The Whitmore Whistler

Whitmore Park's Newsletter ✻ Summer 2014

Resident Spotlight: Nina Hurlbert

Meet Nina Hurlbert, a Regina fitness leader, who in her spare time is an elementary teacher, U of R masters student, coach, artist, marathon runner, volunteer and a single mom.

Nina was raised on a farm in rural Saskatchewan. She always had a desire to play organized sports, but the only sport she could play in her rural community was baseball where she was a pitcher for the Calder Shortstops. She has had a lifelong passion for being healthy and helping others to have a healthy lifestyle. It all started one day, 23 years ago, while living in White Rock, BC. It was there that she met a friend who told her she had the potential to be a great fitness leader. This encouraged her to take her fitness certification, via correspondence, and when she moved back to Saskatchewan to attend UofR, she also took her certification through the YMCA and Can-Fit-Pro to be a group fitness leader and personal trainer. She has been teaching fitness classes for close to 20 years now and has taught many classes including; hi/low cardio, body sculpt/body blast, boot camp, step, boxing, TRX suspension, stretch, core strength, and running. She has given several inspirational sessions to Regina Running Room participants. Currently you may see her teaching fitness classes at Grant Road School and the Sandra Schmirler Center.

Nina is also a local artist. That started when she painted a series of 3 paintings for a silent auction for Cancer Research 10 years ago, where the pieces were purchased for over $1,000. She enjoys painting with acrylic paints, usually abstract or nature paintings. Her art work has been showcased in various venues around the city which include; Bushwakker, Neil Balkwill Arts Centre, Free-House, Sweet café, and other local shops. She was the feature artist in the April Artist Showcase at Bushwakker this spring. She has sold many of her pieces to people in Regina who find them inspiring.

Nina has lived in the Whitmore Park area for approximately 16 years. Her children attend Campbell High School and Ecole Massey. They are very active in the community with football, soccer, band and the Campbell music department.

Contact Information: Nina Hurlbert, ninah29@hotmail.com, (306) 550-5930.

photo credit: Joe Ralko

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The Whitmore Park Community Association would like to acknowledge the support it receives from the City of Regina.

City of Regina | REGINA Infinite Horizons

The Whitmore Whistler is a quarterly publication. It is published in January, April, June, and September.

The Editorial Committee members are: Lori Giroux, Leslie Mathiason, Terry Madole, Catherine Maier and Carl Saguin

We'd like to hear what you think of this newsletter!

If you have a story, topic, suggestion or advertisement, we'd like to hear from you!

Deadline for next issue:
August 1, 2014

newsletter@whitmorepark.ca

The content of the Whitmore Whistler does not necessarily express the views of the WPCA.

WPCA ONLINE!

www.whitmorepark.ca

Check out what's happening around Whitmore Park when and where ever you like!

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Natural Alternatives to Dealing With Those Pesky Biters

By Lori Giroux

Even after all we do to reduce our chances of getting mosquito bites, we are all bound to experience the odd one (or more) at some point in the season.

Last summer we got "attacked" by mosquitoes while setting up camp. We all got our share of bites, but for the kids it was most uncomfortable. After a sleepless night with the one-year-old (due to bug bite discomfort) and trying everything we could think of, I went on the hunt for something... anything else we could try. I visited a local shop where they had a nice selection of natural products and it was recommended to me to try Purslane Cream. We bought some and immediately started putting it on the bug bites. Itch relief came quickly and by the next day the bites were completely gone. In Regina, this product is available at Old Fashion Foods or online through **www.naturalplantation.com**. Apply it frequently for best results. It is a little pricey, but it is worth every cent! I definitely recommend this product to anyone looking for an effective, natural way to treat bug bites. It will definitely be packed up with our camping gear this summer!

For making your own bug spray, please see the recipe on Page 8. All the ingredients are available at health food stores (such as Old Fashion Foods).

Spring Crime Prevention

With the warmer weather comes an increase in property crimes like Mischief, Break and Enter, and Theft from Auto. Simple steps such as locking doors, removing valuables, spare keys, and garage door openers from vehicles at night can help prevent your things from being stolen.

Police rely on the public to be our extra set of eyes and ears. Who knows your neighbourhood better than you? If you see any suspicious activity, report it to police by calling **306-777-6500**. Anyone who sees a crime in progress should call 9-1-1.

If you have information pertaining to a crime, please call **306-777-6500** to report it to police or Crime Stoppers at **1-800-222-8477**.

Cricket Anyone?

Regina is becoming more diverse and the sport of cricket is growing. The Saskatchewan Cricket Association has approached the City of Regina about converting the outdoor tennis courts at Mount Pleasant Sport Park into cricket practice batting cages for their use. The batting cages will be fully enclosed to not disrupt activities in the surrounding park. The Saskatchewan Cricket Association will cover all costs related to the conversion.

What do you think? We want to hear from you.
Please email your comments to the City of Regina at cricket@regina.ca

Realize. Learning your way.

Conservatory of Performing Arts

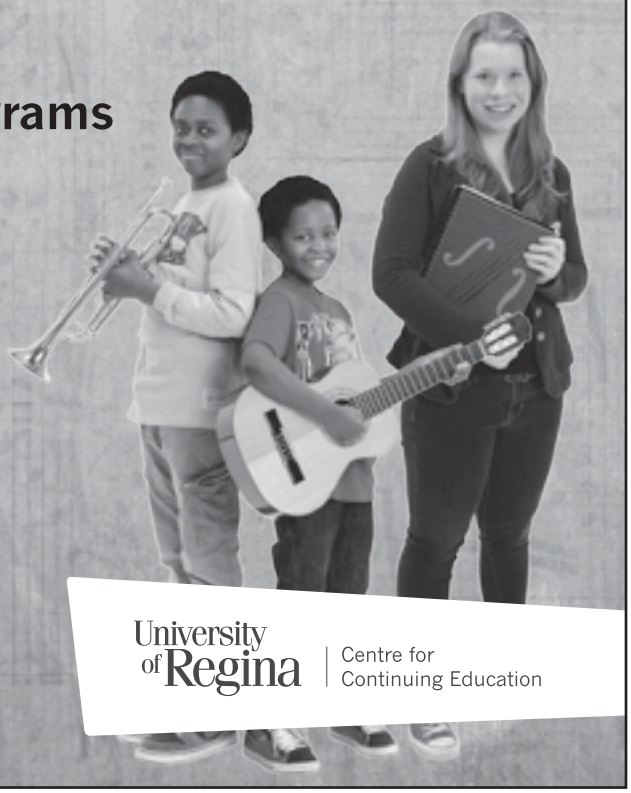
Learn, grow and get creative.

Conservatory of Performing Arts Programs

Kindermusik
Guitar
String Orchestras
Suzuki Piano
Theory
Visual Arts
Conservatory Juventus Choir
Speech Arts & Drama
Child/Parent Strings
Music Composition
Child/Parent Keyboard
Le Petit Conservatoire

See full course listings & details on our website.

Learn more.
www.uregina.ca/cce/conservatory
306-585-5748



University of Regina | Centre for Continuing Education

Treats to Beat the Heat!

"Black Beauty" Smoothie

1 cup vanilla yogurt

1/2 cup grape juice

1 1/2 cups frozen blueberries

1 cup frozen blackberries

Combine the yogurt and grape juice in a blender. Add the berries. Blend until smooth and strain through a sieve. 2 servings.

Homemade Popsicles

Use popsicle moulds, or even just ice cube trays, to create your very own frozen treats. Freeze fruit juice on its own, or mix it with yogurt (for example, orange juice and vanilla yogurt, just like a creamsicle!). Puree fresh fruit such as watermelon, berries, kiwis and mix with yogurt or fruit juice for added nutrition (tip: watermelon has enough water content on its own that you can simply blend it up and freeze).

Our Apologies... in the last issue of *the Whistler,* one of the names of the past recipients of the WPCA Leadership Awards was misspelled. The Campbell High recipient in 2008 was **Danielle Penrod**.

Kare 4 Kids **- SUMMER PROGRAM**

For children 1 to 5 yrs*

July 2nd to August 22nd

The ***K4K* Summer Program** offers activity-based summer childcare in a home daycare setting. Daily outdoor play, water play, crafts, games, toys, story time, theme days and more will keep your child actively happy. Two snacks and lunch are provided daily.

Open daily 7:30 am to 5:30 pm.

Schedules are flexible: Partial weeks, full days, half days, and occasional use available.

*Children 3 yrs+ must be fully toilet trained.

Further information: kare4kids@sasktel.net

Ralph GOODALE

Member of Parliament for Wascana

Proud supporter of the Whitmore Park Community Association

310 University Park Dr
Regina, SK S4V 0Y8
(306) 585-2202

www.ralphgoodale.ca
twitter.com/RalphGoodale
facebook.com/RalphGoodale

Mike Badham Memorial Walk

9th Annual Mike Badham Memorial Walk will take place on June 15, 2014 @ 2:00 pm. Participants are to meet in the Grant Road School parking lot (2501 Grant Road). For more information, contact Terry at 306-584-7689.

Pre-registration is not required.

Mike Badham was the Ward 1 city councillor from 1991 to 2006 (and also lived in Whitmore Park). Grant Road Park was renamed Mike Badham Park in 2006, following his death in a car accident. He was a former school teacher and principal and very active in the community in many different roles.

Kare 4 Kids SUMMER PROGRAM

July 2nd to August 8th – W.S. Hawrylak School

August 11th to 29th – Grant Road School

The ***Kare 4 Kids*** **Summer Program** offers activity-based childcare in a camp-style setting. Daily physical activities, outdoor play, crafts, games and more will keep your child entertained in a safe , familiar environment. Activities are planned on a weekly basis and include snacks, theme days, swimming, and more! Open daily 7:30 a.m. to 5:30 p.m.

Children entering grade 1 and older are eligible to enroll.

(A separate Summer Program is available for1 to 5 year olds on Dufferin Rd. Spaces are limited for younger children.)

Schedules are flexible: Monthly, weekly, partial weeks, full days, half days, and occasional uses are available.

Further information available at: kare4kids@sasktel.net

Sundown Optimist Junior Tennis Club

5-18 years of age
FUN and AFFORDABLE!!!!
Group Tennis Lessons by Certified Coaches

When: June–August
M-F 6-8 pm & Sat. 9:30 – 11:30 a.m.

Where: Outdoors @ A.E. Wilson Tennis Courts

Located at: McCarthy Boulevard & 4th Ave

Contact: Ro: 306-529-2128 / **rograson@yahoo.ca**
Dave: 306-757-6886 / **davidjsutherland@gmail.com**

Nominate a Neighbour

Do you know of a Whitmore Park resident who is an exceptionally interesting person?

Maybe they are new Canadians, or have travelled extensively, or have a unique occupation, or anything really!

We would like to share these stories with all of our neighbours in Whitmore Park.

With your nominees' permission, let us know who they are and we will do the rest.

"Like"
WHITMORE PARK COMMUNITY ASSOCIATION on facebook!

WPCA Board of Directors			
President	Terry Madole	584-9884	president@whitmorepark.ca
Past President	Curt Schroeder	586-9268	pastpresident@whitmorepark.ca
Vice President	Brian Black	584-0276	vp@whitmorepark.ca
Treasurer	Doug Samchinsky	584-1444	treasurer@whitmorepark.ca
Secretary	vacant		secretary@whitmorepark.ca
Director	Lori Giroux	949-5674	**lori.giroux@whitmorepark.ca**
Director	Chris Smith	721-9155	**chris.smith@whitmorepark.ca**
Director	Claude Seguin	551-5840	**claude.seguin@whitmorepark.ca**
Director	**vacant**		
Director	Terry Shalley	584-7689	**terry.shalley@whitmorepark.ca**
Commissioners			
Child Care Directory	Karen Williams	584-8430	
Community Planning	Terry Shalley	584-7689	community@whitmorepark.ca
Community Sign	Angie Ivey	584-0970	sign@whitmorepark.ca
Membership	Ryan Spriggs	569-7277	membership@whitmorepark.ca
Neighbourhood Watch	Chris Smith	721-9155	neighbourhoodwatch@whitmorepark.ca
Newsletter Editor	Lori Giroux	949-5674	newsletter@whitmorepark.ca
Program Coordinator	Glenda Calcutta	584-3318	programs@whitmorepark.ca
Fitness Programs	Alana Ottenbreit	586-1941	fitness@whitmorepark.ca
Older Adult Programs	Marisol Molina-Smith		seniorsrep@whitmorepark.ca
South Zone Rep.	Patti Nauta	586-8941	southzonerep@whitmorepark.ca
Skating	**vacant**		**skating@whitmorepark.ca**
Outdoor Hockey	**vacant**		**hockey@whitmorepark.ca**
Rec Hockey	Jim Appleby	584-7218	rechockey@whitmorepark.ca
Soccer - Outdoor	Doug Samchinsky	584-1444	outdoorsoccer@whitmorepark.ca
Webmaster	Leah Coutts		info@whitmorepark.ca
Whitmore Walkers	Hilary Craig	585-0981	walkers@whitmorepark.ca
Special Events	**vacant**		
Cycling	Kathy Stedwill		cycling@whitmorepark.ca
South Zone			
Soccer - Indoor	Patti Nauta		soccer@whitmorepark.ca
Garden Coordinator	Marlene Hooper	565-1312	marleneh@accesscomm.ca
Area City Councillor	Barbara Young	539-4081	byoung@regina.ca
Community Rec Co-ordinator	Loreen Anderson	777-7322	landerso@regina.ca

Volunteers Wanted!

The Whitmore Park Community Association is in need of volunteers for the following positions:

Secretary

Soccer coordinator

Skating coordinator

WebMaster

Contact Terry at **president@whitmorepark.ca** for further information.

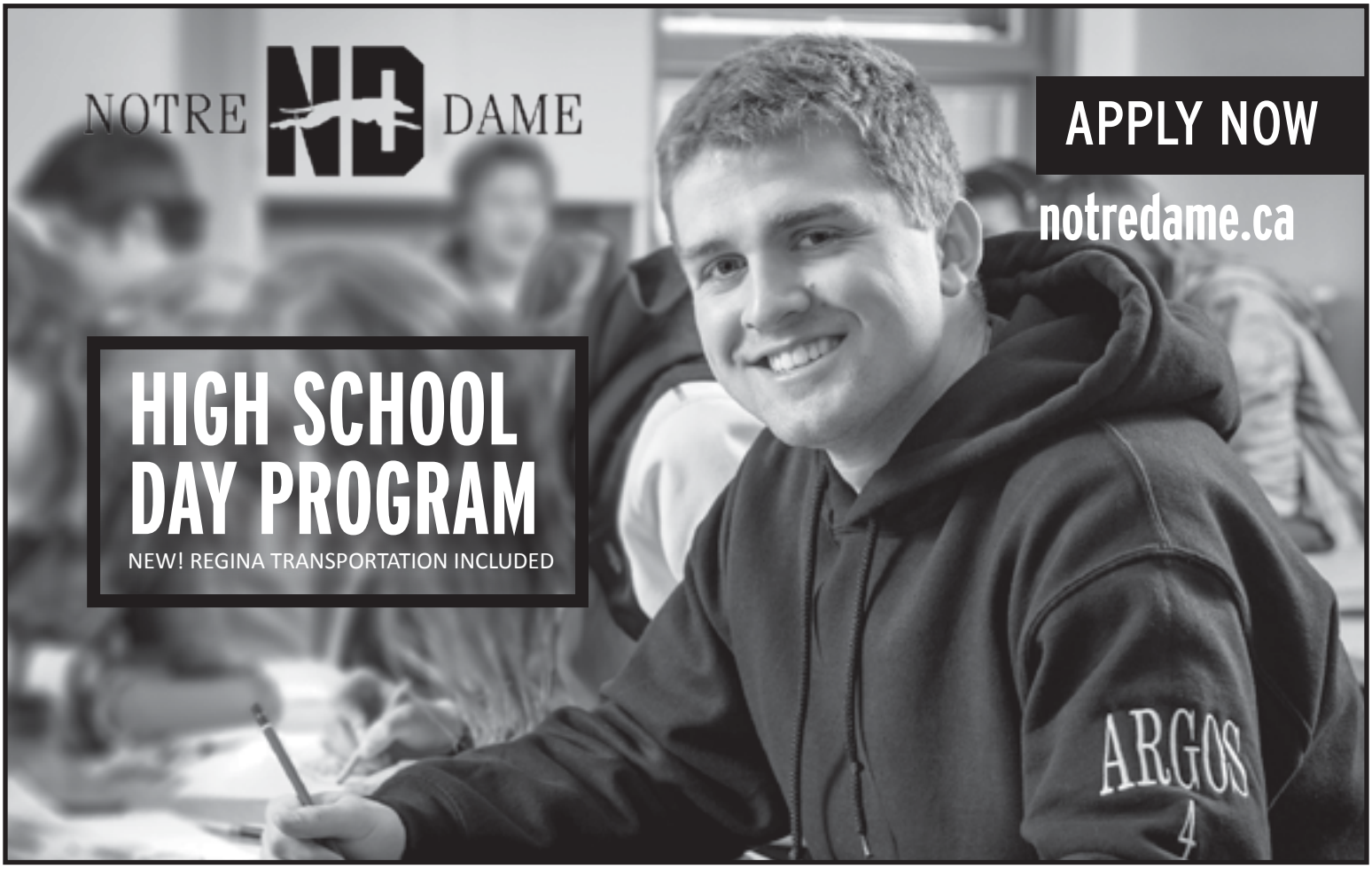
"*We make a living by what we get, but we make a life by what we give*." - Winston Churchill

Whitmore Park Community Association

Who We Are

Coming Soon!

Watch for a link on **www.whitmorepark.ca** that allows you to provide valuable feedback about programs and events in our community. Please take a few minutes to complete the survey. Results will be published in a future edition of the Whistler. The Whitmore Park Community Association is looking for this feedback so that they can better plan programming to suit the needs of our residents.



Home Made Bug Spray Recipe

1 – 355 ml bottle Witch Hazel

Required oils:

~ 15 drops of Citronella Oil

~ 15 drops Lemongrass Oil

Option oils:

10 drops Lavender Oil

10 drops Tea Tree Oil

10 drops Peppermint Oil

10 drops Cedarwood Oil

10 drops Geranium Oil
(optional for tick protection)

Pour the witch hazel into a larger glass jar and add your essential oils. Approximately 15 drops each of both citronella and lemongrass, 10 drops each of your optional oils. Close the jar tightly and shake well until it is all mixed (will be cloudy). Pour into a spray bottle for use and label correctly. Use on exposed body parts and rub in. Do not spray in your face or eyes. If concerned with allergies to any ingredients, spray on a small area first.

ELECTED REPRESENTATIVES

Ward 1 City Councillor: Barbara Young • (306) 539-4081
byoung@regina.ca • www.ward1councillor.ca

Regina Board of Education: Aleana Young • (306) 501-5510
aleana.m.young@gmail.com

MLA: Hon. Bill Hutchinson • (306) 205-2067
bhutchinson@mla.legassembly.sk.ca

MP: Hon. Ralph Goodale • (306) 585-1610
goodale.r@parl.gc.ca

Regina Catholic Schools • (306) 791-7200

City of Regina Information

City of Regina By-Laws are not all actively enforced; rather City officials rely on residents to report infractions by calling 306-777-7000, weekdays 8:00 am to 4:45 pm.

POTHOLES

Water from melting snow can cause potholes and road damage as it freezes over night and melts during the day. The City of Regina is committed to maintaining and repairing its roads following a plan whereby priority streets are addressed first, along with those roads whose condition pose a driving hazard or significant damage to property. The City adopted this practice since 80% of Regina's motorists travel on these priority streets on a daily basis. Reports of potholes on other streets are prioritized and are repaired on that basis.
Please be patient as it may take a while for crews to repair your reported pothole depending on its priority

FIREPITS

Some important information you should know: You may only operate your firepit between 12 pm and 1am. Bonfires and open fires are not permitted.
Small fires are permitted provided they are in containers meeting specifications outlined by the City of Regina. The burner should be well away from flammable materials (building, decks, fences, stacked wood, dry grass). You may only burn charcoal, seasoned wood or manufactured logs. You may NOT burn garden refuse, leaves, rubbish or materials that may be considered hazardous, or which produce black smoke. You should keep the fire small. A "roaring" fire can easily get out of control.
Fine for contravening regulations: $300.
For additional information, or to register complaints, please contact the City of Regina (777-7000) or check the website: **http://www.regina.ca/Page299.aspx**

ROAD CONSTRUCTION INFORMATION

Information about daily and planned construction projects in Regina is available through the following links. Please remember that weather or other unforeseen circumstances may require schedule changes.

http://www.regina.ca/residents/roads-traffic/summer-construction-projects/

http://www.regina.ca/residents/roads-traffic/daily-road-report/index.htm

RECREATIONAL VEHICLES PARKING IN RESIDENTIAL AREAS

According to Traffic Bylaw No. 9900, recreational vehicles should be parked so that there is no hindrance to a clear line of sight for pedestrians and motorists by adhering to a minimum setback. When parked on a residential driveway, there is to be a minimum of 2 metres between the end of the RV and the inside edge of the sidewalk or curb.