The Eastview Times

A Publication of the ...
Queen City Eastview Community Association

January 2021

Hello Eastview Residents,

The Queen City Eastview Community Association (QCECA) is inviting you to their ...

AGM
Annual General Meeting

When:

Tuesday, March 31, 2021
at 6:00 p.m.

Where:

Eastview Community Centre
615 - 6th Avenue

Please Note:

If current Covid restrictions are still in place on the day of our scheduled meeting, we will be hosting our meeting online (via Zoom).

Meeting Login Information:

https://us02web.zoom.us/j/9916299829?pwd=QklMV1dvVGZwYXJZSEI4ZmpWTGhwZz09

Password: QCECA

Anyone is welcome to observe the meeting, but you need to be a member in good standing and either a registered land owner or resident of Eastview to run for a position or to vote.

If your community membership has lapsed, you're welcome to renew it that evening to regain your voting privileges.

If you have never been a member but are interested in helping to build the QCECA, you're someone we want on Board! I encourage you to check out our website at **www.eastviewregina.com** or call (306) 525-4757.

Everyone is encouraged to attend and to consider filling any of the following Board positions ...

Treasurer: Insures that financial practices meet expected standards.

Program Coordinator: Maintains an understanding of all programs and helps establish new ones based on community need.

Garden Coordinator: Maintains Community Gardens program and related bookings.

If you are interested in filling any of these Board positions, please present yourself at the AGM, have someone nominate you and ensure that you meet the required criteria.

See you at this year's AGM.

Thank you,

Bill Gray
Chairperson, QCECA

A Message From Your Eastview Board Chair

Hello Eastview Neighbours. Hope this issue of the *Eastview Times* finds you healthy and in good spirits, especially with everyone coping with this Covid-19 pandemic. The isolation, and recent protocols issued by the Saskatchewan Health Authority (SHA), are on everyone's minds these days and has affected each and every one of us in our daily routines.

With all of these changes in our lives, and on behalf of your Eastview Board of Directors, we would like to thank you for your understanding and continued support of your Eastview Centre. All of the programs offered at our Community Centre have been subjected to these protocols which has meant significant changes to each and every one of them.

Your Board of Directors, along with our Centre Staff and the City of Regina, have been very dilegent in ensuring that we are current and in compliance with those protocols.

Our Centre was closed and reopened as directed by the SHA. We have had some of our programs restricted and, in some cases, cancelled due to new and revised protocols. This has been a learning experience for us all! Spring is around the corner and the vaccine is on its way, so hopefully we will return to a more normal life once again.

I have the distinct pleasure of working with a group of dedicated and hardworking individuals who give selflessly for the betterment of the Eastview Community. Your current Board of Directors is as follows:

Chairperson:	**Bill Gray**
Vice-Chairperson:	**Belinda Ferguson**
Secretary:	**Trudy Geiger**
Garden Coordinator:	**JoAnne Zuck**
Members At Large:	**Misty Longman**
	Carmen Gaddie
	Tami Running

I would also like to thank our Centre Staff for their hard work and continued commitment to the Eastview Community as a whole. They are as follows:

Denis Simard - Acting Centre Manager / Bookkeeper

Peggy Morrison - Program Monitor

Amylynn Kaisowatum - Program Monitor

Tanner Reiss - Janitor

We would like to take this opportunity to welcome all of our new neighbours who are moving into Eastview; we invite you to come to the Centre to see what we have to offer as a Community.

And on a final note, please take a minute to talk to our neighbourhood children about rail safety and remind them not to play on the tracks; remember .... it takes a village to raise a child!!!

Thank you, and please be safe.

Bill Gray
Chairperson, QCECA

Mental Health During A Pandamic

Living through the Covid-19 pandemic can cause anxiety and worry in all of us. There are mental health supports available to help you through this difficult time ...

- **Call Crisis Suicide Helpline at (306) 525-5333.**
- **Call HealthLine at 811** for professional health or mental health and addictions advice, education and support.
- **Visit www.onlinetherapyuser.ca** - Free online therapy for SK adults experiencing depression and anxiety. 24/7.
- **Call Mobile Crisis Helpline at (306) 757-0127** - Professional Crisis Counsellors 24/7 (all ages welcome).
- **Call Kids Help Phone at 1-800-668-6868, or visit their website: https://kidshelpphone.ca/** Available 24/7.
- **Visit Wellness Together Canada at their website: https://ca.portal.gs/**

Above excerpts from the following website and associated links: https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/mental-health-and-covid-19#mental-health

A Message From Your Eastview Community Centre

Hi there. I would like to start by introducing myself. My name is Peggy Morrison, and I am one of the new Program Monitors here at the Eastview Community Centre. I started when the Centre re-opened in September and, so far, I have loved every aspect of working here, with your kids, and in the Eastview Community.

A little bit about me – I am a mom to two girls who are now on their own, and have an awesome 16-year-old stepson who is with us part time. My spouse and I decided to expand our family last year and brought home Diesel – the cutest Shih Tzu ever.

I worked as an Instructional Assistant with the Catholic School Board for close to 20 years, working mainly with kids who either had very diverse special needs as well as in many of the inner-city schools. An opportunity came to me about ten years ago to work in a shelter with kids who were temporarily removed from their homes and as scary as it was to leave the security of the school system, I jumped at the chance for something new. I fell in love with the work, the position, my team and the Community that came with it.

However, in a world of changes, many positions were eliminated, and I found myself looking for something new in the middle of a pandemic. I saw the ad for the position here at Centre and sent my resume in. My sister had used the Centre for her wedding reception; I had used it for my daughter's grad party; and in my previous job, we had brought the kids from the shelter here whenever we could, so I knew what a great place it was.

Getting to know the kids in the Community has been amazing. We have had a lot of laughs together, and they have all been up for any challenge we have thrown at them. Have you ever seen a 12-year-old play "duck duck goose" because it's a 5-year old's turn to pick the game? It happens here, and they all have a blast…

including Amylynn and myself (its just a little harder for us to get up off the floor).

If at any time you have questions, concerns, ideas, or just want to come in and chat, please feel free to do so. This is YOUR Community Centre, and we would love to meet you!!

You can reach us at the office between 9:00 a.m. and 6:00 p.m. Monday to Friday, by calling (306) 525-4757 or by email at **qceca@hotmail.ca**.

Peggy Morrison
Program Monitor

Hello. My name is Amylynn Kaisowatum, and I am currently one of the new Program Monitors here at the Eastview Community Centre.

Since starting here in September of this year, I've enjoyed being here. Working next to the staff and being a part of the team is great. The first few days, I was nervous coming into a new environment; mind you, it was quite welcoming, and I've been adjusting well here.

This position requires us to maintain the Office and the Centre. I gained this opportunity through the Neil Squire Society. Prior to this, I was taking Indigenous Social Work classes at the First Nations University of Canada (FNUC).

With my current position, I get to work with the kids who attend the after school program. Since starting I've made many new little friends from the neighborhood. I enjoy getting to know the kids as well as doing crafts and gym time with them.

Even throughout the pandemic, we were able to manage the Centre and the Office in the best way possible as well as work with the kids while making sure we meet the requirements for Covid-19.

Amylynn Kaisowatum
Program Monitor

What's Happening At The Eastview Centre?

The Queen City Eastview Community Association (QCECA) includes the area between Winnipeg Street on the West, McDonald Street on the East, the C.P.R. main line on the South, and Ross Avenue on the North. The Eastview Community Centre is located at 615 - 6th Avenue. The Association's Board of Directors is a small group of hard working volunteers that invite you to learn more about the Association and get involved by calling (306) 525-4757 or email **qceca@hotmail.ca**. If you have a talent you want to share, please call and see if we can build a program around YOU!

Program Registration: To register for programs, a $5.00 Eastview membership is needed. Come to the Eastview Community Centre to get your yearly family membership and find out what is happening at the Centre. The Centre staff are onsite from 9:00 a.m. - 6:00 p.m. every weekday.

For program information, read this publication, call the Centre, or visit our website or Social Media (Facebook page) for all the most recent details: www.eastviewregina.com or www.facebook.com/eastviewregina.

Tae Kwon Do (6-15 Years)

2021: Mid-End of January (Dates TBA)

Tuesdays from 6:00 - 7:00 p.m.

Cost: $25/person

$45/two people or $60/three people

This low-cost program is a great opportunity to keep local youth active while learning some great life skills. Tae Kwon Do is an non-violent and ethical system of self defense that emphasizes good health, happiness, generosity, a sense of value of freedom and peace.

We have the best prices in town for families with multiple children.

Thank you to the Regina Central Zone Board for sponsoring our 2020/2021 Tae Kwon Do Program.

Covid-19 Guidelines At The Eastview Centre

- **When entering the Centre, please use the hand sanitizer provided.**
- **Sign in at the Front Desk and wear a mask.**

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What's Happening At The Eastview Centre?

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After School Drop-In Program

(5-17 Years)

2021: Jan. 4th - Jun. 25th

Monday - Friday

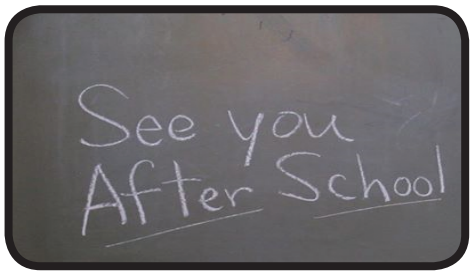
from 4:00 - 6:00 p.m.

Cost: FREE (membership)

This free program includes arts & crafts, sports and assistance with homework. We have two staff members onsite to assist the participants and supervise the program.

For any updates, please watch the Eastview website (**www.eastviewregina.com**) and our Facebook page (**www.facebook.com/eastviewregina**).

We hope to see you all there!



Eastview HOOPS (12+ Years)

2021: Jan. 7th - Jun. 24th

Thursdays from 4:00 - 6:00 p.m.

Cost: FREE (membership)

The QCECA is pleased to host this program that provides members of the community with an opportunity to drop-in and just shoot some hoops. This program is also open for adults to drop-in.

Cape Breton Step

(18+ Years)

2021: Dates TBA

Mondays

from 7:00 - 8:00 p.m.

Cost: FREE (membership)

Cape Breton Step is an exciting dance fitness workout! Look and feel fantastic no matter your age or experience.

For any updates, please watch the Eastview website (**www.eastviewregina.com**) and our Facebook page (**www.facebook.com/eastviewregina**).

Highland Hustle

(18+ Years)

2021: Dates TBA

Mondays

from 6:00 - 7:00 p.m.

Cost: FREE (membership)

Highland Hustle is a unique and exciting Scottish dance-based workout with a feel good factor! Look and feel fantastic no matter your age or experience.

For any updates, please watch the Eastview website (**www.eastviewregina.com**) and our Facebook page (**www.facebook.com/eastviewregina**).

What's Happening At The Eastview Centre?

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My Time (10-14 Years)

2021: Feb. 3rd - Mar. 11th

Wednesdays from 6:30 - 8:30 p.m.

Cost: FREE (membership)

The City of Regina works in partnership with the QCECA to offer this program that provides youth with an opportunity to be active and creative and experience a variety of recreational, leisure, sport, arts and leadership activities in a safe environment.

The My Time program is a free (membership) inclusive registered program for youth. It is designed to create fun group activities for all abilities, including "Minute to Win it", swimming and trivia nights.

Queen City Eastview Community Association

Eastview Community Centre
615 - 6th Avenue
Regina, SK S4N 0A9

(306) 525-4757
qceca@hotmail.ca
www.eastviewregina.com
www.facebook.com/eastviewregina

Hours:
9:00 a.m. - 6:00 p.m. every weekday
(Centre Staff Onsite)

Indoor Walking Club (All Ages)

2021: Jan. 6th - Jun. 30th

Wednesdays from 2:00 - 3:30 p.m.

Cost: FREE (membership)

Regina Qu'Appelle Health Region

Is your child up to date on immunizations?

Did you know the closest Public Health clinic to Eastview is 1080 Winnipeg Street?

To book an appointment for immunizations, call (306) 766-6338

Haultain Ice Rink (All Ages)

Dec. 21, 2020 - Feb. 21, 2021

Monday - Friday from 6:00 - 9:00 p.m.

Saturday & Sunday from 1:00 p.m. - 5:30 p.m.

Cost: FREE

We are pleased to once again offer rink supervision at the Haultain Ice Rink until February 21st. So, come out and enjoy an afternoon / evening of fresh air and winter fun.

What's Happening At The Eastview Centre?

(Continued from Page 6)

50 Plus Dances (50+ Years)

2021: Jan. 29th / Feb. 26th / Mar. 26th / Apr. 30th / May 28th / Jun. 25th

Fridays from 4:00 - 8:00 p.m.

Cost: $7 (Meal Included)

This monthly dance offers a great opportunity for everyone to come out and have some fun. This program also includes live musicians and a meal.

The dance is typically the last Friday of each month but not always, so be sure to check the website or our Facebook page for the most recent details: **www.eastviewregina.com** or **www.facebook.com/eastviewregina**.

We hope to see you all there!

ForEver In Motion (55+ Years)

2021: Jan. 6th - May 26th

Wednesdays from 3:00 p.m. - 4:00 p.m.

Cost: FREE (membership)

This free weekly senior's exercise program is in partnership with the Regina Qu'Appelle Health Region and the Saskatchewan in Motion campaign.

It is instructor-led and provides a safe place for seniors to come out to do a low-impact exercise program.

Winter Carnival

Plans are currently in the works for this fun family event.

Watch our Social Media (Facebook) page for further details.

Winter Jokes for Kids

What was Frosty doing in the vegetable aisle at the grocery store? He was picking his nose!

What do you call a snowman in the summer?
A puddle!

What kind of math do Snowy Owls like best?
OWLgebra.

How was the snow globe feeling?
A little shaken!

How did Jack Frost get to work?
By icicle!

How does a penguin build a house?
Igloos it together!

What food do you get when you cross Frosty with a polar bear?
A "brrr" - "grrr"!

How do snowmen greet each other?
They say, "Have an Ice day!"

Above excerpts from the following website:
https://www.squiglysplayhouse.com/JokesAndRiddles/WinterJokes.php

Feature Recipe
(From Our After School Program)

Pepperoni Pizza Bombs (- Averie Sunshine)

Pepperoni Pizza Bombs - Pizza by way of soft, warm rolls stuffed with pepperoni and oodles of ***Cheese***!!

Easy, ready in 15 minutes, perfect for ***Parties***, and simply ***Irresistible***!!

Yield: 8 Rolls

Prep Time: 5 Minutes
Cook Time: 9 Minutes
Additional Time: 1 Minute
Total Time: 15 Minutes

Ingredients:

- 1 tube (about 16 ounces) refrigerated biscuit dough (I used one 16.3-ounce tube Pillsbury Grands Homestyle Butter Tastin' Biscuits)
- 4 tablespoons pizza or marinara sauce, divided; plus more for dipping if desired
- 24 slices pepperoni, divided
- 4 ounces mozzarella cheese, cut into eight 1-inch square cubes (diced string cheese may be substituted), divided
- 4 tablespoons (half of 1 stick) unsalted butter, melted
- 1 teaspoon Italian seasoning
- 1 teaspoon garlic powder, or to taste
- 1 to 2 tablespoons finely chopped fresh parsley, optional for garnishing

Instructions:

1. Preheat oven to 400F. Line a baking sheet with a Silpat or with aluminum foil and spray with cooking spray; set aside.

2. Separate biscuits and add about 1/2 tablespoon pizza sauce, 1 cheese cube, and 3 pieces pepperoni into the center of each biscuit, wrap the dough around the contents, seal, and place on baking sheet with the seam side down. It will be a tight squeeze to get it bundled up and if pizza sauce leaks out, wipe it off with a paper towel and don't worry about it.

   Repeat until all dough, sauce, and cheese are used.

   Bake for about 8 to 9 minutes, or until very lightly golden browned; watch them closely in the last minutes of baking because they can go from un-done to over-done in less than a minute.

   While rolls bake, prepare the butter mixture.

3. To a small microwave-safe bowl, add the butter and heat on high power to melt, about 30 to 60 seconds.

4. Add the Italian seasoning, garlic powder, and stir to combine.

   As soon as rolls emerge from oven, generously brush each one with the butter mixture, optionally garnish with parsley, and serve immediately with additional pizza sauce if desired.

   Rolls are best warm and fresh.

Above excerpt and image from the following website:
https://www.averiecooks.com/pepperoni-pizza-bombs/