heart into it!

HEART & STROKE FOUNDATION OF SASKATCHEWAN

Finding answers. For life.

Volunteer now! Visit www.heartandstroke.ca/heartmonth or call 1-888-473-4636

REGINA

baby

E X P O

"From pregnancy to preschool… and all the fun in between!"

Sunday, March 25
11am-5pm
Conexus Arts Centre

Lots of exhibitors, shopping, prizes, seminars, fun for all!

Please visit www.reginababyexpo.com or call 565-2299 for more info

McNab School Building

Do you have memories of the McNab school? It's been a long time since that building was used for that. What else has it been used for since then? The Eureka Club may be vacating the facility and it had me wondering what may be next for the structure if they do? What would you like to see done with it? This question may come up in the near future.

Cory, Editor

West Zone Board Programs

(Continued from Page 6...)

Neighbourhood & Community Centres

For your convenience, here is a list of Community Centres in the City. Community-based recreation and leisure services are offered through six neighbourhood centres operated by the City and four operated by the communities themselves. These centres accommodate community programs and are available for rental to outside groups. Call Community and Leisure Services at 777-7803 or the centre of your choice for more information.

Albert Scott Community Centre
1264 Athol St. - 777-7033
Cathedral Neighbourhood Centre
2900 - 13th Ave. - 777-7034
Glencairn Neighbourhood Centre
2626 Dewdney Ave. E. - 777-7747
Core Ritchie Neighbourhood Centre
445-14th Ave. - 777-7080
Pasqua Neighbourhood Centre
263 Lewvan Dr. - 777-7371
South Leisure Centre
170 Sunset Dr. - 777-7031
Eastview Community Centre
615-6th Ave. - 525-4757
Uplands Community Centre
20 Weekes Cres. - 949-5137
Argyle Park Community Centre
35 Davin Cres. - 543-5653
North East Community Centre
160 Broad St. - 347-8299
Arcola East Community Centre
3860 Buckingham Dr.E. - 525-3401

1127 Arnason Street North, Regina, SK S4X 3V4
http://nonprofits.accesscomm.ca/wzb
reginawestzoneboard@sasktel.net
791-0226, Contact: Debby

West Zone Board

The West Zone Board is a parent group to all the Community Associations within the West Zone boundaries (West of Lewvan & North of 13th Ave). The programs listed below are administered through WZB.

Meetings (at the Pasqua Rec Centre)
Monthly: 4th Tuesday of each Month at 7:30pm
Annual General: Tuesday, January 23, 2007 at 7:30pm

WEST ZONE BOARD & WEST ZONE AFFILIATED PROGRAMS

Registration for these programs **must be done in person** or at the west zone board office. Contact Debby at 791-0226 with any questions.

WZB Learn to Skate
Classes for Ages 3-5, 4&5 and 6+ Years
Cost: $50 / 8 sessions
Teaches children to stand & walk on skates and feel comfortable on the ice. Helmets are mandatory.

Sask Hunter Education / Canadian Firearm Safety
For Ages 11+
Cost: $70 / 8 sessions
Completion of this course meets the provincial requirements for purchasing of a Hunting Licence & is recognized throughout North America. It, also, provides both Federal Firearm Safety Certificate & Sask. Hunter Ed Certification.

Map, Compass & GPS Course
For Ages 12+
Cost: $75
Teaches the use of maps for trip planning & wildlife activities, how to find where you are, orienteering compasses, using a compass with a map, getting full use of your GPS, as well as, practical applications. Now includes an "expanded" GPS training. Bring Lunch.

Bowhunter Education Program
For Ages 11+
Cost: $30
Course includes equipment selection, techniques, ethics, tree-stand use & safety, calling wildlife, shot placement, tracking and game recovery. Course is accredited where bowhunter education is required to purchase a Bow hunting license. Includes bow tuning/shooting clinic. Provides National Bowhunter Certification. Bring Lunch.

Women for Self Defense
sponsored by West Zone Taekwon Do
Classes for Beginner and Advanced
Cost: $50 / 8 sessions
The philosophy of Self Defense encompasses more than the physical aspect; as well, it covers awareness, assessment, and confidence. Classes include **Board Breaking** & **Engagement in real life situations** with the use of a **Full Body Suit.** All classes conducted by Female Black Belt Instructors.

West Zone Taekwon Do
West Zone Taekwon Do, an affiliate of the West Zone Board, offers a recreational, family orientated program for fitness, co-ordination and self discipline, while learning Self Defense. Head Instructor is 7th degree black

West Zone Board - Continued...

belt Clint Norman & assistant Instructor is 4th degree black belt David Gabory.
Costs:
Age 5 - 15 years, inclusive - $80-3 months/3 times a week
Age 16 years & up - $85-3 months/3 times a week
[Family Rates Available]
For further information, you may contact Debby @ 791-0226 [West Zone Board Office], Henry @ 949-4028 [W.Z.Taekwon Do President], or Allyssa @ 949-3721 [After School Program].

Northwest Community Gardens
The Gardens were started in 1996 by a group of volunteers & the Sherwood/McCarthy Community Association. In 1998, the Gardens joined the West Zone Board. It's all about people, committed to improving our environment, taking action to improve the quality of their lives & harvesting the benefits!
Location: 41 Garden Plots measuring 30'x 40' [North side of 9th Ave.N. bordering Courtney St.]
Costs:
$60 per plot for 1st time Gardeners
$45 per plot for subsequent years
For information/availability, you may call Jack @ 924-4314 after 6:30 pm or Debby @ 791-0226 [W.Z.B.Office].

The Toy Library – Come Check it Out!
Sponsored by the West Zone Board & the North Zone Board.
Do your kids get bored with their toys & games easily? Why not join the toy library! All you need is a community association membership for the community that you reside in and your kids will be able to enjoy new toys every 2 weeks!. Superb selection of quality/educational toys, games & books + Parent Resource.
* Discovery Toys * Little Tikes * Texas Instruments * K'Nex * Tonka * Simplex Puzzles * Fisher Price * Playskool * Hasbro * Mattell * And More !!
For more information, contact Debby - 791-0226 [W.Z.B.O.].

Regina West Zone Soccer Assoc Inc.
Recreational Outdoor Soccer – No Cut League
Promotes good sportsmanship & fun, in an equal opportunity, recreational soccer league for children ages 4 - 17 years old [Age as of Dec.31,2006]. For further information, contact Debby @ 791-0225 or check website at www.rnwsa.ca .

Is your Group a Non-profit organization looking to raise some funds?
R.W.Z.S.A. is looking for a Group to run the concessions at the tournament [tentative date -June 16th]. A list of Responsibilities/Criteria is available at the West Zone Board Office. Contact Debby @ 791-0225. Presentations will be accepted at a R.W.Z.S.A. executive meeting held in April [For date/time, contact Debby].

T-Ball / Softball
Age Groups - Cost
T-Ball [Born 2001/02] - $40.00
A-Ball [" 1999/2000] - $60.00
Mites [" 1998/97] - $60.00
Squirts [" 1996/95] - $60.00
Peewee [" 1994/93] - $60.00
Bantam [" 1992/91] - $60.00
Midget [1990/89] - $60.00
*Prices may change due to increased User Fees.
Registration information is available at www.rnwsa.ca, or by contacting Debby @ 791-0225.

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