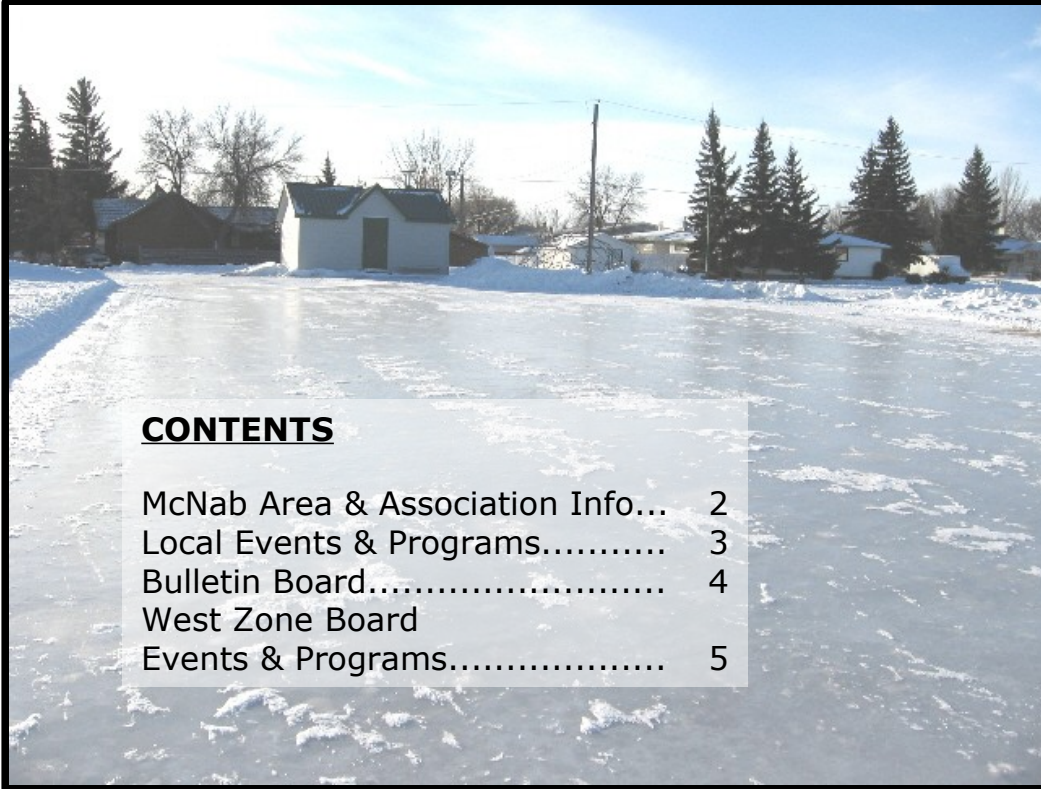


Bi-Annual Newsletter
Information for:
Autumn/Winter 2007/2008

McNab Community

McNabOnline.com * mail@mcnabonline.com



CONTENTS

McNab Area & Association Info...	2
Local Events & Programs.....	3
Bulletin Board.....	4
West Zone Board Events & Programs.....	5

Skating Rink

The McNab Rink opens from Dec 15 to Feb 25th. It's available to everyone. See Page 3 for details.

Computer Raffle winner... See Page 2



**Welcome to
Gateway Christian
Fellowship Church**
...see Page 7

McNab has a new programmer... See page 2

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 editor – needed
- Website editor – needed
- Programmer – Shelann Bundas

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

New Programmer

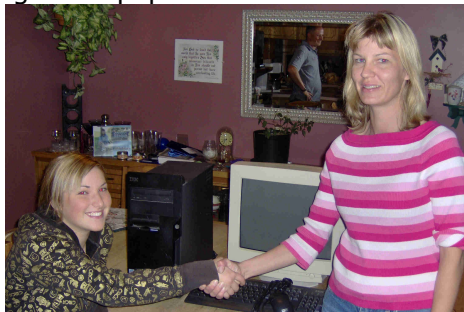
Welcome to Shelann Bundas, McNab's new hired programmer!

Newsletter Ideas

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

Computer Raffle Winner

A Windows PC was raffled in the previous issue. Sara Rollins is the lucky winner! Congratulations Sara! Thanks to The Computer Clinic for providing the equipment.



Sara Rollins & Chairperson Bevera Allan

Editor, mail@mcnabonline.com

© 2007 McNab Community Association
 Front Cover Photo: McNab Skating Rink
 Photographer: Cory Smith
 This publication was created with OpenOffice.org
 Office Suite.

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, Sep 11, 7-8pm

Where: Gateway Church, 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.

Beautiful Garden contest winner:

- Grace Lekivetz on 1957 York St

Beautiful Front Garden contest winners:

- Betty Horaki on 1900 Connaught St

- Phillip Bretz on 19 Block Arthur St

Annual General Meeting:

Oct.7, 2007

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 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
Hazel Whippler	#46- Empress Dr.	545-5152
Mahaila Scott	1700 Empress St.	
Sara Dodd	1700 McIntosh St.	546-3995
Joe Jozsa	1800-1900 Empress St.	347-0588
Dolores Tufts	Condos	352-0191
Gloria Taylor	Condos	352-6069
Wendy Johnson	Community Sign	359-7169

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

FOR INFORMATION ABOUT A " WEST ZONE BOARD" OR WEST ZONE BOARD "AFFILIATED GROUP" PROGRAM – PLEASE CALL Debby @ 791-0226

*****REGISTRATION – for West Zone Board & Affiliated Group Programs MUST BE DONE IN PERSON OR AT THE WEST ZONE BOARD OFFICE.**

The **WEST ZONE INDOOR SOCCER ASSOC. INC.** offers a recreational program for children **ages 5 - 17 years [AGE AS OF DEC.31, 2007]**.

League runs from late October to March.

COST: Ages 5/6 **\$50.00**/participant *
 Ages 7 – 12 yrs **\$60.00**/participant *
 Ages 13+ yrs **\$75.00**/participant *
 [Price Includes T-Shirt, Tournament & Trophy]

*Prices subject to change due to facility costs

An **In Person registration** will be held:

Saturday, September 15, 2007
10:30 a.m. - 1:00 p.m. at the
North West Leisure Centre

Mail In registrations are also accepted. REGISTRATION FORMS MAY BE PICKED UP & RETURNED TO THE WEST ZONE BOARD OFFICE, C/O NORTHWEST LEISURE CENTRE or **MAILED TO THE ADDRESS ON THE REGISTRATION FORM.**

REGISTRATION FORMS WILL BE AVAILABLE [IN THE MAILER BESIDE THE W.Z.B.O. DOOR] – AFTER THE IN PERSON REGISTRATION DATE.

JOIN THE TOY LIBRARY!

[SPONSORS are the NORTH ZONE BOARD & the WEST ZONE BOARD]

WHY BUY WHEN YOU CAN BORROW TOYS? The TOY LIBRARY has a large variety of toys, puzzles and games for children ages 0 – 12 years, as well as, Parent Resource Books.

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!**

Location: PASQUA NEIGHBOURHOOD REC CENTRE
263 PASQUA STREET - ROOM #5

Open: 2nd & 4th TUESDAY & WEDNESDAY of each month [6:30 – 8:00 PM]
September 11th – December 12th, 2007 [Fall Session]

THE TOY LIBRARY NEEDS VOLUNTEERS TO ASSIST WITH THE OPERATION OF THE TOY LIBRARY.

If you are a Parent or Grandparent who could spare a few hours per year, please consider assisting in a Volunteer Position – to enable children to enjoy the Toy Library in the future.

Without your assistance – the TOY LIBRARY MAY HAVE TO CLOSE!

West Zone Board - Continued...

The **ANNUAL GENERAL MEETING** for the
Regina West Zone Soccer Assoc. Inc. [OUTDOOR PROGRAM]

Will be held on:

Monday, September 10, 2007
7:00 pm @ Pasqua Rec Centre [Rm.#6]

Your input is welcomed – Plan to attend!

Elections for executive positions will take place at this meeting.

=====

REGINA NORTHWEST SPORTS ASSOC. INC., an affiliate of the West Zone Board, operates no-cut, equal participation sports programs in the West Zone. All registrants must have or agree to purchase a membership in their Community Association [Family memberships are \$6.00/year].

LEARN TO PLAY HOCKEY [for Ages 4, 5, 6 years]

COST: \$165.00/18 Sessions [Jersey included]

This Program teaches the fundamentals of Hockey to male & female players. Remember – this is NOT a Learn To Skate program, players must be able to stand on skates.

Coaches are needed.

Classes/Games are held @ Kinsmen Arena on

Sundays [1:15 – 2:15 pm or 2:15 – 3:15 pm] starting Nov.4th, 2007.

IN PERSON REGISTRATION WILL BE HELD:

Saturday, Sept. 22, 2007

2:00 – 3:15 p.m.

@ Northwest Leisure Centre

Registrations may also be picked up/dropped off at the West Zone Board Office or printed from the Website – www.rnwsa.ca & mailed to the address on the form.

Bingos are available to help pay for the Registration Fee.

=====

POWER SKATING [Head Instructor – Liane Davis]

Classes to strengthen your Hockey skills. Full Hockey equipment required.

All Classes held @ J. Hamilton Arena. Acceptance is on a “first come” basis. Bingos are available to help pay for Registration Fee.

Classes start late October.

Classes offered:

Power Skating – Level 1	[Tuesday evenings 6:00 – 6:40pm]
Power Skating – Level 1 ½	[Tuesday evenings 6:40 – 7:20 pm]
Power Skating – Level 2	[Tuesday evenings 7:20 – 8:15 pm]
Or	[Thursday evenings 6:00 – 7:00 pm]
Power Skating – Level 3	[Thursday evenings 7:00 – 8:00 pm]

COST: \$150.00/16 Sessions [Level 1 & 1½]

\$190.00/16 Sessions [Level 2-Tuesdays]

\$195.00/16 Sessions [Level 2 & 3-Thursdays]

Cost – subject to change due to Ice Fee increase.

NEW REGISTRATION PROCEDURE!!! Registration forms are available on the web site -www.rnwsa.ca - to be mailed in with payment to the address on the Registration Form.
or can be picked up at the West Zone Board Office, c/o Northwest Leisure Centre.

Gateway Christian Fellowship

Pastor Brian and Barb Larratt and the congregation of Gateway are pleased to be settling into the old McNab School location.

It has been the summer of "The Move and the Makeover". The renovation project continues.

Services are on Sundays at 10:30 am and Wednesdays at 7:00 pm.
Everyone is welcome.

The church offers transportation to and from services from anywhere in Regina.

Starting on September 26th, Gateway is offering Club DJ, a weekly club program for children age 5-12. For information/registration, call the church office.

GCF extends a special welcome to the entire McNab community to come and check out the facilities, programs and the people of Gateway. After service on Sunday, September 9th, there will be wagon rides for everyone, free of charge.

Phone 543-9920

Email pastorbrian@sasktel.net

Web www.gatewayonline.ca

...continued from page 6

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

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.

West Zone Board - Continued...

WEST ZONE BOARD LEARN TO SKATE [Fall 2007]: Cost: \$50/8 sessions
Teaches children to stand & walk on skates and feel comfortable on the ice. Helmets are mandatory.
REGISTRATION MUST BE IN PERSON [Sept.4 – Sept.14] @ West Zone Board Office, c/o Northwest Leisure Centre.

Classes Offered:

AGES 3 - 5 Years:

*NEW – Monday [Oct.15-Dec.3] 1:30 – 2:15 pm @ J. Hamilton Arena
Tuesday [Oct. 16-Dec.4] 1:30 - 2:15 pm @ D.Wickenheiser Arena
Friday [Oct. 12 - Dec. 7/No Class Nov.9] 9:30 - 10:15 am @ D.Wickenheiser Arena

AGES 3 ½ – 5 Years: [MUST BE 3 ½ YEARS BEFORE THE 1ST CLASS]
Saturday [Oct. 13-Dec. 8/No Class Nov. 10] 11:15 am-12:00 pm @ Kinsmen Arena

AGES 4 & 5 Years:

Sunday [Oct. 14-Dec. 9/No Class Nov.11] 3:45 - 4:25 pm @ D.Wickenheiser Arena
Sunday [Oct. 14-Dec. 9/No Class Nov.11] 4:25 - 5:05 pm @ D.Wickenheiser Arena

AGES 6 + Years:

Saturday [Oct. 13-Dec. 8/No Class Nov. 10] 12:00 pm-12:45pm @ Kinsmen Arena
Sunday [Oct. 14-Dec. 9/No Class Nov.11] 5:05-5:45 pm @ D.Wickenheiser Arena

=====

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.

Attending a minimum of 2 Classes per week is recommended.

All registrants must hold a valid Community Association Family membership.

LOCATION: Henry Janzen School - 222 Rink Ave.

[No Classes – Sunday, Sept. 2nd & Monday, Sept. 3rd]

CLASS TIMES	Beginner Belts:	Intermediate Belts:	Senior Belts:
Sundays	[1:30 - 2:30 pm]	[2:30 - 3:30 pm]	[3:30 - 4:30 pm]
Mondays	[6:00 - 7:00 pm]	[7:00 - 8:00 pm]	[8:00 - 9:00 pm]
Wednesdays	[6:00 - 7:00 pm]	[7:00 - 8:00 pm]	[8:00 - 9:00 pm]

"After School" PROGRAM:

Starts Oct. 2nd

.Tuesday & Thursday [4:00 – 5:00 pm] at **Northwest Leisure Centre**

[for Beginner/Intermediate Belts]

& Sunday at H. Janzen School [1:30 – 2:30 pm/or 2:30 – 3:30 pm]

COST: Age 5 - 15 years, inclusive - \$80/3 months
Age 16 years & up - \$85/3 months

ONGOING REGISTRATION: Attend any class as a spectator or wear Sweat Pants and a T-shirt to participate. You may register in person at any Class.

A quarterly In Person Registration for the **FALL SESSION** will be held at the regular Classes on Monday, October 1, 2007 & Wednesday, October 3, 2007 [6:00 pm – 8:00 pm].

WOMEN for WOMEN SELF DEFENSE [sponsored by WEST ZONE TAEKWON-DO]

***TBA – Contact Debby @ 791-0226 for information**

Local Events & Programs

...Continued from Page 3

Community Garage Sale Postponed until May 2007

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.

Family Community Cleanup

All Ages Welcome

Saturday, Oct 13, 10:00am-3:00pm

Meet at Gateway Christian Fellowship Church.

Free

Bring Gloves, Bags will be provided. Anyone willing to bring a truck to haul bigger items, please phone 569-1294.

Adult - Halloween Patrol

Wed Oct 31, 8:00pm-11:00pm

McNab Community

Help prevent vandalism on Halloween Night by patrolling our neighbourhood. Meet at Gateway Christian Fellowship Church

Teen - Babysitting

11 years and older

Sat Oct 13, 9:00am-12:30pm

Sun Oct 14, 12:30 pm - 5 pm

Gateway Christian Fellowship Church

\$20.00

Will get a certificate and card at completion of class

Family Skating Party

All Ages

Saturday, 6 pm - 9 pm

2 dates: Jan 12, 2008, Feb 9, 2008

McNab Park 1800 Connaught Street

Free

Bulletin Board

...Continued from Page 4

Parent Mentoring Program Seeking Volunteers

The Regina Qu'Appelle Health Region's Parent Mentoring Program provides services to parents of various ages, who are seeking information and support to help them develop their parenting skills.

One way the program assists parents is by matching them with a Parent Mentor who can offer advice and companionship. Parent mentors, being experienced parents themselves, can provide role-modeling, encouragement and confidence through personal visits with their parent match. We are currently seeking more help. If you are interested in volunteering to mentor another parent, please contact the Parent Mentoring Program Coordinator @ 766-6115 for more information

"Life Affords No Greater Responsibility, No Greater Privilege, Than The Raising Of The Next Generation"
- C. Everett Koop