The Whitmore
Whistler
Fall 2015

Welcome to the Neighbourhood: The Medicine Shoppe Pharmacy

March 2015 saw the residents of Whitmore Park welcome a new local business; a Medicine Shoppe pharmacy. This new business is the result of lots of hard work by Whitmore Park resident, Lindsay Karst. In addition to starting up and running this business, Lindsay is also the pharmacist. Lindsay received a BioChemistry degree at the UofR, and then went on to complete the Pharmacy program at the UofS. She has been a resident of Whitmore Park for seven years. Her and her family enjoy the amenites of Whitmore Park (especially Massey Pool!) on a regular basis. The best parts of her new venture so far have been meeting and getting to know Whitmore Park residents, and the short commute to work!

Lindsay is here to support the community, by providing personal service to each and every customer. In addition to providing a full drug assessment, she also offers free delivery in Regina and free blister packaging. The Medicine Shoppe specialties also include compression socks, Ideal Protein and Rodan & Fields skin care.

Be sure to stop by to say "hi"! You can find a coupon to use at the Medicine Shoppe on the back cover of this Whistler.

Medicine Shoppe Pharmacy
2104D Grant Road
306-757-5050
Hours: Monday to Friday 9:30 am to 5:30 pm, Saturday 10 am to 2 pm, Sundays closed.

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WPCA Fall 2015 Program Registration

Tuesday, September 8, 2015
7:00pm - 8:00pm
Campbell Collegiate Auditorium

For more details, see page 6

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, and September.

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

We'd like to hear what you think.

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

Deadline for next issue:
November 15, 2015

newsletter@whitmorepark.ca

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

Keep up to date on what's happening in Whitmore Park, or past issues of the Whistler at:
www.whitmorepark.ca

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Whitmore Park Represented at Miss Teenage Canada Competition

Hi I'm Molly, I'm 16 and have lived in Whitmore Park since I was five years old. In the winter I was accepted into the Miss Teenage Saskatchewan pageant, and was one out of 10 finalists to make it to nationals to compete for Miss Teenage Canada. It took me by surprise that I won Miss Teenage Regina, and decided to go to the national competition as it is a great opportunity. It's been a lot of work, and many responsibilities have come my way, but I feel as if it will pay off to be one of the most memorable times from my younger years.

Already, this pageant and having my title has taught me so much. From increasing my self-confidence, to overcoming stage fright and being proud of who I am and where I come from. Although there is a beauty aspect, they choose the winners mainly on who they think could be a potential leader for girls in today's society. They look for compassion, drive, and goalsetting. I feel as if I can bring a lot back to my community, let alone the city, or even possibly the country.

I'm grateful for the support I've received so far, and can't wait to compete in August!

Editors note: Look for a follow up article in the winter Whistler about Molly's experience at the national competition.

"Best of Whitmore Park"

Photo Contest

Sponsored by the Whitmore Park Community Association and the Whitmore Whistler

We are celebrating the best community in Regina by holding our first photo contest!

We want to see your photos of anything Whitmore Park and what makes our neighbourhood great (for example: events, wildlife, scenery, people using Whitmore amenities, etc)

Prizes:

1st place: $100 gift card to Southland Mall and $30 gift card to Tumblers Restaurant

2nd place: $50 gift card to WP Inside

3rd place: $30 gift card to Tumblers restaurant

Winning photos will be printed in an upcoming full colour edition of the Whitmore Whistler.

Submission deadline is September 15, 2015.

Email submissions to newsletter@whitmorepark.ca

Rules & Regulations

This contest is open to all city of Regina residents

(board members of the Whitmore Park Community Association are not eligible to participate).

Photots must be taken in the Whitmore Park area.

Photographs must be in digital format. No print or film submissions will be accepted for entry into this contest.

The photograph must be taken with a digital camera, and all digital files must be 3-10 megabytes in size, must be in JPEG or JPG format, and strive for the images to be at least 3000 pixels wide (if a horizontal image) or 3000 pixels tall (if a vertical image). Only minor image editing such as contrast/ exposure and/or colour correction is acceptable, as is cropping. High dynamic range images (HDR) and stitched panoramas will NOT be accepted. Watermarking of images is not accepted for this contest.

Photos must be submitted with a caption, description and full name of the photographer.

It is the photographer's responsibility to obtain permission of anyone appearing in their photos.

Final selections will be made by a panel chosen by the WPCA Board.

Youth Leadership Awards 2015

Congratulations to Emma Harold of Campbell Collegiate High School and Bronwen Malloy of Dr. Martin LeBoldus High School who were each presented with a $500 Whitmore Park Community Association Youth Leadership Award at their school grad exercises in June 2015, for their volunteer contributions to the Whitmore Park Community and the City of Regina.

For the past 13 years, the Whitmore Park Community Association has presented these awards to grade 12 students at both high schools in the community.

Bronwen Malloy plans to become a French Immersion teacher, and will be attending the University of Regina French Education program in 2015. Some of Bronwen's volunteer activities include the Best Buddies program, swim instructor, and camp counsellor at Lumsden Beach Camp. She has also been involved with the school choir, curling and track and field. Bronwen believes that volunteering is a great way to gain experience and leadership skills, as well as meet new and interesting people. Further, she believes that you can be a great contributor by volunteering for something you are really passionate about. Some of Bronwen's ideas to make Whitmore Park a better place for youth include: community dances, more physical activities (ie, sports), peer counselling and a community run.

Emma Harold plans to become a special education teacher or an occupational therapist for kids. She will be attending the University of Regina French Education program in 2015. Some of Emma's volunteer activities include the Friendship Club at Hillsdale Baptist Church, Best Buddies, Spirit Dancers, Yes You Can Theatre, Wascana Rehabilitation Centre, Dallas Valley Ranch Camp and Mexico Caravan Ministries. Emma believes that volunteerism allows us the opportunity to put others before ourselves by demonstrating care and compassion. Further, she believes that volunteering can open our eyes to problems and change our perspectives. Some of Emma's ideas to make Whitmore Park a better place for youth include: peer counselling and providing more information to youth about mental illness and bullying.

Purpose:

The purpose of the club is to: welcome new ladies to the community; introduce newcomers to activities in Regina; help newcomers make new friends. Whether this is your first move or one of many, we are here to help make the move a little easier.

Contact Us:

Email: **reginanewcomersclub@gmail.com**
Website: **http://reginanewcomers.blogspot.ca**
We can also be found on facebook.

Membership:

The club is open to women of all ages who have lived in Regina for less than 3 years at the time that they join. Membership is for 3 years (after which women can join the "Alumni" group).

Fees:

The current "first year" registration fee is $30. Members are responsible for all costs associated with the activities they choose to join

Activities:

Dinner Social, book club, bowling, coffee explorers, craft n chat, dashing divas, downtown lunch bunch, games night, movie night, photography, potluck lunch, scrapbooking, supper club, walking club, wine night

How do I Join?

New member nights are typically held at 7pm on the last Monday of the month at the Naked Bean coffee shop on Broad St. We'd appreciate an RSVP (**reginanewcomersclub@gmail.com**) but drop ins are welcome. This "event" is where we give you all the information about the club, answer any questions you have and take registrations.

The City of Regina has also developed a website specifically for citizens who are new to Regina. Visit **www.welcometoregina.ca** to find information about services, housing, shopping, and so on.

Whitmore Park Little Free Libraries Debut

By Paula Doke

Whitmore Park is about to open it's first "official" Little Free Libraries by the end of this summer. Each LFL has been officially "chartered" with the non-profit organization Little Free Library, who is responsible for encouraging reading for all ages through the LFL concept. As their website states:

"It's a "take a book, return a book" gathering place where neighbors share their favorite literature and stories. In its most basic form, a Little Free Library is a box full of books where anyone may stop by and pick up a book (or two) and bring back another book to share. You can, too!"

By January of 2015, the total number of registered Little Free Libraries in the world was conservatively estimated to be nearly 25,000, with thousands more being built."

Whitmore Park's LFL's should be installed at the following addresses by the time you receive this August 2015 Whistler newsletter:

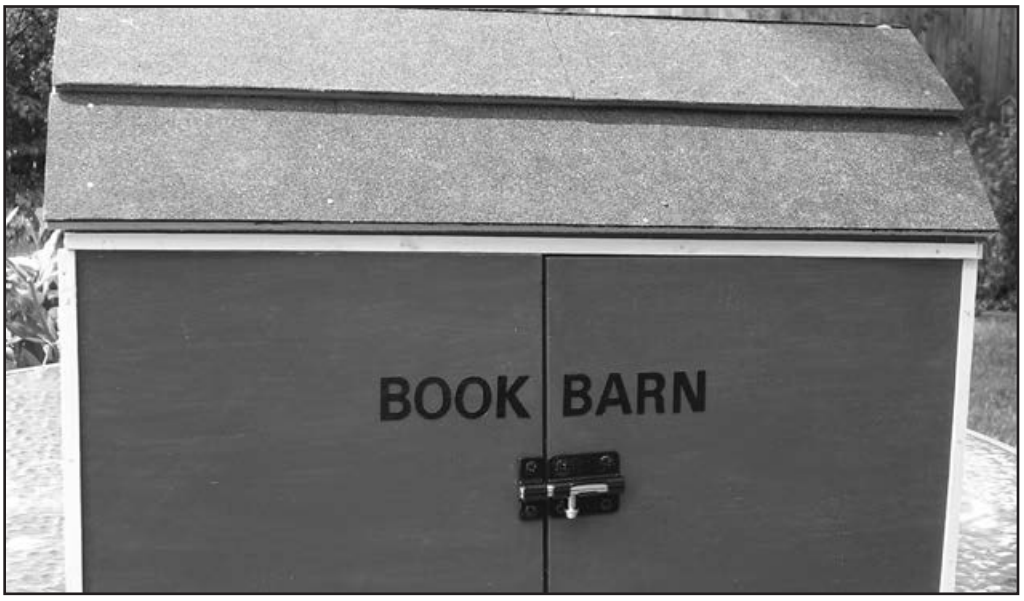


Photo courtesy Paula Doke

503 Shannon Road

33 Wesley Road

1812 Dufferin Road

63 Dolphin Bay

Many thanks to the following volunteers for hosting our new LFL's:

- Darcy Sharman and Michael Shires
- Jacquie and Sean McConnell
- Doke Family
- Ken Walker

Special mentions and thank you's to:

Ken Walker deserves a hearty thank you as he built three of the four Little Free Libraries for our neighborhood. **Ralph Doke** is also appreciated for his construction of supports and installation for three of the Little Free Libraries

Alison Lohans, who lives in Whitmore Park, is an award-winning, internationally-published author of 26 books for young people. Alison will be donating various books for each of the LFL's listed above.

If you are interested in building and chartering a Little Free Library of your own in your area of Whitmore Park, please contact Paula Doke at **paula.doke@whitmorepark.ca**.

WPCA Fall 2015 Program Registration

Tuesday, September 8, 2015 • 7:00pm - 8:00pm
Campbell Collegiate Auditorium

HOW TO REGISTER FOR WPCA PROGRAMS & OTHER CITY-WIDE PROGRAMS

1. Attend the WPCA program registration for residents of Whitmore Park
2. Become a member ($5 per household). Membership valid from Sept. 1, 2015 - Aug. 31, 2016.
3. For WPCA programs: Register & pay for program(s) at the WPCA registration.
4. For other programs (run by other community associations): register for programs at the WPCA registration but do not pay. The sponsoring organization will contact you and collect the appropriate fees.

WPCA Refund Policy

All requests for refunds for WPCA programs must be made to Program Coordinator. Refunds will be granted if requested 2 weeks prior to program start. Anyone asking for refunds outside these limits may do so in writing to the Treasurer. Requests will be reviewed by WCPA Executive & will be considered for special circumstances on a prorated basis. $5 administration fee. No refunds for memberships.

PRE-SCHOOL

CREATIVE MOVEMENT
3-4 yrs
Thursdays, Sep 17 – Oct 29
6:00 pm – 6:30 pm
St. Matthew's School gym
$35.00
Use back gym door entrance

CHILDREN

CREATIVE DANCE
5-6 yrs
Thursdays, Sep 17 – Oct 29
6:35 pm – 7:05 pm
St. Matthew's School gym
$35.00
Use back gym door entrance

RED CROSS BABYSITTING
11+ yrs
Saturday Oct 17
9:00 am – 5:00 pm
Grant Road School gym
$45.00
Bring a doll, pen, paper and a NUT-FREE bagged lunch to class

FAMILY

OUTDOOR SKATING
SKATING SHELTER OPEN
All ages
Mon - Fri
Early Dec to late Feb
7:00pm – 8:30 pm
Grant Road skating rink
Free

OUTDOOR SKATING
SKATING SHELTER OPEN
All ages
Sat – Sun
Early Dec to late Feb
2:00pm – 4:00 pm
Grant Road skating rink
Free

ADULT

FITNESS – CARDIO BOOTCAMP
Tuesdays, Sep 15 – Dec 1
6 – 7 PM
Grant Road School
$72 (12 sessions)
Use side entrance

FITNESS – PILATES AND MORE
Tuesdays, Sep 15 – Dec 1
7 - 8 PM
Massey School
$72 (12 sessions)
Use side entrance

FITNESS – GUTS AND BUTTS AND CORE
Thursdays, Sept 17 – Dec 3
6 - 7 PM
Grant Road School
$72 (12 sessions)
Use side entrance

FOREVER IN MOTION 50+ YRS
Mondays, Sept 14 – Dec 7
10:00 am
Whitmore Park United Church
Registration @ first class

FOREVER IN MOTION 50+ YRS
Thursdays, Sept 17 – Dec 10
1:00 pm
Whitmore Park United Church
Registration @ first class

W.P.C.A
Recreational Hockey

14 yrs - Senior

This year, WPCA is offering recreational hockey to individuals 14 and up on Friday evenings. This is an opportunity for various generations of hockey lovers to play an hour of hockey once weekly for 20 ice times. Former WPCA Outdoor hockey players are encouraged to participate. *Full equipment is required.

Time:
8:45-9:45

Start Date:
Oct. 16, 2015

Location:
Murray Balfour Hockey Rink

Fee:
$180 + $5 WPCA Membership Card

For more information:
Jim Appleby 584-7218

Whitmore Park Resident Contributes Wood-Working Talents to Little Free Library Program

By Paula Doke

Ken Walker would tell you it's all in a day's work—doing the intricate type of word-working that he does. In everything, from making small wooden toys to larger projects, he's as talented as it gets. Shown here with his Little Free Library (LFL) replica of the exterior of his own home, it's clear he's a master of wood-working art.

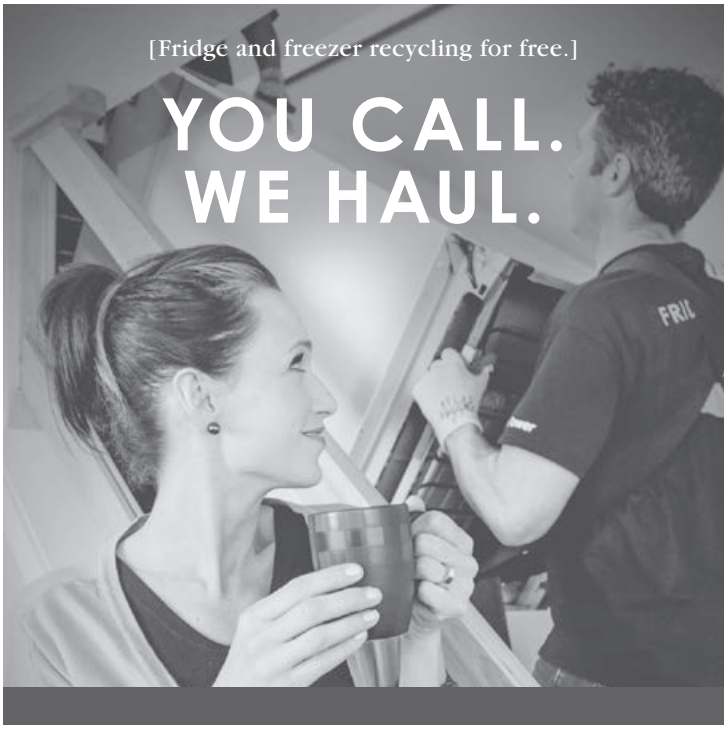
When it was announced that the Whitmore Park Community Association (WPCA) would be launching a Little Free Library program in our neighborhood—Ken was the first to step up and volunteer. He built his own Little Free Library for his neighbors' use and two other LFL's for volunteers located in other parts of Whitmore Park who needed some help with the "construction phase" of their Little Free Libraries.

We would like to publicly thank Ken for his enthusiastic involvement and pay tribute to him for his voluntary efforts in the making the two other LFL's. Please turn to page 5 for the addresses of all five of the LFL hosts in our neighborhood and to see the "Book Barn" and "Picture Window" LFL's that Ken also made for other volunteers.

Photo courtesy Paula Doke

Volunteers wanted for the Grant Road Outdoor Skating Rink!

Please contact Brian Black for more information:
306-584-0276 or email vp@whitmorepark.ca.



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Call to book your appointment
1-877-SKRECYCLE (1-877-757-3292)

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Mike Badham Memorial Walk

by Curt Schroeder

The 10th annual Mike Badham Memorial Walk was held on Sunday, June 7, 2015. A total of 22 people attended the walk, under blue skies. In addition to Mrs. Badham, family members from Weyburn and Saskatoon attended, as they have in each of the 10 years. His Worship May Michael Fougere attended, as well as Ward 1 Councillor Barbara Young.

Mike Badham was known for his passion for walking around his neighbourhood as Ward 1 Councillor. He served five terms on City Council, was Principal of Campbell Collegiate and was President of the Saskatchewan Teacher's Federation, among many other engagements in the community. The Mike Badham Park, next to Grant Road School, was named in his honour.

Photo courtesy Curt Schroeder

The 35th Annual
TERRY FOX RUN
for Cancer Research

SUNDAY
September 20, 2015

1 888 836-9786
terryfox.org

What to do if Graffiti Vandalism Appears on your Property

1. **Record:** Take a photo of the graffiti vandalism as soon as you see it. The photo is critical to successful investigations by the Regina Police Service.
2. **Report:** Report all incidents of graffiti damage to your property by calling Regina Police Service at 306-777-6500. You will be given instructions on how to submit information and the photo. You can also go online at reginapolice.ca, click on "REPORT A CRIME", and choose Mischief/Graffiti. If you see a graffiti crime in progress, you are encouraged to call 911.
3. **Remove:** Remove graffiti from your property as quickly as possible. A quick response has been shown to prevent it from re-occurring.

http://www.regina.ca/residents/social-grants-programs/graffiti-management/reporting-graffiti

SCOUTS CANADA

Register for Scouts

Wesley United Church

September 15, 2015

6:30-8:00pm

www.myscouts.ca for more information

Zone 7 Square & Round Dance Association Inc

LEARN TO DANCE the modern way of ***Square Dancing***.

Come & enjoy this fun activity at 1105 Empress St. (St. James Anglican Church)

6:00 to 7:30 p.m.
Thursday evenings, beginning September 17 , 2015.

First 2 nights FREE.
Lots of free parking. Call Anita at 306-543-0421 to register or for more information.

Present this ad on the 3rd night of dancing and receive $10.00 off per person or $25.00 a couple towards your season's membership fee.

www.fundancingencounter.com
or
www.sksquaredance.ca

Community Fall Potluck Supper

Wesley United Church, 3913 Hillsdale St., Regina

Mon. Oct. 5, 2015, 6-8 p.m.

Guest speaker: Dana Folkersen, Executive Director of REACH (Regina Education and Action on Child Hunger) and Co-chair of Food Regina: "Food Security: Regina and Beyond"

For more information contact Wesley: (306) 586-5220 or www.wesleyuc.sk.ca/

Thank You!

Garage Sale Day a success once again!

Thank you to the many households that registered for the Garage Sale Day on June 13. Finally we had a beautiful summer day to browse around the neighbourhood! Watch the spring Whistler for information on how to sign up for 2016.

Whitmore Park - A Community That Cares

Working Together to Make Great Neighbourhoods Even Better

Barbara Young, City Councillor, Ward 1
(306) 539-4081
byoung@regina.ca

"Like"
WHITMORE PARK COMMUNITY ASSOCIATION on facebook!

WPCA Board of Directors			
President	Claude Seguin	306-551-5840	president@whitmorepark.ca
Past President	Terry Madole	306-584-9884	pastpresident@whitmorepark.ca
Vice President	Brian Black	306-584-0276	vp@whitmorepark.ca
Treasurer	Doug Samchinsky	306-584-1444	treasurer@whitmorepark.ca
Secretary	**vacant**		**secretary@whitmorepark.ca**
Director	Lori Giroux	306-949-5674	lori.giroux@whitmorepark.ca
Director	Terry Shalley	306-584-7689	terry.shalley@whitmorepark.ca
Director	Curt Schroeder	306-586-9268	curt.schroeder@whitmorepark.ca
Director	Paula Doke		paula.doke@whitmorepark.ca
Director	**vacant**		
Commissioners			
Child Care Directory	Karen Williams	306-216-5206	
Community Planning	Terry Shalley	306-584-7689	community@whitmorepark.ca
Community Sign	Angie Ivey	306-584-0970	sign@whitmorepark.ca
Membership	Dom Clincke	306-790-9686	membership@whitmorepark.ca
Neighbourhood Watch	Chris Smith	306-721-9155	neighbourhoodwatch@whitmorepark.ca
Newsletter Editor	Lori Giroux	306-949-5674	newsletter@whitmorepark.ca
Program Coordinator	**vacant**		**programs@whitmorepark.ca**
Fitness Programs	Nina Hurlburt	306-550-5930	fitness@whitmorepark.ca
Older Adult Programs	Marisol Molina-Smith		seniorsrep@whitmorepark.ca
South Zone Rep.	Patti Nauta	306-586-8941	southzonerep@whitmorepark.ca
Skating	Terry Madole	306-584-9884	skating@whitmorepark.ca
Outdoor Hockey	**vacant**		**hockey@whitmorepark.ca**
Outdoor Skating Rink	Brian Black	306-584-0276	vp@whitmorepark.ca
Rec Hockey	Jim Appleby	306-584-7218	rechockey@whitmorepark.ca
Soccer - Outdoor	**vacant**		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	306-565-1312	marleneh@accesscomm.ca
Area City Councillor	Barbara Young	306- 539-4081	byoung@regina.ca
Community Rec Co-ordinator	Loreen Anderson	306-777-7322	landerso@regina.ca

South Regina Community Soccer 2015 Year-End Review

The 2015 season for South Regina Community Soccer (SRCS) was one for the record books. The season got underway on Monday, April 27th, 2015. Through the first six weeks of the season there was not one single game cancelled due to rain or bad weather. Unfortunately, the lack of rain, combined with the City of Regina's water restrictions, led the City to close the fields on Monday June 8th. This was certainly a first – not being able to play soccer on the fields since they were too dry! The field closure lasted for 9 days, but thankfully the restriction was lifted on Wednesday, June 17th and all teams were able to play their last regular season game, as well as participate in the soccer wind-up on Saturday, June 20th.

The wind-up was again a great success. For those unfamiliar with how the wind-up works: each team has one scheduled soccer game on the Saturday following the end of the regular season. After his or her final game, each player and coach is provided a ticket to enjoy a free hamburger/hotdog, chips and a drink outside the South Leisure Centre to celebrate the end of the soccer season. Thanks to the organization of Brenda Bonyai and the hard work of her team of volunteers, the barbeque went off without a hitch. Thank you Brenda et al!

SRCS experienced record registration numbers in 2015. We had 945 kids registered, forming 81 teams. This is up from 889 kids forming 75 team in 2014, and the largest registration number since the four south Community Associations merged soccer programs to create SRCS in 2011. On-line registration was very popular in 2015, with a total of 675 players registering on-line – that's 71% of all registrations. This is a significant increase over the last year, where just under 40% of players registered on-line. With online registration expected to continue to increase in popularity, SRCS is considering reducing the number of days or hours it offers in-person registration events in future years. Check back to www.srcs.ca in January 2016 for information on registering for the 2016 soccer season.

Once again, SRCS owes a huge thank you to the volunteer coaches who make this league possible. This year we had 118 coaches and assistant coaches volunteer their time and energy to their teams . Thank you to each and every one of you.

Finding enough willing coaches continues to be a huge challenge for SRCS, especially with the trend to online registration where it seems to be easier for parents/guardians to passively assume someone else will volunteer to coach their child's team. Coaching is very rewarding and no experience is required. SRCS offers a free one-hour coaching clinic before the season starts which provides all the tools and information needed to get started. We hope 2016 brings a wave of eager volunteer coaches!

South Regina Community Soccer Executive

SRCS Coordinator - Alberta Yam
SRCS Past-Coordinator – Stella Dechaine
SRCS Administrator - Brenda Bonyai
SRCS Secretary/Treasurer - Doug Samchinsky
Albert Park / Harbour Landing Soccer Coordinator - Jannet Hockings
Hillsdale Soccer Coordinator - Tracy Ford
Lakeview Soccer Coordinator - Amy Gates
Whitmore Park Soccer Coordinator – Doug Samchinsky (vacant for 2016)

WPCA AGM

The Whitmore Park Community Association Annual General Meeting will be on

Wednesday, Nov. 18
7:00 pm
Campbell High School

WPCA AGM

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.

PARKING BY-LAW

No vehicle may be parked on the street for more than 24 hours except for Saturdays and weekends. These regulations apply to RVs and construction-related vehicles. Bylaws #10123, ss. 5 and 6, 1999; #10193, s. 5, 2000; #2005-95, s. 6, 2005)
http:// www.regina.ca/AssetFactory.aspx?did=216

REPAIRS? RENOVATIONS?

If your house is being repaired or renovated, you know that you suffer many inconveniences. Please consider the impact of the operations on your neighbours, especially if vehicles are parked on the streets and/or in front of neighbours' properties for lengthy periods. Please make sure that visiting workers & contractors don't inconvenience or endanger your neighbours

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

NOISY PARTIES

It is against the Noise Abatement Bylaw #6980 to create any noise that is a disturbance to others between 10 p.m. and 7 a.m.
To report a noisy party, phone the Regina Police Service Communications Centre at 777-6500. Give the address of the residence from which the noise is coming. You will also be asked for your phone number so the Communications Officer can call you back to confirm information.
Based on that information, the Communications Centre will try to make phone contact at the address to ask the person in charge to quiet the party. If the person in charge at that address is unwilling or unable to comply, the Communications Office will request that police attend. Please be patient; all calls are handled on a priority basis and there may be other serious, or even life-threatening, situations in progress that must be dealt with first.

ELECTED REPRESENTATIVES

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

The Medicine Shoppe PHARMACY

2104D Grant Rd
306-757-5050
www.medicineshoppereginasouth.ca

TRANSFER OR BRING IN YOUR PRESCRIPTIONS & RECEIVE UP TO $20 TOWARDS YOUR NEXT PURCHASE AT THE MEDICINE SHOPPE
(some restrictions apply; limit ONE per person)

FREE home delivery
Sigvaris compression socks
Rodan & Fields Skin Care
20% off front store purchases for pharmacy customers

FREE blister packing
Ideal Protein (ask about our promotions)
Fast, friendly service every time, **GUARANTEED**
EXP: Nov 30/15