



Program co-ordinated and administered by the Leisure Services Department City of Humboldt

The Summer Kids Program is designed to provide an exciting, educational place for kids to go and have

tons of fun during the summer months. With dedicated and knowledgeable staff co-ordinating this program, we offer top notch, quality programming. The program runs in one week intervals throughout the summer and is based out of the



Humboldt Uniplex Curling Rink location. Be sure to call us at 682-2123 or 682-2597 in June to find out what the exciting themes for this year will be!!!



Program Commences: July 3th, 2006

Times: 9 a.m. - 5 p.m.

(with drop off times of 8:30 - 9 a.m. and pickup times of 5 - 5:30 p.m.)

Cost: \$55.00 per week (full days)

plus an additional \$7.50 per week if your child will be left in our care over lunch

Limited number of spots available each week. Book early!

12th Annual Humboldt PolkaFest
Friday, July 21 & Saturday July 22, 2006
 Elgar Petersen Arena, Humboldt Uniplex



Friday, July 21 - Dance 7 p.m. to 12 midnight
 Music by: Frank Ball, Ray Stepp & The Melody Kings

Saturday, July 22 - Breakfast 8 a.m - 11:30 a.m. \$4 per plate

Saturday, July 22 - Dance 1 p.m. to 12 midnight
 Music by: Frank Ball, Class Action, Ray Stepp & The Melody Kings

Cost: Friday & Saturday - \$20 (At Door: \$23)
 Friday Only - \$7(At door \$8) Saturday Only - \$16 (At Door: \$18)
 German Supper Tickets (NOT SOLD SEPARATELY) - \$10
 Advanced Tickets For German Supper Only

Tickets Available at: Willkommen Centre, Humboldt Uniplex and Humboldt Visitor Information Centre



Sponsored by:
 City of Humboldt - Leisure Services Department
 Humboldt & District German Heritage Society



WORLD JUNIOR CHALLENGE HOCKEY TOURNAMENT



Nov 6, 7, 8, & 9, 2006

Elgar Petersen Arena

Humboldt, Sask

Hosted by Humboldt Broncos

The Humboldt Broncos in conjunction with the Yorkton Terriers have been awarded to host the 2006 World Junior Challenge Hockey Tournament.

The Humboldt Broncos will host one of the tournament pools in Elgar Petersen Arena.

This is a great opportunity to watch high caliber hockey from all over the world!!!

More information will be available as the dates get closer. The contact for the event is Lee Dufort at 682-3241 or Humboldt Broncos at 682-5575.

2B GARDENERS
Brenda Carlton682-5386

BIER TENT GANG
Dennis Korte682-4242

CARLTON TRAIL HERITAGE SOCIETY
Norman Duerr.....682-4367

COMMUNITY PLAYERS
Jim Klenz682-1446

EAST CENTRAL REGISTERED MUSIC TEACHERS ASSOCIATION
Christy Waldner682-2115

FOLKART COOP HUMBOLDT
Rose Rabner.....682-2886

FRIEND OF THE MUSEUM
Louise Mueller682-2801

FRIENDS OF THE WATER TOWER
Norman Duerr/Dann Steiner682-4367

HUMBOLDT & AREA PERFORMING ARTS COUNCIL
Corinne Norman.....682-4600

HUMBOLDT CHILDREN'S CHOIR
Anne-Marie Moellenbeck1-866-308-6099
moellenbeck@bogend.ca

HUMBOLDT & DISTRICT GERMAN HERITAGE SOCIETY
John Saxinger682-4679

HUMBOLDT AREA VINTAGE & ANTIQUE CLUB INC.
Shirley Armstrong682-4266

HUMBOLDT COMMUNITY BAND
Anne-Marie Moellenbeck1-866-308-6099
moellenbeck@bogend.ca
Harold Theissing682-5809

KNITTING
Margaret Schikowsky.....682-2177

LITTLE GERMAN BAND
Dale Avison682-4692

MUSIC FOR YOUNG CHILDREN
Carol Esler682-5406

PRAIRIE PATCHWORKERS QUILT GUILD
Dianne Engele682-3209

SENIOR'S CORAL GROUP
Albert LeJan682-3465

ST. PETER'S CHAMBER ORCHESTRA
Terry Sturge.....343-1337, sturget@shaw.ca

ST. PETER'S CHORUS
Maxine Moore682-5182

THE HORSES MOUTH
Andy McAnally682-5329

VOICE IN TYME682-2042
Willie Kosokowsky, Director Christa Eidness

WALDSEA SINGKREIS
Loretta Shugmann682-2020

CARLTON TRAIL REGIONAL COLLEGE
Lois Winkel682-2623/682-3101(f)

CATHOLIC SCHOOL DIVISION
Janet Mueller682-2287

COLLEGIATE INSTITUTE
Brent Eidsness682-2824/682-5785(f)

CO-OPERATIVE DAYCARE CENTRE
Contact: Lori-Ann Bodnard.....682-4833
• Non-profit co-op organization for pre-schoolers aged 18 mos. - 6 yrs.
Mon. - Fri., 7:30 a.m. - 6:15 p.m.

CO-OPERATIVE PLAYSCHOOL
Marilyn Uliski.....682-5525/682-4260
• Term runs from Oct. to May with an enrolment age of 3 - 5 yrs.

EARTHCARE CONNECTIONS
Duane Guina682-2407
• Non-profit registered charity working in Saskatchewan to educate the public on living in balance with God's creation.

PUBLIC SCHOOL
Linda Mattock.....682-2684/682-3327(f)

PUBLIC SCHOOL DIVISION OFFICE
Milt Kerpan682-5659

ST. AUGUSTINE SCHOOL
Denis Bergerman.....682-2507/682-5956(f)

ST. DOMINIC SCHOOL
Malcolm Eaton682-2593/682-5738(f)

ST. PETER'S COLLEGE
Robert Harasymchuk.....682-1755/6682-4402(f)

PLEASE CALL US IF CONTACT NAMES AND NUMBERS HAVE CHANGED.
THANK YOU TO ALL ORGANIZATIONS FOR ALL YOUR WORK IN THE COMMUNITY.



MAYOR'S MESSAGE

As Mayor of the city of Humboldt, I am pleased to present the *2006 Spring and Summer Leisure Guide*.

Summer, a time of warmth and sunshine! A time for outdoor sports, children's games barbeques, walks, family gatherings and of course the City's Annual Summer Sizzer.

This summer, be sure to take advantage of the full complement of recreational and cultural programs and facilities we have to offer you as outlined in this guide. Make plans to join us in Humboldt for another exciting and entertaining summer.

On behalf of City Council, the Leisure Services Committee and staff, have a wonderful and relaxing summer.

Dennis Korte, Mayor

YOUR IDEAS & INPUT COUNT!

Every resident of Humboldt is encouraged to comment on Leisure Services Department programs, policies and services. We welcome your suggestions, comments & ideas! You can pass them along in several ways: In writing to: City of Humboldt, Leisure Services Dept.; Box 1137; Humboldt, SK; S0K 2A0; or by email to the appropriate email address below or by calling us at the appropriate phone number listed below.

LEISURE SERVICES TEAM (IN ORDER OF VETERAN STATUS)

TITLE	NAME	PHONE	EMAIL ADDRESS
Facilities Maintenance Supervisor	Leon Loose	682-4725	loose.cityofhumboldt@sasktel.net
Administrative Assistant	Joanne Britz	682-2597	leisureservices.cityofhumboldt@sasktel.net
Director of Leisure Services	Darrell Lessmeister	682-2597	dl.cityofhumboldt@sasktel.net
Tourism Co-ordinator	Barb Selsky	682-3444	tourism@cityofhumboldt.ca
Aquatics Supervisor	Tonya Gorkoff	682-1937	tgorkoff.cityofhumboldt@sasktel.net
Special Events & Programs Co-ordinator	Stacey Kwasney	682-2597	skwasney.cityofhumboldt@sasktel.net



DIRECTOR'S MESSAGE

The City of Humboldt Leisure Services Department is excited about the activities over the summer months. We encourage all community members to come out and enjoy the programs and facilities we have to offer. There are many opportunities for citizens to participate in to improve their quality of life. The department is always looking for new opportunities and ideas to explore.

We like to extend the opportunity for community members to visit the Administration Office in the Uniplex, we have displayed the concept plan of the project department is involved in over the year. We also like to encourage citizens to be more informed and give the department input to better serve your needs.

Have a great summer, get out and enjoy the many opportunities in our wonderful community!!!

Darrell Lessmeister, Director of Leisure Services



Busy Summer Months

CHECK OUT OUR NEW WEBSITE
www.cityofhumboldt.ca

LEISURE SERVICES COMMITTEE

Councilor: Leon Winkel, Chairman
Councilor: Malcolm Eaton
Councilor: Jack Tuchscherer

VISION

The Humboldt Leisure Service Department will be a vital element in shaping the future of our community to be the place to live, play, visit, and do business.

VALUES

We value **Integrity** in every aspect of our organization. We believe in honesty, trust and respect.

We value **Excellence** as a standard of achievement. We believe in being creative, innovative, and proactive.

We value the **Individual worth** of each member of our team. We believe in diversity, commitment and personal growth.

MISSION

The purpose of the Humboldt Leisure Services Department is to enhance the quality of life and be a catalyst for community development in Humboldt and Region.

ADMINISTRATION

The Leisure Services Department Administration Offices are located in the Uniplex Community Centre. If you have questions about any aspect of the Leisure Services Department operation or you would like to find out more about our facilities and activities, please feel free to come in and see us any time.

Our office hours are:

8:30 a.m. - 5:00 pm
 (Open over noon hour)
 Monday - Friday
 Phone 682-2597
 Fax 682-5577
 Information Line: 682-5016

Our mailing address is:

Box 1137
 Humboldt, SK
 S0K 2A0

Email:

leisureservices.cityofhumboldt@sasktel.net

READ YOUR PAPERS!

Check the Humboldt Journal every Thursday. The civic ad in the Journal contains up-to-date information on City programs, events and services.

Friends don't let
 friends sit.

Physical Activity - Do It!
www.in-motion.ca



- BABY WELCOME WAGON
Noreen Grace 682-3283
- BIG BROTHERS/BIG SISTERS OF HUMBOLDT
Lonita Schuler 682-2829
- CATHOLIC WOMEN'S LEAGUE
Leonna Besenski. 682-5248
- FIRST WESTMINSTER SCOUT GROUP
Debbie Stumborg. 682-3873
- GENEALOGICAL DISCUSSION GROUP
Heather Canevaro 682-4643
- GIRL GUIDES, BROWNIES & SPARKS
Gail Ortman (District Commissioner) 682-4385
- HEARTLAND 4-H BEEF
Debbie Dust 682-3466
Dorothy Dust 682-2747
- H.E.R.O. (HUMBOLDT EMERGENCY RELIEF ORGANIZATION)
Rhonda Mortensen. 682-5773
- HUMBOLDT 4-H CLUB
Brenda Whittaker 682-0996
- HUMBOLDT & DISTRICT CHAMBER OF COMMERCE
Lorrie Bunko 682-4990
- HUMBOLDT & DISTRICT KINETTES
Karen Fleischhacker 682-5786
- HUMBOLDT & DISTRICT KINSMEN
Murray Stevens 682-2974
- HUMBOLDT FOOD BANK
Darla Beheil. 682-4988
- HUMBOLDT GOOD NEIGHBOR STORE
Leona Flasko 682-5502
- HUMBOLDT JUNIOR CHAMBER INTERNATIONAL
Calvin Lukan 682-2314 or 682-2512



2005 Heritage Fair



Scouts Camp

- KIDS SPORT
Stacey Kwasney 682-2597
- KNIGHTS OF COLUMBUS
Pete Gueguen 682-4007
- LEGION ARMY CADET
Matt Schidlowsky or Maria Leonard
. 682-4837 or 682-9986
- NEW HORIZONS SENIORS CLUB 682-3864
Armella Sterner 682-2368
- QUILL PLAINS REGIONAL RECREATION ASSOCIATION
Corinne Norman 682-4600
- ROYAL CANADIAN LEGION
Jack Uliski 231-9693
- ROYAL CANADIAN LEGION LADIES AUXILIARY
Pauline Fahl or Agnes Schemenauer
. 682-5104 or 682-0720
- ST. AUGUSTINE YOUTH MINISTRY
St. Augustine Parish. 682-2106
- ST. ELIZABETH'S FOUNDATION INC.
Marilyn Breker. 682-4450
- ST. MARY'S VILLA FOUNDATION INC.
Donna Muench 682-6542
- TOASTMASTERS
Francais Washkowsky. 682-4796
- Waldsea Lake Regional Park
Christine 682-3121 or 682-3528

ARCHERY CLUB Bob Codling	682-4111
BROOMBALL Ray Bender	369-2965
CALICO GYMNASTICS CLUB Stacey Dietrick	682-4944
CO-ED VOLLEYBALL Jewel Varga	682-5393
HUMBOLDT CURLING CLUB & JUNIOR CURLING LEAGUE Kevin or Lois Kaltoff	682-2123
HUMBOLDT GOLF CLUB Mike Angelstad	682-2833
HUMBOLDT HORSE CLUB Deanna Sewchuk	287-3284
HUMBOLDT LIGHT HORSE CLUB Collette Lessmeister	682-2290
HUMBOLDT SOCCER ASSOCIATION Gordon Lees	682-2639
HUMBOLDT SPECIAL OLYMPICS Ken Ruthven	682-3015
HUMBOLDT TAE KWON DO Ken Neiman	682-2286
LACROSSE (RECREATIONAL) Dave Hill	682-3897
LEGION SPEED SWIMMING CLUB Leanne Crozon	682-4517
SPORTS HALL OF FAME Aaron Lukan	682-2705
VOLKSSPORT CLUB Edith Flory	682-2580
WEIGHTLIFTING CLUB Jocelyn Moe	682-4919
WILDLIFE FEDERATION & GUN CLUB Ken Mycock	682-3181
YOUTH BASKETBALL Dave Hill	682-3897
YOUTH BOWLING Leigh Anne Beihn	682-3809
ZONE 5 SPORTS COUNCIL Stephanie Cuddington	554-2414

FITNESS CENTRES AND PROGRAMS

CURVES
Elaine Cann 682-5364
• 30-minute fitness for women

FITNESS CENTRE
Shirley Armstrong 682-5105
• A centre that offers privacy though member accessibility only. Includes cardio-vascular equipment, fully equipped weight room, racketball and walleyball courts.

HUMBOLDT THERAPY CENTRE
Debra Zimroz 682-6610
• Fully equipped gym with fitness/physical therapy consulting.

TOPS
Carol Sawicki 682-5364

SKIING
CARLTON TRAIL SKI CLUB
Ed Brockmeyer 682-3053
Janice Dobmeier 682-2764
David Martinuk 682-5568
• Club owns and operates trails at Dixon, 8 km NW of Humboldt. Trails are free for all club members, or trails may be used by non-members for a fee of \$2 per day per individual skier.

YOGA
Marge Foley-Jacob 383-2677
• A very gentle yoga. There are no levels needed, everyone can participate.

PILATES & YOGA
Cyndy Penrose 682-4632
• Pilates: is mind-body exercise technique that stretches and strengthens muscles (focus is on abdominals), increases range of motion in joints, improves postural alignment, and increases co-ordination, resulting in effortless and graceful movement.
• Yoga: the mind, body and spirit practice of yoga helps to relax, renew and re-juvenate the body, bringing about a sense of calm. This is done through the practice of yoga poses and breathing techniques.



Humboldt Vintage Club September 4th

Hall & Meeting Room Rentals

The Uniplex provides a facility with a wide range of services and we will ensure that your function is a total success. Enjoy and relax within the air-conditioned facility and choose from a variety of available room sizes for your Bridal Shower, Wedding Reception, Banquet, Dance and Gift Opening.

Included with the rental we provide set-up, clean-up, plastic covering for the tables, table skirts, candle holders, rose bowls, coffee urns, portable bars, public address system, and plenty of parking.

- Other Services:*
- Kitchen, Glass Dishes and Silverware Rentals
 - Full or partial corkage available to suit your needs

For bookings call 682-2597



Room	Daily Rate	Hourly Rate	Seating Capacity (theatre style)
Jubilee Hall	\$340.00	\$50.00	Up to 630
Youth Centre	71.00	18.00	Up to 90
Meeting Room #1	35.00	12.00	Up to 40
Meeting Room #2	48.00	14.00	Up to 50
Meeting Room #3	61.00	19.00	Up to 90
Lobby Only	30.00	14.00	
Two Meeting Rooms	96.00		Up to 160
Three Meeting Rooms	134.00		Up to 200

7% GST will be added to prices where applicable.
50% deposit is due upon booking of any of these rooms.



**In 2006
The Community of Humboldt
Will be Participating in the
Communities In Bloom Program**



- This is a Provincial beautification competition, competing with communities with similar populations.
- This gives us an opportunity to showcase our community to the province.
 - Judging will occur in July or August, 2006.
- The eight (8) categories of evaluation: Tidiness, Environmental Awareness, Community Involvement, Natural and Cultural Heritage Conservation, Tree/Urban Forest Management, Landscaped Areas, Floral Displays, and Turf and Groundcovers.
- They will be evaluating all sectors: Residents, Business, Industrial and Public Space.
- A Humboldt Communities In Bloom Committee has been established to work on a number of initiatives to get ready for the evaluation in the summer of 2006.

**WATCH FOR WAYS YOU CAN PARTICIPATE!!
TO GET INVOLVED OR MORE INFORMATION CALL DARRELL AT
THE CITY OF HUMBOLDT LEISURE SERVICES ADMINISTRATION OFFICE AT 682-2597**

**LET'S WORK TOGETHER TO SHOW
OFF OUR COMMUNITY!!**

The City of Humboldt has various parks and open space throughout the city, servicing a wide range of needs. For more information or to book one of the following City Park Space please call the City of Humboldt Leisure Services Administration office at 682-2597 or for more information visit our web page at www.cityofhumboldt.ca.



1. Centennial Park (Uniplex Grounds)
 Location: 17th Street & Leo Park Way
 Features: 6 ball diamonds of various sizes and usage; portable spectator seating; minor ball facilities with concession and batting cages; rodeo and exhibition grounds.
 The park space around the Uniplex hosts the annual Summer Sizzler, many ball functions and much more. The grounds and parking spaces works in conjunction with the multi-purpose recreational facility located on the grounds.

2. Glen Hall Park
 Location: 8th Ave (Hwy 5) & 4th Street
 Features: Soccer/football/rugby game field, inside track area with full irrigated turf (under construction); 6 lane 400 meter track with crush base (under construction); practice field area; outdoor ice rink with boards, paved surface, lighting and change area, three outdoor tennis courts and school play structure area.
 This park space is next to the Public School; the area is used by the school during school hours and utilized by organization in the after hours. The grounds were under construction in the spring and summer of 2005. In the spring and summer of 2005 an automatic irrigation system was installed, the track base rebuild for a 6 lane 400 meters. Construction for 2006 include new uprights and goal posts, mounting of score clock, curbing on track and crush base on track, and irrigation of practice area. The park also includes the newly erected Glen Hall sign.

3. Civic Park
 Location: 8th Ave. (Hwy 5) and Main Street
 Features: Open park space; water fountain; walking paths; Monuments; Heritage Garden; tables and benches.
 This park is located around City Hall in the downtown area. Between City Hall and the Library there is a newly developed heritage garden area. This park is a nice area to sit and enjoy the surroundings. This park has hosted a number of performances and social gatherings.



4. Bill Brecht Memorial Park
 Location: Laskin Crescent & 3rd Street
 Features: Open park space; ball diamond back stop; and play structure.
 This is a large community park on the south side of the city that hosts soccer in its open park space and serves the needs of the surrounding area



5. Carl Schenn Recreation Park
 Location: On 12th Ave., by Bence Place
 Features: Open park space; ball diamond back stop; and a large play structure.
 This is a large community park in the north side of the City that hosts soccer in its open space and serves the needs of the surrounding area. The City of Humboldt has various parks and open space throughout the city, servicing a wide range of needs. For more information or to book one of the following city park space please call the City of Humboldt Leisure Services administration office at 682-2597 or for more information visit our web page at www.cityofhumboldt.ca.

BALL
 CO-ED SLO PITCH LEAGUE
 Dion Loose 682-3634
 GIRLS SOFTBALL
 Trent Ries 682-5060
 HUMBOLDT MINOR BALL
 Kevin Rhorke 682-4806
 SENIOR BASEBALL/MUENSTER RED SOX
 BASEBALL CLUB
 Brent Loehr 682-1321
 (www.eteamz.com/muensterredsox)

BOWLING
 5 PIN BOWLING ASSOCIATION
 Shelley Wylie 682-0717

GOLDEN AGE SENIOR BOWLING
 Fred Coueslan 682-2882

DANCE
 DK DANCE VISIONS
 Dayna Keller 682-1512

JACQUIE'S DANCE ACADEMY
 Jacquie Huck 682-5670



Zone 5 Sports Camp



Flag Football

HOCKEY
 HOCKEY CANSKATE
 Connie Danyluik 682-1622

HUMBOLDT BLACKHAWKS HOCKEY TEAM
 Pete Koski 682-0976

HUMBOLDT BRONCOS
 Shelley Klimosko 682-5575

HUMBOLDT MINOR HOCKEY ASSOCIATION
 Andre Kruger 682-5042
 Jamie Brockman 682-4160/682-3401(f)

HUMBOLDT RINGETTE
 Gerald Batty 682-5500

JADES COMMERCIAL HOCKEY TEAM
 Brad Leier 682-5901

SLOW MOTION HOCKEY TEAM
 Aaron Lukan 682-5443

WOMEN'S REC HOCKEY
 Jodie Hergott 682-4028

YOUTH REC HOCKEY
 Stacey Kwasney 682-2597

SKATING
 CANSKATE
 Connie Danyluik 682-1622

HUMBOLDT SKATING CLUB
 Connie Danyluik 682-1622

HUMBOLDT SPEED SKATING CLUB
 Craig Dutton 682-1569

WANTED: HORSEY FOLKS

.... To Join the Humboldt Horse Club.

Whether You Got A Horse Or Don't, As Long As You Share An Interest In Horses!!

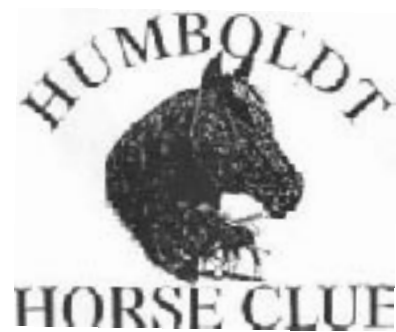
Heritage Horse Shows, Spring & Fall Poker Ralleys, Parades,

Clinics, Sleigh Rides, Wagon Rides, Drill Team.

Monthly Meetings

Membership: \$5.00 Child (10 and under), \$10.00 Adult, \$30.00 Family

(Includes Subscription To Show Trail Magazine)



For More Info Or For Next Meeting Date Call:

Deanna Shewchuk (President)

Phone: 287-3284 • Fax:287-3863

or Email: deannashewchuk@hotmail.com

REWARD: PRICELESS

HUMBOLDT LIGHT HORSE 4-H

Come have fun with Horses



- *Riding classes and information on horse care.*
- *Participate in parades.*
- *Winter project like making tack boxes and lead shanks*

You don't have to have a horse to participate.

All sizes of horses to ride.

Reasonable rates for registration under \$40.00/year.

Meet regularly twice a month.

For more information or to register call
Heather at 682-2530 or Collette at 682-2290



6. Water Ridge Park

Location: On the Golf Course Road

Features: Open green space; trees areas; walking trails; flower beds; picnic shelter; gazebo; and developing continues.

Water Ridge Park is a newly developed park on the road to the golf course and just northwest of the campsite. This newly developed park has plenty of green space for enjoyment of families and large gatherings. In fall of 2005 and spring of 2006 a picnic shelter and gazebo were constructed. The park is next to a water front with a lookout point under construction. The future plans of the park includes a play structure, spray park, expanded walking trails and more trees and flower beds.



7. 13th Street Park

Location: 13th St. & 2nd Ave.

Features: A new small play unit and some green space.

This is a small community park on the south side of the City that serves the needs of the surrounding area.

8. Greenwood Park

Location: on 9th Ave., between 14th & 16th St.

Features: New play structure; and open green space for mini soccer.

This is a small community park on the north side of the City that hosts mini soccer and has a new play structure. This park serves the needs of the surrounding residents.



9. St. Dominic School Grounds

Shared Park Space with School and Community

Location: 2nd Ave. & 6th Street

Features: Newly constructed outdoor ice rink with boards, lighting & change area; soccer facilities; 2 ball diamond back stops; play area & outdoor basketball court.

St. Dominic School grounds is located on the south side of the City, the grounds host soccer and ball functions. There is a newly constructed outdoor ice rink facility on these grounds.

The grounds are used by the school during school hours and after hours by the community.

10. St. Augustine School Grounds

Shared Park Space with School and Community

Location: 9th Ave. & 12th St.

Features: Open green space; two ball diamonds; play structure unit and newly constructed outdoor basketball courts.

St. Augustine School grounds has green space for soccer and two ball diamonds. The school has constructed new outdoor basketball courts.

The grounds are used by the school during school hours and after hours by the community.



THANK YOU HUMBOLDT VOLUNTEER FIRE DEPARTMENT

The Leisure Services Department on Behalf of the Community of Humboldt would like to Thank the Volunteer Fire Department for all there work in maintaining the Outdoor Ice Rink over the Winter Months. This was greatly appreciated by the whole community and improved everyone quality of life over the winter.

GREAT JOB!!!!!!

2006 Calendar of Events

April			
1 - 22	"Seeing is Believing" Humboldt and District Museum and Gallery 306-682-5226 (see ad)	17	Wild on Wheels Show & Shine Humboldt Mall Parking Lot 306-682-2379
7	Celebrate World Health Day with Two Women from Burr Burr Community Hall @ 6:00 p.m. Advanced Tickets Available at Causeway Health 306-682-5959, 306-682-3687 or 306-682-3462	30	Humboldt Summer Sizzler & Rodeo Humboldt Uniplex & Grounds 306-682-2597
12	Concert Series: Everything Fitz with Jacquie's Dance Academy Opening Humboldt Uniplex - Jubilee Hall 306-682-4600	July	
17 - 20	Saskatchewan Parks and Recreation Education and Training Symposium Humboldt Uniplex 306-682-2597	1	Humboldt Summer Sizzler & Rodeo Humboldt Uniplex & Grounds 306-682-2597
17 - 21	Humboldt Aquatic Centre Easter Break Public Swim Humboldt Aquatic Centre Public Swim from 1:00 - 8:00 pm daily	1	Humboldt Jaycee's Demolition Derby Humboldt Uniplex & Grounds/Grandstand 306-682-1378
22	20th Annual Deutsche Kaffeestunde Royal Canadian Legion 682-2059	1	Canada Day Celebrations Humboldt Uniplex & Grounds/Centennial Park 306-682-2597
22 - 25	Quill Plains Dance Festival Sutherland Theatre 306-682-4600	4 - 31	If These Walls Could Talk: A Political History of Saskatchewan's Homesteads Humboldt and District Museum and Gallery 306-682-5226 (see ad)
24	Business Women's Conference Bella Vista 8:30 a.m. - 5:00 p.m. Contact Carlton Trail REDA at 682-2631 or ctredda@sasktel.net	5	Humboldt Golf Club Seniors Mixed Open Humboldt Golf Club 306-682-2833
30	Walk to Cure Diabetes Registration at A&W at 10:00 am 306-682-3667	8	Humboldt Heritage Horse Show Humboldt Uniplex Grounds Deanna Sewchuk at 306-287-3284
May		8	Humboldt Golf Club Fundraiser Skins Match Humboldt Golf Club 306-682-2833
2 - 23	L'Agamine - Portrait of an Anagama Kiln in Saskatchewan Humboldt and District Museum and Gallery 306-682-5226 (see ad)	20 - 21	Humboldt Golf Course Junior Open Humboldt Golf Club 306-682-2833
4	Regional Heritage Fair Lake Lenore, SK This student fair will be held from 9 a.m. - 3 p.m.	21 - 22	12th Annual Humboldt Polkafest Elgar Petersen Arena 1-877-277-6748 or 306-682-3444
13	Giant Garage Sale Elgar Petersen Arena 306-682-2597	24 - 25	2006 Yard and Garden Tour Hosted by Carlton Trail Regional College July 24 - 1:30 - 4:30 p.m. & 6 - 9 p.m. July 25 - 6 - 9 pm Contact Lois Winkel at 306-682-2623 www.ctr.ca
13	An Evening with the Arts Coffee House Discovery Ford, Humboldt @ 7:30 p.m. 306-682-4600 (see ad on page 23)	28 - 30	Marysburg Homecoming Marysburg, SK 306-682-3381
25 - 31	Farming Then and Now Humboldt and District Museum and Gallery 306-682-5226 (see ad)	31	Humboldt Golf Club Ladies Open Golf Tournament (2 person scramble) Humboldt Golf Club 306-682-2833
June		August	
1 - 30	Farming Then and Now Humboldt and District Museum and Gallery 306-682-5226 (see ad)	1 - 31	If These Walls Could Talk: A Political History of Saskatchewan's Homesteads Humboldt and District Museum and Gallery 306-682-5226 (see ad)
3	St. Elizabeth's Foundation Inc. Golf Challenge Humboldt Golf Club 306-682-4450	12 - 13	Humboldt Golf Club August Mixed Team Championship Humboldt Golf Club 306-682-2833
9	Scott Irving Memorial Golf Tournament Humboldt Golf Club 306-682-4600	September	
17 - 18	Humboldt Golf Club Father's Day 2-Man Scramble (Entries open May 1st) Humboldt Golf Club 306-682-2833	2 - 3	Humboldt Golf Course Labour Day Better Ball Classic Humboldt Golf Club 306-682-2833
		15 - 16	Saskatchewan Funeral Service Association Annual Conference Bella Vista Inn 306-682-1622



Located at 1st Street
(at the entrance to Humboldt Golf Course)

The mandate of the Water Ridge Park Organization is to design and develop a year-round natural ecological urban, educational and cultural components.

Over the last few years landscaping has been developed with open grass space, trees and flower beds. In 2005 a picnic shelter and a gazebo for performances were constructed.

A committee is working on completing other elements of the park: expanded nature trails, play ground structure, spray park, benches, Interpretive Centre, walkways, picnic tables, foot bridge, lookout point, more trees and flowers. The Committee is looking for donations and partnership to complete these elements and remaining plan.

The plan can be viewed in foye of Jubilee Hall in front of the Leisure Services Administration offices. For more information contact: Water Ridge Park, P.O Box 1137, Humboldt, Sask, S0K 2A0, Tel: 682-2597, Fax: 682-5577.



2B GARDENERS

(Humboldt and area gardening club)



Goals

1. To promote an interest in horticulture in the community.
2. To assist in community beautification.
3. To improve horticultural awareness for the members and the community.
4. To plan special events related to horticulture.
5. To welcome new gardeners.
6. To share information and knowledge.

Examples of future events/topics:

- pruning
- garden architecture
- landscaping
- hardy roses for the prairies
- spring and autumn perennial/bulb exchanges
- shade gardening
- vegetables and fruit
- xeriscaping
- lawn care

Meetings are typically held the second Monday of the month at 7:00 p.m. at the Bella Vista. To get involved in the 2B Gardeners Club or for further information please contact Brenda Carleton at 682-5386.



**Be Aware. Be Prepared
Mosquito Season and the**



WEST NILE VIRUS

Mosquito season means the presence of mosquito-borne viruses such as West Nile.

Be aware of the potential health risk, and be prepared with preventive steps:

- ✓ Don't stay out too long when mosquitos are active (dusk and dawn)
- ✓ Wear light-coloured long sleeves/pants when mosquitos are bad.
 - ✓ Use approved bug spray.
 - ✓ Remove standing water in your yard.
 - ✓ Fix holes in windows/door screens.

Visit www.health.gov.sk.ca for more on West Nile Virus, a list of symptoms and more detailed protection measures.

WEST NILE VIRUS

SPRING GIANT GARAGE SALE

HOSTED BY THE CITY OF HUMBOLDT LEISURE SERVICES DEPARTMENT

Elgar Petersen Arena
Saturday, May 13, 2006
9 a.m. - 2 p.m.

Over 40
individual sales
in one location!

Free
admission to
the public!

Garage Sale/Flea Market
Cost: \$20.00/table and 10x10 space

Apartment
dwellers, this is
your chance!

RAIN or SHINE
the sale
goes on!!

Space Limited!
First come
first serve!

To register or find out more information please call Stacey at City of Humboldt Leisure Services Office at 682-2597 or fax 682-5577.

GARAGE SALE

LET HUMBOLDT KNOW

The City of Humboldt Leisure Services Department would like to extend an opportunity for Non-profit organizations to promote their organization and activities in

**The Fall/Winter Leisure Guide
Out in The First Week in Sept/06
3000 copies
Distributed in Humboldt & Area
Guide Posted on our Webpage
@ www.cityofhumboldt.ca**

We will provide a ¼ page **FREE OF CHARGE** for non-profit organization providing services over the fall and winter months.

**Deadline for Receiving Information is
Friday, August 4, 2006**

For more Information regarding Leisure Guide
Contact Leisure Service Administration at 682-2597

For business or spaces over a ¼ page please
contact us to discuss costs.

Upcoming Meeting Dates:

Annual Field Users Meeting

Wed, April 12, 2006 at 7pm in the Youth Center at Uniplex.

All users of fields in our park system need to attend to set up schedules for the upcoming year, everyone is welcome to attend.

Annual Ice Users Meeting

Wed, May 3, 2006 at 7pm in the Youth Center at Uniplex. All users of the arena need to attend to set ice user schedule for the 2006/07 season, everyone is welcome to attend.

Fall City Wide Registration

Tues, September 5, 2006 at 6pm at Humboldt Uniplex Jubilee Hall.

For more information about the above annual meetings, please contact the Leisure Services Administration Office at 682-2597

**Check Out Our Website @
www.cityofhumboldt.ca**

**Hosts: Leisure Guide,
Services & Fees,
& Weekly pool & arena
Schedules.**

**No Internet! Phone
Information Line 682-5016**

**Physical Activity...
Do It Your Way...
Do It Everyday!**

www.in-motion.ca

 **in motion**
Physical Activity - do it for life!

HUMBOLDT AND AREA KIDSPORT



KidSport assists children of families facing financial obstacles to participate in community sport programs.

100% of fundraising proceeds and donations are directed to KidSport children. This is made possible through generous support of local and provincial sponsors and local fundraising efforts.

Individual grants of up to \$200 are available to children up to 18 years of age, allocations primarily towards registration fees.

Keeping kids involved in positive activities means keeping them keep out of trouble.

Helping your kids get *in motion*:
Humboldt and Area KidSport
Box 1437, Humboldt, SK, S0K 2A0
or call 682-2597



Humboldt & District Museum & Gallery

Corner of Main Street & Sixth Avenue
Phone 682-5226 Fax 682-3144
E-mail: humboldt.museum@sasktel.net

Temporary Exhibits 2006

April 1 - 22

"Seeing is Believing"

This exhibition consists of artwork from three Saskatchewan artists - Mina Forsyth, David Thauberger and Wynona Mulcaster. By juxtaposing the works together, viewers are encouraged to consider how artists, who work very differently, use the same elements of design to compose their works. From the Saskatchewan Arts Board Permanent Collection and sponsored by the Humboldt Visual Arts Committee and OSAC.

May 2 - 23

"L'Agamine - Portrait of an Anagama Kiln in Saskatchewan"

In 2003, ceramic artist Charley Farrero constructed a wood fire kiln he calls L'Agamine in Meacham, modeled after an anagama kiln he saw 25 years earlier in Bizen, Japan. Consuming eight cords of wood over 5 days, the kiln turns wood ash into glaze, producing dramatic and unpredictable effects. Firings are a team effort bringing together ceramic artists from across western Canada. Featured in this exhibition are Mel Bolen, Charley Farrero, Dee Funk, Jody Greenman-Barber, Jan Johnson, Rory MacDonald, Anita Rocamora, Jeff Stewart, Zane Wilcox and Kenneth Wilkinson. Organized by the Mackenzie Art Gallery and Curated by Timothy Long.

May 25 - June 30

"Farming - Then and Now"

Discover the differences of farming on the prairies from the early 1900s to today.

July 4 - September 30

"If These Walls Could Talk: A Pictorial History of Saskatchewan Homesteads"

Created by the Diefenbaker Centre, this exhibit explores the immigrant settlement in our province over the last

Educational tour packages are available for these exhibits - please call the museum at 682-5226 to book your tour!

Stop by the museum to view the superior craftsmanship of artists from our area:

March - April: Metalwork by Murray Cook

May - June: Ceramic art by Mel Bolen

Keep up to date with all the museum news at:

www.humboldtmuseum.ca

Discover intriguing tales of Humboldt's history by purchasing a great new book.

"100 Interesting Stories about Humboldt"

sells for only \$14.95 plus tax.
A great gift!

Open Year Round: Tuesday - Saturday 1:00 - 5:00 p.m.

July & August: Tuesday - Saturday 10 a.m - 5 p.m. and Sunday 1 - 5 p.m.

Promotion Recreation, Sport and Culture for the past 39 years!

The Regional Association is a non-profit organization whose purpose is to promote and coordinate in all its phases, the interests of recreation, sport and culture in the Quill Plains Region.

CULTURE:

Evening with the Arts:

Doors open at 7:30 p.m Show begins at 8:00 p/m.

April 8 Discovery Ford, Humboldt

May 12 Location TBA

September 10 Location TBA

October 14 Location TBA

Concerts:

April 12 Everything Fitz and Jacquies Dance Academy
7:30 p.m., Humboldt Uniplex

August 26 After School Special Rock Concert
Location TBA

Drama:

September 30 Missoula Children's Theatre
Sutherland Theatre

Show & Sale:

November 16 -18 The Annual Prairie Peddler Adjudicated
Art & Craft Show & Sale
Humboldt Mall

RECREATION:

April 20 - 23 Annual Quill Plains Invitational Dance Festival
Humboldt Collegiate

June 10 Annual Conference of Regional Associations

November 2 Chairperson's Dinner & Volunteer Awards

SPORTS:

June 9 Scott Irving Memorial Golf Classic
Humboldt Golf Course

February 2 - 4, 2007 Quill Plains Regional Winter Games
St. Brieux

SPECIAL FEATURES:

December 2 For the Jest of It - Dinner Theatre

**For further information
please call Quill Plains Office
at 682-4600 or
email qprra@sasktel.net**





- ✓ Technical Programs
- ✓ Business, Industry & Community Courses
- ✓ Adult Basic Education
- ✓ Career and Student Services
- ✓ GED & Literacy Programs
- ✓ SCN Programming
- ✓ Job Start / Future Skills Projects
- ✓ and more!

Check us out!

- ✓ receive identical credits to those received on campus from SIAST and other accrediting institutions
- ✓ save money by living and/or working locally while taking classes
- ✓ enjoy more personalized instruction and a relaxed, friendly atmosphere


Humboldt

682-2623 1-800-667-2623

Web-site: www.ctrc.sk.ca

E-mail: humboldt@ctrc.sk.ca

Davidson • Southey • Watrous • Wynyard



check out our
on-line courses at
www.ctrc.sk.ca



REID-THOMPSON PUBLIC LIBRARY

705 Main Street • Humboldt, SK S0K 2A0
Email: humcirc@panet.pa.sk.ca Phone: 682-2034
Web: www.panet.pa.sk.ca

Free Public Internet Access CAP

(Sponsored by Industry Canada)

- **Wheelchair Accessible**
- **TD Summer Reading Program** - 2006 Quest for Heros - July & August
- **Outreach Program** (Books on Wheels - we deliver to homebound patrons)
 - **CNIB Books** • **E-Library Service**
 - **Videos, magazines, books for all ages**

Microfilms:

Humboldt Journal 1905 - 2004, Watson Witness 1907 - 2003
Bruno Times & Bruno Banner 1943 - 1962, Viscount Sun 1911 - 1960

Collections:

Saskatoon Heath Region (Books & Videos)
Humboldt Horse Club (Books & Videos)

Hours Open: Monday - Wednesday 11 a.m. - 9 p.m.
Thursday & Friday 11 a.m. - 6 p.m.; Saturday 2 p.m. - 5 p.m.

VISIT THE WILLKOMMEN CENTRE

601 Main Street • Phone: 682-3444 • E-Mail: tourism@cityofhumboldt.ca

HOURS OF OPERATION

May 16 - June 30, 2006

Tuesday - Saturday: 10:00 a.m. - 5:00 p.m.

July 4 - August 26, 2006

Tuesday - Saturday: 10:00 a.m. - 5:00 p.m.

Sunday: 1:00 p.m. - 5:00 p.m.



- * Walk through a mini-German Museum
- * Learn about Humboldt's history and the influential factors that brought settlers to the area
- * See other local and area attractions

Public Swim Schedule - May - June

Sunday	Tuesday	Wednesday	Friday	Saturday
2 - 5 p.m.	7 - 9 p.m.	7 - 9 p.m.	6 - 9 p.m.	2 - 5 p.m.
6 - 8 p.m. (family)				6 - 8 p.m.

Public Swim Schedule - July 4 - August 25

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2 - 5 p.m.	1 - 5 p.m.	1 - 5 p.m.	1 - 5 p.m.	1 - 5 p.m.	1 - 5 p.m.	2 - 5 p.m.
6 - 8 p.m. (family)	6:30 - 8 p.m.	6:30 - 8 p.m.	6:30 - 8 p.m.	6:30 - 8 p.m.	6 - 8 p.m.	6 - 8 p.m.

Call the information hotline for daily recording @ 682-5016.

Note: Public Swim times on May 22: 1 - 4 p.m.; June 29: 1 - 4 p.m.; June 30 1 - 5 & 6 - 9 p.m.; July 1: 1 - 4 p.m.; July 3: 1 - 5 p.m.
NO PUBLIC SWIMMING on July 8 due to swim meet!

Lane Swim

Have you considered coming to the pool for lane swim? Swimmers of any ability can participate. You can stretch, walk through the water, or relearn your skills. Water exercise encourages joint protection because the buoyancy of the water reduces body stress.

Mondays - Fridays: 6:30 - 8:30 a.m. & 12 - 1 p.m.,
July & August: Tuesdays & Thursdays: 12 - 1 p.m.



Parties!

We still do the best in town!

Book your birthday, family or team party with us to get private time in the pool. You can also book our party room for an hour or two while you are here.

Awesome Gift Idea

Birthdays, Christmas or Just Because!



Pool passes for all ages are always available. Choose for 10-punch, three-month, six-month or individual day passes - prices vary according to age.

Call 682-1937 for more information!

AQUACISE

- Who:** People of all ages, both male & female.
- What:** Aquacise, an aquatic fitness program.
- Where:** The Humboldt Aquatic Centre.
- Why:** Whether your goal is to loose weight, change your shape, or improve your health.
- When:** Please call 682-1937 for times.



Moving Together

The way we build our communities, both physically and socially, has tremendous impact on people's ability to make healthy physical choices. Join Saskatchewan **in motion** and community leaders in making this initiative "stick." This was part of Mark Fenton's presentation, a national and international presenter on physical activity, at an in motion symposium. He states "Saskatchewan is suffering from, "physical inactivity epidemic and poor nutrition."

Some Stats and facts...

46% of adults
73% of youth
71% of children
In Saskatchewan are not active enough for health benefits.

If things don't change, the children of today are going to be the unhealthiest generation in over 100 years.

What if.....

We lived in a province where...

- Children did not suffer from Type II Diabetes a painful chronic disease that is 100% preventable through moderate levels of physical activity and healthy food choices.
- Physically active citizens are reversing a health care crisis.
- Older adults are aging successfully, enjoying longer independence and optimal health.

What can you do?

- Walk to work. Consider the Work Place "in motion" program.
- Limit game and T.V. time for yourself and the kids.
- Do fun things as a family. It encourages family and physical health, not to mention good habits. Be a good role model.
- Enroll yourself and your children in activities. There are resources within this guide to help.

There are many programs in our community that are in motion. This guide is a good resource. However, if you have any ideas for **new** in motion programming contact your local Saskatoon Health Region representative for information about a Community Grant Program. This grant focuses around health related projects that include a partnership between Saskatoon Health Region and a community group.

In our busy lives, sometimes nutrition takes a back seat. Eating healthy does not have to cost lots of money. Just ask the "Two Ladies from Burr." For more information call Marie 682-3462 or Laurel 682-3687.

Canada is "Participation"
Saskatchewan is "in motion"

For more information and where to get promotional materials for **in motion** call your local Saskatoon Health Region representative in your area.

Humboldt - Cindy 682-1213, Lanigan - Edmee Korsberg 365-1422 or
Saskatchewan in motion at 1-866-888-3648

www.saskatchewaninmotion.ca
www.inmotion.ca



We work in partnership to improve health and well-being through excellence in consumer-centred service, education and research.

Alzheimer Support Group - meets regularly so that participants can share information and learn more about Alzheimer's disease. Group meetings are designed to support all family members and caregivers who are affected by this disease. For more information call 682-8173 or 682-6524.

Community Health Services Staff - are available to assist community groups with health education and promoting healthy lifestyles such as healthy eating, active living, mental well being, prevention of substance abuse and injury. If your group needs assistance please call 682-1213.

Depression & Anxiety Group Sessions - are held as interest and need indicates. Call 682-5333 to express interest and/or for more information.

Diabetes Education Program - offers individual and group sessions for adults with pre-diabetes, Type 1 and Type 2 diabetes. The dietitian and diabetes nurse educator will provide information on the medical, nutritional and lifestyle issues associated with diabetes. The program consists of three components - assessment, education and followup, and is available in Humboldt, Wadena, Watson and Cudworth. For more information call 682-8142.

Chronic Illness Support Group Sessions - are held as interest and need indicates. Call 682-5333 to express interest and/or for more information.

Heart to Heart Program - is a five session interdisciplinary program intended for those who are post-cardiac, or at high risk of developing coronary artery disease. Topics include heart and stroke physiology, risk factor identification, nutrition, exercise, medications and stress. Clients are linked with other available programming where appropriate. Clients can self refer, but a doctor's referral is preferred. For more information call 682-8142.

Adult Day Program (ADP) - runs Monday to Friday at St. Mary's Villa. The program provides socializing and recreation with a rehabilitative focus. For more information call 682-6524.

Passenger Safety - infant and child safety seat checks are available from qualified inspectors. Ensure that your young passengers travel safely. For more information call 682-1213.

Building Healthy Emotions for Women - is limited to 12 participants. If interested, call 682-5333.

Child Health Conferences - are held regularly for immunization and growth and development screening. For more information call 682-2626.

Prenatal Classes - are designed for expectant parents. For more information call 682-2626.

Parent Talk - is a discussion and support group for parents with babies under seven months. For more information call 682-2626.

SASKATOON HEALTH REGION



Saskatoon Health Region is an active partner with the Humboldt and Area Safe Community Coalition. The Humboldt and Area Safe Community Coalition is a community not-for-profit organization that creates effective health and safety programs that meet local needs. The coalition was created in 2003, with members representing local businesses, RCMP, ambulance, fire department, education, and health sectors.

The coalition works:

- to make the Humboldt and area a safe place to live, learn, work, and play.
- to promote and enhance existing local programs to create a culture of safety, and injury prevention in Humboldt and area.
- to encourage and support development of new safety programs and initiatives.

Present safety initiatives include: bicycle safety, passenger safety, senior's fall prevention, drug awareness, P.A.R.T.Y. (Prevent Alcohol and Risk Related Trauma in Youth) program, CN rail safety, risk watch, and farm safety.

For more information, please contact Cindy Anderson, Coordinator of Health Promotion and Education, SHR at 682-1213.



Leadership Courses Spring 2006

Lifeguarding Courses:

(All Prices do not include manuals)

Bronze Star

Recommended age 11 -13 years or older. An introduction to lifesaving skills. This course is the first step in lifeguarding. Learn basic rescue techniques, CPR, and develop fitness skills. Summer Course TBA
Cost \$80.00 + materials

Bronze Medallion

Prerequisite - Bronze Star. Develop physical fitness, decision-making and judgment skills. Learn both tows and carries and release methods in preparation for challenging rescues of increased risk. Develop stroke efficiency and endurance in a timed swim. Summer Course TBA
Cost \$80.00 + materials

Bronze Cross

(Bronze Medallion Prerequisites)

Prerequisite - Bronze Star and Bronze medallion. An introduction to safe supervision in aquatic facilities. Emergency procedures, teamwork, in rescues and use of special equipment. Spinal injuries and other demanding techniques. Summer Course TBA
Cost \$80.00 + materials

Aquatic Emergency Care & CPR 'C'

Prerequisites - Bronze Medallion, recommended Bronze Cross and CPR "C". First Aid for lifeguards. Advanced first aid and life-saving skills for individuals either "waiting" to take their NLS or in addition to their lifeguard award. March 31 - April 2
Cost \$100.00 + materials

National Lifeguard Service (Bronze Cross, Standard First Aid Prerequisite)

Prerequisites - Bronze Cross, CPR Level "C", 16 years old. The only nationally recognized and accepted lifeguard qualification. The course focuses on teamwork, leadership, communications, prevention recognition and procedures and systems, rescue response and fitness, legal aspects and facility organization and operation. May 12 - 14; 26 - 28
Cost \$170.00 + materials

Instructing Courses:

Water Safety Instructor

Prerequisite - 16 years of age, AWSI. This 25-hour course enables candidates to instruct the Preschool and Kids Swim Program. April 28 - 30
Cost \$120.00 + materials

Lifesaving Instructor

Prerequisite - 16 years of age, Current Bronze Cross or NLS. This course allows candidates to teach Rookie Patrol through to Bronze Cross. It introduces various teaching techniques and reviews lifesaving skills. Includes Advanced Instructor and Examiner Standards Course. June 3 - 4; 10 - 11
Cost \$155.00 + materials

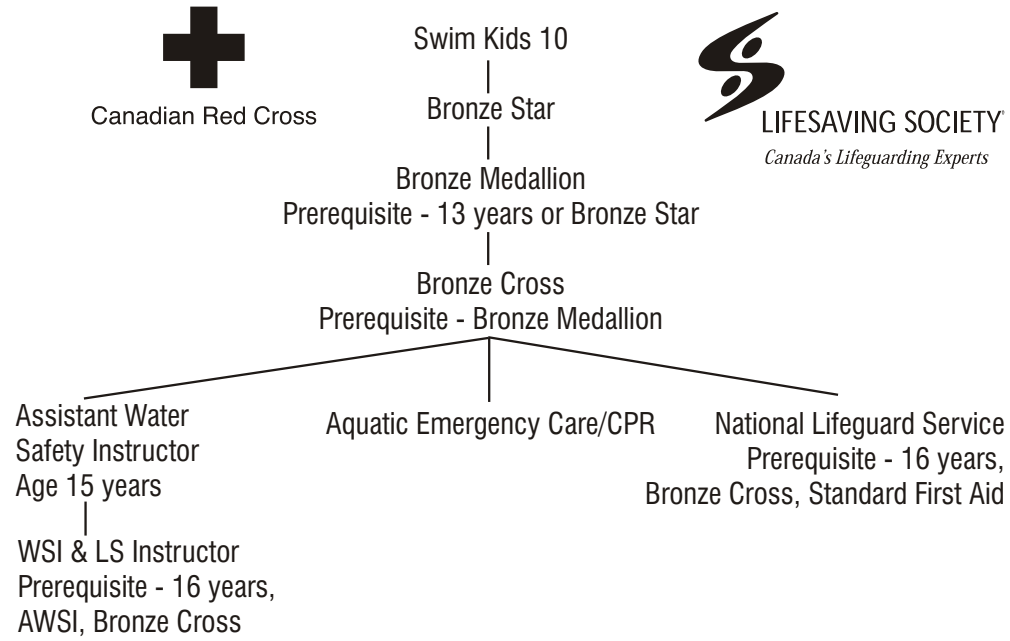


BOAT CERTIFICATION COURSE

This course covers the requirements for the new Coast Guard competency requirements. All sessions are dryland. All successful candidates will receive their laminated lifetime boat competency cards. You can also challenge the BOAT exam without taking the course. EVERYONE needs to have this card now in order to operate a boat and a personal water craft. Contact the Aquatic Centre at 682-1937 to register.

AQUATIC CENTRE

Steps To Become a Lifeguard/Instructor



Private Swim Lessons

Private lessons are now available at the Humboldt Aquatic Centre.

Does your child need one or two things to finish a level or do you or your child want instruction to improve strokes?

Whatever you need we can help.

Cost:
Private - \$20/hour

Call Tonya at 682-1937

BOOK YOURS TODAY!

Swim Lessons

The Humboldt Aquatic Centre is excited to offer the new **RED CROSS SWIM** program! The Canadian Red Cross has been a leader in swimming and water safety for close to 60 years and continues to renew and refine their learn-to-swim program to meet the growing needs of Canadians.

The **Red Cross Swim Preschool** is a new, seven-level program, with engaging animal themes for infants from four to six months, to children 5 years of age. **Red Cross Swim Kids** for children six years and older, will replace AquaQuest with a fresh approach to swimming and water safety education. The 10 levels will challenge those who took a preschool program, but will also provide a starting point for children with limited swimming experience.



"Where the Action is!"



Good place for friends and members to socialize.

Activities Available:

- Bowling (September - April) (new refinished lanes)
- Pool (three different tables)
- Shuffleboard
- Fun & Fitness Exercise
- Bingo (free lunch)
- Choral Group Entertainers
- Kaiser, Whist, Rummy and Smear Tournaments
- Private Card Games (to suit Individual)

Membership starts at 50 years of age

Monthly lunches
Coffee on tap and ready - 50¢
Tea & Bake Sales
Occasional Banquets & Dinners

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Variety of card games 1:30 p.m.	Bridge 1:00 p.m.	Fun & Fitness Exercise 10:30 a.m.	Bingo in afternoon	Choral Group entertainers in mornings	Kaiser Tournament in afternoon	

YOUTH EMPOWERMENT STRATEGIES



Youth Empowerment Strategies (YES) is a program that empowers youth to be the best that they can be within their school, community and area. Within the program, there are over 150 youth involved between the ages of 11 - 18. Through workshops, presentations, and activities the youth learn leadership skills, which promote positive lifestyles and healthy choices. This information is then taken into their communities, where youth have the opportunity to educate others through peer-to-peer instruction, activities and special events.

Youth Empowerment Strategies invites all youth 11 - 18 to attend this years YES Leadership Camp this August. Registration forms are available from the Partners office in April. Also, we are always looking for new YES Youth, Adult Advisors and Leadership Team members to be part of the YES program. If you are interested in learning more about the YES program, please contact the office to arrange a meeting and/or presentation.

For more information contact: Partners for Rural Family Support
Youth Empowerment Strategies (YES)
 636 - 9th Street, Box 2741 Humboldt, SK S0K 2A0
 Telephone: (306) 682-4135 Toll Free: 1-866-682-4135 Fax: (306) 682-4154
 Email: partners3@sasktel.net www.partnersrfs.ca



Partners for Rural Family Support is a non-profit organization that is committed to promoting safe and healthy individuals, family and communities through education, support and referral. The Family Support Centre provides supportive listening and a friendly drop-in environment for children, youth, adults and parents. Partners offer resources, programming support groups, parenting groups and referrals for interrupting and preventing interpersonal violence.

ADULT BEGINNER STRENGTH TRAINING

Tuesday/Thursday: 8 - 9 p.m.
Starts May 2nd for 4 weeks
Monday/Wednesday: 1 -2 p.m.
Starts June 5th for 4 weeks

Strength training is an important part of prevention and treatment for osteoporosis, diabetes, obesity, arthritis as well as many other health issues. This program is for people who want to learn the basics of strength training and how this can increase bone strength, range of motion, and overall health. Each one hour session includes education on general nutrition, proper technique and tips on how to get the most out of your workouts. Education and exercise programs are individualized to your level.

CORE STRENGTH AND BALANCE WORKSHOP

Saturday, May 27th: 2 - 3 p.m.
This workshop is designed to give you different ideas on how to work your core. Having a strong core and good balance can improve the way you play your sport, and the way you do your daily activities. This workshop is for all levels of fitness. Seniors welcome!

FITBALL WORKSHOP

Saturday, June 10th: 2 - 3 p.m.
Learn different ways to put your fitness ball to use. This workshop is designed to give you some variety in your workouts. Come and try different exercises and see what works for you. Exercise will range from beginner to intermediate and advanced.

For more information call 682-6610

Learn to play Lacrosse and have fun doing it!



Humboldt Recreational Lacrosse offers an eight week learn to play program!



Each session features instruction and an intersquad game!

Elgar Petersen Arena
April 24 to June 12
8 to 11 year olds
12 to 16 years olds
\$20.00 for the season

Players need to provide a lacrosse stick and some hockey equipment.

For more information contact Dave Hill 682-3897 (evenings).

May, June, July

BACKSTROKE BUTTERFLY FREESTYLE BREASTSTROKE INDIVIDUAL MEDLEY



WHY SWIM?

- Swimming:
- builds a strong foundation for a lifetime of good health
 - develops high quality aerobic endurance
 - creates proportional muscular development
 - enhances children's natural flexibility
 - helps develop superior coordination
 - is one of the most injury-free of all children's sports
 - is a sport that will bring kids fitness and enjoyment for life

Humboldt Swim Meet
July 8, 2006

Precise Stroke Development and Speed Enhancement Techniques
Contact: Humboldt Legion Swim Team
Monica Merkosky - 682-6664 or Leanne Crozon - 682-3938
Individual Goal Setting in a Team Spirit Environment
- All Ages Welcome -
Competitive Swimming is a family affair, a community affair



• Rental Cabin • Hall Rental • Camping



This clean mineral lake is located 6 km north and 4 km west of Humboldt.

Open May long weekend to September long weekend.

- Beautiful Beach
- Mini Golf
- Horse Shoe Pit
- Large Playground
- Biking Trails
- Clear Water
- Lawn Bowling
- Hiking Trails

Off Season call Christine at 682-3121
For More Information
In May call 682-3528



HUMBOLDT GOLF CLUB

"Come and take the challenge"



**Tournaments
Welcome**

Web site:
www.humboldtclub.ca

**FOR ALL BOOKINGS
CALL 682-2833**

- Located on First Street North of Highway #5
- 18 Holes with driving range and putting green
- Fully licenced restaurant with a large deck
- On course snack and beverage vehicle
- All rentals including power carts
- CPGA golf instruction

Visitor Info Centre & Historical Park Campground

Visitor Information Centre open all year round
Campground opens May long weekend

HOURS OF OPERATION:

May 19 to Labour Day Long Weekend
Open: Monday - Sunday 9:00 a.m. - 9:00 p.m.

- ✦ 14 electrical sites
- ✦ Water available
- ✦ Dumping Station
- ✦ Firewood available
- ✦ 6 non electrical sites
- ✦ Washroom/shower facility
- ✦ 18-hole mini golf course

**Camping Rates: Electrical \$15;
Non Electrical \$13**

Reservations accepted by calling:
(306) 682-4990 / Fax (306) 682-5203
or by email at humboldtchamber@sasktel.net.
Web site: www.humboldtsk.com/ChamberOfCommerce/



NATIONAL COACHING CERTIFICATION PROGRAM

INTRODUCTION TO COMPETITION - PART "A" (12 hrs)

- General Orientation and Setting the Scene (1 hr)
- Ethical Coaching (3.5 hrs)
- Planning a Practice (6.25 hrs)
- Nutritional Advice (1.25 hrs)

**April 7 - 8 Humboldt
May 12 - 13 Lanigan**

INTRODUCTION TO COMPETITION - PART "B" (14 hrs)

- General Orientation (1 hr)
- Program Design (4 hrs)
- Teaching/Learning (6 hrs)
- Mental Preparation (3 hrs)

**April 28 - 29 Lanigan
May 26 - 27 Humboldt**

FEES:

Payment one week in advance of course dates.

\$60 to March 31/06

\$75 effective April 1 /06

- Participants must be 16 years of age.
- Courses run Friday nights and Saturday daytime hours.

To Register:

Zone 5 Sports Council
Box 818
Wynyard, SK S0A 4T0
Phone: 554-2414
Fax: 554-2412
Email: zone5@sasktel.net

TOPS CLUB

(Take Off Pounds Sensibly)

TOPS is a weight-loss support group which follows Canada's Food Guide.

Meetings are held every Wednesday
in St. Elizabeth's Hospital
Classroom for 5:00 to 6:00 p.m.

For more information call
Carol at 682-5354 or
Wendy at 682-2946

Waterski and Wakeboard Saskatchewan Presents



**WEEKEND
WAKEBOARD
CLINIC**

June 10th & 11th/06
Stoney Lake
5km South of Humboldt

Boat, equipment
and instruction included
with registration fee
Beginner or experienced riders are welcome

Limited space, preregister by Apr. 30/05
Contact Rob Muench at 306-682-4005
r.muench@sasktel.net www.wswsask.com