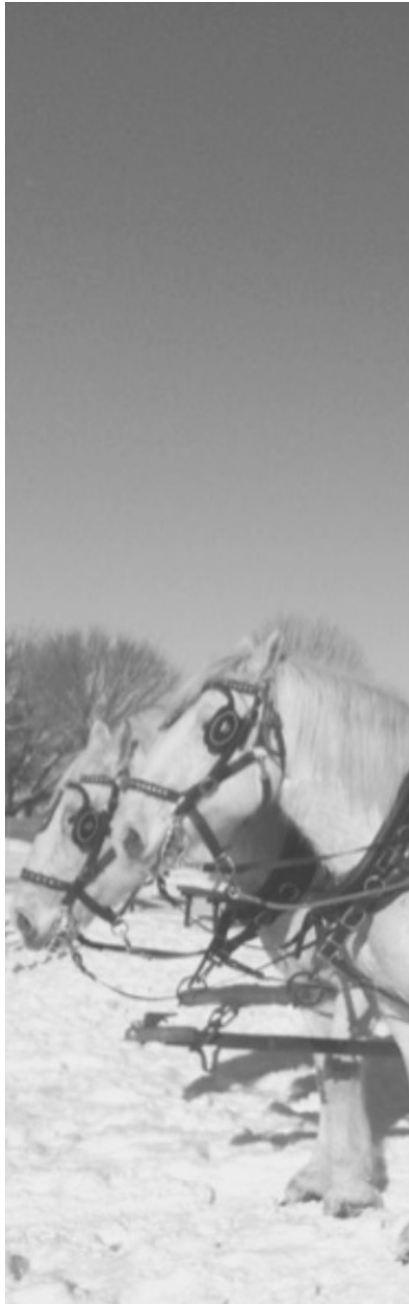




# KING GEORGE COMMUNITY ASSOCIATION

**KGCA** season of **NEWSLETTER - 2020**  
the e-nog



The King George Community Association  
Presents

# KING GEORGE WINTER CARNIVAL



**JANUARY 25TH 2020**

**1PM - 4PM**

**@ KING GEORGE COMMUNITY SCHOOL  
721 AVE K SOUTH**

**Contact us! Volunteers welcome!**



[kgcasask@gmail.com](mailto:kgcasask@gmail.com)



[www.kgcommunity.org](http://www.kgcommunity.org)



**Join us for  
family friendly  
indoor and  
outdoor  
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games, food,  
crafts,  
face-painting,  
and sleigh  
rides!**



**daniellechartier**  
**MLA** Saskatoon Riversdale  
 1030 Avenue L South S7M 2J5  
 p. 306.244.5167  
 f. 306.244.6070  
[riversdale@ndpcaucus.sk.ca](mailto:riversdale@ndpcaucus.sk.ca)



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**1610 - 11TH ST. W. ☎ 664-2588**

\*Before taxes. Valid at Vern's Pizza 11th St. only. Must mention coupon when ordering and present when paying. Not valid with any other coupon or offer.

**Keep active in the new year....  
sign up for programs on Tuesday, Jan 14<sup>th</sup>  
6-7pm at the King George School Gym**



**ME TA WE TAN**

Ages 10 – 17

Wednesdays 6:30-8:30pm

Jan 22- Mar 25

King George School Gym

Cost: free



**Family Gym Time**

Parent and Child

Wednesdays, 6-7pm

Jan 22 - Mar 25

King George School Gym

Cost: \$5



**Youth Cooking**

Youth, Ages 9-14

Wednesdays, 6-8pm

Jan 22 – Mar 25

King George School Nutrition Room

Cost: \$30



**Yoga**

Ages 18 & up

Mondays, 7:30-8:30pm

Jan 13 - Mar 30

King George School Gym

Cost: \$30



**Yoga**

Ages 18 & up

Thursdays, 7:30-8:30pm

Jan 16 – Mar 26

King George School Gym

Cost: \$30



Short on Money? We can help with Registration Fees.

Enquiries confidential.

For more information, contact Anita:

by email at [kgca.indoorprograms@yahoo.com](mailto:kgca.indoorprograms@yahoo.com),

or text to 306.227.0768 or at Registration Night (Jan 14<sup>th</sup>)

# ***Principal's message from King George Community School***

## **Dear Community Members**

It has been a wonderful start to the year at King George Community School. We have a school population of 140 students PreK-8 and welcome new families to enroll at our school. We pride ourselves at King George in being culturally responsive and have created a nurturing and supportive atmosphere at our school. We value communication and the relationship we have with the King George Community Association. I feel truly honoured to be the Principal in my third year at King George. The King George community is a wonderful place to teach, learn and lead in. Please feel free to visit our school anytime!

Cheers,  
Tammy Wuttunee



## **SASKATOON TRIVIA**

Saskatoon is named after mis-sask-quah-toomina, the Cree indian name for the local Saskatoon berry - a sweet, violet coloured berry that grows wild.

The lowest temperature ever recorded in Saskatoon was -50C in 1893. The coldest temperature with windchill was -60.9C.

The only earthquake ever recorded in Saskatoon was on May 15<sup>th</sup> 1909 and it lasted about 30 seconds.

There are more Tim Horton's per capita than any other city in Canada.





415 23rd Street W.  
Email: [kathy@lbsigns.ca](mailto:kathy@lbsigns.ca)  
Web: [lbsigns.ca](http://lbsigns.ca)

Larry and Shirley opened LB Signs Ltd. in 1974 already having 15 years experience in the sign industry. Their vision was to create unique signs for each individual business throughout Saskatoon. Larry and Shirley purchased the business on 23<sup>d</sup> Street West with no more than 600 square feet to work out of. The building is original to Saskatoon and was built in 1921 as a White Rose gas station. The building was then changed into a Speedy Auto Glass before finally becoming LB Signs. In 1982 Larry and Shirley added onto the original building in order to fit vehicles of larger sizes, including semi trucks.

Since 1974, the business has grown, but has remained in the original location. There have been many changes throughout the years, but it has pleasantly remained a family owned and operated business. Currently there are three generations working together, along with non-family staff (although we consider them family!) who work well together, while continuing to create the original vision Larry and Shirley had.

Throughout the years, LB Signs has contributed to and supported various communities in Saskatoon. LB Signs has been involved in: The Denny Carr's Secret Santa Foundation, Precision Auto Body Wish Car Give Away, Draggin's Car Show (Camp Easter Seal), Saskatchewan Hall of Fame, Saskatchewan Ladies Curling Classic, Saskatchewan International Raceway, Bridge City Speedway, a variety of hockey clubs, elementary schools, high school work education programs, and more.

Fast forward 45 years, LB Signs morals and values continues to support the community, especially prioritizing children. We would like to thank and express our deepest appreciation to all that have supported us over the years, as we look forward to another 45 years of business !

# Bringing the library to you!



If you or your family member has a hard time getting out due to illness or disability, the library will bring the Home Reader Service to you. Like all other SPL services, this is free of charge!

Call Outreach & Access Services at 306.975.7565 for more information about our Home Reader Service.



**Outreach & Access Services**  
311-23rd St E, 306.975.7565  
saskatoonlibrary.ca

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Darcy Bridges**

#204 - 115 2<sup>nd</sup> Ave. N  
Saskatoon, SK • S7K 2B1  
phone: 306-653-8333 • fax: 306-653-8334

## Leadership has *Many Faces*

- coach soccer
- write a newsletter article
- flood the outdoor rink
- take meeting minutes
- clean up your park
- chair a meeting
- organize special events
- arrange for adult fitness programs
- assist with membership drives and fundraising
- help develop children's recreation programs
- be the bookkeeper for the association
- coordinate youth activities



*Take Action*

## Volunteer for your Community Association

People of all ages and backgrounds make a difference in your neighbourhood. Saskatoon's Community Associations offer residents a chance to join together, plan and provide programs and events, and get to know their neighbours and the issues facing their community. Take part in your Community Association and help make your community an even better place to live!

For Information  
call 975-3378



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#210-310 Wellman Lane  
Saskatoon SK S7T 0J1



Buy local from your neighbours,  
friends and acquaintances.  
Volunteer to inspire and keep  
building the great community that  
we live in. Let the sun in!



**Vern's Place**  
Gas & Convenience  
Store



**Husky**

1610 - 11th Street West Saskatoon 306-664-8800

Monday - Friday - 6:00 am to 12:00 midnight  
Saturday's - 7:00 am to 12:00 midnight

Sunday's &  
Holiday's - 8:00 am to 11:00 pm

# Great Full

GreatFull is a multi-tradition spiritual practice and wellness center offering goods to support transformational living.

We are here to help people reconnect with their essential spiritual nature, which supports mental health and overall wellbeing.

We're building a vibrant spiritual community where we welcome all people, on all paths, and support all traditions that are focused around love. We support acceptance over intolerance!

## Shop Hours

Wednesday-Friday 11-5

Saturday 10-5 // Sunday 12-4

**635 Ave H South // 306-974-4272**

**feelgreatfull.com @greatfullsaskatoon**

We have a beautiful shop full of transformational goods! We sell crystals, jewelry, books, clothing, stationery, plant medicine, yoga and meditation supplies, natural body care and sound healing chimes. Come look for treasures, or hang out in our living room with a cup of tea. Or check out our online store from your living room at [feelgreatfull.com](http://feelgreatfull.com)

Our practice space hosts various offerings outside of store hours where you can experience spiritual practices that have helped us along our way. We hope they help you too! All classes are offered as a gift. This has many benefits including accessibility to all, removing the expectation of a certain kind of experience because you paid for it, and the sheer joy of giving and receiving gifts!

While the shop is open, our practice space is available for you to use for prayer, meditation, movement, reading a book, or whatever mindful practice you like.

We also have a safe space where you can hang out with friends or be alone, for when you need to get out of the house but still want some privacy.

If you believe in what we're doing, you have the opportunity to support our project by telling others about what we do, by making donations, offering your time and by supporting our shop.

**Practice Schedule** - learn more about these practices and see current schedule at [feelgreatfull.com](http://feelgreatfull.com)

Monday	Tuesday	Wednesday
7:00AM <b>Be The Light</b> 60min 5:30PM <b>Diamond Way</b> 60min	5:30PM <b>Be The Light</b> 90min 7:30PM <b>This Is It</b> 60min	9:30AM <b>Love Serve Remember</b> 60min 5:30PM <b>Kirby's Dreamland</b> 60min 7:00PM <b>Spring Forest</b> 60min
Thursday	Friday	Saturday
5:30PM <b>Restore</b> 60min 7:00PM <b>Be The Light</b> 90min	9:30AM <b>Kirby's Dreamland</b> 60min	5:30PM <b>Be The Light</b> 60min

Why is a teddy bear never hungry? Their always stuffed . . .

What's the music that balloons just cringe at? POP!

While **Wolf Willow** is a residential community within the King George area it is originally an actual plant used by some of the first people's of this land. The flowers are very fragrant and the beautiful striped seed used in artworks. The berries were boiled to remove the flesh and the pointed nutlets strung to make necklaces, or used to decorate the fringes of clothing. When settlers arrived they learned the art from the First Nations people and Wolf Willow products became a popular gift to send home.

Wolf Willow fruit is mealy and dry but was still eaten by some First Nations. The berries were mixed with grease and stored in cool places. This was then added to soups and broths like barley is today. The berries were sometimes mixed with blood or sweet sap and cooked for food. People suffering from frostbite were treated with a strong solution made from the bark. The bark was also used to construct strong fibre baskets handy for a number of uses. Strong observational skills allowed the first people's to comprehend the many uses of the products nature provides, understanding medicinal, food value and construction of useful products. Today the essential oil of Wolf Willow is in demand for aromatherapy.



## King George History

The King George neighbourhood is located on the west side of the **beautiful** south Saskatchewan River. The area was surveyed in 1907 and was originally named Riverview for good reason! Homes along Avenue H in this historic neighbourhood are afforded **majestic** views of Victoria Park and the calming **beauty** of the river itself. A short walk takes you into the **park** or the river shore. There are plenty of spots to sit in quiet **contemplation** tasting the fragrant, sweet air of the many varying **trees** giving shade and shelter when needed. It's boundary includes the west portion of Spadina along **Victoria Park**, 11th Street, Avenue P and 17th Street. The name was changed around 1929 to incorporate the name of, at that time, the new public school. This historic school in which **famed** hockey legend **Gordie Howe** attended still stands, an example of the design and strength of structures and people built in that era:) Today to the west of Victoria Park a variety of **fantastic** merchants present **tasty** treats and the art of **relaxation** to match any mood the park or life presents, from **meatball** subs to **yoga**! Welcome to the **trendy** neighbourhood of King George!



# FURRY FRIENDS ANIMAL HOSPITAL

**UNDER NEW OWNERSHIP!!!!!!!**

**Dr. David Nairn is here now.**

**We look forward to offering you the same friendly and knowledgeable care you have always received from**

**Dr. Nairn**

**and**

**Furry Friends Animal Hospital**

**Business Hours:**

**Monday, Wednesday, Friday 10am-7pm**

**Tuesday, Thursday 8am-5pm and Saturday 10am-3pm**

**306-934-8387**



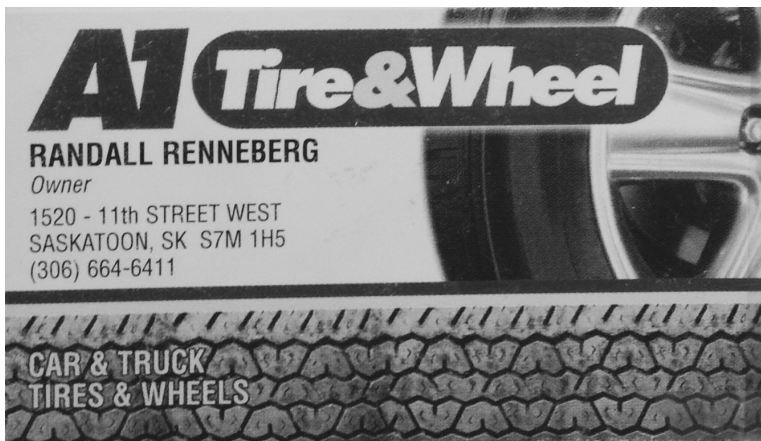
**Drop in and see us  
at:**

**#9 - 110 Wedge  
Road,**

**Saskatoon,  
Saskatchewan**



What did the fish 🐟 say when it swam into a wall?  
Dam 💣!



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**664-1118**

What do you call a totally unimportant elephant 🐘? ... an irrelephat 🙄!



# Did you know?

Plastic bags and film will no longer be accepted in your blue bin. Let's go reusable.



Learn more at [saskatoonrecycles.ca](http://saskatoonrecycles.ca)

Towards70%   

Please recycle, our kids and grandkids will want to enjoy this planet too, maybe even their kids and... HEY! IT REALLY IS UP TO US!

# But why?

The global recycling market is now demanding higher quality recyclables.

## Who says so?



Almost two-thirds of North America's recyclables are sold to China. And China is now prohibiting materials contaminated with soft stretchable plastics.

## Can't we find a new buyer?



Competition is fierce and Saskatoon is not the only place looking for a new buyer. To ensure we are able to secure a purchaser, we must comply with the new standards. Or face a stockpile that will eventually end up in our landfill.

## What can I do?



Keep plastic bags and wrap out of the blue bin. Take clean plastic bags to a participating local retailer. Ditch disposables and go reusable.

The world is changing. We can adapt. Go reusable.

REDUCE

+ REUSE

BEFORE TRASH

**"When the last tree has been cut down, the last fish caught, the last river poisoned, only then will we realize that one cannot eat money"**

The Internet indicates this, as the root of the above quoted parable;

After performing multiple searches for the phrase I finally found it listed in, The Oxford Dictionary of Proverbs (2009) which simply stated that it was a "Native American saying". The earliest instance located by "Quote Investigator" was in a collection of essays published in 1972 titled "Who is the Chairman of This Meeting?" A chapter called "Conversations with North American Indians" contained comments made by Alanis Obomsawin who was described as "an Abenaki from the Odanak reserve, seventy odd miles northeast of Montreal.

# 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
- clean up your park
- help organize special events
- help coordinate recreation programs
- write a newsletter article
- take meeting minutes
- flood the outdoor rink

*...and more!*



Volunteer for your  
Community Association.  
[www.saskatoon.ca/volunteer](http://www.saskatoon.ca/volunteer)



To find out how you can volunteer for your  
Community Association contact:

## Health & Safety HOTLINE

306 - 975 - 2828

Saskatoon residents are  
encouraged to call **Saskatoon  
Fire & Protective Services**

Regarding neighbourhood health and  
safety concerns such as;

- Unsightly yards
- Junked vehicles
- Abandoned refrigerators or freezers
- Discarded needles

**Good Health** is made with  
**good** food, **good** life  
practices and **good** friends.

**Volunteer and you  
may find all 3 of these  
essentials for Good  
Health!**

# KING GEORGE COMMUNITY ASSOCIATION

## Meet Your Community Association Executive

- President: Ken Ollenberg
- Vice-President: Rachelle Hall
- Secretary: Lauren Achtemichuk
- Treasurer: Kevin Koerting
- Indoor Coordinator: Anita Shumanski
- Communications Coordinator: Tammy Ollenberg
- School Council Coordinator: Rachelle Hall
- Social Coordinator: *your chance to be a butterfly and create fun!*
- Safety Coordinator: *is this you, cape and belt buckle included.*
- Outdoor Coordinator: *are you a breath of fresh air?*
- Civics Coordinator: *do you travel the city beat, then why not take this seat?*
- Members at large: Zoltan Marken
- Members at large: Torbjorn Nilson Lokken
  
- Community Consultant: David Godwin (City of Saskatoon)
- Community Coordinator: Stephanie Vause (King George School)

Box 28103, Saskatoon, SK, S7M 5V8

**Contact: Ken at 306 649 4774**

## President's Message

If possible, say "hello" to your neighbour, or maybe a, "good morning".  
Without trying we gain nothing, but a pleasant word may help  
"the person next door" become "the friend next door". 🌍🕊





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- AUTO GLASS
- FRAME INSPECTION AND REPAIR



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PH: 306-934-3634 FAX: 306-933-9803  
EMAIL: JANDLFRAME@HOTMAIL.COM



**Owner/Operator: Shane Arthurs**

Thank you **J&L** for your support of the King George Community Association's Winter Carnival

!




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A book  fell on my head !! I can only blame my shelf!!!! 

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